

# TAPASYA

ICFAI UNIVERSITY NAGALAND

“... a quest for knowledge”

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“Embracing the Pause—Reflecting on Fatigue, Disconnection, and Inspiration”



As the year draws to a close, there's a familiar hush that settles across campus. The final papers have been submitted, the classrooms grow quiet, and the busy footsteps that marked each day slow to an unhurried pace. Yet, beneath this calm surface, many of us—students and employees alike—find ourselves reflecting on a different kind of silence: the quiet fatigue and sense of disconnection that has woven itself into our daily routines.

Uninspired. Fatigued. Disconnected - These words, so often whispered in private, have become part of our collective experience. The relentless pace of deadlines, the ever-present glow of screens, and the uncertainty of our rapidly changing world have left many of us feeling drained. The spark that once fueled our curiosity and creativity sometimes flickers or feels out of reach.

Acknowledging Our Shared Humanity - First, it's important to acknowledge: you are not alone in feeling this way. The pressures we carry are not signs of failure but testament to the demands placed upon us in these unprecedented times. The expectation to always be “on,” to always produce, to always excel, can leave us feeling isolated—even in a crowded lecture hall or a bustling office.

The Power of Pause - Yet, there is power in the pause. Stepping back to recognize our fatigue is not a weakness, but an act of self-awareness and resilience. Taking the time to rest, to reflect, and to reconnect with why we began this journey—whether as a student or as a faculty or staff member—can be the first step toward rediscovering inspiration.

Rebuilding Connections - Disconnection thrives in silence and isolation but our campus community is built on shared experiences and mutual support. Reach out— a heartfelt chat with a friend, a simple conversation with a colleague, or a quiet moment in a student group can remind us that we belong. In these small, genuine connections, we often find our sense of purpose renewed.

Looking Ahead with Hope - As we close the chapter on this year, let's carry forward a renewed commitment to balance, empathy, and community. Let's give ourselves—and each other—permission to rest, to feel, and to heal. Inspiration may ebb and flow, but it is never truly lost; it lies in wait, and is often reignited by new perspectives and experiences. As we look ahead to a new year, may we all find the courage to pause, the grace to reconnect, and the inspiration to begin again.

Mr. Osangnok Imchen

Asst. professor

Dept. of Linguistics & Translation Studies

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## Thought Smith

*The fate of Ophelia**Love was a cold bed full of scorpions: A Redefinition of Ophelia's Fate*

Ophelia, the tragic figure from Shakespeare's *Hamlet*, has long been the ultimate symbol of female victimhood. But Taylor Swift, in her song "The Fate of Ophelia," does not just reference the muse, instead she brings her back to life. Swift completely alters Ophelia's story from one of passive death into a modern fight for individual freedom.

In *Hamlet*, Ophelia is a central female character who is often characterized as idealistic, innocent, and tradition-oriented, which contrasts with Hamlet's cynical and complex nature. She values traditional structures, including proper courtship and the prescribed security of a traditional marriage. However, Ophelia ultimately becomes a victim of a harsh patriarchal system. Both her father, Polonius, and her lover, Hamlet, exert control over her life. Polonius demands she reject Hamlet's affections to maintain his own standing. While obeying her father may seem like passivity, her decision was made through her own limited free will, based on what she believed was right. Hamlet further victimizes her by overanalyzing her actions and publicly denouncing her, demonstrating a lack of understanding of her true intentions and this treatment contributes to her descent into madness.

Ophelia's death by drowning is one of the most pitiful moments in literature. It is described with a beautiful, sorrowful passivity as we see that Ophelia sings beautifully as the weight of her water-soaked dress pulls her down. Therefore, in Shakespeare's tragedy, she becomes a symbol of a tragic ending, a dutiful woman whose innocence is destroyed by an unforgiving world.

Taylor Swift radically reinterprets Ophelia's narrative. Swift, who describes Ophelia as her muse, uses the character not to symbolize death, but as a path to liberation. The modern Ophelia gains a new individuality and sexual freedom, stepping into the limelight. However, this shift only leads to a new form of victimhood. She becomes the focus of men who are only interested in exploiting her beauty and body, driven by lust rather than love. This toxic environment is described as a "cold bed full of scorpions" that steals her sanity.

In direct contrast to the play, Swift's Ophelia is saved from drowning by a "lifeboat"—a metaphor for a new person who provides salvation. For Swift, the new person is her new boyfriend. This act saves her from her tragic fate in *Hamlet*. Yet, she is not truly free. She remains bound with ropes, losing her autonomy despite being saved. The lyric, "'Tis locked inside my memory and only you possess the key," indicates that her freedom is conditional, transferred from the hands of the patriarchal system to the hands of her new savior, maintaining a cycle of dependence.

