

CAMPUS CHRONICLES

# NEWSLETTER



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## The Challenges of Learning

– Prof. (Dr.) Ginlianlal Buhril, Vice Chancellor, IUM

There is no greater joy than being a learner. A learner can belong to any age. Background hardly matters. One of the things that matters, from the cradle to the grave. Alvin Toffler, an American Futurist once said: "The illiterates of the 21<sup>st</sup> Century are not those who cannot read or write, but those who cannot learn, unlearn or relearn." Learning truly involves learning, unlearning and relearning.

Learning is a life-long process of acquiring new information, knowledge, understanding, adapting to new improvised behaviour, progressive skill-set, appropriate values including changes in Individuals, team requirements and Organization needs. Undoubtedly, learning can be through external promptings or internally-charged committed undertakings. Still preferred is the learning in essence that is single-handedly self-propelled.

For Indians learning is preferred when no Examination process is attached to the end of the process. A very unusual phenomenon: strange yet true

The challenge of learning still continues to be:

- One, occurrence through personal experience. (Experience and Practice)
- Two, through observing others (Observation and Implementation)
- Three, through collection of information (Connection making)
- Four, changes in Behaviour (Result-oriented)
- Five, Self-directed learning (Need-based learning)

The renewed interest in learning could be due to:

- Need for faster progress of individuals
- Need for developing new perspective
- Need for expanding their capabilities
- Pressing need for skill upgradation for better professional competence
- May our journey in learning increases in greater measure.

**DID YOU KNOW**

"*Meritum ethicus*" is a Latin phrase meaning "*merit with ethics*" or "*merit and ethics*". It is the motto of the ICFAI Group of institutions, including ICFAI University Mizoram. The phrase reflects the group's philosophy of fostering professionals who possess both competence and a strong sense of moral principles.

## INCLUSIVE EDUCATION

**Dr. Vanlallawmkimi**  
 HOD, IUM

Inclusive Education is a concept of including all learners in the educational system irrespective of any differences therein. It represents a paradigm shift for educating Children with Special Needs (CWSNs), moving from special education to integration; and finally, towards inclusion aiming to provide a holistic and rights-based approach to education.

There are emerging issues of exclusion in India wherein Children with Special Needs (CWSNs) faced significant exclusion from education due to multiple systemic barriers to accessing quality education. To tackle this issue of exclusion, the Government of India enacted various policies to include all learners in the educational system. Policies such as Right to Education Act 2009, National Education Policy 1986, 1992 and 2020, National Policy for Persons with Disabilities 2006 and The Rights of Persons with Disabilities (RPwD) Act 2016 are the most crucial policies promoting inclusion of CWSNs in the mainstream schools of India.

Inclusion of CWSNs works under the principle of 'equity' where every learner is provided education according to their own needs and abilities. It involves integrating students having various disabilities into mainstream education, ensuring equal access, participation, and individualized support for their learning and social development.

Inclusive education thus is a transformative movement aiming to restructure education in India; equipping educational institutions to provide accessible, equitable, and supportive learning environments for CWSNs, helping them attain meaningful participation and educational success alongside their peers.





## Emotional Intelligence: The Unheralded Hero of Academic and Personal Growth

- Dr. Gloria Lalchhanhimi, Assistant Professor, IUM

Everyone experiences emotions every day whether it's excitement before a presentation or stress during exams but how we understand and manage these feelings can make all the difference in our university journey. This is where Emotional Intelligence (EI) comes in, a powerful skill that helps us navigate not just academics but also our relationships and well-being.

Emotional intelligence is about knowing our own feelings, handling them in a healthy way, noticing how others feel, and responding with kindness and understanding. It's not about pushing emotions aside it's about making sense of them so we can make better choices and build stronger, more positive connections with people.

As university students, faculty, and staff, EI can transform everyday challenges. It enhances communication and teamwork, helps manage the pressures of deadlines, and empowers leadership with compassion. When we develop EI, we create a more inclusive and supportive campus where everyone feels valued.

Recent studies highlight how students with higher EI tend to bounce back from setbacks and perform better academically, showing that emotional skills are just as important as intellectual ones. The good news is that it is not fixed it can be grown through deliberate practice. You can enhance your EI in the following ways:

**Self-Awareness:** Regularly reflect on your emotions by practicing mindfulness. Periodically check in with your feelings to better understand your emotional states. Notice triggers and patterns in your feelings to build a deeper understanding of yourself.

