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69th Republic Day Celebration

The Vice- Chancellor (officiating) Prof. Jyoti Prakash Tamang hoisted the National Flag at the Kanchenjunga Management Block of the University on the occasion of the 69th Republic Day. Prof. Tamang congratulated all the members of the faculty, non-teaching staff and students who were present at the function. He talked about the developments that India had witnessed in the past seventy years of independence.

The Registrar Sh. T.K. Kaul also addressed the gathering and mentioned the noteworthy and untiring efforts of the defence forces of the country in protecting the Nation against external exigencies.



Editor's Note

A new year means new beginnings and fresh starts. If you can let go of the past, freeing yourself of failures and disappointments, you can embrace a new perspective— a fresh look at the future and all the wonderful possibilities it holds.

So as you look to the future, keep your spirits and determination unshaken. May this new year bring immense possibilities and opportunities in our lives and may we strive to put in our best efforts in all that we do.

Wishing all a very happy and a prosperous year ahead..

Mrs. Kunjini Prakash Darna

Upcoming Events

Workshop on Mathematical Genomics in collaboration with Indian Statistical Institute, Kolkata.

Date: 19th to 22nd February 2018

Venue: Barad Sadan

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Role of Substance Use and its Effect on confidence level among Class XI and XII students in Sikkim:**An attitudinal study.**

Dr. Pradip Kumar Das, Assistant Professor, Dept. of Management.

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Dr. Subhash Mishra, Assistant Professor, Dept. of Education

Background: The present project undertaken is intended to help in understanding and solving the problem of substance use and its effects on confidence level amongst youth in Sikkim in a better way.

Objectives:

1. To assess the knowledge regarding harm of use and to obtain information about attitudes among the class XI and XII students of Sikkim.
2. To assess the behavioural impact of substance use on the confidence level of the students in taking career related decisions.
3. To suggest measures for minimizing the use and the effect of substance use by Students (Class XI and XII) in Sikkim.

Problem Statement: Is knowledge regarding the consequences of substance use among adolescent students enough to prevent them from initiating and continuing its use and what effects does it have on the confidence level of students which has a direct bearing on their career prospects, is a question that needs to be clarified further.

Methodology: The study is a population based cross sectional study conducted in 25 senior secondary schools comprising of all the four districts, (East District = 10, West District = 5, South District = 8 and North District = 2).

Findings: The prevalence of substance abuse in this study was consistent with some previous national surveys. In comparison to the other places, the prevalence of substance abuse was considerably high in our study, Sikkim in general and adolescents in particular. Higher substance abuse rates among adolescents in Sr. secondary schools in Sikkim are mostly related to cultural acceptance of liquor and other forms of substance and parental approval of drug abuse. Based on our results, the prevalence of substance abuse in boys (70%) was much more than girls. There is a strong association between the adolescent age and substance abuse. Substance abuse in adolescents is a barrier to successful academic performance and academic achievement. Smokers as well as alcohol and other drug users, even those who have used these substances even once, tend to have worse scores and weaker school performances than other students. Our findings showed that the history of grade failure in substance abuser students was observed more than other students. Living with a single parent or in divorced families can make a teen more susceptible to drug abuse in a variety of ways. Substance usage in adolescents who live with a stepmother or stepfather is more than adolescents who live with both of their biological parents. Our results showed that the risk of substance abuse increased in students who do not live with both of their biological parents. Moreover, Fisher test found a significant association between self-esteem and poor family relationships in drug abusers. Studies have shown that since unsuccessful students did not have sufficient successful experiences, they underestimated their own abilities and talents. The self-esteem in these types of students was very low. Students with high self-esteem are in better physical health and are successful in school. Our results showed a high prevalence of substance abuse among class XI and XII students of various government schools in Sikkim, and also determined some of its associated factors. By considering the high prevalence of addiction among the students, longitudinal studies on adolescent samples are suggested to determine the incidence rate of substance abuse and its related factors. The current study showed that the association between the Rosenberg self-esteem test results and smoking, and illegal abuses of drugs like heroin, pills, alcohol, Nas, and other substances was significant. A significant association was also reported between the Rosenberg self-esteem test results and smoking. Presumably, organizing of life skills courses, especially building self-confidence, self-esteem increase and "say no" skills have significant impact on reducing illegal drug usage in teenagers and young adults. Simultaneously, organizing targeted programs for prevention and education of pupils, counseling centers for motivating, promoting positive mental attitudes and reducing risky behavior would be highly beneficial. The strength of present study was the sample selected from four districts of Sikkim and from different Sr. secondary schools.

