



ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland – 797 001

(Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018)

0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com

NAAC Grade A (CGPA: 3.12)

Date: 25th August, 2022

AWARENESS PROGRAMME ON

“CYBER SECURITY & EMERGING TECHNOLOGIES”

National Institute of Electronics & Information Technology (NIELIT), Kohima in collaboration with the Internal Quality Assurance Cell of St. Joseph's College (Autonomous), Jakhama, organised an awareness program on “*Cyber Security & Emerging Technologies*” on 23rd and 24th August, 2022, at the College Indoor Stadium from 12:40 P.M to 2:40 P.M.

Mr. A. Morimenba Amer, Joint Director/ Scientist 'D', NIELIT, Kohima, Mr. Moasunep Kichu, Technical Assistant, NIELIT, Kohima were the resource persons for the programme. 1200 students of the 5th semester of the under-graduate course and 16 faculty members along with the Principal and Vice-Principal (Academic Affairs) attended the programme.

On 23rd August, 2022, the programme started with an address of welcome by Dr. Fr. George Keduolhou Angami, Principal, St. Joseph's College (Autonomous). On behalf of the college, he welcomed the resource persons and the team from NIELIT and all the participants present. He addressed the participants by emphasising on the importance of the awareness program as the need of the hour since “we are living in a digitalised world where technology plays a very significant role in our life”. This was followed by the talk on “Cyber Security” by Mr. Morimenba Amer, Joint Director, NIELIT, Kohima. The Resource person drew attention to the different types of cyber crime such as Identity Theft, Social Engineering, Social Media related Attacks, Digital Banking Frauds, Attacks through Mobile Applications, and Virus Attacks on Personal Computer. He also shared the different practices to follow to be secure from all such cyber attacks and what steps should be taken incase we become victims of such cyber crimes. This was followed by the talk by the second Resource Person, Mr. Moasunep Kichu, Technical Assistant, NIELIT, Kohima, who spoke about the different emerging technologies. The different technologies such as Internet of Things, Virtual Reality, Artificial Intelligence, Blockchain, 3D

Printing & Modelling, Big Data Analysis, Robotic Process Automation, Web, Mobile Development & Marketing, Cloud Computing and Cyber Security are the real game changers in the modern world and in how we do things and carry out our lives. He discussed the significance of the different technologies and

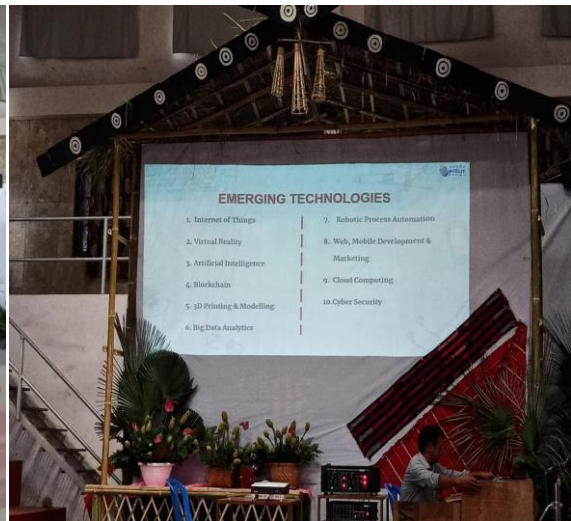
how the institution and the students and faculty members can utilise the technologies for different educational and personal purposes.

The program was chaired by Dr. Hormila G Zingkhai, IQAC Co-ordinator and attended by the 5th Semester students and faculty members of Departments of Political Science, Economics, English and Zoology. The program concluded at 2:40 P.M.



The second day, i.e. 24th August, 2022, the session was chaired by Dr, Sanentiba Ozukum, Assistant Professor, Department of Chemistry, St. Joseph's College (Autonomous). It was attended by the 5th Semester students and faculty members of Departments of Education, History, Sociology, BBA, B.Com, Botany, Chemistry, Mathematics and Physics. The session begin with an Introductory Note by Dr. Fr. George Keduolhou Angami, Principal, St. Joseph's College (Autonomous), followed by the Resource Persons who spoke about the importance of

Cyber Security Awareness. The program concluded with a vote of thanks by Mr. Reimaya Muinao, Co-ordinator, Department of History, St. Joseph's College (Autonomous), whereby he thanked the Resource Persons and their team from NIELIT, Kohima for their time and effort to educate and create awareness about Cyber Security. He also acknowledged the contributions by the management and the IQAC of the college and thanked all the students and faculty members who participated in the program and made it a success. The program concluded at 2:40 P.M



Dr. Hormila G Zingkhai
IQAC Co-ordinator
St. Joseph's College (Autonomous)
Jakhama, Nagaland

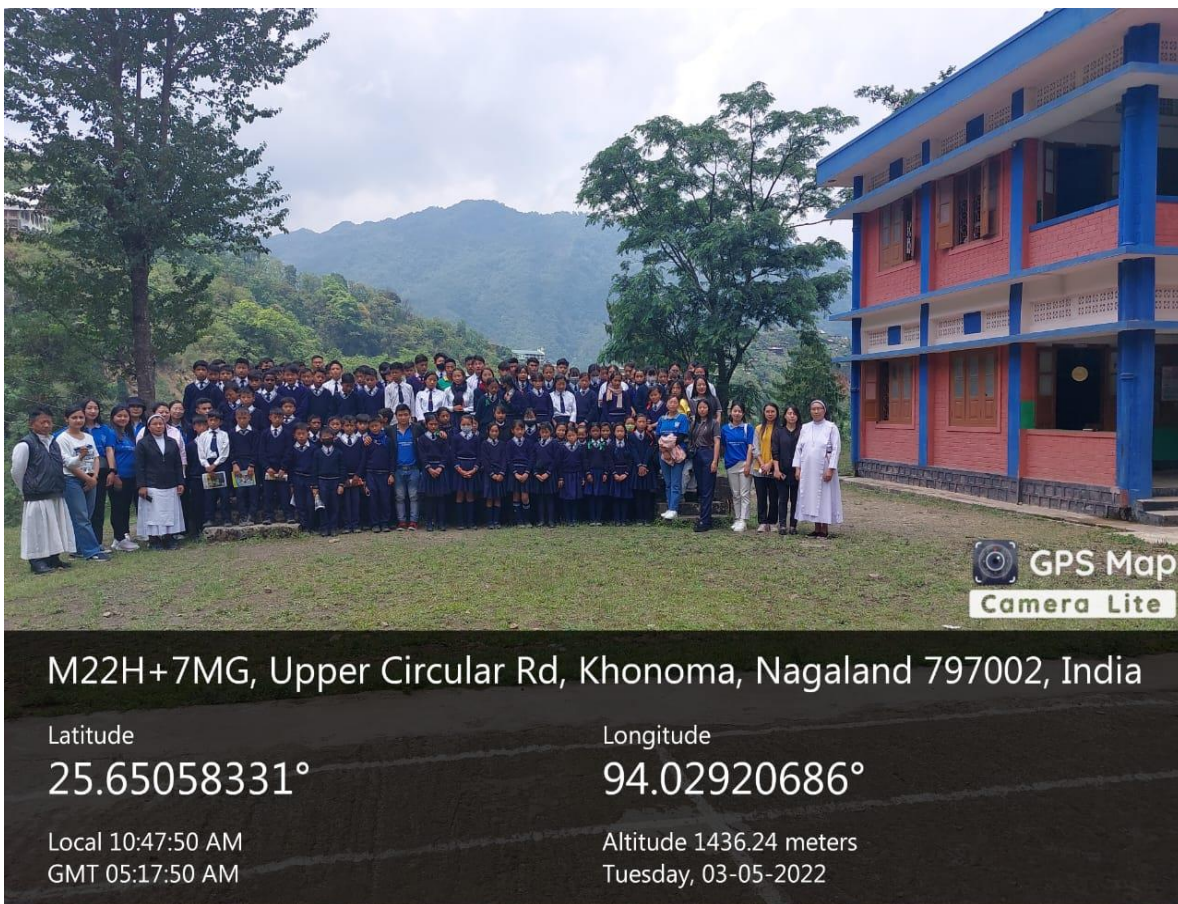
WOMEN'S FORUM

St. Joseph's College (Autonomous), Jakhama: Nagaland

“Celebrating women and the responsibilities that come with it”



3rd May 2022: Women's Forum Directors along with Executives and Jericho Movement members conducted an extension service to St. John Bosco School, Khonoma on the theme “Awareness on Menstrual Hygiene, Violence and Harassment” on 3rd May 2022. Stationery items as well as sanitary pads were distributed to the students.





Report Submitted by

DIEVILENO

Marie Chané

Director,

Women's Forum,

SJC(A)

WOMEN'S FORUM

St. Joseph's College (Autonomous), Jakhama: Nagaland

“Celebrating women and the responsibilities that come with it”



31/07/2018: Seminar on “Menstrual Hygiene Management” on the theme “To spread awareness on safe menstrual practices” was held at the college Indoor Stadium with Miss Ruopfuzhanuo Whiso, Miss India Nagaland 2018 and Dr. Vili Swu, Gynaegologist, Bethel Hospital, as the resource persons.





Seminar
on



MENSTRUAL HYGIENE MANAGEMENT

Organised by Womens' Forum SJC

Theme: **"To spread awareness on safe menstrual practices"**

Date : **31st July 2018**
Time : **1:00 PM**
Venue : **Indoor Stadium, SJC**

MC : *Ms. Arenla, BA 5th Semester*
Welcome address : *Rev. Dr. Sebastian Ousepparampil*
Principal, St. Joseph's College

"Role of women in the society"
Ms. Ruopfuzhano Whiso, Miss India Nagaland 2018

Special number : *Ms. Ruopfivinuo Khezhie*
BSc 3rd Semester

"Menstrual hygiene management"
Dr. Vili Swu, Gynaecologist, Bethel Hospital, Kohima

ote of thanks : *Ms. Rokowheno Khatso*
President, Womens' Forum SJC

Report Submitted by

DIEVILENO



Director,
Women's Forum,
SJC(A) Jakhama



FIT INDIAN YOUTH CLUB
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
JAKHAMA, P.O. NO 39, KOHIMA- 797001,
NAGALAND

FIVE DAYS WORKSHOP ON FITNESS AND SPORTS TRAINING (Date: 8th – 12th August, 2022) resource person: MR. ADOLIE KERE FITNESS COACH AND FITNESS MANAGEMENT (LNUPE) GWALIOR, M.P.