Thus, the difference between these two Ophelia tells us a lot about how we view women's stories. Shakespeare's character is a powerful symbol of doomed innocence, showing the futility of resistance within a rigid society. On the other hand, Taylor Swift's Ophelia is different as she transcends this fate. By being pulled out of the watery grave of *Hamlet*, the modern Ophelia actively avoids a passive death. Instead of ending in sorrow, the song allows her to celebrate her newfound individuality and resilience. She becomes an epitome of hope who flat-out refuses to be consumed by tragedy. Ultimately, in the song "The Fate Of Ophelia" by Taylor Swift, Ophelia's story is not a closed book of sorrow, but a narrative that can be rewritten as one of survival and self-renewal.

Nengneilhing Lunkim  
MA- I English

## Words Worth

### The Day She Wore It Again

She never cared for her mother's old ways,  
Or the mekhala folded in dust for days.  
"Too heavy," she'd say, "too plain to wear  
It scratches the skin, it's old-time air."

Her mother had worn it in fields and fairs,  
With the scent of woodsmoke caught in her hair.  
But the girl grew up with city lights,  
And forgot those colors that held the nights.

Then one bright Wednesday, down the lane,  
She saw a woman, calm and humane.  
Her mekhela wrapped with tender pride,  
Her eyes like home the hills could hide.

The girl stopped still, she couldn't say why,  
But something old began to sigh.  
The air smelt of rice and rain,  
And her mother's voice came back again.

She watched that woman cross the street,  
Barefoot grace in dusty heat.  
And thought, how lovely, how whole she seems,  
Like a picture drawn from my childhood dreams.

That night she found the mekhala chest,  
Smoothed the creases, brushed her best.  
The threads were frayed, the colors dim,  
But her heart was loud and full to brim.

Next morning, when the town awoke,  
She wore it... simple, without a cloak.  
And in the glass beside her bed,  
Her mother smiled; though long since dead.

Now every Wednesday, she dresses slow,  
In the cloth her hands once feared to sew.  
And people say as she passes by,  
"Isn't she beautiful?" they don't know why.

But she knows, it's not just dress or thread,  
It's the voice of love from the ones long dead.  
A hymn returned, a vow remade,  
A daughter reborn in the cloth she'd laid.

Mary Chipen  
BA- III English



## Words Worth

### Lavender Shroud

The wind howled in agony,  
The trees whispered harshly,  
No longer in harmony.  
Her icy hands welcomed the lone traveller,  
His smile, once radiant as the sun,  
Now hollow, with no warmth.  
His kin shrouded in lavender,  
Grieving the lone traveller.

Patricia Rutsa  
BCA- I



## Words Worth



### The Fast

A test of will, a trial by fire,  
Temptation's lure, a heart's desire.  
Passionless, we stumble and fall,  
Even the strong, struggle through it all.

The devil's grasp, a subtle snare,  
Lures us away, from God's loving care.  
But when we seek, to grow in Him,  
He provides a way, to overcome the whim.

So let us stand, against the test,  
And grow in faith, in God's loving best.  
For in His strength, we find our might,  
And triumph over, the tempter's night.

Let us rise, and walk in light,  
Free from sin's grasp, and temptation's night.  
With God's guidance, we'll find our way,  
And overcome, come what may.

**Pusu Puro**  
**B.Com- I**

## Words Worth

### O Death

I await death with the yearning to meet you,  
Life passed by, chasing the memories of you.  
Without you, every joy feels incomplete,  
As if these breaths exist only to fulfill old customs.

Your picture lies hidden somewhere within my heart,  
Every heartbeat is adorned with your name in loyalty.  
Behold, O Death, the extremity of this love.  
I'm alive, yet have long been dead after losing her.



### Reply to "O DEATH"

And now, I present a poem to the Poet of "O Death" A poem from me, personified as Life, itself.

