



The Ideal

Biannual Newsletter of the

DEPARTMENT OF POLITICAL SCIENCE DHSK COLLEGE

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Editorial



As we set into the new year 2017, our academic journey once again started in full swing. *The Ideal* editorial team wishes all its readers and well-wishers a Happy, Peaceful and Healthy Year. We had a fresh beginning with colourful, lively and refreshing College Week that has given us enough impetus to cheerfully strive throughout the year. We are looking forward to a good beautiful year with many positive changes. This issue of our Newsletter is the third in its consecutive row. It once again featured our various activities that had taken place in the department including that of the college week and other beautiful write-ups mainly from our students. A brief special write-up on NAAC and its

peer team visit is also featured. In this issue, we have started a new column in which few selected feedbacks of our readers are compiled and published. In this issue we are also happy to announce the winner of the contest "Identify and win a prize" of the last issue, won by Sir. Rajiv Lochan Bora, of the department of Botany with a reward of Rs.100/- only. I am thankful to all my editorial board members for their sincerity, zeal and indomitable team spirits. Without them this issue would not have come out in its present bright and impressive shape and style. I am also thankful to the Principal Sir, Dr. S. Saikia for his relentless motivation, support and assistance in the publication of this newsletter. Thanks are also due to our HoD Sir, my two other colleagues for always extending their kind supportive hands. Hope you enjoy reading this issue. Thank you!

First Class Holders of the Department, 2016 (3rd Batch Under Semester System)

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Designed & Styled by
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	CHANDAN SAHU 29 th Rank		HALIDHAR PAYENG 115 th Rank		PHILIP NARAH 172 th Rank
	KULDEEP B GOHAIN 30 th Rank		PARTHA BIJOY SAIKIA, 118 th Rank		UTPAL BURAGO-HAIN 188 th Rank
	KARNAJYOTI B GOHAIN 70 th Rank		RATUL HANDIQUE 144 th Rank		SUPRIYA GOGOI 195 th Rank
	RANJAN MORAN, 93 Rank		MUMMI DIHINGIA 144 th Rank	CONGRATULATIONS! <i>We convey our Hearty Congratulations to all our successful students! Particularly to those whose names are published here in this Newsletter with their photographs and ranking positions. They were our 3rd batch under the Semester System introduced way back in 2011 replacing the conventional annual assessment and examinations system.</i>	
	DIPANKAR BARUKIAL 104 th Rank		PINKY DHADHARA, 166 th Rank	<i>Yet again we are ready to embrace another new system called Choice Based Credit System (CBCS).</i>	
	Mr. SUPON CHAKMA 107 th Rank		SANJIB Kr. MOHAN, 169 th Rank	<i>Compiled by — Ms. Gopa Gangotri Shyam, 6th Sem.</i>	

From the IQAC Coordinator, DHSK College — Dr. Priya Dev Goswami, Dept. of Mathematics



Quality of education is essential for mankind to carry forward human civilization. It is as well directly related to development and wellbeing of the society. After independence the number of institutes of higher education increased in our country by manifold. Barring few, the quality of education is not world class. To maintain quality in higher education, Government of India established National Assessment and Accreditation Council (NAAC) in 1994. For better coordination and to streamline various activities of an institute, there is an Internal Quality Assurance Cell (IQAC). All institutes of higher education have to assess their institute by NAAC for graduation. The grade of an institute is determined by many factors; but it mainly depends on teaching – learning and research activities. Responsibility towards society, extracurricular activities, basic facilities and use of Information and Communication Technology (ICT) are also important component. To get assessed, an institute have to prepare a report called, self study report (SSR). NAAC awards grade to an institute after assessment by a peer team. Such awarded grade is valid for a period of five years. A higher grade means it is an institute of repute and quality. In 2003, our college was assessed and B++ grade was awarded to us on 08.01.2004. But this grade expired in 2009. Due to certain unavoidable circumstances the second cycle of accreditation was not done on time. Despite everything we have now completed all the formalities for assessment and accreditation. The SSR was sent to NAAC team is slated for 20th & 21st April 2017. Hence, I am looking forward to full cooperation from all students, faculties, non-teaching staff, alumni and parents so that our College is awarded with the best grade possible.

May we all strive harder together in furthering the glory and reputation of Kanoi College!

