

ALOKARUN

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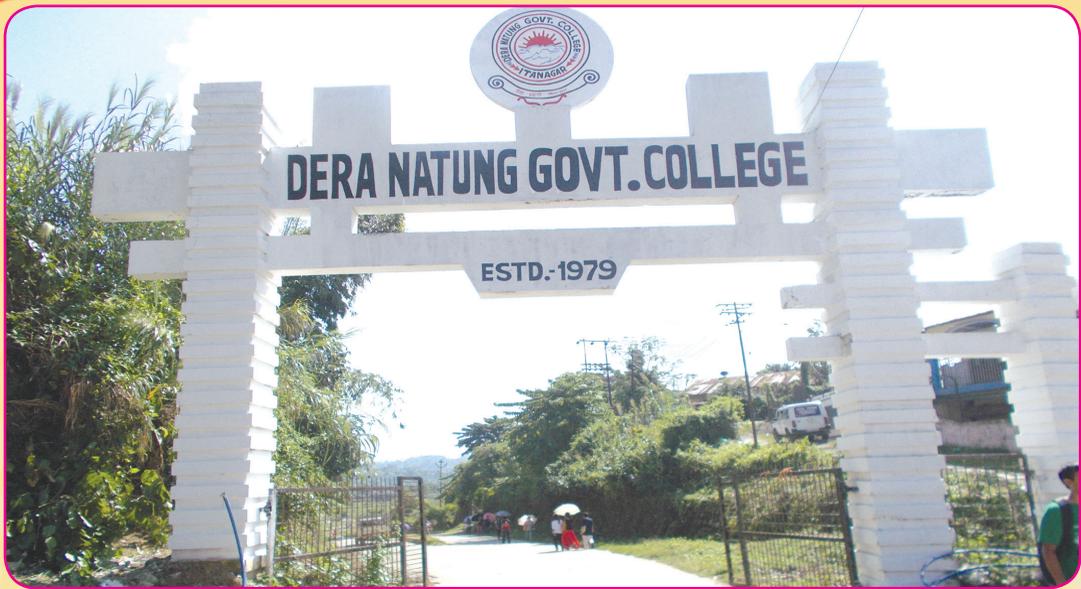


DERA NATUNG GOVERNMENT COLLEGE

**ITANAGAR,
ARUNACHAL PRADESH
ESTD. : 1979**

A NAAC ACCREDITED (at Grade-B) INSTITUTION

Website : www.dngc.in
E-mail : dngcitanagar@gmail.com



EDITORIAL BOARD



Mr Techi Son Tara



Mr. Jimmy Camdir Tok



Mrs. Tumbom Riba



Mr. Eli Doye



Ms. Yitu Murten



LATE DERA NATUNG

Ex.-Education Minister



THE EMBLEM OF DERA NATUNG GOVERNMENT COLLEGE, ITANAGAR

Arunachal Pradesh is one of the young and beautiful eastern states of the Indian Union. The name of the state, rightly and literally, means the land of the Rising Sun. The sun plays a prominent role in the life of the people all over the world. The central truth is that there is an intimate connection between the mind of man and the moving spirit of the universe. The rhythmically running rivers, the vast mountain ranges and the fields full of crops-all these sustain not only the bold-stream of our life but also conserve the culture of the nation. They illustrate that the more Indian culture changes the more it remains the same; and if our young men are to live more abundantly, they should enter more fully into the experience and ideals of the race, they should be inspired in their minds and hearts by the ideas enshrined in our culture.

THE MOTTO : “VIDYA DADATI VINAYAM”

VIDYA is ‘ education, knowledge , science and skill’ DADATI means “ gives or imparts’ and VINAYAM is ‘ politeness and humility ‘ VIDYA is both knowledge and power. It has interest as well as utility . it is illuminating as well as fruitful . it demands discipline , devotion to the pursuit of truth. It develops in its votaries and attitude of tolerance, open mindedness, freedom from prejudice and hospitality to new ideas. In order to develop universality of outlook , to adopt racial tolerance and rear international understanding and peace-what we need is VIDYA; and in absence of humility, reverence for ideals , grace of mind and charity of heart, it cannot enable us to fight against illiteracy, unemployment , mutual distrust and love of domination. We have in our country great, natural resources , intelligent men and women, and if in addition, we learn to work together with pleasure, pride and sense of duty in the sacred task of acquiring VIDYA, no one can prevent us from reaching our goal, the beautiful NATURE depicted in the EMBLEM also teaches us about all the eternal values of life which are attainable only by value of courtesy and humbleness.

V. Shanmuganathan
Governor
Arunachal Pradesh



Raj Bhavan
Itanagar- 791 111



MESSAGE

I am pleased to learn that Dera Natung Government College, Itanagar is bringing out the XXXVI edition of its College Magazine titled "ALOKARUN". I hope that the magazine will reflect literary, educational and games & sports activities of the institute in a befitting manner.

Today our country is moving forward in all spheres of development. The importance of a college education today is that the students have the opportunity to read books and listen to the lectures of top experts in their fields. College degree often provides prospect for greater avenues and opportunity for upward social mobility. It serves as the gateway to better options and more opportunities. Having a higher education is important to both the individual and the State, as it ensures that a person will be able to get and maintain a job that is both financially and socially rewarding and at the same time it enhances the Human Resource of the State. It is my firm belief that this institute will look for excellence in every sphere of its activities to develop the students into leaders of tomorrow.

my best wishes to the college community in their endeavour.

V. Shanmuganathan

(V. Shanmuganathan)

Pema Khandu
Chief Minister
Arunachal Pradesh



Phone : (O) 0360-2212456
-2212173
-2212341

Fax : 0360-2212439

E-mail : apcm876@gmail.com



MESSAGE

It is a matter of great pleasure that Dera Natung Government college Itanagar, is bringing out the 36th edition of its annual magazine “Alokarun” 2015-16.

The Dera Natung Government College (DNGC) is amongst the first generation degree college s established in Arunachal Pradesh-the first in the state capital . Housed in the Itanagar Government Higher Secondary school building , it began its educational pursuits in the evening shift with only four department viz English, Hindi, Economics and History with just a handful of students. After shifting to its present location at Vivek Vihar in 1986. Today alumni of DNGC are serving in various capacities and contributing in the progress of our state .

DNGC has indeed come a long way but its job is not yet finished. The future destiny of Arunachal Pradesh has to be carved, shaped and written by it along with other colleges and higher education as institutions across the state. This is one of onerous responsibility indeed.

I am glad that the college is keeping the tradition of brining out an annual magazine every year. I believe this edition of “Alokorun” will be filled with creative write –ups of subjective, objective and imaginative nature as expected from a higher institution of learning . I hope this maiden annual magazine would serve as a gateway to the institution as well as our diverse but distinct state that thrives on the ideology of “Unity in diversity.”

I wish the DNGC team all the very best.

(Pema Khandu)

Honchun Ngandam
Minister
Education & Libraries
Govt. of A.P.



Cell : +91 9436050893
+91 8875388947



MESSAGE

I am happy to learn that Dera Natung Government college , Itanagar is bringing out its XXXVI edition of manual College Magazine “ ALOKARUN” for the session 2015-16.

A college magazine helps record the curricular and extra curricular journey of the college and provides an opportunity to the students to showcase their talent and explore their creative writing which amply demonstrate the communication skills , poetic prowess, imagination and creativity, humour and humanism, technical competence and patriotism of the contributors . Alongside academic and curricular inputs, co-curricular and extra curricular activities help shape the overall personality of the student. I am confident that this magazine will go a long way in disseminating information through its creative writings and will hold the reputation of DNG College high.

I extend my sincere greetings and best wishes to the Principal and his team for successful publication of ALOKARUN.

Honchun Ngandam

DR. Tejum Padu
Director



Higher & Technical Education
Govt. of Arunachal Pradesh
Itanagar-791111



Dated:- 12th September 2016

MESSAGE

I am glad to learn that Dera Natung Government college , Itanagar is bringing out the Annual Magazine "ALOKARUN" which is mirror and reflects the overall activities of the institutions as a part of Higher Education system and as centre of excellence in the offing . I have full faith that the pages of the college magazine are essential part of the reporting activities an also creative of our incumbents .

The higher education is steadily marching towards all kinds of academic achievements to enhance the acumen of the brain through regular academic inputs .The Higher Education is putting all-out efforts for establishment of Model Colleges, Government Polytechnics and conduct of Joint Entrance Examination N.S.S and stipend apart from other regular daily duties. The monitoring part is also of out in importance for which regular visits are being made to the newly developed Government Colleges and polytechnics. In spite of shortfalls the efforts of the Principals , faculties and officials of the colleges are being appreciated and taken into records.

On behalf of the Directorate of Higer & technical Education, I extend my kudos to the college fraternity for bringing out the creative magazine. I wish all the success to the institution.

(Dr. Tejum Padu)

BAMANG FELIX
Parliamentary Secretary
(Education) - Cum-
Govt. Spokesperson.



Arunachal Pradesh
Itanagar-791111
0360-2291300 (O)
0360-2291922 (Fax)



MESSAGE

I am glad to know that Dera Natung Government College, Itanagar is going to publish XXXVI edition of college magazine “ALOKARUN”. College magazine reflect the identity of the educational institutions through the writings of its students and teachers as well. Young students have a lot of potential within them which needs a proper channelization and outlet. The college magazines provide a wonderful platform for these young potential ones to showcase their talent as writers and express themselves into a conglomeration.

I hope that the students will make best use of this opportunity by showcasing their talents through the college magazine “ALOKARUN”.

I wish a successful publication of the college magazine “ALOKARUN” to students, teaching faculties and office staffs of the Dera Natung Government College.

(Bamang Felix)

Bidol Tayeng, IAS
Secretary (Education)



Govt. of Arunachal Pradesh
Itanagar - 791 111
Arunachal Pradesh
Phone : +91 94360 42922

E-mail : secretaryeducationap@gmail.com



MESSAGE

It gives me immense pleasure to learn that the college community of Dera Natung Govt. College, Itanagar (DNGC) is going to bring out an annual college magazine viz. "ALOKARUN" for the academic session, 2015-16 highlighting the activities of the aforesaid College which was established in 1979. I am confident that this magazine will provide a good platform to the building talents of the students in particular and literary world in general to express their creative skills through the magazine which I personally consider is of great importance to explore and express their talents.

On this momentous occasion, I wish to congratulate the DNGC family in their noble venture and also wish them best of luck for successful publication of the said magazine in their sincere quest to attain perfection in all academic pursuits.

I convey my warm greetings and best wishes to the organizers for success in their endeavour.

(Bidol Tayeng)

Prof. Tamo Mibang
Vice Chancellor



Rajiv Gandhi University
Central University
Rono Hills, Doimukh-791112
Arunachal Pradesh, India



No-Rgu-Vcs/Message-16
October 1, 2016

MESSAGE

It is a matter of great pleasure to know that Dera Natung Govt College Itanagar, is bringing out its XXXVI edition of the collage Magazine 'ALOKO-RUN" 2015-16.

I understand that Dera Natung Govt. College has good reputation of having largest number of students pursuing various undergraduate courses and over the years. The college has produced a number of eminent personalities in diverse fields. They are serving the state and country in different capacities. I consider the publication of college magazine as a remarkable opportunity of the students as it depicts their creative writings and literary activities.

I extends my best wishes to the students and the institution in achieving their desired goals in the years to come .

(Prof. Tamo Mibang)

FROM PRINCIPAL'S DESK

"Always bear in mind that your own resolution to succeed is more important than any other"

-Abraham Lincoln



It is a great privilege to see the expression of students and the faculty members in our Annual Magazine 'ALOKARUN'. This time volume XXXVI (2015-16) is being published. Each issue of our college magazine is a milestone that marks our growth; unfold our imaginations, and gives lives to our thoughts and aspiration. I congratulate the entire team for their hard work and dedication in making this dream come true.

Dera Natung Government College which had humble beginning in 1979, today caters to the need of more than 3000 students from all the Districts of Arunachal Pradesh, as well as from different states of the country. College has the motto of "VIDYA DADATI VINAYAM" which means to impart Education through politeness and humility and no doubt has been tested over the last 37 years, and has proved to be effective and successful time and again, accepted and appreciated by the people of the state. It's a known fact that the Alumni of this college are tremendously contributing to almost all spheres of life in the state.

Dear students, in this era of cut throat competition, it is of paramount importance to be equipped with appropriate knowledge, habits, attitudes and values leading to holistic development. Co-curricular and extra-curricular activities organized in the college would facilitate the process of creative and critical thinking. They not only inculcate social and moral values, compassion for nature, pride for Indian culture and tradition and awareness for one's rights and duties but also make students good human beings and confident leaders. I intensely believe that you would develop versatile personality during your stay in this temple of learning. To be successful in life, have ambition and define your goals clearly. Discipline and hard work is the key to success. Be regular in your classes and focus on your goals. Your concerted efforts with the able guidance of your teachers would definitely provide you a blissful and successful life.

I am proud of being the principal (In charge) of such a wonderful institution dedicated to cause of not only Arunachal, but also of better India. I have faith in the distinguished faculty members and the staffs that the college will play meaningful role in the competitive times ahead and will scale new heights in times to come. I pray for the future growth and prosperity of the College and wish the faculty members, Staffs and students all the success in the year to come.



(Shri Kumar Tok)

Principal I/C

Dera Natung Government College
Itanagar

FROM THE EDITOR'S DESK

I feel extremely happy to be a student's Editor of our College Magazine "ALOKARUN" Session 2015-16 through which we can express our experience and creativity. It is a matter of pride for the entire students' fraternity of Dera Nang Government College, Itanagar that the issue of college Magazine "ALOKARUN" has been brought successfully. In fact a magazine is a source of sporting natural talent for creative writing and purposeful expression of knowledge and wisdom hidden within an individual. The publication of ALOKARUN provides an effective forum for the budding authors to express their views and share their literary experiences.



My extreme thanks goes to our Editor in-charge Sir Jimmy Camdir Tok for his valuable guidance, support and suggestions at every stage of publication of our College Magazine. I want to express my heartfelt thanks and gratitude to all the members of editorial board-for their valuable efforts and contribution in bringing out the Annual College Magazine-ALOKARUN.

I express my sincere thanks to all the Executive Members of the College Students Union for their cooperation and for selecting me as the Students' Editor of our College Magazine for the session 2015-16. They have been with me like a shadow and constantly inspired and gave me guidance and support although in this Endeavour.

Lastly I would like to express my heartfelt thanks to one and all who have directly and indirectly helped me in completion of our college magazine "ALOKARUN".

Thanks

A handwritten signature in blue ink, consisting of a large, stylized 'T' followed by a horizontal line and the date '22/02/017' written below it.

Mr Techi Son Tara
Students Editor

ANNUAL REPORT FROM GENERAL SECRETARY

I have great pleasure in presenting here the Annual report for my tenure as the General Secretary of the Students' Union of Dera Natung Govt. College, Itanagar.



First of all, it is my moral obligation to acknowledge with gratitude the fact that the students of the college had exercised their democratic choice to repose faith in my leadership. I am hugely indebted to them for making me victorious by highest ever margin of 319 votes. My thanks are due for one and all irrespective of my supporters or contenders. Once I am elected, I feel, I do represent the entire students' community. And it is indeed a matter of pride that I stood for a huge community of students in one of the premier institutions of higher education in the state. This college has the glorious tradition of making leaders not only for active politics in the state but also in academic and bureaucratic spheres too. I feel proud of being an alumnus of this college.