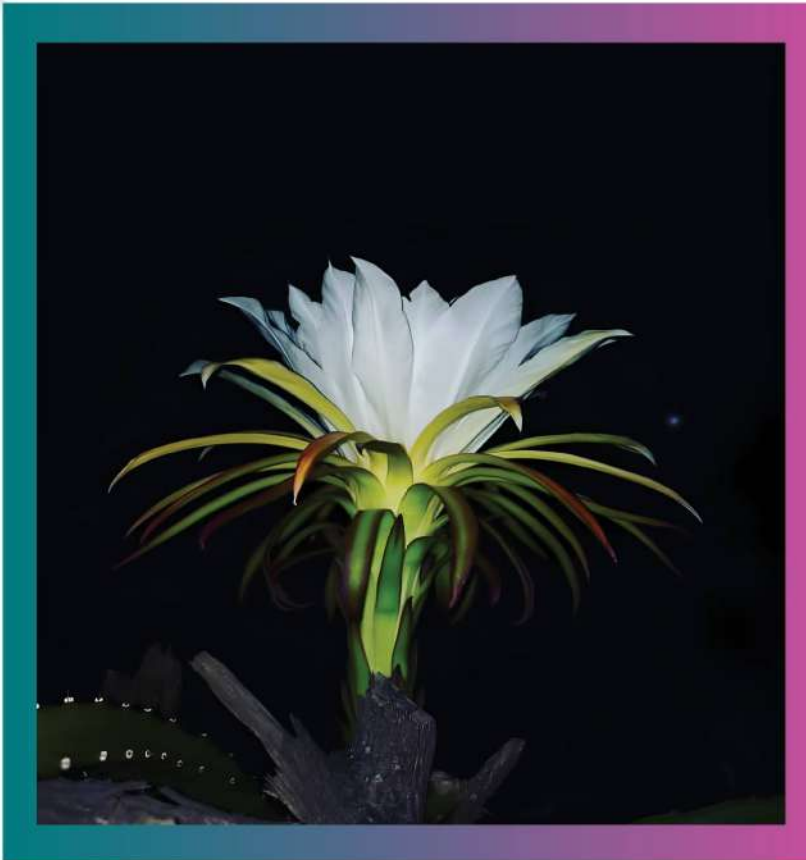
### I am Life

I am Life; I learned her laugh and keep it warm at dawn.  
You call Death as if mercy; I call you back to breathe, she did not love you to teach you vanishing, but to teach you light;  
Carry her in small things... a cup of tea, a song, a paralyzing morning

Lay down your petition for ending; I'll turn its ashes into green shoots.  
Teach your hands to make bread, to hold a child's astonishment.  
Imagine her pressing her palm to your chest, her voice a wind, "Live."  
Live — let her love be the road you walk, not an epitaph you memorise

Temjenwapang Jamir  
BCA- III

Galleria



Photography by: Meatoshi Ozukum  
Sr. Officer, Exam Dept.



## Campus Abuzz

## Literary & Sports Week Photography Competition 2025

1st  
Senjumo Kikon  
Title: "Synergy in Focus"



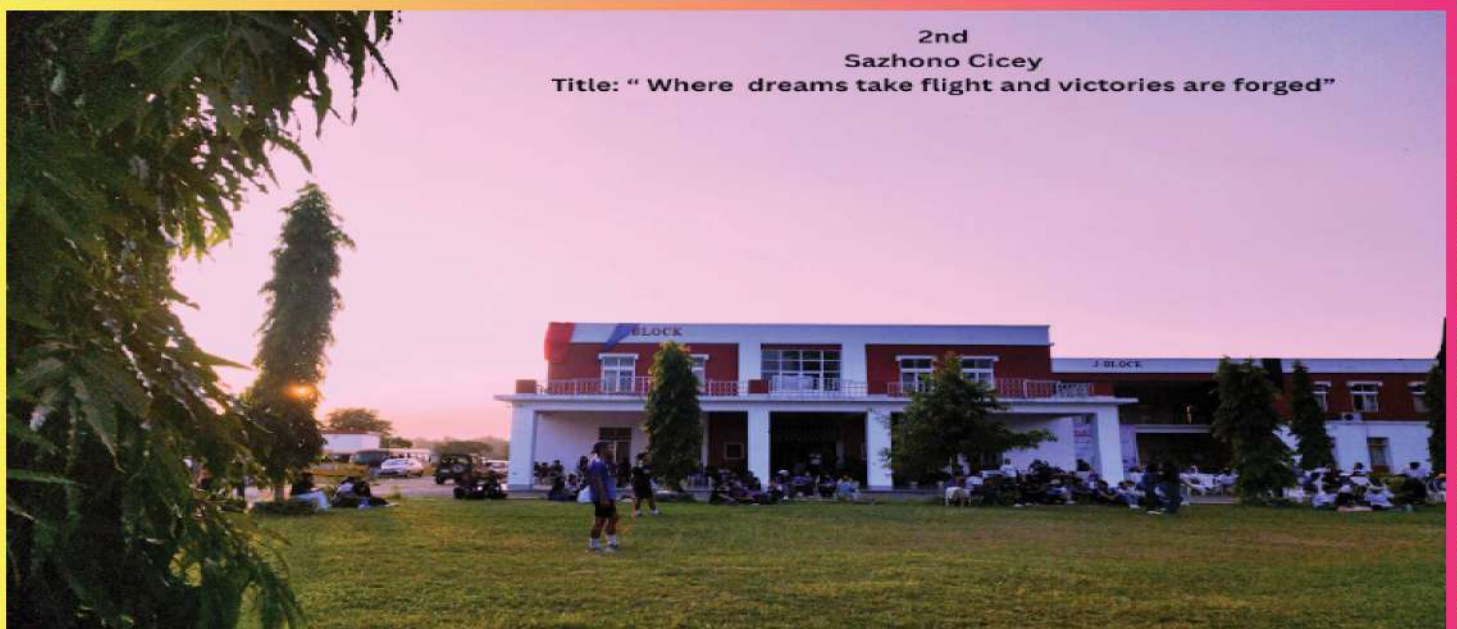
3rd  
Veswūlū Shijo  
Title: "Empty yet Alive"



