



CAPITAL COLLEGE OF HIGHER EDUCATION
KOHIMA: NAGALAND

CAPITAL COLLEGE NEWS (CCN)



January – August 2024 Issue - 2

Welcome to this edition of our Capital College News (CCN)! In this issue, we're excited to bring you highlights from the recent events on campus, showcasing the vibrant activities that make our college community so dynamic. We also take pride in featuring the creative talents of our students, with a special section dedicated to their creative expressions.

We hope you enjoy reading through the event highlights and the creative expressions that reflect the spirit of our college. Your contributions and participation are what make this bulletin a true reflection of our community.

ACADEMIC REPORT FOR 2024

Mrs. Abeino Zashü,
Academic Dean

In 2024, our college welcomed 48 new first-year students, with 27 males and 21 females enrolling. The academic year has seen strong participation, with 74 students appearing for the 6th-semester exams, 52 for the 4th semester, and 31 for the 2nd semester.

Exam performance showed a pass rate of 66.2% in the 6th semester, 53.8% in the 4th semester, and 45.2% in the 2nd semester. The college is focused on providing additional academic support to help improve these outcomes in the future.



EVENT HIGHLIGHTS



Expressions of Creativity

February till April, 2024

Between February and April 2024, the Department of English conducted a project titled "Expressions of Creativity." Throughout the project, teachers acted as mentors, guiding students in developing their creative expressions. One student focused on writing poetry, while another worked on illustrations. Both students participated in sessions to discuss and refine their outputs. The project will culminate in the publication of a book titled "Tempest of Tranquility", a poetry collection by the student poet and illustrations by the student artist.

NSS Special Camp

3-5th March, 2024

The NSS Special Camp was held at Mezoma Basa Village, where around 40 students actively participated. They contributed their efforts towards renovating the primary school by cleaning and painting the walls. Additionally, the students installed a mini football ground and goalposts, providing a recreational space for the children to play.



13th Annual Sports meet

10th -12th April 2024

The 13th Annual Sports Meet at Capital College of Higher Education (CCHE) began under the theme "Empowering Education through Sports" at the Badminton Stadium. Shri. Kethose Chuzho, Secretary of the NDPP Central Youth Organization, graced the opening ceremony as the Special Guest. The event featured notable wrestlers and arm wrestlers, including Venuzo Dawhuo, Vemele Thingo, Huluyi D Vadeo, Vekuto Curhah, Serayi Tetseo, Rukukhoto Khusoh, Kekhriesetuo Mechulho, and Sukrure Domeh, who conducted the Arm Wrestling competition.

The Sports Meet concluded at Kohima Science College, with Mr. Ape Puro, Proprietor of Life Fitness, serving as the Guest of Honour. The event aimed to promote sportsmanship and physical fitness among students, featuring a variety of individual and team sports, and enhancing the overall student experience at CCHE.

Skill Day

15th July 2024

Capital College of Higher Education, Kohima, celebrated World Youth Skills Day with the theme 'Youth Skills for Peace and Development.' Students engaged in various skill programs, including embroidery, tailoring, electrification, and basketry, where they learned basic skills in their chosen areas.

The resource persons for the programs included Neisavono Natso for Embroidery, Tatongkala Lohe and Kevivono Zhotso for Tailoring, Venesa and Vekhosa for Electrification, and Khrielakuo Kets for Basketry.

Kargil Vijay Diwas

26th July 2024

To Commemorate Kargil Vijay Diwas, the Eco Club of the College in collaboration with Assam Rifles held a Tree Plantation Drive under the theme; "Green Tomorrow; Our Land, Our Future- We are Generation Restoration" at the New Campus. A Total of 500 saplings including local species and fruits were planted.

Preserving Identity

31st July, 2024

Tenyidie department organised Spatial learning for the students based on the topic "Preserving Identity: Different traditional attires worn by Tenyimia". The video was extracted from Lhisemia Sekrenyi, where they explained in detail about the attires of the women as well as the attires for the men. The students also get to learned how different age groups of men and women worn their attires. 7 students along with 2 Assistant Professor participated and learned the names and importance of the traditional attires.