Let me share with you all my feelings, convictions, experience and concrete achievements during my tenure as General Secretary. I had in fact many dreams, sincere desires and commitments to put in place several utilities for the students during my tenure. I have no doubt that I have put in the best efforts to fulfill those dreams to a great extent. But frankly confessing, when one assumes a position, he has to go by certain Govt. Norms and procedures which come in the way of materializing everything. One has to accept the constraints. I think, this is the way we learn and come to term with the reality. Nothing can be more useful than this lesson the way are mature, grow up and learn to compromise with the facts of life.

My major achievements during the tenure of General Secretary:

- Well, I have a conviction that our college being the largest in the state and that too despite being located in the Capital Complex, had some infrastructure deficiencies which required redressal. I always feel pain after seeing the infrastructure conditions of the college. Hence my foremost effort was to renovate the infrastructure of the college. I have made proposal to renovation and maintenance of college infrastructure and

I pursued the matter to higher authority for produce fund for renovation. After my tireless effort some how I could make able to sanctioned my proposal in RE in the financial year. Now you all can see the changes which I brought in my tenure particularly infrastructure of the college. I can confidently say that in my tenure I give new looks of the college.

- During my election I promised to bring Wi-Fi connection within the college campus because we are not getting facilities of technology though we are living in the era of technology. Regarding the Wi-Fi under my leadership the DNGC student's union pursued that matter to the department of information technology, Govt. of Arunachal Pradesh. Later, Government has agreed to install free Wi-Fi connection in the college. Now, every students are using Wi-Fi in college campus.
- As I have given words during my election that I will keep my collage need & clean and just after became General Secretary I have conducted social service on the occasion of Gandhi Jayanti with mission "clean college clean temple" as we believe school, college is like temple for the students. On this occasion I invited as Special Guest to Shri Yumlam Achung, President Itanagar Market Welfare Association (IMWA) where he donated 50 buckets as dustbin for the college.
- Under my leadership I have conducted social service at Nyari Welly Girls Hostel with mission Swatch Abhiyan.
- Under my leadership I have conducted blood donation camp with the motto "Give Blood to Safe Life" at Jubilee Hall (Auditorium) collaboration with Arunachal Vivek Ananda Yuva Shakti (AVAYS) where we collected 90 units of blood.
- An unprecedented number of students from college also participated in the AAPSU rally held in the capital complex 12th Oct' 2016 protest the issue of Chakma Hajong.
- Earlier the college dress could not maintain but under my leadership its continuously maintain with the cooperation of the college authority,

CONDUCTED 6TH DERA NATUNG MEMORIAL BADMINTON CHAMPIONSHIP 2015-16.

The tournament was organized in college auditorium to commemorate the most beloved leader to the state Late Dera Natungji, the former Education Minister of the state. The mega event was inaugurated by Shri. Mutchu Mithi Parliamentary Secretary Sport and Youths Affairs (Govt. of Arunachal Pradesh) and Shri Nani Tamung Chief Engineer Western Zone (Govt. of Arunachal Pradesh) as Chief Guest and Guest of Honour respectively.

The valedictory function was graced by Shri Techitolu ZPM 1-Borum and Shri Lokam Nai (Business Tycoon) as Chief Guest and Guest of Honour respectively.

XXXVI ANNUAL COLLEGE WEEK CELEBRATION 2015

One of the main functions of college is the college week celebration. Indeed I am very much pleased to utter that in my tenure as the General Secretary of this very reputed premier institution there has never been any sort of controversy or dispute rather we have peacefully and successfully with full great enthusiasms and gaiety have completed the XXXVITH Annual college week celebration 2015.

The XXXVITH Annual college week 2015 celebration lasted for 5 (five) days w.e.f 2nd Nov' to 5th Nov' 2015 as the matter of fact in the context of this XXXVITH Annual college week celebration, I am very much elated as my heart rejoices to intimate you that it was for the first time in history of Dera Natung Govt. College Itanagar that all the 04 (four) houses were named after the outstanding beautiful birds i.e. Peacock House, Hornbill House, Nightingale House and Eagle House.

The XXXVITH Annual college week celebration 2015 was formally inaugurated by Shri Kiren Rijiju Hon'ble Minister of State for Home Affairs as the Chief Guest and Dr. Tejum Padu Director Higher & Technical (Govt. of Arunachal Pradesh) as the Guest of Honour. Later in the evening the culture night was witnessed by Shri Ha Tatu Proprietor Kengey Construct Pvt. Ltd. as Chief Guest and Tadar Tali Finance Secretary, All Nyishi Youth Association (ANYA) as Guest of Honour.

The college week celebration was hectic with literary, cultural and Games & Sports competitions to hunt the hidden and budding talents in these spheres.

One of the main events of the cultural activities was the fashion show night. Fashion show night was formally addressed by Shri Tania Agu, spokesperson AAPSU, as Special Guest and Shri Risso Kiagung, Art & Cultural Secretary AAPSU as Special Invitee on 4th Nov' 2015. The title of Miss & Mr. College was bagged by Nabam Pumin and Tarh Gungte.

The valedictory function was graced by Shri Kamta Lapung President of AAPSU as Chief Guest and Shri Techi Sanjay former President of All Kurung Kumey District Union (AKKDU) as Guest of Honour on 5th Nov' 2015. The College Week concluded significantly and meaningfully without any rift.

Finally, at the end of the session, I led that educational excursion of our students to Mumbai, Bangalore, Goa and Kolkata with the escorts namely Mr. L.R Singh (PET) and Dr. I.M. Dubey Associate Professor (Maths) which was one of the successful, enjoyable and peaceful tours in the history of college. The educational tour was a grand success. My thanks will be due to on behalf of the entire excursion group don't convey my gratitude and thanks to our both the escorts namely Mr. L.R Singh (PET) and Dr. I.M. Dubey Associate Professor (Maths) who had guided and acted as parents to us in the best possible manner right from the beginning to the end of our trip.

However, my modesty forbids me to take all credits for myself for the enumerated achievements, which I believe, are a few humble steps on the path of progress of this college. I am thankful to our Principal Incharge Kumar Tok Sir and all the faculty members of this college who have stood behind me to guide, inspire and support for the strengthening of the institutions. Kumar Sir has never discouraged me whenever I have proposed any constructive work for the students. I shall always fondly remember his suave approach and gentle manners, which facilitated so many works in the college. My humble regards are due for all my teachers also. Especially I am sincerely grateful to Dr. M.Q. Khan Associate Professor and Students Union Advisor of my tenure, Dr. D.K. Padhi, Associate Professor (Education) and Dr. A.I. Singh, Associate Professor

(Economic)for thier help, encouragement and guidance throughout the year never they have refused me to spare time for special guidance whenever I have sought for studies.

Finally, before wind up my statements I am pleased to learn that our college Dera Natung is bringing out the 36th College Magazine “ALOKARUN”.

Our college is one of the premier teaching institutions and has been rated by NAAC as a ‘B’ Grade College.

I am sure that the college magazine will provide a platform to the students to sharpen their writing talent and will strengthen the academic activities of the college.

The last thing to cheer about is that in an unprecedented move, the student’s union this year has contributed a sum of rupees 80,000/- (eighty thousand) from union fund for academic activities in the college.

With so many memories in mind, I extend thank you all from the core of my heart.



Giogi Tade
General Secretary

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ARTICLE



BIRTH AND DEATH OF A STAR

Dr. N Sahoo

Associate professor in chemistry

Man has always been fascinated by the universe. Since the prehistory tens of thousands of years ago, when human beings first began to study the heavens, until the seventeenth century, nothing was learned about true nature of stars. The slow progress is due to less effective experiments and evidences. However, all evidences come from simple observations. Unfortunately with the naked eye observation the number of things learned about the stars is very small.

The greek astronomers put forward various theories to explain the movement of sun, moon, planets, etc. All the speculations are now justified through the invention of telescope and man and unmanned space voyagers.

Before going to discuss the evolution of stars, how they born, how they age and how they die, we have to know the age of universe as a whole, the way in which our solar system was formed which depends on the understanding the life histories of stars.

Big Bang Theory:

Einstein had attempted to obtain a simple relative model of the universe in 1917, but he had made assumptions that the universe as a static system. At that time there was no conclusive evidence for the expanding universe. Alexander Friedman in 1922 put forward the model that the galaxies move away from one another, thus expanding the universe, Hubble's result came in 1929 that there was no preferred locations and directions in space. They led the striking conclusion that universe contain matter in the form of dust i.e. pressure less fluid which has small random motions of galaxies enormous explosion often called the Big Bang.

It is thought that our milky way galaxy was formed about 15 billion (10⁹) years ago. The origin of light nuclei is believed to have taken place within the first three minutes or so, when the universe was very hot dominated by radiation which is constituents of stars. A small portion of the cloud- the most

dense collapsed. This was accompanied by a massive fragmentation into thousands of sub systems. The result is the large number of stars scattered throughout the galaxy. They are constantly losing energy by radiation showing their high luminosity and they must evolve by replacing the energy through nuclear fusion. They must fall back on their store of gravitational potential energy, contracting and growing hotter.

However we see many stars of all ages.

Beginning of star formation :-

All the stars are believed to form from the condensation of clouds of interstellar gas and dust. Bright , hot stars which are thought to be young are the clusters of this cloud. When the density of interstellar material becomes great enough at any point, gravitational attraction holds the particles together and attracts more materials from surrounding areas. A cloud collapsing in this way , called a “protostar” eventually becomes hot enough for nuclear fusion to begin. The temperature raises from about 20 k to 10000000K (10⁷). At low temperature infrared radiations are emitted and looks transparent. This stage lasts several hundred years (this is known as dynamic stage). When the temperature increases more and more, protostar starts to heat up and the opacity increases. The radiations try to push the gaseous matter outwards, thus reducing speed of contraction. The density becomes high at the hot core and reaches hydrostatic equilibrium first.

Age of a star :-

When a protostar reaches hydrostatic equilibrium and contracts slowly as half of the energy radiated from its surface so that the temperature remains constant for a long period nearly 10 million years for a protostar to finally become a star. The fusion reaction of the star continues. The gravitational force between the particles of a young star tends to contract it. The hydrostatic force release energy from the core due to nuclear reaction pushes the matter outward. An equilibrium is reached when the two effects exactly balance each other and the size of the star becomes constant which continues for billions of years.

It is found that stars with less than 1/12 the sun's mass do not exist because it is not hot enough to ignite fusion reaction. The mass of the star can not exceed about 100 solar masses and is lost into space. The stars with masses

60 to 100 solar masses do exist but are not directly observable and hidden by clouds of dust for their entire life time. At very high temperature stars accumulate helium and further heavy atoms are formed by the fusion of helium. When the helium core reaches 12% of the star's mass i.e. converted into helium the energy liberated at faster rate and pushed the matter in outer layers and star expands in size. This star is known as red Giant. When the temperature overcomes about 10k nuclear fusion of helium stars to form carbon and oxygen.

Approaching the end :-

When helium burns into carbon and oxygen, a new core consisting of these elements to form and subsequently the fusion of carbon and oxygen into still heavier elements. If the star is very massive the core will become more hot enough for many different nuclear reactions to be ignited. One after another each succession produces still heavier elements. But while the star is radiating away more energy than ever. Successive fusion reactions provide less and less energy. Once Iron is formed no more energy can be extracted from nuclear fusion. The fuel has exhausted and it starts slowly to collapse.

Death of a star :-

As an aging star collapse, its density increases and becomes extremely hot, small and dim due to small surface area. Therefore, they form dwarf star, neutron star and black holes.

White dwarf :-

Stars are stable against collapse internal pressures balance gravity. In gaseous stars like sun, the internal pressure is due to thermal motion of the atomic nuclei and the electrons, and also the pressure of the radiation generated by the inter nuclear fusion reactions. After million or billion years. the fusion reaction will cease and the stars will at last find peace. Such as white dwarfs neutron stars and black holes.

When all nuclear reaction have been exhausted, most stars become white dwarfs-small, hot, star, that slowly cool as they radiate away energy. When they reach a certain density, the electron of white dwarf become degenerate. The star is then supported against collapse by degeneracy pressure and does not contract any further. Edington in 1920s found that more massive the star, the smaller it must be. No white dwarf can exist with a mass greater than 1.4 solar masses i.e. as the mass of the star approaches about 1.4 times that of

sun, its radius approaches zero. So the star cannot exist as white dwarf, and collapse. This greatest mass is known as Chandrasekhar limit after the eminent Indian (American citizen) astrophysicist who predict it in 1930.

Neutron stars:-

The heavy weight stars 3.5 to 8.1 solar masses do not loss enough mass during their lifetimes to become white dwarfs. They develop cores of carbon and oxygen and finally to iron when temperature crosses to 10^9 k . the energy created pushes the matter to outer regions. There is nothing to half the runaway process. The core explodes with great violence-marks the death of star. When such explosion takes place, the luminosity of star increases to a billion fold or more. Such an exploding star is called Supernova.

When the supernova explosion takes place the core materials of heavy elements dispersed in interstellar space. The elements heavier than iron are not ordinarily created within a star and liberate energy for the synthesis of element beyond iron. So in the supernova explosion the stars core collapsed within the collapsed core high pressure is developed. The atomic nuclei are crushed. Sub atomic particles such as protons and electron can no longer maintain distinct identities. They are squeezed together to form neutrons. So the entire core compressed with neutrons is called neutron star. They are of very small sphere of about 20km in diameter, though it contains more mass than sun because the density is more. They rotate very fast and give radio waves like pulses so they are called Pulsars.

Black Holes:-

A black hole is formed by the complete gravitational collapse of a star that is too massive to become a neutron star. The fate of neutron star depends on its mass. If the mass is more than three times than that of sun, the force of gravity will be so strong that the entire mass of the neutron star will be compressed to a single point particle and the density of that point particle is infinite. It is so dense that it will pull anything to trap forever. The trapping radius centers around the point star is called the black hole. Any material can be trapped by the black hole but nothing can escape from this region, even light. So we can not see them, because it emits nothing no light, no radio waves, no particle which can be detected by any instruments. But we ought to detect their existence by their influence on their surrounding, such as their effects on entities in their vicinity like other stars or clouds of interstellar gas.



Choosing a Career: The Right Approach

Dr. M.Q. Khan

Self Assessment and Analysis of your interest in relation to your career

The most important thing before choosing a career is to know about yourself and to assess yourself. You need to introspect honestly with great patience and give good span of time in analyzing your capacity, ability, aptitude, interest, weakness and strength too. You must analyze your potentials and situations keeping in account your likes and dislikes, desired lifestyle and personal traits before deciding on your career. Never get carried away by what the people around you -such as your parents, relatives, friends, peers, teachers etc think about you, simply because you are the best judge of yourself and you know yourself best and where rests your interest. Today there are ocean of career opportunities including self entrepreneurship, games & sports, art & culture, animation, advertising, media, travel & tourism, hospitality, teaching, graphic designing, fashion technology, Banking, corporate sector, BPO, besides Government services. Hence the decision on a particular career option should entirely be yours. Set a goal for yourself and plan for future accordingly and try wholeheartedly to achieve that. You should choose a career that can give you joy and contentment and only then you will contribute to the fullest.

