



NAAC Accredited B Grade

GRANITE JUBILEE EDITION

VISION

2024-2026



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Motto

“Excellence with Integrity”

VISION

“To make excellence a habit and integrity a way of life. To develop effective learners and instill in our students critical and analytical thinking balanced with empathy and compassion while they strive to do their own best in life.”

MISSION

“To transform and prepare our students to become global citizens with the capacity to contribute- through dynamic application- towards greater good, harmony, equality and justice, irrespective of gender, race, caste and religion. To equip our learners with the skills to tackle the challenges of a fast-paced world of information and technology. Above all, to inculcate in them the confidence and courage required to uphold diversity and freedom of self-expression with responsibility.”





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PRINCIPAL'S MESSAGE

Dear Keaneans and Well Wishers,

It is with immense pride and profound joy that I present this special commemorative edition of our college magazine, VISION 2024-2026 - as we celebrate the 90th Foundation Year of Lady Keane College on 25th July 2025. This remarkable milestone is not merely a celebration of the passage of time but a tribute to nine decades of excellence, resilience and unwavering commitment to womens' education.

Since its establishment, Lady Keane College has remained a torchbearer of learning, empowering generations of young women to pursue knowledge with confidence, integrity and purpose. The journey of ninety years has been shaped by the vision of our founders, the dedication of our faculty and staff who have upheld its ideals, the accomplishments of our distinguished alumni who have carried its legacy across the world, the curiosity and enthusiasm of our students and the building of trust and confidence of all stake holders.

As we commemorate this historic occasion, we also celebrate the many milestones achieved over the years. Guided by the transformative vision of the National Education Policy 2020, the college continues to embrace academic excellence, multidisciplinary exposure, experiential learning, innovation, research, skill development, internships, community engagements, environmental stewardships, sports and cultural enrichment while adapting to the changing needs of society. Embracing the principles of vocational education under NEP 2020, our college has integrated vocational courses into its curriculum to equip the youth as a global workforce.

The commencement of co-education represents a new chapter in the journey of our college, promoting inclusivity, diversity and shared learning experiences fostering a healthy environment where students from diverse backgrounds can learn, collaborate and grow together.

With the introduction of Psychology as a new Under Graduate programme, our college marks an important step towards broadening our academic horizons, enriching our curriculum and opening new avenues for learning and professional growth.

Our commitment to sustainability through a green campus and our pursuit of holistic education reflects our vision of preparing responsible citizens and future leaders. In alignment with global efforts to address climate change and challenges posed by El Nino, our institution remains dedicated to developing a green campus that embraces sustainability, promotion of environmental responsibility, energy conservation, waste management, and

biodiversity preservation for a healthier and resilient future.

In keeping with the changing demands of the advance world, our institution is committed to enhance employability, foster entrepreneurship and start-ups through Career-Oriented and skilled-based courses in Fashion Designing, Khasi Traditional Music, Baking & Confectionaries, Beauty Care and Japanese Language.

The college hostel offers a homely and caring atmosphere, ensuring that students experience comfort, security and a strong sense of community while pursuing their studies away from home.

This magazine VISION 2024-2026, captures the spirit of our institution through the voices, creativity and achievements of our students and faculty. Every article, poem, photograph and artwork stands as a testament to the vibrant intellectual and cultural life that has flourished within these walls for ninety years.

As we honour our rich legacy, we also look ahead with renewed hope and determination. Together, let us step forward and take a pledge to reaffirm our commitment in continuing to nurture excellence, uphold our cherished values and build an institution that inspires generations to come.

I extend my heartfelt congratulations to the Editorial Board and everyone who has contributed to this special edition. May VISION 2024-2025 serve not only as a celebration of our glorious ninety-years journey but also a beacon of inspiration as we embark upon the next chapter in the illustrious history of our beloved college.

“As we celebrate ninety glorious years and step confidently into our ninety-first, let us continue to inspire minds, empower lives and uphold the enduring legacy of Lady Keane College for generations to come.”

With warm regards and best wishes:
Anjalee M Shangpliang, Ph.D
Principal i/c
Lady Keane college
Shillong
anjaleehangpliang@gmail.com



FROM THE EDITOR'S DESK

It is with immense pride, gratitude, and a deep sense of responsibility that I present to you this special Granite Jubilee edition of Vision 2024-2026. As we celebrate ninety remarkable years of academic excellence, service, and empowerment, this issue stands as a tribute to a legacy that has shaped generations of young minds and continues to inspire countless dreams.

The pages that follow reflect the vibrant spirit of our college community. They showcase the creativity of our students, the wisdom and guidance of our faculty, and the collective experiences that make Lady Keane College a place of learning, discovery, and belonging. Every article, poem, photograph, and artwork contributes to a narrative that celebrates not only our shared history but also our hopes for the future.

As a first-time editor, I consider it both an honour and a privilege to be entrusted with the responsibility of curating this landmark edition. This journey has been one of learning, collaboration, and appreciation for the many individuals whose enthusiasm and dedication brought this magazine to life. I extend my heartfelt gratitude to our Principal-in-charge, Dr. A.M Shangpliang for her unwavering support and advice, our Vice-Principal of Degree Section, Sir A.R Myrthong, Vice- Principal of Higher Secondary Section, Smti. Memories Biam, the President of the Governing Body, Shri. W Khyllap- for their messages and the Editorial Board members who worked long past deadlines with patience and good humour, faculty members, student contributors, Alumni members for their contributions, our photographers- Shri S Nongkyrih, Shri I Lamin and Shri D B Lama, designers from Alienleaf LLP, and everyone who generously shared their time, talent, and creativity. Without their support, this edition would not have been possible.

May this special issue of Vision serve not only as a record of our Granite Jubilee celebrations but also as a cherished keepsake for students, alumni and faculty of Lady Keane College. As we honour the rich legacy of the past ninety years, let us also look ahead with renewed purpose and confidence, carrying forward the values that have long been the foundation of our institution- Integrity with Excellence.

On behalf of the Editorial Board, I invite you to turn these pages with pride and nostalgia, and to celebrate the enduring spirit of Lady Keane College Happy 90th Anniversary to our beloved alma mater. May its vision continue to illuminate generations to come.

- Dr. Stephanie P Basaiawmoit, Editor



MESSAGE FROM THE VICE PRINCIPAL HIGHER SECONDARY SECTION

It gives me immense pleasure to present our College Magazine 2024-26, a special edition commemorating our ***Granite Jubilee Celebration***.

Ninety years is not just a measure of time — it is a testament to endurance, wisdom, and unwavering commitment to excellence. This magazine captures that very spirit. It is more than pages bound together; it is a vibrant reflection of our students' creativity, intellect, and indomitable spirit shaped by nine decades of transformative education.

From insightful articles to artistic expressions, each contribution in this Jubilee edition echoes the energy and aspirations of our young minds who stand on the granite-strong foundation laid by generations before them. May you continue to question, create, and lead with integrity. The skills you hone today will shape the world tomorrow, just as this institution has shaped countless futures since its founding 90 years ago.

I commend the Editorial team and all student contributors for their dedication in bringing this historic edition to life. My heartfelt gratitude to our Principal, and the Management for their constant guidance in preserving the values that have defined us for 90 years.

May this Granite Jubilee edition inspire many more to express, explore, and excel, carrying forward our proud 90-year legacy. Wishing the magazine great success and all readers an enriching journey through nine decades of excellence.

-Smt M.Biam
Vice Principal
Higher Secondary Section



MESSAGE FROM THE VICE PRINCIPAL DEGREE SECTION

It gives me great pleasure to extend my warm wishes and heartfelt greetings to the Editor and the entire Magazine Committee for bringing out this year's College Magazine.

Reading the College Magazine each year has always been a source of genuine delight. To witness students' compositions—whether in prose or poetry—and their creative expression through art never fails to inspire admiration and joy.

I take this opportunity to express my sincere appreciation to all those who, over the years, have generously contributed their thoughts, ideas, and creativity to the pages of this magazine.

With the advent of NEP 2020, the path ahead calls for renewed commitment and dedication from teachers and students alike. Yet, with hard work and perseverance, there is no height that cannot be scaled. For when the mind remains young at heart, the vibrancy and radiance of youth will always carry one forward.

Once again, I extend my warmest wishes to all my colleagues and students. May your future shine as brightly as ever. I would like to close with the words of an unknown writer, who so beautifully said:

"I live this life but once; whatever good I can do for any human being, let me do it now, for I shall not pass this way again."

God bless you all.

*Mr. Alphonse R Myrthong
Vice Principal (Degree Section)
Lady Keane College*

MESSAGE FROM PRESIDENT

GOVERNING BODY



It gives me immense pleasure and joy to learn that the College is publishing the Annual College Magazine this year also. It is my privilege to get this opportunity to share my views and my thoughts to motivate the teachers, students and especially the contributors whose creative and academic works are featured in the Magazine.

As we are aware the College Magazine is a valuable document which could be used for documentation of important events, highlighting the achievements of the College in all aspects and encourages the creative writings of those who contribute. Education is a medium of social and economic transformation towards the better future because it equips the individuals with knowledge, skills and values that empower them to shape their brighter future. In this connection, I would say that the College plays a vital role in molding the minds and characters of the students and local youth by pursuing their academic career in this premiere educational institution of Meghalaya. As part of the system, the College has been able to serve the youth both local and from across the different parts of the Country who pursue their academic career here.

Education is not just about the subject that we learn but it is a life-long exercise in the pilgrimage of learning as we jump into the train of experience and this College as part of the system has done commendable works.

The College Magazine provides a perfect platform for all the stake holders not only on educational issues but also on social, economical and environmental issues which will go beyond the classroom teachings and give immense benefits to the readers in particular and the society as a whole through the quality and thought provoking articles and poems. I am sure that this magazine will be informative and resourceful to all the readers and users.

I am very grateful to all my colleagues in the Governing Body for their support in words and deeds for the overall development of the College. I am also very thankful to the Principal, Vice Principal and the Editorial Board for giving me this opportunity to provide this opening remarks and message. A big thank you to all the contributors who have spared no pain to contribute their articles, poems and different writings in this document which will be informative for generations to come. I wish the teachers, students and staff of this beautiful College all success in their future endeavor.

Sd/-

Shri W. Khylllep, IAS (Retd.)
President, Governing Body
Lady Keane College

FACES OF LEADERSHIP AND SERVICE

MEMBERS OF THE GOVERNING BODY



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|--|--|
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| Meghalaya, Member | 12. Prof B.K. Wanswett, Teachers' Representative |
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| 6. Ms. D. Kharkongor, Member | |

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Sitting (L-R): Mery Beyong, Tamsir Kropi, Girly Gift Warjri, Phibari Kharpran, Darihunlang Snaitang, Daphisha Nongrum, Emisaka Nongkhlaw, Ibarisha Kharsyntiew, Mandaphi Arsha Shadap, Hibu Kari.

STUDENTS' COUNCIL 2025-2026



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Middle (L-R): Shumbie Ingtipi, Dungmay Puying, Badamutlypa M. Shadap, Lalthanpuui Ralte, Antara Lisham, Kandafira Nongrum, Myrika Marwein, Mone Muang.

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NSS



YOUTH RED CROSS



RANGERS



TURNING THE PAGE: TRIBUTES TO OUR RETIRED STAFF

Dr. Dran Khlur Baiaineh Mukhim
Principal & Associate Professor
Department of Zoology
Date of Joining: 01.07.1995
Date of Retirement: 31.10.2024

In the story of our college, your name will always shine with a rare blend of dedication, deep compassion, and vision. Whether standing before us as a teacher or guiding us as our Principal, you never gave anything less than your absolute best. Every single lesson you taught carried your genuine love for your students; every decision you made bore your protective care; and every late hour you pulled spoke volumes of your tireless commitment. You truly turned duty into a calling, and that calling into an inspiration, leaving every one of us so much richer for having walked beside you.

As a true academician, you explored the natural world with an infectious wonder, even discovering new species that have left a lasting mark on the field of Zoology. Your scholarly spirit was a daily reminder to us all that education isn't confined to a classroom, but is a lifelong journey of exploration. In you, we never just saw an administrator; we found a true mentor, a steady guide, and a friend whose door and heart were always open.

As you step into this beautiful new chapter of your life, please know that your legacy is deeply etched in our hearts, in the lives you've touched, the wisdom you've so freely shared, and the spirit of excellence you've instilled in us.

We wish you endless good health, deep happiness, and fulfilment. May God bless you abundantly, shielding you with peace and joy, and may His grace guide your steps through all the beautiful days ahead.



Shri Maniram Joshi (Ghimre)
Campus Personnel
Date of Joining: 16.09.1995
Date of Retirement: 31.03.2025

For years, you have been the steady heartbeat of our college. With every ring of the bell, you didn't just mark the time, you kept us all moving forward with purpose, dedication, and grace. Your role was so much more than a job; you have been the true guardian of this institution. You looked out for the welfare of everyone who walks through these gates, from the students and teachers to your fellow colleagues. You watched over this college property as if it were your very own home, treating every corner with pride and every person with a rare, profound level of respect.

Rain or shine, you were always here. You are the person who never failed to deliver, who seldom took a day for yourself, and who was genuinely available 24/7 whenever anyone needed a helping hand. Your reliability was our anchor, and your kindness was our comfort.

As you finally step away to take a well-deserved rest, please know that we extend our deepest gratitude, love, and respect to you. May this next chapter bring you the abundant peace, health, and happiness you have so selflessly given to all of us.



Smt. Fenella Annete Wahlang
Associate Professor,
Department of Education
Date of Joining: 04.11.1997
Date of Retirement: 30.06.2025

Your gracious wisdom and enduring kindness have illuminated countless paths. We will deeply miss your quiet, reassuring presence that anchored us, alongside the quick wit that always brought a smile to our faces. Thank you for being a steady, comforting presence in our lives. May this well-deserved retirement bring you the perfect peace, comfort, and radiant health you so richly deserve.

We wish you joy, triumph, and serenity in all that you hold dear and all that awaits beyond. May God's protective care surround you always, His wisdom guide your steps, and His grace bring peace and joy to every new chapter of your journey.



Shri Madhu Kumar Thapa
Office Assistant
Date of Joining: 07.08.1986
Date of Retirement: 31.03.2026

Four decades of dedication, hard work, and contributions are a rare milestone to witness. While these past months brought unexpected health challenges your way, you showed all of us what real strength looks like. You turned a challenging final chapter with your head held high, your wit intact, and an unshakeable spirit.

With deepest respect, we thank you for 40 unforgettable years, and for leaving a legacy of grit, and warmth. May God's hand guide your steps, His grace sustain your spirit, and His protective care surround you wherever life carries you.



Shri Alphonse Richard Myrthong
Associate Professor,
Department of History
Date of Joining: 01.04.1993
Date of Retirement: 31.05.2026

You have been a steadfast pillar of strength, guiding us with courage and conviction. Like a living library, you embody a wealth of knowledge that you have so generously shared. As a gifted orator, you have commanded every stage with grace and authority, leaving us inspired by your visionary mind and exemplary leadership. Your words have not only informed but transformed, shaping our thoughts and stirring our spirits.

With laughter and lightness, you turn every gathering into an unforgettable experience, one that blends wisdom with joy, intellect with humanity.

As we bid you farewell, we do so with hearts full of gratitude and admiration. May the next chapter of your journey be as impactful and fulfilling as the lasting impression you leave behind with us. May God's steadfast love be your anchor, His protective care your shield, and His guiding hand lead you into every new season with peace and joy.



ACADEMIC RESULTS 2024-2026

ACADEMIC RESULTS 2024

BACHELOR OF ARTS 6TH SEMESTER

Appeared = 420

Passed = 329

First Division = 87

Second Division = 190

Simple Pass = 52

NCL = 60

Failed = 31

College Percentage = 78.33%

NEHU Percentage = 82.95%

MERIT LIST

Bengali	A2101230	SUMAN PAUL	1 st
	A2101231	SUSHMITA CHANDA	2 nd
Economics	A2101239	ASHIR MOYONG	10 th
History	A2101425	RINNI OKRAM	2 nd
	A2101435	KHUSHI KUMARI	5 th
Khasi	A2101444	IDASHISHA KURKALANG	2 nd
Political Science	A2101580	JYOTI GUPTA	4 th
Sociology	A2101640	NORISHA NONGSIEJ	3 rd

BACHELOR OF SCIENCE 6TH SEMESTER

Appeared = 107

Passed = 87

First Division = 62

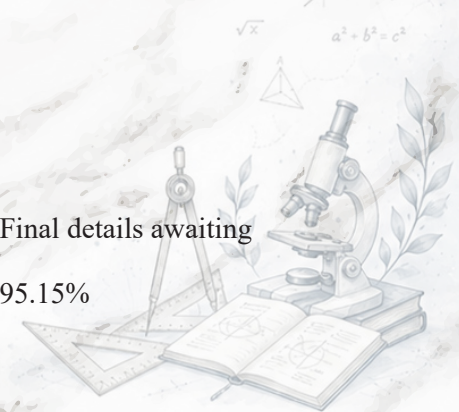
Second Division = 22

Simple Pass = 3

NCL = Final details awaiting

College Percentage= Final details awaiting

NEHU Percentage = 95.15%



MERIT LIST

Biochemistry	S2100015	SHIMTI MARY JANA NONGBET	1 st
	S2100014	FELICITY KHARWAR	7 th
	S2100017	CHIBAME N MARAK	10 th
Botany	S2100024	NANG KHALINA MANNOW	4 th
Chemistry	S2100052	AIBANRILANG MARNGAR	1 st
	S2100053	IBANRIKYNTI SUN	5 th
Mathematics	S2100084	EVAHUNLANG KHARUMNUID	4 th
Physics	S2100097	TRACY OINAM	5 th
Zoology	S2100141	AIDAKAMON KHARWANLANG	1 st
	S2100115	GAYATRI SAHARIA	2 nd
	S2100114	GYATI ANKHA	3 rd
	S2100131	KASTURI KASHYIAP	4 th

BACHELOR OF COMPUTER APPLICATION (BCA) 6TH SEMESTER

Appeared = 30

Passed = 30

First Division = 15

Second Division = 13

Simple Pass = 02

College Percentage = 100%

NEHU Percentage = 93.91%

MERIT LIST

BCA	P2100414	BASHISHA THABAH	5 th
	P2100411	BANSARALIN THONGNI	8 th

BACHELOR OF TOURISM AND TRAVEL MANAGEMENT (BTTM) 8TH SEMESTER

Appeared = 12

Passed = 11

A+ = 2

A = 4

B+ = 2

Failed = 1

NCL = Final details awaiting

College Percentage = Final details awaiting

NEHU Percentage = 91.67%

MERIT LIST

BTTM	T2000007	LAREEN RIDA NIEWKOR MASSAR	1 st
	T2000012	PHILAWANBET RYMBAI	2 nd
	T2000010	LADIANGHUN NONGSIEJ	3 rd
	T2000001	BANRISUKLANG MARNGAR	4 th
	T2000006	METUNG CHEDA	5 th
	T2000002	BAPHIRA THAWMUIT	6 th
	T2000008	IBADALANG SHISHA SYLLIANG	7 th
	T2000011	DADO RITA	8 th

ACADEMIC RESULTS 2025

BACHELOR OF ARTS 6TH SEMESTER

Appeared = 412

Passed = 320

First Division = 59

Second Division = 162

Simple Pass = 99

NCL = 59

Failed = 33

College Percentage = 77.66%

NEHU Percentage = 86.22%

MERIT LIST

ENGLISH	A2201394	ARCHANA NONGMEIKAPAM	5 th
	A2201351	NOELLA D E KHYRIEM	6 th
HISTORY	A2201429	SANDAKMEN SYIEM	3 rd
	A2201444	ROSEMARRY THOUNAOJAM	8 th
PHILOSOPHY	A2201492	VERONICA KHARSYNTIEW	2 nd
SOCIOLOGY	A2201668	LAISHRAM ALKARANI DEVI	1 st
	A2201652	PUJABHARTI MOIRANGTHEM	10 th

BACHELOR OF SCIENCE 6TH SEMESTER

Appeared = 59

Passed = 55

First Division = 34

Second Division = 21

Simple Pass = NIL

Failed = 4

College Percentage = 93.22%

NEHU Percentage = 94.43%

MERIT LIST

BIOCHEMISTRY	S2200001	BAIADAHUN SUMER	8 th
CHEMISTRY	S2200018	IBAPYNHUN LYNGDOH NONGLAIT	3 rd
MATHEMATICS	S2200043	VENISHA NONGBET	3 rd
	S2200038	HANASHISHA ROSETTI MARBANIANG	4 th
	S2200039	JESSICA SIANGSHAI	9 th
ZOOLOGY	S2200051	KUMPU MITE	9 th

BACHELOR OF COMPUTER APPLICATION (BCA) 6TH SEMESTER

Appeared	= 31	Second Division	= 7	College Percentage	= 96.77%
Passed	= 30	Simple Pass	= 01	NEHU Percentage	= 95.74%
First Division	= 22	NCL	= 01		

MERIT LIST

BCA	P2200415	LASHIMTILANG KHYRIEMMUJAT	4 th
	P2200424	PHIBAWANSHA BINA	8 th

BACHELOR OF TOURISM AND TRAVEL MANAGEMENT (BTTM) 8TH SEMESTER

Appeared	= 28	A	= 13	College Percentage	= 96.43%
Passed	= 27	B+	= 9	NEHU Percentage	= 96.43%
A+	= 4	Failed	= 1		

MERIT LIST

BTTM	T2100031	BAR BOMCIE DUI	1 st
	T2100030	RA THARSIM HORAM	2 nd
	T2100017	PYNGROPE PHAWA	3 rd
	T2100007	MEBAAIHUN MYNSONG	4 th
	T2100027	GURLEEN KAUR	5 th
	T2100006	SATISFY RYMBAI	6 th
	T2100021	NAPHISABET PAMTHIED	7 th
	T2100029	SHAMURAILATPAM NIRMALA	8 th
	T2100015	IBANDARI MAWLEIN	9 th
	T2100028	OSIYAM TAKU	10 th

CLASS XII ARTS 2025

Appeared = 147

Passed = 142

First Division = 32

Second Division = 70

Third Division = 40

Failed = 05

MBOSE Percentage = 87.34%

College Percentage = 94.66%

CANDIDATES SECURING HIGHEST MARKS

MEGHA CHETTRI	HINDI (MIL)	81
MARBIANGKI BAMON	HINDI (ELECTIVE)	75
MEGHA CHETTRI	PSYCHOLOGY	94

CLASS XII SCIENCE 2025

Appeared = 70

Passed = 57

First Division = 24

Second Division = 33

Third Division = NIL

Failed = 13

MBOSE Percentage = 84.84%

College Percentage = 81.42%

CLASS XII ARTS 2026

Appeared = 164

Passed = 163

First Division = 60

Second Division = 90

Third Division = 13

Failed = 01

MBOSE Percentage = 91.68%

College Percentage = 99.39%

CANDIDATES SECURING HIGHEST MARKS

ALLAYNA KRISTEN GABIL	ENGLISH (ELECTIVE)	67
SHRUTI BARMAN	PSYCHOLOGY	91

CLASS XII SCIENCE 2026

Appeared = 66

Passed = 49

First Division = 16

Second Division = 33

Third Division = NIL

Failed = 17

MBOSE Percentage = 85.71%

College Percentage = 74.24%

WINNER'S PAGE: NON-ACADEMIC



Anzer Ullah 3rd position in Poetry Writing (Acrostic) Inter-college competition at St. Edmund's College



Da I Naki War felicitated by the Governor for participating as Guard of Honour in the Republic Day (26.01.2025) Celebrations at New Delhi



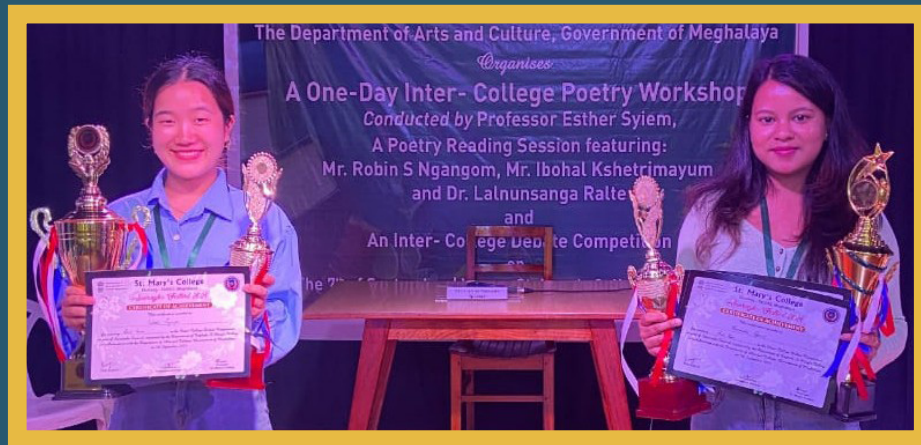
Calmilia Kharkongor & Mary Queen Pale, 2nd and 3rd Prize winners in the Inter-college Marathon Competition organised by MACS during the Red Ribbon Youth Festival 2024



Esther Pegu 3rd position in Photo Journalism competition at the SACMUN Event organised by St. Anthony's College



Ria Dutta, Kristina Bharali, Esha Borgohain, Kritika Kalita, Darshana Talukdar, Esther Pegu & Ananya Baruah, 2nd Prize in Folk Dance (Group) at the District Youth Festival 2024



Inamesha Syiem & Tulshi Payeng won Best Speaker and Best Team at the Inter-college Debate Competition at the Sawangka Festival 2024 at St. Mary's College



Ewakani Shallam Ist prize in Singing Competition at the Euphoria 2024 at NEIGRIHMS



Hanashisha Marbaniang & Venisha Nongbet, winners at the Inter-college Quiz Competition organised by the Dept. of Mathematics LKC March 2025



Lady Keane Team wins the Business-in-a-Box competition organised by St. Anthony's College in collaboration with Prime Meghalaya

Languangmei & Laxmi. 3rd Prize in the Inter-college Poster competition on the theme 'From Local wisdom to Global Impact Empowering Communities for Ecosystem Conservation' at St. Anthony's College





Priya Das Ist Position in Folk Dance at the District Youth Festival 2024



Senovia Dohling & Fidelia E Lamare selected for the Under 23 Nationals (Basketball)



Sunjan Beyong 3rd position in Creative Writing at Euphoria 2024 at NEIGRIMS

Suhana Nongrum 2nd position in Inter-college Poetry Writing (Haiku) competition at St. Edmund's College



Suhana Nongrum 3rd Prize in the UG Quiz Competition at St. Anthony's College



Surely Goodness Lamin 2nd Prize winner in Essay Writing competition organised by The Office of the Deputy Commissioner, East Khasi Hills District held on 3rd June 2026

Sweety Ranee 3rd position at the 12th Inter-college Karate Tournament 2025



Team Alisha Mize & Kepan Tachiring, 3rd position for their exhibition on Waste Management Exhibition (Life Science) at the Science Fest 2025 organised by Synod College




WINTER TALES

GO GREEN AWARDS 2024

 **SUSTAINABILITY
CELL AWARD
WINNERS**

NEIGRIHMS Sustainability Cell
- Sustainability Innovator Award

Martin Luther Christian University: EcoMinds Cell
- EcoVisionary Leadership Award

✓ **Lady Keane College: Sustainability Cell**
- Green Ambassador Award

SKILLS FOR SUCCESS- REPORT FROM CAREER ORIENTED COURSES

BAKING AND CONFECTIONARY

The vocational bakery training programme at Lady Keane College, Shillong, led by trainer. Larishisha Nongbet, was accomplished with commendable success, blending theory with immersive practical instruction. Trainees gained proficiency in ingredient handling, dough preparation, and baking techniques, while producing breads, cakes, cookies, and confectionery, with strong emphasis on hygiene, safety, and teamwork. Despite varied skill levels, most achieved the desired competencies through diligent guidance. The programme met its objectives, with future editions recommended to include industrial exposure and advanced modules to enhance employability.