3rd  
Aneipfu Rupreo  
Title: "Finding calm in the chaos of campus life"



2nd  
Sazhono Cicey  
Title: "Where dreams take flight and victories are forged"



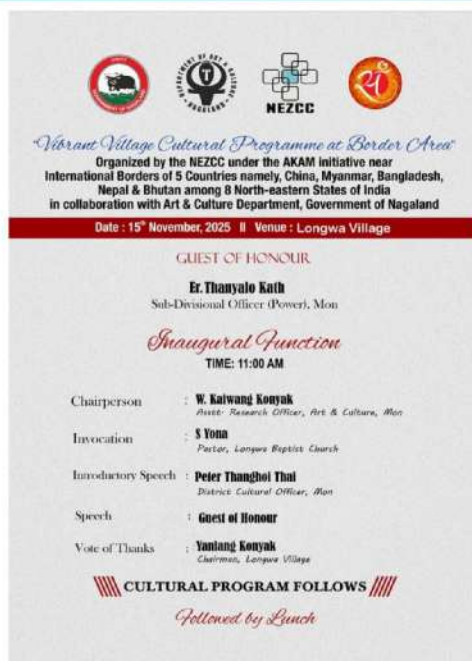
# Campus Abuzz

## Exposure Trip to Longwa Department of Political Science ICAI University Nagaland

The Department of Political Science in collaboration with IQAC - IUN recently organized an exposure tour to Longwa village under Mon district Nagaland from 14th to 16th of November, 2025. In this recent trip, the Political Science Department students attended the "Vibrant Village Cultural Programme at Border Area" which was organized by the NEZCC (North East Zone Cultural Centre) Dimapur under the Ministry of Culture, Government of India in collaboration with the Art & Culture Department, Government of Nagaland on the 15th of November, 2025, (Time: 11:00 am) at Longwa village, which border Myanmar.

The vibrant cultural programme at the international border area was under the Azadi Ka Amrit Mahotsav (AKAM) initiative near international borders of 5 countries (China, Myanmar, Bangladesh, Nepal, and Bhutan) among 8 North-eastern States of India. Students were fortunate to be a part of this initiative which was to honour the rich heritage and historical contributions of tribal communities in India.

The celebration featured cultural folk songs and dances performed at the event by various cultural troupes from in and around the village. The event highlighted the cultural collaboration and promotion in border areas, involving multiple North-eastern states of India and neighboring countries.



Some of the outcomes of the trip:

### 1. Exploring the India-Myanmar Border.

A highlight of the trip was the visit to the India-Myanmar border, where students gained insights into the geopolitical dynamics of a border village. Longwa's unique position, with residents enjoying dual citizenship of India and Myanmar, underscored the complexities and realities of living on an international border.

### 2. Visit to Myanmar School

Students had the opportunity to visit a school in the adjacent Myanmar territory. This visit highlighted the cross-border understanding and awareness among the students.

### 3. Meeting the last Naga Headhunters and the King Angh

One of the most impactful experiences was meeting representatives of the Konyak Naga community, including the King Angh. The Konyaks were historically known for their headhunting traditions, now a part of their rich cultural history. Interacting with the community provided students with a deeper understanding of the transition from traditional practices to contemporary life while preserving cultural heritage.