**Self-Regulation:** Use deep-breathing or meditation exercises to calm emotional spikes. Implement positive self-talk, take time-outs when overwhelmed, and channel strong emotions into constructive activities.

**Empathy:** Practice seeing situations from others' perspectives through role-playing, listening actively, and engaging in volunteer work or service activities. Empathy grows as you hear and value diverse stories.

**Social Skills:** Participate in group projects, clubs, or campus events to strengthen teamwork and communication. Develop conflict resolution skills by practicing techniques like negotiation and active listening, and make a conscious effort to value and embrace diversity.

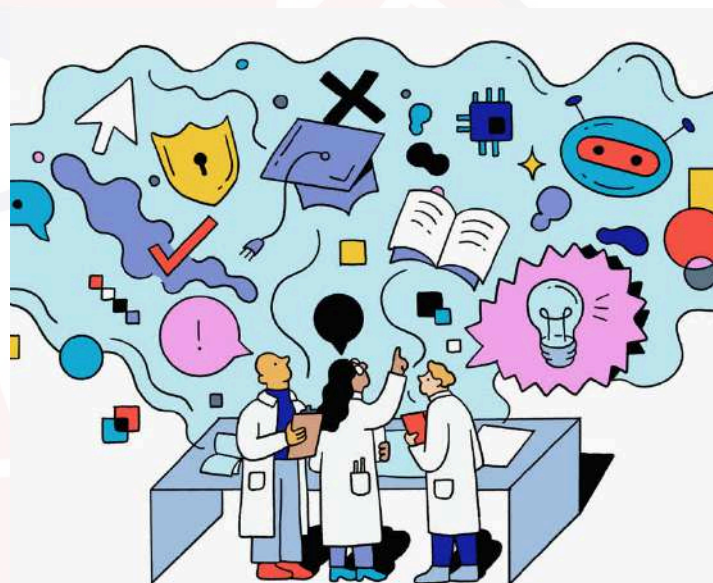
**Motivation:** Set personal goals that inspire growth and persistence. Celebrate small progress and maintain a positive attitude even when challenges arise. Seek genuine, inner motivation to grow both academically and personally.

**Adaptability:** Become comfortable with change by approaching unfamiliar situations calmly and openly. Practice cognitive flexibility think about alternative ways to solve problems and remain open to new perspectives.

**Resilience:** View setbacks as learning opportunities, not failures. Develop coping strategies for stress, such as mindfulness or reaching out for support. Build a mindset that sees value in persistence.

**Optimism:** Focus on solutions rather than dwelling on problems. Adopt a "growth mindset"-believing in your ability to develop and improve through effort. Surround yourself with positive influences and nurture gratitude.

In the end, Emotional Intelligence is more than a skill—it's a mindset that enriches your university experience and prepares you for life beyond. Embracing and nurturing your EI can lead to greater success, healthier relationships, and a more fulfilling college journey.



## AI in Education: Smarter and More Supportive Learning

-Dr. Henry Zote, Guest Faculty, IUM

Artificial Intelligence (AI) is changing how students learn and teachers teach, making classrooms more efficient and personal. AI tools can give instant homework help, suggest study plans, and offer feedback on writing and projects. Many students use chatbots and virtual tutors to ask questions at any time, making learning more flexible and less stressful.

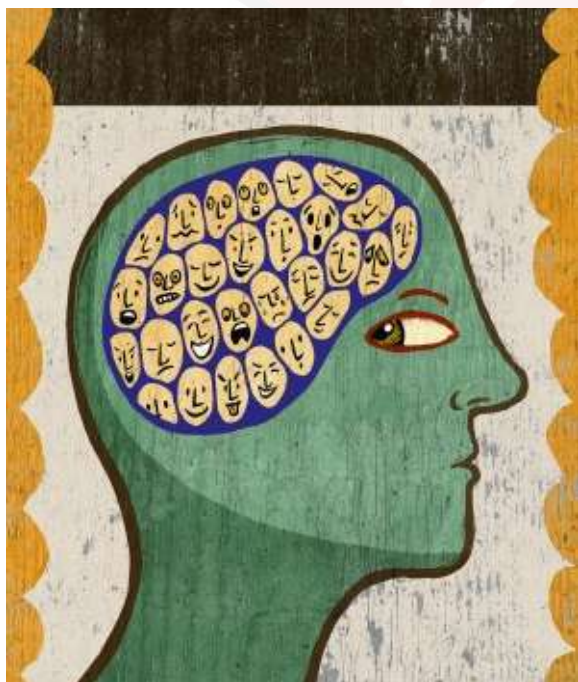
These technologies personalize lessons, so students can learn at their own pace with exercises just right for their level. Adaptive platforms keep things interesting by turning subjects into fun, interactive games and activities. If a student struggles, AI can spot it quickly and guide them with extra resources or explanations, helping everyone keep up and stay motivated.

