



THE EDMUNDIAN TIMES

FACTA NON VERBA



May of 2025

ST. EDMUND'S COLLEGE,
SHILLONG, MEGHALAYA

Issue 1

WHAT'S INSIDE

1. From the Editor
2. Principal's Message
3. (Teacher's Message)
4. News and Updates
5. Edu-Tours
6. Creative Corner
7. Achiever's Section
8. Gallery
9. What's Next ?

DISCLAIMER

While we strive to ensure accuracy and minimize errors through consistent effort, occasional mistakes may still occur. If you notice any discrepancies or issues, please feel free to reach out to us we appreciate your understanding and support

FROM THE EDITOR

~Sambuddha Das

From Whispers to Headlines: The Dawn of a New Era - The Edmundian Times

"What's past is prologue" ~ William Shakespeare.

Today marks a momentous occasion, a true turning point for our college community. After countless late-night brainstorming sessions fuelled by coffee and shared dreams, after whispers of ideas exchanged in quiet corners, we are thrilled to unveil the very first issue of The Edmundian Times, our college newsletter. What began as a vision, a spark of possibility within the SECMUN Club, has now become a tangible reality. This is not just another student initiative; it's the culmination of passion, dedication, and unwavering belief in the power of student voices within our college.

This journey has been nothing short of extraordinary. We've navigated the challenges, celebrated the small victories, and learned immensely along the way. Each small idea, discussion, moment of doubt and subsequent triumph has led us to this very point. We stand now on the threshold of a new chapter, ready to swap those backstage jitters for the bright lights of the centre stage, through The Edmundian Times.

This newsletter is a testament to the incredible talent and drive within our student body. It's a platform for our voices to be heard, our stories to be told, and our perspectives to be shared throughout the college. It's a space where creativity flourishes, where ideas take flight, and where the spirit of inquiry is celebrated within our academic walls. This is more than just a collection of articles; it's a reflection of who we are as a college community.

This vision would have remained just that—a vision—without the unwavering support of so many. I extend my deepest gratitude to Vivian Alexander Lyngdoh Nonglait and Naphibansabet Byrsat -Supervisor of The Edmundian Times, whose continuous encouragement and guidance have been invaluable. Their belief in our potential has been a constant source of inspiration for this endeavour.

THE EDMUNDIAN TIMES

To my incredible team of journalists and graphic designers, I offer my heartfelt thanks. Your dedication, creativity, and tireless efforts have been the driving force behind the success of this newsletter. You have poured your hearts and souls into this project, and your talent shines through on every page. Without you, this dream would not have been possible. I am incredibly proud of each and every one of you!

We are also immensely grateful to the entire management and the teacher(s) in charge for their constant support and for providing us with the resources and encouragement we needed to bring this initiative to life within our college. Your belief in our abilities has empowered us to reach for the stars.

This is just the beginning - we envision this newsletter as an ever-evolving platform that will continue to flourish within our college community. We hope it will ignite conversations, inspire action, and strengthen the bonds within our college. With quarterly publications, the newsletter will bring you fresh content and updates every three months. We invite you, our readers, to join us on this exhilarating journey. Your feedback, engagement and support are what will make The Edmundian Times truly extraordinary.

As we open the curtain on this first issue of The Edmundian Times, we do so with a sense of pride, excitement, and anticipation. This is our story, our voice, our platform for the college. Welcome to the dawn of a new era for our college newsletter - The Edmundian Times.

PRINCIPAL'S MESSAGE



I extend my heartfelt congratulations to the SEC MUN Club for their remarkable initiative in preparing the first edition of The Edmundian Times. This magazine is not just a compilation of articles and ideas, but a testament to the vibrant intellectual and creative spirit that animates St. Edmund's College. Through your dedication and teamwork, you have created a platform that reflects the voices and visions of our students.

The launch of this magazine beautifully echoes our College's motto, *Facta non Verba*—Deeds, not Words. In bringing this publication to life, you have demonstrated that action, rooted in thought and purpose, speaks louder than mere speech. Let The Edmundian Times continue to inspire action, dialogue, and a deep commitment to truth and excellence.

May this be the first of many editions that celebrate the spirit and substance of the Edmundian community.

TEACHER'S MESSAGE



Greetings, reader!

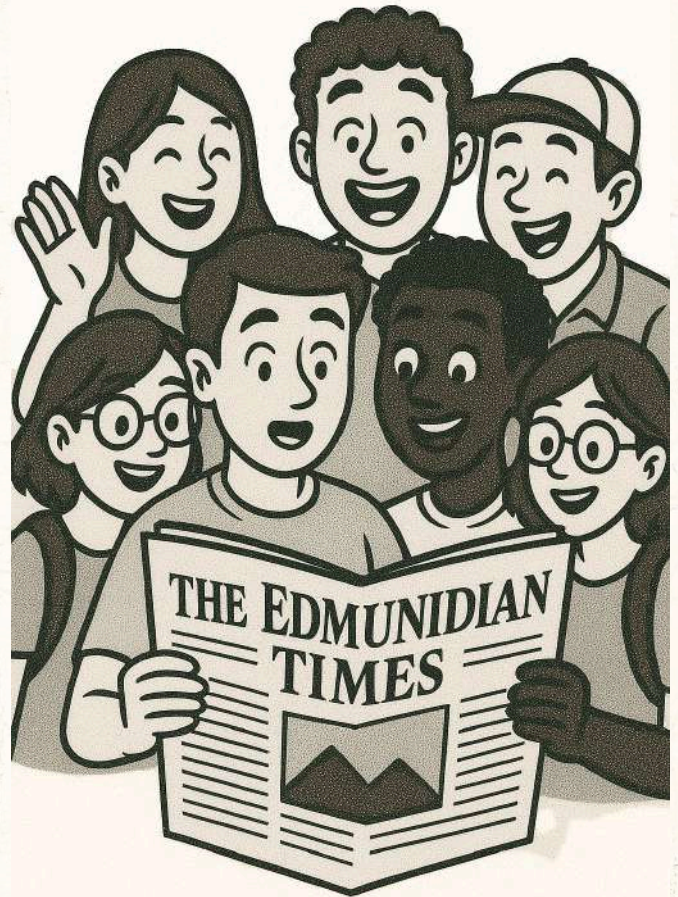
It is a moment of immense joy & pleasure to formally address through the first edition of 'The Edmundian Times' newsletter curated by the SECMUN Club of St. Edmund's College, Shillong. The Club's initiative to come up with the campus newsletter is a first of its kind assignment that will truly capture the moments turned to memories and be a testament to the College motto, 'Facta Non Verba' reflected by the dynamic Edmundian fraternity.

