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Applied Science and Humanities Department

VISION

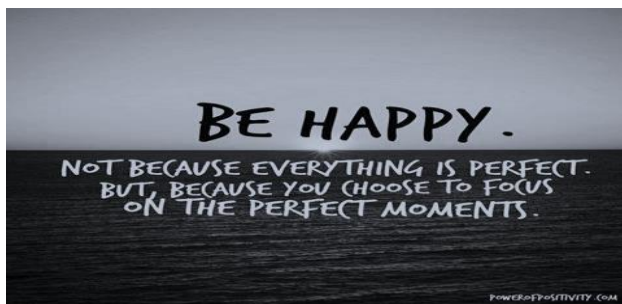
The Department of Applied Science and Humanities is committed to dynamically integrate the components of Science, Humanities and Engineering to groom students to transform them as globally acknowledged professionals.

MISSION

The department is carrying a mission to create and disseminate the knowledge and techniques in intellectual areas of Engineering and other core areas of Applied Science and Humanities for betterment of Eco system.

To inculcate the importance of Applied Science and develop a natural flair for Engineering and Technology which in turn shall mold students into a competent professional.

To be recognized for practicing the best teaching-learning processes to create highly competent, resourceful, and self-motivated young Engineers for the benefit of the society.



Meghalaya's melodic villages: Where everyone gets a tune as a name

Shillong: Dense fog and drizzle, lush greenery and serenity – this is a very common sight of Sohra, popularly known as Cherrapunjee, to many. Located approximately 55 km from the hustle-bustle of Shillong, the capital of hilly Meghalaya in Northeast India, even further down from the main connectivity in Sohra, lies Kongthong, a village that offers a lot more than meets the eye.

Well known for its unique tradition of naming a child by a tune, Kongthong has caught the attention of many in the recent past. Apart from having a name like everyone else, their unique identity is their tune. The tune comes from the



mother who is still recovering after giving birth to the child. She sings a lullaby to the little child and realises the child responding to a particular tune, which sticks to the child for the rest of its life as its prime identity. While

sociologists and psychologists dug deep and tried to trace the roots of this practice, nothing concrete has come out so far.

Meanwhile, the residents in Kongthong believe that ‘jingrwai iawbei’, the Khasi name for the tradition that means ‘song in honour of ancestress’, goes all the way back to ancient times and have grown up adopting this practice. What is more surprising is that the tunes never seem to have any similarities with any of the person in the village. Every tune is unique and is an identity of a particular child or person. However, it is not just Kongthong that practises the tradition but there are several other villages that have been following the tradition for decades.

Team EastMojo travelled to Mawmang, a village located at a 90-minute trek from Kongthong. Cut off from the outside world with no motor able road, the locals of Mawmang travel to and fro through this risky terrain and have no other route apart from this path amid the dense jungle. Although practised with the same values, the unique tradition has slight differences from the one practised in Kongthong.

“We do follow the same practise but there are slight differences. One is the jingrwai iawbei that has been given to us by our mother and the other is the tune given to us by our friends. During our time of enjoyment among friends we come up with a tune for each other. But that tune doesn’t have prominence like the one given to us by our mother,” said Arman Majaw, Sordar Shnong of Mawmang.

While most of the villages remained in the shadows all these years, it was only after reports of the tradition in



Kongthong made it to news that the other villages also came forward to be recognised as well. Over 20 other villages that fall under khatar shnong, where khatar means a clan or tribe and shnong meaning village, follow the same practice. The tradition was also able to attract scholars of the North Eastern Hill University (NEHU) in Shillong. A research on this practice was carried out but traces of its origin couldn’t be found.

Professor AK Nongkynrih of sociology department in NEHU who is familiar with the practice followed in Kongthong and neighbouring villages, said, “It is very difficult to give the exact details or historic information of how this practice came about. What’s important is that this is part of the child-rearing practices

that have been handed down from generation to generation. So it's very hard to trace where and when all of this began.”

While the unique tradition has always been a highlight of these villages, their struggle in making ends meet has remained off the books. Broom cultivation is the only source of livelihood. With no road to pick up or transport the brooms, daily wage labourers take the risk to carry 50-60 kg of broom on their back and walk to Kongthong through a risky terrain. With no proper access to road, the labourers have to go out of their way to make ends meet but only to find that what they are paid is not even worth the risk that they have to take.

While their struggle for survival still continues, tourism remains the only option for them that may help them in boosting their livelihood. While only Kongthong is accessible for tourists, the remaining villages that practise the same tradition are longing to host tourists from all over the world as it will not just promote the tradition but also provide a more sustainable livelihood which is currently dependent only on broom cultivation.

Kongthong village or areas falling under Khatar shnong may have made it to the headlines but the challenges that the people in these areas face are yet to come to the fore. People from all across the world may have visited Kongthong but what's unfortunate is that Kongthong or any of the other villages are nowhere seen in any of the sightseeing lists of Meghalaya.

By Princess Giri Rashir

Source: <https://www.eastmojo.com/news/2019/09/25/meghalayas-melodic-villages-where-everyone-gets-a-tune-as-a-name/>

Contributed by Marina Thomas

Stoicism

In this essay I wish to introduce you to a more philosophical term which theorizes the concept of being in the state of happiness which is Stoicism'. I heard of this term first time in you tube video called Pewdiepie by Felix Kjielberg whose videos I follow mostly.