17th Annual Fresher's Day

3rd August 2024

Under the theme "Radiant Beginning", the 17th annual Freshers' day was held in a grand manner at State Academy Hall. 48 freshers' were welcomed into the family. Mr. Vezuho Keyho, Chairman CCHE addressed the gathering. Miss Viswnu Zhotso was crowned the Miss Freshers and Mr. Khumong P Khiam was adjudged as the Mr. Freshers for the year 2024.



Tobacco Control Surprise Checking

9th August 2024

The Tobacco Control Committee conducted a surprise inspection and identified 10 students in violation of tobacco regulations. As a result, these students were assigned community service within the college campus as a penalty.



RED RUN

12th August 2024

As part of International Youth Day, the District AIDS Prevention and Control Unit (DAPCU) Kohima, under the Nagaland State AIDS Control Society (NSACS), organized the second edition of the "Red Run" marathon race on 12th August 2024. The race passed through Razhu Point, D.Block, Phoolbari, Classic Island and culminated at Kohima Law College area, Officers' Hill, Kohima. This event, aimed at Red Ribbon Club members of the Kohima district, encourages young people to engage in a healthy lifestyle and physical activities to maintain health and reduce the risk of lifestyle diseases and HIV/AIDS. Four students from our college participated in the marathon.



Red Ribbon Club, Youth Convention

13th August 2024

The Nagaland State AIDS Control Society (NSACS) hosted the Red Ribbon Club (RRC) Youth Convention 2024 today as part of its Intensified IEC Campaign to raise awareness about HIV & AIDS. Sir Theja Lohe and 35 students from our college attended the event. The event took place at Capital Convention Centre, Kohima.



78th Independence Day and World Youth Day Commemoration on 13th August 2024

The Assam Rifles commemorated the 78th Independence Day and World Youth Day under the theme, "Empowering Youth, Building Tomorrow." The event brought together students from Kohima Science College Jotsoma, Capital College, Dainty Buds Higher Secondary School, Capt (late) N. Kengruse Centre of Excellence and Wellness, Chiswema, and NCC cadets from Science College. Students showcased their talents and engaged in meaningful discussions, fostering a sense of community and purpose. The event also featured a series of physical activities, including a tug of war. Fifteen students from our college participated and won the tug of war.



Girls Talk

The Women's Cell of Capital College Kohima successfully conducted its annual "Girl's Talk" on 16th August 2024. This interactive session focused on women's health, hygiene, and wellness, aiming to address crucial topics often overlooked in regular academic settings. A total of 25 female students from various departments attended the event. Key topics discussed included Decent Dressing on Campus, Menstrual Hygiene, and Women's Health and Wellness.



INTERNSHIP

August to September 2024

As part of their curriculum requirements, 5th-semester students have commenced their internship program at Entrepreneurs Associate (EA). The students are engaged in fieldwork across various sales roles.



CCHE EU EVENT HIGHLIGHTS

- **17th April 2024:** The EU hosted a heartfelt farewell program for outgoing members in the Multi Cell room. The event featured warm speeches, shared memories, and expressions of gratitude, ending on an emotional note with well-wishes for the members' future endeavors.
- **10th August 2024:** The Capital College of Higher Education hosted its EU Freshers' Welcome Program at the new campus in Jotsoma. The event successfully welcomed 20 freshers among the 60 attendees.
- **14th August 2024:** The EU committee members organized a movie night at EGF Hall, Kohima, featuring the film *Do You Believe?* with Brother Mathew, Brother Tingpong, and 21 EU members in attendance.
- **20th April 2024:** The CCHE EU Committee held an orientation program for the 2024-2025 tenure at EGF Hall, Kohima.
- **27th July 2024:** 24 EU members and committee members from CCHE attended the KICEU Combined Fellowship at Japfu Christian College (JCC).
- **15th August 2024:** The EU committee members conducted a cleanliness drive on the college campus.



Activity Room Inaugural

On 21st August 2024, the Student Council held an inauguration program for the new Activity Room under the theme "United We Soar." The room was inaugurated by Dr. Zokho Venuh, Principal of CCHE. The program was chaired by Miss Kurhungolu Ritse, Vice President of CCHESU, and began with a blessing from Mr. Vevohü Kezo, Vice Principal of CCHE. The event featured a ribbon-cutting ceremony and a speech by the Principal. The program concluded with a vote of thanks from Mr. Khrievizo Natso, President of CCHESU, and a mass prayer.

The Activity Room, fully initiated by the Student Council, aims to promote unity and integrity among students, contributing to the overall welfare of the college.