The idea behind what you peruse through the pages calls for the mention and absolute dedication of the student editorial team who envisioned to craft a new art under the theme 'SEC through the archives' and nothing better than a campus newsletter as a one stop reading destination for all things SEC.

As the forthcoming editions get strikingly unique and must-read issues, on behalf of the faculty team of the Club, I extend my deepest appreciation to the resolute team and wish the very best in all efforts undertaken to keep the vision and mission moving.

Happy reading!

With warm regards,
Shubhankar Sarma



NEWS AND UPDATES

Meet the GA Team of 2025

College Week might appear to be just a festive break in routine, but anyone who has been through it knows the truth. It is a massive event that demands extensive planning, leadership, and robust execution. Behind the lights, laughter, and roaring crowds lies a core team whose efforts often go unrecognized: the GA Team.

This year's GA (General Animator) Team of 2025 was selected not just for efficiency or popularity, but because they had proven themselves through hard work, consistency, and excellence to their peers, teachers, and the administration alike. To be chosen for the GA team is to be acknowledged as someone who stands out for the right reasons. It means being trusted with responsibility, and more importantly, with vision.

And what a team we had this year.

Meet The Core Team



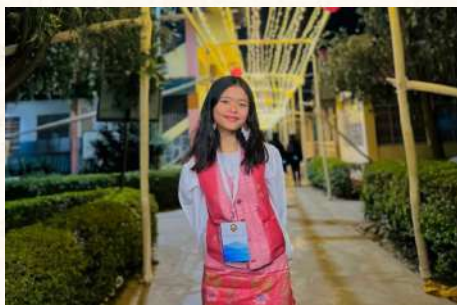
General Animator (GA):
Cherik K. Momin – Economics Department



Joint General Animator (JGA):
Sanjana Rani – English Department



Joint General Animator (JGA):
James Dhar – Political Science Department



Joint General Animator (JGA) Cultural:
Rakari Kimebal R Marak – Mathematics Department



Joint General Animator (JGA) Literary:
Mahanubhab Baruah – English Department

THE EDMUNDIAN TIMES



Joint General Animator (JGA) Sports Male:
Fenderson Bamon – Political Science Department



Joint General Animator (JGA) Sports Female:
Ridashisha Ryntathiang – Zoology Department



Joint General Animator (JGA) Security Male:
Vivian Alexander Lyngdoh-Nonglait – BCA Department



Joint General Animator (JGA) Security Female:
Naficca Dkhar – Social Work Department

Each year, students across the college eagerly await the release of the animator application forms—a definite cue that College Week is around the corner. This year, however, things moved a little slower than usual. The forms, which typically come out earlier, were released only in mid February, creating a buzz of anticipation. Despite the delay, the number of applicants remained high, but with limited slots, not everyone who applied made it in. Selection was based on merit, reputation, and dedication.

Now, while the GA Team leads from the front, it is important to recognize the layered structure that supports the week. There are animators assigned to specific competitions and departments—from sports to literary events, debates, Mr. and Miss Edblazon, and more. So, while it may appear hierarchical, it functions more like a well-coordinated network. And make no mistake, even animator roles are competitive, selected from among hundreds of enthusiastic students. This year, their selection list too came out late, adding to the suspense. It pushed College Week into the first week of March, unlike previous years when it concluded by February's end.



The Animators of Edblazon 2025

THE EDMUNDIAN TIMES

A Week to Remember

This year's Edblazon Week was very well-executed. Talk across campus (and even among alumni) says it was the most grand, the most vibrant, and yes—possibly the most expensive college week yet.

It was not just about the music, the lights, or the decorations—it was about the exquisite orchestration, the relentless energy, and the invisible threads that held it all together.

Now, as the music fades and the decorations come down, the campus feels a little quieter but the legacy of this GA team lives on. They have set a new benchmark for organizing a great event, and for being a great team.

Here's to the GA Team of 2025—you did not just organize Edblazon Week. You defined it.



~ Naphibansabet Byrsat (Supervisor for The Edmundian Times)

DIPLOMACY IN ACTION - The Intra-SECMUN Conference 2025

Three committees, two days, one purpose—inspire, educate and shape the leaders of tomorrow through debate and diplomacy. The one great stage to present global concerns through strategy, speech and solutions is what MUN conferences are all about.

MUN (or Model United Nations) is an interactive educational activity in which students simulate the proceedings of the UN. As a simulation of both international and national discourse, MUNs provide an opportunity for students to try to solve real-world issues with policies and perspectives of their assigned portfolios. It is not just a debate—it is diplomacy in motion.

The event kicked off with a formal Opening Ceremony, which was graced by the principal, Br. Sunil Britto, the Vice Principal (Academics), Dr. Capt. KP Pallavi Malhan, and the dean, Dr. Mrs. BW Nongbri, conveyed their insightful thoughts about the conference and MUNs in general. With the speeches by the President, Mr. Bhushan Kalita and the ceremonial tap of the gavel by the General Secretary, Mr. Vivian AL Nonglait, the conference was finally declared open—and with that, the committees were in session, the placards were raised, and the chaos quietly began to brew.



With the motto “Represent, Report, Rise”, the SECMUN club hosted the INTRA SECMUN CONFERENCE 2025 on 11th and 12th April. This conference brought together students from various departments and semesters to recreate the United Nations Human Rights Council (UNHRC), the All India Political Parties Meet (AIPPM) and the International Press Corps (IPC).



The UNHRC's initial agenda, "Discussing the right to self-determination with a special emphasis on safeguarding the rights of minority groups," was met with enthusiastic debate on day one. However, delegates eventually found the topic "too broad and heavy" and surprisingly replaced it with a lighter one.