STUDENTS' EXPOSURE VISIT TO ASSAM LEGISLATIVE ASSEMBLY — Manash Pr. Nirmalia



An initiative by our College in co-ordination with the Assam Government facilitated us an exposure visit to Assam Legislative Assembly from the 8th to 10th February 2017. A selected group of 25 students of which there were 14 boys and 11 girls. Out of 25 students 11 were from the department of Political Science. Dr. T. Bhengra and Mrs. Sultana Hazarika from the department of Zoology and Political Science, D.H.S.K. College, respectively were the team guide along with three Medical personnel. The journey started on the 8th Feb. from the college campus at 7.30 a.m. by the ASTC Bus provided by the Govt. of Assam. The team reached Guwahati at around 7 p.m. and were accommodated in the Srimanta Sankardeva Kalashetra. The Joint Secretary to the Parliamentary Affairs Mr. Goswami and his Assistant Mr. Nath warmly welcomed the team. As soon as we reached, Srimanta Sankardev Kalashetra we were served a cup of Tea and dinner was served at 8 p.m. in the evening. On 9th Feb. 2017 at 8:30 a.m. we were served breakfast and were immediately taken to the Assam Legislative Assembly to attend the same. We were all issued entry pass and had to undergo some security formalities to enter the Legislative Assembly and thereafter we were allowed to enter. We entered the Legislative Assembly of Assam and observed the debate and discussion of the Ministers and MLAs patiently for around 3 hours. So we had our firsthand experienced and learnt the proceedings of the House. After the end of the Assembly session, lunch was arranged for us in the MLA's canteen and immediately after that we were taken to have an interactive session with the Chief Minister, other Ministers, and the MLAs. We were interacted by the Media Persons who had number of questions and we were able to reply them well. Thereafter we were also provided an opportunity to raise our queries where we were interacted by the Media Persons who had Hon'ble Minister Mr. Chandra Mohan Patowari satisfactorily answered to our questions. After the interactive session we all were taken to our respective accommodation in Srimanta Sankardeva Kalashetra. On 10th Feb. 2017 we visited Raj Bhawan, the Official Residence to the Governor of Assam where we met his Joint Secretary and his Personal Assistant. We too visited places such as Planetarium, Dr. Bhupen Hazarika's Samadhi Shetra, New Saraighat bridge etc. By about 3:30 p.m. we returned and spent the night in Kalashetra. In the following morning after the breakfast we started our journey and reached our college campus at 7 p.m. and thereafter we safely returned to our respective homes and hostels.

Our sincere thanks to our Hon'ble CM, Sri Sarbananda Sonowal and D.H.S.K. College Authority and Dibrugarh District Administration for such a kind and optimistic initiative and believe that such kind of steps will in future benefit the students of Assam.

Computer as Vision Syndrome — T. Bhengra, HoD, Dept. of Pol. Science



In the present scenario of science and technology one thing is for certain. The pace of development is computer technology for exceeds that in other branches of science. Life would grim to a halt, if computers fail to work, be it in banking or even booking railways tickets. For many of us spending long hours staring at the computer screen has become unavoidable. To-day, there is no age limit for the usage of computers. It is used by the paediatric and the geriatric age group alike. The young people uses it for playing games, educational purposes or net-surfing and the elders use it for their professional activities or net suffering. With the advent of the World Wide Web, there is a vast amount of information available for everyone, on the internet. Thus to-day, one should not be surprised to see a house wife using a computer to access cooking recipes or tips. But more than 75% of people using the computer regularly suffer from various types of disturbances predominantly that of the eyes. So the next of question that arises, is that, are you a victim of your own computer? If the answer is in the affirmative, the solutions to the problem are not all that complicated, and if the answer is in the negative, one should not be rest assured that nothing can befall him/her, but take a few preventive measures, so as not to fall a victim to their own computer in future. As the effect of computers is pre dominantly on the eyes, the American optometric association started it to be an occupational condition and termed it as a "Collection of symptoms of the eyes and the body, which is related to or aggravated by, the use of computers"

ETIOLOGY: This may be discussed under i) Pre-existing or a latent eye problem, ii) Poor work place conditions iii) Improper factors, iv Ergonomic factors.