Link your studies with your Career

The ideal time to plan your career is when you are in class X because after class X when you seek admission to class XI you should join the stream (out of Science, Arts & Humanities and Commerce) that suits to requirement of your career. Say, for example if you want to choose a career in engineering or scientific research or teaching in Physics, Mathematics you should study PCM at +2 levels. Similarly, if you want to become a doctor or choose a career in spheres in which Bio science is compulsory you are supposed to pursue PCB at +2 levels. Not only this a science student always has an edge over the student of Arts and Humanities or Commerce simply because a science student can shift either to commerce or Arts at any point of time but a Commerce or Arts student can't shift to Science stream. In the same way a science student has in most cases no compartmentalization and s/he can opt for such career also

which traditionally are supposed to have advantages for an Arts and Commerce student such as Civil Services, Police Services, NGOs, Politics, Banking, Taxation and Accounts Services etc respectively. Whereas there are innumerable jobs in various departments and sectors to which candidates exclusively from science background are recruited and for these careers candidates from Arts and Commerce are not eligible. This fact amply proves that Science stream offers more employment opportunities than the other streams. However, this is not true of the teaching profession in which a teacher has to be appointed to teach the subject/s s/he has studied. For instance, a science graduate/post-graduate can't be selected to teach Arts or Commerce subjects and vice-versa.

Choose a career keeping in mind your context and choice of workplace

It is also important to keep your context in mind while choosing a career. You need to keep in mind the working environment of your choice -whether you want to work abroad or in metropolis of India or in other states of the northeast region or in your state only. Suppose you have nostalgia and homesickness and want to work in Arunachal only, then there is no point doing such courses which hardly have any prospects in the state because I know hundreds of youths who have done such courses that they can earn handsomely in big cities of the country and even abroad but they are reluctant to go outside for job. However, of late the trend is changing fast and the number of Arunachalee youths working and willing to work outside has been increasing and this is certainly a positive change taking place.

Choose an institution (university/college) for pursuing your studies carefully

To transform your dream into reality you are required to study the Courses/Programmes/ subjects in order to obtain the academic/ technical/ vocational qualification that suit to your career. Of course for this you have to choose an institution (university/college). Here you should give top priority to the Government Institutions not only because their fees are much less and reasonable but also more importantly because their credentials are beyond questions and doubts. But in case you are not selected in any Govt. institution and are compelled to choose among private ones then you must be extra cautious and careful to choose only such a private institution which is affiliated to and recognized by the relevant regulatory body such as UGC/AICTE/MCI/AYUSH/DAI/ PCI / BCI /NCTE etc. You can verify and confirm whether

a particular college/ university is affiliated or not, by looking into the list of affiliated and approved colleges/universities from the website of the relevant regulatory body, only after that you should go ahead for admission.

Note that though there are many good private universities/colleges still there are also quite a good number of private universities/ colleges which are fake and not recognized by the relevant regulatory body. You need to know that the certificates, the diplomas and the degrees of fake and unrecognized universities/ colleges are useless and worthless as they are not valued neither anywhere nor you can get job on basis of such degrees.

In recent years there has been mushroom growth of private institutions across the country and most of them are setup with commercial motive to make money. Their representatives with highly impressive prospectus keep visiting Arunachal Pradesh and other states of north east region to hunt for students. They try to befool you, your teachers and sometimes even to higher authorities of the concerned departments by using catchy words and phrases and they pretend to have come for organizing “Personality Development, Leadership and Career Guidance Programme, Career awareness programme, Career Counselling Programme, workshop, seminar etc” though they come for the sole purpose of advertisement, marketing and to pursue students to get admission in their institutions. In such a situation there is no reason for you to trust any private university/college without thorough verification because it is not only the question of wasting huge amount of money and prime time but more importantly also of ruining your career in case the institution you study in is found to be fake as happened to the students of CMJ University of Meghalaya. Here let me make it clear that CMJ University is not the only one there are innumerable such institutions across the country which can be termed fake and this is also true that hundreds of innocent students of Arunachal have been cheated by them. So don't trust their tall talks, claims and promises. Always remain alert, aware, inquisitive and analytical to choose right type of institution for pursuing your studies in order to value your career and the hard earned money of your parents. Take all possible precautions and don't let any fake and unrecognized institution cheat you. Remember, the right approach in choosing a right institution to study is as important as choosing a right career.

(The author is an Associate Professor of English and also Coordinator, Coaching for Entry in Services & Career Counselling and Placement Cell at Dera Natung Government College, Itanagar)

A Report on Various Programmes and Activities Conducted

By

*Coaching for Entry in Services & Career Counseling
Cell during the Academic Session 2015-16*



Dr. M.Q. Khan
Coordinator

Coaching for Entry in Services & Career Counseling Cell, located in the library building of Dera Natung Government College, Itanagar organizes absolutely free Coaching and Career- Counselling cum Awareness sessions for various Competitive Examinations, Entrance Examinations with special focus on UPSC&APPSCCE. The Coaching is absolutely free and open to all; anybody willing to prepare for any competitive examinations for any job can join the coaching. Selection for attending the Coaching is made purely on merit basis. The major highlights of the Academic Session (2015-16) are as follows:

- **Coaching for Entry in Services:-**

Like yester years, this year too Coaching for Entry in Services Cell of Dera Natung Government College, Itanagar conducted absolutely free coaching for the aspirants of APPSCCE and various other competitive Examinations in different batches.

- **FIRST BATCH (from 16th September to 30th September 2015)**

Coaching for Entry in Services resumed from 16th September, 2015 for Banking Service Examination, Airmen Recruitment Examination and for other competitive Examinations such as JT/ST/TIO/SI/FPO/FO/JE/AE etc in Room No 01. For this segment the coaching held till 30th September 2015. While interacting with the aspirants in the inaugural Coaching class, Dr. M.Q. Khan, coordinator analysed the syllabus , course structure and pattern of the various competitive examinations and further exhorted them to work hard in order to acquire sound knowledge of subjects like General English, General Studies, Elementary Mathematics and Reasoning for achieving success as these subjects are part and parcel of most Recruitment examinations.

He called upon the aspirants for Banking Service Examination, Airmen

Recruitment Examination and for other competitive Examinations such as JT/ST/TIO/SI/FPO/FO/JE/AE etc to reap the fruits of free coaching.

- **SECOND BATCH (from 1st October to 20th December, 2015)**

Coaching for the second batch i.e. exclusively for the aspirants of civil services examinations commenced on 1st October, 2015. While interacting with the aspirants in the inaugural Coaching class, Dr. M.Q. Khan, coordinator analysed the syllabus, course structure and pattern of UPSC/APPSC-Civil Services Examinations and also General English Paper and further exhorted them to work hard in order to acquire sound knowledge of subjects like General English, General Studies, Elementary Mathematics and Reasoning for achieving success. He called upon the aspirants for UPSC/APPSC-Civil Services Examinations, to reap the fruits of free coaching.

The coaching held for approximately three months in the new building of Commerce Department ,gallery of Physics Department, Library Hall & Room No.01 of Dera Natung Government College, Itanagar. The coaching class was attended by more than 150 aspirants.

The Coaching held from 1.00 pm to 4:00 pm on all working days. Complete syllabus of all subjects including General English, Elementary Mathematics, Reasoning and General Studies etc were covered during the three months – long coaching.

- **THIRD BATCH (from 2nd March to 20th May,2016)**

Coaching for Entry in Services resumed for the third batch from 2nd March, 2016 to 20th May,2016 in the Gallery of Physics Department of Dera Natung Government College, Itanagar from 1.00 pm to 4:00 pm. In the first phase, the coaching held on General English, Mathematics, and General Studies. After covering the complete syllabus of these papers, the coaching focused further on major optional papers.

In the inaugural counseling, Dr. M.Q. Khan, the coordinator advised the aspirants to be serious, sincere and focused in their preparation to reap the sweet fruits of success as hard work always pays. He further mentioned that coaching alone can't ensure success unless the aspirants devote themselves to

studies and realize importance of time management as there is no short cut to success. Preparation should be pinpointed concentrating on requirements of a particular examination keeping in mind the syllabus and the pattern of examinations, he further added.

100 aspirants in this batch were selected purely on merit basis to undergo the three months' long coaching. Like any other batch for this batch also the coaching was open to all even for those who were not students of the college.

The important among Resource Persons who guided the aspirants include Mr Jimmy Camdir Tok, Mr Taja Yaying, Mr. Duli Ete, Ms. Yitu Murtem, Ms. Joram Renu, Mr Tara Dajom, Dr. A. Panigrahi, Dr. Tumter Lollen, Dr P. Nanda and Dr M. Q. Khan, all from Dera Natung Government College, Itanagar.

HIGHLIGHTS OF THE COACHING CLASSES OF DIFFERENT BATCHES



Coaching class underway in the new building of Commerce Department



Coaching class underway in the new building of Commerce Department



Coaching class underway in the gallery of Physics Department



Coaching class underway in the gallery of Physics Department and Library Hall



Coaching class underway in the gallery of Physics Dept and new building of Commerce Department



CORRUPTION IN INDIA

Mr. Jimmy Camdir Tok
Assistant Professor
Department of history

Now-a-days corruption can be seen everywhere. It is like cancer in public life, which has not become so rampant and perpetuated overnight, but in course of time. A country where leaders like Mahatma Gandhi, Sardar Patel, Lal Bahadur Shastri and Nehru have taken birth and led a value-based life is now facing the problem of corruption. When we talk of corruption in public life, it covers corruption in politics, state governments, central governments, “business, industry and so on. Public dealing counters in most of all government offices are the places where corruption is most evident. If anybody does not pay for the work it is sure that the work won’t be done. People have grown insatiable appetite for money in them and they can go to any extent to get money. Undoubtedly they talk of morality and the importance of value-based life but that is for outer show. Their inner voice is something else. It is always crying for money. It has been seen the officers who are deputed to look into the matters of corruption turn out to be corrupt. Our leaders too are not less corrupt. Thus the network of corruption goes on as usual and remains undeterred.

Corruption is seen even in the recruitment department where appointments are ensured through reliable middle agencies. Nexus between politicians and bureaucrats works in a very sophisticated manner. Nexus does also exist between criminals and police. Everybody knows that criminals have no morals, hence nothing good can we expect from them. But police are supposed to be the symbol of law and order and discipline. Even they are indulged in corruption. This is more so because they enjoy unlimited powers and there is no action against them even on complaints and sufficient proof of abuse of office atrocities and high handedness.

Corruption is not a new phenomenon in India. It has been prevalent in society since ancient times. History reveals that it was present even in the Mauryan period. Great scholar Kautilya mentions the pressure of forty types of corruption in his contemporary society. It was practised even in Mughal and

Sultanate period. When the East India Company took control of the country, corruption reached new height. Corruption in India has become so common that people now are averse to thinking of public life with it. Corruption is not a uniquely Indian phenomenon. It is witnessed all over the world in developing as well as developed countries. It has spread its tentacles in every sphere of life, namely business administration, politics, officialdom, and services. In fact, there is hardly any sector which can be characterised for not being infected with the vices of corruption. Corruption is rampant in every segment and every section of society, barring the social status attached to it. Nobody can be considered free from corruption from a high ranking officer.

Corruption can be need-based or greed-based. Better governance can at least help to check need-based corruption. Better governance can check greed based corruption also because punishment for the corrupt will be very effective and prompt in a better-governed country. The steps should be taken to correct the situation overall. Declarations of property and assets of the government employees are made compulsory and routine and surprise inspections and raids be conducted at certain intervals.

Though it seems very difficult to control corruption but it is not impossible. It is not only the responsibility of the government but ours too. We can eliminate corruption if there will be joint effort. To root out the evil of corruption from society, we need to make a comprehensive code of conduct for politicians, legislatures, bureaucrats, and such code should be strictly enforced. Judiciary should be given more independence and initiatives on issues related to corruption. Special courts should be set-up to take up such issues and speedy trial is to be promoted. Law and order machinery should be allowed to work without political interference. NGOs and media should come forward to create awareness against corruption in society and educate people to combat this evil. Only then we would be able to save our system from being collapsed. We must have some high principles to follow so that we may be models for the coming generation. Let us take a view to create an atmosphere free from corruption. That will be our highest achievement as human beings. A strong youth movement in the country only can remove corruption and each student should take a vow to begin this exercise courageously within the family said Former President Dr. A.P.J Abdul Kalam



PARENTS AS NEXT TO GOD

Nabam Roma
B.A IIIyrs Hons.

Parents are the most precious gift of God for human being in this world. Every child starts their journey in their life. Mostly parents Father, Mother, Grandparent and also brother and sister, they are the best guider for their children. Obviously the first teachers we have in our life in most cases are our parents . They teach us to walk, to speak, and to have a good manners before we face the real world. No matter what is the situation , they always stand with you and give you strength to face the problem. But in return we give nothing to them and instead of obeying their command we always stand against their decisions. We think that our parents try to imprison us by their decision but actually this is not true, they always want to keep us safe and secure and also want a bright future for their children.

There was a time when children used to make parents their “idol” but in todays generation parents are treated as dirt humiliated by their own children. In this case somehow parents are also responsible for their children because they give less attention to their children. It is often said that ‘if you want to make a tree straight then you can only do it when it is flexible i,e when it is stander otherwise it is impossible to make an grown up/mature tree straight. It means through love and care of parents a child can learn good manner.

Mostly we all are from poor background in which our family earn little money for our satisfaction. In this case if we treated as dirt to them then how we can pay back for their unconditional love. My friends if you really love us our parents then let’s obey their command because they know what is good and bad for us and if they are taking a wrong decision then just try to father and mother “(Exodus 20:12). Be glad to have precious gift from our God because they are the next to God.



MY COLLEGE LIFE

Tayom Kena

B.A 3rd years (History Hons)

Wow my collage days unforgettable and in fact . Those days are happy fdays in my life . Every students has . Those days in their life's as well. I enjoyed myself a lot when I was in Junior collage. I have learned a lot from my professors. Whenever I was wrong they corrected me. They used to be very friendly with us. We used to be us competition. No matter whether e win the competition or not, but they used to tell us participation is very important. They were very supportive and encouraged us in all things to grow up in our life's. We used to crack jokes on other's. we used to comment on other's. we used to bunk the class. We used to jump the walls to comment on others. We used to bunk the class. We used to jump the walls for second show movies. If we caught by sir's we led to punish. In fact I experienced. So, collage life is so beautiful, no body can forget those days in their life's and those days will never be back again and gain.



INDICPLINE IN STUDENT'S LIFE

Mr. Bangram Lamgu

B.A 3rd year

The present student indiscipline is the expression deep discontent in society, the spread of education has shattered values. No one has the same old faith in gods and idols. No one has the same old devotion to parents and guardians can no longer command respect on religious grounds . Then with education the need for a higher standard of living has appeared but most of the young people find no way to meet this need. They cannot hope to get good jobs. There is no programme for same alternative work for them. In the political field ministers and policemen behave much like the British rulers. So field there is all – round frustration and desperate students take the path of indiscipline.

WOMEN EMPOWERMENT

Miss Takam Kaje

BA 3rd year

Women empowerment is empowering the women to take their own decision for their personal dependant . Empowering women is to make them independent in all aspects from mind , thought, right , decision, etc by leaving all the social and family limitations. Women empowerment is very necessary to make bright future of family , society and country. Women need fresh and more capable environment so that they can take their own right decesions in every area.

According to the provisions of the constitution of India , It is a legal to grant equality to women in the society in all spheres just like male.

India is a very famous country known for its cultural heritage, traditions, civilizations and geographical features from the ancient time. On the other hand , it is also popular as a male chauvinistic nation. Women are given first priority in India however on the other hand they are badly treated by the family and society. They were limited only for the household chores or understand the responsibility at home and family members. They were kept totally unaware of their rights and own development. People of India use to say this country as “Bharat Mata” however, never realizes the true meaning of it . Bharat Mata means the mother of Every Indian whom we have to save and care always . Women constitute half of the power of the country so in order to make this country a fully powerful country, women empowerment is very necessary. It is empowering women to understand their right to be independent in every area for this proper growth and development. Women give birth to the baby means future of the nation through the proper growth and development of the children. Women need to be empowered instead of treating as a helpless victim of male chauvinism.

