

T a p a s y a

ICFAI UNIVERSITY NAGALAND

"....a quest for knowledge"

Volume: 8, Issue: 3

The Bi-Monthly E-Magazine of ICFai University Nagaland (IUN), May-Jun 2023

CONTENTS

- 1 Editorial
- 2 Thought Smith
- 3 Campus Abuzz

Editorial

20th century Austrian neurologist and psychoanalyst Sigmund Freud in his study of the human mind emphasized on the need of a release-valve for the pent-up emotions accumulated due to social or moral constraints. These he says get suppressed in the human mind beginning from the time a person is born. And the inability to express leads to neurosis marked by depression and anxiety. Therefore, participating or indulging in an activity, whether physical or mental, can act as an outlet and simultaneously ease such a condition of the mind.



Building on this idea, he asserts that every adult indulges in day-dreams which are actually unfulfilled wishes accumulated as a child grows. Such thoughts are necessary as they are vent channels of repressed traumas and wishes.

Herein lies the significance of a creative writer. He is a 'dreamer in broad daylight' and we are enticed by his day-dreams in written form not because he has something unique to say but because he embellishes and imaginatively expresses his dreams similar to ours. In this way, expressing of one's thoughts and experiences in written form can act as an outlet.

Writing is thus recognised to be a therapy to writers. Just as the physical body needs to release and relax, so is the mind.

Equally important is reading. When we read, we find our unexpressed and ambiguous thoughts in clarity. The imaginary world in books serves as a model of the real world we live in. This explains why we unconsciously search for a reflection of our life in books. What we can only wish for in real life is lived when reading takes place. This action, therefore, becomes cathartic wish-fulfilment, hence therapeutic.

A text might have been written in the author's context, serving his purpose and voicing his thoughts, however, once it reaches the reader, the interpretation becomes multi-fold as the reader selects meaning basing on his own context and personal preferences. That is how the best, for oneself, is extracted.

Writing intensifies and refines the thinking process, while reading broadens the mind's capacity. They enable a person to think critically. However, these two mental activities can be tiring and demanding. They are intensive mental activities which is why it is easier to side-track them in preference to visual and sound communication. Writing formalises thinking and reading makes us think and re-think because the ability to think makes us act effectively in the world.

Ours is an age where the focus of technology and media is visual stimulation and presentation centric. In a world of shorts and reels, vlogs and blogs, reading and writing, other than for academic purpose, have been considerably compromised. However, no matter what the personal and social environment may be, they cannot be undermined as they are key in making us think critically and reflect deeply.

Dr. Kevizonuo Kuolie
Associate Dean

Thought Smith

Students Tips: Three (EASY) steps to get decent grades

1. Come to class regularly:

You are literally getting marks for coming to class so why would you even think of missing out classes. And when I say come to class regularly, it might not sound easy but trust me, it is EASY. You just have to make it a habit. You have to put in effort in the beginning...of course. Force yourself to come and sit in the class and don't even think of bunking. When you make it a habit, you will feel the need to come to class everyday and you won't want to miss out on your attendance. You will definitely do well if you come to class regularly as Woody Allen said "80% of success is showing up."

2. Sit in the front:

Why do students prefer sitting in the back? To escape the teacher's sight. Sitting in the front row may be uncomfortable at first but you have get used to it. The reason is, when you sit in the front and you cannot escape the teacher's sight, you end up forcing yourself to listen to the teacher and actually pay attention. You concentrate and focus better, becomes less distracted and more engaged in the class.

3. Note down everything:

Taking notes increases your attention span and helps you concentrate better so take good notes, they will also save you during exams. Sometimes it does not have to make sense, just note down everything. You miss out a lot if you're absent for even one day, which is why I emphasised on coming for classes regularly and even if you were absent due to various reasons and cannot catch up on the next, you should still write it down because it comes in handy.

You joined the university to continue your studies and it doesn't matter if you did it willingly or you had no other option. What matters is you're here and therefore you have to commit. Education is not cheap so don't let your money go to waste. If you follow the steps I mentioned above, I guarantee that you will do well. Getting good grades is addictive and fun, you just have to struggle a little bit at the early stage. Also, learn to enjoy learning because getting good grades isn't all that. Good job for making it till here. I'm proud of you. You have my prayers and best wishes, I believe you'll do well. Good luck!

(SHOUTOUT to my best teachers for teaching me, not only bookish knowledge but for making each lesson interesting and fun, and making my learning experience very fun and enjoyable. Thank you!)

Tsiikani
MA English

FAREWELL MESSAGE

First of all greetings you all.

I take this opportunity to share my experience for the past two years while undergoing my MA course in ICFAI University, Dimapur, Nagaland. It was indeed very pleasurable to pursue my career in this reputed Institution wherein the teaching faculty and infrastructure were very much scholar friendly. The teachers are well trained, experienced and have aptitude for teaching. The care and guidance provided by my teachers are commendable and highly appreciated and will be cherished by me and my friends alike. I was fortunate enough to get a glimpse of their tender love, affection and dedication which our teachers painstakingly tried their best to mould the students, while considering the shortcomings of the young students who at many times erred. Our teachers have well equipped us to cope and survive in this fast changing world where the students experience cut throat competitions. As per Charles Darwin's famous theory of evolution, he mentioned about the survival of the fittest but on the contrary our teachers ensured about the survival of the weakest.

I vividly remember my teachers' attitude towards us where many at times we were encouraged to try to do better in our studies. Being a pupil of the English department, I would like to narrate one of my memorable experiences with one of my teachers and mates wherein I presented a topic on the cactus plant during my past semester. Well, the cactus is a thorny plant but survives in harsh conditions like deserts etc. I learnt that we can take an example from the cactus plant and should thrive and survive even in hard situations of life. We should never lose hope and focus on our career and God willing we will all succeed.

