



Silhouette

A BILINGUAL MONTHLY LAB JOURNAL

To Inform, To Educate, To Entertain

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A Bi-lingual Monthly Lab Journal by the students of Department of Mass Communication, Mizoram University

BREAST CANCER AWARENESS

- Lalnunkimi Colney
IIIrd Sem., Mass Communication



Breast Cancer Alert - Its Pink Ribbon October!

Think of the month October and what comes to your mind? Crisp winds to welcome winter, Christmas being nearer, also Mahatma Gandhi Jayanti's birthday and holidays for Dussehra. What has been often overlooked but yet is one of the most important events of October is that it is Breast Cancer Awareness Month.

"Oh, breast cancer? Yeah, I've heard of it. Now on to the next page," that's what probably comes to mind after you read the first paragraph. But, spare five minutes, it may save your life or a loved one's. While we think that cancer is a far away word mentioned in hospital rooms and sad movies, put this in mind that, your little sister, your best friend, your mother, anyone can be a victim. And this is not said to scare you but to make sure you stay safe.

The Cause

If you've ever wondered what causes this particular cancer? Join the baffled group because experts can't pinpoint an exact cause except that it is because of damage to a cell's DNA. There are some risk factors involved such as, those with a family history of breast cancer are more likely to get it which is true but according to research most women with breast cancer have no family history of the sickness and only about 10% of individuals diagnosed with breast cancer are because it was in the family history. While this risk factor can't be avoided, there are risk factors that can be avoided such as consumption of alcohol which can increase levels of estrogen and other hormones as well as damage DNA in cells. It was found that in comparison to women who

don't drink, women who have as much as three alcoholic drinks per week have a 15% higher risk of breast cancer.

Early Detection

First off, what's most important in regards to breast cancer is that it is very common. According to WHO, breast cancer is the most common cancer in women worldwide. The upside to this is that, it can be cured, but for that early detection is a must.

How to Detect?

Self-Examination to Check for

- I) a Change in How the Breast or Nipple Feels
 - Nipple tenderness or a lump or thickening in or near the breast or underarm area
 - A change in the skin texture or an enlargement of pores in the skin of the breast
 - A lump in the breast
- II) A Change In The Breast Or Nipple Appearance
 - Any unexplained change in the size or shape of the breast
 - Dimpling anywhere on the breast
 - Unexplained swelling of the breast (especially if on one side only)
 - Unexplained shrinkage of the breast
 - Recent asymmetry of the breasts
 - Nipple that is turned slightly inward or inverted
 - Skin of the breast, areola, or nipple that becomes scaly, red, or swollen or may have ridges or pitting resembling the skin of an orange. A very important part of early detection is clinical breast exam which doctors highly advise especially for women who are 20 years and older.

Clinical breast exam is a necessity because lumps are not the only symptoms and the test results help show symptoms that may be blind to our eyes.

Male Breast Cancer

Very rare but still a possibility is male breast cancer. Even though males are not born with milk-producing breasts, there is still a chance of the breast cells and

tissues developing cancer. It was found that only one in a thousand men is diagnosed with breast cancer. It can be detected by checking for a hard lump underneath the nipple and areola. The risk factors for men are - exposure to radiation, high levels of hormone estrogen and family history of breast cancer.

Breast Cancer and India

According to breastcancerindia.net, this particular cancer is the most common cancer in most cities in India and the second most common in rural areas. A research showed that in the US, a 5 year survival rate of breast cancer has increased from 75% in the 1970's to about

dently.

3. How important is early detection?
If breast cancer is detected early, the chance of cure and survival is much higher than late detection. In the US, 80% of new breast cancer cases are expected to survive, whereas in India, the survival chance is roughly 50%. One of the factors for this high mortality rate in India is because of late detection of breast cancer.

4. Are there any precautions that can be taken?

- Know if you have any close relative who has breast cancer. The chance of developing breast cancer is higher among those whose first relatives suffer from breast cancer.

- Know the anatomy of your breast (be breast aware) and report to your doctor immediately if you notice any change in the shape, size, color or find a lump, swelling or discharge.

- Exercise regularly and maintain ideal body weight.

5. How often should one go for periodic check-ups?

Between 20 - 39 years, clinical breast examination (breast check-up by medical expert) is done every three years. From 40 years, mammography is done every 2 years.

It should be noted that the recommended age from when to start mammography screening differs from country to country. Various expert groups also have different recommendations with regards to age and type of screening. Obviously, people with family history or higher risks should have more frequent check-ups.

6. As an oncologist, what do you think every woman must know regarding breast cancer?

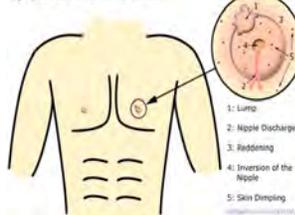
- Cancer of the breast is the most common cancer among women worldwide. Several years from now, it will also be the most common cancer seen among women in Mizoram.

- It is curable.

- Early detection and adopting treatment recommended by the oncologist increases the chance of cure and survival.

- 'Google-ing' breast cancer is not research; it does not make one an 'expert' in the field.

Symptoms of Male Breast Cancer



89% at present while in India, the figure is not even 60%. This is because of lack of awareness of the need for screening and periodic examinations whether done by self or in clinics. Most patients are only aware of the cancer in stages 3 and 4, where treatment is not as effective anymore. So what should be emphasized at the moment is regular check-ups, whether it is for oneself or your loved ones, it is never too early.

Q & A with Dr. Jeremy L. Pautu MD,MM, Head of Department of Oncology, Mizoram State of Cancer Institute

1 Are there particular age groups that are more vulnerable for breast cancer?

Majority of breast cancer occur among post-menopausal women. In the West, it occurs most commonly in the 60-70 age group; India 50-60; and Mizoram 40-50.

2. Which is the best place to get care in Mizoram?

Mizoram State Cancer Institute (Zemabawk) and Civil Hospital, Aizawl are the best hospitals to get breast cancer care.

It must be emphasized here that the management of breast cancer is a team effort - involving surgery, chemotherapy, radiotherapy, hormonal therapy and targeted therapy depending on the nature of the cancer. It encompasses input from various fields of specialization so it is not possible for a single doctor to treat breast cancer indepen-

Stages of Breast Cancer



FRESHERS SOCIAL & ANNUAL MAGAZINE RELEASE FUNCTION



Fresher's Social and Annual Magazine Release Function was held in the Auditorium on 23rd September, 2015 organized by Mizoram University Students Council. The function was graced by the presence of Professor Lalnunluanga, Dean of Students Welfare who was the able Chief Guest. The program was well organized and a variety of items were shown. The Students Council did the beautiful job of familiarizing the freshers with the university and making them feel at home. The Mister and Miss Fresher contest was



also organized that attracted participants from various departments. K.Lalnunhlma (Dept of Economics) and Amelia Lalremdiki (Dept of Mass Communication) were given the titles at the end of the day, by the judges. All in all, it was a fruitful event that will hopefully give rise to many more events as successfully implemented as this one.



Workshop on 'Cyber crime & Human Trafficking Awareness'

A workshop was held on 19th October, 2015 for the department of Mass Communication on "Cyber Crime Awareness" and "Human Trafficking Awareness". The workshop was organized by the teachers so as to spread the importance of these issues and Mr. Zonunsanga (Dy. SP, CID Crime, Mizoram) was invited to speak to the students. The workshop was attended by both the 1st and 3rd semester students. The workshop was divided into two parts. The first was dedicated to "Cyber Crime Awareness". Mr. Zonunsanga was keen on explaining the different areas of cyber crime, its complexities and growing opportunities, types and its consequences. A special statistics of Mizoram was studied, with the aim of showing its growth and spread.



Precautionary measures were also taught. The students were refreshed and interested to learn about the subject. Nathan Lalruaitluanga, second year student of Mass Communication was particularly intrigued and said that

this seminar have inculcated the knowledge of cyber crime in him and makes him realize the extent of our exposure and vulnerability on the internet.