With the slogan of women empowerment the question arise that “ Are women became really strong? and “Is long term struggle has ended ? Many programs have been implemented and run by the government such as International Women’s Days, Mother’s Day, etc. In order to bring awareness in the

society about the true rights and value of the women needed to be in number of spheres. There is high level of gender inequality in India where are ill treated by their family members and outsiders. The percentage of illiterate population in India is mostly covered by the women. The real meaning of the women empowerment is to make them empowered, well educated and leave them free so that they can be capable to take their own decision in every field.

The most famous saying said by Pandit Jawahar Lal Nehru is “To awaken the people. It is the women who must be awakened. Once she is on the move , the family moves, the village moves, the nation moves.” In India , to empower the women, first it needs to kill all the demons killing women’s right and values in the society such as dowry system, illiteracy, sexual harassment inequality, female, domestic violence against women rape prostitution , illegal trafficking and other issues. Gender discriminations in the nation bring cultural , social, economic and educational differences which push country back . The most effective remedy to kill such devils is making women empowered by ensuring the rights mentioned in the constitution of India.

108th Constitutional Amendment Bill(also called women reservation bill) was passed to reserve 1/3rd of seats for women only in the Lok Sabha to make them actively involved in every area.

Therefore , if you empower a man you only empower a man, but if you empower a woman you are empowering a whole society.



DISCIPLINE GIVES FREEDOM

Mr. Bem Tata
B.A Final Year

Freedom is not procured by a full enjoyment of what is desired but controlling the desire.

There is a misconception that freedom means doing your own thing. One cannot always have what one desires. Many times it is not easy to comprehend the benefits of good value and discipline. It may even seem more profitable enjoyment and convenient to do otherwise. All we need to do its see countless instances where lack of discipline has prevented people from succeeding .

Rather than the restrains of discipline puling us dawn discipline is really taking us up. That is all about discipline.

HEALTH

If we lose our health in the processes of earning money than we lose money in trying to regain our health.

SOCIAL RESPONSIBILITY

In the process of making money if we neglect our social responsibilities and left society deteriorate we will become a victim our self.

*Knowledge is potential power.
Wisdom is real power.*

LACK OF DISCIPLINE.

What is discipline ?

Discipline does not mean punishment after a wrong is done it is imposition ? Does it take away freedom?

The answer is none of the above discipline does not mean that a person

takes off his belt and back up others. That is madness discipline is loving firmness. It is direction. It is prevention before a problem arises. It is tract to run on. It is harnessing and channeling energy for great performance. Discipline is not something you do to others but something you do for those you care about.

Discipline is an act of love. Sometimes you have to be kind not all medicines are sweet, nor all surgeries, painless, but we have to take them. We need to learn from nature. We are all familiar with that big animal , the giraffe . A mother giraffe gives birth surface from the cushion of his mother's womb onto the ground.

The first thing the mother does is to get behind the baby and give it a hard kick. The baby gets up, but legs are weak and wobbly, and the baby falls down. The mothers goes behind the baby again and gives one another kick. The baby gets up but falls down again. The mother giraffe keeps kicking till the baby is able to get on its feet. Why? Because she knows that the only chance of survival for the baby is to get on its feet, otherwise it will be eaten up by a predators.

My question to you is this an act of love you bet it is .

Children brought up in a loving disciplined environment , when they grow up, end up respecting the own parents more and becomes law abiding citizens.

MY THOUGHTS

Thought moves logic. Emotions move feelings. Motivation moves us into action

***A time is everything
Every time we do something
Good, we rise a little bit
In our own eyes and the
Reverse is just as true.***



FAILURE IS THE PILLAR OF SUCCESS

Bri Natung

B.A IVth semester

Failure is not mortal; it can be the stepping stone to success, if you can make the failure to work for you. Failure are our best teacher, they are the mirrors who show us our need face.

Every successful person fails at sometime. Failure tells you about your weakness, shortcomings, lack of preparations, and lack of efforts. Making a mistake is not a enigma, and the ability to learn from it contribute to lasting success. Extract the lesson to be learnt from failure and try again with redoubled vigour. Facing failure make us stronger, wiser more resolute and impulses on to greater efforts.

Failure means lack of preparation, lack of competition, lack of analysing the things properly. All successful men have failed, not once but....several times, in their life. But they analysis the things in real perspective and tried again with more vigour and zeal and got success. Failures should not be allowed to create frustration, desperation or disappointment. Instead failure should be taken as a boon which gives you strength to fight back with fierce fearlessness and invulnerable zeal.

One who tries is always better than the one who dare not try. Blessed are those who once failed, is saying worth to follow. It means that the failures make us capable to evaluate our shortcoming and clarify us to reach the higher ideals, higher flanks.

Abraham Lincoln failed many times in his life, but never got frustrated and fought with more determination, with full devotion and become the president of America.

Nothing that comes too easily is worth satisfying? When you want to a success, be ready to pay the price of it, which includes braving failures and

setbacks and remaining persistent with your effort till the goal is reached.

Mere idle talk, day dreaming aimless drifting do not take you to goal but, only divert your attention and dissipate your energy and strength hardship ,obstacles, failure are normal impediments in the way of success. They are not to be evaded but are to be faced bravely, courageously and with double vigour.

A child can seldom learn to walk without making sustained effort in the process drait tumbling and falling down a number of times. His failure never deters him from standing again.

The failure is the real indicators of success. The failure gives us clues to ratify our mistakes and tell us how to club our efforts in the right direction so that one day we get success positively.

Little mind are termed and subdued by failures, misfortunes, but great minds rise above them. We must face every adverse circumstances as master. Failure is the pillar of success, stepping stones to success.



JOKES

Tyson Lida
B.A 3rd year

Ones Lalu was travelling on a Plane. an air hostess come to him and asked "sir, are you vegetarian? But Lalu did not understand English. he replied, "No... No... listen Madam Iam Indian."

The air hostess understood that Lalu Did not understand English.

Air hostess: "Mahadaya, Aap Shakhari hain ya mansahari hain?"

Lalu: "Yeah kya kaha sasuraha, main tho bihari hoon."



ALCOHOL

Mr. BEM TATA
B.A. FINAL YEAR

In my travels I have noticed that in some countries drinking every night has become a national pastime. If you don't drink, they look at you as if there is something wrong. Their motto is, "It doesn't matter how bad your English is as long as your scotch is good." If a banker asks them what their liquid assets are they would bring two bottles of scotch. After a few drinks, inhibition goes down and exhibition goes up.

Drinking and smoking are glamorized today. It all starts with the first time. If you ask people why they consume alcohol or take drugs, they will give you a host of reasons, such as to celebrate, to have fun, to forget a problem, to relax, to spend money, to impress others (It is cool to drink) to be fashionable; to mingle, for business purposes. Research shows that one out of seven casual drinkers become alcoholics.

People want to conform to peer pressure. I am amazed at the way peer pressure compels us with phrases such as "Aren't you my friend?"

***One for the Road."
One for the health."***

The following poem from an unknown author explains the dilemma of a social drinker well.

***I've drunk to your Health in taverns
I've drunk to your Health in my home.
I've drunk to your Health so dawn many times.
That I've almost rained my own!
Alcohol effects on the body
Alcohol effects on the liver
Alcohol effect on the brain***

When you drink alcohol, it's absorbed into your bloodstream in every part of your body. Alcohol consumption causes physical and emotional changes that can do great harm to your body. The long term effects of alcohol abuse may put your health in serious jeopardy. Brand Alcohol is a depressant, which means that it slows the brain, Alcohol also alters the brain chemistry and increased the risk of depression and anxiety. Drinking heavily over a long period of time can also have long-term effects on memory, with smoking and tobacco etc.

MOTIVATION- How Does it work ?

Once you understand what causes motivation you can motivate yourself and achieve your goals and you can inspire others too.

Your internal motivation is your drive and attitude. It is contagious your attitudes are the key to getting the response you want from others. How does a person stay motivated and focused? one important tool that has been used by athletes for a long time is auto-suggestions are positive statements' made in the present tense and repeated. In other words, it is positive self-talk. For example let's say you're just starting a new job.

Several times each day you might say to yourself. I feel more and more confident every day, or let's say your child's behavior, "I am calm and patient."



RACISM VS DEMOCRACY

Techi Piter
BA IV (sem)

Racism is not an unfamiliar term for India. It existed here for many years and it may continue to exist if the citizens of India do not feel India as one nation. India being the largest democracy of the world should be more open to diversity and differences. There are three major racial groups living in India, namely, the Aryans, Dravidians and Mongolic race. Geographically, too, they have been in different regions of the nation. All the three races and the minor races together form our nation. In fact, we see around us people dividing among themselves in the name of ethnicity, religion, culture, language; gender etc. Racism has the most long standing history of division in our country. We are indebted to the framers of the constitution by which we are made citizens of a secular democratic country. There is no room for hot argument and debate on various issues on the basis of religion, culture, race etc. It is high time the law makers and law implementers be aware of the principles of the constitution set before us.

Recently, India has witnessed a number of cases where racism was involved. Racism in India has become intolerant and it is a big challenge for our motherland. Racism originates from wrong belief that a particular race is superior to others. Such beliefs create a sense of disgrace among different members of a society and they look down upon other communities as inferior. The youth of north east who migrate to metropolitan cities for their higher studies have become victims of racism because of their looks, freely like style, clothing, food habit etc. Every race faces discrimination in one way or other. There is incidence where one group of people raise against a minority group and try to dominate and overpower them. The people of India are not satisfied in their own country. Can we call India a secular?

The Africans had suffered from racism on account of their colour differences. Nelson Mandela wanted to uproot racism from Africa and fought against it till the end. He became an idol for the Africans for his united effort

in this field. Can we hope that the BJP government. Would eradicate racism and communalism along with its vision for a clean India? Time has come for us to open our eyes to the truth and to the reality around us. Differences break us while similarities bind us.

Let us be the first one to respect the cultural, linguistic and the religious differences in our own society and the state. We must forge unity out of diversity to make India a better place to live in.



Nabam Bida Hina

A LATE STUDENT GET SUFFER

Nabam Bida Hina

BA 3rd year (Pol. Sci. Hons)

A late student is an enemy to himself. He is a nuisance to everyone and is disliked by all other student friends. Parent also dislike their children who are late. He suffer for that if he gives word to his friends and cannot keep it may lose his friends. A late student cannot even say his prayer in time. Not only that but he cannot perform well any of his work on time. As result he suffers gratly due to not maintain proper time management. He never does well in examination and find it much difficult to even pass the exam. A late student misses their precious opportunity at the right time. A late student will spoil their life day by day due to his laziness. A late student wake in late in the morning and goes late to the bed. He has no proper timing of breakfast, lunch and dinner. He can't perform his daily work properly. As a result he doesn't get any scope of performing any extracurricular activities and he struggle throughout his life. So a late student should have alert their life. The root of this suffering is simply one-not being punctual. So if anyone want to get out of this ever struggling phase from his life there is only way-BE PUNCTUAL.



Q. WHY ARE TREES SO IMPORTANT ?

MR. BEM TATA
B.A FINAL YEAR

Trees are vital as the biggest plant on the planet they give us oxygen store carbon, stabilize the soil and give life to the world's wildlife they also provide us with the materials for tools and shelter.

THE IMPORTANCE OF TREE

Their root holds the soil together, helping in preventing flood and soil erosion. They provide us with fruits and vegetables the roots, leaves and flower of some are edible as well.

They provide us with wood and different kinds and fibres. The coconut tree, is the best example: It gives us its fruits, its leaves are used for making brooms etc, its coir is one of the most durable fibres available in nature and trunk is used to have medicinal properties: For example, the bark of cedar trees is a cure for cough and cold. The trees make any place beautiful. Most importantly they maintain the oxygen content in air which is crucial for our survival.

COMMUNITY AND SOCIAL VALUE

Trees are an important part of every community. Our streets, parks, playground and backyard are lined with trees that create a peaceful aesthetically pleasing environment. Trees increase our quality of life by bringing natural element and wildlife habitat into urban settings.

We gather under the cool shade they provide during outdoor activities with family and friends. Many neighborhoods are also the home of very old trees that serve as historic landmarks and a great source of town pride.

Using trees in cities to deflect the sunlight reduces the heat effect caused by pavement and commercial buildings.

ECOLOGICAL AND ENVIRONMENTAL VALUE

As trees contribute towards environment by providing oxygen , improving air quality , climate amelioration , conserving water, preserving soil and supporting wildlife. During the process of photosynthesis, tree takes in carbon dioxide and produces the oxygen we breathe. The trees shrubs and also filter air by removing dust observing other pollution like carbon monoxide, sulphur dioxide and nitrogen dioxide.

Trees control climate by moderating the effect of the sun rain wind. Leaves absorb and filter the sun's radiant energy keeping things cool in summer. Trees also preserve warmth by providing a screen from harsh wind. In addition to influencing wind speed and direction ,they shield the down full of rain , sleet and hail. Trees also lower the air temperature and reduce the heat intensity of the greenhouse effect by maintaining low carbon dioxide.

Trees absorb and store rain water which reduce runoff and sediment deposit after storms.

Trees absorb and store rain water which reduce runoff and sediment deposit after storms.

Trees helps the ground water supply, prevents flooding . Fallen leaves make excellent compost that disperse seeds over great distance. Of course hundreds of living creature call trees their home. Leaf covered branches keep many animal , such as birds and squirrels out of the reach of predators etc.

“GOD EXISTS”



Jarpi Kayi

B.SC.VIth semester

The love of god toward us is unmeasurable, mysterious and stupendous. The only thing we have to do is believe in him. But some people think that god doesn't exist in this world. The reason why they pondered like that is due to divertimento? failure, heartache, feeble, set back and all the negative outcomes in their life, which they encounter everyday.

They turn away from god probably because they were hurt in the past. In spite of praying or keeping god in their heart they starts to walk in the wrong path working for shortcut without realising its result. They just think god is not omnipresent he is not going to judge, so he doesn't care about their deeds. But we should always keep in mind that “we reap what we sow”. Before we can know god and understand his great plan it is first necessary for us to believe that he exists and that he rewards all who diligently like him. Our concern should be in very obvious way that god exists. While encountering all problems, we have thanked to god instead of castigating him. Did we ever recognise that god gave us a gift of 86,400 second a day? So, despite all our struggles and hurdles, we should give our few minutes to thank god every day for keeping us alive and happy.

We should also keep in mind that no matter how many times we fail in life, god encourages us to go on and finally lead us to the things which are best for us. So, delight yourself in god; and he will give you the desires of your heart.

GOD EXIST



Kekmi Yomgam

B.A IIIrd Yrs

One day the professor of a university challenged his students with this question, 'Did god create everything that exist? A student answered bravely, "Yes, he did, The professor than Asked," If god created every thing then he created evil? (Noticed by our own action).

So god is evil. The student couldn't respond to that statement causing the professor to conclude that he had probed that belief in god was a fairy tale, and therefore worthless. Another student raised his hand and asked the professor, may I ask a question? 'Off course" answered the professor. The young student stood up and asked" Professor does cold exist?' The professor answered," What kind of question is that? Off course the cold exists... haven't you ever been cold?" The young student answered," In fact sir, cold does not exist. According to the laws of physics, what we considered cold, in fact is the absence of heat. Any thing is able to be studied as long as it transmits every (heat). But darkness is not the subject. Absolute zero is the total absence of heat, but cold does not exist. What we have done is we have create a term to describe how we feel if we don't have body heat or we are not hot." And does dark exist?, he continued. The professor answered, "Off course." "This time the students responded," again you are wrong, sir, Darkness does not exist either. Darkness is in fact simply the absence of light. Light can be studied, darkness cannot. And there are on lights (optics etc). Darkness cannot be broken down. A simply ray of light tears the darkness and illuminate the surface where the, light beam finishes. Dark is a term that we humans have created to describe what happens when there's lack of light.