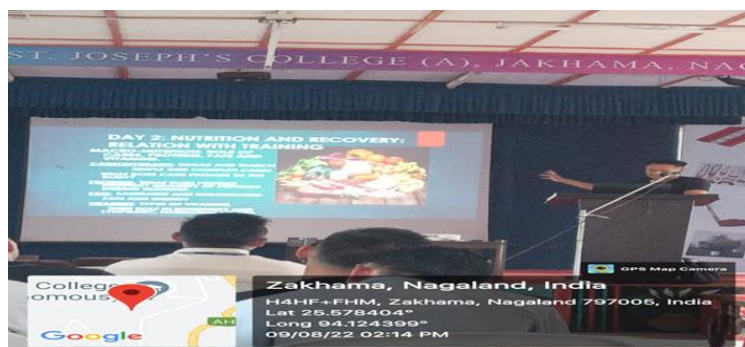
DAY 1 (Date: 8-8-22)

The training workshop took place on 8th august 2022 at the auditorium (SJC (A)) from 1:40 to 2:40 pm various sports club of the college such as basketball club, football club, cricket club etc attended the workshop. on the first day the speaker Mr Adolie kere fitness coach spoke on the topic “Educating athletes and their fitness programme”, he spoke on how athletes can be categorised into different levels of fitness and the training percentage an athlete needs.



DAY 2 (Date: 9-8-22)

On the second day the speaker spoke on the topic “Nutrition and recovery relation with training” he briefed us on how the right amount of nutrition helps an athlete or a person in general for a better and quick recovery. He further explain what recovery is and how training, nutrition and recovery goes hand in hand.



DAY 3 (Date: 10-8-22)

The third day of workshop was based on the topic “Bio Motor Components and Biomechanics”. The bio motor component that includes speed, agility and coordination was further explain in detail. He also spoke on some common sports injuries, prevention, cure and rehab and how they can be cured by therapy.



DAY 4 (Date: 11-8-22)

On the 4th day, the speaker spoke on the topic “Sports psychology and mental development”. How an athlete can develop a winning mind set showing the difference between pride and ego and how an athlete can be a good sportsperson/ teammate.

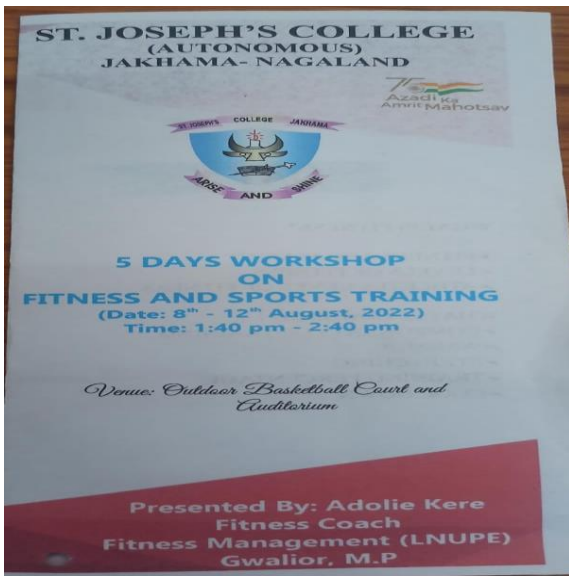


DAY 5 (Date: 12-8-22)

On the last day of our workshop , we were taught about the various steps of training such as functional training , strength , aqua , zumba etc. some demonstrations on physical exercise was also shown to us and we ended our workshop with some Q & A section and wrapped up the workshop with a small thanks giving program.



There were 45 interested students (30 boys and 15 girls) who participate in this workshop .



REPORTED BY

KEVI CHRISTOPHER

Physical Education Instructor
St. Joseph's College (Autonomous)
Jakhama : Nagaland



FIT INDIAN YOUTH CLUB
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
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NAGALAND

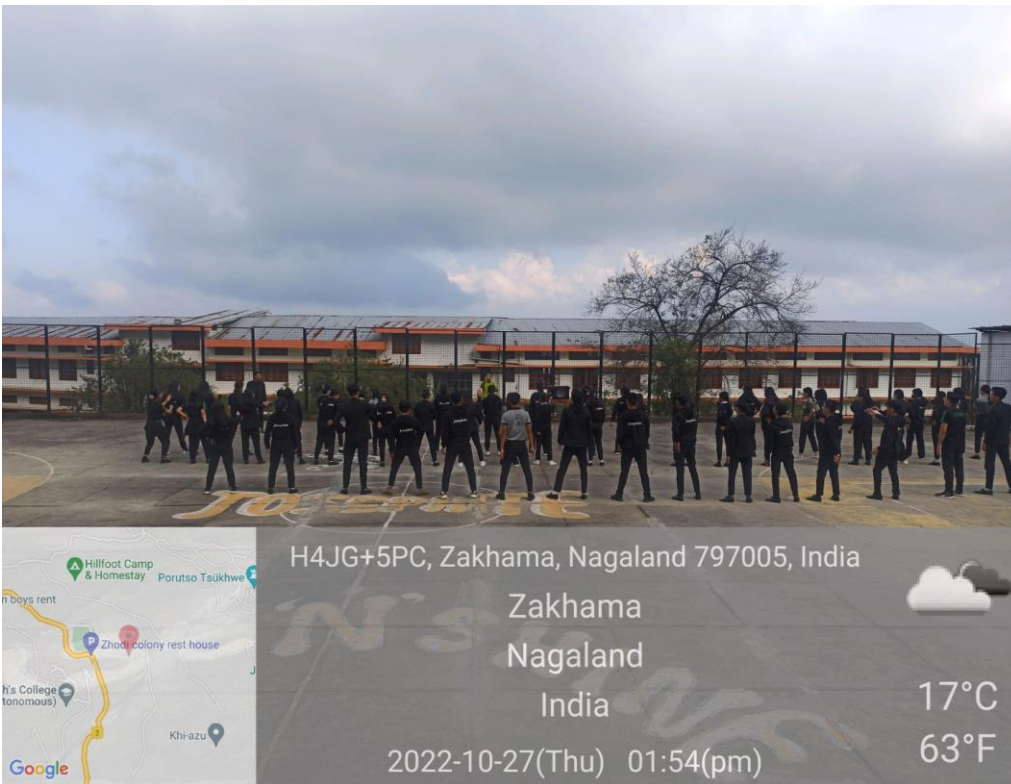
AEROBIC ZUMBA DANCE

RESOURCE PERSON: Mr. AVISA CHASE, An AEROBICS FITNESS INSTRUCTOR, LIFEGUARD AND SUMMING INSTRUCTOR, CERTIFIED DIET AND NUTRITION COUNSELOR, CERTIFIED FIRST AIDER AND PHYSICALEDUCATION TEACHER (DEPT OF SCHOOL EDUCATION)

Mr. Avisia Chase, an aerobic fitness instructor, shows the members of the Fit India Youth Club what an aerobic Zumba dance is. The program was held in the basketball court, and was open for all the students and staff members of the college.



The session started with the members of the club and few non-member students. The other students were hesitant to come down to the court and participate in the session. But, after the completion of the first dance to the first song, the students began to show interest in the session, and in no time they soon started joining. By the end of the program there were 47 students taking part.



Along with 9 fit India Youth member and 3 college staff members.

The member of the club intervened some of the participants and were asked to share their experience regarding the program. The participants said that they were exhausted and their whole bodies were aching the next day, but they had fun and they didn't regret their decision of joining the Zumba dance. One of the participants commented, "it is a fun way to stay healthy".



ST. JOSEPH COLLEGE (A) JAKHAMA
NAGALAND



Organized by
Fit India Youth
club



MR. AVISA CHASE
. AEROBICS FITNESS INSTRUCTOR
. LIFEGUARD AND SWIMMING INSTRUCTOR.
. CERTIFIED DIET N NUTRITION
COUNSELOR
. CERTIFIED FIRST AIDER
. PHYSICAL EDUCATION TEACHER (DEPT OF
SCHOOL EDUCATION).

Date: 27 OCT 2022
Time: 1:40 PM
Venue: BASKETBALL COURT

REPORTED BY

KEVI CHRISTOPHER

Physical Education Instructor
St. Joseph's College (Autonomous)
Jakhama : Nagaland



FIT INDIAN YOUTH CLUB
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
JAKHAMA, P.O. NO 39, KOHIMA- 797001,
NAGALAND

REPORT: ONE DAY YOGA SEMINAR

DATE : 6 MAY 2022

TIME : 10 AM

VENUE : COLLEGE AUDITORIUM

The fit India youth club organised a one-day yoga seminar on the theme “Yoga is a spiritual discipline that focuses on harmonizing the mind and body”. to keep our physical activity be a part of your knowledge.

A total of 45 students participated only the UG took part, the resource person was the Yoga instructor of AYUSH. The students took part with a great interest to know more about yoga and its benefits.

All the participants were also awarded certificate of participation.





