



*Modern Institute of Teacher Education
Kohima*

*Bi Monthly
Bulletin*

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Editorial note

Greetings to you all!

Here we are at the end of another successful academic year, a challenging yet a fruitful one.

We were struck with an unforeseen second wave pandemic, sending us back to online classes. But despite the educational institutions being closed we had a lot of learning and the sense of community continued. We have not only survived the lockdown but we have also thrived. And, MITE was honored with a groundbreaking achievement from the batch of 2019-2021, with 14 university toppers. Hence, we share our heartfelt congratulations to the toppers and the graduates! Your achievements and contributions will always be imprinted in the hearts of MITE family. Do continue to shine and grow wherever you are called to.

With the commencement of offline classes, MITE welcomed the new batch of 2021-2023. So to the freshers, we hope your stay will be rewarding and your learning will be abundant.

Lastly, the editorial team joyously share this Bulletin jam-packed with report of events and activities, and innovative writings penned down by creative minds of MITE, so read and explore! Also, the team appreciates all the contributors. Thank you all!

And dear readers, we the literary club wishes you all a joyous Christmas, a prosperous New Year and success in all your future endeavors.

“The Lord has done great things for us, and we are glad”.

Psalms 126:3

Events & Activities

1. **12th August 2021:** MITE organized a national webinar on “*Role of National Social Science Documentation Centre (NASSDOC), ICSSR with Special Reference to Library and Information Support Services to Researchers in Social Sciences*” with Mr. Ramesh Yernagular, Director of NASSDOC, ICSSR, New Delhi, as the resource person where he shared insights on roles of NASSDOC, ICSSR and its schemes, etc. The webinar was conducted as a part of Research and Development Cell, MITE.
2. **18th September 2021:** MITE organized a ‘*Focus Group Discussion on Classroom Issues*’ with the MCK Hr. Sec teachers. The program was organized as part of MITE’s Continuous Professional Development Activities for Teachers.
3. **4th October 2021:** MITE conducted Orientation program for the student-teachers of 3rd semester and the classes commenced from 5th October 2021. Whereas, Induction-cum-Orientation program was conducted for the 1st semester i.e., the new batch of 2021-23, on 18th October, 2021 and their classes commenced from 20th October, 2021.
4. **30th October 2021:** MITE organized a Career Interaction Program for the MCK Hr. Sec students as a part of Extension Activities Cell. Students of class 11 and 12 actively participated in the event.
5. **6th November 2021:** MITE conducted Freshers’ day with the theme “*The Great Gatsby*” where Mr. Pelee Hekha, Managing Director of MITE exhorted and welcomed the freshers. Mr. Betoka L Chophy and Miss. Panglih Konyak were crowned Mr & Miss Fresher of MITE 2021 where Mr. Mele Pucho, President BASN & NE Beauty Pageant, was the guest judge along with Miss Kavani Hekha, Assisstant Professor, MITE and Miss Emilo Kikon, Assisstant Professor, MITE as the co-judges.
6. **16th November 2021:** Dr. Kate Dandesh Kumar was appointed as the Principal cum Professor of MITE.
16th November 2021: The student-teachers of 3rd semester along with the teacher-educators went for a field trip to Shalom Rehabilitation Centre (SCR), Dimapur with the theme “*Rediscovering the Last and Lost Ones*”.The trip was organized as a part of MITE’s Extension Activities with DR T.S. Pandian, Associate Professor, MITE, as the coordinator.
7. **22nd November 2021:** A One Day National Conference on “*Fostering Interdisciplinary Approach through Blended Learning*” was organized by MITE where Dr. T Yolila Sangtam, Assisstant Professor, Department of Teacher Education, Nagaland University, was the resource person. The conference was conducted online and it was attended by faculties and student-teachers of MITE, scholars and intellectuals from across the States.
8. **23rd November 2021:** MITE Sports Week commenced on 23rd November at Modern Campus, Piphema for four days. Dr. Kate Dandesh Kumar, Principal of MITE, delivered a speech and did the flag hoisting. Spartans house emerged as the overall champion.
9. **3rd December 2021:** A “*Colloquium on Sri Aurobindo’s Integral Education*” was jointly organized by MITE and Eager to Forge Ahead (India) on Certificate of appreciation was issued to those taking part in the interaction.