Finally, the students ask the professor, "Sir, does evil exist"?

The Professor replied "Of course it exists, As I mention at the beginning we see violation, crimes and violence every where in the world, and those things are evil.

The student responded, “Sir, evil does not exist”. Every body got shock by hearing the answer of the boy and asked how? The boy replied, “ Just as in the previous cases, evil is a term which man has created to describe the result off the absence of god’s presence in the heart of man”.

After getting answer by the boy every body in the class became silent by surprised answer and after this, the professor bowed down his head and did not answer back and stood with pin drop silence.

The young man’s name was none other than the great physician sir AL-BRT EINSTEIN.



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FACTS ABOUT JOURNEY IN REALITY

Kekmi Yomgam

B.A IIIrd years

A journey is nothing with the journey of adventure and discovery from place or above the mountain to low land.” It covers a very long distance. It is the journey of maturation and completeness- from subjects to subject’s discussion to guide or find a real persons life to management of human affairs, inquiring into faiths, and unity of minds. The domain kept expanding. It is the journey of truth and authenticity with having to make a journey of love, devotion and passion, a journey of compassion giving and service. And the person must have the realization of the nature of soul and reality, a journey of insight and learning, a journey of fulfilment of life and human potential, a journey of inner freedom, journey, journey, and journey till the end. A person should connect with his environment with his important essence which is grace, dignity and compassion. Such connection will help them soil through the vicissitudes of life and the adversities of their times. Finally they will live any life that fits their circumstances in harmony and peace. The angel is free because of his knowledge, the beast because of his ignorance between the two remains. The sun of man has to struggle.

The truth of life

A joke say, life is funny,

A rich man says, life is money

A beggar says, life is a struggle,

A wise man says, life is a puzzle

A layman says, it’s meant for leisure

A saint says, it’s the way to reach the almighty

But I finally think that, life is a unsolved mystery.

Life is like that

Life is like a river, without its bends and rapid falls, you must follow the right path or else you will lose your way. Life is like a box of chocolate. You will never know what type you are going to get. Life is like eating jack fruit. First you have to break through the skin, and then you take a couple of bites to get used to the taste of it. Life is like a novel. You are the author and everyday is like a new page. Life is like money, you can spend it any way, but you only spend it once. Life is like a pencil, you can sharpen; you can correct your mistakes.



TRUST OURSELVES AND DREAM BIG

Toku yammer
B.COM VIth semester

No battle can be won without commitment of the troops and the leaders. Each and everyone must be fully dedicated to the cause. The side which is committed will certainly emerged victorious. Trust ourselves in our own inner wisdoms,

We can make everything perfect if we pay great interest on our every work. Trust ourselves and dream big and also know that the great desire builds the cut of man.

The dream big is easy and is not a crime but it is an opportunity and this will come true only, if we trust ourselves and try it hard. Life is incomplete and handicapped without confidence and dreams.

So trust ourselves have confidence and face the challenges of our life and make our dream come true. Hastily I believe,

The best way to predict the future is to create it.



A PAGE FROM A STUDENT DIARY

Tai James

BA IInd Semester

Just got a scolding from a girl. Look this is how and into this always. Intentional wasn't my idea. I just wanted to know her. But she couldn't catch my joke. Where are you my angel? It isn't myth. People say there are things obvious to a really satisfying and enjoyable life. But as for this poor soul; those obvious like love to a girl, love to an idea, three friendship, and addiction haven't occurred to me even yet.

There juice is vigore in every soul. But I see no purpose in its value. My aim and focus is so dispersed and dispute. I don't think s'll land into any heaven safer heaven than hell and jail. What's this life for? When and can I make anything out of this dull world?

Reminiscing of parents of their hard work and love, their believe and expectation, I land into no jackpot. How could I have won the sperm race? I'm not even a racer. There's no excitement in anything than to jot down myself in this plain pulp of bamboo.

When so much of blood is running through my veins, then where is my love towards the world? I m somewhere far away. Really far away from definite and at this time I love as well as hate people seeing people booze. What's there so strong in -OH? What love does exist between boys and alcohol? They yearn for each other so much. But then again my warning instinct turns red-love kills. I forgot to dream and even expect a girl to love me. Course of I will never be able to make it up for them.

What friend? Girl friend? Best friend? Boy friend? Good friend?

In this void space of my present self, I find no difference and distinction in the above.

"I" is so funny." I" is so selfish. "I" is so self centered."I" is memorable. "I" is so imaginable. "I" is so important to "I". "I" is so ready to detach."I" make the love complete." I" is tired. so "I" stops here. So bye "I".



A GOOD LIFE

Sajen Rebe

B.Com IIIrd Years (Accnt. Hnrs)

We are most beautiful and smart creatures on this earth having not enough time which we wish to live on it. In this short time, we need to do some things which are good for personal, relatives, society and others. The goodness here means the entire human's qualities and activities which are acceptable by the whole world. But these days everyone sometimes becomes a good and sometimes become a devil due to education. So if we want to have a good life in this modern days. Then we should be educated and we must carefully apply our education with a positive frame of mind.

A good life is said to be resulted when a person is educated and carefully applies his education, lives his whole life healthy with family, relatives and society, doing good business, and always try to convert negativity too positivity.

Be a real man, thinks positive, educates you and carefully apply your education, love and care your self and others. Doing things positively will let you see a good life in future.

Live a good life at present, feel it with proud and full face before when you become a child again (old men or women)



BEAUTY OF ARUNACHAL PRADESH

NAINA SONAM

B.A IIIrd years (Geo. Hnrs)

The land of rising sun, attract many tourists for enjoyment and fun with flourishing evergreen greeneries everywhere, a shelter to hornbill, tigers and mithun. Share with wonderful scenic beauty which is not behind the beautiful oat. The Himalaya mesmerising shows scenic gives satisfaction as any great wins with siang, kameng, subansiri and mori rivers. Attract natures and re-search eager beavers.

The Apatanis, the Nyishis, the Adis and many other tribes of state take different ways to make state shining and sparkling as the sun rays. Tawang with awesome lake and huge monasteries. It linked with important Buddhist and war histories. Bhalukpong avails you with river rafting and trekking and Nam-dapha with plants, animals and other natural makings. Though a diverges state it seems its unity is not behind any great teams.



LIFE

Mandakini Pame

B.A IIIrd years (Pass)

Life is the sum of experience that we encounter as we go through life.

Day to day struggles and triumph are experienced by all of the world's creatures. As human beings when we encounter a challenge, we have freedom to choose how to react. Every decision that we make leads us down to a different road we will come to exactly the same cross roads. Every decision that we make has significance. The tiniest choice that we make will be remembered throughout the universe.

LIFE IS A STRUGGLE

Nanu Maga

B.A IIIrd years (Pass)

A life is a series of struggle to survive success. A man was to fight against numerous odds from sixth to till death. The struggle become more and move. Difficult rise day by day.

Even a new born baby has to cry a lot, then he has not been fed. In Every phases of our life, we have to face lots of things happening around us. Life is all about learning adopting and converting all the struggles that we experience into good way. Some time its very hard to explain other that why all people living different life in the world. Change does not role in the every step of life but if we need change then we will struggle continous, so we must straighten our backs and work for our freedom. A man cant ride you unless your back is bent human progress is neither automatic nor inevitable ...

Every step towards the goal of justice requires sacrifice, suffering and struggle. The tireless exerting and passions of dedicated individuals. There is no success without struggle, success is the outcomes of constant hard work, sincerity and dedication. Those who endure the struggle of hard work, They will be gain success and will see their dreams transformed into reality.

Struggle plays a vital role in our every sphere of life. Strength and growth comes only through continuos effort and struggle. So we have to reach our goal and we need to do it with smiling face smile because without struggle we can't progress, therefore struggle gives reward and pleasure in our life.



RESPONSIBLE

Lindum Mama
BA IInd Semester

Even with full of responsibility, we take step to relax. That's our need; does it ever occur to you like you feel free and empty even when you are so full knowledge and facts?

Our imagination can conquer anything and everything with anything. What is the word for a person who always imagine and line is life like in a plot of imagination?

With our reasoning skill, if we get the inspiration we will flow honey and milk all over the land, but that's not Alfred Nobel exactly wished.

A boy needs a girl, water requires a contender, blood need veins, and bones need flesh. There is so much delight in everything if we start everything as a little love. You and I define and recreate each and every second in this world, a room needs people, knowledge needs mind, a book needs a reader. We are all connected. Do not try to break the connection. There is love in connection. Keep alive and achieve struggle.



PREM BIN BAYI AND THE ANGEL **(STORY)**

Taw Jibing

B.A IIIrd years (Pass)

“PREM BIN BAYI” was a noble soul, he loved both mankind and God. One night he was fast asleep and that night he saw an angel in his dream. The angel was busy in writing something in his diary. Prem asked the angel what are you doing? The angel told him that, he was writing the names of those person who love God. Prem was pained to learn that his name was not figured any where in the list.

Prem requested the Angel to record his name among those who love mankind. The Angel agreed and did the same. The angel appeared again in Prem’s dream next night . Prem saw list of the persons whom God loved. He found his name on the top of the list. After two weeks of dreams, Prem Bin Bayi was dead. He lived eternaly life in heaven.

MORAL - One who loves mankind loves God.



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POEM

NEW YEAR WISHES TO MY DEAR STUDENTS...



-Dr. M. Q. Khan

*May God shower
All human power,
Elevating you higher and higher,
Pouring the holy honey-
In your life's journey!
Be blessed and bright;
Have new eyesight;
Remain always at the height
Of happiness and delight.
Go forward day and night,
To achieve miraculous might;
And to render this dark world
Pure educational light-
Have study's full diet.
Drive the day of the year-
And welcome the success without fear.
Bring the needy near-
And solace their tear;
With your love and care;
Treat even the enemy as your dear.
Respond all and hear-
But do only what is right and fair.
Listen to the voice of your conscience-
Don't let anyone darken your sense
Cut the corruption's soaring kite,
Against the evils always fight.
The cruel cloud may hover-
Yet don't surrender.
Be firm and resolute,
Struggle and win the honour.
Lead the day-
Keeping evils away;
Break the brutal knife-
To save the weaker's life.
Love good and be good;
Make your words as sweet as Hungry's food.
So that-
The voice of your tongue
May live long.
I wish every girl and every boy
Sweet success, sound health and ecstatic joy!*

FRIENDSHIP



*My heart sings with praise, to the lord almighty,
The king of all creation for bestowing me with a priceless gift.
Who will walk neither ahead of me nor behind me?
but who will walk beside me for eternity.
This bond is the bond of friendship.
Which I treasure the most.
Among is the best one
With whom my most precious period
The reminiscence of childhood being so nostalgic.
O friend! your role in my life has added
colour to my world which never fades.
Your helping hand without any effort
like ever flowing stream whose effortless flow, never stopping
nature of you.
Thank you for being there for me always
Will this be enough?
Not really
The company you have given me has added broader
meaning to my life. The art of all the thanking
and praising words gathered seems to me like a flake of snow
The only choice left to me is to
treasure the memories of days.
Spent with you, In my heart,
This for sure, will never be forgotten
Except for the day,
When I close my eyes for eternity....*

Yai Pangu
B.SC. VIth Semester

MY SWEET DNGC ITANAGAR



*Our college is a heaven
Knowledge is what we earn.
Teachers (lecturers) friends are part of our college.
Without them, it is not a college
Teachers' duty is to teach and students' duty is to learn.
The best part in my life is being here in my Dera Natung Government College Itanagar.
tools are turn into intelligent being through
Our blessed teachers.
Teachers do mind mistake, but they change our lives, we live.
No matter where I go or how far I may go to places, I will be always proud to say
That Dera Natung Government College is my college.
I believe, life is about making our happiness and living by our own rules.*

Toku Yammer
B.COM VIth semester

A LIFE WITH GOODNESS

*Beyond the skies, I glimpse a life,
An angel swings, a lucky dive,
A walk in night of mellow lights,
The face of god's awe lovely sights.
A beauty that such stones could sing
A tempted touch, a wondrous thing,
That silent might would sing a song,
Relived the joy I had so long .*

*The song of skies, her voice so be
The song of birds and of the bee .
When beauty heals this sorrowed heart
And life is but a season holy when breeze blows with melancholy.*



Tamchi Papung
B.COM IInd semester

MY DEAR BELOVED MOM

Oh! Guiding light of mine, every day you shine.
Only to make me happy, and to keep me fine.
 Never had you let me cry, even your lips get dry.
 The time I use to fall, when my leg tremble,
you were my strength and you were my all.
You endure a lot of pain, to make me fine and gain.
 You taught me to talk, you taught me to walk, even to write,
 by giving board and chalk. As I grew you become weak and slow,
I screamed, I cried, the day you closed your eyes.
Never will I forget your love, faith and you're caring,
 and everything you give me.
 Cause you are my mom. And I will always love you.

Tami Jetli
B.A IInd Semester

SONG IS SWEET

Song is sweet, listen it,
And never quite.
Songs make us calm,
So by listening it, it makes us to doze off one arm.
Song is a sweet gift,
so it remains in our heart.
And it dose never shift,
Even old people say, it is sweet.
Listening to song old and new
which adds to the beauty of life like
a drop of dew on a leaf.



Shyam Cheda
B.A IV Semester

MY LOVE



*I'm lucky to meet someone like you
I have got nothing to love.
The kind of music is you
All chance for a different world
"Lust of love"*

*Don't ever change, Im in love
I don't wanna live a tragic life
Say! "You are not tragedies"*

*Can't stand a chance, when you smile
You are the happy person
of my static life.*

*I'm afraid I will over dose myself
Sequence, place, events, time tell me!
"I don't know where are you"?
"How are you"?*

*I hope you find that one key
Unchain me of my day dreams.*

Taba Reema
B.SC.IInd semester (CBZ)

I LOVE YOU

*All around music being played;
Hear loud and happy shouts;
Legs and the ground in perfect sync ,
But my evening so prolific.
My mind numb,
Tried the satellites help
But yours "its switch off".
Your distance and sweet lips so far
A poignant child in me is born.
Your recording immigrate me for now.
How long and till when can I survive this?
Well laughing and crying,
I tried both
And all seem unreal and fake
I miss you
And don't like to miss you.
My hearts nucleated of you
Never so ending
Can no longer conceal
Have become so much a clarion call
To gush to know you;
"I love you"*

TABA REEMA
B.SC.IInd semester(CBZ)

LOST



*Every day is a tiny step
Away from my great shepherd
I felt alone in the whirlwind
I can't help myself*

*I know there is a way back
But I can't see the path!
Suddenly I was blind,
I'm so alone in the dark*

*And out of fear I cried for help
I was expecting for my friends
But they were gone I'm so alone
I was discouraged even more!*

*But there is one I haven't called yet
My cries He heard, my sorrows He felt
Love and help He offered
But I reject, my God was hurt!*

*But He'd never let me go
He pulled me out of the shadow
He opened my mind He brighten my path
I was restored by His unfailing love!*

MR.TAKAM KAKI

B.A.Final year

MY HERO



*You write the story of your life
So, write one awesome story from inner core of your heart... ..
Change those which were wrong, live freely
And let live free... .
Those boys whose eyes are full of tear not of angry,
he Is my hero...
Those girls whose sight never down,
Who touch the sky
She is my hero... ..
Those women who come out from shadow,
And show herself to society
She is my hero...
Everyday who gives courage and support,
He is my hero...
Those mother who take care of home and family,
With her office works,
She is my hero... ..
Those father who raise his daughter
With pride as son
He is my hero... .
Become hero of own life;
Take charge and make it happen
It is all in your heart, all there -
Its time for change.... .*

Taba Reema
B.SC.IInd semester (CBZ)

REVENGE

*The best revenge is just moving on
and getting over it.
Don't give someone the satisfaction of watching
you suffer.*



JEALOUS

*Guys don't get jealous for any reason.
If a guy gets jealous over you,
he really cares about you.*

LIFE

*My life, my choices
my mistakes, my lessons,
not your business.*

PROMISE

*I can't promise you a perfect relationship with argument and difference.
But I can't promise you as long as you are trying I'm staying*

Nabam Yallam
BA.IIIrd years (Pass)

WOMEN EMPOWERMENT

*The producer of human
loving, caring and full of grace.
Many are lonely, stressed and very bad,
because of conservative husbands
and bad in laws.*

*They think that women are meant
only for household work.*

They are crucified even for a single croak.