Overall, the trip was a valuable learning experience, combining academic insights with cultural immersion and was a significant step in broadening the horizons of students in political science.

A special thanks to Dr. Himabindu, Assistant Professor, Central University of Kashmir for her valuable donation towards the trip. The Department appreciates and acknowledges her kind gesture for which some of our student needs were taken care of.

# Campus Abuzz



## IUN Pre-Christmas Celebration 2025



## BOOK RELEASE

A new book of short stories, "Let The River Remember Us" by author Temjenwapang Jamir of BCA 3 was launched at The ICFAI University Auditorium, Sovima on November 19. The book was released by Dr. Kevizonuo Kuolie, Associate Dean of the University.

### New book 'Let the River Remember Us' launched

**DIMAPUR, NOVEMBER 20 (MEXN):** A new book of short stories, "Let the River Remember Us" by author Temjenwapang Jamir, was launched at ICFAI University, Sovima on November 19. The book was released by Dr. Kevizonuo Kuolie, Associate Dean of the university.

In her address, Dr. Kuolie remarked that the collection, despite consisting of only nine stories, offers significant depth and has a wide appeal, capable of speaking to both young and old readers, according to a press release.

Reviewing the book, Dr. Kikarenda Jamir noted that the author's forthright narrative "philosophizes on life and the river," using the river as a symbol for the continuity of storytelling and a metaphor for "human strength, endurance and faith."

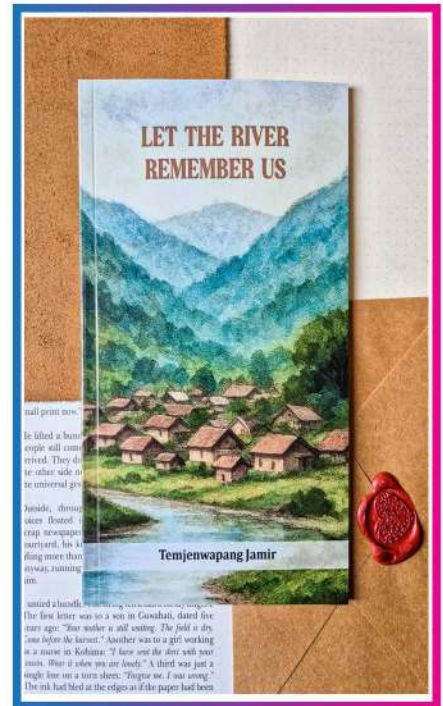
Another reviewer, Shikharika, stated that the book "quietly holds a mirror to our everyday life," capturing scenes from tea stalls to churches to reveal something "deeply human and deep Naga."

The author, Temjenwapang Jamir, shared that he wrote the book as a "son of this land," troubled by the silent erosion of everyday courtesies and the growing



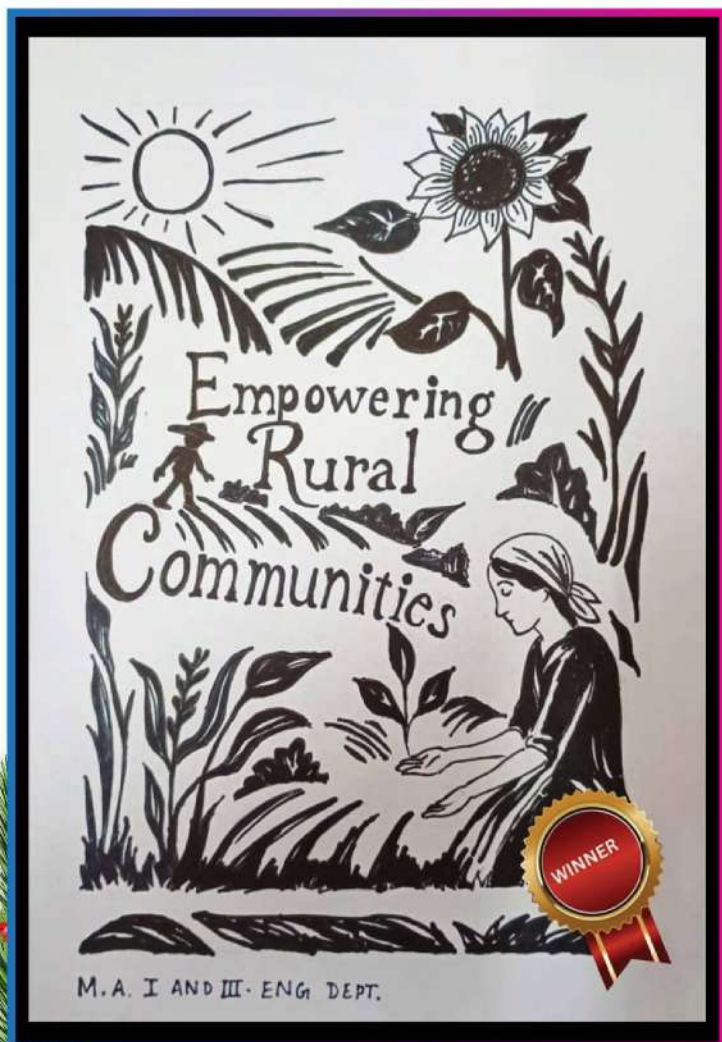
Book titled 'Let the River Remember Us' by Temjenwapang Jamir launched at ICFAI University, Sovima on November 19.