KHASI TRADITIONAL MUSIC

The Khasi Traditional Music VTC is one of the courses that help the students enable to know, learn different skills like singing, playing an instrument or even learnt how to craft Musical Instruments and pursue their talents through music. In the Even Semester 2026, there are 42 number of students in the IV Semester and 27 number of students in the VI Semester. During their semester the students not only learnt about Master Craftsmen and Component Composer within the Class room but also went to visit their places to meet and witness themselves about their skills and Contribution to the society through their work and dedication.



Students with Mr.E.W.Kharsahnoh
(Component Composer)



Students with Mr.Phra Syngkli (Master composer)

FLORICULTURE AND LANDSCAPING

The Floriculture and Landscaping course builds specialized expertise in growing and commercially applying flowers and ornamental plants, blended with landscape design artistry. Trainees learn crop production, nursery management, floral arrangement, and sustainable landscaping. Ideal for aspiring gardeners and designers, the course equips participants for careers in floriculture, garden maintenance, and eco-conscious landscaping.



During Their Field Visit



Students Involvement During Practical



Student Participation During “Flash-Fest” And Feedbacks

BEAUTY CARE

The Beauty Care VTC proceeded seamlessly, engaging students in theoretical and practical instruction covering skin care, hair styling, makeup, manicure, and pedicure. Through spirited hands-on practice, trainees cultivated refined skills and confidence, strengthening their vocational competencies for future employment or entrepreneurial pursuits.



VOCALS

The VTC Vocals course at Lady Keane College blended practical vocal training with music theory, employing warm-ups, sight singing, ear training, and topics like scales and harmony to build technical skill and confidence. A supportive environment fostered discipline, creativity, and teamwork. Overall, the course effectively combined theory and practice, enriching students' vocational education.

WEB-DESIGNING

Web designing captivates students by turning creativity into code — crafting websites that are visually stunning, intuitive, and seamlessly functional. Its hands-on nature stands out: learners actively design layouts, choose colours and fonts, and build real web pages using HTML, CSS, PHP, JavaScript, and modern frameworks. With no fixed approach, the subject offers creative freedom and instant results. Beyond its charm, it carries strong career value in freelancing and tech — a true blend of technology and imagination.



FASHION DESIGNING

Bridging the gap between classroom learning and industry-ready skills, the Vocational Education and Training Course (VTC) on Fashion Design offers students a hands-on pathway into the world of style and craftsmanship. Launched in September 2024 under the New Education Policy, the course spans design fundamentals, illustration, surface development, garment construction, pattern making, styling, portfolio building, and market-savvy production — nurturing both creativity and commercial acumen. Recognized under NEHU's affiliated curriculum, this initiative reflects a dedicated commitment to shaping confident, career-ready fashion professionals of tomorrow.



MUSHROOM CULTIVATION

Blending laboratory rigour with real-world exposure, the VTC Mushroom Cultivation programme at Lady Keane College guided students from fungal biology and spawn preparation to sterilization, harvesting, and post-harvest techniques like blanching, sun-drying, and packaging. Field visits to the Mushroom Development Centre and a commercial Fruit Processing Unit offered vital industry insight, while an expert-led session on funding and start-up logistics illuminated the entrepreneurial path ahead. By fusing hands-on cultivation skills with practical business acumen, the course has empowered students with the confidence and expertise to launch their own agro-based ventures.



Hands-on Classroom Practicals : From Laboratory mushroom spawn production to cultivation, harvesting and processing

A TRIP TO NONGMAHIR AND KHARSATI PARK DEPARTMENT OF POLITICAL SCIENCE

Bhanusmita Ray

Political Science Honours, 2022 - 2025



On a pleasant morning, on the 10th of May 2025, our Department set out on a field trip that turned out to be a perfect blend of fun, nature, learning and togetherness. The location chosen for the field trip was Meghalaya Energy Corporation Limited at Zero-Point, Kyrdem Kulai and Kharsati Park, Ri Bhoi District. The day began at Kharsati Park, which welcomed us with lush green grass, fresh air, and the calming sounds of nature. Tiny huts scattered around the park dotted the landscape, and a small stream flowed gently through, adding to the park's charm.

Some of us sat on the soft grass, chatting and taking in the peaceful surroundings, while others helped with cutting vegetables and assisting with the food arrangements. There was also a swing that instantly became a favourite spot, with each swing bringing back memories of childhood and carefree laughter.

Later that day, we visited Nongmahir on Nongmahir Island. Besides its natural beauty we learned about its importance to the region's electricity supply. The island is connected to the Uiam Hydroelectric Project, which uses a series of tunnels to carry turbines, generating electricity for many parts of Meghalaya. We also got the chance to see the tunnel, and this turned a fun trip into an educational one.

Our teachers truly went above and beyond to give us the best experience. From arranging safe and comfortable transport to organising food and activities, they ensured that we enjoyed every part of the day without any worry. Thanks to their efforts and care, we all returned home safe and sound, with full hearts and lasting memories.

As the day ended with a breathtaking sunset, we came together for one final group photograph – smiles wide, spirits high. The bus journey home was filled with songs, laughter and shared stories, a moment we will all treasure.



FIELD TRIP REPORT - 2026

Ananya Baruah

Political Science, 6th Semester

We the Sixth Semester (2026) students of the Department of Political Science had the opportunity to go on a field trip organised by our professors. The trip was arranged with the aim of enhancing our practical knowledge and giving us exposure beyond the classroom environment.

On 8th of May, 2026, a Friday, 76 students assembled at campus early in the morning, and departed at 9:30 am for our destination - Sohra. Our field trip took us to Sohra, a place known for its rich cultural heritage and traditions. We were first shown the cremation site of Sohra's Syiem. The traditional royal cremation (Jingthang Syiem) of Paiem Freeman Sing Syiem, the 44-year ruler of Hima Sohra, took place on the 5th of November, 2025, at Ka Kper Syiem Sohra. The cremation occurred at Ka Kper Syiem Sohra by the Pomsohmen stream, the designated royal burial ground.



Throughout the journey, we were guided by our teachers, who explained the importance and purpose of the visit. Second, we visited the Nongsawlia Presbyterian Church, which is considered to be the first church in Northeast India. It was established in 1846 and the chapel was built in 1898. This visit was highly educational, as we learned about the history of Christianity in the region and its impact on society and culture. The church holds great historical and religious significance, and we were informed about its establishment and the role it played in spreading education and social awareness.

Then, we went to the Mawsmal Cave, which was one of the most exciting parts of our trip. The cave is famous for its natural limestone formations such as stalactites and stalagmites. As we entered the cave, we carefully walked through the narrow and, sometimes, dark passages. The cool temperature and unique rock structures created a fascinating environment.



Then, there, all the students had their lunch which they bought from their homes, after which we took a long break and then went to our last and final destination which was Thangkharang Park.

Thangkharang Park is a place famous for its panoramic view of the surrounding lands, thereby, making this one of the favourite places among nature lovers. This park being atop a cliff, gives a breathtaking view of Bangladesh's plains when the day is clear. The Giant Basket, also called Khoh Ramhah, is one of the main park wonders. This is a giant formation, resembling a traditional Khasi basket. It represents a geological wonder that befits the region's cultural heritage. The combination of orchids, flowers, and bird species is unique in the park. Well-laid pathways and beautiful gardens give way for a quiet stroll or a peaceful moment of contemplation, and swings, see-saw, slides for children. The rustling of leaves and the soothing sound of waterfalls nearby contributes to the tranquil ambiance of the park. There is also a Green House where various types of plants were carefully kept, with full maintenance. There we had a snack break: roti, chicken, chickpea curry, juice and salad. All these arrangements were thoughtfully prepared for us by our teachers.

We returned from there at around 4:00-4:30 pm. During our return journey, we had a lot of fun and by 8:00 pm we reached our college campus.

This field trip not only helped us gain knowledge but it also allowed us to learn some things beyond the classroom while having fun, it gave us the chance to explore new places and to create beautiful memories together. It was a refreshing break from our daily routine and provided us with valuable learning experiences.

In conclusion, the field trip was both enjoyable and educational. We are grateful to our teachers for organising such a meaningful and enriching experience and we would like to express our sincere gratitude to our college for permitting this field trip.



BLUEPRINT OF THE JAPANESE CAREER ORIENTED COURSE

Ngazip Worchan Ronra Shimray



The Kakehashi N5 level course began on 17th January 2026 with Sensei Bradley taking the lead.

A total of 18 students enrolled for the classes. Out of which 12 currently remain. 3 students out of the 12 are Lady Keane College students, and the rest are non Lady Keane College students. Of the current 12, only 3 opt to study offline, one of which is a student at Lady Keane.

With the upcoming N5 level exam in New Delhi on the 5th of June, we have completed most of the course and are entering into the question paper testing phase, where we slowly introduce students into the JLPT question format for the N5 Level. Familiarising students with the format, and teaching them how to tackle questions is our ongoing mission. Our staff members will be accompanying the students to New Delhi, so as to ensure they have a successful journey.

Throughout the course we have had Moe san, an acquaintance of Sensei Bradley's, attend the classes as a third party from time to time. This gave the students a chance to interact with

her beyond just the study material, especially with her being a Japanese native. She also taught our students a class which challenged their ability to understand Japanese through a different lens rather than Sensei's usually easier pace.

On April 10th we had a great experience interacting with the students of Lady Keane College through our little food stall during the Lady Keane College Week, 'Lenora Week'. With Kakehashi students as volunteers, every aspect of it was a learning opportunity. We had a few products on our counter, onigiris, miso soup, yakisoba, and name/kanji cards. Hopefully we can expand and improve this for the next event.

For the month of May, we had planned a two-week visit from two of our guests from Japan. Unfortunately this plan fell through as their flights were cancelled, likely due to the ongoing oil crisis. The plan with these two individuals was to introduce them to North-East India, as well as show them the capacity of employment in our region. With the abundant interest in Japan among many of the youth, this visit would've proved to them that our region has a unique talent pool and personalities that would fit great into Japanese society.

Looking further, we plan to have three courses going on simultaneously. Namely, the Introductory Course, the aforementioned N5 level course, and finally the N4 level course. Each level will have its own distinct goal and purpose.

Soon we'll also be heading to New Delhi for our N5 level exam; with eight out of the 12 students going with us.



INSIDE THE AUGUST HOUSE: A CHRONICLE OF STATECRAFT AT THE 2026 MEGHALAYA BUDGET SESSION

Ibajanai Lyngwa
Political Science, 6th Semester

On 25th February 2026 the Sixth Semester (2026) students of the Department of Political Science had the opportunity to attend the Budget Session of the Meghalaya Legislative Assembly held in Shillong.

The session began at 10 o'clock in the morning, when the Honourable Speaker, Shri. Thomas A. Sangma, entered the Assembly Hall. The proceedings started with the Question Hour, which was the first hour of the session, where members raised important questions to the ministers. This report highlights a few instances of the exchanges that happened during the session.

The first question taken up was Question No. 164, raised by Shri. Heavingstone Kharpran, Honourable Member of the Legislative Assembly from the Voice of the People Party (VPP), representing the Mawryngkneng Constituency. He is also a member of the Opposition in the House. The question was directed to the Minister in-charge of the Community and Rural Development Department, General Administration Department and Secretariat Administration Department, Shri. Sosthenes Sohtun, from the National People's Party (NPP) representing the Jirang Constituency, and the question concerned the number of active Women Self – Help Groups (SHGs)

The minister informed the House that 7,088 SHGs are currently functioning in East Khasi Hills District under the mission. This included SHGs in each block of the East Khasi Hills District, such as Khatar Shnong, Laitkhroh with 672 active SHGs, Mawkynrew with 401 active SHGs, Mawlai with 344 active SHGs, Mawpat with 312 active SHGs, Mawphlang with 807 active SHGs, Mawsynram with 931 active SHGs, Myllem with 650 active SHGs, Pynursla with 940 active SHGs, Shella with 660 active SHGs, Sohiong with 883 active SHGs and Mawryngkneng with 594 active SHGs.

The ensuing debate highlighted the need for proper monitoring and transparency to ensure that the SHGs truly benefit women and strengthen rural livelihood in Meghalaya.

The second question taken up during the Question Hour was Question No. 165, regarding HIV and AIDS cases in the state of Meghalaya, which was replied to by the Minister in-charge of Health and Family Welfare. The minister informed the House that till December 2024, there were a total number of 9,674 HIV and AIDS cases in the state of Meghalaya, with 749 deaths in the last ten years. The minister also provided district – wise details of deaths:

District	Number of HIV/AIDS related deaths	District	Number of HIV/AIDS related deaths
East Khasi Hills	435	West Khasi Hills	8
Eastern West Khasi Hills	16	Ri – Bhoi	51
South West Khasi Hills	7	East Jaintia Hills	90
West Jaintia Hills	123	East Garo Hills	4
North Garo Hills	1	South Garo Hills	3
West Garo Hills	9	South West Garo Hills	2

We the Sixth Semester students of the Department of Political Science have greatly benefitted from this opportunity to observe how the Meghalaya Legislative Assembly works. The visit had enriched us and given us the much needed exposure that compliments classroom lessons.

MEGHALAYA LEGISLATIVE ASSEMBLY



From Left to Right :

Dr. Andrew Simons Adviser to Legislation, Smti. Miani D. Shira MLA, Dr. M. Ampareen Lyngdoh MLA, Shri Thomas A. Sangma Hon'ble Speaker, Smti Santa Mary Shylla MLA, Dr. Mehtab Chandee Agitok Sangma MLA with Teachers and Students of Lady Keane College during Budget Session 2026.

25 YEARS YOUNG:

SOCIOLOGY SILVER STORY AT A GLANCE

Hall of Fame: NEHU B.A. University Toppers (2000–2025)

- 2005 – IMTI NARO 8TH POSITION
2006 – VUNGLIANMHWI 2ND POSITION
2007 – BEIKKIM 2ND POSITION
2010 – SOSANGZENGLA LONGKUMER 8TH POSITION
2012 – GABY MIYUM DAMIN 5TH POSITION
2013 – JUMNGAM KAMDUK 6TH POSITION
2015 – GRACE RAMHLUNKIM 5TH POSITION
SANJUKTA BHARALI 9TH POSITION
2016 – PYNBIANG HYNNEWTA 5TH POSITION
SANJANA HAZARIKA 9TH POSITION
2017 – HIMAKSHI DEURI 1ST POSITION
SUSI YEMSENBAM 2ND POSITION
RIMA BEZBARUAH 3RD POSITION
KARISHMA BORAH 3RD POSITION
MUMTAK DAMIN 4TH POSITION
NENGHOILHING KIPGEN 5TH POSITION
TSERING CHOTTEN 7TH POSITION
CHRISTIDA RYNTATHIANG 7TH POSITION
2019 – MONSOON RUPAM 2ND POSITION
2024 – NORISHA NONGSIEJ 3RD POSITION
2025 – LAISHRAM ALKARANI DEVI 1ST POSITION
PUJABHARTI MOIRANGTHEM 10TH POSITION



Keanean Student Awardees (2000–2025)

SANJUKTA BHARALI 2014

VARSHA SINHA 2017

MONSOON RUPAM 2019



HOW MY ALMA MATER SHAPED MY JOURNEY

Meka Dkhar

Batch 2004–2009

As the Sociology Department marks its grand Silver Jubilee milestone, I am flooded with fond memories of my transformative years at Lady Keane College. Being part of the 2004–2009 batch truly laid the foundation for my growth, confidence, and ultimate success.



My college days were shaped by incredible professors who transformed my life. Ma'am RJN taught me invaluable time management through the philosophy "One Work at a Time." Ma'am A.M. believed in me when I doubted myself, giving me the strength to dream big. Ma'am B.S. encouraged me to step out of my shell and embrace public speaking and cultural activities—a push that gave me the courage to win Miss Fresher's when I pursued my Master's at NEHU in 2009.

My passion for teaching led me from being an Assistant Teacher at St. Francis School, Jowai, to topping the selection interview for the post of Head Teacher at Vineyard English School in Nagaon, Assam. Driven to keep learning, I self-funded my B.Ed. degree from OPJS University (2021–2023), graduating with First Class honours.

Leading Vineyard English School has been a deeply rewarding journey of shared success. Together with my team, we elevated student performance and leadership while boosting yearly enrolment through impactful seminars and debates. We also strengthened our community by prioritizing teacher mentorship, recognizing outstanding staff, and fostering collaborative excellence across all departments.

In Gratitude: All that I have achieved in my academic and professional life, I dedicate to God and to my alma mater. Lady Keane College did not just enrich my education; it shaped my character and relationships. I congratulate the Department of Sociology on reaching this grand 25-year milestone and wish the college continued glory in all its future endeavours.

FROM THE LECTURE HALL TO THE UNITED NATIONS: A SOCIOLOGY ALUMNUS'S JOURNEY

Monalisa Hazarika
Last Non-NEP Batch 2025

When I graduated with my B.A. in Sociology (Honours) in 2021, I never imagined that just a few years later I would be addressing diplomats at the United Nations in New York.

My motivation hit close to home. Growing up in Northeast India—a region historically impacted by armed violence and conflict—I knew early on that I wanted to contribute to building safer societies. I owe a great deal to my professors of the Department of Sociology, whose mentorship, encouragement, and unwavering support nurtured my curiosity and gave me the confidence to pursue unconventional career paths. Their faith in me and my abilities encouraged me to venture into the unknown and pursue opportunities that once seemed impossible.

Driven by this passion, I earned a Master's in Conflict Management and Development at Banaras Hindu University (BHU), while balancing hands-on research internships. Today, I work as the Research and Strategic Engagement Officer at the SCRAP Weapons Project (SOAS University of London), tackling the illicit trade of small arms and the humanitarian consequences of weapons proliferation.

A major turning point in my career came when I was selected for the UN Office for Disarmament Affairs' (UNODA) Leaders4Tomorrow programme in 2022. This opportunity opened doors to a global network of changemakers and took me to high-level UN dialogues in Vienna, Seoul, and Geneva. The absolute pinnacle of this journey was addressing the Joint UNGA–ECOSOC High-Level Meeting in 2025, where I advocated for youth-inclusive approaches to arms control.

A Note to Current Students: Career paths are rarely linear. The skills you are building right now—critical thinking, empathy, and research—are highly transferable across countless fields. Sometimes, all it takes is words of encouragement and unwavering faith from your mentor to set an entirely new journey in motion.



GLIMPSES INTO DEPARTMENTAL ACTIVITIES AND COMMITTEES

DEPARTMENT OF COMPUTER SCIENCE ACTIVITIES OF THE YEAR 2024-25









Department of Computer Science
Activities 2024-2025

Sl. No.	Theme	Date	Collaborations	Department/College/ University/State/ National/International Level
1	Campus Cleaning Drive 2024	18th July, 2024	NA	College
2	Induction Programme	31st August, 2024	NA	Department
3	Picnic	08.Nov.2025	NA	Department
3	Industrial Visit To Tech Booster, Guahati, And An Exposure Trip To Kaziranga National Park	24th February, 2025, to 27th February, 2025	NA	Department
4	Training Programme On Projects	19th February, 2025	NA	Department
5	Japan In VR	17th Of March, 2025	KAKEHASHI and TURBIT, Shillong.	Department
6	5 Day Bootcamp On AI& IOT	21st March, 2025 to 2nd April, 2025.		
(3:30 PM onwards)	National Institute of Electronics & Information Technology (NIELIT)	Department		
7	Students Farewell	15th May, 2025	NA	Department

ACTIVITIES UNDERTAKEN BY THE DEPARTMENT OF HISTORY 2024-2025



Partition Horrors Remembrance Day
14th August, 2024.
5th Semester History Honours.



Orientation Programme on History Syllabus for the Four
Year Under Graduate Programme (FYUP) under NEP 2020
23rd September, 2024.



Release of Departmental Magazine "The Quest"
31st October, 2024.



Study/Field Tour to Mawlyndiar,
12th November, 2024.
5th Semester History Honours



One day Guest Talk on "Advent of British Power in the North-East Hills of India with Special reference to the Khasi, Jaintia and Garo Hills"
21st April, 2025.
Prof. A.K. Thakur
4th and 6th Semester History Honours.



Farewell Program for 6th Semester History Students
9th May, 2025.

ACTIVITIES UNDERTAKEN BY THE DEPARTMENT OF KHASI 2024-2025



Orientation for 1st Semester Students
Date: 02.08.2024



Field Trip for 6th Semester Students
Date: 13.03.2025
Place: Nongkhnum (River Island), West Khasi Hills, Meghalaya



Farewell for 6th Semester Students
Date: 09.05.2025

ACTIVITIES UNDERTAKEN BY THE DEPARTMENT OF POLITICAL SCIENCE

2024 -2025

Students actively participated in seminars and symposiums on contemporary constitutional and political issues, including Article 371A and Constitutional Provisions under the Sixth Schedule, Article 371, and One Nation, One Election, hosted by Sankardev College and K. L. Bajoria College



On 18 March 2025, Fourth and Sixth Semester students visited the ICSSR–North Eastern Regional Centre Library and the North-Eastern Hill University Central Library, gaining valuable exposure to academic research resources and the scholarly environment of higher education.





College Swachhta Team's Cleaning Drive on 29 April 2025.



On 10 May 2025, Sixth Semester students undertook an educational field trip to the Meghalaya Energy Corporation Limited at Zero Point, Kyrdem Kulai, where they gained practical insights into hydroelectric power generation, followed by a visit to Kharsati Park.



Department farewell programme for the outgoing Sixth Semester students on 14 May 2025, organised by the Second and Fourth Semester students.

ACTIVITIES UNDERTAKEN BY THE DEPARTMENT OF SOCIOLOGY 2024-2025



Department Talk on Indigenous Environmental Governance In Northeast India by Dr.R.M.Shangpliang on 5th November 2025



Inter Department Skit Competition on 2nd April 2026 Sociology 3rd Prize



Inter Department Skit Competition on 2nd April 2026 Sociology 3rd Prize



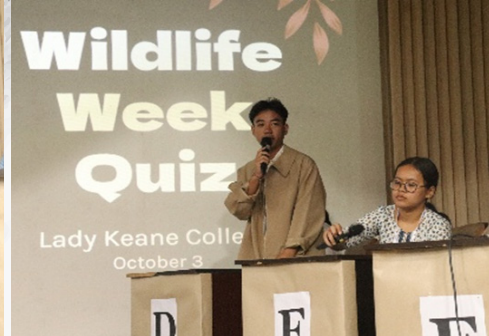
DEPARTMENT OF ZOOLOGY

CELEBRATING OUR PRECIOUS WILDLIFE

“Taking a moment from our usual daily routines to honour and protect the incredible creatures that share our world, the Department of Zoology at Lady Keane College with an aim to enhance students’ understanding of diverse species, their habitats, and ecological roles. The Department hosted an Inter-College Quiz Competition in partnership with the Zoological Survey of India, Shillong. This event took place on October 3rd, 2024, at the Lady Keane College Auditorium, bringing together enthusiastic participants to showcase their knowledge and passion for wildlife. It emphasises the critical importance of conservation and addresses the significant threats that wildlife faces, including deforestation and poaching. Furthermore, it aims to inspire curiosity and foster a deeper appreciation for nature, all while creating an engaging and enjoyable learning experience.



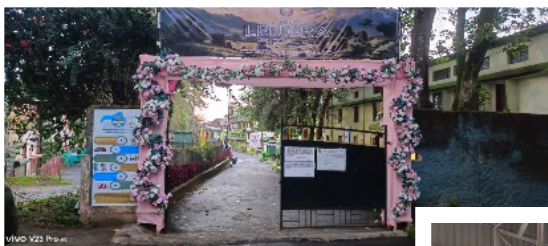
Seven esteemed colleges from the vibrant city of Shillong participated in an engaging quiz competition, skillfully organized by the Shillong Quizzing Society. After a thrilling contest of knowledge and quick thinking, St. Anthony’s College emerged as the champion, while St. Mary’s College secured an impressive second place and Synod College took third. The event was graced by the presence of the chief guest, Shri R. S. Gill, IFS, Principal Chief Conservator of Forests and Head of the Forest Force. His presence added significance to the occasion. Smt. Jennifer Lyngdoh, a noted Scientist-E and the Officer-in-Charge at the Zoological Survey of India in Shillong, delivered an insightful talk on the vital importance of wildlife. She eloquently shared her views on why Wildlife Week deserves recognition each year, highlighting its critical role in fostering awareness about wildlife conservation and promoting a harmonious coexistence between humans and the natural world.