Tidings

1. Jack Dorsey Steps down as [Twitter](#) CEO, Parag Agrawal, an Indian American was unanimously appointed the new CEO by twitter's board.
2. Blood groups A, B & Rh+ are more at-risk of COVID, says the study at Delhi's Sir Ganga Ram Hospital. While those with blood groups O, AB and Rh- run a much lesser risk of infection.
3. Admiral R Hari Kumar on 29th November, 2021 assumed charge as the 25th Chief of the Naval Staff.
4. **Barbados**, the island nation becomes world's newest Republic on 28th November, 2021 nearly 400 years after the first English ships arrived at the Caribbean island.
5. Schools in Mumbai to remain shut till December 15, 2021 amid concerns over **Omicron** variant. The variant was first detected in South Africa. It has been declared as a "variant of concern" by WHO.
6. Governor of Assam & Nagaland Prof. Mukhi launched the "Eduversity Cares2" in Kohima on 30th November 2021. This becomes the first Civil Service Institution in the country to come up with such Support initiative for ladies.
7. National Commission for Women has set up a dedicated round clock (24x7) helpline number **7827170170** for women.
8. After a yearlong protest by the farmers the parliament approved repeal of farm laws with voice vote on 29th November 2021.
9. Nagaland Pre-service Teacher's Association (ANPSTA) on 30th Nov, 2021 has expressed surprise over Chief Minister Neiphiu Rio and School education adviser KT Sukhalu's statements in NLA regarding excess teachers. Citing reliable sources that annually around 250 teachers retired, ANPSTA wondered how the question of excess teachers arose and requested the government to share in public domain the basis of the information.
10. Nagaland University declared 2021 B.Ed result on 4th November, 2021 and MITE produced 14 State toppers out of 20, from 2019-2021 batch.

*A Hearty
Congratulations
to all
the toppers
for bringing laurels
to MITE family.*



11. 13 civilians were allegedly killed on 4th December, 2021 by Para Military Armed Forces between Oting & Tiru villages in Mon district of Nagaland. The Army stated that it was a mistaken identity but it is far from truth. Nagaland's DGP John Longkumer and Commissioner Rovilatuo Mor said that an elite force had apparently fired at the coal miners without any attempt for identification.

The martyred of the civilians by the armed force will forever be marred and 4th and 5th December will be observed as 'Black Day' every year.

Interview with the Principal of MITE

Dr. Kate Dandesh Kumar



We are honored to have here with us, the newly appointed Principal of Modern Institute of Teacher Education, **Dr. Kate Dandesh Kumar**, M.sc (Botany), M.sc (Psychology), M.A. (Sociology), M.Ed, PhD, NET. He is also working as the Principal Investigator of Botanical Garden, Modern college, Piphema Campus.

Before we commence, Sir, congratulations! We wish you the best and we are all looking forward to a fruitful future for MITE under your leadership.

1. First of all, how has your experience prepared you for this role/position?

Ans: My years of experience and administrative skills have prepared me well for this position. The most important thing is, accepting challenges which is my passion.

2. As a learning leader now, what are your immediate goals as the principal?

Ans: Communicating and engaging with my Colleagues and Student-Teachers to achieve my goals. I will adapt to innovative strategies to lead my team for the success of MITE.

3. To reach your goal, what is your preferred educational practice or teaching approach?

Ans: I believe that an interactive curriculum is more beneficial to the learners. Critical observation is very important for understanding any situation in our world. I prefer Constructivism as the Teaching Approach to see the real world.

4. What made you choose a career in teaching?

Ans: I found that, teacher is the most respectful person in the world and teaching profession, the most responsible job in the society. Hence, this motivated me to choose teaching profession as my career.

5. How is your experience working at MITE so far?

Ans: I am a continuous learner and I have learnt great things from MITE especially, values like time management, discipline and mentoring system and I am looking forward to more experiences.

6. What are your improvement plans for MITE and how can you contribute to it?

Ans: I will continue the legacy of MITE in achieving the best results in University level. I will strengthen the mentoring system, interaction between student-teachers and the teachers. I will update all the areas in administration and also in academic as well.