The second section resumed after a short tea break. The subject of "Human Trafficking" was tackled. It's meaning and it's extent, elements and profile of victims were discussed with special reference to India and Mizoram. Mr. Zonunsanga also gave many real experiences faced by Mizoram Police and gave an insight on how these cases are handled. He gave precautionary measures and talked of the importance of knowledge.

The workshop was very interactive with the students raising questions and clearing their doubts. It was the well-preparation of the speaker and the participation of the students that made this workshop a success.



FORD MANAGEMENT FEST

Sponsored by Ford, the Annual Management Fest will be held on 5th & 6th November 2015 at Management Department. Interested participants will have to submit their participation forms and fees well in advance before 31st October, 2015 to Head of Department, Management or coordinator of the program.

Programme schedule:

Day 1: 5th November, 2015

Photography

Quiz

Slogan: Paradise of NE India

Poster: Religion for peace

Visual: Sustainability

Debate: Consumption of Social Media kills creativity spirit

Computer Games: Counter Strike

Business Simulation Model Competition: Wall Street Survivor

Day 2: 6th November

Solo competition

Fashion Show

MZU Miss / Mr. Management

Alumni Meet

Valedictory

Participate and win exciting prizes. For guidelines and further details

Contact: 9862007320, 9612160185.

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One day workshop on 'Art and Craft of news reporting'



The department of Mass Communication organised an one day workshop on "Art and Craft of News Reporting". The resource persons of the workshop are Lallianzuala Fanai and Beihrolai Khuhly, the News Reporters from Vanglani. They are also the distinguished alumni of the dept of Mass Communication. The workshop is part of the lecture series "Media, Culture and Society" 2015.



The resource persons had an interaction with the students discussing various news writing skills and the challenges involved. It was a successful workshop where the students were guided for their future endeavours.

Zo - tech Fiesta 2015



Zo-Tech Fiesta '15 was conducted by Mizoram University Techno Club, School of Engineering & Technology during October 13th to 15th at the University campus. The fest was opened by The Vice Chancellor at the School Of Engineering & Technology seminar hall.

Participants from Mizoram University students and other institution such as NIELIT, NT (Mizoram) and St Pauls HSS compete in 14 different events during the three day fest.

The closing ceremony was held at Multipurpose Hall with Dr RK Lallianthanga being the chief guest and Prof Diwakar Tiwari the guest of honour. Prize distribution and special performance were done by St Pauls and NIELIT.

Events which they organised were:

1. Science exhibition
2. Matlab Contest
3. Aptitude Test
4. Group Discussion
5. Counter Strike
6. Need For Speed
7. Chess
8. Quiz Competition
9. Coding Competition (C/C++)
10. Paper Presentation
11. Maya Animation Contest
12. App Inventing Workshop
13. Bread Board Workshop
14. Art Exhibition

An interaction with the RBI Governor

Aizawl on Oct 16th The Management Department of Mizoram University organized an interactive session with the RBI Governor Dr. Raghuram .R. Rajan. The programme which started at 10:30 a.m. in the auditorium Hall at MZU solely aimed at achieving an understanding between the RBI and the young minds of Mizoram.

The programme started with the National Anthem followed by a speech by the RBI Governor in his speech he spoke about his recent visit to "Peru for the International Lima Conference".

He said. " India is a bright spot growing faster than any other country . We are not where we should be in terms of growth potential". He also stated that the reason why India's economy has slowed down presently is because the world economy has slowed down . "We export and import a lot , We are an open market for investors abroad". He also stated that "we compensate a little too hard and we spent more to try to recover 2 1/2 % GDP to 6 1/2 % GDP . Spending more monetary inflation and larger fiscal deficit ." He said .

" The current Account fiscal deficit decreases because of the need for borrowing from outside world" he said . Due to very high un sustainability of Whole sale price, retail inflation, there was a cut back external spending on fiscal deficit .He also mentioned to the students that we are having a "growth of 7-8% a year". There is institutional capacity of land , resources , minerals such as iron ore. Though Iron ore has been a subject to illegal mining .To make a more transparent system was the need and to achieve that auctions like spectrum provided a good platform to build on the economy .



Here auctions for forests , coal, minerals, protecting and development for larger sustainability at the expense of the weaker section were properly balanced to safeguard the interest of the people and the state .

The interaction with students also proved to be a fruitful one Dr Raghuram R Rajan took his time to explain some issues which were of growing concern to the students especially regarding the current conundrum of the North Eastern states .Asked a student "How will new banks help in the growth of the North East and the strategies taken by the RBI for financial inclusiveness?" to which he replied " We are opening an office of the RBI in Aizawl which is large enough to support any activities" . Since the only branch in the North East is located in Assam. This will help in the influx of money in Mizoram and banks loans where

small shop enterprises can flourish by receiving loans in small doses via banks .This will also help businesses at the rural sectors of Mizoram and will contribute immensely in the betterment of the livelihood of the people in the rural areas . He also mentions the need for good "infrastructures" as good Infrastructures contributes directly in the socio-economic welfare of the state . Facilities in villages where the villagers can make an account, payment banks through mobile cards from local banks were also mentioned .These were some of the various plans to expand in the north-east.

Asked about the role RBI plays on furthering opportunities for women he replied "NABARD" which is also the partner of the RBI have "self-help groups for women links to banks which promotes entrepreneurship".

Overall the interaction with the RBI Governor was truly an enlightening one . The students took away some useful information from the Doctor himself and last but not the least we reviewed valuable source of information about the new and positive changes to be implemented in the North East and especially our own state of Mizoram .

Student's Council General Body Meeting

The General Body of the Mizoram University's Students Council was held on 21st October, 2015. The meeting was convened by Vanlaltana Khiangte, President, MZU Students' Council. The meeting came to a start after Ruatdiki Hmar, General Secretary, MZU Students' Council listed out the Agendas.

The meeting came to many decisions after great discussion. It was decided that the Students' Council will take necessary actions in compliance with the Registrar, so that an UGC NET- Civil Service Coaching Centre will be established within the campus. It was also agreed that necessary actions maybe taken so that more study materials for competitive exams will be acquired by the university. The road facilities were also discussed and an agreement was made to work together with the YMA leaders of Zohnuai, to work for the maintenance of side drain which is imposing a lot of problems with the students. Another topic that was tackled was the C.B.C.S(Choice Based Credit System) and



O.E(Open Elective) followed by the university under the guidance of U.G.C. They discussed its demerits

and merits. They bring up the problem of many students being forced to study outside their chosen subjects while they also take into account its advantages for competitive exams.

Another issue discussed was the transportation specifically, buses. Although they toyed with the idea of having the city buses service to the university, they took into account the many demerits like cost, safety and disturbing the sanctity if the compound. It was finally agreed on that the current scenario is the best fit as of now, with a little increase in transportation fees paid at the beginning of the semester.

With many other issues discussed, the meeting came to an end bearing fruitful results.

A visit to Vanglaini and Media professionals



The 1st year students of Mass Communication were fortunate enough to go on an "Industrial Visit" on 21st October 2015 organized by the faculty with the aim of giving the students first hand experience and knowledge gained from eminent personnel. The day was divided into two parts, the first part being a visit to "Vanglaini" office, the most prominent newspaper in the state, with 41,574 copies being circulated daily. Mr. Lalnginglova Hmar, the joint editor, was the

coordinator of the meet and was interactive throughout the session. The session was a mixture of studying the history of Vanglaini, learning its current status and functioning, sharing the newspaper's future vision with the students and the students asking their queries away. The interaction lead to a better understanding of the workings of print media, it's demand and supply in the state and the many challenges faced on the process of its growth. Lalruatpuia, a participant in the visit, observed that the interaction have given birth to a deeper understanding of the print media and offers knowledge outside the classroom textbooks.