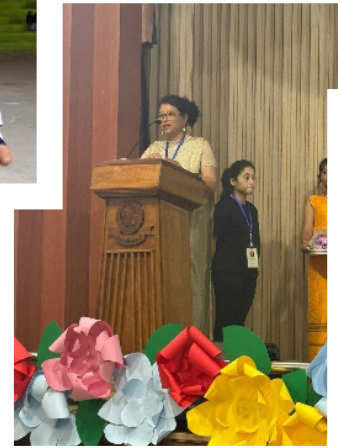
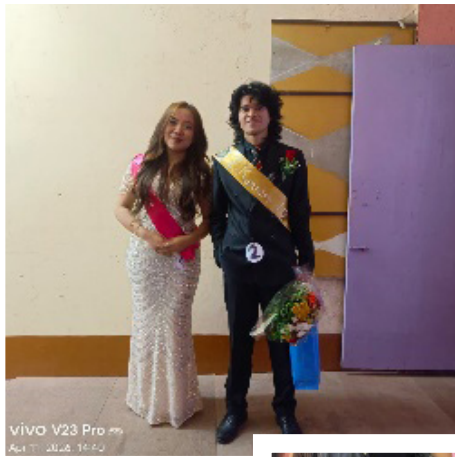


Beyond the Classroom: Industry Field Exposure and Expert Mentorship



LENORA WEEK 2026





STAYING CONNECTED: LKC ALUMNI ASSOCIATION UPDATE

Motivational Talk for Outgoing Students: Igniting Passion & Purpose

The Lady Keane College Alumni Association organized a Motivational Talk on May 9, 2025, at the College Seminar Hall to inspire, uplift, and empower graduating students who are at the crossroads of their future, filled with anticipation and uncertainty. Shri Ronnie Wahlang, MCS, Additional Deputy Commissioner of East Khasi Hills District, Meghalaya, led the session, creating a meaningful space for students to share their fears and aspirations. His powerful message emphasized self-discovery, passion, and resilience, encouraging students to rise above negativity and confidently pursue their dreams. It was not just a talk—it was a meaningful conversation, an opportunity for students to express their fears and aspirations without hesitation. The event left students feeling ready to embrace their future with renewed sense of purpose.



To conclude, as we reflect on the past three years, the Lady Keane College Alumni Association continues to uphold its mission of bridging connections between past and present students, encouraging excellence, and providing meaningful support. Over the past three years, the college alumni have actively participated in the basketball competition during College Week, bringing enthusiasm, energy, and a strong sense of connection. Their involvement not only adds to the excitement of the event but also strengthens the bond between past and present students, fostering a spirit of unity and tradition that makes College Week even more memorable. Moving forward, we remain committed to fostering a strong and engaged alumni network that will continue to inspire and uplift generations to come.

College Week 2026

The Lady Keane College Alumni Association had enthusiastically participated during the college week, organised by the college on the 7th to 11th of April 2026. During the programme, Mrs. Minimon Laloo, outgoing Secretary of the Association had beautifully done the poetry reading. Two other members namely Mrs. Niloofer Laloo and Mrs. Eudora Khonglah presented a meaningful skit.



Poetry reading by Mrs. Minimon Laloo



Financial support towards Khasi Traditional Music
The Association also used to provide financial support of Rs 18000/- annually, towards Khasi Traditional Music, a Career Oriented Course of the College.



AN ALUMNUS WRITES...: MESSAGE FROM JOYASHREE ROY

In 1972 when I first climbed up the stairs through pine tree clad slopes to join pre-university class I was full of subtle excitement. Fresh from school, to learn new subjects of my choice with the goal to do honours in Economics, to get empowered in life with knowledge and skill!!!!

Fortunately, enough wish of empowerment worked out. Among many success stories in my career path on one occasion, when I got to share the highest global honour as a member of 2007 Nobel Peace Prize winning panel - IPCC (Intergovernmental Panel on Climate Change), for being the coordinating lead author, I was interviewed by a newspaper, and at the end I was asked about what really motivated me to take up research on Economics of Environment and Climate Change, I responded unambiguously "My SHILLONG Connection".

When I look back today, I can say, unambiguously, seeds of my empowerment matured during my College days from 1972-1976. It started not only with top grade interactive classroom teaching, library access, student - teacher interaction but also a plethora of extracurricular activities: debating, extempore and everything that a higher education institute could offer.

I first got the taste of learning Economics along with other subjects from super caring and dedicated professors. The professors could generate enough interest in the subject. Four years passed so quickly, and I graduated with flying colours. In 1976 moved from College campus to NEHU for my Masters. But when I moved out of Shillong in 1979 for joining the Ph.D programme in Jadavpur University, in Kolkata, it felt like as if I was leaving behind my most loved one forever!

Thirty years later, one afternoon in 2009 I got a chance to walk down the memory lane of my College!! In a short window of time, out of a business trip (an international meeting at Pinewood Hotel on Sustainable development for the region) I got hold of an old friend to drive me to my College. I got through the gate (My wish was to climb up the stairs to College remains unfulfilled) and, amazingly, I felt again the subtle excitement of 1972, but now the feeling was 'will I see my College still in its old layout, Assam type building structure which can whisper my golden days of empowerment? I felt proud, my love - my College has not changed, it could pacify my heart as the flag hoisting post, the wooden corridor, the classroom, the stage where annual functions used to happen all, all..... all are just the same. Thirty years gap has not taken away the glory; renovation has added to the glory, nice roads have added value to its beauty and cleanliness.

I was over excited and walking faster through the campus, I was trying to catch all its facets through a pinhole. But just at a time I was seeing through my memory lenses, I was feeling the dearth of warmth of my friends, my teachers, librarian, darwans and I got lost in my flash back. I was interrupted by a smiling face which could touch my soul. I was taking a picture of my College emblem near the Principal's room when I was intercepted by a smart and beautiful lady with a smile on her face, "May I know you"? I forgot my age and answered "I am a student at this College!" Of course, she was intelligent enough to understand that I am a past student, and I was invited to the Principal's room which we knew but never entered, except once when four of us from our batch were rank holders in the PUC board examination. The beautiful lady is the current Principal, and from the very first encounter I felt so reassured that the

College is in good hands. It may sound like a fairy tale but, truly, just at that time, a meeting of Alumni was on and she took me there. I am becoming emotional (believe me, my eyes are watery and my heart is throbbing, and millions of memories, thoughts, incidents, tribute want to get place in this write up) as I am writing about my first love 'Shillong' and Lady Keane Girls College.

'Shillong' of my time, for me, is not just a dot in the map of India. It defines a 'lifestyle' which is sustainable. The value of nature, cultural diversity, cosmopolitan life, Multi-language communication skill, social cohesion, adaptation to local microclimate, role of forest in the livelihood of people, earthquake resilient building structure, fresh air to breathe, all of which we discuss now in current debates of alternative development pathway, featured in our lifestyle. I grew up in a Shillong that had environmentally sustainable human settlement design and planning. We enjoyed narrow winding road network for walking up and down which kept us healthy and helped in bonding people with warmth, as we could wish and exchange wellness greetings on our walkway. Now, globally, social scientists are doing research to find out ways and means to build social cohesion in modern living. But we grew up with this!

Thirty years later when I could not walk through my memory lanes of the town because of the crazy, unmanaged motorised transport, my rational mind with training in Economics and Environmental Economics questioned if we really needed this? I teach characteristics of unsustainability of any developmental process, discontinuity, non-linearity, irreversibility in natural systems through anthropogenic interventions in theory, but now my heart breaks when I see the precursors of unsustainability in homogenized development pattern of Shillong.

Alternative natural ecosystem value-based development model could have made Shillong economically richer than what she is today. Prudently chosen development pathway design around the richness of Shillong: rich natural resources, full tourism potential, best educational service providing institutions, biodiversity, nice cool weather, nice windy walkways, hot springs,

beauty of polo sport and polo ground, the golf course with its fame of Scotland of the East, could have made Shillong a destination for such high valued sports. The heritage structures of Shillong could have attracted architects and historians and anthropologists. Unplanned concrete-built environment which has proliferated is unnatural for Shillong and cannot sustain economic gain.

But the current College Principal is an exception. She spoke about a vision to maintain the heritage structure and modernizing it from inside. We need such visionaries in Shillong for making it again the destination for children and youth for higher education, who can grow up with the sustainable lifestyle concept, with an emotional and rational heart where natural and cultural diversity get higher value, which can only pave the way for cohesive human society, which can sustain its progress with broad outlook, modernity, tolerance, obedience, socially malleable smart and social individuals.

I wish one day I can finish my book "Valuing Shillong" as a small gesture of my deep love.

But before I could fulfil my wish, I again decided to visit Shillong this year, 2026, in March. But this time I fulfilled my desire to climb up the steps to go to my College. I met the current Principal, and she fascinated me with her warm welcome and we had a very productive discussion, and she showed me around and how the College is improving its excellence in serving the community; briefed on what is new happening, both in terms of introduction of new courses and gradual coeducation system. I met the librarian; she was kind to allow me to feel the new library space. This time, I went with a mission to give back to my College and leave a legacy behind of my deep love for the town and the College. I am sure that with the enthusiasm of the Principal and of the current faculty members I will be able to fulfil my desire for collective good this year.

Joyashree Roy is a Keanean (1972-1976 Batch) She is a distinguished Professor and the Founding Director of the South and South East Asia Multidisciplinary Applied Research Network on Transforming Societies of Global South (SMARTS), Asian Institute of Technology, Pathumthani 12120, Thailand

REFLECTIONS OF A RETIRED COLLEAGUE: MANI RAM JOSHI GHIMRE

After many years of service, I have now retired from my duties at LADY KEANE COLLEGE. Since joining in 1995, this college has been much more than a workplace to me – it has truly felt like home.

When I first joined, I was welcomed with warmth and respect. That kindness continued every single day of my journey here. I was treated with care and dignity not only by the teaching and non-teaching staff, but also by the students. I always felt included and valued as part of the college family.

To the Principal and all the Teachers, I sincerely thank you for your kindness and cooperation. Your dedication to your students and to your profession has always inspired me. Working alongside such committed and respectful individuals has been an honour and a joy. Your kind words, daily greetings, and mutual respect made my work meaningful and fulfilling.

My family and I lived in the staff quarters on the college campus. It was a peaceful and safe place where my children grew up and where we shared many happy memories. What makes my journey even more special is that my daughters also studied here. Watching them grow, learn, and succeed at the same college where I worked was one of the proudest things in life. The college truly became our second home.

I am very thankful to all my colleagues who treated me kindly and supported me throughout the years. Your smiles, kind words, and respect meant a lot to me. I have always performed my duties with honesty and commitment. I trust that my work has been valuable to the college and that it has contributed in a positive way.

Retiring is a big change, but I leave with a heart full of gratitude and beautiful memories.

Thank you, LADY KEANE COLLEGE for giving me not just a job, but a life filled with respect, community, and belonging. I will always remember my time here with pride and happiness.

Mani Ram Joshi Ghimre



सालों से आप हमारे कॉलेज की धड़कन रहे हैं। घंटी की हर आवाज़ के साथ, अपने न सिर्फ़ समय बताया, बल्कि हमें मक़सद, लगन और शालीनता के साथ आगे बढ़ने के लिए प्रेरित भी किया। आपकी भूमिका महज़ एक नौकरी से कहीं बढ़कर थी; आप इस संस्थान के सच्चे संरक्षक रहे हैं। आपने इन फाटकों से गुज़रने वाले हर व्यक्ति की भलाई का ध्यान रखा - चाहे वे छात्र हों, शिक्षक हों या आपके साथी कर्मचारी। आपने कॉलेज की इस संपत्ति की देखभाल ऐसे की जैसे यह आपका अपना घर हो; आपने इसके हर कोने को गर्व के साथ और हर व्यक्ति को बेहद सम्मान के साथ देखा।

चाहे धूप हो या बारिश, आप हमेशा यही रहे। आप वो इंसान हैं जिसने हमेशा अपना काम पूरा किया, शायद ही कभी अपने लिए कोई दिन निकाला हो, और जब भी किसी को मदद की ज़रूरत पड़ी, तो आप सचमुच चौबीसों घंटे उनके लिए मौजूद रहे। आपकी विश्वसनीयता हमारा सहारा थी और आपकी दयालुता से हमें सुकून मिलता था।

जब आप आखिरकार अच्छी तरह से आराम करने के लिए हट रहे हैं, तो कृपया जान लें कि हम आपके प्रति अपना गहरा आभार, प्यार और सम्मान व्यक्त करते हैं। उम्मीद है कि आपकी जिंदगी का यह नया दौर आपके लिए ढेर सारी शांति, सेहत और खुशियाँ लेकर आए, ठीक वैसे ही जैसे अपने हम सभी को निस्वार्थ भाव से ये सब दिया है।

CREATIVE SPACE

A SONG NO ONE HEARD

Meghna Kanwar

Political Science, 6th Semester

In a quiet city where everything fell grey. Anya Morozova played the cello like she was trying to bring colour back into the world.

She was the top soloist at the State Music Conservatory and the daughter of a government official. People clapped when she played, but no one looked her in the eyes for too long. Her music made them feel things they weren't supposed to feel.

Then one day Castriel Volkovitch arrived.

He was hired to be a temporary piano accompanist. He had come from far away; he spoke softly and played piano like it was a part of him.

Most people ignored him, but Anya listened when he played.

At their first rehearsal, the conductor stopped them after only a minute.

"Too much feeling," he said. "Follow the notes."

- Castriel nodded and Anya didn't say a word.

Later that evening she found him sitting alone at the old piano in the back of the hall, playing a melody she recognised from an old folk song, one that wasn't allowed anymore.

"You shouldn't play that," she said.

"You knew it," he replied, smiling a little.

That's when everything started.

Castriel had an idea. "Let's write our own piece," he said. "Something new, something that sounds safe but isn't."

Anya hesitated at first but then agreed.

They met secretly in the morning near the river, or late at night in the library basement.

They wrote their music on scraps of paper. It was a soft melancholy duet, for piano and cello. They called it "Nocturne in Silence."

A quiet rebellion.

They submitted it to the spring concert under no name. No one knew it was theirs.

Somehow, it was accepted.

They would play it as the final piece.

On the day, the concert hall was packed. Important people in the front row. Soldiers stood by the doors.

Anya wore a red ribbon in her hair -- small, but noticeable. Castriel wore a plain black suit.

They walked on the stage, bowed and sat down.

The piece began gently. At first, it sounded like all the other songs. But slowly it changed, and turned into a forbidden hidden melody which had not been heard for many years.

It wasn't loud, but it carried something true and deep within it.

People began to notice.

Some looked uncomfortable. A guard stepped forward, but Anya kept on playing.

Her final notes were soft and low, full of sorrow, grief and hope.

When the last one faded the room was silent.

No one clapped.

When the lights came back on, Anya and Castriel were gone.

The next day, the school said nothing. The concert wasn't mentioned in papers. The music was never played again.

But some people remembered it. Years later, musicians still talked about a strange duet with no name, no recording, and no sheet of music.

"They say if you sit alone at a piano long enough, and press the right keys, you might still find a part of it."

A DECISION

S. Janai

Botany, 2nd Semester

A young girl had many dreams and goals in life but she kept failing. Radha, a 12th passed student, took a study gap for competitive exams. Everyone thought that she was a loser, but actually, she was a dreamer, and also a dropper.

When her juniors became her seniors, her positive imaginations became negative. Radha's family forced her to take another drop just like her friends did, but she chose her own path – a path that would not give her mental stress.

She was happy with her decision and finally got the support of her family.

Moral: A decision without regret is the best decision.



HILARIOUS ILLUSTRATION

Parnashree Ghosh

English Department, 5th Semester

A hilarious inclusion in my adventurous life

Hello, beautiful ladies and handsome gentlemen!!

I'm here to share a real moment turned into a hilarious story in my life, which I came across at an unintentional moment and till date, it has remained one of the most hilarious moments in my life.

I would like to start my story relating it to a well known tale, which I hope all of us had heard, if not many times, at least for once in life. I heard this story when I was approximately three or four years old, quite young, but it still got a clear vision in my subconscious mind, though being one of the most forgetful person one could ever meet, but some things leave imprints in our mind, just like this story which left me with an immense emotion; and when the same engagement happened in front of my eyes, I was amazed, and the first thought that came into my mind was to relate this tale to experience, to this humorous story, which I once heard and never dared to misplace even a line of.

So, without anymore exaggeration let me curve your curiosity into the humorous narrative. This story exists in my mind because of this tale, hence, let me start with a few lines of tale... Ladies and gentlemen please pay your deep attention to the upcoming story... The tale: "A man in a ship, with him both male and female. To impress the females present in the ship, the man, with his group of friends came into a bet on swimming in the deep sea, as the people present were not aware of the presence of sharks. He, not being a professional or aquatic diver or swimmer, and just for a false display or feigning confidence, jumped

into the deserted sea! But when he went in, he realised the depth of the water, and how dark it was when he faced the shark head to head, but it was too late for realisation as there was no coming back from it or, at least, he might come back as fleshless or as a skeleton but that too depended on the sharks." This story shows us how can our overconfidence or our feigning confidence can lead us to the most dangerous situations from where the triumphant return sometimes becomes impossible.

Though, this story is not funny, it's full of values and learning, my story is funny which I somewhat relate with this tale.

My story starts when I was 18 years old, which was in 2023. It was a Tuesday, and I had my flight around 8:30 pm from Guwahati to Bangalore. I reached the airport by 6:00 pm; quite early, but, of course, I don't want to be late, so I won't be at the verge of missing my flight. So after I finished my checking, I was seat in a lounge, (from where the main story starts) I saw a couple, typical patriarchal line, which included a dominant husband and a timid wife. I got interested in them because I saw such things only in serials. Because real life households consists of a home minister (mom and wife) 5'4 or 5'5 in size, who typically handles each and everything, and no matter how strong or tall a man (6'1) is, he is always timid in relation to that shorty. After seeing such case in my residence and almost every household, this was something a new experience for me to visualize.

With some enthusiasm and curiosity, as I got close to them, I heard their conversation clearly and it was intelligible to me because of them sharing the same mother tongue as I; hence, I got to catch each and every word of theirs with which I came to the conclusion that this was their first flight, and both were a little nervous (very common)

The husband, however, for his so-called male ego to not be suppressed, did not admit to his wife and scolded her for being too cowardly. I got flabbergasted when I heard the man bashing his wife all over just for her being scared for her first ever flight, which might have happened only after 25 or 28 years of her life. But, when I noticed the man carefully, his body language gave me the same vibes as I had when I boarded my first ever flight at the age of 12.

I was nervous, anxious and excited, but did not want to open up in front of people and therefore, I was well aware of his mental state and was patiently and eagerly waiting to get on the flight to observe and enjoy a live drama.

Finally, my patience got over just as the announcement began for boarding the plane, and, coincidentally, the couple sat right next to my row, in the middle seat, and this gave me a clear view of them, without them noticing me. The flight attendant came into scene where she did her job of giving out instructions, showing all necessities and when it came for seat belt, (one of the most necessary things), a clear instruction was given. But, the man, in his overconfidence did not put on the seat belt, even after the request from staff; the request was to the extent of their outburst on him and, finally, they forcefully put seat belt on him. But, after they left, he opened it with an excuse of suffocation from it; but his wife was decent and was fine with the safety rules of flight.

And, now the main show is in the stage, when the flight started to take off, suddenly a big jerk was caused and every passenger bounced in their seat but there was no physical variation such as bouncing over or slipping because of the seat belt. But, whereas, this man who opened his seat belt, a nervous mind with overconfidence, he got flown over few passengers' head, like a ball and hit himself on the door of lavatory and embarrassingly, he did not only get hit but he also slipped inside because of the huge force of aircraft. The funniest part was that his head, with half of his body, was inside the lavatory and the other half was outside, which made the scene more hilarious and embarrassing for the man.

When the plane got stable, the flight attendants with red hot cheeks, full of laughs and smirks on their faces, went on to help him get out of the lavatory and sat him in his place. After this incident, he did not have any issue with seat belt and he put it on, till he got to his destination.

This journey was the most hilarious journey I ever had, and also the most satisfying; because, I got to see the man getting what he deserved (lavatory) and I saw how his overconfidence became a factor in his embarrassment. This is one of the best of the most hilarious moments in my life. Though it did not include me, I was grateful for my presence there on that day to witness such moments. The inclusion of the tale goes so well with the story which not only gives amusement but also valuable lessons for life's betterment and improvement.

KAW HOIT

Noella Dawn Emily Khyriem
English Department, 2022 – 2025

‘Kaw Hoit’

‘Kaw Hoit’

‘Kaw Hoit’

Sounds of rapid breathing and twigs breaking under pressure of feet; running could be heard inside the dark, gloomy wooded forest. The sun was on the verge of trying to set, the clouds were descending on the earth and She sent out a helpless prayer that the sun, U Sngi, would return to his heavenly abode slower than he usually did.

‘Kaw Hoit’

‘Kaw Hoit’

‘Kaw Hoit’

Why did it feel like he was getting closer and closer... She started running as fast as her short legs could take her. She wished she didn't spend too much time picking herbs and sorting them out but it was her duty and she had to finish it. She just wished she didn't venture too deep into the heart of the forest.

Her heart beating louder and faster than a Ksing¹, she started praying hard and loud; Ah Blei²... please please please heed my prayers... please protect me from the monster... please... Mei³ will not survive without me... she needs me... Ah Blei please protect me just this once and I will never ever disappoint you... please...

Mei had often told her the story of the two young maidens who one day had ventured too deep into the forest and they, unfortunately, were captured by him, and were forced... forced to scratch and rub his pus-filled, scab-covered, disgusting, putrid hairy back until he was satisfied; and his satisfaction was Never. He was never satisfied with the scratching and that is why one had to avoid getting caught by: u Suid Tynjang⁴.

If you get caught by him, rest assured you will not see the light of day again, as Mei had said.

She had to stop and catch her breath but where would she hide?

Perhaps she could crouch behind the trunk of that huge coniferous tree she saw to her right.

Yes... yes...

She would just catch her breath and start running again.

Her thoughts wandered and being the critical, thinking girl she was, she wondered if he was just a made up monster created by the mothers of the olden days to scare their children into not venturing too deep into the thick forest.

Yes... that was it... she was sure that was the only reasonable explanation.

But;

How could one explain the story about the two disappeared young women?

How could one explain the fact that this myth has been passed down from generation to generation and has on certain occasions proven to be true to some extent?

Most importantly...

How could she explain the eerie, terrifying sounds she heard?

‘Kaw Hoit’

‘Kaw Hoit’

‘Kaw Hoit’

She heard it again... the cry of u Suid Tynjang... the cry he lets out when he is in pursuit of a prospective prey.

No. No.

He was not real. He was not. He was just the figment of a mother’s fruitful imagination who wanted to scare and teach her children a lesson.

Or so she tried to convince herself.

‘Kaw Hoit’

He was near.

She prepared herself.

Prepared herself for the ordeal she was about to go through. She knew she would be forced to scratch the creature until he was satisfied or else who knew what would happen to her.

‘Kaw Hoit’

Getting up from her hiding spot she decided to make herself brave. If she came face to face with him she would not run away nor scream. She would follow him calmly in the hopes that he would not hurt her. Yes. In that way she would fulfill her duty to him and still be able to escape.

But...

What if he was violent with her?

If she gets killed who will take care of Mei?

Mei will be left alone.

And...

Maybe he was not real.

‘Kaw Hoit’

Maybe he too was just a figment of her imagination.

Confidence started to seep into her.

‘Kaw Hoit’

She stood up from her refuge, closed her eyes, counted to ten, let out another shaky prayer and finally opened her tear stung eyes.

The human mind is fascinating. Our mothers will sit us on their lap and tell us stories about myths, kings, talking animals, fairies, demons, monsters and while we were still young we absorb and believe.

Our minds have been moulded to do so.

Believing is essential and necessary.

What matters is What we choose to believe.

1. Ksing: Traditional Khasi drum
2. Blei: God
3. Mei: Mother in Khasi
4. u Suid Tynjang: A creature or a demon who is said to haunt thick forests.

A WALK BETWEEN NOW AND THEN

B Jobisa Chakma
BCA 3rd semester



On my commute to Mawpat this morning to visit my sisters, I walked on this route which I never really took alone. Although I took it very often on Rapido rides, I always thought to myself that I would walk home from this route one day. It takes a good hour and a half walk to reach Mawpat from my place, but I stayed over at my friend's last night, so it took me 45 minutes to reach my sister's place. And on my way, I was listening to this track "Sapta Sagaralu Dhaati" I'm not sure if it's a Tamil

or a Telugu song, I could easily google it, but I don't want to. But anyways I heard this song from an Instagram reel and so I gave it a listen yesterday and I have been listening to it on repeat since then.

Something about my commute and this track made me so overwhelmed with happiness, I don't know what it was, leaving my friend's place after a good movie night sleepover and a good breakfast or the fact that I was going to meet my sisters after so many days of being apart even though we stay in the same city? but something about that moment brought a tear or two to my eyes and I couldn't understand why. I wasn't sad, yet somehow I was smiling afterward, I took as many pictures as I could because I wanted to remember that moment, to keep it in my gallery and look back on it later.

There is a quote that I saw on the internet that I think about a lot "who am I without melancholy and nostalgia", there is something about old memories that makes me smile and think about what I was I feeling at that moment, which scent did I wear that day? Which top did I wear that day? I almost want to keep living in those memories and stay there forever. Why is it that I only appreciate the moments only after they have passed? And the sad part is that I don't even realize that memory is going to make me smile later in future whilst it's still here; it's only later that I appreciate and miss the moment that has already left me; but somehow, today feels different, I'm aware of this moment and perhaps that is why I'm crying, because I know that this is going to be a sweet memory that I'm going to miss and so I want to hold onto it whilst it's here.

When I reached Nongmensong the road felt familiar, because it's our regular market for groceries. I had lived with my sisters in Mawpat for almost a year, so as I walked, everything started feeling like home again. I missed the evening walks Racho (my younger sibling) and I used to take. I missed my mom's usual aloo muri stall, where she would ask the Khong to customize her muri, removing the potatoes because of her diabetes. Everything about today felt nostalgic. I don't visit Mawpat often anymore, but whenever I do, it always fills me with warmth and joy. Maybe it wasn't about what I was leaving behind or what was next to come, maybe it was the journey that made me smile.



ESSAY ON LIFESTYLE FOR ENVIRONMENT

*Prize-winning essay by Surely Goodness Lamin, Second Prize Winner —
Competition organized by the Office of the Deputy Commissioner, East Khasi
Hills District, 03 June 2026*

Introduction

Can small actions like saving water and reducing plastic really change the world? The answer is yes.