In contrast, the AIPPM's discussion on media regulation, specifically misinformation during communal violence, quickly escalated when Shashi Tharoor, losing his temper, vehemently told Pinaki Mishra to leave.

It was the kind of drama that MUN participants live for. Despite the theatrics, the committee managed to stay productive, with delegates showcasing impressive knowledge of constitutional frameworks and political dynamics. It was a political chaos, but the constructive kind.

THE EDMUNDIAN TIMES

Aspiring journalists in the International Press Corps (IPC) meticulously documented the Model UN conference through transcriptions, delegate interviews, and concise headlines, capturing the nuances of international relations. Photojournalists visually recorded the event's intensity. The IPC's teamwork demonstrated the crucial role of detailed reporting, analysis, compelling narratives, and impactful photography in comprehensively conveying the conference's depth and complexity, emphasising thoughtful documentation and storytelling for true understanding.

After two days of discussion, drama, and lots of diplomatic improvisation, the closing ceremony brought the event to a celebratory end. The Executive Board delivered thoughtful feedback, highlighting standout delegates and memorable moments. Awards were distributed across all committees for Best Delegate, High Commendation, and Special Mentions. The conference was finally declared closed by the General Secretary of the club.



Delegates' informal feedback highlighted common concerns. Many first-time attendees found the conference overwhelming due to insufficient preparation time, suggesting a pre-conference briefing would have been beneficial. Additionally, there was a widespread feeling that earlier release of the Background Guides would have allowed for more thorough research. These constructive suggestions underscore the ongoing nature of event improvement, emphasising its collaborative aspect. With steadfast resolve, the secretariat committed to a thorough review of feedback and the implementation of substantive improvements, thereby ensuring attendees a markedly elevated conference experience in all subsequent events.



Yet despite the imperfections — or perhaps because of them — this MUN proved to be a memorable learning experience for all involved because at its heart, MUNs aren't entirely about resolutions passed and awards won, they are about finding one's voice and courage to speak and the curiosity to learn. And when one finds those, they don't just represent and report— they rise. Thus, in MUNs, every word counts, every stance matters, and every delegate makes a difference.

~ Sneha Das (journalist for The Edmundian Times and a Delegate of the Intra SECMUN Conference)

Dance flashmob on International Women's Day

On Monday, March 24th, the dance club, in conjunction with the women's cell of St. Edmund's College, orchestrated a flash mob in observance of International Women's Day. The performance conveyed a salient message regarding the transcendence of sexual harassment. The event began sharply at 12:38 PM with 34 dancers executing dynamic choreography, symbolising strength, solidarity, and resistance. The volunteers ensured seamless coordination, guiding the performance through public spaces to engage bystanders.



The theme of the flashmob was 'Accelerate Action', which moved to inspire change, empowerment and progress. It revolved around a girl whose parents met in college and fell in love, only to have her own college experience marred by sexual assault. However, instead of letting the trauma define her, she chose to rise above it and actively combat such transgressions. The performance served as a testament to the resilience and strength of survivors.



Concluding at 12:53 p.m., the flash mob left a profound and enduring impression on all spectators. It functioned as a powerful reminder of the collective imperative to oppose sexual harassment and foster a more secure milieu for all individuals. The involvement of volunteers and the distribution of refreshments to participants and volunteers alike underscored the organisers' dedication to ensuring the event's efficacy. The flash mob not only commemorated Women's Day but also reaffirmed the ongoing endeavour to cultivate safer and more inclusive spaces for everyone.

~Anushka Gogoi (journalist for The Edmundian Times)



Entrepreneurship in action: How college students are redefining work-life balance

In today's fast-paced world, students are finding innovative ways to combine their academic pursuits with real-world experiences. Mehbub Elahi Laskar, a 4th-semester student from the Department of Computer Science, is doing just that by working at a digital marketing startup while pursuing his degree.

For Laskar, the journey into digital marketing began with a fascination for editing. "I've always wanted to learn editing, and when my friend offered me this job in his startup, I knew this was the opportunity for me to learn", he shared. This also marked the birth of the digital marketing agency~ Zetatribe.

Zetatribe was born with an idea of helping brands and businesses grow within Shillong, where the online market is still in its infancy. As of now, they are focused on making their own content and advertising their own agency, having already worked with companies like Mahindra's coaching institute, Kab's jackpot, IHM and creating social media content for the Laban Sports Club for a Table Tennis tournament that they hosted.

As the core member of the agency, Mehbub handles the production and camerawork. Additionally, he also helps in editing the content they shoot, learning in the process.

Balancing college assignments with startup responsibilities presents challenges that Mehbub deals with. Being under the NEP, it is hectic to match schedules with his other friends who work with him as they get free by 11 am, but Mehbub remains busy till 3 pm almost every day. Sometimes, he has to miss group meetings, he added.

Other times, meetings are held digitally for his convenience.

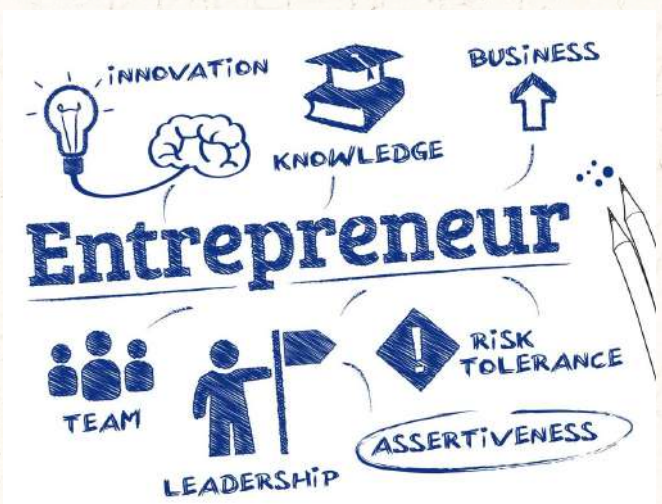
Mehbub shared that he mandatorily has to invest at least two to three hours of his time daily after college in his work.

He further spoke about the skills he learned from his work, which he wouldn't have been able to. Laskar shared that besides editing and designing, he also improved his communication skills.