The second part of the day was a meeting with Mr. H.C. Vanlaluata, a journalist of Press Trust of India, the largest news agency in the country. Beginning his career as a journalist from his college days, he has jumped through many news agency, because of high demand. He shared his experiences which were plenty and instructive, explains the many differences



between working in Mizoram and outside and the perks as well as the disadvantages of the job. A man of his experience had many advices to give, which no books can offer. He shared his dream of the students of north-east, dominating the media industry. He backed up this dream with telling the students that the fruits of hard-work and perseverance are never disappointing. He also tried to instill the integrity of truthfulness and the danger of the lure of money. His discussion lead to many questions being raised and eloquently answered.

The day was all in all fruitful and many things were learned all the while, many were inspired too.

Quote of the Month Discipline is the bridge between goals and accomplishment – Jim Rohn

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Editorial...

It is with nervousness and excitement that we, the first semester students take over this newspaper from our seniors. They have done such a beautiful job of publishing it for the past year and have willingly shared their experiences. It is only due to their guidance that we are able to publish this today. They will be contributing throughout the year, as with this issue. We do hope that we will better ourselves with every issue and any criticism is welcome and appreciated.

This issue contains different flavors of articles from 'Breast Cancer Awareness' to 'Adventure Tourism in Mizoram.' We have given space for campus updates with special focus on the Mass Communication Department's activities. We have a well-written article on 'Technophobia' which explores the lesser known impact of technology. 'Women in Photojournalism' aims on bringing into light the status of women in the field and also 'One Village, One Crop' touches the topic of transforming the economy through efficient utilization. The topics of online gaming, Mizoram's music industry, Climate Change, Pimping your Scooty and Battling depression shows the diversity of the articles. We also had the honor of an eminent writer, Pi Malsawmi Jacob telling us in her own words her love for books.

TECHNOPHOBIA

IGNORE OR ENDURE?

VL Chhanchhuahi Fanai
1st Sem., Mass Communication

A 68 years old lady, Lalthanpari a retired staff nurse from Ramthlun Veng, Serchhip District, Mizoram chose to remain phoneless till the day she passed away on January 2015 not because she didn't afford but due to antagonism toward technology even though she was persistently urged by her children to have one. Modern day's populace is surrounded by technophiles (who love technology). But in the midst of this, have we ever thought of those who struggle to cope with them? Although technology is taking over all aspects of life, there are some who are technophobic, possessing negative opinions about or towards information technology such as personal computers or even other gadgets. It is an issue that affects many people, many of who don't even know they have it. VLD Ralte age 49

of Republic Veng, Aizawl would tremble when asked to sit in front of a computer and her hands shook as she handled the optical mouse. She decided to remain technology illiterate in spite of her aspiration to learn. When the factors of anxiety and attitude, or more specially, of computer anxiety and computer attitude, are combined, the concept of computer phobia indeed begins to emerge.

Technophobia, as we know, generally means the fear or dislike of advanced technology or complex devices, especially computers. It doesn't only imply 'fear' but also 'dislike' which could let more people fall into the category of technophobia. Education, work and leisure are all becoming increasingly dependent on being able to interact with technology. But what of the academic or career prospects of those who do not want to interact with this technology? "The invention of Automated Teller Machine (ATM) has made my life complicated; it is spine-chilling to stand in front of those giant machines, doubtlessly it has made cash transaction much easier but I can't get use to it" said Saitawna of Armed Veng South, as he returned from an ATM booth. Department of Public Health Engineering, Mizoram has planned to start an online water bill payment system which probably will be troublesome for citizens.



Individuals who are technophobic can slow you down, and in some cases, even prevent you from achieving your goals. We often tend to classify such individuals as "slow to change," "unwilling to accept new responsibilities," "too traditional and conservative."

In fact, these may be individuals who like the end result of technology but are simply afraid to embrace technology.

If you are technophobic, then life at work can be stressful and anxiety-driven. While the rest of the world appears to be moving ahead, there is a sense of rapidly being left behind and the idea of playing catch-up leads to more frustration, anxiety, and despair. So regardless of which end of the spectrum you may fall, technophobia affects you. Liansampuii of Chawhmun said she regretted not learning Information technology in her lower classes and had done a diploma course in her late thirties to make herself competent to tackle the emerging unemployment problem and also to get the hang of what it means to be a technological migrant.



The technophobia is majorly seen to be occurring for devices without which we can't even think of doing our daily things, all our daily work whether it may be talking, sending messages, viewing things (videos, picture, movies, news, messages, updates etc.), searching for data etc. can be done on just a single click or touch. From the time these devices are invented people have a tough time in accepting this in their daily routine. The writer of this article was once a technophobic, experienced a few symptoms of technophobia like faster heart rate, nausea, trembled before computers and would prefer exercise books and pens instead of laptops and tablets. But since there is no other option as our education system is becoming increasingly dependent on being able to interact with technology, dealing with this phobia is a must and realized that it can be overcome! The best way to eradicate this fear is to help the person in understanding the technology with proper attention. Early use of computers is associated with more favourable quality of initial experience, which leads to lower anxiety and greater readiness to use computers.

Technophobia is not a shameful thing. It is not a disease and it is certainly not a reflection on the intellectual capacity of the individual. It is important to remove blame and shame from any discussion on technophobia.

ONE VILLAGE ONE CROP POLICY BIHCHIANNA

Joseph R.Lalfakawma
IIIrd Sem., Geology

William Lalrindika
IIIrd Sem., Mass Communication



One Village One Crop hi ni 10th March 2014 a NLUP Nodal Minister Pu R. Lalzirlana hova NLUP Implementing Board Meeting in hman tura a rel atanga hman tan a ni. One Village One Crop hian a tum ber chu a ram leilung leh boruak a zir a thlai leh thei hmun khat atanga a hlawma tharchhuah a ni. Hei hian thai leh thei NLUP beneficiaries te tharchhuah te man man zawkin leh awlsam zawkin a hralh theih phah ang a, panna tur Link road siam pawh chhaw hmgang tangkaitu an tam phah dawn a ni.

One Village One Crop chungchangah a policy siamtute zawhna leh chhana:

Khawi kuaah leh District-ah te nge kalpui anih tawh?

= One Village One Crop hi Mizoram District ina khaw hrang hrang Aizawl khawpui tih lohah chuan kalpui mek a ni.

Eng ramin nge hmgang tawh, an hlawhtlin pui em?

= One Village One Crop hi eng ramin nge hmgang tawh tih hriat a nih loh avangin an hlawhtlin pui leh pui loh hriat a ni lo.

Eng thlai nge target crop anih?

= One Village One Crop in a target crop te chu Rice, Oil Palm, Sugarcane, Mulberry, Passion Fruit, Grape, Mandarin orange, Pineapple, Chayote (iskut), Alovera, Arecanut, Tung, tea, Bamboo, Rubber, Broom, Farming leh Mithun (Sial) farming-ah te pawh kalpui a ni. Coffee te bakah hian hmun thenkhat ah chuan Piggery (Vawk) farming, dairy (Tlang Bawng) Farming leh Mithun (Sial) farming-ah te pawh kalpui a ni.

One Village One Crop hi engtia rei nge kalpui tum anih?

= One Village One Crop hi kan hmgang tan chauh a ni a, eng chen nge kalpui tur tih bituk a awm lo.

Hlawhtlinna khua leh hmun a awm tawh em? A awm tawh chuan eng thlai ah te nge hlawhtlin pui anih?

One Village One Crop hi a hlawhtlinna hmuh tur ala awm tam lo. A chhan chu NLUP 3rd leh 4th Phase atang chauh a kalpui a ni a, 1st instalment Rs. 10,000/- pek an nih bak chu tunah hian Department thenkhatin 2nd Installment an sem tan leih leih chauh a, hemi anih avang hian a la hlawhtling hman lo a ni. Champhai District-a Hliappui khua-ah AH&vety trade "Tlang bawng (Hill Cattle) hlawhtling takin a nkalpui mek. Kolasib district ah Oil Palm hi an chhawr tan mek baw.