I would like to begin with the origin of the word "Stoicism'. Stoicism is a school of Hellenistic philosophy founded by Zeno of Citium in Athens in the early 3rd century BC. Zeno was a wealthy merchant who suddenly lost all his ships in storm. What should have been his reaction; despair, anguish, remorse; that is what everyone would as expected. But on the contrary he was calm and composed. He named this state as zenoism which was later changed as stoicism on behalf of a place called Stoa in Greece. So how to be a stoic: it's very simple.. don't care about what's not in your control. The more you care the more you the more you get sad that's what it teaches us. I will state some moments of their lives: Marcus Aurelius was a true stoic and one of the greatest roman emperors once his good friend betrayed him to be the Caesar, anyone would be frustrated by this act, but Marcus remained calm and he marched at empire to capture it and not to kill his friend.

This was the greatest testimony of Plato's quote, "Philosophers should be kings". Marcus would meditate daily for maintaining virtue. Xenophon, when told that his son died, he replied calmly, "I knew my son was mortal", I know it's kind of veryextreme. But the most powerful part of Stoicism is 'Memento Mori' which means Remember Death.

Marcus also quoted on this that,

"Live a good life, if there are Gods and they are just. They will not care how devout you have been. But will welcome you on the virtues you lived by. If there are Gods, but unjust then you should not worship them. If there are no Gods

you will be gone but you will have lived a noble life that will live on in the memories of the loved ones” ~Marcus Aurelius, Meditations.

It proposes that a divine reason (God) directs the world and we need to accept whatever be our fate.

There's one more term called Cynicism. Both of Stoicism and Cynicism are based on virtue. The key difference here is that Cynicism neglects all the worldly things and Stoicism proposes worldly things are



neither good nor bad; they are neutral and can be used for both good and bad cause. So the main purpose of stoicism is virtue and maintaining virtue is a difficult task. There were many Greek old philosophers who quoted stoicism: Aristotle, Plato but they are not considered as stoics rather a fan of aristocrats named Marcus Aurelius and Xenophon.

Memento Mori Mantra:

Memento mori. To not let it frighten you, but remind you to live life with virtue.

Memento mori. By practicing stoicism there is no pain and suffering in this world that you can't endure.

Memento mori. Nothing can be taken away from you, for a stoic only values virtue.

Memento mori. Any suffering and pain will be an opportunity for you to display and practice your virtue.

Memento mori. By living life to the fullest, you are also ready to let go at any moment. To not meet death with fear or anger, but rather welcoming, because somethings you just can't control

By Shaikh Amaan Sadique

FE A-22

Laughter is the best medicine

I am going to talk on laughter is that the best medication. The laughter is understood because the best counter poison to fret and pain. it's a medication that brings one's mind into the balance and relieves stress. Laughter is that the product of excellent humor. The humor lightens the burden of heart and mind.

Humor is incredibly necessary for the well-being of physical and mental state. It renews the flexibility to laugh and facilitate enhance relationships with folks. It creates the positive emotional atmosphere. The sound mood fills energy in



life and add spice to our lives. The United Nations agency shows that people who laugh and greet others with smile are likable by everybody.

The lifetime of these days is incredibly challenging and one would need a lot of energy to figure and face the difficulties of

life. The laughter offers natural energy and boosts one to figure sky-high. The laughter could be a kind of exercise that relaxes all organs of body.

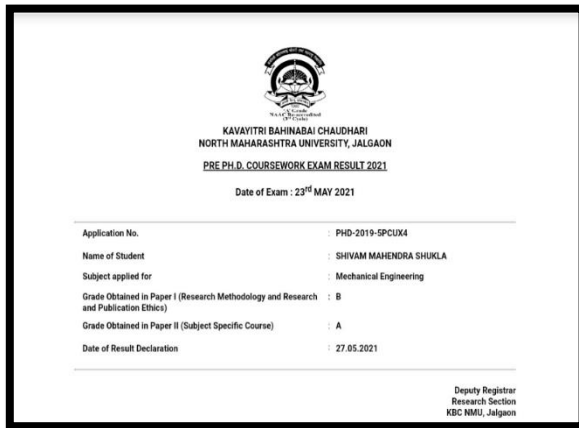
It relaxes mind and relieves worries, tensions, stress, pains, anger, grief and irritation. The laughter fills life with delight and happiness. It is believed that a decent healthy laughter decreases mental stress and physical fatigue. The doctors have well-tried that laughter decrease stress hormones and will increase immune cells and infection fighting antibodies. It ultimately creates a natural resistance power to fight several diseases. So keep Laughing!!!

By Shamoan Ansari

FE A-34



- Mr. Shivam Shukla cleared Paper I and Paper II of Pre -Ph.D. Course work of North Maharashtra University.
- Dr. Teena Trivedi received an appreciation letter for successfully conducting a workshop on 'Engineering Mathematics-III' for DSE students on March 21, 2021 and 'One Week Crash Course' conducted during 22 - 26, March 2021 for Pillai HOC College of Engineering and Technology.



Edited and compiled by Marina Thomas.

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