7. What is your greatest/ proudest accomplishment?

Ans: My proudest accomplishments are when I completed my PhD in Education and when I got appointed as the Principal of MITE.

8. If you were not an educator, what would have you been?

Ans: If I were not an educator, I would be a Social Servant contributing and working for the welfare of the society.

9. What are your greatest strength and your greatest weakness?

Ans: My greatest strength is 'Confidence' and my greatest weakness is 'Patience'.

10. Do you have a 'motto' you follow in life- spoken or unspoken?

Ans: I always try to become a good person and to love people equally is my motto.

11. Last but not the least, what advice would you give to our teachers-in-making?

Ans: Please try to be loyal in all the aspects of your life and strictly follow updated and innovative strategies to reach your goals.

Thank you Sir!!!

Congratulations!



Creative writings

ADDICTION TO CORRUPTION

I am more afraid of the plague “corruption in Nagaland” than the Covid-19 that has shut the world. I stand amazed thinking if good people are corrupted by society or if the good society is corrupted by the people.

What hits the mind of the leader is “it’s okay! Everybody does it around here” Sometimes, I smile watching people chew money and yet never feels satisfied.

A lot has changed with the people. The greed of gain has no limit; it is pity neither for beauty or living human being. The corrupt money being offered to tithes yet head held high for paying highest. I salute you!

With all innocent faces making appointments behind the closed door. I congratulate you!

Corruption has now been running to and fro in the veins. Oh yes! It’s addiction.

Heurailong
3rd Semester



SMILE

What is more than beautiful than a blooming flower? What is more charming than a lovely sunset?

I hope you guess it right. Yes, it is your smile.

A good smile is God’s gift to you. It reveals your inner joy. It means that you are thankful to God when you naturally smile. A smile is not just an expression of your joy but it also spreads happiness. A smile, it is said, is of no use unless it is given away.

It may just take a few seconds for you to smile at someone.

But the memory of that smile, the cheer it might have given to that person would last a lifetime.

Indeed, the richest man or woman in this world is poor if he/she cannot give a smile.

You should always remember that smile is God’s unique gift to human beings.

Like all other gift God has given us we should make good use of this gift.

Therefore smile and spread joy all around. And find the whole world smile back at you.

“A smile is the light in your window that tells others that there is a caring, sharing person inside”

Shongmath Y Konyak
3rd Semester





I AM A MOTHER

As early as I could remember, the cry of a baby wakes me up.
Welcome warmly by the dusty floor, I look around and saw a lonely teapot
Longing for someone's touch
In the corner far away stood an empty bucket
Wishing to be filled
The long list of groceries invited me for a long walk
The wet pile of cloths
Wants a sunbath in my presence
And, a hot good meal is incomplete without my hand on it
Everything needs that arm touch of my hand
Simply because,
"I am mother"



Mushim M
3rd Semester

GONE

Ye told me the consequences
Ye told me the loss
Thy never really understood
Thy never really cared

Thy was a decade year old
A mere decade year old
Thy never really understood
Thy never really cared

Thou stayed on the box
Never moving, ever static
No smiles, no laughter
Thou was still

Thy looked, thy observed
All the lament and cries
Thy was suffocating
Thy wanted it all to go away

Two decades thy grew
Thy understood, thy cared
Consequences and laments
All for him to bear

Forever Static thou endured
Forever missing Thy felt
Ever right Ye proved
Forever missing Thy felt

Chose Neiu Neihu
1st Semester



***LIFE IS REALLY SIMPLE, BUT WE
INSIST ON MAKING IT
COMPLICATED— CONFUCIUS***

Life means nothing if we are in a constant battle with our own-self. As soon as we become conscious of our existence our minds start to wander far and near for answers that are often too obvious that we cannot perceive.

Blessed are those with a purpose. The sweet aroma of the roses attracts the passerby but at what cost? Do they achieve something when people appreciate their beauty? They seek no validations and yet, just by existing it gives a purpose to pollination fairies. Rather, the wind, butterflies and the insects and finally humans, as a beacon to express of love, sorrow and joy.

There isn't a predetermined goal or set course of life; it'd have been way too easy that way. Everyone fights, searching for the correct way to live their lives; how they ought to live? Those that are aware of their morality are in a constant state of trying to appease their ego and others. We try to associate meaning to our lives as dictated by society to be seen as validated. But that's not true, true happiness cannot be attained unless it springs from your core.