M.Orange hi hmun thenkhatah a hlawhtling tan mek baw.

One Village One Crop kalpui tawhna khua a mipuite chuan an duhthlan thlai an ching nge sawrkar thlan sa thlai an ching?

= One Village One Crop kalpui mekna ah te hian khawtlang hruaitute chu an concerned Deputy Commissioners ten ko khawmin an khaw leilung, boruak, sik leh sa in a mil tur trade an thlan tir a. Khawtlang hruaituten an trade duhzawng an thlang. Khaw khatah hian NLUP beneficiaries ten inang vek an thlang chuang lova, beneficiaries a tam thei ang berin kalpui thei se tih a ni .80% vel talinkalpui thei se tih hi duhthusam dan chu a ni.

One Village One Crop hi lo hlawhtling ta se, chu chu sawrkarin engti kalpui zel nge a tum?

One Village One Crop hi a hlawhtling chho a nih chuan nasa lehzuala hlawhtling tur leh hmasawn chho zel turin a kalpui ang.

One Village One Crop hian State economy-ah ngawng a nei thei dawn em? A nei thei chuan engtiang in nge a nei thei ang?

One Village One Crop hi a hlawhtling anih chuan State economy-ah rah duhawm tak a nei thei ang. Zokhaw lama beneficiaries tamtakin an thlai leh thei tharchhuah te atangin a man tamtak an lalut tawh ang a, hei hian an khawsakna ah hmasawna a thlen ngei ang a, State dang atanga lak loh ngai tawh lovin, kan ram mamawh kan intodelh mai bakah state dang leh ram danga thawnchhuah tur tharchhuah a ni ang a, chu chuan kan GDP pawh a ti sang ngei ang.



One Village One Crop chungchangah Prof. H. Lalram-nghinglova, Dept of EVS, Mizoram University in kan zawhna te min chhan sak a:

Mizoram sorkar in NLUP Scheme hnuuia One Village One Crop policy a kalpui hi enge i ngaidan?

Keichuan One Village One Crop hi ka pawm lo, a chhan chu a thlai chingtu turte tui zawng leh thiam zawng a inang lo thei a, thlai leh thei chi thum tal thlan tur awm thei se a that ka ring. Khaw khat a in 20 emaw 30 velin thlai leh thei an duh ang ching se, chutiang zel chuan inthen darh se, thlai chi 3 tal thlan tur nei se awmia a nei zawk ka ring.

Engtiang takin nge Mizoram boruak leh chehvel hi a ngawng thei ang, a bik takin thil nung chi hrang hrang te hi?

Thlai chikhat chauh chin anih chuan thil nun chi hrang hrang te hi a ngawng lo thei lo a ni. Entirnan Oil Palm hi lo thlang ta se, hmun aluah zau em em a, a bul vel a thil



nung chi hrang hrang kha a tihbui mai bakah a lei an chinna pawh khaw tiche thei a ni. Thlai pakhat an chin a kha a dam chung kum 15 te alo ni thei a, Thlai dang chin nang a ram a kha a hman tlak loh thin baw a ni. Oil Palm chin nan hian hmun a mamawh zau em em a, Scientifically pawhin Teak chin aiin a tha lo zawk a ni tih finfiah a ni nghe nghe a ni. **He policy hi tih chhunzawm zel tlak a ni ang em? Eng ang chhiat path huama tih nge a nih?**

Tih chhunzawm zel tlak ah keichuan ka ngai lo. Thlai chi khat chauh chin nan chuan kan ram te hi phai ram ang ni lovin khaw khat ringawtah pawh leilung hi a in ang lo em em a hlawk tham tur chuan tih a harsa ang.

Sorkarin he policy hi a kalpui hman hian policy siamtute emaw leilung zirtute leh thlai chingtu turte hian inkawmkhawma nei hmasa se i ti em?

Aw ti e, he policy hi kalpui anih hma ngeiin policy siamtute emaw leilung zirtute leh thlai chingtu turte inkawmkhawm hmasak hi a nih dan tur ah ka ngai.

Mizoram leilung leh a chheh vel hi engtiang a venhim chi nge a nih ang?

Tuna kan lo nei dan (shifting cultivation) hi thlakin tihdan nghet tak nei ila, entirnan "Mizoram Slope Agriculture Changkham Technology" hi kan siam a, hei hian mumal takin kan leilung hi enkawl thei ila, thlai chi khat chin hnuah pawh a hmun ngaiah thlai dang chinna tlak ni thei turin a siam thei a ni.

ZAIMITE THUKHAWCHANG

- Lalminglana Chhangle
1st Sem., Mass Communication



Hmanlai atang tawh in mizote hi zai ngaina hnam kan ni a, hnam dang bulah pawh mizo te hre tawh chuan mizote chu zaithiam vek hmuh hialin min hmu thin, kan nun ah hian zai hi a bet tlat tawh a ni.

Kan mizo zaithiamte hi engtin nge i hmuh ve le? Kan ngaisang a kan fak mawlh mawlh emaw kan tih laiin an hnung lamah kan nuh leh si thin lo maw? Mizo zaithiamte zingah tunge pawisa lalut hnem ber anga, lalut tam ber pawh hian thlakhat a a lakluh hi thlatin angin chhut ta ila a beitham viau ang, enge a chhan ni ang? Heti khawp hian kan hre lar a hetu zat chauh hi an hlawhchhuak leh si enge a chhan nita ang?

Kan mizo music industry hi han belchhiang ta ila, zaimite pawisa lak lunna ber chu hmun hrang hranga an zaina atanga an hlawh hi ani ber thin a, enge an harsatna tam ber nita ang le. Ram changkawng zawk te nen kan in khaihin lo thei lo, keini aia thiam zawk leh kalphung dik zawk a kal an ni miau a, anni cuan an zai original leisak ngei an duh thin, tin music video an siamin hlawn tam tak an hmu bawh thin ani. Mizoram pawhin hma kan sawn chho ve zel a, ram changkawngte thidun lain mizo music kalphung in hma a sawn theih nan blanket license system hmangin music domain Mizoram MDM chu 2012 khan alo ding ta a, enge an tih

ber tih chuan bazara cassette tam tak diklo taka an zawrh te an haichhuak a. Vawikhat an thil man rilru khawh em em chu dics pakhat ah chuan music video 100 vel an lo dah a, chu disk chu cheng 100 thovin an lo zuar ani. Zaithiamten music video siam nan alo berah cheng singkhat vel an seng a nimahsela Bazaar ah chuan an hla chu chengkhat ang lekin an lo hralhsak tihna alo ni. Mipuiin ngaihtuah loin zai an nei thalna a nih chuan an lei a. A tuartu chu zaimite an lo nita a ni. MDM alo din atang chuan a langa pauvin an zuar ngam ta lo, mahse a rukin an la zuar reng tho a ni. Tin, mizo zaithiam atam zawk leh top artist-te hi MDM member an ni a, an hla chu MDM ah va thelut in Mizoram hmun hrang hrang cable T.V sawmriat chuazngzet ten man neiin an hawh ta a ni. Chu mi tlingkhawm atang chuan thlatin zaithiamte hnenah category thuma thenin mi 20 hnenah royalty an sem chhuak thin a ni. Nimahsela heng an pawisa lak tam ber pawh hi thlakhat ah cheng sanghnh chauh ala ni a, chhungkaw chawm nan chuan a beitham deuh, nimahsela hmasawna tha tak pakhat chu a nita phawt a. A hmasa berah chuan tute nge dik a tute nge dik lo ti ila, a mipui te, an zai ngaitlatu leh hlutsak em em tute hi diklo zawk chu kan lo ni' a hla hi ka duh lutuk kan tia, kan ngaitlha

liam mai, a zaithiam khan kha hla kan duh em em atang khan enge hlawnka alo hmuh ve? Engtin nge kha hla kha i nei pendrive atang nge bluetooth device atang nge i download zawk. Engkim a thlawna nei kan duhna hian thil dikloah min hruiailt zawk thin a ni. Mizoram atang hian music hi han bo ta mai se lungleng a kur tur chu kan ram ngei hi a ni. Mizo music industry-in hma a sawn zel theihnan leh tun aia music a hma kan sawn zel theih nan mipuite support-na tha tak leh original ngei lei nachang hre turin mitinin tan ila theuh ang u. Zaithiam mi hrang hrangte thusawi lo tarlang ila:

C. Sanga - "Mizorama mizo hlang tlemte awmna ramah hian eizawna hrang hrangte awm ve in, chung zingah chuan zai a eizawn pawh hian awm zia anei chho tan ta viau mai a.