However, very sadly, Laskar reveals that the college routine and the attendance requirement do not support students who want to work alongside studying. He hopes that the college gives a chance to those students who work very hard both inside and outside college, as these students not only end up making their parents proud but also the college proud. He wishes the routine were more flexible, and he at least got two, if not every Saturday, off in a month, creating opportunities for students to do other activities.

"Don't wait till you graduate to start building your careers, if you are interested in something, just do it," Mehbub advises fellow students who want to work outside college. "It's either you take the leap and do it or you don't."

~ Sneha Das (journalist for The Edmundian Times, in conversation with Mehbub Elahi Laskar)



Stargazing Event Ignites Cosmic Curiosity and Collaboration at St. Edmund's College

Saturday, March 19: The Astronomy Club of St. Edmund's College, in collaboration with the Polaris Astronomy Club of USTM, transformed the campus into a hub of celestial wonder. Over 150 students gathered for a night of stargazing, hands-on learning, and inspiring discussions, marking one of the most anticipated events of the academic year.

The event kicked off with an inaugural address by Brother Sunil Britto, Principal of St. Edmund's College, who captivated the audience by reminding everyone, "All of us are made up of star-dust." His words set the tone for an evening dedicated to exploring humanity's cosmic origins. Dr. K. P. Pallavi Mahan, Vice Principal (Academics), echoed the sentiment, thanking USTM for their partnership and highlighting the value of collaborative learning.

Dr. Nitu Borgohain, Assistant Professor of Physics at USTM, deepened the engagement with a thought-provoking talk titled "Sky is NOT the Limit." Students described the session as eye-opening, with discussions spanning humanity's place in the universe and the importance of pushing intellectual boundaries.



The afternoon transitioned into a hands-on workshop where participants measured the Sun's diameter using simple tools. "It was incredible to apply classroom concepts to real-world observations," shared a second-year physics

student. The activity not only honed practical skills but also sparked lively debates about astronomical phenomena.

As dusk fell, excitement soared during the stargazing session. Guided by experts, students peered through telescopes to observe planets, stars, and constellations. For many, it was their first time handling professional-grade equipment. "Adjusting the telescope to spot Jupiter's moons felt like unlocking a secret part of the universe," one participant remarked.

The event's popularity was evident even before it began. Offline registrations opened on March 18, with 100 seats snapped up in just 30 minutes.

By night's end, the blend of academic rigour and cosmic exploration left students buzzing. The event not only strengthened ties between St. Edmund's and USTM but also reaffirmed the growing passion for astronomy among young learners. As the crowd dispersed, many lingered, gazing upward—proof that the stars had, indeed, left an indelible mark.

This stellar collaboration promises to inspire future astronomers and curious minds alike, proving that when institutions unite, the sky truly is not the limit.

~Anushka Gogoi (journalist for The Edmundian Times)



Two-day Khasi Traditional Attire workshop Organized by Department of Sociology & Khasi on 11th & 12th April, 2025 in collaboration with IQAC.

The two-day workshop on Khasi traditional attire is organized to enable the students and the general public to learn and know the different ways clothes are worn among the different subgroups of the Khasi tribe, along with the cultural reasons or symbolisms behind each attire. The workshop will also highlight the fusion of traditional fabrics and a new fashionable way of making the dresses, in that bringing the linkage between tradition and modernity.

The resource persons for the workshop were Padmi Shei awardee Ma'am Silbi Passah, Dr. Herina Dohtdong, Vice Principal, Seng Khasi College, Prof. Streamlet Dkhar, Professor, Department of NEHU, Shillong, Ma'am Bakhiamon Rynjah, Asst. Prof, Department of Khasi, Umshyrpi College & Ma'am Atoda Sayo, Fashion entrepreneur- educator.

Report Courtesy : Sir Shubhankar Sarma



RIDDLES

1. What begins with an "e" and only contains 1 letter?
2. What word is pronounced the same if you take away four of its 5 letters?
3. What word in the English language does the following: The first 2 letters signify a male, the first 3 letters signify a female, the first 4 letters signify a great, while the entire word signifies a great woman. What is the word ?



Ans: 1. An envelope, 2. Queue, 3. Heroine

Geeks Camp 2025: Igniting Tech Enthusiasm and Collaboration

“Innovation is born when curiosity meets opportunity” — and that’s exactly what unfolded at Geeks Camp 2025, a one-of-a-kind tech fest organised by the House of Geeks club of the Department of Computer Applications on 29th March 2025.

With the aim to ignite curiosity, foster collaboration and encourage hands-on learning among students, the fest transformed the campus into a little Silicon Valley for a day.

The fest hosted the students of Little Flower School along with the students of our college. particularly the students of the BCA department who swept their wave of enthusiasm across Campus.

The day opened with three thought-provoking micro sessions on the topics: “Dumb data to Smart Data” led by Govinda Upadhyay, “AI in everyday life” led by Sandeep Choudhury and “Future of low-code, no-code development” led by Aniketh Gurung. The event then shifted to a debate competition with the agenda “Will the rise of AI lead to the decline of critical thinking?” where participants from various departments debated passionately, and a few won accolades as well.

Perhaps the most memorable moments came during the PC assembling workshop, where students gathered around tables strewn with computer components. The room filled with a mixture of concentration and collaborative problem-solving as participants carefully connected parts into functioning systems.

The typing master competition brought unexpected excitement as participants demonstrated impressive typing speeds and accuracy. Friends cheered for competitors as the leaderboard updated in real-time,

turning what might seem like a mundane skill into a celebrated ability.

Amid all the tech talk and competitive spirit, the food stalls served as a lively and delicious break. Students took a breather, bonded over snacks, and recharged for the next round of activities. As the sun began to set, so did the curtain fall on Geeks Camp 2025 — but not without leaving a mark. The event was more than a departmental program; it was a celebration of curiosity, creativity, and collaboration. It brought together aspiring coders, designers, debaters, and tech enthusiasts under one roof and reminded everyone that technology is not just about machines — it’s about people, ideas, and the future we are building together.

In bridging classroom theory with hands-on experience, Geeks Camp has established itself as not just an event, but a valuable tradition in the making—one that reminds us that at the heart of every technological innovation is human curiosity and connection.