So, it begs the question, why try when you will pass on to an eternal slumber anyway? The pain, the suffering, the joy, the happiness, they are, in fact, all transitory. Is nonexistence of a reason to stay alive is in fact a reason to cease to exist? Someone once said if you can't find something to live for, find something worth dying for. Isn't that just self-imposed hope to continue the meaning-driven quest for life?

The happiness, the pain, the joy that ignites the light in you, will pass on. Just like a book flipping over the pages with different stories and pictures. But if men merely sat back and thought about his impending termination, and his terrifying insignificance and aloneness in the cosmos, he would surely go mad, or succumb to a numbing sense of futility.

Why, he might ask himself, should he bother to write a great symphony, or strive to make a living, or even to love another when he is no

more than a microbe dust fragment whirling through unimaginable immensity of space.

It is no myth that human greed is limitless, it goes on and beyond. So why should you be sad for the things you can't have when you can enjoy the things in your possession? Why is it that we place utmost importance over acquisition of something we can't have like our happiness depends on it? The dreadful, devastating things have happened and yet will happen again eventually and that's just the perks of being alive. If you manage to escape that phase it is indeed a miracle that you could so. But it will happen again.

The pride, the entitlement you feel, for what? From dust welcome and to dust we return to. When you are lowered down six feet, your material possessions will not come with you nor will it be yours after your burial. The only permanence we leave behind is our legacy. So, why the greed when you know it will vanish at your demise? Like an insatiable massive black hole, it devours everything that is put in its path. Once it has quickly consumed the recreational value of that which we might have feed them, it already expects for more. It immediately let us knows that our temporal interval of contentment is virtually over, and that it is once again getting ready to project its affliction on us.

You do not have to go for the stars when you can be contented with the fireflies that illuminate your path. You do not have to try so hard to be relevant when the only validation you should seek is of yourself. You do not have to try so hard to please people around you when you can place your source of happiness upon yourself and work towards it. Because at the end of the day, as Jim Carrey would say,

"Life doesn't happen to you, it happens for you. It is about for you and never about them".

***ImchalemlaLongchar
1st Semester***



WALK THE TALK

“I think that because many talk one way and live another, there are few people who truly walk the talk” – Olympia Dukakis

Walk the talk simply implies doing what we have said we are going to do. I’m sure that we all heard of the quote “walk the talk” but how many of us really “walk the talk”? Like many others we have become “only barks and no bite”.

How is the New Year Resolution coming up? Are you filled with the same commitment and

the committed energy as it was in January? I’m sure many of us have already forgotten what our New Year’s Resolution is. We tend to run aloof from our words and there are many reasons as to why we do so. We often are charmed by others’ success and don’t realise that everyone is different, we make too ambitious a plan we can’t simply achieve or accomplish without realising all the great things that take time or we are simply too lazy. Thus, dream big, small steps, act now. Often the forward movement comes to a screeching stop simply because we fail to keep our words to ourselves. Many of us keep promises (I’ll complete my assignment early) and break them (Ahh! It’s exhausting, I still have time, and I’ll have it completed in no time. And thus, arrives last date)

It is always good to go with our words and “walk the talk” when we make promises and give our words it’s always ideal to know our own capabilities and capacities when we are true to our words, we gain trust and are seen as honourable and respected persons.

Words are powerful forces of creation. They take our dreams and goals and put them out for the world to witness.

Khonzani Shitiri
1st Semester

UNFILTERED

2021 has not been quite a pleasant year for me. Regardless of the pandemic, like any other responsible human being, I did what I had to do just to be a few steps closer towards my fabricated dreams. In the process I’ve experienced more failures than success which was discouraging.

Most people would find comfort through quotes and thoughts by popular figures, but I’m stubborn and dare not simply be lured away of my intentions. To pursue B.Ed has been on my top priority list for the past few years, so I wrote the entrance exam unaware of the procedures for in-service candidates. Surprisingly, my name appeared on the merit list and for once I felt hope, so I took the admission for this course.