YOGA SEMINAR

ORGANISED BY THE FIT INDIA YOUTH CLUB
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
JAKHAMA

*"Yoga is a spiritual discipline that
focuses on harmonizing the mind and
body"*



Resource Person
Mr, Kelhouzasie Lawrence
YOGA
INSTRUCTOR OF
AYUSH

TIME : 10 AM
DATE :- 6 MAY 2022
VENUE :- COLLEGE AUDITORIUM

REPORTED BY

KEVI CHRISTOPHER

Physical Education Instructor
St. Joseph's College (Autonomous)
Jakhama : Nagaland



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NAAC Grade A (CGPA: 3.12)

Date- 9th Sep, 2022

REPORT ON WORLD PHYSIOTHERAPY DAY

Time: 12:40PM

Venue: Conference Hall No. 1

Theme: Osteoarthritis, A Global Problem

One-day Physiotherapy awareness cum Health Checkup was organised in commemoration of World Physiotherapist Day on 8th September, 2022 by Indian Association of Physiotherapists Nagaland Branch, Kohima Unit in collaboration with St. Joseph's College (Autonomous) Jakhama.

Dr. Khrieketoulie (PT) chaired the programme for the day. He extended warm greetings on occasion of World Physiotherapist Day, and delivered a brief introduction on the meaning of "Physiotherapy". A Physiotherapy in simple term is a health care provider, looks after body disfunctions. Basically a physiotherapy can last from 30minutes to 1 hours. The programme began with an Invocation and Welcome Address by Dr. Fr George Keduolhou Angami, Principal, St. Joseph's College (Autonomous). He warmly welcomed 11 Doctors to the college.

Next was followed by "Ergonomics in the classroom" from Dr. Kevisesinuo. She mentioned that Ergonomics is applied science concerned with designing and arranging things people use so that the people/person and the things interacts most efficiently and safely. Dr explained about how habits are formed in our daily activities like staring at the computer, slouching in a chair or standing on awkward/faulty posture, forward bending or repetitive hand and wrist movements should be replaced with healthy habits, good sitting postures and sitting 20CM away from computer screen, keeping. Most common injuries seen in teachers are work-related musculoskeletal disorders, repetitive stress-related soft-tissue injuries like cervical/neck problems, low back pain, upper limb problems and ankle/foot problems. She also taught on how Ergonomics how it could benefit the productivity and performance in the classroom. General check-up which includes, monitoring blood pressure, measuring body index which they felt is the two most important for our good and healthy life.

Vote of thanks was delivered by Dr. Gwalozü Chung (PT) where he expressed his gratitude to the St. Joseph's College (A) Jakhama Management Board for allowing them to conduct Physiotherapy awareness campaign cum health checkup in commemoration of World Physiotherapist Day.

The formal programme came to an end at 1:10 PM, followed by health checkup by the Indian Association of Physiotherapists Nagaland Branch, Kohima Unit till 3 PM.

Total no. of participants: 165





**ONE DAY
PHYSIOTHERAPY AWARENESS CAMPAIGN
CUM HEALTH CHECKUP**

Organised by
**Indian Association of Physiotherapists
Nagaland Branch, Kohima Unit**

IN COLLABORATION WITH ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA

Theme : Osteoarthritis, A Global Problem

Date : 8th September, 2022 || Time : 12:40 pm
Venue : St. Joseph's College (Autonomous) Campus Jakhama, Kohima



**ONE DAY
PHYSIOTHERAPY AWARENESS CAMPAIGN
CUM HEALTH CHECKUP**

Organised by
**Indian Association of Physiotherapists
Nagaland Branch, Kohima Unit
IN COLLABORATION WITH ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA**

Theme : Osteoarthritis, A Global Problem

Date : 8th September, 2022 || Time : 12:40 pm
Venue : St. Joseph's College (Autonomous) Campus Jakhama, Kohima

Chairperson

Dr. Khrieketoulie (PT)

Invocation & Welcome Address

Dr. Fr. George Keduolhou Angami
Principal, St. Joseph's College (Autonomous)

Ergonomics in the classroom

Dr. Kevisesinuo (PT)

Vote of thanks

Dr. Gwazülo Chang (PT)

Followed by health checkup

Ms. Wierzürho C Francisca
IQAC, Documentation
SJC(A) Jakhama



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NAAC Grade A (CGPA: 3.12)

One day Workshop on Accelerating Business Communication Skills.

Organised by IQAC, St. Joseph's college (Autonomous) Jakhama

Resource person- Rev.Fr Vincent Saldanha SJ
Retd. Associate Professor
St. Xavier's college (Autonomous)
Ahmedabad, Gujarat.

The Accelerating Business Communication Skills Workshop was held on Monday 14th November, 2022 at the Science Block, Hall no.3 with the 5th semester B.com students. The event was hosted by Mr. Temsukumzuk Pongen, Assistant Professor, Department of Commerce. The resource person Rev.Fr Vincent Saldanha SJ addressed the students, about the importance of communication in the commercial world. The speaker emphasized on the various forms of language spoken and how it can be materialized to use as an advantage for one's personal endeavors. The program was concluded with vote of thanks delivered by Mr. Verha Kezo, President Department of Commerce.

Overall, the students were enlightened on how communication can be a building block in any form of business. The event was held successfully and optimistically the lessons learned today will have positive impact for the entire students in the future.





ONE DAY WORKSHOP
on
ACCELERATING BUSINESS COMMUNICATION
SKILLS

Organised by
IQAC, St. Joseph's College (Autonomous), Jakhama

Date: 14th November, 2022
Venue: Hall No 3 Science Block
Time: 9:00 A.M to 11:00 A.M

Chairperson Mr. Temsukumzuk Pongen
Assistant Professor, Department of Commerce
St. Joseph's College (Autonomous)
Jakhama, Nagaland

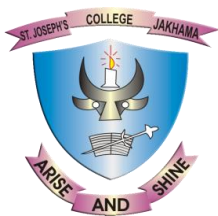
Resource Person: Rev. Fr. Vincent Saldanha SJ
Retd. Associate Professor
St. Xavier's College (Autonomous)
Ahmedabad, Gujarat

Vote of Thanks Mr. Verha Kezo
President, Department of Commerce
St. Joseph's College (Autonomous)
Jakhama, Nagaland

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Reported by:

Temsukumzuk Pongen
Assistant Professor,
Department of Commerce
St. Joseph's College (Autonomous), Jakhama



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NAAC Grade A (CGPA: 3.12)

REPORT ON EFFECTIVE ENGLISH COMMUNICATION SKILLS WORKSHOP

ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA

Date: 7th & 8th Nov, 2022

The workshop was a new concept to the fifth semester of English department as it has not been included in the syllabus of our previous semesters. The three sessions of the workshop with the resource person, Rev. Fr. Vincent Saldhana SJ has been an eye opener, fun and an inspiring session which transcends the student's beliefs in the traditional one way learning method.

The workshop has been conducted in three sessions for a total of three hours in which we were taught the basic fundamentals of English Phonetic.

The First Session was conducted on 7th Nov, 2022 in Hall No. 5, to the fifth semester students of English Department, section 'D'. The session started with our resource speaker introducing to the students on the use and importance of 'Language as a means of communication' to broaden our minds to the concept of 'Phonetic' which is universally applicable to communicate or interact with people irrespective of different race, culture, and language. The students were taught on the two types of language namely, verbal and non-verbal languages, emphasizing mostly on the verbal language. The students were also encouraged to take part in the interactive session and raise questions to clarify doubts which is very crucial to understand and enhance one's liking towards 'phonetic' and its various applications. The first session ended with the students yearning to know more about phonetics, for being conducted in a free, interactive and fun way of learning.

In the second session, the students were engaged in participating along with our resource speaker in the pronunciation of words that were given to us in our study material. It was something novel, to experience the whole class immersed in partaking an activity that we have all come to like and look forward. The participation of the whole class was also a new experience to each student.

The third session held on 8th Nov, 2022 was a memorable session with the whole class anticipating to another hour filled with fun learning and saw the students actively participating and clarifying our doubts, appreciated by the speaker who encouraged young minds to be curious and find answers to fill the curiosity.

The overall experience of the workshop was memorable and interesting with the introduction of new concept and method of learning. Our resource speaker with his acquired knowledge and experiences in teaching throughout his academic years has been able to captivate the attention of the students and deliver the topic which will have a lasting impact on each of the students and we are very fortunate to attend the workshop which is a necessary for a literature student.



75
Azadi Ka
Amrit Mahotsav



TWO DAYS WORKSHOP
on
EFFECTIVE ENGLISH COMMUNICATION SKILLS

Organised by
IQAC, St. Joseph's College (Autonomous), Jakhama

Date: 7th & 8th November, 2022
Time: 9:00 A.M – 2:40 P.M

Resource Person: Rev. Fr. Vincent Saldanha SJ
Retd. Associate Professor
St. Xavier's College (Autonomous)
Ahmedabad, Gujarat

Date	Time	Venue	Participants
7 th November, 2022	9:00 A.M – 10:00 A.M	Hall No: 5 Arts Block	B.A (English) 5 th Semester Section: D
7 th November, 2022	10:00 A.M – 11:00 A.M	Hall No:16 Arts Block	B.A (English) 5 th Semester Section: C
7 th November, 2022	1:40 P.M – 2:40 A.M	Hall No: 5 Arts Block	B.A (English) 5 th Semester Section: D
8 th November, 2022	9:00 A.M – 10:00 A.M	Hall No: 16 Arts Block	B.A (English) 5 th Semester Section: C
8 th November, 2022	10:00 A.M – 11:00 A.M	Hall No: 5 Arts Block	B.A (English) 5 th Semester Section: D
8 th November, 2022	1:40 P.M – 2:40 A.M	Hall No: 16 Arts Block	B.A (English) 5 th Semester Section: C

Reported by

Wiesürho C Francisca
IQAC Documentation
St. Joseph's College (Autonomous) Jakhama



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NAAC Grade A (CGPA: 3.12)

A Seminar on Effective English Communication

On 7th and 8th of November, 2022, the Department of English, St Joseph's College (autonomous) Jakhama organized a two days workshop on Effective English Communication.