~ Sneha Das (journalist for The Edmundian Times)



Bridging Cultures with Words: A World Poetry Day Recap

On March 21, 2025, St. Edmund's College joined the global celebration of World Poetry Day, an UNESCO initiative. This year's theme, "Poetry as a Bridge for Peace and Inclusion," underscored poetry's role in fostering harmony and bridging cultural divides.

The Literary and Dramatic Society, in collaboration with the Department of English, organised a Poetry Reading Competition in the college auditorium. The event attracted a diverse group of attendees and fifteen participants, who recited their original compositions, thus bringing their unique perspectives and voices to the stage.

Judging the competition were two distinguished personalities – Ms. Evanisha Pathaw and Dr. Lalnunsanga Ralte, who both delivered a speech and recited their own poems after the recitations.

This event not only showcased the literary talents of our students but also fostered a sense of community and appreciation for the art of poetry. It served as a reminder of the transformative power of words and their ability to connect individuals across cultures and backgrounds.

As we reflect on the success of this event, we are reminded of the words of Mahmoud Darwish, who said, "Poetry and beauty are always making peace. When you read something beautiful, you find coexistence; it breaks down walls."

~ Sneha Das (journalist for The Edmundian Times)

This poem is dedicated to my childhood friend, Arkjyoti, or 'ark' as we lovingly called him, who passed away on 1st of January 2025 owing to a failed heart transplant.

Dearest ark

*You painted the world a vibrant hue
with rolling meadows and budding blues.
Nostalgia greets me, as I open the gates
soft childhood welcomes me at the remains.*

*As you journeyed on, did you perhaps remember us,
the little saplings, you furnished upon cold cuts?
your wings were ready, our hearts were not
but how do you stop an insomniac with a pen, to
ramble not?*

*I run through the dim alley, as sirius lights the way
with a miserable attempt to cherish you in
nature's gray.
I search for you in books and clouds;
a silent love, i never screamed aloud.*

*And as your mother's cries echoed through the hospital,
your father maintained a facade that was brittle.
Your lifeless form, like a pool of blood I watched
the shock still lingers, even as the days have
passed.*

*Forgive my ramblings, as I only wish you peace
like the golden days of laughter, I shall reminisce.
Winter shrivels for the blossoming spring,
dearest ark, you remain in the harmony of birds
chirping.*

- ~Yashoshini Bhaduri (English Department)

EDU-TOURS

1. Fieldwork on Sustainable Agriculture



The Departments of Geography and Environmental Studies conducted a joint fieldwork at Umtyrkhang Village, Ri-Bhoi District, on 8th February 2025.

2. Landscape Exploration at Khleihumstem



6th semester Geography students explored the diverse landscapes of Khleihumstem, Ri-Bhoi District, as part of a field study.

3. Biodiversity and Cave Ecosystem Study



The Department of Environmental Studies undertook a field trip to Laitmawsiang Village, focusing on birdwatching, GPS mapping, and cave ecosystem studies.

4. Cultural Field Trip to Nongtraw Village



Sociology students from the 2nd, 4th, and 6th semesters visited Nongtraw Village to explore its rich cultural landscape.

5. Rongkhli Festival Tour to Nongtalang



The Khasi Department visited Nongtalang Village on 22nd March 2025 to witness the vibrant Rongkhli Festival.

6. Academic Exchange with Kursheong College



On 21st March 2025, the Department of Geography welcomed students and faculty from Kursheong College, Darjeeling, as part of their Meghalaya study tour.

7. Visit to Meteorological and Seismology Centres



Physics major students from the 4th semester visited the Meteorological Centre and National Centre for Seismology, Upper Shillong, on 26th March 2025.

8. Discussion with Prof. David R. Syiemlieh



The Department of History met Prof. David R. Syiemlieh on 4th April 2025 for an insightful discussion on North-Eastern Indian heritage.

9. Participation in Shad Suk Mynsiem Festival



History students from the 4th semester attended the 125th Shad Suk Mynsiem Festival at Madan Weiking Ground, Jaïaw, Shillong, on 5th April 2025.

10. Zoology Field Trip to Assam State Zoo



The Department of Zoology organized a field visit to the Assam State Zoo-cum-Botanical Garden for students of the 4th and 6th semesters.

11. Sericulture Field Experience at Lawsotun



Zoology students (4th semester) visited the Meghalaya Sericulture Farm, Lawsotun, gaining hands-on experience of the rearing of the mulberry silkworms (*Bombyx mori*).



CREATIVE CORNER

Education and Social Stratification: Two-Way Interaction

Education, all too often, is seen as an avenue for granting equality, breaking the cycle of poverty, and uplifting disadvantaged communities. And yet, it mirrors social stratification into class, caste, gender, ethnicity, and more. It is sometimes a ladder, sometimes a gatekeeper.

Access to quality education is rarely equal. Wealth opens doors to top schools, one-on-one tutoring, and a world filled with learning resources and equipment. However, for many low-income children, however, school is just one more thing to struggle with: overburdened, underserved and uphill. This unequal starting point shows the equation between social stratification and educational attainment.

These divides may be further reinforced by the categories of caste and ethnicity. For example, some educational institutions in India may present as unkind spaces for lower-caste students, thus encouraging exclusion and under-representation. Similarly, in various cultures, gender norms inform access to education, directing girls toward certain fields of study, like home sciences, while discouraging others like STEM.

The role of education extends beyond merely reflecting existing inequality; it perpetuates it as well. The theory of Pierre Bourdieu, sociologist par excellence, expresses it: schools propagate the culture of the dominant classes to the favour of those who already possess an abundance of cultural capital. The reality of standardised tests, curriculum development, languages used in instruction, and rules of conduct in schools is such that they favour standards of middle- and

upper-class families, thereby imposing disadvantages on others.

Furthermore, keeping students sequestered in academic or vocational pursuits can sometimes reinforce social divisions. The educational system tracks privileged children into top colleges and into well-paying jobs while marginalised youth are steered away into vocational endeavours, thereby reinforcing the class barrier.

Although these are difficulties to be taken into consideration, education in its turn may also furnish counterweights to social stratification, provided it is geared toward inclusive and equitable policies and procedures. Affirmative action, scholarships, and community programs all play a significant role in bridging the divide. By promoting critical thinking and social awareness, classrooms can equip students to confront inequities and question unjust social arrangements.