This question has become increasingly important as the world faces challenges such as climate change, pollution, deforestation, and resource depletion. The environment sustains all forms of life, protects us, and provides the energy we need to survive; yet, human activities continue to threaten its delicate balance. Therefore, it is the responsibility of every individual to adopt sustainable practices and contribute towards protecting our planet. Through conscious efforts such as reducing plastic use, conserving water and energy, planting trees, and promoting eco-friendly lifestyles, we can build a greener, healthier future for all.

The environment has given us so much; it has sustained humanity for centuries, but today it needs humanity's protection more than ever. As UN Secretary-General António Guterres warned: "The state of the global climate is in a state of emergency. Planet Earth is being pushed beyond its limits. Every key climate indicator is flashing red."

Global warming has been recorded for decades, and today its effects are felt more intensely than ever. In regions such as the northeastern states and central India, temperatures now soar between 43°C and 48°C, creating dangerous conditions. Such extreme heat can lead to heat stroke, heat stress, sunburn, and other illnesses, and in the long run, it may cause chronic disease or even death.

- Scientists note that more than 91% of excess heat is absorbed by the oceans, which acts as a major buffer against higher land temperatures. Another 3% of the excess energy contributes to the melting of ice, 5% is stored in the continental land masses, and only 1% is directly felt in the atmosphere by humans. This imbalance arises because the equilibrium between incoming

solar energy and outgoing energy to space is disrupted. Why? It is due to greenhouse gases! These gases, which include carbon dioxide, methane, and nitrous oxide, trap heat in the atmosphere, pushing the planet beyond its limits. These gases pose serious threats not only to ecosystems but also to human health. To combat their effects, we must adopt lifestyles for the environment — sustainable practices that reduce emissions, conserve resources, and protect both people and nature from the hazardous consequences of climate change.

Lifestyle for the Environment –

As people have their own lifestyles, trends emerge one after another. Human livelihood has improved; the environment must also adapt to these lifestyles. Such changes can help combat the issues and effects of environmental problems that urgently need to be addressed. In facing the heat of today's world, we see dilemmas such as the widespread use of air conditioners, where the very machines that help people survive extreme heat simultaneously contribute to global warming, making that heat even worse. In some regions, cows could not even produce milk or reproduce offspring due to the intense heat. These extreme heatwaves and volatile climate change now dominate our environment. Therefore, adopting a lifestyle for the environment is essential. This initiative encourages individuals and communities to embrace environmentally responsible lifestyles. With the theme for World Environment Day on 5 June being "Inspired by Nature, for Climate, for our Future," nature itself calls us to confront these challenges and bring peace to our climate — and to our future.

Lifestyles for the environment are as follows:

- 1. Individual responsibility:** The environment provides us with clean air, water, food, and countless natural resources. Yet rapid industrialization, excessive consumption, and unsustainable lifestyles have placed immense pressure on Earth's ecosystem. Addressing these issues requires not only government policies and technological solutions but also meaningful changes in individual behaviour.

2. Sacred groves in Meghalaya: In Meghalaya, sacred groves have been preserved for generations, ensuring no biodiversity loss. The famous living root bridges — including the double-decker root bridge — symbolise harmony between humans and nature. These practices highlight the importance of conserving forests, promoting afforestation, and preventing deforestation.

3. Water and waste management: Water conservation is essential. We must safeguard clean water sources and prevent contamination. Littering and excessive plastic use should be minimized, with waste converted into biodegradable alternatives rather than being irresponsibly dumped. Overpopulation and poverty make waste separation challenging, but separating biodegradable and non-biodegradable materials remains crucial. To protect rivers, surroundings, and the environment as a whole. Proper segregation helps protect rivers, surroundings, and the environment as a whole, ensuring cleaner ecosystems and healthier communities.

4. Pollution reduction: Pollution is one of today's greatest threats. Avoiding environmental pollution requires collective effort. Choosing public transportation, cycling, or walking instead of private vehicles reduces fuel consumption and air pollution while promoting healthier lifestyles.

5. Energy conservation: Energy conservation plays a vital role in reducing greenhouse gas emissions. Simple actions such as turning off lights when not in use, using energy-efficient appliances, and supporting renewable energy sources — like solar power and wind turbines — can significantly lower our carbon footprint. Reducing reliance on fossil fuels, gas, and oil is key to a sustainable future.

These are the significant lifestyles that the environment requires, and youths must actively participate in awareness campaigns promoting greener lifestyles. As the future leaders and decision-makers, their engagement is vital in shaping a sustainable world.

Conclusion

In conclusion, a lifestyle for the environment is not only important, it is a must. It goes beyond being an environmental initiative; it is a movement that empowers individuals to embrace sustainable living and take meaningful action. By confronting today's challenges and making responsible choices, we can foster a peaceful existence not only for ourselves but also for plants, animals, and the environment as a whole.

Adopting such lifestyles ensures that future generations inherit a healthier planet, where harmony between humanity and nature is restored.

MY PARENTS TAUGHT ME

S. Janai

Botany, 3rd Semester

Advice, guidance, lessons and teachings are passed from one generation to another. According to science, genes pass from parents to offspring, but many people do not notice that teachings and guidance also pass from one generation to the next. My parents have taught me many lessons over the years. My mother had learned from her mother and her mother, my grandmother, had learned from her mother.

My grandmother's last two lessons for my mother were – Show respect to family members, the father, the uncle, the brothers, and the sons, as they were the soldiers of the family, that protect us. The other lesson is to be happy with what one has. She taught her to never ask clothes or other things from others if she could not afford the same. It doesn't matter whether you're poor or rich, what matters is self respect and for you to be yourself.

Our parents teach us household work, the small, small things that we need in our daily life. However, the most important lesson my parents taught me is Respect (Ka Burom, Ka Akor). My parents taught me how to respect, who to give respect to and why respect is necessary. Whether male or female, old or young, elders or children, everyone deserves respect. By now, they know that they have succeeded in imparting this advice and teaching this lesson.

My mother also taught me to wear the Jain Kyrshah, she said that it is a respectful thing to do. When I asked her why, she replied, "Look, though you have a good character, society will judge you from the way you dress." From that day I understood that no matter how good you are there is someone who always judges you. She

then said that it's okay to be judged, but what really matter is respect; respect is something that lasts forever. It shapes our character and personality.

The second lesson is Silence – there's a quote that says, "Sometimes silence is the best answer." They taught me that when someone is angry with you, that you should keep silent, regardless of being right or wrong. The angry persons might have faced a lot of problems which they cannot tolerate and hold in anymore. Let them speak or shout, and let them release all the sorrow inside them. I have seen the way that my parents kept silent in some situations. They are the best parents – they said that argument between adults is dangerous, that it will harm everyone and that it is nothing like when children fight. So, we should learn how and when to keep silent: just like my parents do.

Lastly, Education; my father is an officer in the Autonomous District Council and my mother is a teacher. They have observed and met many officers and well educated persons. They know the differences between the literate and the illiterate. Though everyone thinks that wealth is important, my parents taught me that education is the most important thing, because it is the only thing that brings respect, personality, health and wealth. They taught me to be honest and to love what I choose and what I do. They also said, "When you do anything, do it with Imandari."

My parents have seen a lot of the world, and have lots of life experiences. Through their life experiences, they guide us in the right direction and give us many lessons and advices. Sometimes, we children don't even think about our future, but they do. They can do anything; they can sacrifice their own happiness for the sake of their children. No matter how many times the children fail they are never sad, and have no regrets. They pray and ask for their children's happiness, health and success. In return, they ask for some love and respect from their children. Parents are like god to us.



THE IMPORTANCE OF EDUCATION

Zoya Khan

XII Arts Morning

Introduction

Education is fundamentally the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits. It is the bedrock upon which civilisations are built and the primary vehicle for personal and societal advancement. Far beyond formal schooling, education serves as a lifelong pursuit that broadens perspectives and equips humanity to navigate an increasingly complex world.

Essay

Education is one of the most powerful forces in shaping the future of both individuals and society. It helps us gain knowledge, develop skills and build the confidence needed to face life's challenges.

Education not only teaches us how to read and write, but also helps us differentiate between right and wrong, making us responsible citizens. It plays a vital role in personal growth, career development, and achieving success. A well-educated person contributes positively to the progress of family, community and nation. In today's modern world, education is the key to innovation and development, as it opens doors to opportunities and helps build a better society.

Education empowers us to think critically, analyse information, and make informed decisions. It promotes intellectual growth and stimulates curiosity. Education also fosters personal development. It helps us discover our interests, talents and passions. By providing a structured framework for learning, education enables us to grow both academically and emotionally. It teaches important life skills such as problem solving, communication, and teamwork, which are crucial for success in the real world.

However, it is important to acknowledge that the educational system faces challenges. Issues like access, affordability and quality need to be addressed to ensure that education reaches all individuals, regardless of socio-economic background.

Hence, education is not just a right but a necessity for everyone to live a dignified and meaningful life.

Personal Growth and Empowerment

Education acts as a catalyst for personal growth by sharpening critical thinking, which allows individuals to logically evaluate information and solve complex problems. By fostering self-confidence and encouraging lifelong learning, it equips people to adapt to a changing world while sparking imagination and improving communication. Furthermore, education supports mental well-being and instils essential values and morals, such as empathy and respect, which are foundational to a balanced life.

Career and Financial Success

On a practical level, education is the primary driver of career success, significantly expanding job prospects through the acquisition of specialised skills. It directly correlates with increased earning potential and ensures financial security by promoting financial literacy. Beyond individual gain, educated minds are the engines that foster innovation, leading to the creation of new technologies and solutions that benefit society at large.

Societal Progress and Community Building

The impact of education extends deep into society, where it drives economic growth and helps reduce poverty by breaking intergenerational cycles of hardship. Communities benefit from decreased crime rates and stronger, more inclusive, civic engagement. Education is also a powerful tool for gender equality and environmental awareness, ensuring that sustainable practices and equitable opportunities are prioritised. By developing leadership, education enables individuals to actively participate in and improve their communities.

Global Awareness

Finally, education expands our worldview by bridging cultural gaps and introducing diverse perspectives. It is a critical instrument for fostering global peace, as it eradicates ignorance and promotes the tolerance necessary to reduce conflict between states.

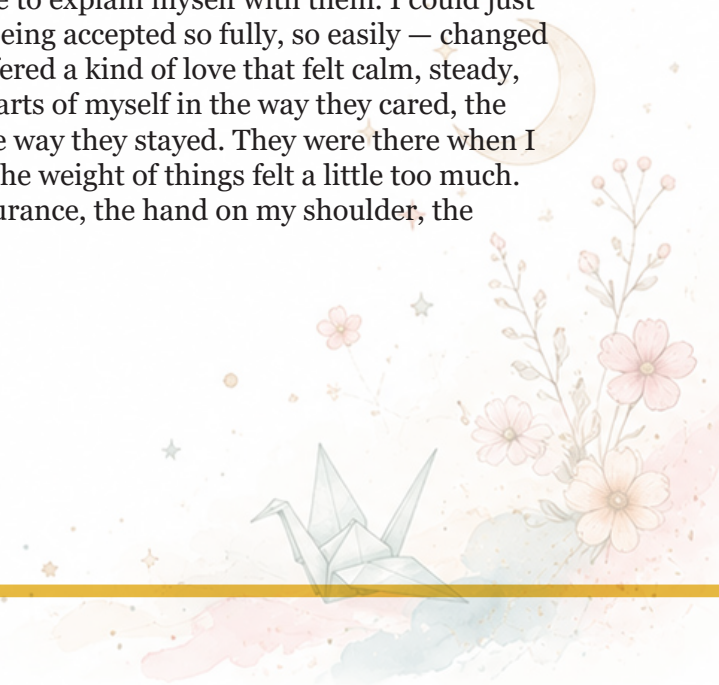
Conclusion: Education is far more than the acquisition of facts; it is the cornerstone of human advancement. By empowering the individual, securing financial independence, strengthening the fabric of our communities, and promoting global understanding, education serves as the most effective tool we have for creating a more equitable, prosperous, and peaceful world. Investing in education is not just an individual endeavour but a collective responsibility that defines our shared future.

WHERE MY HEART LEARNED TO STAY

Angom Nganthoi
XII Science

There are certain days you don't realise are special until they quietly slip by and then, somehow, you find yourself holding onto them like they were everything. That's what these past two years have been for me. A slow gathering of ordinary days and unforgettable people I never expected to love this deeply.

When I first arrived, everything felt unfamiliar—new surroundings, new routines, faces I hadn't met yet. But some people have a way of turning even the quietest spaces into something warm. That was them: the ones who were never “just seniors.” They became home in the most unexpected ways. They noticed the things I didn't say out loud. They celebrated me even when I felt unremarkable. They showed up gently, without asking anything in return. Their kindness wasn't loud—but it stayed. It lingered. It filled the gaps I didn't even know existed. I didn't have to explain myself with them. I could just exist. And that feeling of being accepted so fully, so easily — changed something in me. They offered a kind of love that felt calm, steady, and deeply safe. I found parts of myself in the way they cared, the way they remembered; the way they stayed. They were there when I needed grounding, when the weight of things felt a little too much. They were the quiet reassurance, the hand on my shoulder, the reason I didn't feel lost.



And in the day-to-day rhythm of everything, there were others too; a few people who stayed close, almost without realizing it. We shared walls, routines, late-night laughter and silent companionship. They held space for me in ways that felt gentle and real. The way we existed beside each other—through exhaustion, joy, and everything in between, created something unspoken but deeply understood. They saw the softest and messiest parts of me and never turned away. Their presence reminded me that being known doesn't always require words. These two years weren't perfect. There were hard days; heavy ones. But I was never alone in them. And that made all the difference. Especially with the people who never needed a reason to care. Who simply chose to be there.

To the ones who made these years more than just a chapter—thank you. You gave me a version of love I'll never forget. You showed me that belonging doesn't need to be explained. It's felt, deeply, in quiet moments.

Because of you, I learned how safe love can feel.

Because of you, I learned where my heart could stay.

For everything they gave me without even knowing,

WHY YOU SHOULDN'T BE AFRAID OF EMBARRASSING YOURSELF

Afraah Nongrum
XII Science

What is embarrassment, really? According to the Oxford Dictionary, it's "the feeling of being shy, awkward, or ashamed, particularly in social situations." But, I believe it's more than just a definition. Embarrassment is a learned emotion – something society trains us to feel. At its core, it's just a word, yet it holds so much power over our lives.

We live in a world where perfection is glorified. Mistakes are mocked, and flaws are often unforgiven. Many of us grow up fearing failure more than we fear never trying – simply because of the shame that might follow. But how did it get this way?

The truth is, everyone makes mistakes. Everyone stumbles. It's part of being human. Yet we've created a culture where messing up in public feels like the end of the world. We laugh at others' failures and forget our own. We shame instead of support. But what would happen if we flipped the script? What if we chose compassion over judgment?

Shame is not a moral compass. It doesn't make us better people. In fact, as Brene Brown wisely said, "Shame corrodes the very part of us that believes we are capable of change." When we humiliate someone for their past, we deny them the possibility of growth. But if someone is learning, changing, and trying – they deserve the space to do so without being haunted by who they used to be.

We need to stop measuring people by their worst moments. We all change – sometimes minute by minute. And we need to remind ourselves: it's okay to ask, to try, to fail, to learn. Being ourselves, even when it's messy or different, is not something to be ashamed of, it's something to celebrate.

We weren't born with the instinct to feel embarrassed. It was passed down to us, generation after generation, like an invisible chain. Many of our elders grew up in environments where dreaming too big was discouraged and self – expression was silenced – not because they lacked ability, but because of one haunting question: “What will people say?” And now, we find ourselves asking the same.

But do we really need that kind of validation? Or is it that the validation that truly matters is the one that comes from within – the kind that lets us look back at life and say, “Yes, I lived fully. I tried, I failed, I grew, and I didn't let fear hold me back.”

We are social beings, yes. But we are not only that. We spend so much time trying to please others, to fit in, to avoid criticism – and in the process, we often lose touch with who we really are. Many spiritual and philosophical teachings remind us that we are each uniquely created – gifted, worthy, and capable. So why must we dull our light to fit into a mould that was never meant for us?

Embarrassment doesn't build character – it breaks it down. It chips away at confidence, buries individuality, and plants seeds of insecurity. Worse still, it becomes a

cycle. When we allow shame to rule us, we unintentionally pass it on – to our friends, to younger people, to the children we may one day raise. It's a silent curse, repeated not with cruelty but with conditioning.

Ask yourself this: Why should it be “cringe” to dance in public? Or to ask a question you genuinely don't know the answer to? Or to wear what makes you feel confident, even if it's not what the crowd approves of? Why should we feel the need to shrink our ideas, our personalities, our dreams, just to belong?

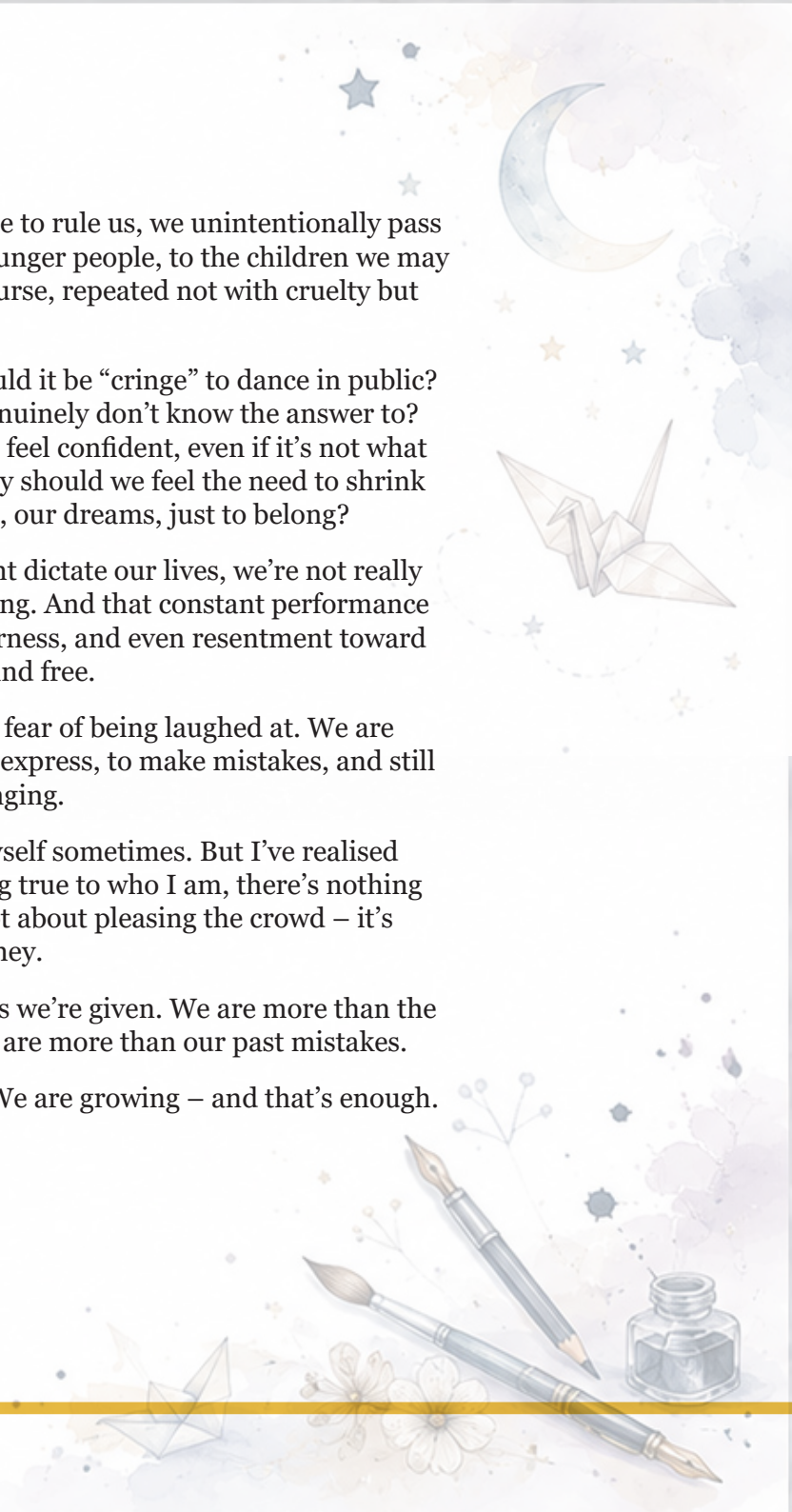
When we let embarrassment dictate our lives, we're not really living – we're just performing. And that constant performance leads to unhappiness, bitterness, and even resentment toward those who dare to be bold and free.

We are not meant to live in fear of being laughed at. We are meant to grow, to shine, to express, to make mistakes, and still be worthy of love and belonging.

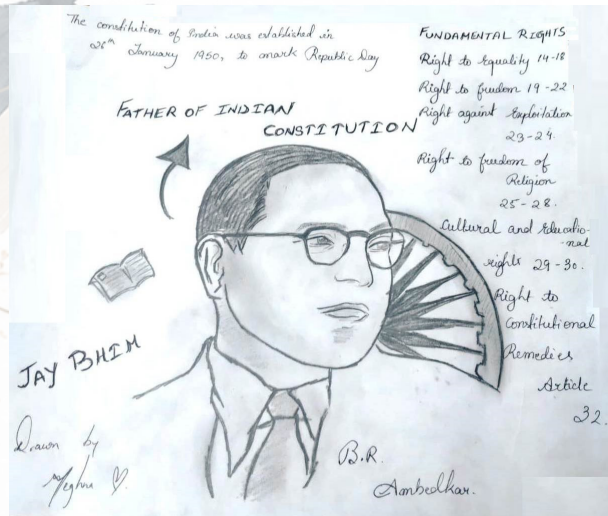
I still fear embarrassing myself sometimes. But I've realised that if I'm learning, or being true to who I am, there's nothing to be ashamed of. Life is not about pleasing the crowd – it's about honouring your journey.

We are more than the labels we're given. We are more than the laughter directed at us. We are more than our past mistakes.

We are love. We are light. We are growing – and that's enough.



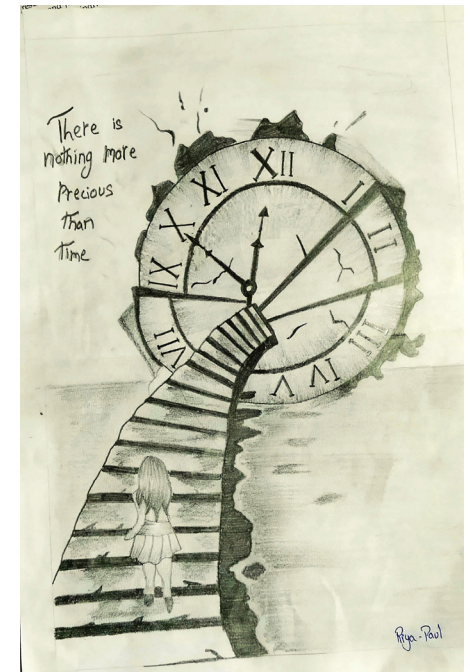
DIFFERENT STROKES



Ambedkar - Meghna Kanwar



Blue print - Najiya Bano



Clock - Riya Paul



Comic Strip - S. Janai



Woman near Crowd - Noor Bano



Sociology Art Work - Socha Sawin



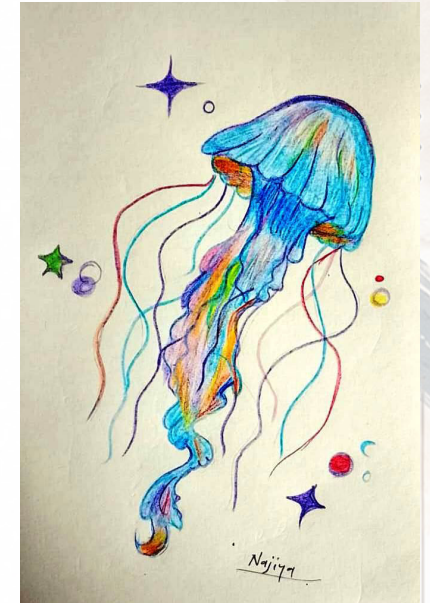
Flowers Bouquet - Riya Paul



Girl Closeup - Antara Rabha



Girl with butterflies - Zoya Khan



Jellyfish - Najiya Bano



Old Man - Deimaphi Lyngdoh



Rose in a Jar - Neha A. Sangma



Thinkers - Meghna Kanwar



Two girls - Antara Rabha

WINNER OF PHOTOGRAPHY COMPETITION 2024

WABI SABI Beauty within the imperfections of life and peacefully accepting the natural cycle of growth and decay

"The culture of Khasi's 'Jainkyrshah', not just a cloth but a women's pride, so simple yet so delightful is starting to fade out as the generations pass. It seems that it is transient just like the fresh green leaves which will turn brown and fall out as the seasons change. Yet in this moment, every element seems so beautiful and peaceful."

Ibarisha Kharsyntiew
BSC Zoology - 5th Semester



WABI SABI Beauty within the imperfections of life and peacefully accepting the natural cycle of growth and decay

Ibarisha Kharsyntiew
BSC Zoology - 5th Semester

"Taken on the 10th of July, 11:49 AM."
"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."
John Lubbock



WABI SABI Beauty within the imperfections of life and peacefully accepting the natural cycle of growth and decay

Ibarisha Kharsyntiew
BSC Zoology - 5th Semester

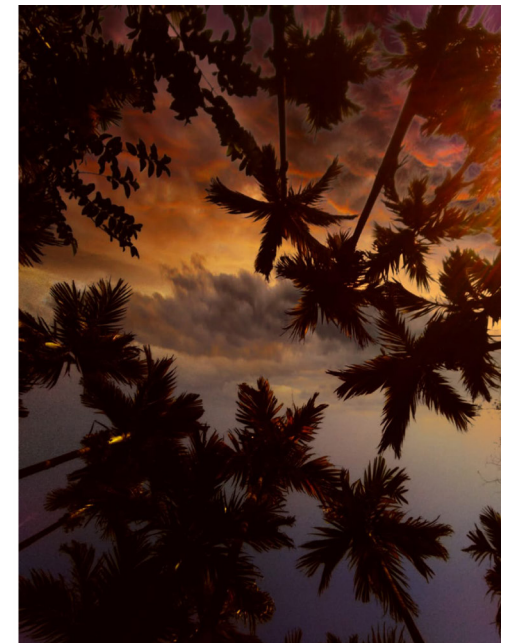


"Taken on the 5th of May, 5:23 AM in the cold winter with my Vivo phone, the picture of this sunrise captivated me. Imperfect as it is, still stays in my heart as I cannot find another moment and another sunrise as beautiful as this one. It reminds me that everyday is a new day and whatever happened the day before is gone, good or bad, we accept it and move forward with life."