In Hall. No 16, the class of 5th Semester Section C had three sessions of workshop with Fr Vincent Saldhana SJ Retd. Associate Professor of St Xavier's College (autonomous), Ahmedabad as the resource person. A man of depth, knowledge and experience with thirty-one long years of teaching experience.

On the first day, introductory session was held from 10:00am to 11:00am where language, communication, types of language and their usage, etc was educated. The topics of lexis, morphology, Syntax and Pragmatics, etc., under the subject of Linguistic was taught on the second session from 09:00 to 10:00am, 8th November. On the same day from 12:40 to 01:40pm the third and the last session was held and Phonetics was notably educated. Under this topic we learned how distinct words are pronounced and how the accent of a word in English is determined.

It was an exceedingly favourable workshop for all the students as it was filled with the opportunity to learn something that was absent in the department Pedagogy. The seminar was fascinating and teeming with lots of new particulars and notions. It was interactive, full of life and altogether a successful one. It was a blessing to have Fr Vincent as the spokesman. With his mastery of the subject, he influenced each one of us. His teaching style is remarkable and he'll forever have a significant impact in our lives as a marvellous teacher. The most admirable thing about him was his fondness of the subject and his depth knowledge of it. It left the students chanting his praises in minds.

The students were also filled with gratification as the Principal, Dr. Fr George Kedoulhou Angami brought this amazing opportunity to the department students.





TWO DAYS WORKSHOP
on
EFFECTIVE ENGLISH COMMUNICATION SKILLS

Organised by
IQAC, St. Joseph's College (Autonomous), Jakhama

Date: 9th & 10th November, 2022
Time: 9:00 A.M - 11:00 A.M

Resource Person: Rev. Fr. Vincent Saldanha SJ
Retd. Associate Professor
St. Xavier's College (Autonomous)
Ahmedabad, Gujarat

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Date	Time	Venue	Participants
9 th November, 2022	9:00 A.M - 10: 00 A.M	Hall No: 26 Arts Block	B.A (English) 3- Semester Section: C
9 th November, 2022	10:00 A.M - 11: 00 A.M	Hall No:25 Arts Block	B.A (English) 3- Semester Section: D
10 th November, 2022	9:00 A.M - 10: 00 A.M	Hall No: 25 Arts Block	B.A (English) 3- <u>Semester</u> Section: D
10 th <u>November</u> , 2022	10:00 A.M - 11: 00 A.M	Hall No: 26 Arts Block	B.A (English) 3- <u>Semester</u> Section: C



**ONE DAY WORKSHOP
on
EFFECTIVE ENGLISH COMMUNICATION SKILLS**

**Organised by
IQAC, St. Joseph's College (Autonomous), Jakhama**

Date: 9th November, 2022


Venue: Hall No. 1 PG Block

Time: 12:40 P.M to 2:40 P.M

Chairperson: Dr. Caroline Erue
Assistant Professor, Department of English
St. Joseph's College (Autonomous)
Jakhama, Nagaland

Resource Person: Rev. Fr. Vincent Saldanha SJ
Retd. Associate Professor
St. Xavier's College (Autonomous)
Ahmedabad, Gujarat

Vote of Thanks: Ms. Carol Kandulna,
M.A (English), 3rd Semester
Department of English
St. Joseph's College (Autonomous)
Jakhama, Nagaland



POST-GRADUATE STUDIES
DEPARTMENT OF SOCIOLOGY
ST. JOSEPH'S COLLEGE (A)
JAKHAMA, NAGALAND

ORIENTATION
ON
"ONLINE EXAMINATION"

DATE: 19TH AUGUST, 2021
TIME: 9:00 AM- 10:00 AM

INFORMATION

- ❖ The Online Exam will be **Proctored Examination**
- ❖ **Link** for the Proctored Exam will be shared by the respective Faculty Member who is in-charge of the exam
- ❖ Keep the **required stationeries** like pen, paper etc., **ready**
- ❖ **Print/ Photocopy the Cover Page** of the Answer Script for each paper

2

INSTRUCTIONS FOR FILLING UP THE ONLINE EXAM ANSWER SCRIPT

- Entry of Details on the Cover Page of the Answer Script
- Proper Margins should be drawn in every page of the script
- Write the PAGE NO., your ROLL NO and put your SIGNATURE on the top right side in every page of the scripts
- Students should write the exam in his/her own handwriting legibly
- Question number should be written correctly against each answer

3

SUBMISSION OF ANSWER SCRIPTS

- Scan your handwritten answer scripts and save it inPortrait Format
- Convert it to a single PDF file(Page wise)
- Save the file with the File name comprising of your Roll No and Course Code. For example, 19MSOC097 MSOC 2_1
- Compress the PDF File to 5MB-7MB (Maximum)
- Submit /upload your answer scripts PDF File to the subject teacher within the allotted time through email, WhatsApp, google classroom app etc., as per instruction of your teacher

4

- ❖ The time of Examination: **9:30 am to 12:30 noon.**
- ❖ The respective subject teacher will send the Question Papers to the students by **9:20 am.**
- ❖ Upload the answer script on or before **1:30pm**
- ❖ **Attendance** on the day of examination should be given to the respective subject teacher through audio call, WhatsApp, messaging etc.
- ❖ **Retain the Hardcopy** of the answer scripts and **submit** to the college whenever situation permits

5



All the Best
Thank you



DEPARTMENT OF COMMERCE

St. Joseph's College (Autonomous), Jakhama: Kofima

A Report on “Digital Marketing Seminar”

Speaker: Mr. Sagar Ramula,
Project Manager (IT Operation) at IDM, London, UK.
Advisory Director at Thanktrum Consultants, Pune, India.
Technology Evangelist.

Department of Commerce in collaboration with Business Administration and Economics Department of St. Joseph's College (Autonomous), Jakhama, organized a seminar on “Digital Marketing” on 7th February, 2023 at college Indoor Stadium. The seminar was hosted by Ms. Thejasenuo Yosa and the welcome address was delivered by Mrs. Loreni Yanthan, HoD, Department of Economics, SJC(A). The speaker Mr. Sagar Ramula addressed the participants about the overview of digital marketing, awareness, networking, job market trends, demands and projections 2023. He said that jobs in digital marketing were some of the fastest growing across any sector, according to LinkedIn, which shows a 52% rise in demand for such roles. He further encourages the participants to build a successful career in digital world and presented tips for creating a strong resume and portfolio. The seminar was concluded with a note of gratitude by Mr. Verha Kezo, President Department of Commerce.

Seminar on 'Digital Marketing' at St. Joseph's College (A) Jakhama



Inset: Sagar Ramula speaking at the programme. Students attending the seminar.

DIMAPUR: Department of Economics in collaboration with Business Administration and Commerce departments, St. Joseph's College (A), Jakhama, organized a seminar on "Digital Marketing" on February 7.

A press release from HoD, Department of English, SJC (A) Jakhama, James H.K informed that

the speaker of the seminar was project manager (IT Operations), London, advisory director at Thanktrum Consultants, Pune, Technology Evangelist, Sagar Ramula.

The speaker dwelt on registration and networking, overview of digital marketing awareness, job market trends, demands and projections 2023.

He said that jobs in digital marketing were some of the fastest growing across any sector, according to LinkedIn, which shows a 52% rise in demand for such roles.

He also stressed on starting a successful career in digital world and presented tips for creating a strong resume and a portfolio.

The talk concluded with guidelines on interviewing and negotiation skills.

The host of the day was Asst. Prof., SJC (A), Jakhama Thejasenuo Yosa, welcome address by HoD, Department of Economics, Loreni Yanthan and concluded with a note of gratitude by Verha Kezo.



SEMINAR ON DIGITAL MARKETING

ST. JOSEPH'S COLLEGE (A), JAKHAMA

February 7, 2023

12:50 PM

Host: Ms. Thejasenuo Yosa

Speaker: Mr. Sagar Ramula

Project Manager (IT Operations) at IDM, London, UK
Advisory Director at Thanktrum Consultants, Pune, India
Technology Evangelist



Welcome Address : Mrs. Loreni Yanthan

HoD, Dept. Of Economics
St. Joseph's College (A), Jakhama



Digital Marketing: Speaker

Gratitude: Mr. Verha Kezo



Organized by:

Dept. of Business Administration
St. Joseph's College (A), Jakhama

Dept. of Economics
St. Joseph's College (A), Jakhama

Dept. of Commerce
St. Joseph's College (A), Jakhama

SEMINAR ON DIGITAL MARKETING
AT
ST. JOSEPH'S COLLEGE (A)
JAKHAMA, NAGALAND

Date: 7th February, 2023
 Time: 12:50 PM

Organizers:

Dept. of Business Administration, SJC (A), Jakhama
Dept. of Economics, SJC (A), Jakhama
Dept. of Commerce, SJC (A), Jakhama

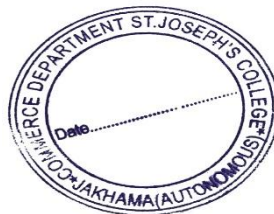
SPEAKER:
Mr. Sagar Ramula
 Project Manager (IT Operations) at IDM, London, UK
 Advisory Director at Thanktrum Consultants, Pune, India
 Technology Evangelist

SEMINAR ON DIGITAL MARKETING
AT
ST. JOSEPH'S COLLEGE (A)
JAKHAMA, NAGALAND
 DATE: 7th FEBRUARY, 2023 | TIME: 12:50 PM

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[Signature]
 Moantangit Longkumer
 Head Department of Commerce
 SJC(A), Jakhama.
HOD
 Department of Commerce
 St. Joseph's College Jakhama (Autonomous)





EVENT REPORT

NAME OF THE EVENT: INTRA-DEPARTMENTAL QUIZ COMPETITION

DATE OF THE EVENT: 2ND SEPTEMBER, 2022

NO. OF PARTICIPANTS: 167 (Female-62, Male-105)