Education and social stratification are dynamically interacting concepts. On one hand, education theoretically holds the power to equalise opportunity; on the other, it tends to reflect and reinforce existing social stratifications. Setting the stage for a just and continued course of education requires the recognition of its flaws, carrying forth the task of remedying these at every person's uplift.

~ Harsh Mishra (4th sem Education)

The Psychological Side of Learning

Psychology and Education, though inseparably linked, do seem to merge in our college on many levels—from similar syllabi to teachers of the two departments having instructed in both subjects. Essentially, education is about learning, and psychology gives us the notion of how learning occurs. Through the implementation of these psychological principles, educators develop an insight into students' thought processes, feelings, and behaviour in the classes.

The intersection between the two lies primarily within cognitive development. From a psychological viewpoint, both Piaget and Vygotsky view children's thinking as evolving, thereby instructing teachers in creating lesson specifications for different age groups. For example, kids require concrete instances, whereas higher grades can engage in abstract thinking.

Another major area where they intersect is motivation. Psychological research into human drivers helps teachers develop goal-oriented instructional strategies. Whether this is through positive reinforcement or by appreciating self-efficacy, psychology equips educators with ways to keep students motivated and on track.

Learning differences are also an important aspect of educational psychology. Everyone does not learn the same way, and psychologists will recognise if performance is influenced by particular learning disorders, emotional challenges, or social issues. This knowledge is vital for developing inclusive classrooms that meet the needs of every learner.

In short, psychology doesn't just support education—it helps shape it. The more we understand the mind,

the better we can design educational experiences that work.

~ Harsh Mishra (4th sem Education)

How Tyrants Target Education

In tyrannical regimes, education tends to be one of the first things they go after. Authoritarian leaders know that if the citizenry stays informed, it becomes impossible to blatantly control them. Through the means of restriction on education, curriculum censorship, or rewriting history, they produce the mechanisms of mind control for power rather than for truth.

Dictators shut down universities, banned books, and persecuted teachers throughout history. From Germany under the Nazis to Cambodia under Pol Pot, regimes have used education to rather indoctrinate than to enlighten. Independent thinking is dangerous when it comes to contradicting the official narrative. Girls' education is also particularly vulnerable. In these kinds of regimes, such as those in Afghanistan owing to the Taliban, educating girls is equated with a threat to the established order. Denying education is its means to maintain control of both the minds and bodies.

But repression does not stop education; rather, it tends to go underground. Secret schools, banned literature, and informal teaching networks suggest that people are still fighting for the right to learn. Education, even if in hiding, is a quiet act of resistance.

If in the hands of tyrants, education becomes a tool of the tyrants for control. If held in the hearts of the oppressed, it surely becomes the path to freedom.

~ Harsh Mishra (4th sem Education)

The Tortured Artist: Is there a link between Art and Mental Illness?

"I put my heart and soul into my work, and I have lost my mind in the process" - a quote by the famous painter Vincent Van Gogh, who was believed to have borderline personality disorder.

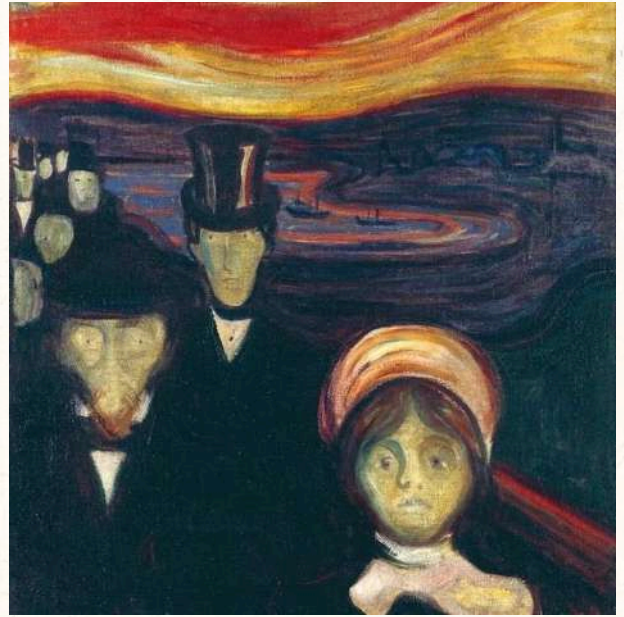


-The Starry Night (1889), Vincent Van Gogh.

The connection between creative expression and mental illness has been a subject of much debate throughout the years. Some of the first people that come to mind when asked to name famous artists are people who have suffered some form of mental illness, such as depression, mania, schizophrenia, anxiety disorders, bipolar disorder, etc. The impacts of these illnesses have been evident in their works of art.

The "tortured artist" stereotype creates a link between insanity and creative genius. It describes an artist who is in constant frustration and torment due to other people, their art, or the world in general and this trope is often linked to mental illness.

"My fear of life is necessary to me, as is my illness. They are indistinguishable from me, and their destruction would destroy my art" - Edward Munch, a famous painter who was suffering from anxiety and hallucinations."



-Anxiety (1894), Edvard Munch.

"The silence depressed me. It wasn't the silence of silence. It was my own silence." – Sylvia Plath, The Bell Jar. She had suffered from depression, which ended in her taking her own life at the age of thirty.

These might not just be cases of artists who fit the stereotype, but rather something backed by research, as a Swedish study by the Karolinska Institute in 2012 found that writers have a higher risk of suffering from anxiety, schizophrenia and substance abuse. Writers were significantly more likely to be bipolar as well as commit suicide.

So, the question arises- Is suffering a prerequisite for great works of art?

To answer this question, we must acknowledge the reality that most great works of art, the powerful and meaningful ones, have some suffering linked to their creators, whether it is the one behind a paintbrush, a pen, or a musical instrument. What makes these works of art significant throughout time is the recognition of their suffering. This awareness and the creative expression of emotions lead us, the readers, the listeners, and the observers, to relate and feel connected with each other in society.

"We read and write poetry because we are members of the human race. And the human race is filled with passion. And medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for." – the movie, Dead Poets Society.