Teachers also benefit as AI automates tasks like grading assignments and tracking attendance. This lets teachers focus on supporting students and creating engaging lessons. With all these changes, the classroom becomes a space where students get individualized help and teachers can spend more time on what matters most teaching and mentoring.

Beyond routine tasks, AI helps raise educational standards and makes learning accessible to all, including students with different abilities or backgrounds. While AI brings exciting opportunities, it's vital to use it responsibly so everyone has a fair chance to learn. When combined thoughtfully with traditional teaching, AI is a powerful tool to create smarter, more supportive learning for every student.

## AI Academic Search Engines

AI Tools	Description
CONNECTED PAPERS	Visualizes connections between papers, helping to identify trends and build bibliographies.
ResearchRabbit	Maps paper connections using seed papers and visualizes them with customizable graphs.
scite_	Analyzes citation context, offering citation checking, reference management, and citation network visualizations.
Discovery by Editage	Customizable research feeds with a 'Similar Papers' feature and a Q&A bot for real-time interactions.
Elicit	Offers insights from papers with customizable filters and a library to organize research.
Consensus	Synthesizes insights from papers with summaries, advanced filters, and quality indicators for efficient literature reviews.
perplexity	Multiple AI models with cited responses, file analysis, and visualization tools like DALL-E.
SEMANTIC SCHOLAR	AI-powered search with filters, TLDR summaries, and citation analysis to find relevant research quickly.



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# THE SCHOLARLY SCOOP

Department of Education, IUM

## Mathematics Education in Secondary Schools of Mizoram : Status, Problems and Prospects

-Dr. C. Lalremmawii Chhangte, Assistant Professor, IUM

**Objective-1:** To assess the contents of the mathematics syllabus prescribed by MBSE for Secondary Schools based on CBSE syllabus for mathematics in secondary schools.

While CBSE schools had 15 units in Class-IX and Class-X, respectively, MBSE schools only had 8 units in Class-IX and Class-X. In comparison to the CBSE syllabus, the MBSE syllabus had a large number of missing modules.

**Objective-2:** To find out the position of mathematics in the weekly time table of secondary schools.

A study showed over 70% of students met MBSE standards, while under 30% did not. Increasing math instruction to at least eight periods per week is recommended to improve outcomes.

**Objective-3:** To examine the profiles of mathematics teachers serving in the secondary schools of Mizoram.

- **Gender Profile:** Male mathematics teachers were more common, suggesting a possible hiring preference for men.
- **Professional Profile:** Many teachers, especially in government schools, lacked a Bachelor of Education (B.Ed.) degree.
- **Age Profile:** Mathematics teachers in government schools tended to be older, while those in private schools were generally younger.
- **Teaching Experience:** Government school teachers had more teaching experience on average than those in private schools.
- **Academic Profile:** Many teachers were hired without the proper academic qualifications in mathematics.

## Ronald Lalremsiama Ralte Research Scholar

Department of Education  
Mizoram University  
(M.A Education, IUM 23-25 batch)



As the former class representative of the MA Education batch of 2023-25, I had a rewarding experience that not only enriched me academically but also helped shape my overall personality. Through my studies and related activities, I developed essential skills such as critical thinking, effective communication, time management, and teamwork. Pursuing an MA was a remarkable stepping stone in my education. Beyond traditional classroom instruction, the program offered various professional development opportunities, including workshops, seminars, and alumni engagement sessions etc, which truly helped shape us into employable professionals. I would also like to express my heartfelt appreciation to all the teachers for being not just educators but also mentors, guides, and friends. Their continuous guidance, support, and expertise both inside and outside the institution prepared me to become a well-rounded individual who is ready to face various life challenges.