The Department conducted an Intra-Departmental Business Quiz Competition on September 2, 2022, with an aim to inculcate learning habits among students, to enhance knowledge, to keep updated, to enhance research knowledge, to cultivate team spirit and to encourage healthy competition among students. The quiz was conducted by quiz master, Md. Tabrej, Asst. Professor. The following teams/ individuals were adjudged winners of the business quiz competition: -

First Position:

- Mr. Senchumo Z Tungoe [BBA 1st Semester, St. Joseph's College (Autonomous), Jakhama]
- Mr. Th. David Singh [BBA 1st Semester, St. Joseph's College (Autonomous), Jakhama]

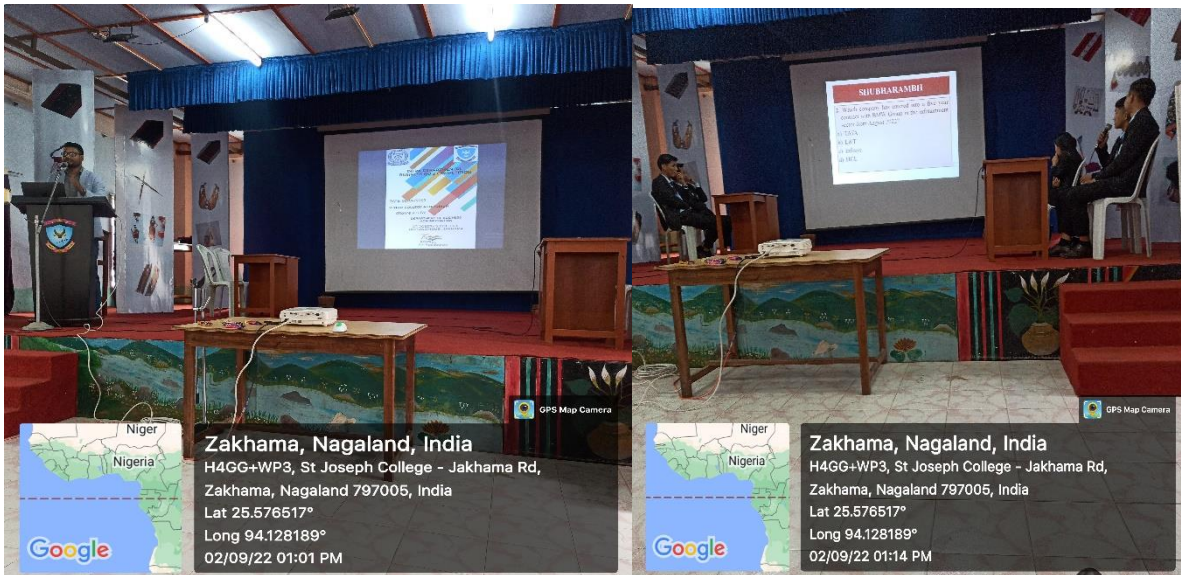
Second Position:

- Ms. Maneni A [BBA 5th Semester, St. Joseph's College (Autonomous), Jakhama]
- Ms. Neiphnuo Kengurüsie [BBA 5th Semester, St. Joseph's College (Autonomous), Jakhama]

Third Position:

- Mr. Sedevi Neihu [BBA 1st Semester, St. Joseph's College (Autonomous), Jakhama]
- Mr. Vikehieto Augustine Kulnu [BBA 1st Semester, St. Joseph's College (Autonomous), Jakhama]

Best Quizzer:-Ms. Maneni A [BBA 5th Semester, St. Joseph's College (Autonomous), Jakhama]





INTRA DEPARTMENTAL BUSINESS QUIZ COMPETITION

DATE: 02/09/2022

VENUE: COLLEGE AUDITORIUM

ORGANISED BY:

**DEPARTMENT OF BUSINESS
ADMINISTRATION**

**ST. JOSEPH'S COLLEGE
(AUTONOMOUS), JAKHAMA**



Recorded by: Mr. K. Zubemo Humtsoe

Director, Dept. of Business Administration

St. Joseph's College (A), Jakhama

**DIRECTOR
DEPT. OF BBA
DATE**





ST. JOSEPH'S COLLEGE

JAKHAMA

P.B. No. 39, Kohima, Nagaland – 797 001

(Autonomous status granted by UGC notification No.F.22-1/2017 (AC) Dtd.11th Oct.2018)

0370-2231009 (O), 2233022 (Principal), 9436437544 (M)

www.stjosephjakhama.ac.in Email: stjosephc@gmail.com

NAAC Grade A (CGPA: 3.12)

Report

CELEBRATION OF THE INTERNATIONAL DAY OF YOGA, 2022

The St. Joseph's College (Autonomous), Jakhama, celebrated the International Day of Yoga with the rest of the world and the Nation – India on 21st June, 2022 in the College Indoor Stadium at 10.00 AM., with the THEME: YOGA FOR HUMANITY. The Celebration of International Day of Yoga, 2022 was sponsored by Indian Council of Philosophical Research (ICPR), New Delhi.

In spite of the incessant monsoon rain and the End Semester Examinations, a total of 69 persons (Faculty members, Office staff and Students) attended the celebration. The attendees especially the students were largely the NCC Cadets (Boys & Girls) and members of Fitness Club of St. Joseph's College (Autonomous), Jakhama. The attendance of the participants of the Celebration of International Day of Yoga, 2022 is duly recorded with the signature of the participants.

As stated above, the celebration was held on 21st June, 2022 at 10.00 AM in the College Indoor Stadium. The order of the programme of the Celebration of International Day of Yoga, 2022 is given below:

- | | |
|---|--|
| 1. Invocation | : Dr. Pezalhoukho George
<i>[Coordinator PG]</i> |
| 2. Welcome Address | : Dr. (Fr.) George Keduolhou
<i>[Principal SJC(A)]</i> |
| 3. Yoga – Every day every moment Activity | : Dr. Dominic Meyieho |
| 4. Vote of Thanks | : Capt. Regina Razousinuo |
| 5. Tea/Coffee Break/Refreshment | |
| 6. Yoga Demonstration and Practices | : Mr. Christopher Paphino
<i>[Physical Instructor]</i> |
| 7. Lunch | |
| 8. Social Work | |
- Compere: SGT Visakhono Yakhro**

As mentioned in the order of the programme, the Celebration of Yoga Day, 2022 at St. Joseph's College (Autonomous) began with the invocation by the Coordinator of the Post Graduate Programme –Dr. (Fr.) Pezalhoukho George. In his prayer, he prayed for the members of the ICPR, New Delhi for God's blessings. He also implored and beseeched the Divine to lead the sessions and the day that lies ahead, and ask the blessings of the Almighty on all the participants and especially on persons who will be addressing the session and performing the demonstration.

Dr. (Fr.) George Kedoulhou Angami, the Principal of the College gave the welcome address. In his welcome address he acknowledged and appreciated the ICPR, New Delhi for sponsoring the Celebration of International Day of Yoga, 2022 for St. Joseph's College (Autonomous). He informed the audience that the United Nations General Assembly in 2014 declared 21st June every year as International Day of Yoga, and 2015 onwards 21st June has become a worldwide event in celebrating the Yoga Day. Speaking on the importance of Yoga and its benefits he pin-point how the Western Nations recognised the importance of Yoga and embraced whole-heartedly whereas, in our country which is the birth place of Yoga and its practices, and especially the North East region yoga is viewed with much scepticism. Shunning the scepticism rounding Yoga and its practices, he asserted that it is time for our region too to view Yoga and its practices with positivity, and embraced it for self enhancement and for the whole human race as the theme goes – Yoga for Humanity. Welcoming the participants, he appreciated their zeal and enthusiasm to be part of the Celebration of International Day of Yoga, 2022 at St. Joseph's College (Autonomous), Jakhama, in spite of heavy down pour. In closing address and welcome note assured the participants that the Celebration of Yoga will enrich them today, and they will have a message to take home, and above all they will have a clearer concepts of Yoga and their perception of Yoga will be enriched by the talk that is to follow soon. He wishes everyone A VERY HAPPY INTERNATIONAL YOGA DAY, 2022.

The Celebration of International Day of Yoga, 2022 at St. Joseph's College was divided into three sessions - a whole day celebration i.e., i) Academic inputs on Yoga, ii) Yoga Demonstration and Practices, and iii) Social work. However, the III Session could not be carried out/implemented due have down pouring of rain. Nevertheless, the first two sessions were fruitfully and seriously conducted to the satisfaction of all the participants. Given below is a brief account of the first two sessions, which were successfully addressed to.

Academic inputs on Yoga: On the academic front, Dr. Dominic Meyieho, The Controller of Examinations and a former faculty of Philosophy deliberated on *Yoga – Everyday Every Moment*

Activity. Connecting with the Theme of the Celebration – *Yoga for Humanity*, the resource person reminded and asserted that the Human Person is Being with others, a physical being and a mental/psychological/spiritual Being, and the Yoga and its practices encompasses all these realities of the human person. The speaker has also delved into the etymological meaning of Yoga and the traces of Yoga as found in the *Upanishads*, *Manusmriti* and the *Bhagavad Gita*. Thus asserting that Yoga and its practices are ancient wisdom of the past and not a recently born concept or techniques or practices. The different types of Yoga such as *Jnana Yoga*, *Bhakti Yoga* and *Karma Yoga* were also brought to light. Reference of Yoga as one of the 9th Indian Schools (6 Orthodox and 3 Heterodox), the speaker deliberated Yoga as the only practical Indian school of thoughts, which is based on a sound psychological foundation. As the Indian practical school of thought based on sound psychological foundation, one of the most important entities in the Yoga School of thought is the *citta* (Mind). The mind (*Citta*) undergoing modifications (*citta-vritti*) and afflictions (*Kleshas*) - Ignorance/*Avidya*, Egoism/*Asmita*, Attachment/*Raga*, Aversion/*Dvesa*, and Will to live/*Abinivesa*.