*They have to be given a chance,
and then only they can show their dance.*

*Being a man nobody's choice,
it is a gift so prejudice.*

*Open your eyes ooh fools,
don't make your own rules.*

*Men and women are same, slightly
different in their game.*

*Come on women stand for your right,
it is you who have to fight action is the way,
hope courage and confidence is what you have to pay.*



Naina Sonam

BA IIIrd years (Geo. Hons.)



LIFE

Life is naturally
Live with compulsory
Friend is destiny
Enjoy with purity
Education is priority
Respect is proudly
Discipline is dignity
Cure with continuity
Love is honesty
Grip with gracefully
Marriage is publicity
Value with absolutely
Alcohol is commonly
Avoid with patiently
Struggle is obviously
Face with strongly
Problem is definitely
Solve with happily.

Rita Das

B.A. 3rd year

WISH I WAS NEVER BORN



I open my eyes,
Inhaling the worldly air.
And to live a dream that
no one dares.
But the man who is my father
doesn't seem to care.
"I wanted a son" he glares.
Alas! I am a burden I thought
as he walked away from the sight.
The hope inside me shattered.
And life doesn't seem right.
Don't you worry my dear,
a voice whispered in my ear?
I could feel a warm hand
cares me.
"My little princess" she said
you are going to be okay.
She convinced me to live on, so do I.
When I turn 13,
every thing really changed from sour
to sweet. Until that night,
one like no other.
A man in a mask grabbed my hands,
before I knew it, I was captured.
I couldn't shift,
frozen in fright. As he proceeds,
my mouth he holds.
Down my cheek, the first tears rolls.
He leaves me apart, like a little beast.
Dragged me along while holding my hair.
Next thing I knew, an unfamiliar place.
Where I was stabbed with a sharp knife.
Memories starting flashing back.
All I wanted to say was one last good bye.
Laying lifeless on the ground. I wished I was never born,
If my life was to end in a brutal way.
All I could see was the demon grin pitilessly, while I gave one last breath.

Rangne Sorang

B.Sc. VIth Semester (Btnty. hons.)

LOVE YOU GOODBYE



The cold night slowly passed over,
Away a mile from you my love,
Your love with me a peaceful dove,
Your sleeky head on my weary shoulder
The morning of the forest,
My last touch of your cheeks
The sweet kisses of your lips,
My eyes open, my heart close
As I went, you gave me sweetest cry,
My mother by your side.
You pushed me low, kissing me goodbye
As long as me, thou abide.
I lay with you, if you die
You my Bonnie, I your Clyde.

Peter Bengde
B.A IInd Semester

MY FUTURE



They want me to be prepared for the future that is near,
But the truth is I'm scared because mind is unclear.

Now I lay here in my bed, my memories slowly eating me.
So many questions in my head, about how much my future will be.

Will my dream come true? Will I find a house to call my own?
Will I find someone to turn to, or will I be forever alone?

These questions I ponder and so many more.
Yet, my heart grows fonder; to the mystery my future has in store.

Mandakini Pame
B.A IIIrd years (pass)

THE UGLY AND THE BEAUTY OF REAL LIFE

Betrayal

Love

Loyalty

Respect

These all part of real life.
All part of everyday life.
Part of the life we live.
Part of life that shall never change.

Real life is no game.
Real life is dangerous.
Real life brings pain.
Real life brings fear.

Real life isn't easy.
Real life is the world and the world is real life.
Real life is full of sorrow and hate.
For real life brings joy and happiness.

Also brings betrayal and death.
Real life is precious and wont last forever.
So, enjoy real life as long as you can.
Before its gone and never comes back.



MR.TAKAM KAKI
B.A.Final year

EXAM



Exam is passing by
students are reading books
saying how the
exam come so fast.

Tension are growing high
understanding are going down
at this moment.
Why we can't understand

pressure are increasing daily
slumbering are decreasing mainly
why you give.
So much of pressure.

Exam!! exam!! exam!!.
Want us to be great wish us to do best.
Yes! yes! yes! yes! yes! yes!
Exam..... now I know the important of yours.

Jomo Tadap
B.A IIIrd years (Pass)

KNOWLEDGE



Knowledge is key to a healthy mind
it makes us loving and kind.
Knowledge increase lots of ability
men live in quality and dignity
shoulder the mankind's highest responsibility.

Through knowledge only
men reach the moon,
Mars is not far away
we may be there soon

Knowledge bestowed upon us lots of boood
sustain the precious human life
like a feeding spoon.

Knowledge pushes one from
darkness to brightness.
Sparkle the lamp of happiness
erase the worries and anxieties
from human life it shows the right way to survive.

Jomo Tadap
B.A IIIrd years (Pass)

I MAY NOT MEET YOU AGAIN!

*College, I never want to go away from you
But I have to leave after some years
It's not my desire, it's will of god
Because everybody is foreigner and from other universe
We will go back to our native soil
So, I may not meet you again!*



*Dear lecturers and all other staff workers
Your teaching, caring and guidance are superb
I want to be with you my whole life
But I must choose my way of life
It's a compulsion of every student
But I will keep you in my inner heart wherever I go*

*Dear Hostel mates and day scholar friends
Every moment I enjoy everything with you like village people
Every moment I share everything with you like a family
I want to be enjoying and sharing with you until my last breath
But I must leave after some months
Because I came here for only three yearss*

*After leaving college
For me, hostel will be closed
Academic session will be closed
College gate will be closed
And after some years mission of life will be closed
Really, I may not meet you again in my life's journey
Ohhhh! GOD....*

MR. TAKAM KAKI
B.A. final year

LOVELY ARUNACHAL

*Born in the beauty of nature
Live in the beauty of hills
A land of orchid paradise
A land full of valleys and terrains.*



*People of several tribes and multi dialect
Who appear in lovely outfits look smart
Eat bamboo tenga and boil meat of mithun
Unique to Arunachal is the pike pilla.*

*Hornbill the state bird a crown of beauty
Mithun the state animal never found in duty
The land which embrace the first ray of the sun
Hugs its people of rare beauty.*

*This land is called Arunachal
Who prove its people with everything?
So unique in character, the pride of India
I love my Arunachal, the ancient city of bricks.*

Techi Son Tara
BA IIIrd year

MY MOTHER



My mother is a great person in my life
You gave me birth.
You corrected my every mistake.
You take a lot of care for me.

You gave me love sweeter than the honey.
You share your happiness with me.
But never show your sorrow.
You teach me never to give up.

When I fall down you lift me up.
When I'm happy you are happy.
When I'm sad you make me laugh.
When I'm in my sick bed you care for me.

You are one of the brightest stars in my life
I pray to god for your long life
You help me in all my ways
Your love is the most precious thing in my life.

I'm happy that god gave me you
I will make your dream come true
Then you will proud and think
That you gave birth to one of the best child in world
Now I'm a successful child
Just because you blessed me
You are my dearest mother and I love you forever.

Techi Piter
BA IV (Sem)

FACT OF LIFE

Life is like a river fall
The life with many ups and down
That is why, life like is a river
We should never stop
But go on with it
No matter what ever happens on the way.

The whole of life , itself is not enough
Because when we try to understand the life
The end of life comes.
We will realize that suddenly
There is nothing beyond it.

Life is just like a tiny fraction
of sand of time and history
We should try to enjoy every single moment of life
No matter rich or poor, beautiful or ugly.
We should remain happy.

Enjoy every single moment of life
Life is precious and never waste.
A single second of it
Because one day you missed
The time will never return back again.
We have less time to live that's why?
Day by day , week by week, month by month, and year by year .
We should live, before it ends.
I wish you, all of us, be happy and enjoy your life.

Shri Pill Tagam

B.A. 3rd year (Pol/Science Hons)

THOUGHTS ON LIFE AND SUCCESS

A drop of water in lake , there is no identity
But if it is on leaf of lotus , it shines like pearl.
Be in the best place where you can shine
Discussion is an exchange of knowledge
Argument is an exchange of ignorants !
Decision is the spark that ignites action ,
Until a decision is made , nothing happens.

Golden words of success see the clock
Only when you don't have work
Don't look at the clock, when you're working
Clock is a lock for success.

Be simple but look stylish
Be tough but look soft
Be tense but look cool
Be a beginner but look like a winner

Success does not depend on making important
Decisions quickly, but it depends on taking
Quick action on important decision.

LOKAM PINBA
BA 3rd year (ENGLISH Hons)

OH LITTLE BOY



Oh! Little boy , you come to me each night in my dream
I watch you being hurt, and hear your silent screams.
I couldn't protect you then, because I was too small
I wish it happen to you now, That I am big and small
I wish it happen to you now, that I am big and tall
What they did to you , in those days was a crime.
Now I am big, I wish that I could go back in time .

I would punish them , for what they did to you.
You was too small to fight . what you went through.
The pain and suffering that you endured.
Oh ! little boy, you stayed strong , I do applaud.
Although, it's all now in our past.
Our mind hold memories, we want to cast.

Oh ! little boy, I want to hold you, and give you a hug.
And give you what you was deprived of (Love)
I will always hold you , forever in my heart.
Oh, little boy, you and I , are one. We 'll never apart.
And as I embrace you, to my loving chest,
We will give our mind and past, a little rest.

PACHING TAMA
B.A IIIIRD YEAR, DNGC

NO WHERE

*Where am I running too, I've got no clue
I must be going NO WHERE.
Running away with just what I stood in
Left with no money, what I am thinking
Just wanted to escape the hell I am living.
I had to survive just on the air I was breathing
So I turned to crime and started stealing.
Just to feed this hunger that I was feeling.
The pains from my scars wasn't healing
It was so cold I stayed pricking and wiggling.
Being on the streets is another hell I'm not starting.
I might as well turn back to hell, instead of bleeding.
There's no Where in front and there's so where behind.
That's because I'm trapped, in the No where of my mind.*



Paching Tama
BA IIIYEAR DNGC

NEW LIFE

*Newness should be in dress
Newness in thought
Newness in actions
Newness in life, old and outdated ideas,
Action should be eradicated in your life.
For better world.
Change and newness !
The system should be changed and
Idea should be changed.
It's a new life, life without newness
Itself is a lifeless !
A man without change will be
Equal to animals... ..
Change is new life it must be to
Make world wonderful... ..!!!*



Taw Jibing
B A III RD YEAR

THANK YOU MY FRIEND

*I just wanted to say thank you
Thank you for making my
World a brighter place....
Thank you for taking the time
To listen to my problems
Though you had to set aside
Your own
Thank you for being such a beautiful caring person....
Thank you for proving that people still do care...
Thank you for being my friend... /
Thank you for being you*

Miss Takam Kaje
BA 3rd Year

MAN IS A TOOL IN THE HAND OF TIME

*Time play an important role in human's life
Man goes whenever time takes
Whatever time wants us we d only that and that's why
Man is a tool in the hand of time. Time goes too fast and hastily
So we can't change it that's the truth. Time is like a weather
Everyday day is not same. Life change in a moment and
Man can learn many things just because of time
So we can't say anything when man's life change.
Everything is change with time that's the power of time
Time does not always support us
Sometimes we get lot of happiness as clear cloud and
Sometimes we get lots of problems as dark cloud
Nothing is permanent in the earth.
Every phase or colours of time is also temporary.*



SAVITRI
B.A IIIND YEARS

WINTER SONG

*Tree leaves turn yellow
Birds rest in the yellow
Green meadows are brown
Play ground's look frown*

*Precaution follows the fashion
Skin care need winter lotion
A pleasure trip to the tourist spot a
At last relieve from scorching hot.*

*Sleeping earth wears white blanket
Men prefers to put on warm jacket
Sweet is the morning sun
Basking becomes a great fun*

*Bonfire seen here and there
The scene is awfully rare
Hot drinks are in great demand
Found instantly near the hand*

*Wind sing a winter song
Brook blows melodious dong
People buy woolen garments
Nature goes without ornaments.*

Mr. PANYE TAPAK
B A IIIRD YEAR

LIFE IS A JOURNEY

Life is full of
Chaos
Life is full of
Drama
Life is full of
Suspension
Yet life is a
Journey
Combination of different
Seasons,
Combination of different
Chapters,
Combination of different
Desires,
Everything is temporary
Everyday is new,
Life is finished one day
But still life is a
Journey .



SAVITRI
B. A. IIIRD YEARS

NATURE'S FRIEND



When the world goes about the chattering and babbling,
On hundreds and thousands who are flirting
Upon their glorious and shiny mortal faces
And their precious devalued furnished possessions

When drowned and immersed everybody
In their instilled and stressed emotion daily
Rethinking and renewing nothing other than
Their greedy and selfish idea of
Their shattered and narrow hearts.

Just to pause and ponder, no one has the time
Day's running faster, clock ticking quicker
Than ever has happened before in the universe
In vain to find rest and sleep
In the dictionary meant for humans
Like machines are their hands and legs
Ever on labour running about their busy chores.

Some brag and some boost
On their purse of money full
My dear just a pain, too little to bear
To turn back, to realize who brought you here.
Isn't that your beloved mother
The nature mother and her daughters.
Her daughter yield fruits
And her sons give charm and beauty
Who are never late, and are ever great
I serving us, the mighty providers

Great Wordsworth and renewed Rabindranath
Holding strong accounts before us
Open to us their profound and overflowing
Mighty rivers of true love for their mother nature

Now, tell me friends, who are her friends
Aren't you and I meant to be her fence?
Aren't we yet ready not to serve and to cherish her
What have we in us to pay her in lieu?
Nothing other than love and our care.

Techi Son Tara
BA IIIrd year

A PROUD WOMAN



A lady I am
Courageous enough to be independent
A lady who thinks things will be better with the passing days.
A goal to achieve; many dreams to be fulfilled.
A lady who thinks not only of herself, but for the whole society-
A lady who has a heart for all,
Although obstacles block the way
The fight continues
A lady who faces societal egos because of being a woman.
although she may be held back by words
She is strong enough
Because that is the lady in me
I am proud to be a woman
So do you !!

RUNU MALI
BA 3rd YEAR.