# STUDENT SPOTLIGHT

## THE QUIET POWER OF TEAMWORK

- Deborah Lalhmangaihzuai  
1<sup>st</sup> Semester, IUM

Inspired by the strength and determination of women athletes, basketball has challenged me to grow and given me purpose. Teamwork has been one of the most powerful lessons: learning to trust, communicate, and support others showed me that success is never individual. Basketball has helped me build confidence, discipline, and resilience. It has improved my focus, health, and created lasting friendships. Every moment on the court has shaped who I am today. I look forward to growing as a player and inspiring others, just as I was once inspired.



## FRESEHER'S SOCIAL 2025

- Immanuel Lalmanpuia Tlau  
1<sup>st</sup> Semester, IUM

ICFAI University hosted its Freshers Social at Vanapa Hall with great enthusiasm. The program began with bible reading and praying after that our vice chancellor having a warm welcome speech, followed by cultural dance that showcased student talent. The Chief Guest addressed the gathering, followed by solo and inspiring speeches from the alumni and fresher. The evening was filled with fun and excitement for the newcomers. A special guest artist added energy to the event, along with a lively DJ session and solo performances. The celebration ended with a heartfelt vote of thanks, marking a memorable start to the freshers' journey at ICFAI University, Mizoram.

## HOW DOES MUSIC EFFECT PEOPLE?

- Lalrindika  
3<sup>rd</sup> Semester, IUM

Music plays an important role in shaping human life. It can make us happy, relax us when we are stressed, or gives us energy when we feel tired. Music can stimulate and help people process emotions. As an individual, playing music really helps in memory, cognitive ability and long-term memory, and it is one of the most comprehensive brain workouts as well as physical, and muscle memory. Sometimes music is a reflection of self, we just explain it, and the kind of music we listen to becomes a mirror of our emotions, often shaping our mood and revealing parts of who we truly are.





## MY SCHOOL VISIT EXPERIENCE

- Lalnunpuii  
3<sup>rd</sup> Semester, IUM

In February 2025, I had the exciting opportunity to visit Presbyterian English School Khawzawl, as part of a Department project. It was my first experience ever to teach the students in a classroom, where I conducted three engaging sessions teaching life skill modules we had prepared in advance. The students' curiosity, attention and respect made my experience truly inspiring and fun. This visit enhanced my confidence, strengthened my communication skills and deepened my love for teaching, motivating me to guide and inspire students and pursue my goal of becoming a dedicated and passionate teacher.



## A CELEBRATION OF C.DINTHANGA'S LEGACY IN MUSIC

- Vanlalfelela  
(Class Representative)  
3<sup>rd</sup> Semester, IUM

On August 14, 2025, a memorable and profitable program was held at the NJ Yasaswy Auditorium, ICFAI University, Mizoram. The event honored the musical legacy of Pu C.Dinthanga, a revered figure in the mizo music industry. The guest of honor attended with his wife and friends, while many well-known folk and gospel singers from Mizoram showed their support by performing his timeless songs.

C.Dinthanga said that mizo singers are well known while the song writers are not well known. He said the event was a pleasure. He also expressed his desire for national unity and his advocacy for national unity. C.Dina's songs were performed by our guests and ICFAI University students.

During his interview, the artist revealed that his favorite time of the year is March. He explained that this month holds a special creative significance for him, as he's been particularly prolific during this period, composing as many as 12 songs. His work often centers on young love, a subject he approaches with great sincerity. He shared that he draws inspiration not just from his own life, but also from the experiences of his friends. By adopting their perspectives, he is able to write songs that resonate with a deeper more universal emotional truth. This empathetic approach allows him to capture the nuances of youthful romance, making his music relatable to a wide audience.

He is the owner and editor of Mizoram's oldest music newspaper, Lette Weekly. He began his music career in 1975 and has composed over 100 songs.

It was a privilege to share the stage with these veteran singers and a valuable experience to perform "Thamam" one of Pu C.Dinthanga's masterpieces. I found deep inspiration in his work and songs, particularly his masterful compositional style and his ability to draw profound meaning from his surroundings. This has encouraged me in countless ways, not just creatively, but in my own approach to life. The entire program was an incredibly valuable experience and I left with a newfound appreciation for how art can be direct reflection of one's environment and personal philosophy.