Further on aligning with the theme – *Yoga for Humanity*, the resource person reminded the august gathering the goals of life and education (*Purusarthas*), whereby every person is called to be a Yogic person in all true sense - living a conscious human life totally absorbed in what is expected of her/him according to the goals of life – *Purusarthas* i.e., by one's right conduct (*Dharma*), one has to attain wealth and meaning in life (*Artha*), the wealth and meaning (*Artha*), which one attained through right conduct (*Dharma*) is to be enjoyed (*Kama*) in a good way. *Kama* stands for pleasure, enjoyment, entertainment, re-creation, which is a psychological need of every person, however *Kama* here does not refer to sinful or cheap forms of pleasure, enjoyment, entertainment and recreation which are due to overcoming by emotions and impulses of the senses. Thus if the above three *trivargas* – *Dharma*, *Artha* and *Kama* are taken care of liberation (*Moksa*) is effortless needing no extra time and energy. However, as human as we are, a person is often overcome by ignorance (*Avidya*) and forget the goals and become egoistic needing a path/means (*marga*) to let go the *asmita* (ego). Thus, the *Raja-marga Yoga* or the *Astanga Yoga* as an aid to arrest the affliction of the mind and control the senses.

Insisting on the theme – *Yoga for Humanity*, the resource person emphatically asserted that no true practice of Yoga is possible without the ethical/moral code of life (Living with others) alongside with the other two entities of life – physical and mental/psychological/spiritual. Indeed, the gate way to the Yoga – *Union/total absorption/concentration (Samadhi)* is the ethical/moral code of conduct of life. The speaker emphasized that the *Raja-marga Yoga* take care of all the three dimensions of the human person namely – ethical/moral code of conduct (Living with other persons), Physical and Mental/Psychological/Spiritual in the 8 limbs of the Yoga (*Astanga yoga*).

The resource person patiently but intellectually explained the 8 limbs of Yoga, and classified the first two limbs of the Yoga i.e., *Yama* and *Niyama* as addressing the ethical/moral code of conduct, 3,4 and 5 limbs i.e., *Asana*, *Pratyahara* and *Pranayama* as addressing the physical aspect of the human person, and the last three (6,7 &8) i.e., *Dharana*, *Dhyana* and *Samadhi* as targeting on mental/psychological/spiritual dimensions of the person. Thus, Yoga is everyday every moment activity and Yoga, and its practices cannot be confined to one religion/tradition because the goal of every religion/tradition is to make human true humane whereby every human being learns to live with other beings, enjoy good health and physique and have a healthy-serene mind and divinity of the soul.

Yoga Demonstration and Practices: Mr. Christopher Paphino, the Physical Instructor soon after the Academic session led the august gathering into Yoga demonstration and practices i.e., the 12 *Asanas* (12 Basic Postures). Mr. Paphino first demonstrated the 12 Yoga *Asanas*, and made the participants to follow each of the 12 *Asanas*. However, before jumping into the different postures of the Yoga, Mr. Paphino conducted a 10 minutes warm-up exercises of stretching and flexing the muscles and joints. Then on, the Physical Instructor carefully and craft fully led the novices of Yoga into the practices. The 12 Basic Postures demonstrated and practiced during this session were as follows:

- 1) Headstand (*Śīrṣāsana*)
- 2) Shoulder-stand (*Sarvāṅgāsana*)
- 3) Plough (*Halāsana*)
- 4) Fish (*Matsyāsana*)
- 5) Sitting Forward Bend (*Paschimthanāsana*)
- 6) Cobra (*Bhujangāsana*)
- 7) Locust (*Salabhāsana*)
- 8) Bow (*Dhanurāsana*)
- 9) Half Spinal Twist (*Ardha Matsyendrāsana*)
- 10) Crow (*Kakāsana*)
- 11) Standing Forward Bend (*Pada Hasthāsana*), and
- 12) Triangle (*Trikonāsana*)

Of the 12 Yoga *Asanas*, the first two *Asanas* – Headstand and Shoulder-stand, and the eighth *Asana* – Bow prove challenging to the novices of Yoga practice. The Instructor however, carefully demonstrated and explained the benefits of them all. While demonstrating the different posture and during the practice of the different *Asanas*, he also advised them not to force or strain their muscles, but slow and steadily do them every day and soon they will be able to perfect them.

Other than the above mentioned three *asanas*, the other postures were performed with ease. Thus, with instructions, demonstration and practices this session took 1 hour and twenty minutes. To the joy and encouragement of everyone, the Principal of the College – Dr. George Keduolhou Angami participated in all the different postures of the Yoga. For the demonstration and practices two large mats were laid out for the participants to follow and practice the different *asanas* in the Indoor Stadium. The Physical Instructor on completion of demonstration and practices of Yoga did not abruptly end the session but just the way the warm-up exercises were conducted, likewise a postwork out was attended to make the participants enjoy and relax on what they have performed.

As per the order of the Programme, soon after the Academic talk, Captain Regina Razousinuo pronounced the Vote of Thanks. Capt. Regina whole-heartedly thanked the Indian Council of Philosophical Research (ICPR), New Delhi for sponsoring the Celebration of International Day of Yoga, 2022 for St. Joseph's College (Autonomous), Jakhama and making it an eventful day. While thanking the ICPR, New Delhi, she also thanked the Government of India for the initiatives and the roles in making this a national and international event. Capt. Regina appreciated, acknowledged and thanked all the participants who made this event a meaningful day by their activity participation in spite of heavy rain. She also extended appreciations and gratitude to the Administrator - Fr. Joseph Binoy for use of Indoor Stadium with uninterrupted power supply, projector, chartering a Bus to and from - Kohima – Jakhama, and for the refreshment and lunch in spite of bad weather. Thanks and appreciations were also extended to technician and the maintenance staff for their support and corporation. Capt. Regina thanked Dr. Dominic Meyieho for the intellectually explaining the different limbs of Yoga and asserting that Yoga is everyday every moment activity, and not restricted to an activity alone. She also thanked Mr. Christopher Paphino for his patience and artfully demonstrating the different Yoga *Asanas* and the skilful work outs – at the start and at end of the demonstration and practices of Yoga, which made the participants relaxing without any sense of strain and pull of muscles. Capt. Regina Razousinuo also thanked and appreciated SGT Visakhono Yakhro for beautifully and confidently compering the celebration of International Day of Yoga, 2022.

Thus, the Celebration of International Yoga Day, 2022 came to an end with a lunch at 12.30 PM for all the Participants at the College Canteen – Heaven's Dew. Although, Social work was to be conducted post lunch for the participants of the Celebration of Yoga Day, 2022, it had to be called off due to relentless down pouring of rain. Thus, participants who were brought by Bus from Kohima were again drop back by the same bus. A bus service – Bus No. 3 was specially chartered for the students coming from Kohima to Jakhama (College Area) due to bad weather – incessant and relentless down pouring of rain. Due to heavy rain, at the last hour Bus No. 3 was chartered to pick up and drop the students. The pick-up and dropping points was High School Junction, Kohima.

The distance from High School Junction, Kohima to St. Joseph's College (Autonomous), is about 19 kilometres.

As our appreciations and acknowledgment to the Government of India and most specially to Indian Council of Philosophical Research (ICPR), New Delhi, for sponsoring the Celebration of International Day of Yoga, 2022, the St. Joseph's College (Autonomous), Jakhama also extended the invitation to the Civil Sub-divisional Office (SDO – Civil) stationed at Jakhama.

Reported by:

Dr. Dominic Meyieho



Dr. Dominic Meyieho
Controller of Examinations
Controller of Examinations
St. Joseph's College (Autonomous)
Jakhama-797001
Kohima : Nagaland.



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ST. JOSEPH'S COLLEGE (AUTONOMOUS)

Jakhama, Kohima, Nagaland – 797 001, India

INTERNATIONAL YOGA DAY, 2022

Sponsored by



Indian Council of Philosophical Research (ICPR), New Delhi

Theme: Yoga For Humanity

Date: 21st June, 2022

Time: 10.00 AM

Venue: Indoor Stadium

Programme

1. Invocation : **Dr. Pezalhoukho George**
[Coordinator PG]
2. Welcome Address : **Dr. (Fr.) George Keduolhou**
[Principal SJC(A)]
3. Yoga – Every day every moment Activity : **Dr. Dominic Meyieho**
4. Vote of Thanks : **Capt. Regina Razousinuo**
5. Tea/Coffee Break/Refreshment
6. Yoga Demonstration and Practices : **Mr. Christopher Paphino**
[Physical Instructor]
7. Lunch
8. Social Work