Chutih ruala a ruk a rala lo copy a, sumdawn nan a kan lo hmang thin hi mi hrawk kan reh pin sak a ni tih hriain i sim tawh teh ang u. A mizo lova a zahthlak em em bawh a ni."

Zoramchhani-Mizo music industry-in hma kan sawn zel theih nan zai



original ngei lei thin ang che, tin alo hralh rutute pawh khawngaihin hrilhfiahtu ni turin ka sawm a cheu.

DJ Venhimi- "Mizoram chhunga zaithiam te hi hmalam pana an kal zel theihnan mipui support an mamawh a, chuingin miin hah taka an thawhrim rah hi a thlawna a nei tum loin leisak ngei tum



ang che."

Manuna(Hard Ray)-Mi pangai chuan original ngaihsanna chang an hria, mi in sum tamtak senga an thawhchhuah



athlawn a nei tum hi mihring tlinglo zia a ni, original i ngaisang ang u."

David Z Hmar Guitarist (Dream Hunter)-Please!!!! Support your local talent. Khawngaih takin i



hnampui te album a lei ngein leisak angche. I rinawmzia lantirnan a thlawna i hmuh theih alo awm hlauh a nih pawh in, a original lei hram ang che."

Casey secrets- "Zoram mipui te hian piracy hi kan ngaitthah reng a nih chuan kan rimawi khawvel hian hma asawn tak tak theilo anga kan musician tha tak tak leh zaithiam te tan hlawnchhamna kan siam mai ani ang."

TBC Zaithanpuia- "Sawi tur tam tak nei mah ila tam tak sawina hun a nih loh a vangin tawite kan



sawi anga, kan kristianna avang pawh hian zaimite harsa chunga music video thar an rawn tih chhuah te hi dik lo taka lo nei theih thin te hi intihtheihna chi a ni lo tih kan hriatchian a pawimawh takzet ani. Pathian ringlotu zawk pawh in midang kut atang a copy mai ai chuan, original ngei lei an duh anih si chuan, kristian ram Pathian ringtu zawk te tan phei chuan, piracy hi kan tih loh tawp tur ani, NANG MALSAWMNA NI ANG CHE tih nun nei theuh i tum ang u."

ONLINE GAMING LEH A NGHAWNG

- Kianghmingthanga
1st Sem., Mass Communication

Internet khawvel ina a rawn ken tel 'Online Gaming' hi a lar chho chak hle a. Hei hi video games mai a ni a, amaherawh chu Internet hmanga khelhi ani thung a. Khawvel ram dang daih ami te nen khelhi ho vek anih avang in thian siamna tha ve tak ani bawh a, khawhar hnem nan a khel an tam reng bawh a ni. 2015-a record awm ah chuan US gamers 56% khu mipa an ni a, a bak 44% hmeichhia an ni a, mipa mai niloin hmeichhia an tam ve hle bawh tihna a ni. Hetiang game a lar zual te chu 'League of Legend te, Warcraft te, Diablo te leh adangte' an ni hlawn a. Player len tam dan a zir in RPG emaw MMO an ti mai thin a. MMO hi Massively Multiplayer Online Game tihna ani mai a, RPG chu Role Playing Game tihna a ni thung a. MMO ah hian players nuai chuang an leng a RPG ah erawh 10 emaw a aia tam deuh an ni tlangui thung, MMO ngat phei hi chu 'Social Networking' website lian tak ang a ni nghal bok thei a ni. World of Warcraft bik hi MMO game

hlawhtling ber a ni a, subscriber rigot poh 1,00,00,000 a nei tawh a, a pung chho zel bawh a ni.

International market lam thlir chuan Gaming hi sumdawna lian tak mai, thang chho uak uak reng a ni mek a. USA ringawt pawh khuan kum tin Dollar billion sawmnhn panga game lei nan rigawt hian a seng ziah a. A game lei leh



hralh na hrim hrim a pawisa lut chhuak bakah hian Player thiam bikte hian hlawn sang tak tak an nei ve zel a. Football League ang in team lian in Player-te an chhawr a, hlawn tha tak neiin contract te an siam ve thin a ni. League hi kum tin nei ve thin a ni a, lawmman pawisafai tam tham tak a keng tel ve zel bok thin, dota 2 championship 2014 ah te khan



champion tan million dollar hnh hia chhawp chhuah a ni a, computer gaming khawvel luh chilh ve lem lo tan chuan a mak viau maithai a ni. Hemi anih avang hian ram thenkhat Korea, Japan leh Europe thenkhat ah chuan eizawna tha tak a ni der a. Eizawn nana hmang an tam ve ang reng hle reng a ni. Hei hi ram changkawng ah chauh a ni tih theihghilho lo ila, kan ramah chuan eizawn nan a la tlat lem lo.

Gaming hian thatna lai nei ve neuh neuh mahse a lehlam ah that lohna lai a tam ve hle a. MMO game ho bik hi a game tawp thei lo tura duan ani a, kum tin emaw kum chawne dan ah emaw (update) siam belh zel a ni a. A tum ber chu player te'n a game an chhuahsan

Page 6 continued..

tawh loh nan a game tuai thar zel a ni. Hetiang a nih avang hian a 'addictive' hle a, researcher tam tak phei chuan 'Heroin' nen an tehkhin thin reng a ni. Gamer te ngei pon a addictie zia hi an pha ngai lo a. Mak tak mai in research ah chuan, drugs te zu te ang bawkin Gaming-a a nawmna leh phurawmna hian mihring taksa ah chemical in ang chiah chiah a siam chhuah tir a, kan thluakah pawh a thawhna hmun a in ang chiah chiah zel bawk a. Hei hi a addictive



hrang chuan Gaming Rehab Centre leh clinic a hrampa in an hawng ta nuk mai a ni. Gaming addiction hi natna chikhat ah te pawh angaih theih a, natna dang ang bawkin lan chhuah dan a nei ve a. A pawh ber chu nerve leh thirawl a khawih chhe thin hi a ni a, mitmu ro leh chaklonate leh zan mut theihlohate a thlen hluar hle bawk a ni. Tihrawl a khawih tel avangin thihna hial pawh a thlen thei bawk a ni. Gaming hi sual tam tak kalsan nan a hman theih ve thung bawk a. Drugs

em em nachan lian tak pakhat ani reng bawk a. A khel nasa zualah phei chuan kum hnih khat in chhuahsan hlek lo a



SIK LEH SA INTHLAKAH NATNA LAKA INVEN DAN

- C.Lalropari
IIIrd Sem., Mass Communication

Kum chanve chu kan lo hmang zo ta reng mai a, boruak te pawh a inthlak chho tan a, thlasik rim pawh a nam tan ta. Boruak inthlak chho hunlai takah hian tlang hri leng, hritlang khawisik, kawthalo, mitna, hritlang in kai a awlsam bik em em a. Hetiang hunah hian kan hriselna hi inven that a pawimawh bik hle a ni.