Art, more than a result, is a response to suffering. Art can also exist without focusing on heavier negative themes, but instead on more positive themes of love, nature, and joy. Suffering can exist without art, too. But this form of suffering, without any form of expression, is the worst kind. Mary Oliver, an American modern poet, often explores themes of wonder and awe at nature and the mundane aspects of life.

"You do not have to be good.

You do not have to walk on your knees for a hundred miles through the desert, repenting.

You only have to let the soft animal of your body love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on..." – Wild Geese, Mary Oliver.

Creative expression has shown significant proof of boosting mental well-being. It influences physiological processes like neurotransmitter release and brain activity. Making art decreases the stress hormone cortisol and increases levels of feel-good hormones such as dopamine, serotonin, oxytocin, and endorphins. Whether it is journaling, painting, writing, or playing a musical instrument, creative expression can be an outlet for negative or positive emotions, which can improve a person's overall mental health.

~ K. Rajasvini Singha (2nd Sem Psychology)

PARALLEL UNIVERSES IN POP CULTURE: ARE MULTIVERSES JUST SCI-FI FANTASY OR MORE THAN THAT?

"Every decision you've ever made and never made exists in an infinite number of universes." - Everything Everywhere All at Once (2022)

When you think about this, it's fascinating and scary at the same time. The idea of parallel universes- a universe just like ours but with different histories, rules and versions of you. You are different in that alternate universe; the people you have in your life right now might not be the people who are with you in that alternate universe. This genre has been a big hit in sci-fi pop culture, captivating audiences with its endless possibilities. But are multiverses just a sci-fi fantasy, or could there be more to them? Let's explore their role in entertainment, what science has to say, and why they resonate so much with college students.

Multiverse in Pop Culture



Multiverse films have made their place in the film industry, offering a playground for wild narratives. *Everything everywhere all at once* (2022) shows Evelyn Wang a middle-aged Chinese immigrant as she navigates infinite universes- some absurd, like one where people have hot- dog fingers, others deep, reflecting her struggles as a mother and immigrant. Its emotional depth sets it apart from other typical multiverse movies, achieving a total of seven Oscars with its critical blending of existential questions with humour.

Marvel's *Spider-Man: Into the Spider-Verse* (2018), where teenager Miles Morales meets different versions of Spider-people from different dimensions, like Spider-Gwen and Spider-Ham, is a visually stunning adventure and action animation movie. Followed by *Spider-Man: No Way Home* (2021) where, again, multiple Spider-Man collide, with villains crossing the MCU timeline. *Spider-verse's* sequel, *Across the Spider-Verse* (2023). *Doctor Strange in the Multiverse of Madness* (2022), *Loki* series (2021), and many others are collections of this genre.

Before the superhero movies, *The One* (2001) pioneered multiverse action. Jet Li stars as a rogue agent hunting his alternative selves across 124 universes to become Superman. For a thrilling multiverse experience, *Coherence* (2013) is a low-budget gem. A comet disrupts a dinner party, causing alternate versions of the guests to collide.

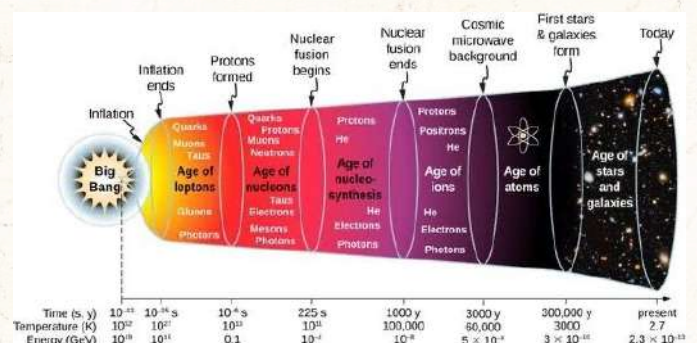


The Matrix series (1999-2021). Though primarily about simulated realities, it often blends multiverse themes with philosophy and action. It is a landmark sci-fi franchise that explores stimulated realities, altered versions of people, and multiple iterations of the Matrix, which are closely related to multiverse theory.

The Science: More than just fiction?

The multiverse might sound fictional, but it has roots in real Physics. The Many World Interpretation, proposed by physicist Hugh Everett in 1957, suggests that every quantum event, like a particle's movement, splits reality into multiple branches and proposes that all possible outcomes of quantum measurements occur, each in its separate universe. In one universe, you chose tea; in another, coffee. Physicist David Deutsch supports this and agrees that it explains quantum weirdness, though critics say that it's unprovable without actually observing these other worlds.

Another theory, called Cosmic Inflation Theory, proposed by Alan Guth in 1980, suggests that the universe underwent a brief period of extremely rapid expansion just after the Big Bang. This process smooths out irregularities, which explains why the universe appears uniform and flat on large scales. But inflation doesn't stop there—it also supports the multiverse. Guth's theory, later expanded by Andrei Linde, posits that inflation didn't happen uniformly everywhere. Instead, some regions of space stopped inflating while others continued, creating "bubble universes." Each bubble could have different physical laws or constants, like a weaker gravitational force or faster light speed, forming a multiverse. This "inflationary multiverse" means our universe might be one of many, each a separate pocket with its own rules.



Cosmic Inflation Theory

Yet scientists believe that these ideas are speculative, and we lack the tools to detect other universes. Without evidence, like anomalies in cosmic radiation or particle collisions, multiverses remain a theoretical possibility, not a confirmed reality.

Why does it resonate with college students?

Multiverse stories hit hard for college students. We are constantly choosing – majors, friendships, futures – each decision feeling like a new reality, everything feels unstable, uncomfortable and mostly scared of what will happen in the future due to the choices we are making in the present and the decisions we made in the past. Everything Everywhere All at Once captures this with Evelyn's struggle to reconcile her choices across universes, mirroring the pressure to "get it right." Into the Spider-Verse speaks to finding your path, as Miles learns to be his Spider-Man, a lesson for students defining their identities. Multiverse stories are a form of escapism for students who sometimes want to forget about their past decisions and give themselves a rest from all the overthinking and opening doors for endless possibilities and "what if" scenarios helping them escape from reality and have the freedom from rules and restrictions, and let our minds go wild, which is exciting and creatively liberating, and it also helps students who write, symbolically explore philosophical or emotional depth. In a chaotic world, multiverse stories suggest every possibility exists somewhere, which can be strangely reassuring. These films also spark big questions: if an infinite universe exists, do our choices matter? They are perfect for campus debates, blending sci-fi with real-world dilemmas about fate and self.