impatience in society. "I wrote it because I was afraid of what silence might cost us... I still believe in us," Jamir said, encouraging people to look at themselves honestly and return to the "small, beautiful ways" that define their identity. Lanoungla Trade from Heritage Publishing House highlighted that the book is filled in the enduring power of "small acts of honesty and compassion."



## UNNAT BHARAT ABHIYAN FOUNDATION DAY

Unnat Bharat Abhiyan (UBA) is a program launched by the Ministry of Education, Government of India, to promote the sustainable development of rural India by involving higher educational institutions. Its mission is for these institutions to work with rural communities to identify challenges and develop appropriate solutions for accelerating sustainable growth. Unnat Bharat Abhiyan celebrated its foundation day on 11 November 2025, marking eleven years of the programme's journey. To mark the occasion, the ICFAI University, Nagaland conducted a POSTER competition on 11 November, 2025, where students created posters on the theme 'EMPOWERING RURAL COMMUNITIES', exploring different ways and measures that could improve the quality of life in rural areas. The competition was won by the post graduate students of the department of English.



## Campus Abuzz

### Campus Interview



**Ruokonietuo Seyie**  
**President**  
 (Students Council IUN)

**Q.** When you look back at this semester, what moment made you feel that... yes, this is why I wanted to lead?

**A.** Honestly, it was during the moments when students came up to me and said a small thank you after an event or activity. That simple appreciation made me feel like all the late nights and stress were worth it. It reminded me why I chose to lead in the first place.

**Q.** What is one silent struggle behind student leadership that most students never see?

**A.** Most people don't see the pressure we carry to keep everyone satisfied. We always have to stay calm even when things go wrong. Balancing academics, personal life, and responsibilities silently becomes a big challenge, but we keep going because we want things to run smoothly for everyone.

**Q.** If the student body were a single student, what kind of advice do you think they need most right now?

**A.** I think I'd tell them to slow down and not compare themselves to others. Everyone is trying their best, and it's okay to not have everything figured out. Just keep moving and support each other.

**Q.** When your term ends, what do you want people to remember; about the feeling of your leadership?

**A.** I hope people remember that I tried to lead with simplicity and sincerity. Even if I couldn't do everything perfectly, I want them to feel that I genuinely cared for the students and the university.

## Campus Abuzz

### Campus Interview



**Ruokuomituo Shuya**  
Sports Secretary  
(Students Council IUN)

**Q.** Sports often reflects campus life, moments of chaos, teamwork, and pride. What has the field taught you about leading people off the field?

**A.** The field has taught me that leadership is less about giving instructions and more about setting standards through discipline, handling pressure calmly, and making sure even the last substitute feels as important as the star player.

**Q.** What is a moment from any game or event that is still in your mind, and why?

**A.** A moment from a game that stays in my mind is a match we were losing badly, when instead of arguing or blaming, the team huddled, reset our mindset, and even though we still lost, we fought back with unity and earned respect from everyone watching.

**Q.** When the stadium is empty and everyone is gone, what keeps you coming back to the ground?

**A.** When the stadium is empty and everyone is gone, what keeps me coming back is the quiet promise that there is always another chance to improve, to correct yesterday's mistakes, and to create new memories with the team.

**Q.** How do you keep the spirit of competition alive without letting it turn into rivalry or burnout?

**A.** To keep the spirit of competition alive without letting it turn into rivalry or burnout, I focus on clear boundaries: we compete hard during the game, but we shake hands, share laughs, and appreciate each other's effort afterward, while also making time for rest, recovery, and non-sport activities.

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**Temjenwapang Jamir BCA III**

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