However, being the most irregular student-teacher of my class so far, I humbly acknowledge and disclose in all honesty to my fellow MITEans of Batch 2021-2023, I volunteer myself to be the sacrificial lamb of our batch. As such, I’ve compassionately booked rank 100 uncontested. In this regard, it is my humble appeal seeking for your cooperation and uninterrupted/undying patience not to vie for the position I’ll be holding very dear throughout the course. I clearly understand this will invite chaos to the back-benchers, so man-up to find your own spots up the ranking order and grant me peace. SALUTE!

Vemeri Lasuh
1st Semester



JOY OF PLAYING BASKETBALL

There's nothing quite like the feeling of shooting a jump shot and watching the ball swish into the net. The satisfaction that comes from watching your team score with just seconds on the clock, while your teammates congratulate you and high-five you in celebration.

Jokes are made about how it is impossible to replace hoops with another sport because one does not have nearly the same satisfaction brought from basketball. There's something extra special about playing on a newly scrubbed court, racing up and down the court.

Virie
1st Semester

SILVER LINING

Laying low like the sea,
Serenaded like the wild daisy.
Shunning to feel the mush,
Like the hasty birds in a bush.

Lucid dreaming
of dazzling masterpieces,
That I need to
catch a glimpse to bits.
Admiring
Heaven's splendid workmanship,
In hope to reap a
victorious grip

Before I lay beneath the towering trees,
And sigh! A relief as I freeze.
While the world goes on to live,
At least I know I've fulfilled to thrive.

Anitoli
1st Semester

MITE

MITE

A gift of academic power
The key to a bright and rewarding future
An institute to a divine success
A smooth drive to our journey

MITE

Shaping character with motto "True Education"
The progressive discovery of our one-self
A ladder that takes us to the height
Mother of all scintillating profession

MITE

Noodles, Samosas and Pakoras was a necessity
Tea and Coffee burns lips and tongue during
breaks

Carom board comes inside class when educators
away

Hanging, loitering in the balcony under the sun

MITE

Many new faces were carved with Masks
On the solid rock of our hearts
Love, friendship and oneness were made
Tough the torture assignments never apart

MITE

Weekends were short, class duration an hour long
Discussions and presentations with full moon
face

Commando attendance sheets knocks phone
every evening extremities running day by, my
dearest and sweetest MITE

The village schoolmaster
1st Semester



TALK WITH THE WIND

The crystal dew's dance on the sloping roof
A dimmed lighted streets snore behind the day
Off to the heaven above, emits from brick
chimney
Passes in heavy haste, a man to join comrades

Cold chilly winds hover upon frozen sphere
Scene of restless dying generation in obvious
Where morality lament of its forgotten virtue
Far down the miles echoes of bleeding throat.

The vision so dead in the eyes of rationalist
Embrace shackles on the overwhelming vices
Talk with the winds, thou foretell of transition
The dawn of triumph will someday be held high.

Daniel Sangtam
3rd Semester

THE BRIDGE

This bridge will only take you halfway there
To those mysterious lands you long to see:
Through gypsy camps and swirling Arab fairs
And moonlit woods where unicorns run free
So come and walk awhile with me and share
The twisting trails and wondrous worlds I've
known.

But this bridge will only take you halfway there-
The last few steps you'll have to take alone.

Shel Silverstein

Litsala Y Anar
3rd Semester

NEVER EVER to ANONYMOUS

Never in this silly life had I ever been so
passionate about something.
Never did I have the slightest thought that the
precious thing of mine
'My Heart' will ever long for you
Never had I tried to hold on my heart for
someone
Never had I been unsuccessful in doing so.

I have totally deleted my consciousness for you.
Only if you
Could see what I have saved for you in my
thoughts.
Hope you never mistook me for those silly
advertisement which
Will make you make impress and makes you
smile and happy but it is

For you to understand it's just for a short while
and will pass away
Like those flowers in the Dzukou Valley. Unlike
there are no flowers in me
To bloom but will grow along with you like a tree
until and unless
Thunder strikes me to death. Anyways, Anyhow,
Anytime, Someday,
Somehow, somewhere..... I will come for you.