I will always remember my dear ICFAI University, the teaching faculty and I'm grateful to my teachers for their yeoman service rendered.

Christine Murry
(M.A. English)

STUDENTS' LIFE

Travelling as a student is the most memorable life journey.

The best part of joyful life is being a student, it is a golden period for each and every student. It is the time where we learn and grow to face the better future. As a student we first need to acquire best knowledge from our teachers. Being a student there may be many trials and errors/ ups and downs. A student's life train one with best discipline in life, it is not just we only learn from books but we also learn to grow emotionally, physically and mentally.

We first start our learning as a student by waking up early morning and packing our tiffin's and rush to college and some rushes to bus stop, it was indeed also a lesson to learn time management.

Learning with teacher inside the classroom brings a great learning excitement, joy and happiness. And sometimes fears arises with the thought of examination, projects, assignments. It is also fun when students become curious about their friends' marks, results and sometimes jealous if one is better than other.

There are always two types of students inside the classroom where one tends to be the brainy (topper) and the other one always the last (slow). This type of students always had the most popular names, but no matter what, they are always the best in their own ways. Students are always engaged with many different activities where one find more friends circle, learning new fields of knowledge, disciplines, lifelong friendships and sometimes a life partner. A best field trip is being a student's life. The most important thing of student life is the knowledge which we receive from our teachers and books. It is the most important key for our bright future tomorrow. Students' life may not always be filled with happiness and joy but it is worthwhile as it helps us be better and the best. Everything has its own time and has to come to an end for new journey to begin. Every student is privileged and must be grateful for being a student.

Always remember where you come from, as students have the strength to make schools, college/ university taller and brighter.

A best gift that student can give to his or her teacher is their best respect which cannot be purchased with money.

To all my juniors, always be in your best discipline and give your best respect to your teachers and University.

Always give your best for better tomorrow.

Kihika. K. Chophy

President IUN Students Council (2022-23)

Dept. of M.lib.I.Sc

CAMPUS

ABUZZ

CLASS of 2023



Campus Interview

Interview with
Vilhoutuonuo Rupreo

BA VI Semester (2021-2023)
Department of library and information science

Q1. What will you miss the most about ICFAI?



→ The one thing I'll miss the most is the ICFAI canteen because it's the place where I have spent most of my leisure time with friends. Talking about everything under the sun, discussing the who's and how's of what's happening around us, playing UNO with my classmates during free class and breaks, which was a great way to unwind and bond with each other.

Q2. What life lessons are you taking along from ICFAI?

→ Icfai has taught me many valuable life lessons that I will carry with me forever. One of the biggest lesson I've learned is the importance of time management. Balancing classes, extracurricular activities and a social life can be challenging, but I've learned to prioritize and manage my time effectively. I've also learned to be resilient and adaptable in the face of challenges, which has helped me

overcome obstacles and grow as a person.

Q3. Any message for your juniors?

→ One message to all my junior is to make memories as much as you can. Get involved in activities on campus and take advantage of all the opportunities available to you and try to do well on exams from the beginning and try not to get any backlog if you don't want to suffer at the end of the semester. Have fun and enjoy the journey.

Interview with
Moamanen T Pongen

MA
Pol Sc 2021-2023



Q1. What will you miss the most about ICFAI?

→ Obviously I will miss a lot of things about ICFAI. Two things I'll miss the most are the Department of Pol. Sc Faculty that have been guiding us for throughout the journey and the handful of friends that I have built a strong bond with over the years.

Q2. What life lessons are you taking along from ICFAI?

→ One important life lesson that I have learnt from the ICFAI family is to be self reliant and explore opportunities to earn and learn at the same time.

Q3. Any message for your juniors?

→ To all my smart juniors, I want to say, put God first and enjoy the learning process.

X

Interviewed by **Avipra Saprüna (BA, L&TS)**

The Editorial Board

Editor-in-Chief & Technical Advisor

Dr. Kikarenla Jamir, Assistant Professor (Dept. of English), IUN

Art, Design & Layout

Temjenngangted Jamir, System Administrator, IUN

Student Members

Avipra Saprana (BA 4), Literary and Cultural Secretary
Vimhazonu Sothu (M. Com 4), Asst. Literary and Cultural Secretary

TAPASYA “...a quest for knowledge...” initiated by Col. (Dr.) VRK Prasad during his tenure as the Vice Chancellor in 2013. **Tapasya** is a bi-monthly e-magazine, edited by Dr. Kikarenla Jamir on behalf of ICFAI University Nagaland (IUN), 6th Mile, Sovima, Chümoukedima, Nagaland - 797115. The e-magazine is meant for private, internal and limited circulation only, with no commercial objective(s), whatsoever. The ideas, views and opinions, expressed in this e-magazine by the various authors are solely their own, and the Editorial Board does not in any way take responsibility for the same.

Materials intended for publication in this e-magazine should be submitted to the Editorial Team, IUN or emailed to ***tapasya@iunagaland.edu.in***. Articles/materials intended to be published in a particular issue/month should be submitted within the 20th of the preceding month. The final decision to accept or reject of any forms of contribution will be made by the Editorial team. The Editorial Board of Tapasya strongly discourages plagiarism and invites only original materials for publishing.

Copying, using and dissemination of any of the materials in this e-magazine, either in part or in whole, in any form, is not permitted without prior and written permission from the editor(s).

Scan the QR Code on the right to access the online archive of this e-magazine.