HINDI SECTION

मेरी माँ की कहानी



माँ शब्द सुनने के बादहर किसी की होठों पर मुस्कान आ जाती है , वैसी ही हरबच्चे अपने माता पिता का एक प्यार के नाम के साथ पुकारते है , वैसी ही मैं भी अपनी माँ को (आने) **anne** कहकर पुकारता हूँ । ओर **anne** भी मुझी प्यार से नाम पुकारते है । **naku** इस छोटी सी कहानी में अपनी माँ के विषय में कह रही हूँ ।

anne का पुरा नाम श्रीमती नाबम यामम है । मैं अपनी **anne** के विषय में कुछ कहना और धन्यवाद देना चाहती हूँ जो मुझे इस दुनिया में लायी । लोग कहते है कि **anne** ने अपने जीवन में बहुत दुख सहा है । आज तक **anne** के दुखओ को सारा गाँव ओर आस - पाश के गावों के लोग याद करते है और मुझ से कहते है कि इस गाँव में सबसे ज्यादा दुख सहने वाली तुम्हारी माँ थी कि **anne** ने व्या दुख सहा होगा । जब मैं बड़ी हो गये तब मुझे समझ में आया कि **anne** ने इतना सारा दुख सहा है । एक दिन मैंने **anne** से पूछा । तभी **anne** ने बताया कि वह इस दुनिया में आने को बाद से हो दुख आया था आप सब जानते है कि पहले जमाने में लड़कियों का बचपन में ही शादी करवा देते थे वैसे ही मेरी **anne** की बचपन में मेरी पिता जी (**abo**) के साथ विवाह करता दिया था । **anne** का बचपन उनके ससुराल मेरी खट गया । ओर मेरी **ABO** को पहला बच्चा हुआ तब **anne** सोलह साल का आस पास थी **anne** ने आठ बच्चे का जन्म दिया था उनमें मे एक मर गया आर साठ जिन्दा है **anne** की स बसे बद किस्मत यह है कि वह **ABO** की दुसरी पत्नी थी इसलिए रपिवार के लोग **anne** से ज्यादा प्यार नही करते थे लेकिन **anne** ने हार नही मानी वह अपने बच्चों का परवरिश अपने दम पर करना चाहती थी । **anne** हम सब को अपने दम पर एक कामयाब इन्सान बनाना चाहती थी । मेरी पिताजी की पहली पत्नी की आठ बच्चों है और मेरी पिताजी की तीसरी पत्नी की पाँच बच्चें है । मेरी **anne** ने एक बच्चों को गाद लायी थी वह अब बड़ी हो गयी है । मेरी पिताजी (**abo**)ने तीन पत्नी को आधा -आधा सारी जिम्मं को बात दिया । **anne** भी सारी बच्चो को लिए एक सपना देखती थी कि उनके बच्चे पढ़ लिखकर एक कामयाव इन्सान बने । समाज में अपनी एक पहचान बनाकर कि लोग कहे कि उने वह उन बच्चों की माँ है । **anne** (माता जी) चाहती थी कि लोग उन्हें उनके बच्चों का नाम से जानी जाए ।

नाबाम यालम

बी० ए० तीसरी बर्ष

शिक्षा पद्धति में बदलाव



कहा जाता है कि परिवर्तण प्रकृति का नियम है , सदियों से वातावरण के बदलाव के साथ साथ जीव भी अपने अन्दर अनुकूल बदलाव करता आया है , प्राचीन वैज्ञानिक डार्विन का डार्विनवाद भी परिवर्तन की ओर ही संकेत करता है , प्राचीन काल में गुरुकुल शिक्षा पद्धति का प्रचलन था , अंग्रेजी के भारत पर अधिकार के फलस्वरूप भारत में अंग्रेजी शिक्षा पद्धति का विकास हुआ। स्वतन्त्रता प्राप्ति के पश्चात 1950 में भारत की ई शिक्षा पद्धति भारत लागू की गई , ऐसा लग रहा था कि यह शिक्षा पद्धति भारत लागू की गई , ऐसा लग रहा था कि यह शिक्षा पद्धति लागू की गई , ऐसा लग रहा था कि यह शिक्षा पद्धति भारत के आर्थिक सामाजिक और सांस्कृतिक विकास में कारगर साबित होगी , परन्तु आशा के अनुरूप बदलाव नहीं हो पाया , शिक्षा कुछ एक गिने - चुने सम्पन्न एवं समृद्ध लोगों तक ही सिमट कर रह गई , बीसवीं सदी के अन्त में कुछ बदलाव जरूर किये गये किन्तु आशातीत सफलता नहीं मिली , इक्कीसवीं सदी में आधुनिक शिक्षा पद्धति पर काम शुरू हुआ , तत्पश्चात इसको लागू भी किया गया , तमाम विदेशी शिक्षा मांडलो का अनुसरण मानक के रूप में किया गया राष्ट्रीय शिक्षा एवं प्रशिक्षण परिषद ने स्कूलों के पाठ्यक्रमों में आमूल चूल परिवर्तण किया , विश्वविद्यालयों एवं महाविद्यालयों के पाठ्यक्रम में सम्मिलित करने की अनुमति प्रदान की एवं दिशा निर्देश भी जारी किये, किन्तु बड़े दुख के साथ लिखना पड़ रहा है, शिक्षा की गुणवत्ता बढ़ने के बजाय दिनों दिन कम हो रही है , अन्तर शिक्षा के अन्तराष्ट्रीयकरण ने आशा के विपरीत ही परिणाम दिये हैं। हमारे शिक्षा विदों ने कभी यह प्रयास ही नहीं किया कि हमारी मूलभूत आवश्यकता क्या है ? कहा गया कि इस शिक्षा पद्धति से रोजगार के अवसर बढ़ेंगे। लेकिन दिनों दिन बेरोजगारी और बेरोजगारों की संख्या बढ़ती जा रही है, कहा गया कि इस शिक्षा पद्धति से कार्य कुशलता बढ़ेगी , लेकिन क्रेयकुशलता दिनों-दिन घट रही है।

कहा गया कि शिक्षा की गुणवत्ता में वृद्धि होगी , लेकिन शिक्षा की गुणवत्ता दिनों-दिन घट रही है।

कहा गया कि इस शिक्षा पद्धति से लोगों का सामाजिक स्तर बढ़ेगा , लेकिन सामाजिक स्तर एवं नैतिक आचरण दोनों ही दिनों-दिन घट रहे हैं। सरकार ने शिक्षा का बजट और शिक्षकों का आय दोनों ही बढ़ा रखा है , लेकिन स्थिति यह है कि सरकारी स्कूलों में पढ़ने वाले छात्रों की संख्या में दिनों-दिन अप्रत्यासित रूप से कमी हो रही है

, इन सभी तथ्यों से यही निष्कर्ष निकलता है कि शिक्षा के अन्तर्राष्ट्रीय करण से हमारा कोई भला नहीं होने वाला है । हमें अपने देश काल , परिस्थिति एवं वातावरण के अनुरूप शिक्षा पद्धति की आवश्यकता है । हमारे देश में रोजगार परक शिक्षा के साथ साथ नैतिक आचरण करने वाली शिक्षा पद्धति की आवश्यकता है , इसलिए शिक्षा पद्धति के सीति निर्धारको में बौद्धिको के साथ साथ दार्शनिको सामाजिक बेन्ताओ , संस्कृतनिष्ठों, हर धर्म के संतो वैज्ञानिको उद्दामियों नौकरशाहों , विधिवेत्ताओ आदि को शामिल किया जाना चाहिए । इनके द्वारा निर्मित शिक्षा पद्धती को सर्वप्रथम प्रायोगिक तौर पर किन्ही दो स्थानों पर (अति पिछड़े एवं अति विकसित) लागू किया जाना चाहिए अगर शिक्षा पद्धति के परिणाम अनुकूल मिलें तो इस पद्धति को कई सालों तक आवश्यक करिवर्तणों के साथ लागू रहने देना चाहिए ।

डा० के० के० राय

हमारे पूर्वज दोनो एवं अन्य वैज्ञानिक विचारधाराओ के आविष्कारक



मानव जब जब इन्नति की सीटी चढ़ना गया इसमें विज्ञान का प्रमुख अवदान रहा है । एक जमाने में अंग्रेज साम्राज्य का विस्तार सारी दुनिया में हम छा गया था, जिसमें भारत भी शामिल था । आधुनिक युग की शुरुवात से लेकर अबतक वैज्ञानिको ने मानवता के लिए अलग अलग तरीकों से अपपना अवदान दिया है ।

आधुनिक विज्ञान और साहित्य में पछिचमी देशों के अवदान को काफी महिमामंडित किया गया है । पर हमारे प्राचीन वैज्ञानिक भी कुछ मक नहीं थे । भारत में कई महान वैज्ञानिको का जन्म हुआ है जिन्हे सारा विश्व आज भी सराहता है । भारत राष्ट्र का एक राज्य अरुणाचल प्रदेश विश्व के 37 बायोदुवरसीटी हॉटस्पॉट में से एक है । यहाँ जैविक सम्पदो की अधिकता की वजह से यह दर्जा प्राप्त है । इस स्थिति के लिए यहाँ रहने वाले देहाती आदिवासी समुदाय का प्रधान अवदान रहा है ।

जैविक सम्पदों की क्षति इस युग का एक प्रधान चिंतनीय विषय बन गया है , खासकर वनज सम्पदा जो कि बहुत तेजी से लुप्त होने जा रहे है । हमारा राज्य भी इस खतरे की चपेट में आ गया है । और सबसे अधिक वनविस्तार राज्य की मरेयादा खो चुका है । इन ससब बातों की आलोचना हमें नये विचारधारा की तरफ ढकेलती है । आधुनिक विचारधारा की सम्पदा संरक्षण प्रक्रिया हमारे सम्पदा की संरक्षण में काफी हद तक नाकाम रही है ।

हमारे पूर्वज इन्ही सम्पदायों के सहारे अपना जीवन निर्वाह करते थे । इसके बावजूद इन सम्पदाओ की कभी कमी नहीं हुई क्योंकि इन सम्पदाओ का प्रयोग वह कई संधवद्ध प्रणाली से करते थे । वास्तव में हमारे पूर्वज भी कई वैज्ञानिक विचारधारा रखने थे । इन विचारधाराओ की और हमने कभी प्रचुर ध्यान नहीं दिया है । पर गठनात्मक विचारधारा रखने ऐसे अनेक उदाहरण प्रस्तुत करते है जो हमारे पूर्वजो के वैज्ञानिक विचारधारा को दर्शाते है ।

हमारे पूर्वज कई वैज्ञानिक विचारधाराओ के आविष्कारक थे । उन्हे पर्यावरण स्वास्थ्य जड़ी बूटियों की अच्छी जानकारी थी , जिनका इस्तेमाल वो अपनो दैनिक जीवन रौली में करते थे । आधुनिक पर्यावरण विज्ञान कई ऐसे विषयों पर रोशनी डालता है जि-

नके बारे में हमारे पूर्वजो को काफी जानकारी थी । वो सूरज और चाँद को अपना भगवान मानते थे , दोनो पोलो के रूप मे । उनके लिए रोशनी का श्रोत भगवान का रूप होता था । आधुनिक युग के वैज्ञानिको ने भी ईस सच को खोज निकाला है । जहाँ हमें पता चलता है कि **“un is the ultimate source of all energy “** यानि पृथिवी पर जजीवन के लिए सूर्य ही जिम्मेदार है , जिनसे पौधे उर्जा लेने के बाद अपना खाना बनाने है । वही पौधे तृणभीजीयों के पाद्य बनते है , जो अन्य में माँसभोजीयो के आहार बन जाते है । इस तरह सूर्य हर प्राणी का उर्जा श्रोत है । इसके अलावा हमारे पीर्वजो की पर्यावरण व **‘Eco-system’** की बहुत अच्छी जानकारी थी । इस मामले में आधुनिक युग के **‘ecologist’** और **‘conservation biologist’** से कुछ कम नही थे ।

नयी खोजो के अनुसार प्राकृतिक भारसाम्य रक्षा में गर पारणी व पौधे का अपना स्थान है । इनमे से कई प्राणियों की पर्यावरण में स्थान अत्यधिक मायने रखती है । आधुनिक युग के **‘Ecologist pyramid’** में प्राणियों को कई सारी में उपस्थापित किया गया है । इनमें उपरी स्तरों के प्राणियों का भारसाम्य रक्षा में अत्यधिक योगदान है । बाघ एवं अन्य माँसाहारी प्राणी **‘Ecologist pyramid’** के उपरी सारों में आते है ।

हमारे पूर्वजों को इस बात का अंदाजा था जिस वजह से माँसाहारी प्राणी खासकर बाघ का शिकार वर्जित था । बाघ के शिकारो को कई कठिन नियमों का पालन करना पड़ना था । उन्हे कई दिनों तक अपने परिवार से अलग मठ में रहगना पड़ता था । इस तरह के परम्पराओ को अपनी दैनिक जीवन शैली में लम्मिलित कर हमारे पूर्वज प्राकृतिक सम्पदा जिनमें जमीन और पहाड़ थी शामिल है , जिनकी महत्व को हमारे पूर्वज शली भाँति समझते थे । इसी वजह से इन चीजों के इस्तेमाल से पहले हमारे पूर्वज इलकी पूजा कर इन्हे विनष्ट करने की क्षमा याचना करते थे । इस तरह इन सम्पदों के इस्तेमाल की न्यूनतम यीमाओं तक रखते में शफलता मिलती थी । अंग्रेजी में इसे **sustainable use of resource** कहा गया है । हमारे पूर्वज कई गुणो वैज्ञानिक विचारधारा रखते थे ।पर आधुनिक युग के अर्गसन ने इन विचारधाराओ को लुप्तता की कगार पर खड़ा कर दिया है । अरणाचल की कई जनजातियों को मूल्यवान प्रचीन ज्ञान लुप्त हो चुके है और कई लुप्त होने की कगार पर है । सबसे ज्यादा जरूरत इन बातोंको लिखित रूप में संरक्षण करने की है । क्योंकि ये बाते मौखिक रूप से ही चलति आ रही है । यदि समय रहते इन बातो का संरक्षण नही किया गया तो आने वाले 15-20 वर्षों में इन मूल्यवान ज्ञान तथा रीतियों का लुप्त होना निश्चत है । इसलिए हमें अपने पूर्वजो के महत्वपूर्ण ज्ञान पर गर्व करने के साथ इसका लिखित व व्यवहारिक संरक्षण सुनिश्चित करना चाहिए ।

हिरण्मय शर्मा

सहायक प्रवक्ता, प्राणीविज्ञान

पूर्व और पश्चिम

पूर्व और पश्चिम
प्रात देखा अरुणाभ आसमान
स्पंदित हुए नव अरमान
मंद मंद बयार बही
पक्षियों को टोली चली
पूरब में सूरज जाग
हर जीव कर्म में लाग
पूरब के सूरज का संदेश
कर्म करो बहने दो स्वेद
सूरज बोला करो सृजन
लोंगो से पाया लोंगो का प्रणाम
सूर्य ने पाया अर्ध्य का दान ।
उदयाचल का सूर्य लाल-लाल
अस्ताचल का भी लाल-लात
पर इस भेद को समझो बूझों
इसके मर्म को भेदो - जानो
उदयाचल को मिले प्रणाम
अस्ताचल को नही सम्मान ।

पूर्व का सूर्य बढ़ता है चढ़ता है
पश्चिम का उतरकर अस्त होता है
पूर्व के सूर्य की चमक बढ़ती है
पश्चिम की चमक समाप्त होती है
पूर्व में प्रकाश और उजाला है
पश्चिम के भाग्य में अँधेरा है

पूर्व को उठता है
पश्चिम को गिरना है
पूर्व के भारत को उथना ही है ।
पश्चिम के देशों को गिरना ही है ।
भारत (पूर्व) को बैभवशाली बनना ही है ।
पश्चिम को अनुसरण करना है ।