Yimkhong
1st Semester



A TRIBUTE TO WOMEN

WHEN I met you for the first time, you steadied my flattering feet, and taught me how to walk. Then you sent me out to the world, to overcome its many challenges. When the nights were sleepless you indulged me with your colorful tales. In times of my every need, your hand extended on its own accord. I did not have to say anything but you always knew what was on my mind”

A man can be the head but tell ya, it is the woman that is the Neck!

Us men we never really grow, we are a child in a giant body. Thank you ladies for taking care, enduring and embracing the child in us

It has always been perceived that women are weak but I say women are the strongest. The Patience that they behold, the Selfless Love that they give, the Responsibility that they carry, their Dignity, Virtues, you name them! Not forgetting their ageless Beauty.

Oh! I can't imagine how hard is to be a woman. You must think like a man Act like a Lady Look like a young girl and work like a robot! So us men, I want us to thank our ladies. Let them feel special, worthy and uphold their Dignity.

We must understand that for whatever reason Nature has bestowed larger responsibility for the women in terms of bearing a child and having a profound influence on the child.

Never can the two of the same gender fulfill the commandment to multiply and replenish the Earth. No two men or any number added to them. Only a woman can bestow upon that supernal title of Father. She becomes a mother and her part is no different and more demanding than his, and none can dispute that.

The Mother must endure limitations while nature performs the Miracle of Creation. Through her sacrifice once again another Spirit clothed in a mortal body crosses that frail footpath of life.

I quote *“There's no way to be a perfect Mother but a million ways to be a good one”*. JILL CHURCHILL When I think of a Godly woman I

think of a woman I think of a woman who is strong. Strong because she is carried by his grace, she is fearless because her faith is rooted; it is grounded in who Jesus Christ is. A Godly woman is empowered by the love of God. She is clothed by His Grace, Love, Mercy and favor. And I believe that women should aim to be that woman. Be like Ruth, Martha, Esther and Mary from the bible.

In life there'll be plenty of Opportunities to get discouraged, lose passion, having the feeling that it is not meant to be, but no matter how bad or worse the circumstances are, learn to walk, fight for it and take each step with God by your side. Do not fear failure, do not quit as the saying goes, I quote “quitters never win and winners never quit,” you need not experience or taste winning or success every time but giving up is the birth of regrets. Never apologies for being sensitive or emotional instead, let it be a sign that you've got a big heart and aren't afraid to let others see it. Showing your emotions is a sign of Strength. To all the ladies out here

You are Beautiful

You are Smart

You are Funny

You are kind You are unique, you are worthy of Love and affection, you are never too much, you are always enough, you are precious. You're the most stunning of all God's creation. You are worth more than you could ever imagine. You are loved by our Lord God you are worth dying for. You are strong and capable. Remind yourself! I am a daughter of our Living God that adores me, Loves me and cherishes me. Let no negativity destroy you SAY “I AM AWESOME”.

Yantsushan Y Enny

3rd Semester



ABRAHAM LINCOLN'S LETTER TO HIS SON'S HEADMASTER.

Respected Teacher,

My son will have to learn. I know that all men are not just, all men are not true. But teach him also that for every scoundrel there is a hero; that for every selfish politician, there is a dedicated leader. Teach him that for every enemy there is a friend.

It will take him, I know; but teach him, if you can, that a dollar earned is far more valuable than five found.

Teach him to learn to lose and also to enjoy winning.

Steer him away from envy, if you can.

Teach him the secret of quiet laughter. Let him learn early that the bullies are the easiest to tick.

Teach him, if you can, the wonder of books, but also give him quiet time to ponder over the eternal mystery of birds in the sky, bees in the sun, and flowers on a green hill-side.

In school teach him it is far more honorable to fail than to cheat.

Teach him to have faith in his own ideas, even if everyone tells him they are wrong.

Teach him to be gentle with gentle people and tough with tough.

Try to give my son the strength not to follow the crowd when everyone is getting on the bandwagon.

Teach him to listen to all men but teach him also to filter all he hears on a screen of truth and take only the good that comes through.

Teach him, if you can, how to laugh when is sad.

Teach him there is no shame in tears. Teach him to scoff at cynics and to beware of too much sweetness.

Teach him to sell his brawn and brain to the highest bidders; but never to put a price tag on his heart and soul.

Teach him to close his ears to the howling mob... and to stand and fight if he thinks he's right.