Dr Lalzepui, Chief Medical Officer (CMO) in a sawi dan-in, "Boruak alo inthlak chho hunlai tak hian a bikin kan hriselna hi fimkhur a ngai zual bik a, hritlang khawisik hi kai a awl zual bik in hritlang kai anih tawh chuan a daih rei in a dam har bik a. In steam te hi damdawi ei vak vak ai chuan uar lehzuil ila, zan lam a inbual lo hram nise, puipunna leh motor a chuan, zin vaivah vel te in khu tha lo lakah hmaituamna (mask) te vuah hram ila, kutsil ngun leh taksa sawizawi tam a, mut tam a thawhna te leh tui in hnem a invawn thianghlim hi a pawimawh hlein ka hria" a ti a ni.



Sik leh sa inthlak hunah hian thlasik kan hmachhawn chho dawn avangin in thuan lumthat te hi apawimawh hle a ni. Bazar a kal leh puipunna a vah chhuah chang te in

motor khu (smoke pollution) leh mipui punkhawmna-ah te kal tam lo ila, kan in leh a chhehvel vawng thianghlim baw ila.

Tui in hnem a mut hnem hi taksa in a ngeih a, hriatloh lamah natna hri tamtak kan pumpeh thei a ni. Mithiamte chuan zan a darkar riatal mut hi taksa tan pawh a tha in kan taksa pawn mumal takin a thawh tur ang a hawk a ni an ti thin. Khawisik ser ser emaw damlo ni a in hriat tirth phat atagin mahni a damdawi ei mai mai lovin, mithiam zawk doctor te i rawn vat zel ang u. Zanah rei deuh deuh men hi taksa in a ngeihlo hle bawk a ni.

TAWNG HAUSA BER

- Malsawmkimi
IIIrd Sem., Mass Communication



Sap \awng (English) kan tih mai hi khawvela \awng hausa ber thumal neingah ber a ni. Hei hi achhan pakhat chu ram dang \awng an \awng ang a lakchhawn/sengluh foreign contribution) atam vang a ni. A tam ber hi chu Latin, French leh Scandinavian a\anga an lakchhawn a ni a, ram dang a\anga pem lut te, zin mi, zirilaite leh adang atangte pawhin an senglut nasa hle bawk a ni. Ram dang pawh en ta ila, an serial leh music video thenkhata kan hmuh ang hian sap\awng thumal an hmang hnem hle tih kan hre \heuh awm e. Hei hian \awng kan in hman pawlh nasat zia a ti lang chiang a ni.

Keini India hmarchhak ram zimte a cheng te hi, Zosap Pu Buanga (JH Lorrain) leh Sap Upa (FW Savidge) ten A, AW, B, min siam sak a kan vaneih hle a, mi lu la hnam, sakhuaana-ah pawh thingbul lungbul bia kan ni a, chanchin\ha rawn thlen lo in ziak leh chhiar te min rawn zirtir lo ta sela hetiang dinhmun hi kan thleng pha kher lovang. Tunah chuan khawvel huapin kawng hrang hrang heng zirna te infiamna te

leh adang tamtak ah hma kan sawn phah a nih hi. Amaherawh chu tnlai hian abik takin \halaite zingah Mizo \awng kan hman dan chungchang ah rual u zawk ten an duh khawp lohna leh sawiselna hriattur a awm ta nak nak mai. Mizote pawh hian kan tawng a kan neih ve lemloh hnamdang \awng thumal kan \awm tamtak a awm ve bawk a entiran, thei leh thlai rah ah apple, grape, carrot, tomato tih ang chi te, chutiang zel chuan buangrua leh thil engkim ah a ni ti ila kan sawisual tam lo ang chu maw? Chutih rual chuan Mizo \awng a awm

ve reng si hnam dang tawng abikin sap \awng kan hman hnem zawkna atam ta hle a kumtin deuthaw hian a pung zel emaw tih theih hial a ni. Hetiang hian kan nitin nun a kan \awng ang chiahna kan hman tel ve fo \hin tlangpui i han en dawn ila:-

Over leh heavy tih hi kan hmang tam hle a, kawng hrang hrang in kan hmanna leh hman dan pawh a in ang lo thluah a ni, thil sawi uar nan kan hmang deuh ber a, mi awmherh, uchuak, tawngkam leh thil tihna eng ilo a lo uar fal emaw mi huat zawng leh mite eiloh zawngawm te sawi nan te, fel kan tih zawng te, him leh lungngaih lai te, mihring hmel\ha/hmel\ha vaklo, lian leh te, thau leh cher lutuk sawi nan over leh heavy hi kan belh \hin a ni. Bungrua, thawmhnaw, pheikhawk a len leh tet zawng sawi nan size hi kan hmang deuh vek tawh a dawrkaite pawhin eng nge alen/tet zawng tih aini enge a/i size tih hi an hmang tawh zawk a ni. On/off tih thumal hi kan \awng ang chiah in kan nunah hian a bet tlat tawh ni tur a ni, tui herhhaw leh khar nan te eng tih thim/mih leh tih en/nun sawi nan kan hmang \hin a. A tawi zawngin han tartlang tawh mai ila, kan hman dan leh hmanna chu kan hre vek awm e, call, color, media, frank, share, proud, common, customer, luck, simple, hot, quality, personality,



brand, hospital, leadership, lyric, design, effect, special, hit, care, full, judge, cool, fill, feel, seat, boring, tih te leh adang \hahnem tak a la awm teuh ang.

Heng kan tarlan thenkhat te hi mizo \awng a kan neih vek mahse mizo \awng aia kan hman tam zawk a ni ti ila a diklo ti pawh kan awm mai thei, heihi kawng lehlamah chuan hnam changkanna leh hmasawna tilangtu kawngkhat a ni ve thei awm e. Kan pi leh pute kha rawn tho leh ta sela hriatthiam loh leh bo map chang an ngah leh ang chu aw. Kan nau zawk te leh lo la piang zel tur te hian an rawn \hanhan pah anga mizo \awngin enge a awmzia? an rawn ti zawk hluah ang tih pawh a hlauhawnaawm dawn teh asin. Kan \awng upa tamtak phei hi chu hrelo kan tam viau in a rinawm. Pawimawh ber zawk chu hnamdang \awng thumal \henkhat kan hman tam zawk avang hian Mizo \awng thumal tamtak hi a tih dal emaw a borat pah loh nan keini \halaite hi fimkhur tlang zel ang u. Keini'n kan hlut thiam a kan humhalh loh chuan hnam dang te'n min rawn humhalh sak dawn si lova.



TURN YOUR JUNK SCOOTY INTO A PERFORMANCE MACHINE

- Rebecca Lalchhuanawmi
1st Sem., Mass Communication

First time in this UYS column, let's write about how you can turn your junk scooty into a performance machine. If you are planning to sell your old motorcycle which is pretty much about a junk now, think again. You might be able to convert it into a head turner with just a few modifications. So, for your inspiration, check out this article carefully to know how this modified scooty which was bought for a meagre into a pocket rocket.



This scooty was bought at a scrap rate of Rs.5000/-. After day of trying and testing various components, the mechanic managed to create this naked version of the scooter. So, what makes the scooty so special? Here is a list of unique features that the mechanic has installed on this naked one-off scooter. Firstly, he re-turned the engines which create more power and better for the street and secondly, he exhausted all the custom and turned it into naked. Thirdly, custom made fuel tank which lets the scooter have vigorous power. Fourthly, conical filter, which let the scooty sound raw and peppy. Fifthly, telescopic shocks which makes a fairly huge difference in ride comfort. Lastly, he installed the HHO- Hydrogen booster kit, this installation is claimed to increase the power and yet add to the fuel efficiency numbers. Along with these mechanical upgrades, the modifier of this scooty from Republic Veng, he scooty also gets a matte arrange paint on the frame, shortened seat height and LED tail lights



and LED turn indicators. The mechanic who is Aizawl said that "All the hardwork and effort that I have given for this scooty is not worthless, I am very satisfied with it and I love it. Oh! It was really awesome to prove that modified scooty we have seen through the media from other countries can now done here in Mizoram".