WABI SABI Beauty within the imperfections of life and peacefully accepting the natural cycle of growth and decay

Ibarisha Kharsyntiew
BSC Zoology - 5th Semester

Taken in Byrnihat , a picture of sunset depicting the beauty of a colorful sky after the rain. The tress making a silhouette over it holds a literal wabi sabi moment where the clouds cover the sky's color yet it adds beauty to it in a very natural way.



POEMS

A WORLD BEYOND

Meghna Kanwar
Political Science, 6th Semester

Leave the world behind and flee with me,
Hand in hand, forever we'll be free.
In my arms, no fear, no grief will stay;
Our love will guard us till our bodies decay.

We'll escape the scorn, the cruel disdain,
From the world's unjust, harsh refrain.
Trust in me, I'll chase away your fears,
Together through the very end, through the years.
You'll be my heart's delight and my only treasure.

In a world where love's the guiding light,
Let's leave behind the pain and strife,
And run away to a love-filled life.
Throughout every storm, we'll stand tall,
Hand in hand, where love wins all.

ARE YOU 'YOU'?

S. Janai
Botany, 2nd Semester

Are you "you"?
The way you used to be –
You didn't care about others' opinions,
You didn't need to explain yourself,
And you were free to express your feelings;
Are you still "you"?

Are you happy with the way you are,
Happy like shining stars in the dark,
Happy like a child?
Those days will never come back,
But, yes, they've become memorable days –
The days we cherish.

It's a difficult question but not as difficult
As accepting that you are no longer "you".





COLLECTING WORDS FOR MY EPITAPH

Mery Beyong
History, 6th Semester

One day you'll know I was the wicked one,
the trickster who played the fool,
never as lost as I seemed.

I dodged truths, evaded blame,
watching you guess, suspect, yet follow along.
I fed you what you craved:
a reign of brief glory, a taste of being adored,
feeling strong as I let you, just once,
stand tall over someone else.

When you weep at our last goodbye,
know the tears fall for a shadow,
for someone who wasn't worth them,
but farewells, even hollow ones,
sting.

Would I change a thing if I could?
Not likely.
For my deceptions, my flaws—
they taught me this face I wear,
the stoic mask that shields what's soft within.

Am I proud of who I am?
Not really.
But I hold close the knowledge
of how to harden,
to hide.



FOUR HEARTS OF MISCHIEF

Priya Kuri
XII Science

We met in Class 11
Four girls with one kind of crazy
We were bad at attendance
But good at showing up for each other.

We would hide behind our bags and giggle
Chewed momos while the teacher turned
Passed notes with messy hearts drawn in pen
Getting caught was scary
But doing it together was not.



That classroom felt like home
We told it everything
It saw us hungry and tired and bored and in love with life
The windows let in light and dreams
And we promised we would chase them someday.

Now we are in Class 12
We study more, we worry more
Our shoes are cleaner but our heads are heavier
The future keeps asking what comes next
And we do not always know.

But I swear a part of us still lives back there
Four girls on the last bench
Legs swinging and eyes bright
With no plan except to be together.

Say 'remember at lunch'
And we are 11 again
Wiping sauce off our notebooks
Feeling like we own the whole world for thirty minutes.

GRATEFUL EYES

Darihunlang Snaitang
English, 5th Semester

Walking alone down the road,
Eight billion hearts in different modes.
Some in grief, some chasing dreams,
Life is never just what it seems.

Even those we hold so near,
Hide silent joy or quiet fear.
We don't always see their pain or cheer,
But they live through it year by year.

We forget to thank the ones who cared,
In happy times, their love we spared.
But they were there in darkest days,
Standing by in unseen ways.

No one lives a life so bright,
Without a shadow, without a fight.
Life is growth, and love, and fall,
Learning to rise after it all.

Look at life with grateful eyes,
You'll find the beauty in disguise.
Mistakes you make, they help you know,
That's just the way life helps you grow.

Cry if you need, let it all flow,
Tears can help your heart to glow.
Just like love, give it your all,
Stand back up each time you fall.

Life's a gift, a fleeting light,
Flickers of bliss and shadowed night.
So, cherish it while you still can,
Be grateful—it's all part of the plan.

HOLLOW

Mery Beyong
History, 6th Semester

To love in words but not in deed,
Is to let a heart break, cry, and bleed.
For what is love if left un-shown,
A hollow echo, cold and lone?

We all may slip, we all may fall,
But actions count—they say it all.
For wounds once made may never heal,
And love ignored can cease to feel.

Perhaps this is why bonds decay,
Why even sweetest hearts betray.
For love means nothing when it's too late,
When you fail to cherish them when they're there
Trying means nothing when they no longer care



How Do I Write With Emotions Again?

Temon Kurbah
English, 4th Semester

I've lost it all –
The one I called my muse is gone.
I promised to write only of you,
But now, what do I write?
You've vanished from the world I still walk.

You disappeared
As if you'd never existed at all.

Oh, how do I summon my feelings again,
When they no longer come
The way they used to?

I hate that I can't call myself a writer anymore.
I hate you for making me feel –
Too deeply, too much.
Love, emotion, and care
Used to be me.
Now, who am I?

I don't recognise myself,
Even as I stare into the mirror –
The clearest of seas
That somehow still blurs my face.

LIFE

Nahid Anjum
XII Arts Morning

“Where is life? It's always moving on,”
Like the warmth that melts the ice away;
No one stays forever in this world,
Don't live in the illusion that things remain.

“Where is life? It's always moving on,”
Like a stranger passing through the rain;
Everyone carries colours deep inside,
Bring them out and let them shine again.

“Where is life? It's always moving on,”
Like the clouds that drift across the sky;
Fools are those who only curse their fate,
While life keeps passing quietly by.

“Where is life? It's always moving on,”
Like an infant's smile that gently grows;
Close your eyes and feel its beauty near,
Like a blooming flower in a garden of hope.

THE MILLENNIAL REST

Obadiah Lamshwa Lamare

Assistant Professor, Department of Political Science

Perched so high, there they nest,
Like their masters of ages past;
Robed in pride and temp'ral glory,
And in the light of stars they bask.

Their commands sound loud below,
Paid heed to by the toiling masses;
Frightened, humbled, bound and towed,
A hint of dissent men dare not show.

When a soul awakes to rise,
That poor soul is harshly pressed;
Dealt with violence if need be,
Lest it stirs and moves the rest.

Their towers stretch towards the sky,
From thence see they the flat – sealed plane;
While men below are left to cry,
Left destitute, shackled and chained.

These temp'ral masters they forget,
That there's a Sovereign, one Most High;
He sees, He judges, He keeps time,
None of their faults will He let by.

The LORD is just, He doth not stutter,
All temp'ral deities will be decrowned;
Among the stars though set they their nest,
Thence will the LORD bring them down!

Dear souls distressed, yet believing,
Fear not, but hope, surely you'll rise;
Soon mourning will turn into dancing,
Soon comes the Millennial Reign of Christ!

THE NATURE

Wanmarikatchi K. Marak

Education, 4th Semester

Nature is so good,
And doesn't make us rude,
It gives us everything;
Without expecting anything.

The grass is so green
And water is so clean,
Birds fly in the sky;
And mountain is so high.

The wondering butterflies
Make my thoughts fly,
Just like a swimming pool,
I love nature very much.

Mountains are the highest
Valleys are the lowest,
Plains are flat like a mat;
Don't we all know that?

In the quiet whisper of the trees
A story of life and breath we seize,
The rivers sing their ancient song;
A melody where all belong.

But storms now brew where calm once lay,
As greed and haste lead us astray,
The forest weeps, the oceans cry
For every life that fades we sigh.

Yet hope remains in every seed
In every selfless noble deed.
To mend the wound, to heal the scars,
To light the world with nature's stars.

Deserts have sand and plant trees
Oceans have water from many trees,
Beautiful is the planet from many seas
I live in;
God gives us this feature.



O' CATHERINE

Mery Beyong
History, 6th Semester

My sweet Catherine, always managed
To smile through her tears
Holding her pretty eyes
Which went through more things
Than i could count,
I thought i was there for her
With my random questions of
“You okay?”
She always seemed bright
So i believed
I understood her, how she felt
Perhaps, i just assumed i did

My sweet Catherine,
Now with lumps in her throat continued-
“I wanted to cry so bad,
so i ran to the washroom
With the excuse of peeing,

But how could i have cried?
In that washroom?
Where can i ever?
As my eyes betray me
They tell things i want to keep hidden
How could i have gone back
with swollen eyes
They would've known
And pity was the last thing i needed.

So i pee'd

In hopes that all the water in my body
drained
So the tears that were too excited
To fall out from my eyes
Would just now drift away
With my pee”
Funny isn't it, She chuckled
It was unsettling
But the way she said it
Was so calm
As if she accepted everything now

But now as i lay the bouquet
With my ink filled hands
And puffy eyes
On her pale hands
With the letters i wrote
The whole previous night
Something which would've mattered
If i'd done earlier
Before she was gone
I wish i could've seen
Through her act
My dearest Catherine

NATURE'S LULLABY

Anzer Ullah
Biochemistry, 3rd Semester

With the freight of my jaded life,
I hastened, leaving behind the worldly dilemma
To savour an abode of solitude.

And there I reached an infamous cluster:
A land woven from different domains, languages, and peoples
Yet together they are called brothers and sisters.

Here, the eldest of them gushes along a potent body,
With a gentle aroma of lush tea gardens;
While another is known for its pristine culture,
And a floating refuge for its heritage.

Then there is the Land of Dawn-lit Mountains,
With misty hills and flowers that epitomize love and strength;
And an Abode of Clouds, where nature beautified itself
With cascading water and roots that came alive to guide man.

We also have the land of thriving bamboos,
With picturesque villages and enchanting forests.
Next to it dwells the home of cobra saffron,
That heals its magnificent palaces.

Then comes the Land of Festivals,
Where culture inhabits the hearts of its indigenous tribes;
And finally, the youthful land of unparalleled tranquility,
Where the Himalayas reside.

Neither of these lands share history,
But are comrades in struggles of acknowledgement.
Where mighty myths don't roar for the world,
Yet blaze their shadows.
Alone they stand tall,
But together they make a heart of their own.

SHE STILL BREATHES

Sitol Sunar
XI Arts Morning

She gave us skies to write our names on,
We filled them with smoke and called it Progress.

She gave us rivers for lullabies,
We turned them into drains for our greed.

She gave us forests as lungs,
We cut them for chairs we barely sit on.

She gave us seasons to feel alive,
We burned them down to two: hot and hotter.

Yet every monsoon, she still tries to wash us clean.
Every spring, she still grows flowers on graves we made.

We all call her “Mother” in speech,
But treat her like a servant at home.

She doesn’t want our worship.
She wants our care - the kind we save for phones with 1% battery.

Because she too wants to live-
Not just survive our recklessness on these hills we call home.

“Even now she holds us close - like a mother forgives before we say sorry”

THE DREAM

Naphisabet Nongkhlaw
English Department, 6th Semester

A thousand emotions flooded me,
When you suddenly stood before me.
My heart was too weak to process,
The grief I tried to suppress.
The comfort of your hug,
The sound of your voice,
All that I had yearned for after you left.
Your voice that said, “I heard you missed me, so I came”,
The smile on your lips, the denial I hide.
Is this really goodbye?
I wish it was a lie.
I woke up with tears in my eyes,
The sadness and disappointment,
Of realising it was just a dream,
I cling to the dream, but it slips away.



THE HARMONY BETWEEN MAN AND NATURE

Noella Dawn Emily Khyriem
English Department, 2022 – 2025

(Based on the English Department's 2024 field trip
to Mawrah and Rangkylliaiw Bridge)

A place most of us had never heard of before,
Apparently filled with beauty galore;
Nature and sunshine filled to the brim –
Flora, fauna; everything green and living
Excited, ecstatic delighted were we,
Filled with anticipation to see –

Finally the day dawned upon us,
Laughter and giggles surrounded the bus,
The sounds of joy and song
Though the journey was a tad long.
Never-ending it seemed, the hope.
Of the eager adventurers to explore and scope.

At last the smell of pine trees,
The feel of the stinging breeze,
The majestic Hanging Rangkylliaiw Bridge;
Like a vision, came to everyone's perspective –
Like something out of a magical fairy tale,
Leaving all in wonder; feeling small and frail.
Such was its beauty and grandeur,
But, Alas! The fog and mist interfered;
Unable to see the bridge in all its state,
Disappointment did dissipate.
However, there was a kind of raw allure,
The sense of nature embracing us with its vapour.

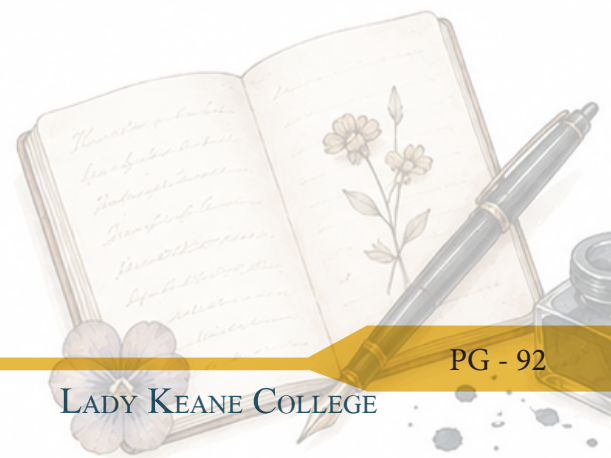
Crossing the bridge in midst of clouds,
Almost felt like one was Heaven bound,
Such was the weather –
The wind so strong that it made one feel;
As light as a feather.
The sights were unrivalled
All sentiments were uplifted.

A pessimist might observe and say,
That perhaps the gloom subverted the day.
Nevertheless, Nature's beauty withstood
And with elevated scenery,
In all its glory even in such a blurry catastrophe,
Its exquisiteness evermore will remain,
Linger, endure and prevail.

In Mawrah; fortunate we were, a dam to observe,
Contrived by the hands of man to conserve,
The paramount gift from God for man's sustenance,
Without it life would have no meaning or substance.
Spirits were high in having witnessed,
Such a wonderful creation of craft and genius.

Ultimately, all good things must come to an end,
Our farewells to both the dwellings we sent,
No one was ready to leave and it felt bittersweet,
Who could go back to reality after having seen?
The triumph of both nature and man
Such magnificent sights and terrains.

The drive back home left one thinking,
How powerful man and nature together
were working,
How exalting it felt to be in the presence of
such greatness
The memories of such a trip will be
enshrined.
Will always be a happy recollection to
remind –
Oneself the God did create such grandeur,
And man did add to such splendour,
The scenic beauty of Rangkylliaiw,
The wonderful Mawrah Dam!
If such harmony exists;
Perhaps the world we live in,
Is not as depressing as within,
When such glory exists –
Nature and Man will persist.



THE WAITING GIRL

Deimaphi Lyngdoh
Class XII Arts Morning

When I was little,
the bell was a freedom song.
School got over, but I didn't.
I'd sit on the curb, legs swinging,
watching the sky turn gold and quiet.

My brothers were always late.
Hours would stretch like rubber bands.
So I learned to fill them.
I counted birds until they looked like commas in the sky.
I named every cloud that passed over me.
I counted cars — red, blue, white —
and wondered where everyone was rushing to
that I wasn't.

Those hours taught me patience I never asked for.
They taught me how to be alone without being lonely.
How to find a universe in a parking lot.
How to watch, and wait, and still feel full.

So here I am now.
Still counting things, still watching skies,
but I don't mind the waiting anymore.
Because that girl on the curb
became someone who can sit in silence
and see everything.

THREADS WE DIDN'T WEAVE

Sitol Sunar
XI Arts Morning Section

Faith isn't "it'll be easy"
It's "you're not alone in the dark."
Destiny isn't written for you.
It's written by you, one step at a time.

Storms don't ask permission.
But faith teaches you to stand in the rain.
Destiny doesn't stop the fall.
It waits for you to rise with scars.

You weren't made for comfort.
You were made to outgrow every breaking.
Faith holds you when answers sleep.
Destiny meets you when you don't quit.

So walk, even with no map.
Believe, even with no reply.
Faith is the bridge you build with hope,
And destiny is the shore you were born to reach.

"Faith shapes you. Destiny finds you ready"



WARS

Zerefa Langstieh
Philosophy, 5th Semester

Wars shed blood and price
From most innocent beings.
Wars demolish and shatter young souls,
Wars are anguish to many.

Wars make nature weep, bawl, scream,
Wars break nature's heart,
Wars are the destroyers of mothers,
Wars are nature's hunters.

Killing others' nation,
Destroying others' beauty,
Never meant to gain victory,
Instead we're killing part of our body.

Wars never display strength or weakness,
Wars display man's foolishness.

WAT SANGHEH

Ba i dondor Marwein
Khasi Department, 4th Semester

Ha lynti jong ka jingim, bun ki mawsiang
Ki 'eriong ki beh, la pyrem ne tlang,
Lynti ka jrong bad jingeh ki bun
Bun byllai ka jingkyrkoh na ki nongshun

Lada ka jingjop ka dang jngai na khmat,
To iai trei shitom, wat duh jingkyrmen sat
Ki jingeh ki pynkhlain, ki jingiakhing ki hikai,
Ban iaïd na ka jingdum sha ka jingshai.

Kumba ka sngi ka mih hadien ka miet ba dum,
Ka jingkmeh ruh ka wan hadien ki lum
Dei ban ialeh da mynsiem ba radbah,
Khlem da sheptieng i'u Kyndang kwah.

Te wat kynran dien, wat ailad ki jingartatein,
Watla ki jingeh ki pyrdet bunsien,
Namar hadien u lyoh badum bad ba khraw
Ka jingshai jong ka jingjop kan paw.



WINGS OF COURAGE

Angel Marak
XII Arts Morning

When the first wisp of wind brushed across the land
Birds that yearned for the sky had wings
But no way to fly
They asked God:
“How can we reach the heavens?”
To which God replied
“You have yet to find that which is most important”
As God spoke, the wind thrust the seed of a Dandelion
High into the sky
The birds thrust out their wings
But the breeze was all too mild
Leaving them to stumble across the earth
So they went to the gorge
Where the wind showed off its wild and incomparable strength
They threw themselves off the cliff
And flapped their wings amongst the howling winds
Until they were able to fly freely in the sky
To God they went, to gleefully say:
“We understand now! All we needed was a stronger wind to fly”
In reply, God said:
“What you lacked was not wind, but courage”
“It is courage that has allowed you to become the first flying birds
of this world”

WILDFLOWER

Ninga Ropuk
XII Science

A wildflower worried about
Her lack of appeal,
Her petals not as vibrant
As the rest of the field.
She envied the roses,
With their colours so bright,
And questions her beauty from
Morning till night.
Not knowing how humans
Climbed over a thousand mountains
Just to see her beautiful green sight.



THE PERFECT CHILD

Naphisabet Nongkhlaw
English Department, 6th Semester

She sits in her room, drowned in thought,
Doing her best, to untie each knot.
The always calm and perfect child,
Yet always the one covered in scars.
Always an option, never the choice,
Always the loser, never the winner.
The silent battles, the noisy nights,
She's drowning beneath dim lights.
Everyday a battle, she dares to face,
Picking up the shards of her broken childhood.
A heart that once reached out for love,
Now just empty and hollow.
Stripped of youth, innocence betrayed,
Just a child the world abandoned, left to fade.



DEPARTMENT OF LANGUAGES

২

খাচী জনগোষ্ঠীৰ লোকসংস্কৃতিক ইতিহাসঃ

ড० ৰুমা মণি বৰুৱা,
লেডী কীন কলেজ,
শ্বিলং, মেঘালয়।

India is the cradle of the human race, the birth place of human speech, the mother of history, the grandmother of legend and the great-grandmother of tradition. (Mark Twain)
এনে বৈশিষ্ট্যসম্পন্ন ভাৰতৰ সভ্যতা- সংস্কৃতি পৰম্পৰাৰ লগত লোকসংস্কৃতিৰ অভিন্ন সম্পৰ্ক। ভাৰতৰ বিভিন্ন প্ৰান্তৰত বৰ্ণময় লোকসংস্কৃতি বিদ্যমান। লোকসংস্কৃতি শব্দটো ইংৰাজী folk-lore শব্দক বুজাবলৈ ব্যৱহাৰ কৰা হয়। ১৮৪৬ চনত উইলিয়াম জন থমাছে পোন প্ৰথমে folk-lore শব্দটো ব্যৱহাৰ কৰিছিল। লোকসংস্কৃতি সম্পৰ্কে বিভিন্ন পণ্ডিতে সংজ্ঞা আগবঢ়াইছে। A.R. Wigh এ তেওঁৰ English folklore গ্ৰন্থত কৈছে—
The Science which studies the expression in popular beliefs, institution, practices oral literature and art and past time of the mental and spritual life of the folk the people in general in every stage of bar barism and culture.

বিভিন্ন বৈশিষ্ট্য, ব্যাপকতালৈ লক্ষ্য ৰাখি লোকসংস্কৃতিক কেইটামান ভাগত ভাগ কৰা হয়—

- (১) মৌখিক লোক বিদ্যা বা সাহিত্য
- (২) ভৌতিক সংস্কৃতি
- (৩) সামাজিক লোকাচাৰ বা ৰীতি-নীতি
- (৪) লোক পৰিৱেশ্য কলা (শৰ্মা, ৪৫)

লোক সমাজত থলুৱাভাৱে বিকশিত হোৱা বাবে লোকসংস্কৃতি নাম পোৱা লোকসংস্কৃতিয়ে এখন সমাজ বা এটা জাতিৰ পৰম্পৰাগতভাৱে চলি অহা ৰীতি-নীতি, ধৰ্মীয় বিশ্বাস, আচাৰ-আচৰণ, লোকবিশ্বাস, লোকনৃত্য, সাধুকথা, প্ৰবাদ-প্ৰবচন আদি প্ৰত্যেকটো দিশেই সামৰি লয়। আচলতে এটা জাতিৰ গঠন, সংযোগসাধন, স্থায়ীকৰণৰ ক্ষেত্ৰত লোকসংস্কৃতিৰ ভূমিকা গুৰুত্বপূৰ্ণ। লোকসংস্কৃতি কোনো ব্যক্তিগত জ্ঞান বা অভিজ্ঞতা নহয়, ই সামূহিক চিন্তা। সেইবাবেই এটা জাতিৰ কলাসুলভ অভিব্যক্তি, চিন্তা আদিক আকাৰ দিব পৰাকৈ শক্তিশালী। লিখিত সাহিত্যতকৈ লোকসংস্কৃতিৰ উপাদানবোৰৰ গুৰুত্ব কোনো গুণে কম নহয়। লোকসংস্কৃতিৰ প্ৰভাৱ ইমানেই শক্তিশালী যে ইয়াৰ দ্বাৰা এটা জাতি প্ৰত্যক্ষভাৱে প্ৰভাৱিত হয়। আচলতে এটা জাতিৰ প্ৰত্যেকটো কাম আৰু চিন্তাৰ লগত জড়িত লোকসংস্কৃতিয়ে জাতিৰ মনস্তত্ত্বক উদগাই দিব পাৰে। লোকসংস্কৃতিৰ বৰ্ণময় ইতিহাসৰ সমৃদ্ধিশালী উত্তৰ-পূৰ্বাঞ্চলৰ এটা জনগোষ্ঠী খাচীসকল। তথা অনুসৰি ১৮২৬ চনৰ পৰা ১৮২৯ চনৰ সময়ছোৱাত বৃটিছলসকলে খাচীসকলৰ প্ৰতিৰোধ মৰিমূৰ কৰি অসম আৰু বাংলাদেশলৈ (তেতিয়াৰ চিলেট) ব্যৱসায়িক পথ নিৰ্মাণ কৰিছিল। এইদৰে তেওঁলোকে চহৰা (Cherrapunjee) ত তেওঁলোকৰ প্ৰধান কাৰ্যালয় স্থাপন কৰিছিল। বিভিন্ন মিচনেৰী কাৰ্যকলাপৰ অংশ হিচাপে তেতিয়াই চহৰাত প্ৰথম বিদ্যালয় আৰু চিকিৎসা সেৱাৰ প্ৰতিষ্ঠা কৰা হৈছিল। বৃটিছ আগমনৰ পাছত আৰম্ভ হোৱা পৰিৱৰ্তনসমূহে খাচীসকলৰ ওপৰত প্ৰভাৱ বিস্তাৰ কৰিছিল। তেওঁলোকে বৃটিছে অনা পৰিৱৰ্তনত সূখী হৈছিল, আদৰি লৈছিল। আৰম্ভণিৰ বছৰবোৰত তেওঁলোকে নিজৰ স্বাধীনতা পৰম্পৰাগত সংস্কৃতি ধৰি ৰাখিবলৈ যত্ন কৰিছিল ওটিংসিং, কিয়াং নংবাহ আদি নেতাৰ নেতৃত্বত। কিন্তু ক্ৰমান্বয়ে খ্ৰীষ্টান ধৰ্মলৈ ধৰ্মান্তকৰণ আৰু আধুনিককৰণৰ প্ৰতি আকৰ্ষিত হ'বলৈ ধৰিলে। ফলত তেওঁলোকে অনুভৱ কৰিবলৈ ধৰিলে যে তেওঁলোকৰ জীৱন প্ৰভাৱিত কৰিবলৈ বহু পৰিৱৰ্তন আহিল। বৃটিছসকল অহাৰ আগতে খাচীসকলৰ কোনোধৰণৰ সমসাময়িক সাহিত্য নাছিল আৰু তেওঁলোকৰ কোনো ভাষাও নাছিল। মিছনেৰীসকলৰ আগমনৰ পাছত স্কুল, চিকিৎসাসেৱাৰ প্ৰয়োজনৰ লগতে খ্ৰীষ্টান ধৰ্ম প্ৰচাৰৰ বাবে তেওঁলোকে খাচী লিখিবৰ বাবে ভাষাৰ প্ৰচলন কৰে। প্ৰথমতে তেওঁলোকে বঙালী লিপি ব্যৱহাৰ কৰিছিল যদিও ১৮৪১ চনৰ পৰা ৰোমান লিপি ব্যৱহাৰ কৰিবলৈ লয়। খাচী ভাষা এটা কথিত ভাষা হোৱা বাবে