Compere: SGT Visakhono Yakhro

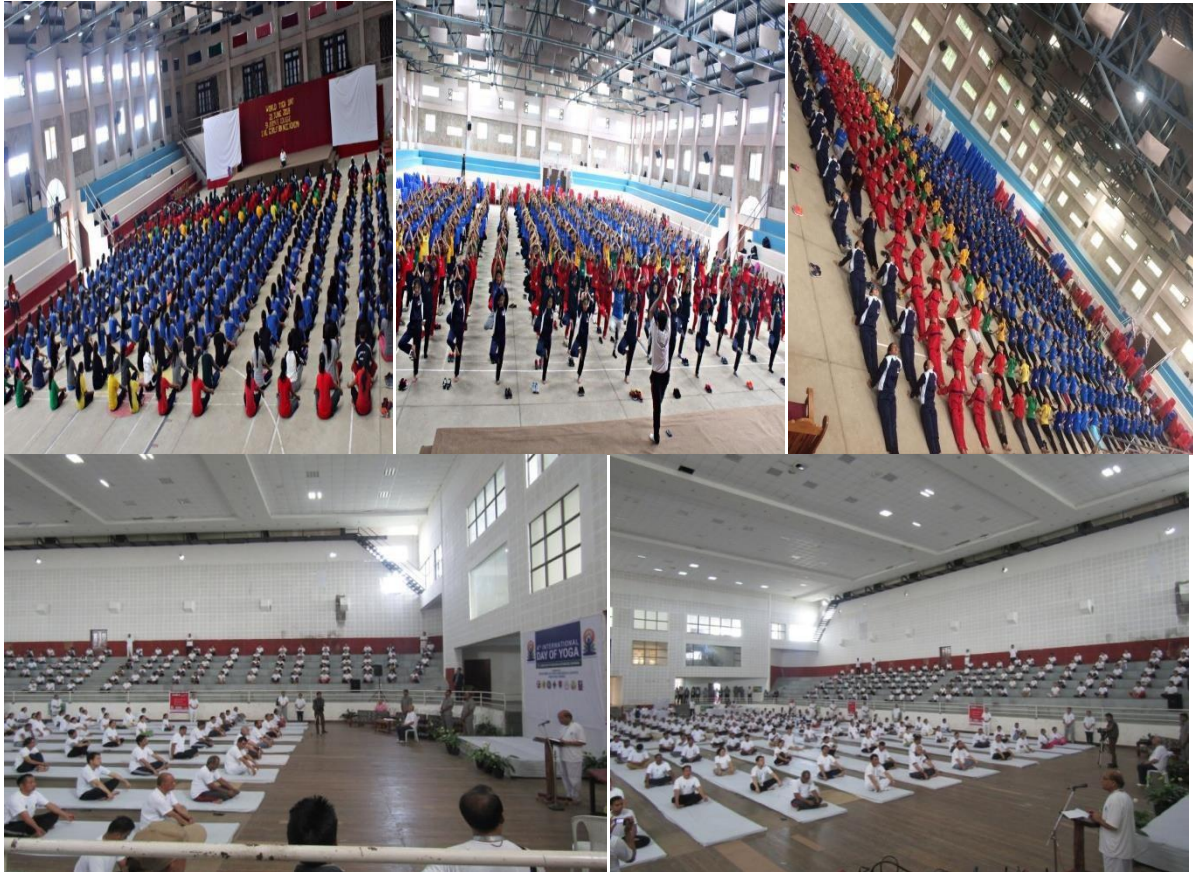
Dr. Fr. George Keduolhou Angami
Principal
Principal
St. Joseph's College (Autonomous)
Jakhama Nagaland





NCC SENIOR WING
ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA
COY, PL 10 & 11
1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND

INTERNATIONAL DAY OF YOGA AT SJC, KOHIMA COLLEGE, LFHSS, KOHIMA & DBHSS, TSEMINYU: 21 JUNE, 2018



Kohima district NCC girls celebrate International Day of Yoga

KOHIMA, JUNE 23 (MEXN): NCC girl cadets of Kohima district celebrated International Day of Yoga on June 21 in four centres - St. Joseph's College, Jakhama; Kohima College; Little Flower Higher Secondary School, Kohima; and Don Bosco Higher Secondary School, Tseminyu - under the aegis of 1 Nagaland Girls' Battalion NCC, Kohima.

The Nodal Officer for organizing the event for NCC girl cadets in Kohima district was Lt. Regina Razousinuo, Associate NCC Officer and Asst. Professor, St. Joseph's College, Jakhama.

A press release from Lt. Regina Razousinuo informed that at St. Joseph's College, 416 NCC girl ca-

NCC girl cadets during the International Day of Yoga celebration at St. Joseph's College, Jakhama on June 21.

and three Associate NCC Officers and 1 Caretaker Officer participated in the event with Lt. Regina herself as the instructor. 200 cadets from Mt. Olive College, Don Bosco HSS (Kohima), G. Rio School and Kohima College, and three Associate NCC Officers took part in the programme at Kohima College. The instructor was Avissa John, Physical

NCC girls observe yoga day

Dimapur, June 23 (EMN): NCC girl cadets under the aegis of 1 Nagaland Girls' Battalion comprising St. Joseph, Jakhama; Kohima College; Little Flower Higher Secondary School, Kohima; and Don Bosco Higher Secondary School, Tseminyu, have observed the International Day of Yoga on June 21.

The event was led by Regina Razousinuo, associate NCC Officer and assistant professor of St. Joseph's College, Jakhama. The programme was held on the theme "Be a Naga and do yoga, be a Christian and do yoga."

Besides, a total of 416 NCC girl cadets from St. Paul School, Phasama; Japthi Christian College, Kigwema; GHS Kigwema; Loyala Higher Secondary School, Khuzama; and St. Joseph's College, Jakhama, along with three associate NCC officers and one caretaker officer participated in the event with Regina Razousinuo as the instructor.

At Kohima College, 200 girl cadets from Mt. Olive College; Don Bosco Higher

At Don Bosco Higher Secondary School, Tseminyu, 125 cadets along with one associate NCC Officer took part in the programme. Commanding officer of NCC girls, Col. Rajeev Kumar, along with six associates NCC officers, 10 PT staff and 263 girl cadets attended the centrally organised International Day of Yoga at Indra Gandhi Stadium, Kohima, which was attended by the state governor PB Acharya as the chief guest.

21 June, 2018: NCC girl cadets of Kohima district celebrated International Day of Yoga at 4 venues, namely, St. Joseph's College-Jakhama, Kohima College, Little Flower HSS-Kohima and Don Bosco HSS-Tseminyu, under the aegis of 1 NL Girls' BN NCC, Kohima. Lt. Regina Razousinuo, ANO (SW) of St. Joseph's College, Jakhama, was the Nodal Officer for organizing the event for NCC girl cadets in Kohima district. At St. Joseph's College, 416 NCC girl cadets from 6 institutions including those of the College, and 3 ANOs and 01 Caretaker Officer participated in the event with Lt. Regina Razousinuo herself as the instructor. 635 cadets took part in the same event at Kohima College, LFHSS and DBHSS, Tseminyu respectively. 40 girl cadets of the college also participated in the centrally organized Yoga Event at IG Stadium, Kohima, where Shri P.B. Acharya, Governor of Nagaland, was the Special Guest.



**NCC SENIOR WING
ST. JOSEPH'S COLLEGE (A), JAKHAMA DELTA
COY, PL 10 & 11
1 NAGALAND GIRLS' BATTALION NCC KOHIMA-NAGALAND**

**WORLD YOGA DAY AT ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA:
21 JUNE, 2019**



21 June, 2019: 38 cadets took part in World Yoga Day organised by NCC Senior Wing of the College at the College Campus.



DEPARTMENT OF ENGLISH

ST. JOSEPH'S COLLEGE (AUTONOMOUS)

JAKHAMA,

SEMINAR ON SOFT SKILLS

A Seminar on Soft Skills was held on 4th May 2022 for the BA English students of 4th and 6th Semesters at the College Auditorium, at 1:00 pm, with Mrs. Susan Angami, Founder of Educe Communication Centre, Kohima, as the resource person. The welcome address was delivered by Mr. Neizosie-o Jude, Assistant Professor, Deptt. of English, followed by the resource person.

She enlightened the students on the subject of Soft Skills: emotional intelligence, teamwork and the four basic emotions of human beings. Most importantly, she spoke about the ways a person can enhance their emotions and navigate through it. The resource person also interacted with the students.

The Seminar concluded with a vote of thanks by Ms. Moanaro Jamir, President of the Department. She thanked the resource person for exuding soft skills not only through her lecture, but also through her personality. She further congratulated the department, particularly the soft skills teachers for organising such productive and educational seminar.



Mrs. Zulusenla Jamir
(Co-Ordinator, Dept of English)



DEPARTMENT OF ENGLISH

**St Joseph's College (Autonomous) Jakhama, Kohima,
Nagaland.**

A TALK ON 'LEADERSHIP SKILLS'

The Department of English organised a talk on '**Leadership Skills**' under the Skill Enhancement course for the 4th semester students of the English Department where the resource person was Mr. K Zubemo Humtsoe, Director of the Department of the Business Administration, St. Joseph's College(Autonomous), Jakhama. The seminar was held within the college premises in the college auditorium. It was held on 15th May, 2023 and was scheduled from 12:40 PM onwards. The host of the programme was Mr. Leiwang Wangsa of 4th semester(C). The Coordinator of the Department, Ms. Zulusenla Jamir and the respective subject teachers of both sections of the 4th semester joined the seminar where Ms. Zulusenla Jamir gave a welcome address followed by a token of appreciation for the Speaker.

Mr. K. Zubemo Humtsoe delivered an illustrated lecture on leadership skills and it's significance and styles, further enumerating on the topic with activities inclusive of theoretical and practical knowledge on leadership skills.

The program concluded successfully with maximum participation and interaction between the speaker and the students.

Ms Rosalind P Ngullie
Department of English

Program Schedule

A short talk on 'LEADERSHIP SKILLS'

Time: 12:40

Place: College Auditorium

Date: 15th May 2023


Host: Leiwang wangsa

Welcome Note: Mrs Zulusenla Jamir, coordinator, Department of English

Speaker: Mr Zubemo K Humtsoe, Director , BBA.

Vote of Thanks: Ms Rosalind P Ngullie.



 GPS Map Camera



Zakhama, Nagaland, India


H4HF+HQF, Zakhama, Nagaland 797005, India

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Zakhama, Nagaland, India

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DEPARTMENT OF COMMERCE

St. Joseph's College (Autonomous), Jakhama: Kohima

Seminar on “Entrepreneurship and Marketing Skill”

On 16th April 2021, a seminar on “Entrepreneurship and Marketing Skill” was conducted by Department of Commerce St. Joseph’s College (Autonomous), Jakhama at 6th Semester B.com class room. The resources person for the seminar were Mr. VehutoKezo Diamond Executive, Magnessa and Mrs. Kevilenuo Semi Ruby executive, Magnessa Kohima. The seminar was attended by 112 students (105 B. Com students and 7 students from the English department).