Treat him gently; but do not cuddle him because only the test of fire makes fine steel.

Let him have the courage to be impatient, let him have the patience to be brave. Teach him always to have sublime faith in himself because then he will always have sublime faith in mankind.

This is a big order; but sees what you can do. He is such a fine little fellow, my son.

Abraham Lincoln

Keviphrünuo Khezhie

1st Semester

I WAS RAISED TO SHOW RESPECT

I was taught to knock before I open a door.

Say hello when I enter a room.

Say please and thank you, and to have respect for my elders. I'd let another person have my seat if they need it.

Say 'Yes Sir' and 'No Sir', and help others when they need me to, hold the door for the person behind me.

Say 'excuse me' when it's needed and to love people for who they are and not for what I can get from them and most importantly, I was also raised to treat people exactly how I would like to be treated by others.

It's called respect.

Dziesetseinuo Agnes Yhome

3rd Semester



HABITS – ‘SECRET TO SUCCESS’

Habits are persistent routines. When you adopt good habits, they help you grow your skills and knowledge. Good daily habits enable you to focus everyday on pursuing success. They put success on the right track. They are like an investment in your individual success, with your rich habits outweighing your poor habits.

Getting control of your habits is empowering. Your good habits will not only put you on the right path to success, they will also put you on the path to happiness. Habits include both physical and mental behaviour. These daily habits unconsciously control your lives.

Our habitual behaviors and the choices we make are the cause of wealth and poverty. Our daily habits are the reason we live a luxurious life or a squalid one. Healthy habits shape our behaviors and lives, good habits can be acquired, which stays with us for a lifetime. Good habits lead to a happy and peaceful life. Thus, it is said "Successful people are simply those with healthy habits"

Jochunye Keppen
3rd Semester

MY PRAYER FOR A HAPPY DEATH

O God, Lord of time and lover of life,
Who from all eternity call humanity to everlasting life, Admit me, at the hour of my earthly pilgrimage
To the peace of heaven
Grant that at every moment of life
I may know how to desire you alone,
Until I come into your reign of infinite joy.

O God of consolation,
Who instill courage in those who are afraid and hope in the afflicted?
Assist me at the sunset of my life,

So that having been guided each day by You
I may take leave of my dear ones in this world
And embrace those who have preceded me
To the eternal bliss, Amen

Singnaupou Kamei
3rd Semester

RESENTMENT

Let go of your resentment, it will hold you back.
The grudge you hold on for so long,
The thoughts of resentment you cherished in your mind.
Let it all go and move forward.

Stop looking at the sin of others,
While a plank blind your own eye.
Stop reacting when you don't need to,
When you know it will only make things worse.

Stop giving your anger a lot of free rein,
When you know it isn't that useful.
Stop holding onto your resentment,
Because it is always better to let go.

Topitoli Yeptho
3rd Semester




MITESU

2021-2022




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3rd semester




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1st semester




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publicity Secretary
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Asst. Games and Sports
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Asst. Finance
secretary
Mr. Rŏyanguŏie seyle
1st semester



MODERN INSTITUTE OF TEACHERS EDUCATION
KOHIMA - NAGALAND

A hand wearing a white knitted sweater holds a square wooden sign with a white background. The word "Galleria" is written in a brown, cursive script font in the center of the sign. The background is a close-up of a green Christmas tree with white snow-like decorations.

Galleria

MITE's Field Trip & Freshers' Meet



Sports' Meet 2021 & A Colloquium on Sri Aurobindo's Integral Education



Moments



Ad Meliora

1



2



4



Flowers Among The Bushes

Long before I could see the sun
My roots were growing deep
For it is the survival of the fittest
It must thrive to survive

The competition below is fierce
The roots shall encounter many foes
And it must traverse wisely to find the
nutrients

The triumph below shall soon bring forth the
Most beautiful thing above

If I flower, which every species wants
It will be the result of a weary
struggle
And gives life to hungry insects
Flowers.. How beautiful you are!!!

5



3



Photo credit:
1-3 - Sir Pelee Hekha
Managing director, MITE

4- Chose Neiu Neihu
1st semester

5- Yiekhwetso Lohe
3rd semester



Happy Holidays

Mite Literary Club, 2021