অতীতত খাচীসকলৰ কোনোধৰণৰ লিখিত সাহিত্য নাছিল। কিন্তু মৌখিকভাৱে হ'লেও বিভিন্ন সাহিত্য আৰু সাংস্কৃতিক উপাদান, প্ৰবাদ-প্ৰবচন আদিৰ সৃষ্টি হৈছিল যিবোৰ পূৰ্বপুৰুষৰ পৰা উত্তৰপুৰুষলৈ প্ৰবাহিত হৈ আছে। কৃষিজীৱী জীৱনৰ লগত সহবাসেৰে জীৱনৰ আনন্দ উপভোগ কৰি জীৱন-নিৰ্বাহ কৰা উত্তৰ-পূৰ্বাঞ্চলৰ খাচী জনগোষ্ঠীয়ে ভাৰতীয় সাংস্কৃতিক ইতিহাস সম্পূৰ্ণ কৰাত বিশেষভাৱে সহায় কৰিছে। এই লোকসংস্কৃতিক ইতিহাস পোহৰত খাচী জনগোষ্ঠীৰ পৰম্পৰা, ৰীতি-নীতি, সভ্যতা-সংস্কৃতিৰ এখন স্পষ্ট ছবি দেখা পোৱা যায়। লোকসংস্কৃতিক যদি সমাজ একত্ৰিততথ্য সুসংহত কৰা, সামাজিক বান্ধোন সুদৃঢ় কৰা আদি দিশেৰে চোৱা যায় তেতিয়াহ'লে খাচীসকলৰ লোকসংস্কৃতিক দিশে তেওঁলোকক পৃথক ৰাজ্যৰ মৰ্যদা লাভ কৰা, জনগোষ্ঠীয় স্বকীয় পৰিচয় আৰু অনুসূচিত জাতি হিচাপে বিভিন্ন সুবিধা লাভ কৰিবলৈ ইতিবাচকভাৱে সহায় কৰিছে। পৰিৱৰ্তিত সময় আৰু সমাজৰ পৰিপ্ৰেক্ষিতত সকলো দিশৰে পৰিৱৰ্তন ঘটে। লোকপৰম্পৰা অথবা লোকসংস্কৃতিও ইয়াৰ ব্যতিক্ৰম নহয়। আধুনিক সভ্যতাৰ ধামধুমিয়াত লোকসংস্কৃতি সংকটৰ সন্মুখীন হোৱা সৰ্বজনবিদিত। খাচী সমাজ লোক সমাজৰ পৰা আধুনিক সমাজলৈ উত্তৰণ ঘটাব ফলত লোকসংস্কৃতিক দিশৰো পৰিৱৰ্তন নোহোৱাকৈ থকা নাই। তথাপি খাচীসকলৰ বিকশিত তথা পৰিৱৰ্তিত সমাজতো এই লোকসংস্কৃতি আজিও প্ৰাসংগিক।

খাচীসকলৰ লোকসংস্কৃতিক ইতিহাসঃ

প্ৰকৃতিয়ে অকুপন হাতেৰে সজাই তোলা উত্তৰ-পূৰ্বাঞ্চলৰ ৰাজ্য মেঘালয়। ইয়াৰ মূল বাসিন্দা খিনৰিয়াম, জয়ন্তীয়া, ভয়, ৰাৰ আৰু লীনগানগাম। পাৰম্পৰিক মত অনুসৰি খাচীসকল অষ্ট্ৰিক ভাষাগোষ্ঠীৰ অন্তৰ্গত। ১৯৭২ চনৰ ২১ জানুৱাৰীত পূৰ্ণ আৰু পৃথক ৰাজ্যৰ মৰ্যদা লাভ কৰা মেঘালয় ৰাজ্য প্ৰথমতে দুখন জিলাৰে গঠিত হৈছিল। খাচী আৰু জয়ন্তীয়া পাহাৰ আৰু গাৰো পাহাৰ। কৃষিৰ বাবে প্ৰকৃতিৰ লগত সহবস্থান কৰি জীৱননিৰ্বাহ কৰা খাচীসকলৰ লোকসংস্কৃতিক ইতিহাস বৰ্ণময়। তেওঁলোকৰ লোকসংস্কৃতি কেৱল আনন্দ প্ৰকাশৰ মাধ্যমেই নহয় ইয়াৰ বুকুত নিহিত হৈ আছে তেওঁলোকৰ সমাজ তথা লোকজীৱনৰ লগত জড়িত পবিত্ৰ বিশ্বাস, পৰম্পৰা যি গোলকীকৰণ আধুনিক ভোগবাদী সভ্যতাতো নিজকে আত্মপৰিচয়ৰে প্ৰতিষ্ঠিত হৈ থকাত সহায় কৰিছে।

খাচী লোকসংস্কৃতিক বিষয়সমূহৰ ভিতৰত আলোচনা কৰিবলৈ লোৱা উপাদানকেইটা হৈছে—
লোককথা, লোকউৎসৱ ফকৰা যোজনা।

লোককথা— Kynpham Sing Nongkyrih এ খাচী লোকসকলৰ সম্পৰ্কে কৈছে -We are the story telling people. খাচীসকল লোককথাত চহকী। সাধাৰণতে লোককথাসমূহ সহজবোধ্য মনোৰঞ্জক আৰু অপৰিকল্পিত। ইয়াত ব্ৰহ্মীমূলকৰ ইতিহাসিক উপাদানৰ পৰিৱৰ্তে প্ৰকৃতিৰ বিভিন্ন ৰূপৰ কাল্পনিক উপস্থাপন আৰু লোকজীৱনত প্ৰভাৱ বিস্তাৰ কৰি থকা কিছুমান ধাৰণাৰ প্ৰকাশ দেখা যায়। এই লোককথাসমূহৰ উদ্ভৱ অথবা আঁতি গুৰি যদিও বিচাৰি পোৱা নাযায় তথাপি লোককথাসমূহৰ বুকুত নিহিত হৈ থকা জ্ঞান ভৱিষ্যত সমাজৰ পাথেয়। খাচী লোককথা সমূহৰো এই বৈশিষ্ট্য মনকৰিবলগীয়া। মূল আৰু আত্মপৰিচয়ৰ বাবে সংগ্ৰাম কৰিবলগীয়া হোৱা খাচী জনগোষ্ঠীৰ বাবে তেওঁলোকৰ লোককথাসমূহ প্ৰকৃত সত্য উদঘাটনৰ বিশ্বাসযোগ্য উৎস।

খাচীসকলৰ দৈনন্দিন জীৱনত দেখা, অনুভৱ কৰা আৰু শূণ্য প্ৰতিটো বস্তুৰে মূল বৰ্ণনা কৰিব পৰাকৈ লোককথা দেখা পোৱা যায়। খাচী লোককথাসমূহৰ বিভিন্ন শ্ৰেণী আছে যেনে— মূল সম্পৰ্কীয় লোককথা, বৰ্ণনামূলক লোককথা, গ্ৰন্থপঞ্চনামূলক লোককথা, নীতিবচনমূলক লোককথা, প্ৰেম আৰু যন্ত্ৰনাৰ লোককথা, ভৌতিক আৰু অলৌকিক লোককথা, নদী, পাহাৰ আৰু জুৰি সম্পৰ্কীয় লোককথা, ৰজা আৰু ৰাণীৰ জীৱনভিত্তিক লোককথা, মানুহৰ সাহসিক অভিযান সম্পৰ্কীয় লোককথা ইত্যাদি। ইয়াৰে কিছু লোককথা যথেষ্ট সুন্দৰ পৃথিৱীৰ উৎপত্তি সম্পৰ্কীয় খাচী লোককথাত বৰ্তমানৰ পৃথিৱীখনে কেনেকৈ এই ৰূপ লাভ কৰিলে সেই কথা সুন্দৰভাৱে বৰ্ণনা কৰা হৈছে।

খাচীসকলৰ সমাজত প্ৰচলিত এই কাহিনী অনুসৰি পৃথিৱীৰ উৎপত্তিৰ সময়ত ই মাত্ৰ সমান আৰু বহল এখন ভূমিক্ষেত্ৰ আছিল। ইয়াত কোনোধৰণৰ নদ-নদী অথবা পৰ্বত-পাহাৰ নাছিল। এদিনাখন জুই, পানী আৰু সূৰ্য্য বা পোহৰ এই তিনি গৰাকী দেৱীৰ মাতৃ তেওঁৰ জীয়েকহঁতক লগ কৰিবলৈ পৃথিৱীলৈ নামি আহিছিল

কিন্তু হঠাতে অসুখত পৰি তেওঁৰ মৃত্যু হয়। এই কথাত জুই, পানী আৰু পোহৰে যথেষ্ট আঘাত পায়। তথাপি মাতৃৰ সংকাৰৰ বাবে প্ৰয়োজনীয় কাম কৰিবলৈ আগবাঢ়ে। খাচী মাতৃপ্ৰধান সমাজৰ নিয়ম অনুসৰি সৰু জীয়েকৰ কৰ্তব্য পালনৰ দায়িত্ব সৰ্বপ্ৰথম। সেইবাবে সূৰ্য বা পোহৰে তেওঁৰ পবিত্ৰ পোহৰ মাতৃৰ দেহ সংকাৰৰ বাবে প্ৰেৰণ কৰে। এই শক্তিশালী তাপত গছ-গছনি অৰণ্য সকলো ছাই হৈ পৰে আৰু নদ-নদী শুকাই অস্তিত্বহীন হৈ পৰে কিন্তু তেওঁলোকৰ মাকৰ শৰীৰ অপৰিবৰ্তনীয় হৈ ৰয়। ইয়াৰ পাছত দ্বিতীয় জীয়েক পানী আগবাঢ়ি আহে। দৃঢ়ভাৱে তেওঁ নেৰানোপেৰাকৈ কেইবাদিনো ধৰি বৰষুণ বৰ্ষণ কৰে। পৃথিৱীৰ সকলো বস্তু এই বানৰ কবলত পৰে। যেতিয়া এই কাৰ্য সমাপ্ত হয় আৰু পানী শুকাই যায় তেতিয়াও মাকৰ শৰীৰ একেই অৱস্থাতে দেখা পোৱা যায়। অৱশেষত ডাঙৰ গৰাকী জীয়েক অৰ্থাৎ জুইৰ দায়িত্ব আহি পৰে। ভয়াৰ্ত আৰু যন্ত্ৰণাক্ৰান্তিভাৱে তেওঁ নিজৰ কৰ্মত মনোনিৱেশ কৰে। তেওঁ জানিছিল যে তেওঁ সফল হ'বই লাহিব সেয়ে গোটেই পৃথিৱীতে তেওঁ জুই বিয়পাই দিছিল। সেই জুই দপদপাই জ্বলি উঠিছিল আৰু সেই লেলিহাল শিখা অতি তীব্ৰ আৰু উত্তপ্ত আছিল। অৱশেষত জুই স্তিমিত হোৱাত দেখা গ'ল যে তেওঁলোকৰ স্বৰ্গগামী মাতৃৰ শৰীৰ নোহোৱা হৈ পৰিল। সেই নিৰ্দিষ্ট দিনটোৰ পৰাই প্ৰথমৰ সমতল তথা বিস্তৃত ভূমিক্ষেত্ৰ লাহে লাহে অন্তৰ্ধান হ'বলৈ ধৰিলে আৰু এখন নতুন পৃথিৱীৰ উদয় হ'ল। এই পৃথিৱীখনত প্ৰকৃতিৰ বিভিন্ন উপাদান পৰ্বত-পাহাৰ, নৈ-জান-জুৰি, চালে চকুৰোৱা সুন্দৰ সুন্দৰ ফুল, এক অনাবিল আনন্দ তথা সৌন্দৰ্যৰ সৃষ্টি কৰিব পৰা নীলা নীলা ঘন কুঁৱলি অথবা ডাৱৰবোৰৰ জন্ম হ'বলৈ ধৰিলে। এইদৰে বৰ্তমানৰ গৌৰৱময় পৃথিৱীৰ সৃষ্টি হ'ল য'ত কালক্ৰমত মানুহে বাস কৰিবলৈ ল'লে।

পৃথিৱীৰ আদিম অধিবাসী অথবা পৃথিৱীৰ প্ৰথম অধিবাসী সম্পৰ্কেও খাচীসকলৰ এক মনোৰঞ্জক লোককথা প্ৰচলিত আছে। এই লোককথা অনুসৰি ছিলংৰ পৰা তেৰ (১৩) কিল'মিটাৰ উত্তৰত Lum Sohpetbeng নামৰ এটা পাহাৰ আছে যাৰ অৰ্থ হৈছে স্বৰ্গৰ নাভি। এই ঠাইতে মাতৃৰ লগত সন্তানৰ নাভিৰ সংযোগ হৈ থকাৰ দৰে পৃথিৱী আৰু স্বৰ্গক সংযোগ কৰি এডাল জখলা আছিল বুলি তেওঁলোকে বিশ্বাস কৰে। তেওঁলোকৰ মতে পৃথিৱীৰ সকলো মানুহেই স্বৰ্গত বাস কৰিছিল। এই সকলো মানুহৰ ভিতৰত যোলটা পৰিয়াল দিনে দিনে এই জখলাডাল বগাই পৃথিৱীলৈ কাম কৰিবলৈ আহে আৰু কৃষি কৰ্মত নিয়োজিত হয়। সেই একে ৰাষ্ট্ৰৰে তেওঁলোক পুনৰ উভতি যায়। যুগ যুগ ধৰি এইদৰে চলি আছিল। কিন্তু এই কাৰ্যৰ মাজতে এজন ব্যক্তিৰ উচ্চাকাংক্ষাৰ বাবে পৰিবৰ্তন আহিল। তেওঁ স্বৰ্গত থকাৰ ইচ্ছা নথকাত নিজৰ ৰাজ্য প্ৰতিষ্ঠাৰ প্ৰচেষ্টাৰে তেওঁ মাহ মাহ ধৰি সংগোপনে পৰিকল্পনা কৰিবলৈ আৰম্ভ কৰিলে। লাহে লাহে তেওঁৰ সুযোগ আহি উপস্থিত হ'ল। সাতটা পৰিয়াল যেতিয়া কৃষিকৰ্মত ব্যস্ত আছিল তেতিয়া তেওঁ সুযোগ গ্ৰহণ কৰি তেওঁলোকক মাটিত বগৰাই পেলালে। সেইদিনাৰ পৰা সেই উচ্চাকাংক্ষী ব্যক্তিজনৰ ইচ্ছা অনুসৰি সাতটা পৰিয়াল পৃথিৱীত বাস কৰিবলৈ ল'লে। খাচীসকলৰ বিশ্বাস যে এই সাতটা পৰিয়ালৰ পৰাই পৃথিৱীৰ সকলো মানুহৰ সৃষ্টি হয়। খাচীসকলৰ এই লোককথাৰ প্ৰতি বিশ্বাস ইমান সুদৃঢ় যে প্ৰতি বছৰে ফেব্ৰুৱাৰী মাহত Lum Sohpetbeng ত একগোট হৈ ভগৱানৰ প্ৰতি ভক্তি প্ৰদৰ্শন কৰি তেওঁৰ আৰ্শ্ববাদ প্ৰাৰ্থনা কৰে।

এই লোককথাৰ ওপৰিও তেওঁলোকৰ লোক সমাজ আৰু লোকজীৱনৰ লগত জড়িত বিভিন্ন উপাদানৰ লোককথাই তেওঁলোকৰ ঐতিহ্যময় লোকসংস্কৃতিক সৰল কৰিছে। ম'ৰা আৰু সূৰ্য কাহিনীয়ে শিক্ষা প্ৰদান কৰে যে জিলিকি থকা সকলো বস্তু সোণ নহয়। অন্যহাতে কেৱল দৈহিক সমৃদ্ধিৰ বাবে কৰা সম্পৰ্কত পাপ থাকে আৰু ই শাস্তিমূলক আৰু লজ্জাৰ কাৰণ। পিতৃ-মাতৃৰ অবাধ্য হ'লে জীৱনত কোনো কামতে সফলতা লাভ কৰিব নোৱাৰি, মিছা কথা কোৱা ভগৱানৰ দৃষ্টিত ঘৃণনীয় কাৰ্য সেইবাবে সং আৰু সত্যবাদিতা জীৱনৰ বাবে অতিকৈ প্ৰয়োজনীয়। বন্ধুত্বৰ কোনো শ্ৰেণীবিভাজন নাথাকে-উচ্চ বা মধ্যবিত্ত আদি চিন্তাধাৰাই বন্ধুত্বক প্ৰভাৱিত কৰিব পাৰিব নালাগে আদি সমাজ আৰু সভ্যতাৰ প্ৰতি পদক্ষেপতে প্ৰয়োজনীয়, চিন্তাকৰ্ষক আৰু গুৰুত্বপূৰ্ণ চিন্তা প্ৰকাশক খাচী লোককথাসমূহ বৈচিত্ৰপূৰ্ণ। এই লোককথাসমূহৰ প্ৰথম স্তৰ আৰু পিছৰ স্তৰত পৃথক পৃথক দৃষ্টিভংগী আৰু খাচী পৰম্পৰাৰ প্ৰকাশ দেখা যায়। প্ৰথমৰ লোককথাসমূহত প্ৰকৃতি, জীৱ-জন্তু আৰু অলৌকিক উপাদান তাৰ পিছতহে সামাজিক সংগঠন অথবা অনুষ্ঠান-প্ৰতিষ্ঠানক প্ৰতিনিধিত্ব কৰা লোককথা দেখা যায়। জয়ন্তীয়া সমাজৰ লগত জড়িত লোককথাসমূহত মানুহৰ সমাজ আৰু সংগঠনৰ বেছি স্পষ্ট ছবি বহন কৰা পৰিলক্ষিত হয়। সেইবাবে এইসমূহ লোককথাই কেৱল খাচী সমাজ নহয় কেনেকৈ এই সমাজ বিকশিত হৈছে

সেই কথাও প্ৰমাণ কৰে।

ফকৰা যোজনাঃ মৌখিক লোক সাহিত্যৰ এক অবিচ্ছেদ্য অংগ ফকৰা-যোজনা। ফকৰা-যোজনাৰ বুকুত মানুহৰ জীৱনযাত্ৰা, খাদ্যাভ্যাস, ব্যৱহাৰ, আদৰ্শ অথবা মনোদৃষ্টি নিহিত হৈ থাকে। কিছুমান জটিল অথবা সহজ বিষয়ৰ সম্পৰ্কে বহুমুখী চিন্তা আৰু আবেগেৰে বৰ্ণনায় ভাৱে জীৱনক অৰ্থবহতা প্ৰকাশ কৰিবলৈ এইবোৰ সৃষ্টি। খাচীসকলৰ একাধিক সংস্কৰণেৰে প্ৰকাশিত ফকৰা-যোজনা সমূহত সাৰগৰ্ভ সত্য অথবা অভিজ্ঞতাৰ প্ৰকাশ দেখা যায়। উদাহৰণস্বৰূপে—

Wat long Khun Kbeit shapuloi lada ym ioh shuk klun lylli ia la ka kmie shapuloi-

ইয়াত লুকাই থকা গুঢ়াৰ্থ হ'ল যে সন্তানে কেতিয়াও পিতৃ-মাতৃৰ সামৰ্থ্যৰ বাহিৰত কোনো বস্তু দাবী কৰিব নালাগে। এনেকুৱা সন্তান অকৃতজ্ঞ আৰু পিতৃ-মাতৃৰ চিন্তাৰ কাৰক হ'ব পাৰে।

Wat ksem rympei rem dorer.

অৰ্থাৎ ঘৰত জয়ী হোৱাতকৈ সমাজত/ বাহিৰত পৰাস্ত হোৱাই ভাল। সমাজত কিছুমান মানুহ অত্যন্ত আত্মসম্বৰী হয়। ঘৰত সকলোৰে আগত বহুত কৰ্মঠ আৰু বিভিন্ন সম্ভাৱনা বা শক্তিৰ গৰাকী বুলি নিজকে প্ৰতিপন্ন কৰিব বিচাৰে কিন্তু প্ৰকৃততে বাহিৰত যথেষ্ট ভয়াতুৰ। এনেকুৱা ধৰণৰ মানুহ অহংকাৰী। গতিকে এই ব্যক্তিসকলক উদ্দেশ্যি ফকৰা যোজনাৰ সৃষ্টি হৈছিল।

অন্যহাতে মেকুৰিৰ দৰে হৈ জন্ম দিয়েই সন্তানৰ প্ৰতি দায়িত্ব পাহৰি নাবাবৰ বাবেও উপদেশ দিয়া হৈছে। এখন সুন্দৰ সমাজ গঢ়িবৰ বাবে সুনাগৰিকৰ প্ৰয়োজন। শিশু অৱস্থাৰ পৰা বিভিন্ন প্ৰকাৰৰ বিকাশৰ বাবে সুস্থ যকৰা পৰিৱেশ আৰু আদৰ্শবান পিতৃ-মাতৃৰ প্ৰয়োজন অনস্বীকাৰ্য। গতিকে সন্তানৰ প্ৰতি থকা দায়িত্ব পাহৰি নাবাবৰ বাবে সতৰ্ক কৰাৰ ক্ষেত্ৰত এনে ফকৰা-যোজনা অত্যন্ত গুৰুত্বপূৰ্ণ।

লোকউৎসৱঃ খাচীসকলৰ কৃষি আৰু প্ৰকৃতিৰ লগত জড়িত প্ৰধান উৎসৱ চাদ চ্যাক মেইনচেম। বসন্ত কালীন এই উৎসৱ সম্পূৰ্ণৰূপে কৃষি কৰ্মৰ লগত জড়িত। এই উৎসৱে কৃষিভূমিক উৰ্বৰা কৰি বীজ সিঁচা, বন্ধুত্ব আৰু শান্তিপ্ৰিয়তাৰ প্ৰতিফলন ঘটায়। খেতি চপোৱাৰ পাছত আৰু মাৰ্চ-এপ্ৰিলত গুটি সিঁচা আৰম্ভ হোৱাৰ আগে আগে বসন্ত ঋতুত সমগ্ৰ খাচী পাহাৰৰ পৃথক পৃথক ঠাইত এই উৎসৱটি উৎযাপন কৰা হয়। উৎসৱৰ অংগ হিচাপে ল'ৰা আৰু ছোৱালী মিলি নৃত্য পৰিৱেশন কৰে। অবিবাহিত পবিত্ৰ ছোৱালীসমূহকে ইয়াত নৃত্য পৰিৱেশনৰ অনুমতি দিয়া হয়। তথাপি ল'ৰাবিলাকেও আকৰ্ষণীয় আৰু উদ্দাম ভাৱে ছোৱালীৰ লগত নৃত্য পৰিৱেশন কৰে ছোৱালীবিলাকে নৃত্য কৰা বৃত্তটোৰ বাহিৰে বাহিৰে। বাদ্যৰ ছেৰে ছেৰে সলনি হয় ছোৱালীৰ নৃত্যৰ ভংগীমা। চাদ চ্যাক মেইনচেম সাংকেতিকভাৱে উৰ্বৰা বিশ্বাসৰ লগত জড়িত। ই প্ৰতিনিধিত্ব কৰে নাৰীক বীজৰ বাহক আৰু পুৰুষক খেতিয়ক হিচাপে, যি শস্য বা বীজক মাটি কৰ্ণণ কৰি উৎপন্ন কৰে।

'চাদ চ্যাক মেইনচেম'ত খাচী সমাজৰ বিভিন্ন সমাজৰ বিভিন্ন দিশ প্ৰতিফলিত হয়। তৰোৱাল আৰু ঢাল লৈ নৃত্যৰতা নাৰীসকলৰ কাষে কাষে ঘূৰা পুৰুষসকলে যেন নাৰীসমাজক সুৰক্ষা দিয়ে। ভাৰতীয় সংস্কৃতি যিহেতু কৃষিভিত্তিক সংস্কৃতি গতিকে সকলো জাতি জনজাতিয়ে কৃষিৰ লগত জড়িত বিভিন্ন উৎসৱ পাৰ্বন উদ্যাপন কৰে। 'চাদ চ্যাক মেইনচেম' এনে এবিধ কৃষিৰ লগত জড়িত উৎসৱ য'ত কেৱল ভগৱানক ধন্যবাদ দিবলৈকে নৃত্য কৰা হয়। এই প্ৰসংগত— A.S. Khongphae কৈছে— This annual thanks giving dance is a symbol and sign that we all as brothers and sisters show our thanks to god the creator within our hearts an also outwardly.(1969)

এই নৃত্যৰ গুৰুত্ব সম্পৰ্কে আলোচনা কৰিবলৈ গৈ Sweetmon Rynjah ই কৈছে— "This dance has come to pass as a distance and unique identity, an emblem for the Khasi culture and heritage." (2011) "Shad Suk Mynsiem literally means "Dancing with a happy heart. It is a thanks giving dance of the Khasis to God Almighty for His Blessings for the year that had gone by the blessing for the coming year."