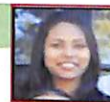
INCIDENCE: Computers have equalled the telephone in becoming the most indispensable piece of office equipment. As viewing the co-

Computer is a visually demanding task, a recent study conducted in the USA revealed that computer vision syndrome (CVS) is the number one office related health problem of the more than 6 hours daily, 75-88% develop eye strain, 10 million consult ophthalmologist and more than 2 billion dollars are spent annually towards their treatment. In contrast to the popular notion regarding carpal tunnel syndrome, a study released by the national institute for occupational safety and Health showed that only 22% of workers developed it.

EYES: While working for long hours on the computer, one basically is interacting physically with the monitor / video display terminal (VDT). Hence one requires (a) very high degree of acuteness of vision; (b) good focus of the eyes on the screen and reference material; (c) Good eye movements and coordination. When the visual demands of the task exceed the visual abilities of the individual, CVS sets in.

The common ocular syndromes of CVS sets are: (1) Eye-Strain (2) Headache (3) Blurred vision: (4) Slowness in changing focus from near to distance; (5) Slowness in changing focus from distance to near; (6) Glare; (7) Burning sensation; (8) Watering of the eyes; (9) Contact lens wearers feel discomfort; (10) Double vision. Eye strain may be due to the fact that the person already had a refractive error in his person already had a refractive error in his eyes and was unaware of it or the person was to hesitant to wear a spectacle. These people get exhausted very easily within a short span of time. Sometimes a spectacle wearer is not aware that it is time for a change of glasses, as the change occurs very gradually over a long period of time. If the user continues to carry on with the work, he shall soon get fatigued and start experiencing a headache. Many of us would remember that the glass lens we used to work with in the school laboratory had a fixed focal length. Then how do we change the focus of our eyes from near to far and vice-versa? Reptiles have the inherent ability to shift their lens forward and backward within their eyes and thus change the point of focus, just as we find in our camera or a slide projector. In humans, there exists a small intrinsic muscle, known as the auxiliary muscle, inside the globe, which on contraction or relaxation can change the shape of the elastic lens present inside our eyes, and thus change the focus. This muscle as any other muscle in our body is liable to get fatigued on over straining. When such a situation occurs, the user is no longer capable of holding his focus on to near target or object anymore and there is a drift of focus to a distance, which is the normal resting position of our eyes. Initially the user is in a position to bring back the focus on to the screen but after repeated efforts the fatigue gets better of the user and the user begins to experience blurring of vision. Moreover, in users with a strong auxiliary muscle, the muscle tends to go into a sustained state of contraction and thus is unable to focus at a distance after prolonged near work. This is known as a uxiiliary spasm. As the sensitivity of one's eyes differs from that of the other, a particular user may not be comfortable with the screen illumination that may be optimal for another, thus experiencing glare phenomenon.//

Experience of the Pangsau Pass Winter Festival — Sarita Passi [Major Second Semester]



For the first time in my life I had the opportunity to witness one of the most colourful festivals of Arunachal Pradesh. This could have happened because of my friend Ms. Salini Patra who invited me with all her hospitality and kindness. The Pangsau Pass Winter Festival celebrates the cultural extravaganza of diverse tribes of Arunachal Pradesh wherein tribes perform their folk dances and songs revealing and showcasing their unique customs and cultures over the three days festival. This winter festival was started to bring the two nations together. The door of the famous Pangsau Pass that connects the last two towns of Arunachal Pradesh, viz. Nampong-Pangsau Pass and Burma, were first opened for a three day festival in 2007. The festival brings back the magnificent olden years of the local tribes. During these three days, the area turns into a global village, breaking all the social barriers. In 2017, the fanfare was expected to be much longer. The festival has reopened its doors after a gap of two years. I have never had such a wonderful experience before, witnessing different colourful tribes thronging together in one place. It is really worth experiencing this winter festival. It will cost you not more than a few thousand rupee; and is located at a distance not far from Dibrugarh. So far my experience is concerned, I simply had fallen in love with the festival, the place, the food, the people, and of course, the hospitality and generosity of the local people attracted me most. I could experience this memorable event of my life only because of my dear friend, Ms. Salini Patra, who took care of my every need during my comfortable stay at their residence.//

PARENTS—TEACHERS—STUDENTS MEET, 2016 — Manash Pr. Nirmalia [Major Student of 6th Semester]