The seminar aimed to educate the participants about the basics of entrepreneurship and marketing skills required to start and run a successful business. The seminar also aimed to create awareness about the importance of entrepreneurship in today's world.

The seminar was chaired by VelavoiKezo, 6th semester B. com student and the invocation was invoked by Chesei VCR of 6th Semester B.com. Mrs. ThejanuoFidelia, Assistant Professor Department of Commerce welcomed the speaker, guests, faculties and all the students present for the seminar.

The seminar was divided into two sessions. In the first session, Mr. VehutoKezo talked about the basics of entrepreneurship, including identifying business opportunities, business planning, and financial management. He emphasized the importance of innovation, creativity, and risk-taking in entrepreneurship. In conclusion, he highlighted about the various challenges faced by entrepreneurs, including funding, competition, and regulatory compliance. He also talked about the various government schemes and programs available to support entrepreneurship in India.

In the second session, Mrs. Kevilenuo Semitalked about the marketing skills required to promote a business. She talked about the basics of marketing, including market research, product development, pricing, and promotion. She also discussed the importance of branding and social media marketing in today's digital age. She concluded by saying the importance of networking and collaboration in entrepreneurship. She highlighted the benefits of networking with other entrepreneurs and professionals, joining business associations, and participating in industry events.

The seminar was a great success, and the participants found it very informative and useful. They appreciated both the resource person's efforts in educating them about the basics of entrepreneurship and marketing skills. The seminar highlighted the fact that entrepreneurship is crucial for creating jobs, promoting economic growth, and driving innovation in today's world.

The seminar was concluded by a vote of thanks by Mr. Neizosie-o Jude Rhutsu Assistant professor, Department of English.

Seminar on **“Entrepreneurship and Marketing Skill”**

Organized by Department of Commerce

St. Joseph’s College (Autonomous), Jakhama.

Venue: 6th Sem B.com Class Room Date 16-04-2021

Time: 12:40 P.M

Chairperson : Mr. Velavoi Kezo

Invocation : Ms. Chesei

Welcome Address : Mrs. Thejanuo Fidelia

Asst. Professor

Dept. of Commerce

1st Session: Topic – “Entrepreneurship”

Resource Person : Mr. Vehuto Kezo

Diamond Executive,

Magnessa, kohima.

2nd Session: Topic – “Marketing Skill”

Resource Person : Mrs. Kevilenuo Semi

Ruby executive,

Magnessa, Kohima.

Vote of Thanks : Mr. Neizosie-o Jude Rhutsu

Assistant professor,

Department of English.



EXHIBITION-CUM-SALE

Department Of Commerce

St. Joseph's college, (Autonomous) Jakhama

An exhibition cum sale of the items prepared by the students of commerce department, St. Joseph's College (Autonomous), under skill enhancement, was organized at Thursday Bazaar, in TCP junction, Kigwema, on the 10th of February, 2022.

The exhibition-cum-sale showcased the creativity and talents of the students of the department. A variety of sketches, handmade straw bags, handicrafts, mask holders, scented candles, crochet mufflers and other items, prepared by the students, were exhibited and put on sale. Selected students from the department along with the department lecturers arrived at the venue at 8:00 AM. The event continued on till 4:00 pm in the evening, after which the exhibition-cum-sale came to a close.

The pocket friendly prices of all the items attracted quite a number of people to this event. The effort of both the teachers and students were commendable and the response from the public was encouraging.



M/S N.L BHANDAR
TCP GATE : KIGWEMA

ST. JOSEPH'S COLLEGE (AUTONOMOUS) ZAKHAMA
SKILL EXHIBITION
DEPARTMENT
OF
COMMERCE
10th Feb 2022

GPS Map Camera



Zakhama, Nagaland, India

H4WF+PRM, Zakhama, Nagaland 797005, India

Lat 25.597563°

Long 94.124472°

10/02/22 09:48 AM



ST JOSEPH'S COLLEGE, JAKHAMA
DEPARTMENT OF EDUCATION
Jakhama – 797 006

Ref. No.....



Report on
“Handicraft Competition”
Date: 3rd September, 2022
Time: 9:00 a.m - 1:30 p.m
Venue: Indoor Stadium

The Department of Education organised “Handicraft Competition” on 3rd September, 2022, at the college Indoor Stadium to enhance the skills and creativity in the students. The program was attended by the four faculties and all the students of the department.

The inaugural program was chaired by Mr. Theie P. Mukho, Class Representative (CR) of 5th Semester, Section ‘B’. The program commenced with a prayer song by 1st Semester Hostellers and welcome address was delivered by Ms. Kezienguno, Assistant Professor. In her address, she spoke that crafts in schools and colleges gives an opportunity to revive and keep active the rich heritage and cultural traditions and encourages creativity among students and also assists in advancing and refining their core skills, which in fact help advance and boost academic performance of the students and simultaneously promote their overall welfare.

The inaugural program ended with a vote of thanks by Mr. Chonben K. Murry of 3rd Semester, Section ‘B’. Miss Tiamongla, Head of Department, gave instructions and the competition began at 9:30 a.m. and ended at 1.30. p.m. Students brought their essential items and make the crafts on the spot for the competition.



Amoy
 03/09/22

Skill Development workshop on 'Basket Making and baking'

The department of commerce, St. Joseph's College (Autonomous), Jakhama conducted a oneday workshop on skill development for all the Commerce student on 23rd February, 2019 at the college indoor stadium on the topic 'Basket Making and baking'. The resource persons for the workshop were: Mrs. Tsineand Mrs. Akhrie(Basket Making) and Miss. Josephine JasietsonoKuotsu(Baking).

All the Commerce students attended the workshop. Altogether there were 280 participants 5 lectures and 275 students, 185 boys and 90 girls attended the workshop.

It is a systematic program that is organized annually for the students with the objective to teach the students various hand on skills that they can utilize to make something useful on their own and also even to the extent of earning a livelihood for themselves. Different skills are simultaneously taught so the students can pick any skill of their interests and learn from different resource persons.

The skill development workshop is a carefully planned effort so teach students outside of the syllabus. It is aimed to make the students learn basic life based skills which enable the students to make something useful and earn money on their own during their leisure time. The uniqueness of the program is that it is purely based on practical activity where the students are all made to learn and also do it on their own which will be assessed later.

Objectives:

- 1) To provide a platform among students, the first-hand experience of baking and making basket.
- 2) To provide the students, the ingredients to prepare various types of products like cakes and cookies
- 3) To teach the student with different technique how to make basket and bake cake with and without oven.

Outcome:

- 1) The students can witness personally how cakes and cookies are baked as well as how basket are made with different shape and design
- 2) The students should be able to remember the list of ingredients needed to make various types of cakes and cookies
- 3) The students should be able to bake cakes and cookies with and without oven as well as make basket by themselves at home.
- 4) The student should be able to make basket from bamboo/can strips and plastic rope on their own.

DEPARTMENT OF COMMERCE

SKILL DEVELOPMENT PROGRAMME - 2019

Date : 23rd of February, 2019
Venue : Indoor Stadium, SJC
Time : 9.30 a.m.

Host

Chesei & MD Shahid Afridi Khan

Invocation : Welhitsu Wezah
Special Number : Bishu Sinha & Naomi Shiirhi-u
Welcome Address : Mrs. Thejanuo Fidelia, HoD Commerce

PRACTICAL SESSION

Resource person : Mrs. Tsine; Mrs. Akhrieii
Ms. Josephine Whiso
Skill Development Activity : 1. Plastic Basket making
2. Cake Baking
Vote of Thanks : Rajiv Pokhrel
President
Department of Commerce





Skill Development workshop on 'Paper Pen Making'

The Department of Commerce, St. Joseph's College (Autonomous), Jakhama conducted a one-day workshop on skill development for all the Commerce student on 10th August, 2019 at the college auditorium on the topic 'Paper Pen making using waste paper'. The resource persons for the workshop were: Mrs. ThejanuoFidelia, Mr. Moatemsu, Mr. MoatangitLongkumer, Mr. TemsukumzukPongen and Mr. Veto V Zhimo.

All the Commerce students attended the workshop. Altogether there were 263 participants 5 lectures and 258 students, 163 boys and 95 girls attended the workshop.

It is a systematic program that is organized annually for the students with the objective to teach the students various hand on skills that they can utilize to make something useful on their own and also even to the extent of earning a livelihood for themselves. Different skills are simultaneously taught so the students can pick any skill of their interests and learn from different resource persons.

The skill development workshop is a carefully planned effort so teach students outside of the syllabus. It is aimed to make the students learn basic life based skills which enable the students to make something useful and earn money on their own during their leisure time. The uniqueness of the program is that it is purely based on practical activity where the students are all made to learn and also do it on their own which will be assessed later.

Objectives:

- 1) To highlight the possibility of utilizing waste paper to make pen
- 2) To help the students to calculate the cost of making paper pen
- 3) To help the student to make paper pen

Outcome:

- 1) The students will come to know how to recycle waste paper by using it to make pen.
- 2) Should able to calculate the cost of making paper pen
- 3) The students should be able to make paper pen for their personal use as well as for sales.

Department of Commerce
St. Joseph's College (Autonomous), Jakhama.

Skill Development Programme

Date : 10th of August, 2019

Venue : College Auditorium SJC(A)

Time : 9:30 a.m.

Host : CAROLINE SINGSIT & LIROLA

ORDER OF PROGRAM

Invocation : UKUMARI BISUKARMA

Special Number : REBECCA VENUH & CO

Welcome Address : Mr. MOATEMSU, HoD Commerce


PRACTICAL SESSION

Resource person : Mr. MOATANGIT LONGKUMER

Skill Development Activity : Paper pen, paper basket,
Plastic spoons and plates,
Recycling of old T-shirt

Vote of Thanks : BISEVOTO
General Secretary
Department of Commerce




Dr. Fr. George Keduolhou Angami
Principal
Principal
St. Joseph's College (Autonomous)
Jakhama Nagaland