পণ্ডিতসকলৰ এনেধৰণৰ মন্তব্যৰ পৰাই অনুধাবন কৰিব পাৰি যে চাদ চ্যাক মেইনচেম আদিম কালৰে পৰা ভগবানে প্ৰদান কৰি অহা আশীৰ্বাদৰ বাবে তেওঁৰ প্ৰতি কৃতজ্ঞতা জ্ঞাপন আৰু অনাগত দিনবোৰত যাতে তেওঁৰ কৃপা দৃষ্টি থাকে সেইবাবে প্ৰাৰ্থনা কৰা প্ৰধান উৎসৱ। চাদ চ্যাক মেইনচেম নৃত্যপ্ৰধান উৎসৱটি উদ্‌যাপন কৰাৰ মূল উদ্দেশ্য হ'ল—

- ১) নৃত্য আৰু উৎসৱৰ জৰিয়তে খাচী সংস্কৃতি বিস্তাৰ আৰু প্ৰতিষ্ঠা কৰা।
- ২) পৰম্পৰাগত সাজপাৰ আৰু আ-অলংকাৰ সংৰক্ষণ কৰা।
- ৩) যুৱ প্ৰজন্মক নিজৰ সংস্কৃতিৰ প্ৰতি আদৰ্শ কৰা।
- ৪) সকলো সম্পৰ্কীয় তথা বন্ধু-বান্ধৱীক সামাজিক ভাৱে একেলগ হোৱাৰ সুযোগ প্ৰদান কৰি বান্ধোন কটকটীয়া কৰা।
- ৫) “টিপকুৰ টিপখা” মতবাদৰ মৰ্মাথ প্ৰতিজন খাচী লোকক অনুধাবন কৰোৱা।
- ৬) প্ৰেম বিবাহতকৈ আনুষ্ঠানিক বিবাহৰ প্ৰতি উৎসাহ প্ৰদান কৰা।

‘চাদ চ্যাক মেইনচেম’ তিনিদিনিয়াকৈ উদ্‌যাপন কৰা হয়। অৱশ্যে এই ‘চাদ চ্যাক মেইনচেম’ ধৰ্মীয় নৃত্য নহয়, কোনো ধৰণৰ ধৰ্মীয় ৰীতি-নীতি ইয়াত পালন কৰা নহয়। নৃত্যপ্ৰধান এই উৎসৱটিৰ প্ৰথম দিনা পুৰুষ মহিলা যিসকলে নৃত্যত অংশগ্ৰহণ কৰিব, সকলো চেংখাচী প্ৰেক্ষাগৃহত একত্ৰিত হয় আৰু ঢোলৰ বোল, বাঁহীৰ সুৰৰ তালে তালে ৰেকিং পথাৰলৈ আগবাঢ়ে। প্ৰথম দিনা অংশগ্ৰহণকাৰীসকল নৃত্যৰ পথাৰত উপস্থিত হয় আৰু ইয়াক কোৱা হয় ‘চাদ নুহকজাত’, এইটো প্ৰথম খোজ নৃত্যৰ পথাৰত।

তাৰ পিছত ‘চহল্লেই’ ভগৱানক অৱগত কৰিবলৈ প্ৰাৰ্থনা কৰে যে উৎসৱটি আৰম্ভ হ'ব আৰু সকলো খিনি তেওঁৰ ইচ্ছাৰ ওপৰতে নিৰ্ভৰ কৰিব। লগে-লগে পৰম্পৰাগত বাদ্য আৰু বাঁহীৰ তালত নৃত্যশিল্পীসকলে নৃত্য কৰিবলৈ আৰম্ভ কৰে। মাজে-মাজে সলনি হোৱা বাদ্যৰ তালে-তালে পুৰুষসকলে নাৰীসকলৰ বৃত্তৰ বাহিৰে বাহিৰে নতুন উদ্‌মেৰে নাচিবলৈ আৰম্ভ কৰে। কোনো মুহূৰ্ততে পুৰুষসকলে নাৰীসকলৰ বৃত্তত প্ৰৱেশ নকৰে।

নৃত্যৰ পথাৰৰ পৰা চেংখাচী প্ৰেক্ষাগৃহলৈ ঘূৰি অহাৰ পথত নৃত্য শিল্পী, দৰ্শক সকলোৱে সমস্বৰে পৰম্পৰাগত প্ৰাৰ্থনা(ফাৱাৰ) গাই আহে। সেই সময়ত সকলোৰে অভিব্যক্তি আৰু আনন্দ শব্দৰে বৰ্ণনা কৰিব নোৱাৰা ধৰণৰ হয়।

দ্বিতীয় দিনাও তেওঁলোকে একে পদ্ধতিকে অনুসৰণ কৰে।

তৃতীয় দিনা এই উৎসৱৰ শেষ বা অন্তিম দিন। সকলো নৃত্য শিল্পীয়েই ঢোল আৰু বাঁহীৰ ছেৰে ছেৰে গান্ধীৰ্যপূৰ্ণ ভাৱে নৃত্য কৰে। এই অন্তিম দিনাৰ আটাইতকৈ গুৰুত্বপূৰ্ণ আৰু বৃহৎ অনুষ্ঠান হৈছে ভগৱানৰ প্ৰতি কৃতজ্ঞতাজ্ঞাপন নৃত্য য'ত গোটেই ৰাজ্যৰ মানুহ আহি অংশগ্ৰহণ কৰে সম্পূৰ্ণ উৎসাহ আৰু আনন্দৰ সৈতে। কেৱল নৃত্য শিল্পীসকলৰ সম্পৰ্কীয় সকলোই নহয় অন্য খাচী আৰু অখাচী লোক আৰু পৰ্যটকো এই বৈচিত্ৰ্য পূৰ্ণ নৃত্যপ্ৰধান উৎসৱটিৰ সাক্ষী হৈ ৰয়।

খাচীসকলৰ আন এটা লোকউৎসৱ নংক্ৰেম। এই উৎসৱ এটা ধৰ্মীয় উৎসৱ। এই উৎসৱৰ লগত বলি-বিধান জড়িত হৈ থকা মনকৰিবলগীয়া। বৰ্তমান শিলঙত জোৱাই পথৰ পৰা নাতিদূৰত অৱস্থিত খ্ৰীয়েম ৰাজ্যৰ চীয়েম(ৰজাৰ) দৰবাৰ প্ৰাংগণ স্মিটত বছৰি ছেপ্টেম্বৰ মাহত এই উৎসৱ উদ্‌যাপিত হয়।

বাহ্যিকভাৱে চাদচুক মিয়েনচেম নৃত্য আৰু নংক্ৰেম নৃত্য একে যেন লাগিলেও নংক্ৰেম নৃত্যৰ ধৰ্মীয় পৰম্পৰা অধিক। অগতে বৰ্ণনা কৰা চাদচুক মিয়েনচেম মুখ্যতঃ ভগৱানক ধন্যবাদ জ্ঞাপন কৰিবৰ বাবে আয়োজন কৰা নৃত্য। আনহাতেদি চাদ নংক্ৰেম ৰাজ্য আু প্ৰজাক বছৰটোৰ বাবে নিৰ্বিঘ্ন ৰক্ষা কৰি তেওঁলোকৰ সুখ-সমৃদ্ধি বৃদ্ধি কৰিবলৈ ভগৱানৰ ওচৰত বলি বিধানৰে পূজা অৰ্চনা কৰা উৎসৱ। এই উৎসৱ সোমবাৰৰ পৰা শুকুৰবাৰলৈ পাঁচদিন ধৰি চলে আৰু উৎসৱৰ কেউদিনেই প্ৰজাসকলে আগবঢ়োৱা ছাগলীবোৰ ছিলঙৰ দেৱতা উছিলং আৰু কা ৱ্লেইৰ আগতে পূজা-অৰ্চনা কৰি বলি দি এই দেৱ-দেৱীৰ আশীৰ্বাদ বিচৰা হয়। সেয়ে এই উৎসৱক ছাগলী বলি দিয়া উৎসৱ বা পমবানাং বুলিও কোৱা হয়। (নাথ,৪৬)

খাচীসকলৰ লোকসংস্কৃতিক আৰু বিভিন্ন দিশ যেনে গৃহ-নিৰ্মাণ, ৰীতি-নীতি, নৃত্য-গীত, কৃষিপদ্ধতি ধৰ্মীয় বিশ্বাস আদিয়ে তেওঁলোকক অনন্য কৰি চিনাকী দিয়াত সহায় কৰিছে। ইয়াৰে বহু দিশত অসমীয়া সমাজৰ লগত সাদৃশ্যও দেখা পোৱা যায়। ৰাজনৈতিক সুকীয়া অস্তিত্বৰে বসবাস কৰিলেও তেওঁলোকৰ ওপৰত যে অসমৰ সমাজ-সংস্কৃতিৰ প্ৰভাৱ পৰিছে সেয়া নিশ্চিত। বৰ্তমানসময়তো খাচী সমাজৰ এটা অংশই সংগীত, নৃত্য, কবিতা অথবা অন্যান্য সাহিত্য সংস্কৃতিত পূৰ্বৰ পৰম্পৰা, লোকসংস্কৃতিক অদ্বিতীয় উপাদানৰ সমল ব্যৱহাৰ কৰি সেইসমূহ প্ৰেৰণা হিচাপে গ্ৰহণ কৰে আৰু আনটো পক্ষই ৰাজনীতি, অৰ্থনীতি সামাজিক কাঠামো সকলোৰে বাবে শক্তিশালী বিকাশৰ পৰিৱৰ্তনৰ বাবে উদ্বিগ্ন হৈ চিন্তা কৰে। অন্য জনজাতীয় সমাজৰ দৰে খাচী সমাজো লোক সমাজৰ পৰা আধুনিক সমাজলৈ উত্তৰণ ঘটিল। একবিংশ শতিকাৰ অত্যাধুনিক জীৱনে তেওঁলোককো চুই গৈছে। নতুন সামাজিক মাধ্যমৰ বিভিন্ন ক্ষেত্ৰ, প্ৰযুক্তি আদিয়ে লোকসংস্কৃতিকো গতিশীলতাৰ লগত নিজকে খাপ খুৱাই সামাজিক পৰিৱৰ্তনৰ সন্নিৱেশ ৰূপক উদ্ভাসিত কৰিব পৰাকৈ প্ৰস্তুত কৰিছে।

নবীন চন্দ্ৰ শৰ্মাৰ মতে সংস্কৃতিৰ সৈতে পৰম্পৰাৰ ওতঃ পোতঃ সম্বন্ধ। সেই বুলি পৰম্পৰা মানেই অতীতক খামুচি ধৰি থকা বুলি ক'ব নোৱাৰি। পৰম্পৰা ঐতিহাসিক চেতনাহে। (পৃ.৩০) আচলতে পৰিৱৰ্তন পৰিৱৰ্তনেই জীৱনৰ স্বাভাৱিক সত্য। গতিকে সেই পৰিৱৰ্তনক ইতিবাচক ৰূপে গ্ৰহণ কৰি লোকসংস্কৃতিক ঐতিহাসমূহৰ প্ৰতি ব্যক্তি বিশেষকৈ আকৰ্ষিত কৰিব পাৰিলে এইসমূহৰ সংৰক্ষণত সহায়ক হ'ব। জীৱনৰ প্ৰতি পদক্ষেপতে আধুনিকতাই কঢ়িয়াই অনা পৰিৱৰ্তন খাচীসমাজেও অস্বীকাৰ কৰিব পৰা নাই। খাচী লোকসংস্কৃতিতো পৰিৱৰ্তন আহিছে কিন্তু সেই পৰিৱৰ্তনে নিঃশেষ কৰিব পৰা নাই বৰঞ্চ নতুন ৰূপেৰে, নতুন অৰ্থৰে আধুনিকতাক গ্ৰহণ কৰি, আধুনিক সমাজৰ উপযোগীকৈ উপাদান সৃষ্টি কৰি ই অনন্য হৈ জিলিকি আছে।

সহায়ক গ্ৰন্থপঞ্জীঃ

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 চেতীয়া, উমেশ। অসমৰ লোক সংস্কৃতিৰ ৰূপৰেখা, কিৰণ প্ৰকাশন, ২য় সংস্কৰণ, ২০১০।
 নেওগ, হৰি প্ৰসাদ; গগৈ, লীলা(সম্পা.)। অসমীয়া সংস্কৃতি, অসম সাহিত্য সভা, চতুৰ্থ প্ৰকাশ, ২০০৩।
 নাথ, পৰাগ। খাচী আৰু অসমীয়া সমাজ-সংস্কৃতি, পৃথিৱী প্ৰকাশন, প্ৰথম প্ৰকাশ, ২০১৩।
 ভট্টাচাৰ্য, প্ৰমোদ চন্দ্ৰ (সম্পা.)। অসমৰ জনজাতি, অসম সাহিত্য সভাঃ ২য় প্ৰকাশ, ১৯৯১।
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 হাকচাম, উপেন ৰাভা। অসমীয়া আৰু অসমৰ জাতি জনগোষ্ঠীঃ প্ৰসংগ অনুসংগ, কিৰণ প্ৰকাশন, ২০১৩।

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डर

पांच दोस्त रात को बैठकर लूडो खेल रहे थे। मोहित, राघव, तारा, रिसा और अमित। खेलते खेलते यह भूत पिशाचों की कहानियाँ सुनाने लगे। अमित कहने लगा कि अगर कभी भी तुम्हारे दरवाजे पर रात को 3:00 बजे, तीन बार ठक ठक की आवाज आए तो कभी मत खोलना, सब ने पूछा क्यों? तो अमित ने कहा कि बाहर कोई भूत या चुड़ैल हो सकती है। जिस पर राघव ने मजाक में कहा क्या चुड़ैल के पर उल्टे होते हैं? फिर सब हँसने लगे। राघव फिर अपने शहर के पुराने कब्रिस्तान में रहने वाली चुड़ैल की कहानी सुनाने लगा, वह चुड़ैल एक पुराने बरगद के पेड़ के पास के कब्र में रहती थी और उसकी उम्र 200 साल से भी पुरानी थी। जो भी उसे कब्रिस्तान में सूरज ढलने के बाद जाता है वह कभी वापस जिंदा नहीं लौटता है। फिर तारा ने बोला कि भूत पिशाच कुछ नहीं होते हैं यह सब तो सिर्फ कहानी है आज लोग चांद और मंगल पर पहुंच चुके हैं और फिर भी लोग इन अंधविश्वास की बातों को मानते हैं। खेलते खेलते वह सब बोर होने लगे तभी रिसा को आइडिया आया कि बोतल घूमते हैं जिसकी भी तरह बोतल रुकेगी वह रात को 12:00 कब्रिस्तान में जाकर बरगद के पेड़ वाली कब्र पर चाकू डालकर वापस आएगा। पहले तो यह सुनकर सब ने डर के मारे माना कर दिया। परंतु फिर रिसा ने सब को यह बोलकर मना लिया कि इस काम में बहुत मजा आएगा और यह पता भी चल जाएगा कि वह चुड़ैल सच में वहां है या नहीं। राघव ने फिर बोतल घुमाई और बोतल जाकर तारा के आगे रुकी तारा ने जाने से मना कर दिया लेकिन सब उसे कहने लगे कि तुम तो कह रही थी कि भूत कुछ नहीं होते हैं फिर क्यों इतना डर रही हो, क्या तुम डरपोक हो? आखिरकार सब रात को 12:00 बजे कब्रिस्तान के पास पहुंचे, अमित ने तारा के हाथ में चाकू दिया और उसे अंदर भेजो, बहुत समय बीत गया पर तारा बाहर नहीं आई, इंतजार करते-करते सुबह हो गई और सब दोस्त परेशान हो गए। मोहित ने कहा कि अब तो अंदर जाकर तारा को ढूँढना ही पड़ेगा, सब अंदर गए और तारा को ढूँढने लगे। ढूँढते-ढूँढते वह उसे बड़े से बरगद के पेड़ के सामने की कब्र के पास आकर खड़े हो गए और उन्होंने देखा कि तारा का बेजान शरीर वहां पड़ा हुआ है। देख कर पता चला कि रात को जब तारा ने चाकू को कब्र पर घुसाया था तब गलती से उसकी ड्रेस भी वहां फँस गई थी पर उसे पता नहीं चला और जब तारा वापस आने के लिए मुड़ी तब उसे ऐसा लगा कि पीछे से उसे कोई खींच रहा है, तारा इतना डर गई कि शायद उसे हार्ट अटैक आ गया और वह वही मर गई। असल में तो वहां कोई चुड़ैल थी ही नहीं, तारा के डर ने ही उसकी जान ले ली थी।

पान और सुपारी

प्राचीन समय में एक बार दो घनिष्ठ मित्र थे जो एक दूसरे से बहुत प्रेम करते थे। एक बहुत गरीब था और दूसरा अमीर। गरीब मित्र अपने अमीर मित्र के घर सदैव घूमने जाता था। वह जब भी उसके घर जाता, तो उसका मित्र उसे अच्छे-अच्छे स्वादिष्ट पकवान खिलाता था। एक दिन उस गरीब मित्र ने अपने अमीर मित्र से कहा, 'हे मित्र! मैं ही सदा तुम्हारे घर आता हूँ, तुम तो कभी भी मेरे घर नहीं आते।' 'सत्य कहा तुमने मित्र' अमीर ने कहा 'मैं सच में शर्मिदा हूँ, क्या करूँ... अपने काम में बहुत व्यस्त हूँ तथापि इस सप्ताह को आने की पूरी चेष्टा करूँगा।'।

जब अमीर मित्र अपने गरीब दोस्त के घर पहुँचा, तो गरीब ने अपनी पत्नी के कानों में कहा, 'जल्दी जाकर किसी दुकान से कुछ चावल और अन्य खाने की वस्तु उधार माँग लाओ ताकि मैं इस मित्र को खिला सकूँ।' गरीब की पत्नी जाती है किन्तु निराश घर लौटी क्योंकि उसे उधार देने वाला कोई न था। अपनी दुःखद अवस्था से निराश और हार मानकर गरीब मन में कहने लगा, 'हाय! यह क्या अनर्थ हुआ, पहली बार मेरा प्यारा मित्र मेरे घर पर आया, वह मित्र जिसके यहाँ मैं सदा खाना खाता हूँ, पर मेरे पास उसे खिलाने को कुछ भी नहीं। अब मैं इस संसार में जीना नहीं चाहता हूँ।' अतः उसने एक चाकू उठाकर स्वयं को मार डाला। जब उसकी पत्नी ने देखा कि किस तरह उसके पति ने अपनी जान दे दी, तो उसने भी उसी चाकू से अपनी जान ले ली। जब उस अमीर मित्र ने यह सब देखा तो वह अचंभित रह गया, 'हाय! यह क्या अनर्थ हो गया, इन्होंने मेरे कारण अपनी जान दे दी! मुझे खिलाने के लिए इनके पास कुछ न होने के कारण इन्होंने अपनी जान दे दी, अब मैं भी नहीं जीना चाहता हूँ।' ऐसा कहकर उसने भी वही चाकू लिया और स्वयं को मार डाला। इस प्रकार ये तीनों व्यक्ति मर जाते हैं। रात को एक चोर वहाँ से गुज़र रहा था और चोरी करने के लिए उपयुक्त स्थान की खोज में मंडरा रहा था। सहसा उसने उस स्थान को देखा जो बिल्कुल सुनसान था। तब वह चोर उस घर के अंदर घुसा और आग जलाने लगा। जब आग तेज़ हुई तो उसने उन तीनों शवों को वहाँ देखा और डर गया। वह चूल्हे के किनारे बैठकर चिंता करने लगा, 'यह सब कैसे हुआ होगा... ऐसा प्रतीत होता है मानो किसी ने इनको छुरा भोंक दिया और ये मर गए।' इस घटना के विषय में सोच-सोचकर, आग की गर्माहट से उसे नींद आने लगी और आँखें मूंदकर वह वही सो गया। सोते-सोते जाने कब सुबह हो गई और मुर्गे ने बांग दी। अब ऐसे वातावरण में वह भागने की हिम्मत नहीं जुटा पा रहा था। 'हाय! अनर्थ हो गया' उसने स्वयं से कहा, 'इससे बड़ा पाप और कोई नहीं, यदि मैं यहाँ से निकला तो मैं पकड़ा जाऊँगा..... पहली बात तो क्योंकि मैं एक चोर हूँ और दूसरी बात, लोग मुझपर खून करने का दोष लगाएंगे।' छी! शर्मिंदगी और बदनामी से बेहतर तो यही होगा कि मैं खुद की ही जान ले लूँ।' अतः उसने उसी चाकू से खुद को भोंककर मार डाला। इस प्रकार चार लोगों ने उस चाकू से अपनी-अपनी जान ली। सृजनकर्ता परमेश्वर ने ऊपर से यह सब देखकर कहा, 'नहीं, यह कदापि उचित नहीं कि मनुष्य एक दूसरे के लिए खाने से सत्कार करें क्योंकि गरीब के लिए यह मुश्किल है इसलिए अब मैं एक अन्य खाना उत्पन्न करूँगा जिससे मित्र आपस में सम्मान कर सकें।' अतः उसने उस धनवान व्यक्ति को सुपारी, गरीब को पान और उसकी पत्नी को चूने में परिवर्तित कर लिया। उस चोर को उसने तंबाकू बना लिया। इस प्रकार, उस समय से अतिथि सत्कार हेतु सुपारी और पान उत्पन्न हुए और धनवान तथा दरिद्र मनुष्य समान हो गए। तंबाकू को बाद में खाया जाता है क्योंकि यह उस चोर से उत्पन्न हुआ जो उन तीनों के बाद मरा। सुपारी को सबसे पहले खाया जाता है, फिर पान और चूने को साथ में खाया जाता है क्योंकि वे पति पत्नी को संबोधित करते हैं।

*(खासी लोक कथा पर आधारित)

Dr. Jean S. DKhar,

HOD, MIL

प्रिय एस्ट्रोमेरिया

प्रिय एस्ट्रोमेरिया,

फूलहरूको भीडमा तिमी सधैं अलगै फुल्छौ।
तिमी त्यो रंग हौ, त्यो कला हौ,
जसलाई भाग्यले आफैं सुन्दर रंगहरूले सजाएको छ।

तिम्रो माया र अपनत्व
अरू कसैमा पाउन सकिँदैन।

तिम्रा कुरा मनलाई रमाइलोले भरिदिन्छन्,
तिम्रो हाँसोले सबैको मन उज्यालो बनाउँछ।
कति भाग्यशाली होलान् ती सबै,
जसले तिमीलाई साथीको रूपमा भेट्ने मौका पाउँछन्।

तिम्रो आत्माको निष्कपटता
हरेक मुटुलाई छुन सक्छ।
तिम्रो साथ र तिम्रो मित्रता नै
तिम्रो सबैभन्दा अनमोल विशेषता हो।

तिमी जस्तो साथी पाउनु
साँच्चिकै भाग्यले दिएको उपहार हो।
र म धन्य छु, किनकि त्यो भाग्यले मलाई छानेर
तिम्रो मित्रताको यात्रामा साथ दिने अवसर दियो।

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অকলশৰীয়া

Harshita Sarma
4th Semestar, Arts.

সেই যে দেখিছা! বাটতো ?
হয়,
মই দুঃখৰ কেঁকুৰিটোৰ কথাকে কৈছোঁ—
দুঃখৰ গভীৰ বৰ্ষাৰণ্য লৈ
কবিতা বচো বিচ্ছেদৰ,
'জীৱন জীয়া'ৰ সংগ্রামত
তুমি মোৰ বথৰ সাৰথি,
অশান্ত মন, ঐক্যতাৰ সাহস
এজাক বৰষুণৰ অপেক্ষাত,
ৰৈ থাকিব নালাগে ?
কেকুৰিটোৰ পিছতেই সেই অৰণ্য-
তথাপিওঁ আকৌ উভতি গ'লা,
চিনাকি সেই অহা পথেৰেই
কেৱল মোৰ যাত্ৰাত
শুভেচ্ছাৰে উপচাই দিলা,
আৱেগৰ অন্য নাম
'অকলশৰীয়া'



कीमोथेरेपी (Chemotherapy)

कीमोथेरेपी कैंसर के उपचार की एक प्रमुख और व्यापक रूप से उपयोग की जाने वाली विधि है। इसमें विशेष दवाओं (chemotherapy drugs) का उपयोग करके कैंसर कोशिकाओं को नष्ट किया जाता है या उनकी वृद्धि को रोका जाता है। यह उपचार शरीर में तेजी से विभाजित होने वाली कोशिकाओं को लक्ष्य बनाता है, क्योंकि कैंसर कोशिकाएँ सामान्य कोशिकाओं की तुलना में अधिक तेजी से बढ़ती हैं।

कीमोथेरेपी क्या है?

कीमोथेरेपी एक औषधीय उपचार है जिसमें दवाओं को इंजेक्शन, टैबलेट या इन्फ्यूजन के रूप में दिया जाता है। ये दवाएँ रक्त के माध्यम से पूरे शरीर में फैलती हैं और जहाँ-जहाँ कैंसर कोशिकाएँ होती हैं, वहाँ पहुँचकर उन्हें नष्ट करने का प्रयास करती हैं।

कीमोथेरेपी कैसे काम करती है?

कैंसर कोशिकाएँ तेजी से विभाजित होती हैं। कीमोथेरेपी दवाएँ इन कोशिकाओं के विभाजन की प्रक्रिया को बाधित करती हैं, जिससे उनकी वृद्धि रुक जाती है या वे नष्ट हो जाती हैं। हालांकि, यह दवाएँ कुछ स्वस्थ कोशिकाओं (जैसे बालों की जड़ों, त्वचा और पाचन तंत्र की कोशिकाएँ) को भी प्रभावित कर सकती हैं।

कीमोथेरेपी के प्रकार

क) एडजुवेंट कीमोथेरेपी (Adjuvant Chemotherapy): सर्जरी के बाद दी जाती है ताकि बची हुई कैंसर कोशिकाएँ नष्ट हो सकें।

ख) नियोएडजुवेंट कीमोथेरेपी (Neoadjuvant Chemotherapy): सर्जरी से पहले दी जाती है ताकि ट्यूमर का आकार कम हो सके।

ग) पैलियेटिव कीमोथेरेपी (Palliative Chemotherapy): लक्षणों को कम करने और जीवन की गुणवत्ता सुधारने के लिए दी जाती है।

कीमोथेरेपी के लाभ

-पूरे शरीर में फैले कैंसर पर प्रभाव डाल सकती है।

-कई प्रकार के कैंसर में प्रभावी उपचार है।

-सर्जरी और रेडिएशन के साथ मिलकर बेहतर परिणाम देती है।

दुष्प्रभाव (Side Effects)

कीमोथेरेपी के कुछ सामान्य दुष्प्रभाव होते हैं:

-बाल झड़ना

-मतली और उल्टी

-थकान

-संक्रमण का खतरा बढ़ना

-भूख कम लगना

हालांकि, आधुनिक दवाओं और देखभाल के कारण इन दुष्प्रभावों को काफी हद तक नियंत्रित किया जा सकता है और किया भी गया है।

सावधानियाँ और देखभाल

-संतुलित आहार लेना चाहिए

-संक्रमण से बचाव के लिए स्वच्छता का ध्यान रखना चाहिए

-डॉक्टर के निर्देशों का पालन करना जरूरी है

-पर्याप्त आराम और मानसिक स्वास्थ्य का ध्यान रखना चाहिए

निष्कर्ष

कीमोथेरेपी कैंसर के इलाज का एक महत्वपूर्ण और प्रभावी तरीका है। हालांकि इसके कुछ दुष्प्रभाव हो सकते हैं, लेकिन सही देखभाल और चिकित्सा मार्गदर्शन के साथ यह उपचार कई मरीजों के जीवन को बचाने में मदद करता है। चिकित्सा विज्ञान में हो रहे निरंतर विकास के कारण कीमोथेरेपी आज पहले से अधिक सुरक्षित और प्रभावी बनती जा रही है।

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स्तन क्यान्सर:

जान्नुहोस्, बुझ्नुहोस् र समयमै उपचार गराउनुहोस् !