So, all this modifying techniques are now applicable in Mizoram and I hope this article may give you an inspiration in modifying your motorcycle or anything else which can be pimped. "Nothing is more powerful than an idea whose time has come"

MALSAWMI JACOB

- Amelia Lalremdiki
1st Sem., Mass Communication



Malsawmi Jacob is the author of "Zorami", the first novel ever written by a Mizo writer in English. Malsawmi Jacob takes on the most traumatic period in Mizo history, the insurgency years of the nineteen sixties, to tell the story of a young girl, Zorami. It also vividly expresses the culture of the Mizo land. Zorami is the first novel of the author as she used to write only poems and short stories before. It was a pleasure to hear about her book journey as she credit them for her creative imagination and her writing skills.

It all began with fairy tales. Reading them in the comics was my greatest pleasure as a student of Class III. Through them I got acquainted with Cinderella, Rapunzel, Sleeping Beauty, Snow White and the Seven Dwarfs, The Frog Prince – the whole company. It was thrilling to visit those remote worlds and meet the magical people.

By high school, books had become the preferred form. Once, after reading *Ivanhoe* (Sir Walter Scott) and *The Black Arrow* (R.L Stevenson) one after the other. I was in a daze for days, high on the romance. Soon after this I went into *Under the Greenwood Tree*. That's how I first fell in love with Thomas Hardy.

Wuthering Heights (Emily Bronte) was another haunting experience, which happened during college days. Adding to the fatal attraction, Bronte's poems were also included in the volume. Ah, the potent mix! I still haven't got over the lure of the wild, bleak landscape and the wildly intense people there.

The excursion into *Crime and Punishment* (Dostoyevsky) was unforgettable again. One got totally involved, heart and soul, in Raskolnikov's inner struggles.

A few of my favourites

Picking only five of my favourite books, which I've been asked to do, is very difficult. I'll just name those that come to my mind now. The list could be different another time.

To be honest, I would give the first place to the New King James version of The Bible, which I love for various reasons. But listing these would take too much space, so let me pass it by for now and go on with the others:



1. *The Narnian Chronicles* (fiction) by CS Lewis. They're really seven books, but they're a set, so please allow me to include them all! Though they are meant for children, I still love them even at this age. The imaginary world of talking animals, where all kinds of fairy tale creatures come alive, is extremely charming. At the same time, the issues dealt with in a child-like way are real life concerns. It's been said that a good children's story is of interest to adults too: this is true of *The Narnian Chronicles*.



2. *To Kill a Mockingbird* (fiction) by Harper Lee. "It has so much grit" was my comment when I first read the novel. The portrayal of the small town life with the prejudices of its inhabitants, seen through a child's eye, and the subject of justice that it deals with, are some of its strong points.

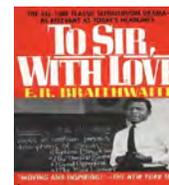


3. *The Hiding Place* (narrative non-fiction) by Corrie ten Boom. Corrie, a watchmaker's daughter, was living a quiet life with her father and sister. When the Germans under Hitler conquered Holland and hunted Jews, the ten Boom family did their best to save their lives, hiding them in their home. Then they were caught and suffered the consequences. *The*

Hiding Place is an inspiring book. It is a story of triumph after much suffering. The narration is lively and humorous, it is a delightful read.



4. *The Good Earth* (fiction) by Pearl S. Buck. The novel depicts the life of a hardworking Chinese farmer in the early twentieth century. It shows the progress of Wang Lung from a poor farmer into a prosperous one, and finally into an absent-minded old man. The character is delineated realistically with its trials and foibles. The story, told in a down-to-earth style, has a timeless quality about it.



5. *To Sir With Love* (narrative non-fiction) by Rick Braithwaite. This is the true story of a black man who taught in a tough East End school in London, where he suffered racial slurs, just as he did everywhere else in the city. But he overcame hatred and helped his sloppy, badly-behaved teenage students to learn self-respect and to become responsible people who could stand on their own feet. A real heart-warming account.

To sum up

We can all make fantastic journeys to places and times, and even into people's minds, through books. May more and more people get to experience the joys of reading!



WOMEN IN PHOTOJOURNALISM

- Lalremruata
† Sem., Mass Communication



A photojournalist is a reporter who often is pressured to make decisions instantly and carry photographic equipment, often while exposed to significant obstacles. Photographs started supporting the written news in newspapers and magazines and thus photojournalism was born. So, Global Press Institute uses journalism as a development tool to educate, employ and empower women throughout the developing world. If you love telling stories through pictures, then pursuing a photojournalism career may be for you. Photojournalism will put you in the heart of protests, disasters, wars, and rapidly changing political environments.

In many instances, a photojournalist's job will require capturing the worst moments in a person's life as well as very volatile situations. In some cases, the events that photojournalists witness can be emotionally draining and disturbing. Because of this, successful photojournalists must be able to deal with these types of stressful situations in a healthy manner. This is a profession for the brave and the passionate, those committed to the mission of bringing to the world information that is fair, accurate and important.

Nowadays we are talking about woman empowerment. Women are coming to the fore front in a profession long dominated by men and telling stories their male counterparts could not. In some areas women

are very exposed because these are cultures with ideologies in which women are regarded as expendable. It is amazing how many young women are now coming into the field of photography and of course there is always a sense of interest in younger people. There is an advantage to being a woman, if you play to your strengths in any art form and bring who you are into your work. Women are more trusted, can make walls fall down a bit more.

The evolving social structures in the domestic sphere have led more women to pursue higher education and eventually to establish professional lives. Nowadays many women photojournalists with cameras and bravery as their primary tools, risk their lives to raise awareness about global suffering. Vanglaini daily newspaper photojournalist Mr. Valtea said, "Women photojournalists should be taught to be brave while she is doing her work because she can cause problems and be a burden for her fellow photojournalists."

On the plus side, women possess a number of advantages over their male counterparts. They can photograph children in a park without adults immediately suspecting she may be a sex offender, also can take pictures of women in cultures where a male photographer would be forbidden and editors are more likely to hire them to shoot sensitive subjects like

victims of sexual violence and abuse. Conversely, women have to put up with some pretty ridiculous things that men do not.

In different parts of the world even in India there are numbers of successful women photojournalists who play an important role in providing necessary information on what is happening around the world. On the other hand, no such accredited woman photojournalist is mentioned currently in Mizoram. As Mr. John Zothansanga, sport columnist of Vanglaini daily newspaper said, "Media especially print media is not large and popular enough in Mizoram to provide works for women photojournalists as there is no great demand and job openings." Even Vanglaini daily newspaper, one of the most popular print media does not have a post for a female photojournalist because the male photojournalist in Mizoram can handle all the workload demand.

However, photojournalism is an honourable job where many people have been honoured for their successful work and encourage a lot of people. If you wanted to do something creative, something that feeds your need to express yourself about the world, try poetry, writing, painting, but none of it will really express everything you feel in the same way as a photograph will. So photography is a form of utmost expression of oneself which Mizo women still have to embrace and endure.



GROWING UP - GROWING OUT

"Give me some sunshine give me some rain ,

- Rahul Lohar
† Sem., Mass Communication

Give me another chance I wanna grow up once again....."

Most of us are very familiar with this song. The touching lyrics has created a sense of understanding and "Oneness" amongst all youths today. This song taken from the movie 3 Idiots nebulously tunes about the hardships youngsters are facing and embracing concerning the never ending cycle of Competition, Ambition, power and wealth. The very essence of this song wants us to look at the finer things in life.

All these virtues are important for the evolution of society but too much of anything does have its imperfections. When are you going to give yourself some time? Is this rat-race ever going to end? Due to cut-throat competition and excess stress, "WE" are losing out on the true values of life.