Fantasy, Reality, or Both?

Multiverse movies mix fantasy with possibilities. They are a bridge between imagination

and science. Pop culture uses them to explore endless "what-ifs," while physics keeps the door open to their existence, even though the evidence is elusive.

For now, multiverses are both fantasy and possibility, captivating us with their potential. It continues to inspire both scientific inquiry and imaginative storytelling, challenging our understanding of reality and our place within it. What's your take – are multiverses just sci-fi, or could they be real?

~ Arfa Hai Laskar (2nd Sem Psychology)

*I remember a time not too long—
A night spent in dance and song;
Laughter filled the room, lights shone on
unknown faces,
Along came a girl through the many gazes.*

*Her face adorned in a blush,
Her almond eyes kept my mouth hush!
What ought this odd feeling be?
My heart screamt "Oh mon Chéri!"*

*Her distant talk kept my eyes sober—
As the odd itch grew all over.
Her allure called for desperate measure.
Good God! There goes my blood pressure!*

*With a fell swoop, I stood up—
As she walked to grab some grub.
The brain was saying "No!"
While my heart begged to say "Hello."*

*Alas, the brain was racked.
For the drinks had made it slack!
So "Hello" turned to "Yo!"
And my heart suffered a heavy blow.*

- Excerpt from a A Night with Leo
by Adriel N. Syiemlieh
(English Department)

ACHIEVERS SECTION

1. Astronomy quiz winners [St. Anthony's College]

Pragyan Talukdar- 4th semester, Physics
Sanjana Rani- 6th semester, English

2. Faith Foundation Debate Competition in collaboration with Martin Luther University

Riwaka Tangsong- 4th semester, Sociology – runners up
Sanskriti Modgal- 4th semester, English – best speaker

3. IIT Gate examination [Humanities and Social Science Category]

Jessica Kom, Weyo Kapfo, and Sukanya Deka, 6th semester, Sociology

4. IIT JAM examination

Bansara Kharpuli, Hollyfield Tariang, and Snigdha Bhattacharya, 6th semester, Biochemistry

5. IIT JAM examination

Bibiek Gogi, Jatra Jamatia, Jeremaiah Lamare, Akash Narzary, Taro Yami, Sun Diamary, Nabashisha Nongshli, and Susan Rekon Khonglah, 6th semester, Mathematics and Physics

6. R.R THOMAS MEMORIAL INTER COLLEGE DEBATE COMPETITION [MCTA debate], Syond College

Nyonyok Talong (4th Sem, English Dept.) – best speaker
Govinda Upadhyaya (6th Sem, BCA)

7. NIT Meghalaya Model United Nations 3.0

Sambuddha Das (4th Sem, Computer Science) – Best Delegate.

Sanskriti Modgal (4th Sem, English) – High Commendation.

Ankita Devi (2nd Sem, Psychology) – Verbal Mention.

8. STAFF ACHIEVEMENT:

St. Edmund's College teacher, Sir PW Shangpliang was in the research team that discovered the astonishing behaviour of a frog species.

9. District Level Viksit Bharat Youth Parliament Festival 2025 held at NEHU

Riwaka Tangsong- 4th semester, Sociology
Sanskriti Modgal- 4th semester, English

10. IDEATHON

Randy F Darlong, Ringlal Tressy Ranglong, R Lalnutluangi, Somadrita Debroy, 6th Semester, Dept of Biotechnology

11. The Bangladeshi Cricket Frog (Minervarya asmata) has now been reported for the first time in Shillong and Cherrapunjee, Northeast India

This study was conducted by Avishek Das, Treferous Shylla, Esther L. Hmar, P. Wankitlang Shangpliang, Samrat Adhikari, Dominic Lyngdoh, Mebari Vanessa R. Dorphang, Duwaki Rangad, Ronald Kupar L. Tron, and Graham Bakynson Ranee from the Department of Zoology and the Department of Biotechnology

12. PI quiz- Lady Keane College

13. Young Sociologists' Conference 2025, Christ (Deemed to be University), Bangalore

Harshini Saika, 4th semester, sociology

14. Livon Mega Miss Northeast 2025

Gracey Nandi, 2nd semester, sociology

15. Global Unity Summit International Model United Nations

Sambuddha Das (4th Sem, Computer Science) – High Commendation 1

GALLERY

*Got awesome pics or arts that you deem grand?
Then don't let this space remain bare and bland!
Our gallery's empty, waiting for talents new
"Talent" I said, do you have it in you?*

*I can't advertise like this but just don't be late,
Zap the QR code and unleash the recognition's fate!
It's soporific to edit this at night in front of a monochromatic
light,
Therefore fill in this void and make it look just right!*

~ your editor ;)

scan for submission



scan to read online



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Arfa Hai Laskar

Rajasvini K Singha

WHAT'S NEXT

May 2025

- 19 May - 7 June: Even Semesters Theory Examination

June 2025

- 05 June: Environment Day (EVS Dept/ Botanica Club)
- 07 June: Bakrid/ Id-ul-Zuha
- 21 June: World Music Day (Music Society)
- 22 June: Rev. Thomas Jones Day (Sunday)

July 2025

- Semester Break (dates to be declared later)
- 14 July: Beh Deinkhlam
- 14 July: World Youth Skills Day (Sociology Dept.)
- 17 July: Death Anniversary of U Tirot Singh

August 2025

- 05 Aug: World Commerce Day (Commerce Dept.)
- 09 Aug: World Indigenous Day (Social Work Dept- UG)
- 12 Aug: Youth Day (Literary and Dramatics Society)
- 15 Aug: Independence Day (NSS/NCC)
- 16 Aug: Janmashtami
- 19 Aug: World Photography Day (Photography Club)
- 21 Aug: World Fashion Day (Fashion Club)
- 29 Aug: Death Anniversary of Blessed Edmund Rice