स्तन क्यान्सर भनेको के हो?

स्तन क्यान्सर यस्तो रोग हो जसमा महिलाको स्तनमा गाँठो वा असामान्य रूपमा मासुको वृद्धि हुन्छ। यो बिस्तारै बढ्न सक्छ र शरीरका अन्य भागहरूमा पनि फैलिन सक्छ।

स्तन क्यान्सर विश्वभर महिलामा सबैभन्दा धेरै देखिने क्यान्सरमध्ये एक हो। समयमै यसको पहिचान र उपचार गर्न सके धेरैजसो बिरामी पूर्ण रूपमा निको हुन सक्छन्।

यस रोगबारे सही जानकारी, नियमित स्वास्थ्य जाँच र जनचेतनाले स्तन क्यान्सरबाट हुने जोखिम तथा मृत्यु दर कम गर्न महत्त्वपूर्ण भूमिका खेल्छ।

त्यसैले प्रत्येक महिलाले आफ्नो स्तनको स्वास्थ्यप्रति सचेत रहनु, कुनै असामान्य परिवर्तन देखिएमा तुरुन्त स्वास्थ्यकर्मीसँग परामर्श लिनु र नियमित जाँच गराउनु आवश्यक छ।

यो रोग प्रायः महिलामा देखिन्छ, तर कहिलेकाहीँ पुरुषहरूमा पनि हुन सक्छ।

स्तन क्यान्सरका कारणहरू के हुन्?

स्तन क्यान्सर किन हुन्छ भन्ने एउटा मात्र कारण छैन, तर केही कुराहरूले यसको जोखिम बढाउन सक्छन्:

- परिवारमा पहिले कसैलाई स्तन क्यान्सर भएको हुनु
- बढ्दो उमेर
- अत्यधिक मोटोपन
- धेरै मात्रामा मदिरा सेवन गर्नु
- बच्चा नहुनु वा बच्चालाई स्तनपान नगराउनु
- धेरै तनाव र अस्वस्थ खानपान

यसको लक्षण (संकेत) के हुन्?

यदि तलका कुनै लक्षण देखिए भने सावधान हुनुहोस्:

- स्तनमा गाँठो महसुस हुनु।
- निप्पल (स्तनको अगाडिको भाग) बाट दूधजस्तो वा रगतजस्तो तरल पदार्थ निस्कनु।
- स्तनको आकार वा रङ परिवर्तन हुनु।
- कारवी (अन्डरआर्म) मा सुन्निनु।
- स्तनको छालामा खाल्डो पर्नु वा तानिएको जस्तो देखिनु।

यस्ता कुनै पनि लक्षण देखिएमा ढिलाइ नगरी चिकित्सकसँग परामर्श लिनुहोस्।

जाँच कसरी गरिन्छ ?

चिकित्सकले रोग पत्ता लगाउन निम्न जाँचहरू गर्न सक्छन्:

- म्यामोग्राफी: स्तनको एक्स-रे गरिन्छ।
- अल्ट्रासाउन्ड: मेसिनको सहायताले गाँठोको जाँच गरिन्छ।
- बायोप्सी: गाँठोको सानो भाग निकालेर क्यान्सर हो वा होइन भनेर परीक्षण गरिन्छ।

उपचार कसरी गरिन्छ?

यदि जाँचमा क्यान्सर पुष्टि भयो भने उपचारका मुख्य विधिहरू:

- शल्यक्रिया (सर्जरी): अपरेशन गरेर गाँठो निकालिन्छ।
- किमोथेरापी: औषधिको माध्यमबाट क्यान्सरका कोशिकाहरू नष्ट गरिन्छ।
- रेडियोथेरापी: विशेष किरणहरूको प्रयोग गरेर उपचार गरिन्छ।
- औषधि उपचार: केही औषधिहरूले क्यान्सर बढ्न वा फैलिनबाट रोक्न मद्दत गर्छन्।

बच्चे उपायहरू

- हरेक महिना आफैँले स्तनको जाँच गर्नुहोस्।
- ४० वर्षपछि वर्षमा एक पटक चिकित्सकसँग जाँच गराउनुहोस्।
- सन्तुलित र स्वस्थ खाना खानुहोस् (हानिकारक पदार्थको सेवन नगर्नुहोस्)।
- दैनिक केही समय हिँड्नुहोस् वा व्यायाम गर्नुहोस्।
- मदिरा र धूम्रपानबाट टाढा रहनुहोस्।



- बच्चालाई स्तनपान गराउनुहोस्, यो पनि लाभदायक हुन्छ।

(स्तनपान गराउँदा स्तनका पुराना कोशिकाहरू हटेर नयाँ र स्वस्थ कोशिकाहरू बन्न मद्दत हुन्छ। यसले भविष्यमा क्यान्सर गराउन सक्ने असामान्य (Abnormal) कोशिकाहरूलाई हटाउन सहयोग पुऱ्याउन सक्छ।)

अनुसन्धानले के भन्छ?

WHO (विश्व स्वास्थ्य संगठन) तथा विभिन्न चिकित्सा अनुसन्धानका अनुसार स्तनपान गराउने महिलामा स्तन क्यान्सर हुने जोखिम करिब २०-३०% सम्म कम हुन सक्छ।

यदि महिलाले एकभन्दा बढी बच्चालाई स्तनपान गराएकी छन् भने यो सुरक्षात्मक प्रभाव अझ बढी हुन सक्छ।

अन्त्यमा

स्तन क्यान्सर गम्भीर रोग हो, तर समयमै पत्ता लागेमा यसको उपचार सम्भव छ। त्यसैले नडराउनुहोस्, सचेत रहनुहोस् र समय-समयमा स्वास्थ्य जाँच गराउनुहोस्।

Priyanka rai

Bsc 4th sem

Chemistry department



শান্তি ভৱনৰ অভিজ্ঞতা

Kabyashri Borgohain
6th semester, Arts



কলেজীয়া জীৱনৰ প্ৰথম অভিজ্ঞতা। উতল-মাখল মন, লগতে কৌতুহলৰো অন্ত নাছিল। শান্তি ভৱন নামটো শুনিয়েই তালৈ যোৱাৰ তীব্ৰ হেপাঁহ অনুভৱ কৰিছিলো। সেইবাবে পূৰ্ব পৰিকল্পনা মতেই ২২মাৰ্চ ২০২৪ ত আমি এম.আই.এল বিভাগৰ সকলোখিনি ছাত্ৰ-ছাত্ৰী আৰু শিক্ষাগুৰুসকল শান্তি ভৱনলৈ গৈছিলোঁ। শিক্ষামূলক ভ্ৰমণৰ আনন্দ লৈ আমি সকলো নিৰ্দিষ্ট সময়ত গৈ তাত উপস্থিত হ'লে গৈ।

শান্তি ভৱনত গৈ সোমোৱাৰ লগে লগে আমাৰ মনবোৰ ভৰি পৰিছিল। বিভিন্ন ফুল আৰু নানা তৰহৰ গছ-গছনিৰে পৰিৱেশিত পৰিবেশটোত বেয়া লাগিবলগীয়া একোয়েই নাছিল। সুন্দৰ আৰু পৰিস্কাৰ-পৰিচ্ছন্ন পৰিৱেশৰ আনন্দ লৈ লাহে লাহে আমি ভিতৰলৈ বুলি আগবাঢ়ি গ'লো। ৰাষ্ট্ৰনীশালৰ পৰা অহা সুগন্ধই মাৰ হাতৰ সুস্বাদু ব্যঞ্জনলৈ মনত পেলালে। মনৰ লোভ সামৰি আমি গৈ এটা কোঠাত থকা ককা-আইতা দুগৰাকীমানক লগ কৰিলোঁগৈ। তেওঁলোকৰ লগতে কমবয়সীয়া দুগৰাকীমান বাইদেউ আছিল। কথা ক'ব নোৱাৰা, চকুৰে নেদেখা তথা মানসিকভাৱে দুৰ্বল বহু লোকো এই ভৱনৰ বাসিন্দা। তেওঁলোকৰ শাৰীৰীক অক্ষমতা আৰু অসুস্থতা দেখি মনতো দুখেৰে ভৰি পৰিল। বুজাব নোৱাৰা কিবা এক বিষাদত আমি সকলো যেন স্তব্ধ হৈ গলো। তথাপি তেওঁলোক প্ৰত্যেকৰে মুখত হাঁহিৰ ক্ষীণ আভা হলেও আছিল। আমাৰ প্ৰতিজনী ছোৱালীক স্পৰ্শ কৰি তেওঁলোকে যেন আপোনজনক বিচাৰি চাইছিল। এই ব্যক্তিসকলৰ পৰিচৰ্চাত থকা নান সকলে সকলোকে একগোট কৰি আমাৰ অহাৰ উদ্দেশ্য বৰ্ণনা কৰিলে। মিল বিভাগৰ ড° জীন এচ. দাখাৰ বাইদেউৰে আমাৰ পৰিচয় দাঙি ধৰি সেই ব্যক্তিসকলে ভাৱৰ বাবে ভগৱানৰ ওচৰত প্ৰাৰ্থনা জনাবলৈ আমাক অনুৰোধ কৰিলে। প্ৰাৰ্থনা কৰাৰ সময়ত মনত মাত্ৰ এটি কথাই ভাবিছিলো 'হে প্ৰভু, এওঁলোকৰ ভাল কৰা লগতে পৃথিৱীৰ প্ৰতিজন মানুহক সেইকন সুমতি দিয়া যাতে আপোনজনৰ মৰমৰ পৰা বঞ্চিত হৈ কোনেও এনেদৰে জীৱন কটাবলগীয়া নহয়।' বৰ বিশেষ সময় আমি তেওঁলোকৰ লগত কটাবলৈ নাপালোঁ কাৰণ ভৱনৰ কিছুমান বাধ্যবাধকতা আৰু সময়সূচি থাকে। মন নাথাকিলেও তেওঁলোকৰ লগত কটোৱা সময়ৰ স্মৃতি বুকুত সাৰটি আমি উভতি আহিলো।

আমাক ৰাঢ় বাস্তৱৰ এখন জীয়া ছবিৰ সৈতে পৰিচয় কৰাই দি জীৱনটো আচলতে কি বুজিবৰ বাবে সুবিধা দিয়াৰ বাবে ড° ৰুমা মণি বৰুৱা বাইদেউলৈ অশেষ ধন্যবাদ। লগতে বিভাগৰ সকলো শিক্ষক-শিক্ষয়িত্ৰীলৈ আন্তৰিক কৃতজ্ঞতা জনালোঁ।

विश्वास का टूटना: हाल की दो घटनाओं से समाज के लिए सीख

हाल ही में दो घटनाओं ने पूरे देश को सोचने पर मजबूर कर दिया। पहली घटना सोनम और उनके पति राजा रघुवंशी से जुड़ी है, जबकि दूसरी घटना पूणे के केतन अग्रवाल और उनकी मंगेतर सिया गोयल से संबंधित है। इन दोनों मामलों ने लोगों के मन में रिश्तों, विश्वास और ईमानदारी को लेकर कई सवाल खड़े कर दिए हैं। हालांकि इन मामलों में न्यायिक प्रक्रिया जारी है, इसलिए अंतिम निर्णय अदालत ही करेगी।

सोनम और राजा रघुवंशी का मामला उस समय चर्चा में आया जब शादी के कुछ ही समय बाद हनीमून यात्रा के दौरान राजा रघुवंशी की मृत्यु हो गई। जांच के दौरान पुलिस ने हत्या की साजिश का आरोप लगाते हुए सोनम और अन्य लोगों को आरोपी बनाया। यह मामला पूरे देश में चर्चा का विषय बन गया और लोगों को यह सोचने पर मजबूर कर दिया कि अगर किसी रिश्ते में सच्चाई और विश्वास न हो, तो उसका परिणाम कितना दुखद हो सकता है।

इसी तरह, हाल ही में केतन अग्रवाल का मामला भी सामने आया। शुरुआत में ऐसा लगा कि ट्रेकिंग के दौरान उनका पैर फिसलने से हादसा हुआ है, लेकिन पुलिस जांच में उनकी मंगेतर सिया गोयल और एक अन्य व्यक्ति पर हत्या की साजिश रचने के आरोप लगाए गए। इस घटना ने भी समाज को झकझोर दिया क्योंकि जिस रिश्ते की शुरुआत विश्वास और साथ निभाने के वादे से होनी थी, उसी पर गंभीर आरोप लग गए।

इन दोनों घटनाओं से हमें एक महत्वपूर्ण सीख मिलती है। किसी भी रिश्ते की सबसे मजबूत नींव विश्वास, ईमानदारी और खुलकर बातचीत करना है। यदि किसी व्यक्ति की इच्छा शादी करने की नहीं है या वह किसी और के साथ अपना भविष्य देखता है, तो उसे सच बोलने का साहस रखना चाहिए। झूठ, धोखा और गलत फैसले कभी भी किसी समस्या का समाधान नहीं होते। इनके कारण कई निर्दोष लोगों और उनके परिवारों का जीवन हमेशा के लिए बदल जाता है।

समाज के रूप में हमें भी यह समझना चाहिए कि किसी पर शादी का दबाव बनाना सही नहीं है। हर व्यक्ति को अपनी पसंद और निर्णय का सम्मान करने का अधिकार है। साथ ही, किसी भी घटना में अदालत का फैसला आने से पहले किसी को दोषी मान लेना भी उचित नहीं है।

अंत में, यही कहा जा सकता है कि रिश्ते प्यार से नहीं, बल्कि विश्वास, सम्मान और सच्चाई से लंबे समय तक टिकते हैं। जीवन में चाहे कितनी भी कठिन परिस्थिति क्यों न आए, सही रास्ता हमेशा सच बोलना और शांतिपूर्ण समाधान ढूंढना ही होता है। यही इन घटनाओं से मिलने वाली सबसे बड़ी सीख है।

Noor Bano
B.A 5th Semester
Department Philosophy

Short Story Telling

Name: Simran Kumari

Roll No.: 622

B.A.: 5th Semester

Major Subject: Education

शिक्षा की असली ताकत

एक छोटे से गाँव में रानी नाम की एक लड़की रहती थी। उसके परिवार की आर्थिक स्थिति अच्छी नहीं थी, लेकिन उसके सपने बहुत बड़े थे। कठिन परिस्थितियों के बावजूद उसने कभी पढ़ाई का साथ नहीं छोड़ा। हर दिन वह कई किलोमीटर पैदल चलकर विद्यालय जाती थी। रास्ते में लोग उसका मज़ाक उड़ाते और कहते, "इतनी पढ़ाई करके क्या मिलेगा?" लेकिन रानी मुस्कुराकर केवल एक ही बात कहती, "शिक्षा ही मेरे जीवन की सबसे बड़ी ताकत है।"

एक दिन विद्यालय में विज्ञान प्रदर्शनी का आयोजन हुआ। रानी ने वर्षा जल संरक्षण पर एक सरल और उपयोगी मॉडल बनाया। उसने आत्मविश्वास के साथ समझाया कि यदि आज हम पानी बचाएँगे, तो आने वाली पीढ़ियों का भविष्य सुरक्षित रहेगा। उसके विचार, ज्ञान और प्रस्तुति ने सभी शिक्षकों और अतिथियों को प्रभावित कर दिया। उसे प्रथम पुरस्कार मिला और आगे की पढ़ाई के लिए छात्रवृत्ति भी प्रदान की गई।

समय बीतता गया। रानी ने अपनी मेहनत और शिक्षा के बल पर इंजीनियर बनने का सपना पूरा किया। उसने अपने गाँव में स्वच्छ पानी की व्यवस्था करवाई, बच्चों के लिए एक पुस्तकालय बनवाया और गरीब विद्यार्थियों की पढ़ाई में सहायता की। जो लोग कभी उसकी पढ़ाई का मज़ाक उड़ाते थे, वही आज उस पर गर्व करने लगे।

रानी ने कहा, "शिक्षा केवल नौकरी पाने का साधन नहीं है, बल्कि सोच बदलने, आत्मविश्वास बढ़ाने और समाज को नई दिशा देने की सबसे बड़ी शक्ति है।"

सीख: सच्ची शिक्षा वही है जो हमें अच्छा इंसान बनाए, सही निर्णय लेना सिखाए और समाज की सेवा करने की प्रेरणा दे। शिक्षा ही वह प्रकाश है जो अज्ञान के अंधकार को दूर करके सफलता का मार्ग दिखाती है।



PHOTO GALLERY

HIGHER SECONDARY SECTION



Sitting (L – R): Mr. Rajeev Laloo, Ms. Lahundashisha Kharshiing, Ms. Atilang Nongspung, Ms. Twincy Khongstia, Ms. Evalarie W. Lyngkhai, Ms. Memories Biam (Vice-Principal), Ms. Ribanisha Shangpliang, Ms. Lungnalin A. Syiem, Ms. Daniella Rymmai.

Standing (L - R) Mr. Ehsing Khiewtam, Ms. Phibawanrisa Kharumnuid, Ms. Ringchi G. Momin, Ms. Sincerely H. Synrem, Ms. Preti Mary Rani, Ms. Ibalari Warjri, Ms. Prisca Syiemlieh, Ms. Balari Sohliya, Ms. Hepsibah Gashnga, Mr. Lamme H. Mukhim.

XI ARTS, MORNING SECTION



XI ARTS, DAY SECTION



XII ARTS
MORNING SECTION



XII ARTS
DAY SECTION



XI SCIENCE



XII SCIENCE



DEPARTMENT OF BENGALI



L-R: Mrs. Pallavi Paul, Dr. (Ms.) Joyashree Mishra (HOD)

BENGALI 6TH SEMESTER



DEPARTMENT OF BIOCHEMISTRY



L-R: Dr. Daniel Nongbri, Mrs. Hunhameshisha Mawroh, Mrs. Manbha Challam, Dr. (Mrs.) Stephanie P. Basaiawmoit, Dr. Gareth G. Syngai (HOD)

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF BOTANY



L-R: Dr. Kanhaiya Lal Chaudhary, Dr. (Mrs.) Carefulness M. Dirborne, Dr. (Mrs.) Shairi Nongbri, Ms. Baniakmen Kshiar, Dr. Ksanbok Makdoh

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF BTTM



L-R: Mr. Sushant B. Surong, Dr. (Mrs.) Hakamelamphylla Mawroh, Dr. Londoner M. Sohtun, Mrs. Montimon Diengdoh (HOD), Mr. Wanpynsuk Makri

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



8TH SEMESTER



DEPARTMENT OF CHEMISTRY



L-R: Dr. (Mrs.) Saphidabha L. Nongbri, Dr. Deswyn G. Marbaniang, Dr. Eric R. Dkhar (HOD), Mr. Danny F. Diengdoh, Dr. Teiborlang Mukhim, Dr. Carley G. L. Nongpiur

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF COMPUTER SCIENCE



L-R: Mr. Syrpailang Marweiñ, Ms. Morziana I Dkhar, Ms. Janailin Warjri, Dr. Mainul Hoque, Ms. Darihunlang Mawiong, Dr. Lizia Sahkhar (HOD), Dr. Raplang Nongsiej

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF ECONOMICS



L-R: Dr. Bashemphang R. Syiem (HOD), Mr. Bashai Kupar Wanswett, Mr. Wesking Khyriem, Dr. (Mrs.) Apsaralin Nongsteng

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF EDUCATION



L-R: Ms. Ibanphyrnai L. Mawnai, Dr. (Mrs.) Susan W. Lyngdoh, Mr. James Pyngrope (HOD), Ms. Betrisha Nongrum, Mrs. Kerdalari Dkhar

4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF ENGLISH



L-R: Ms. Balabetlin Nongkhlaw, Mrs. Philakyntiew Nongkhlaw, Dr. (Mrs.) Clarissa Sawian (HOD), Mr. Nangsan Kupar Swer, Ms. Sarah R. Syngkon, Mrs. Eudora Khonglah

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF HISTORY



L-R: Dr. (Mrs.) Merryvelle R. Jyrwa (HOD), Dr. (Mrs.) Ibameai H. Nongbri

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF KHASI



L-R: Mrs. Ibaiamonlin Warjri, Mrs. Releo Rapsang (HOD), Mr. Arborlin Snaitang, Dr. (Ms.) Barrylia M. Wolflang, Mrs. Parlinsha Pyingrope

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF MATHEMATICS



L-R: Dr. Shailanstar Khongsit (HOD), Mr. Honestar Nongdhar, Mrs. Ibadahunlang Kharkongor, Mr. Khraw Kupar Pyngrope

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF MIL



L-R: Dr. Saint Quill N. Sangma, Ms. Ringchira G. Momin, Dr. (Mrs.) Jean S. Dkhar (HOD), Dr. (Mrs.) Ruma M. Baruah, Mr. Ehsing Khiewtam

MIL STUDENTS



DEPARTMENT OF PHILOSOPHY



L-R: Dr. (Mrs.) Banyllashisha Kharbuli, Mr. Jeffrey M. Dkhar, Mrs. Jenika Kharlor, Mrs. Savitri Nongsiej (HOD)

4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF PHYSICS



L-R: Mr. Alwin Nongbri, Mrs. Badarisuklin Dkhar, Mr. Banshanborbah Kharkamni (HOD), Dr. (Ms.) Bioletty M. Lawriniang, Mr. Donny D. Wahlang, Mr. Kyrshanlang Nongbri

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF POLITICAL SCIENCE



L-R: Mr. Bernard Marbaniang (HOD), Dr. Treemmi Lamare, Mr. Ngaraipam Mahongnao, Mr. Kitriphar Tongper

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF SOCIOLOGY



L-R: Mrs. Aldila M.A.G. Mawlong, Dr. Riolinia J. Nongrum (HOD), Ms. Beena J. Sawkmie, Mrs. Akilarisa Lyngdoh

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



DEPARTMENT OF ZOOLOGY



L-R: Dr. Errini Decruse Dhar, Mr. Joey J. Sohtun, Mrs. Wandalin Lyngdoh (HOD), Dr. (Mrs.) Khamtilin Kharshiing, Mr. Mebanshan Langstieh, Mrs. Deisakee P. Warbah

2ND SEMESTER



4TH SEMESTER



6TH SEMESTER



CAREER ORIENTED COURSES

FASHION DESIGNING



L-R: Mrs. Jezreel Rynjah, Mrs. Kynti Wanniang, Mrs. Ridalin L. Mawlong

KHASI TRADITIONAL MUSIC



Faculty (Ms. Phibarilin Sohkhet and Ms. Larihun Mawlong) and Students

FASHION DESIGNING STUDENTS



DEPARTMENT OF ENVIRONMENTAL SCIENCE



L-R: Mrs. Sumarlin Swer (HOD), Ms. Ibalari Warjri

COUNSELLOR



Mrs. Iohun Dhar

LIBRARY STAFF



L-R: Mr. Lurstep Lyngkhai, Mrs. Rica Chen, Mrs. Sumarlin Kharkamni (Librarian), Mrs. Lavinia Khongsit, Mrs. Klirda Lyngkhai

MEDICAL CARE UNIT



L-R: Ms. Pynsuk Mary Lyngdoh (House Keeper), Dr. (Mrs.) H.C. Lyndem (Visiting Physician), Ms. Lydianora Dohling (Nurse)

PHYSICAL TRAINER



Ms. Clarina Majaw

SECURITY STAFF



L-R: Ms. Evadashisha Lyngdoh Mawphlang, Mr. Mahesh Biswa

HOSTEL STAFF



LIVES THAT TOUCHED OURS- EULOGY

Dr. (Mrs.) Hakamelamphylla Mawroh
Assistant Professor
Department of Tourism and Travel Management

The Department of Tourism and Travel Management, Lady Keane College, Shillong, mourns the loss of two beloved students called home far too soon.



(L) Miss Reyana Syiemsad, BTTM Batch 2023–27, passed away on 17th December 2024. (L) Miss Balarisuk Marshra, BTTM Batch 2022–26, followed on 15th June 2025. Their passing left families, friends, teachers, and the College in disbelief and grief. “Cannot believe it.” “Gone too soon.” Those who knew them best said as much — and rightly so, for young lives with so much still ahead were taken without warning. Reyana and Balarisuk were different in spirit — one a sportsperson, the other quiet and reserved — yet alike in what mattered most: both were sincere, humble, and dearly loved. The writer often thinks that sometimes God takes the good people away to save them from all the sinful things of this world.

Reyana was an accomplished kickboxer who shone at state and national competitions, and equally at home on the basketball and football court. A good student with a respectable attitude, she earned the admiration of her teachers. At the College Convocation on 21st September 2024, she was entrusted — along with her classmates, all untrained in food and beverage service — with serving distinguished guests. To everyone’s surprise, they excelled, with Reyana leading the team with impressive poise. It was a glimpse of the hospitality professional she was becoming, and one the Department had high hopes for.

Balarisuk was timid and academically weak when she first joined the course, but her diligence and humility soon won her teachers over. By her fifth semester, she ranked among the top three students, having grown in confidence and skill, particularly in presentations. She was preparing for her internship when illness intervened. The writer still remembers her words when she visited her in the hospital. She said, “Madam, I am so anxious that I am missing classes. I will fight this and I will come back”. Such resilience till the end.

The Department mourns for such young souls with a bright future to have gone too soon but everything has a purpose according to God’s will. Their lives spent on this earth were not wasted and those who knew them believe that they had left a legacy to be treasured. Their gentle nature, humble attitude and hard-work are examples which the students can take up and learn them for their better future. The passing of these two precious souls also teaches that life is short and one does not know when one passes away. Therefore, every day is a day to be grateful for all the things God has given and one must live a life that helps those in need reflecting moral principles in every step of the way. This way, one leaves behind a legacy, not of riches or fame or status, but of purpose, love, character, faith and service.

This is true for Reyana and Balarisuk because they have fought the good fight, they have finished the race and they have kept the faith (2 Timothy 4:7 emphasis added). Their loved ones know that one day they will meet them again and, on that day, “He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” (Revelation 21:4).