अपने भारत (पूर्व) में रहें
इसे बैभव के शिखर पर पहुँचाएँ ।

कु० केकमी योमगाम
बी० ए० तीसरी वर्ष

तेरी याद आती है माँ

तुम कितनी अनमूल है,
तू कितनी मासूम है
तुम कितनी भोली है
तू कितनी प्यारी है
माँ तेरी याद आती है ।



खुद को पाती हूँ जब अकेली
याद सताती है तुम्हारी
वह हर बात याद आती है तुम्हारी
तुमने कही थी जो प्यार से
वह हसँना - हसँना , समझाना प्यार से
माँ तेरी याद आती है

हुई भी जब कभी मैं उदास, न जाने कैसे
समझ लेती भी तुम मन को मेरे
न जाने कितने गम छुपा है मन मे तेरे
खुद भूखा रहकर पेट भर करती थी हमारी
हमारी खुशी से तुझे खुशी मिलती
कभी न दिखाती अपनी कमजोरी

दुनिया तो बहुत देखी पर
कोई न देखा तुम जैसा मगर
तुम दुनिया मेरी , भगवान मेरी
तुम ही सब कुछ है ,तुम माँ मेरी
तेरी याद आती है माँ ।

यारोती तागा
बी० ए० 5 सेमेस्टार

शिक्षा ही शक्ति है

कविता शिक्षा की शक्ति
शिक्षा शब्द लगते जितने रर्णप्रिय
यह है उससे भी अधिक बहुमूल्य
इंसान के सारे अवगुण दूर कर
व्यक्तित्व निखारती है शिक्षा ।
रोटी कपड़ा और मकान जितनी आवश्यक
शिक्षा भी है उतनी अत्यावश्यक
शिक्षा की पद्धति अनोखी निराली
पढ़लो चाहे जितनी भी वो होती नही है पूरी
शिक्षा के ही बल पर आम इंसान
बनते वकील , इंजिनियर, डॉक्टर महान ।
शिक्षा ही हमें अपने कर्तव्यों का ज्ञान कराते
सारे अधिकारो की जानकारी देते
शिक्षा के बिना हर कोई अंधा ।
ज्ञान की ज्योति बिना सारा जग सूना ।
शिक्षा ही देती है अज्ञानी को ज्ञान
शिक्षा से ही सम्भवहै बनाना
राष्ट्र को भारत देश महान ।

तुम्बम रीबा जमो
असिस्टेंट प्रेफेसर

किसान

किसान किसान
है वह अंधेरे का उजाला
नहीं एक मात्र सहारा
सारा अंग टूट जाए
जोड़ जोड़ ढीला हो जाए
फिर भी वह कहीं न जाए
आकाश पाताल एक करता
पर काम छोड़कर न भागता ।
इधर - उधर की न हाँकता
अपने काम से ही मतलब रखता
बेइमानी किसी से न करता
सबसे अच्छा है उसका नाता
हमको भी लेना चाहिए उससे सीख
ताकि आगे जाकर कर पाएँ कुछ ठीक
ऐसा है किसान
दुनिया में सबसे महान ।
टायसन लीडा
बी० ए० 3 सेमेस्टार



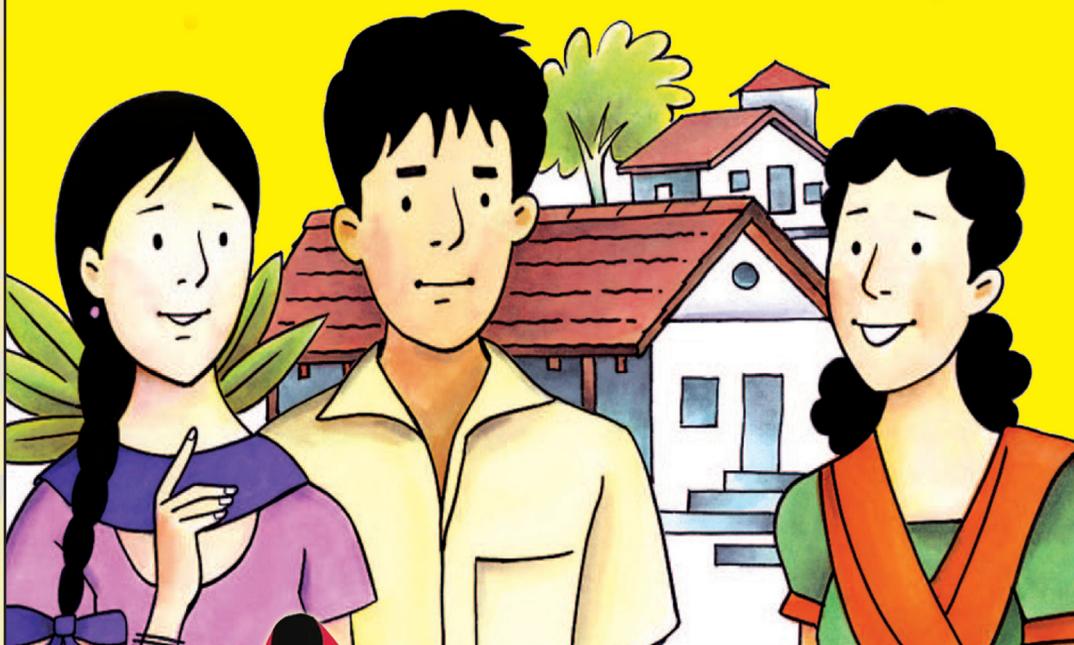
बाधाओ पर विजय

बाधाओ पर विजय
कम तो नहीं हो तुम किसी से भी हरगिज
फिर क्यों लोग कहते हैं तुम्हे अपाहिज वक्त?
ईश्वर ने तुम्हें शुरुआत में ढालते
वक्तशायद कुछ रंगों से तुम्हे रखा परहेज
कर्मियों के बावजूद भी नहीं हुए तुम हताशा
मैं तो हैरान हूँ देख तेरी आत्मविश्वास ।
जरूरी नहीं कि मन के हर भावों को जुबां मिले
हरेक अरमानो को गले कि मिठास मिले
कुछ भावनाएँ आँखो से भी होती है जाहिर
तुमने तो बेजुबान होकर भीकहने मेंहो माहिर ।
तमाम बाधाओ पर विजय पाकर बता दिया
कि इंसान शरीर से नहीं विचारों से अपाहिज होता है ।
शारीरिक अपंगता से बढ़कर मानसिक अपंगता होती है
ज अक्सर स्वस्थ कहलाए जानेवालों में देखी जाती है ।

*तुम्बम रीबा जोमो
असिस्टेंट प्रेफेसर*

ICTC Stands for Integrated Counselling and Testing Centre

- A place to learn about HIV.
- A place to get your self tested for HIV.
- A place to know about your HIV status.
- A place to get your self counselled on HIV.
- Visit your nearest ICTC for free, confidential testing & counselling.



AIDS
Helpline **1097**

जानें समझें, जुग-जुग जीयें!

PHOTO SECTION

Faculty Members of Dera Natung Government College, Itanagar



Mr. Kumar Tok
Principal I/C

Teaching Staff of Dera Natung Government College, Itanagar



Dr. S.K. Sharma



Mr. B.L. Behera



Dr. M.Q. Khan



Mrs. Taw Azu



Mr. Eli Doye



Ms. Joram Renu



Ms. Yitu Murten



Ms. Gyati Asha



Dr. S.P. Singh



Dr. Vinita Tyagi



Dr. Sonam Wangmu



Mrs. Tumbom Riba



Ms Mema Chiri



Mrs. Omen Tayeng



Mrs. Joram Rina



Mrs. T. Yangjom



Mr. M. Libang



Ms. Higio Nasum



Dr. Chhomu



Mr. Jimmy Camdir Tok



Dr. R.B. Tripathy



Dr. S. Bhattacharjee



Dr. Aruna Gyati



Dr. Bijay Raji



Mr. Kago Gambo



Ms Bar Yakar



Mr. Tara Dajum



Dr. Ashok Kumar



Mrs. M. Bhattacharjee



Dr. Tumter Lollen



Dr. Helina Mantaw



Dr. K. Lonchung



Mr. Tok Dominic



Ms. Nich Menia



Ms Karma Chozom



Mr. R.T. Bachung



Dr. R.K. Mandal



Dr. A.I. Singh



Mr. Toku Chokio



Mr. Gumbin Noshi



Mr. Liken Rumdo



Dr. D.K. Padi



Dr. M. Mohanty



Dr. Bige Yomgam



Ms. Lija Mihin



Mr. S.K. Sharma



Dr. A.K. Pandey



Mr. Minto Ete



Mr. Agin Taboh



Mr. Tao Abo



Ms. Likha Eichir



Ms Geyir Ete



Ms Pate Jumsi



Dr. A. Panigrahi



Ms. Bandana Gogoi



Mr. Hage Doley



Mr. Gyati Tado



Dr. N. Sahoo



Mr. N. Pramanik



Dr. P.M. Singh



Dr. B.K. Mishra



Dr. I.M. Dubey



Dr. K.K. Rai



Mr. Taja Yaying



Dr. R.K. Mishra



Mrs. Amum Tamuk



Mr. Joram Muthu



Mrs. Y. Rimo



Ms. Priyanka Dutta



Ms. Ajum Bagang



Mr. Bari Dabi



Mr. H. Sharma



Mr. D. Narba



Dr. D.S. Kundu



Dr. Vidya Rani



Mr. S. Tsering

Non - Teaching Staff of Dera Natung Government College, Itanagar



Mrs. R. Likar



Mr. B. Sarkar



Mr. T. Tamut



Mrs. Toko Mina



Mrs. Y Duchok



Mr. R. Padu



Mrs. Lily Gohain



Mr. Hari Gohain



Mr. Pei Tagam



Mr. Likha Rooth



Ms. Risso Simi



Mrs. N. Tajum



Mr. T. Ete



Mr. Likha Ribia



Mrs. S.R. Singh



Mr. G. Loyi Ete



Mr. R. Das



Mr. K. Gambo



Mr. Biri Tako



Ms. Sumon Landi



Mr. L.R. Singh



Mrs. Joram Yamin



Mr. S. Bhuya



Mr. Raju



Mrs. Techy Yattung



Mrs. Joram Aniya



Mrs. T. Puming



Mrs. M. Devi



Ms. Y. Jamoh



Mr. P. Das



Mr. Nich Tacho

College Week Celebration Day, DNGC, Itanagar



About to final match



Champion House (Eagle House)
College week celebration 2015-16



Construction of house for college week



Volley ball final match between Eagle house and Peacock house

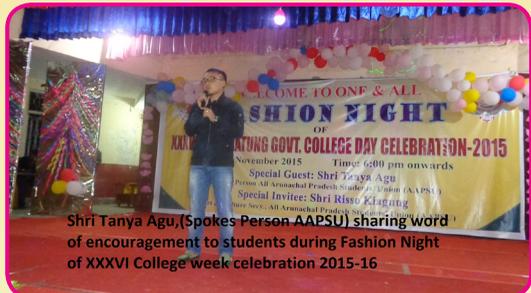




Mega dance during Innaugural function



Participating fashion show during fashion nite



Shri Tanya Agu, (Spokes Person AAPSU) sharing word of encouragement to students during Fashion Night of XXXVI College week celebration 2015-16



Shri Kamta Lapung, president of AAPSU grince the occasion as Chief guest during valedictory function of college week



Guest of honour Shri Techi Sanjay receiving a token of love from students community during valedictory function



Shri Kumar Tok principal/H/C addressing well come speech during valedictory function



Prize distribution by Shri Kamta Lapung President of AAPSU



Prize distribution by Dr. M.Q Khan to the winner of annual college week



Shri Haat Tatu, Proprietor Kangay Construction camp pvt.Ltd and Shri Tader Tali, finance secretary ANVA chief guest and guest of honour during cultural nite of XXXVI annual college week



Shri Glogi Tade, Gen. Secy submitting memorandum during Innaugural function



MoS for Home Sh. Kiren Rijiju(middle) Dr Tejum Padu, Director of Higher and Technical Education (Right) and Smti Taba Yell Nabam(left) during innaugural function of XXXVI College week celebration 2015.



Mega dance during inaugural function



Minister Home Affairs, Sri K. K. ... dignitaries while ... by students community during inaugural function



Realising of XXXV annual College Magazine on XXXVI College Week celebration 2015-16



Social Service Programme on the occasion of Gandhi Jayanti



Shri Kumar Tok, Principal's planting a tree during social service programme on 2nd Oct' 2015 at DNGC campus



Shri Yumlam Achung, President IMWA, special guest delivering speech during Social Service Programme at DNGC on 2nd Oct, 2015



Social service programme on 2nd Oct 2015 on the eve of Gandhi Jayanti



A farewell function organised in honour of Principal Shri Tomar Ete

Educational Excursion Team, DNGC, Itanagar



Excursion team at Gateway of India

Governor of Arunachal Pradesh Visiting Programme, DNGC, Itanagar



The Excellency Governor of A.P. P. Raj. Khawa and other dignitaries visiting DNGC

NSS Team, DNGC, Itanagar



DNGC NSS team



Excursion team at Victoria Palace, Kolkata, West Bengal 2015-16

Nyokum Yullo Celebration at DNGC, Itanagar



During Nyokum Yullo celebration

WORLD DIABETES DAY

14th November, 2016

EYES on DIABETES !

Find out if you are at risk for pre-diabetes and diabetes.

Lowering your risk of diabetes will lower your risk of diseases like heart disease, stroke, vision loss, kidney diseases and nerve damage.

Check each item that applies to you.
Any item puts you in risk.

- Age **40** or older
- Blood Pressure **140/90** mmHg or higher
- BMI** is equal to or greater than **25**
- Family history**, Family members has it.
- Pregnancy** - If somebody had diabetes during Pregnancy
- If **Glucose levels** are higher than normal
- Inactive Lifestyle** - If physical activity is less than three times a week

Blood Lipids out of order- HDL Cholesterol is less than 35
and/or triglyceride level is higher than 250



AP State Health Society(NPCDCS):NHM,

Government of Arunachal Pradesh





QUIT TOBACCO TODAY!



Risks from Smoking

Smoking can damage every part of the body

Cancers

Head or Neck

Lung

Leukemia

Stomach

Kidney

Pancreas

Colon

Bladder

Cervix

Chronic Diseases

Stroke

Blindness

Gum infection

Aortic rupture

Heart disease

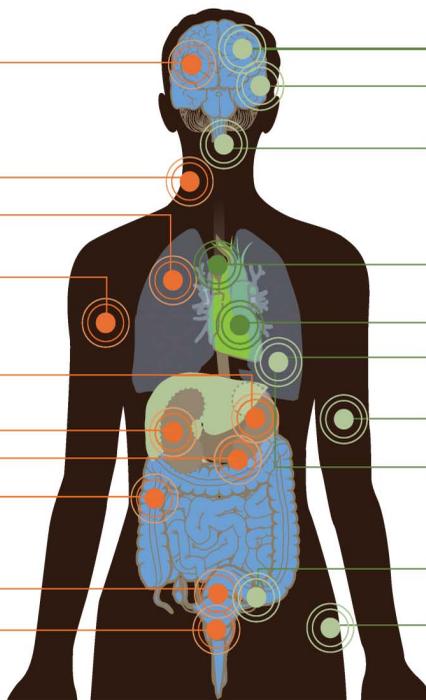
Pneumonia

Hardening of the arteries

Chronic lung disease & asthma

Reduced fertility

Hip fracture



Issued in public interest by State Tobacco Control Cell (NTCP)

Naharlagun

Govt. of Arunachal Pradesh



Excursion team visiting Cathedral Church, Goa 2015-16