The traditional Parents-Teachers and students' Meet (2016-17) was organized by the Department on the 10th October 2016. Students of all semesters actively participated doing their allotted works in a very precise and sincere manner. The program started at 1pm and the Chief Guest on the occasion was Dr. Binud Borah, former lecturer of the department and presently serving as Deputy Registrar (Academic) in Dibrugarh University. The program started with a welcome speech from the H.O.D. Dr. T. Bengra where the parents of the 1st Semester Students along with the students of all other semesters were present. The chief guest was felicitated by the students of the Department with traditional *phulam gomosha*. Immediately after the formal welcome and felicitations, students sang group song of Dr. Bhupen Hazarika "*Manuhe Manuhor Babe*". Speaking on the occasion the faculty members of the Department appreciated the parents for their cooperation and also stressed on the equal importance of the role of the parents as stakeholders in shaping and molding the students. They also focus on the importance of maintaining healthy relationship between teachers, students and parents. The Chief Guest of the function Dr. Borah had also given inspiring and valuable speech recalling his past experience as a teacher working in the department. Vice Principal of D.H.S.K. college Dr. A. Ahmed was also felicitated with a warm welcome by the students of 5th Semester. Speaking on the occasion Dr. Ahmed dealt on with the issue of "Mobile Culture among youngsters; its utility and misuses" and had also given a brief but very useful information about Semester system. On special invitation some pass-out students of the previous year with 1st Class also attended the function and they were honoured and awarded with proficiency certificate by the department. The program ended with active interactions between the parents, students and teachers. The parents appreciated the initiative of the department and vowed to support and cooperate the department. They assured their service as and when called upon to do so. Finally the program came to a conclusion with a vote of thanks from the H.O.D. Dr. T. Bhengra.//

Treasured Memories

Cultural Troupe of the Department in the College Week, 2017



Students' Exposure Visit to State Legislative Assembly



Sir Dimbeswar Chaliha at his younger days



Our girls dancing Bihu Dance & won the First Prize in the Competition during College Week, 2017

THE SIGN OF A BEAUTIFUL PERSON IS THAT THEY ALWAYS SEE BEAUTY IN OTHERS.

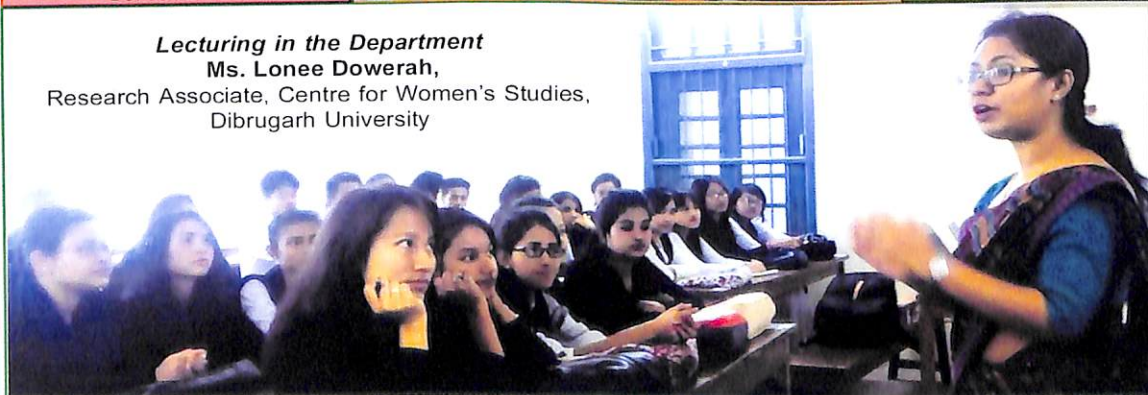


Parents-Teachers-Students' Meet of the Department, 10/09/2016



Principal, Dr. S. Saikia inaugurating the Departmental Wall Magazine, 29/09/2016

Lecturing in the Department Ms. Lonee Dowerah, Research Associate, Centre for Women's Studies, Dibrugarh University



Pencil Sketch Picture of our Principal By Mr. Harkaran Singh Major 4th Semester



One of the Editorial Meetings of The Ideal

Receiving the Cash Prize Sir, Rajiv L Borah Winner of 'IDENTIFY & WIN A PRIZE' Contest of the last Issue