The program was highly interactive and rewarding for the audience, leaving a lasting impression on everyone who attended.



## ENHANCING KNOWLEDGE AND AWARENESS THROUGH POSHAN ABHIYAAN

- Lalhruaitluangi  
3<sup>rd</sup> Semester, IUM

Rashtriya POSHAN Maah 2025 is observed by Directorate of Women and Child Development (WCD), Government of Mizoram on 17th September, 2025 at Dawrpui Multipurpose Centre. The ICFAI University Mizoram was one of the selected institutions to attend this programme in which our Department (Dept. of Education) has the opportunity to be able to attend.

It was my first time attending the Rashtriya POSHAN Maah and I have found it worth attending. Pi Sailopari, Joint Director WCD started the programme by introducing the term 'POSHAN Maah' as it is a national program launched by the Indian government in March 2018 to improve the nutrition and health of children aged 0-6 years, adolescent girls, pregnant women, and lactating mothers. The main goals are to reduce problems like stunting (poor growth), undernutrition, anemia, and low birth weight in children.

The Poshan Maah uses technology, teamwork across different government departments, and community participation to achieve these targets. The program promotes better feeding practices, health check-ups, and nutrition awareness through a campaign called Jan Andolan, encouraging everyone to be involved. It also supports growing nutritious foods through Poshan Vatikas (nutri-gardens) to ensure easy access to healthy fruits and vegetables. Poshan Maah aims to build a healthier future by making nutrition a shared responsibility for all. Under Poshan Maah, the month of September is observed as Rashtriya Poshan Maah i.e Nutrition month every year, since 2018.

Our respected Chief Guest Pi Zoramthangi Chhangte, Director of Women & Child Development was invited on the stage and pointed out an important key thing. She began her speech by highlighting the importance of maintaining our health before we reach our middle age, how important it is to prioritize our health during these early years. She also talked about some tips for keeping ourselves away from unhealthy food choices such as vegetable oils, encouraging everyone to be more mindful of our eating habits. Finally, she focused on the importance of being able to identify unhealthy foods, helping us learn how to make smarter choices about what to eat.

The next session (Theory Session) was started with the Demonstration of Healthy breakfast from Anganwadi worker. Following are the healthy food items which are mainly focused and suggested for us to make on our own including the ingredients:

1. PANCAKE
  - Atta/Maida- 200 gms
  - Baking Powder- ½ tea spoon
  - Milk- 50 ml
  - Egg- 2
  - Banana- 2
  - Butter- 1 tea spoon
  - Honey- 2 tea spoon
  - Vanilla essence- 2 drops
2. Juice
  - Apple- 2
  - Banana- 2
  - Pineapple- 2 and ½
  - Mango- 2
  - Orange- 2
3. SANDWICH
  - Bread- 2 slices
  - Mayonnaise/Peanut Butter- 1 tea spoon
  - Avocado- 1 and ½
  - Lettuce- 2
  - Tomato- 2 slices
  - Carrot- 1 and ½
4. KELEK CHANA SALAD
  - Kelek Chana- 250 gms
  - Onions- 1 and ½
  - Dhania- 1 roll
  - Capsicum
  - Salt- Medium
  - Lemon- ½
5. OVERNIGHT OATS
  - Oats- ½ cup
  - Milk- 1 cup
  - Banana- ½
  - Peanut- 1 pick
  - Apple- ½
  - Dahi- 2 spoon
  - Chia seeds- 1 spoon
  - Honey- 1 tea spoon

After we had finished our Theory session, the Practical session began. The instructor started his speech by saying the importance of exercise in our daily life. At the end of his speech all the students were invited to participate in the exercise. Trained us with a several exercises. The session was followed by Basic Yoga Demonstration from Directorate of Ayush.

All the students and teacher were again participated in the Yoga class, and the session was ended by saying the benefits and advantages of Yoga.

In conclusion, I gained a lot of knowledge from the program 'Poshan Maah', particularly in areas such as Cooking and the importance of Health and Exercises. The structured approach and hands-on experiences provided were incredibly beneficial, allowing me to apply theoretical concepts in practical situations. Overall the insights I gained will undoubtedly enhance my future endeavors and professional growth.