The Rat-race starts very early in life. As early as primary school. Every student's parents today want their children to come first, to be the numero uno in every field, whether they opt for it or not. Thus the struggle begins, the struggle to be the best, the constant pressure in every step of life like an overwhelming stare upon us, constantly watching, constantly creeping. Board Exams !! Board Exams !! the pressures are piling every year. With increase in marks and candidates everywhere including rural areas. Each candidate is striving to be a topper. Situations are such



that anything below a ninety percent is considered below par and sometimes a reason to suicide. Young Indians are more likely to commit suicide than previously thought, especially those living in wealthier and more educated regions, according to studies experts suggests India's rapid development is driving many youths to despair especially the age groups of 15-29. Opportunities that have come with two decades of economic boom and open markets have also brought more job anxiety, higher expectations and more pressure to achieve.

Around nine persons on an average committed suicide every month in Mizoram till June this year, with depression being the main reason for the deaths. NGO New Life Charity Society (NELICS) chairman Dr. Zawmsanga Sailo said they have arrived at this figure

from the fact that at least 52 people have killed themselves in the state during the six months between January and June. Of the 52, 19 were women, Sailo said describing the high rate of suicidal deaths as alarming as the population of the state was barely 10 lakh. The oldest person to commit suicide during the period was 63 while the youngest person was 13 years, he said.

Depression was the main reason for the suicides, he said. "Deeper involvement by the churches and civil societies and better relations between parents and youths could bring down suicides and suicidal tendency in the Mizo society," Sailo said. The higher rates may come from "the greater likelihood of disappointments when aspirations that define success and happiness are distorted or unmet by the reality faced by young people in a rapidly changing society," said Dr. Vikram Patel, in an editorial printed in The Hindu.

Carpe Diem more often or you will miss out on life and never truly be happy. Carpe Diem more often because you have only one life to live. Go and play a game of football in your neighbourhood. Laugh, Cherish, love and participate on the finer things of life. Appreciate and make humors on the little imperfections that makes life perfect.

KNOWING OUR RIGHTS AND FIGHTING FOR THEM

- Amelia Lalremdiki
Ist Sem., Mass Communication

It is safe to say that we Mizo's, have a quality of being easy going and are scared of being a nuisance. Almost every situation that is handed to us is accepted in the way it is handed, without any action taken to change or alter it according to our desires. This pattern of living is reflected in the relations.

Today the courier service companies are a link between the online shopping sites and the consumers. It is safe to say that this is the main business booming factor for the courier services. Online shopping is slowing becoming a way of living, which is clearly depicted in the rapid fall of sales in the retail market. Its main attraction being the cheap price and the wide variety of choices which retail market fail to offer. It is refreshing to witness that we are being aware of our choices and expanding our horizons. But we still seem to lack behind in fighting for our rights. It is the duty of these courier services to safely deliver our packages on time and we pay for that service too. However, we being asked to go and pick up our own items is an insult to our knowledge and a sign of our ignorance. This is one of the many examples in which we are taken advantage of. The major in Mizoram are the biggest courier services simply defend their

practice by saying Mizoram's house number is irregular and inconsistent, the large number of packages received is impossible to be delivered to doorstep and that the people do not mind so it works out well. These do not count as valid reasons because Indian Post office is being able to deliver their letters and packages on the same addresses. Three of the biggest online shopping sites Jabong, Myntra and Amazon were all amazed to



hear about the system and requested that customers demand their rights as they duly pay for it. Amazon has even promised to take steps to ensure that these practices are stopped.

According to rough estimates nearly 18000 parcels were received through online business by all courier companies during October 2014 which would be worth around Rs 87.47 lakh. One said that they used to receive around 50 parcels a day while this went up to an average of 200 parcels daily during December, 2014 and the largest number of parcels contained in one local courier company at Zakant locality usually received around 700 parcels in a month which increased to 2000 during Dec. 2014. These figures show the large amount of online shopping and their capability to demand for their rights if all of them unite.

Rhminghanga a student of the commerce department and an avid online buyer said "I was shocked that these courier services are taking advantage of us." He talked of a different kind of service he got from these companies when he was studying outside the state. We must learn to be more aware of our rights and duties and take up more courage to stand up for what we rightfully deserve.

ADVENTURE TOURISM IN MIZORAM

- Lalramchhana
Ist Sem., Mass Communication

Mizoram, "Switzerland of the east" undoubtedly rising as the adventure playground of India because of the dazzling treasure trove for travelers that show amazing diverse culture, festivals, dances, handicrafts with endless variety of flora and fauna. So called "The land of blue mountains" with its thick bamboo forests, beautiful rivers and a wide variety of landscape that attracts the tourists who visit Mizoram.



As the whole Northeastern state is a hub for tourism, Mizoram also offer all types of adventure tourism and outdoor activities. There is a massive development on adventure tourism in Mizoram comparing to the past because of the recent newly introduced activities, designed for the attraction of tourists like hot air balloon ride ,paragliding ,air safari ,paintball, adventure activities, moto-adventure etc. The Tourism Dept of Mizoram also took massive responsibility and play an important role for the development of tourism in Mizoram. As adventure tourism is increasingly becoming popular, the state government takes this opportunity to help the tourism industry grow to its full peak. This creates more activities for the tourists which in turn leads to the development of tourism and the economy as a whole. According to Mrs Noel Pari (Deputy Director, Directorate of Tourism) their main aim is to develop tourism to its full extent. Steps like building basic infrastructure ,accommodation and recreation facilities for tourists are taken for the fulfillment of this aim.



Mr Tapuia Sailo a member of Free Tracks Moto Aizawl (Team UXO) explained that their main goal is to promote Moto Adventure in Mizoram and their mission is to explore the beauty of Mizoram, promote its culture, inculcate safe riding habits and to promote brotherhood within Mizoram and outside the state.

Lastly, comparing tourism in Mizoram today with the past. It has improved massively in every aspect. It is crucial that we are aware that it is for our own good i.e. for our society and the economic growth. Growth in tourism will result in more employment, more income and better infrastructure. Everyone is responsible for the development of tourism. It is only us, the inhabitants that will eventually make our state desirable.

SMART CITIES MISSION IN INDIA

- Vanlalruata
IIIrd Sem., Mass Communication

In India, cities accommodate nearly 31% of its current population and contribute 63% of GDP. Urban areas are expected to house 40% of India's population and contributes 75% of India's GDP by 2030. The Smart Cities Mission is an innovative and new initiative by the Government of India to drive economic growth and improve the quality of life of the people by enabling local development and harnessing technology as a means to create smart outcomes for citizens.

What is 'Smart City'?

Smart Cities focus on their most pressing needs and on the greatest opportunities to improve lives. Different approaches in digital and information technologies, urban planning best practices, public private partnerships, and policy change are to be used to make a difference. They always put people first. In the approach to the smart cities mission, the objective is to promote cities that provide core infrastructure and give a decent quality of life to its citizens, a clean and sustainable environment and application of smart solutions.



The core infrastructure elements of smart cities mission are adequate water supply, assured electricity supply, sanitation, including solid waste management, efficient urban mobility and public transport, affordable housing, robust IT connectivity and digitalization, good governance, sustainable environment, safety and security of citizen, health and education.

The Smart City Mission will cover 100 cities and its duration will be five years (Financial Year 2015-16 to 2019-20). The mission may be continued thereafter in the light of an evaluation to be done by

the Ministry of Urban Development and incorporating the learnings into the mission.

Financing of smart cities

The Smart City Mission will be operated as a Centrally Sponsored Scheme and the central government proposes to give financial support to the mission to the extent of Rs 48,000 crores over five years i.e. on an average of Rs 100 crore per city per year.

This is the first time, a Ministry of Urban Development is using the 'Challenge' or competition method to select cities for funding and using a strategy of area based development. This captures the spirit of 'competitive and co operative federalism'.

The Smart Cities Mission requires smart people who actively participate in governance and reforms. Citizen involvement is much more than a ceremonial participation in governance. The participation of smart people will be enabled by the Special Purpose Vehicle (SPV) through increasing use of ICT, especially mobile-based tool.