THOUGHTS & VOICES

Cultivating Inner Peace: A simple guide to mental well being

Miss Shedulu Kezo
Assistant Professor
Department of Education

A Man's Lament

Kezhakietuo, 5th Semester

Greed, a hungry beast, gnaws at my core,
Love's a shipwreck, lost forevermore.
Lust, a raging fire, burns me to the bone,
Confidence, a whisper, a forgotten tone.
Lost in the dark, a solitary soul,
Heart turned to stone, beyond control.
My mind's a dungeon, echoes with despair,
Words are like daggers, sharp and unfair.
A broken design, a flawed creation,
Trapped in perfection, a living damnation.
Feelings locked deep, a silent cry,
To hide and obey, that's all I can try.
A mask I wear for the world to see,
A puppet on strings, not the man I could be.
If I'd known better, would life be new?
Or am I forever lost, in shadows of blue?

Metamorphoses

Kurhungolu Ritse, 3rd Semeter

Shoes too big,
Dresses borrowed,
Voice unheard.
Always yielding,
Always fearing,
Always second best.
A silent shadow, careful steps,
A life lived for others.
A heart yearning,
A spirit caged,
A dream deferred,
Never enough, never seen,
Never truly known.
But a flame flares,
A hope endures,
A future beckons.
Wings will mend,
Voices will rise,
Self will bloom,
No longer a reflection,
But a radiant light.
Shoes that fit,
Severing ties,
And embarking on a solitary journey.
Embracing life on my own terms,
A life for me, finally mine to claim.

Mental health has become a significant concern in our generation today. It's crucial to address the issues affecting your mental well-being and take proactive steps to protect your peace of mind. If someone or something disrupts your mental peace, it might be best to distance yourself from them. Remember, prioritizing your mental health is not selfish; it's necessary.

To achieve mental peace, start with disciplining your mind. Often, the mind is the root of our anxieties and stress. Practice mindfulness and be aware of your thoughts. Avoid over thinking and learn to let go of the past. The past cannot be changed, and dwelling on it only brings unnecessary pain. Similarly, avoid excessive worry about the future; trust in the process and believe in the timing of God. Everything unfolds as it should, and there's no need to rush or force things to happen.

Focus on the present moment. Engage fully in what you are doing right now. This is where life happens. Cultivate gratitude for the small joys and accomplishments in your day. By doing so, you create a more peaceful and happy mind, anchored in the here and now. Trust that by taking care of your mental health and staying present, you are on the path to a fulfilling and balanced life.

Sad Note

Meriyani Yanthan, 5th Semester

Like wolves howling at the moon,
My heart mourns its sorrow's tune.
Drenched in grief, I'm lost and alone,
Seeking solace in memories known.

Yearning for happiness that seemed so distant
Aching for release, a mournful plea.
Sad thoughts consume, a heavy weight,
Trapped in darkness, desolate.

Will I forever be caged in this despair?
A prisoner of sorrow, beyond repair?

ETERNAL BLOOM

Veluo Soho, 5th Semester

In my heart, a garden blooms so fine,
Where a single flower stands, uniquely
divine.

A radiant star, glowing in the night,
This flower of mine, forever bright.

As others fade, wither, and decay,
You stand strong, never drifting away.
Oh, my love, you're the one that shines,
The jewel in this little garden of mine.

Words fall short of your beauty's grace,
A light so pure, no distance can erase.
Beyond the blue, where dreams reside,
Oh, my love, you're my endless pride

Silent Whispers

KekrUVino Merlyne Kuotsu, 5th Semester

A heart that whispers,
Conscious of serpentine truth,
Yet the voice of the heart is firm,
Which shields us from gloom.
Every time I tried to be heartless,
But that one corner of my heart
Whispered, "It's not you, it's not you,"
No matter how deep the sword cut.
No matter how bloody the hand was,
I refused to ignore the voice of my heart,
In a bloody battle between mind and heart,
The distance between them doesn't narrow
easily.

The mind seeks ferocious battle,
While the heart screams, "It's not you."
Then the voice of the heart whispers,
"It's gonna be okay."

Gather up the courage to let go
Of the despondency that veiled your
vitality.

I know it was not easy, but it was not bad,
That's how the voice of the heart becomes
solace in my soul.

“THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT.”
—ABRAHAM LINCOLN