Conclusion: The current study showed significant association between the Rosenberg self-esteem test results and smoking, and illegal drug abuse like heroin, pills, alcohol, betel nut (Nas), and other substances. Therefore, building self-esteem is essential for preventing the adolescents' emotional and behavioral disorders. This fact could guide us to the new approaches for smoking and drug-abuse prevention in adolescents.

Report on the Botanical Study Tour to Bhutan

As a part of the collaboration project jointly organised by the Royal Thimpu College, Bhutan, Ugyen Wangchuk Institute for Climate and Environment Research and the Dept. of Botany, Sikkim University under the aegis of Himalayan University Consortium, a study tour for the students of III Sem. was conducted which was co-ordinated by Dr. S.K. Rai, Asstt. Prof., Dept. of Botany, Sikkim University from 22nd Oct. to 2nd Nov. 2017. 40 students and 5 faculty members from the Royal Thimpu College joined the students of Sikkim University on the educational tour.

The students visited Yusipang Renewable Natural Resources- Research and Development Centre and the National Dairy Research Centre of Bhutan. The Dairy Research Centre is a pioneer in Artificial Insemination of hybrid cattle breeding in Bhutan. Around 19 different species of birds and more than 30 important plants were observed at the Royal Botanical Park Lampelri. The students along with the faculty members also visited the College of Natural Resources Lobesa, Black Necked Crane Conservation Site Phobjika and the Ugyen Wangchuk Institute for Climate and Environmental Research. Many documentary films and presentations were organised for the students. The students also participated in a trekking from Lamai Goempa from Tharpaling through the Research Preserve. A visit was also planned for Paro and Takshang Monastery. On Nov 1 2017 a meeting was held at the Royal Thimpu College on ICIMOD- HUC seed grant partners. The discussion was held to design and implement the course curriculum in the HUC member educational institutions that can address the issues of mountain regions and its communities to improve their livelihood. The educational tour gave ample opportunities to the students to interact with the scientists and resource persons of different Institutes of Bhutan and they were inspired to pursue further education particularly in the field of biodiversity and environment management.



Recently Appointed Teaching Staff of Sikkim University

SL. No.	NAME	DESIGNATION	DEPARTMENT
1.	Dr. James V. Haokip	Assistant Professor	Anthropology
2.	Dr. Garima Thakuria	Assistant Professor	Anthropology
3.	Dr. Shanti Swarup Sharma	Professor	Botany
4.	Dr. Anand Pariyar	Assistant Professor	Chemistry
5.	Dr. Swarup Roy	Associate Professor	Computer Applications
6.	Prof. Jeta Sankritayana	Professor	Economics
7.	Dr. Yodida Bhutia	Associate Professor	Education
8.	Dr. Ravipalli S.S.Nehru	Assistant Professor	Education
9.	Ms. Aabriti Sharma	Assistant Professor	Education
10.	Dr. Parvinder Kaur	Assistant Professor	English
11.	Dr. Brijesh Kumar Pandey	Associate Professor	Hindi
12.	Mr. Pradip Tripathi	Assistant Professor	Hindi
13.	Dr. Veenu Pant	Associate Professor	History
14.	Ms. Dipmala Roka	Assistant Professor	International Relations
15.	Mr. Madan Kumar Yadav	Assistant Professor	International Relations
16.	Dr. Krishna Murari	Associate Professor	Management
17.	Dr. Pooja Basnett	Assistant Professor	Mass Communication
18.	Mr. Bipul Pal	Assistant Professor	Mathematics
19.	Dr. Namita Behera	Assistant Professor	Mathematics
20.	Prof. Sanjoy BAndopadhyay	Professor	Music
21.	Mr. Surendra Kumar	Assistant Professor	Music
22.	Ms. Aruna Rai	Assistant Professor	Nepali
23.	Dr. Vimal Khawas	Associate Professor	P&CS&M
24.	Dr. Dinesh Kumar Ahirwar	Assistant Professor	P&CS&M
25.	Dr. Mohammad Yasin	Professor	Political Science
26.	Dr. Satyananda Panda	Associate Professor	Psychology
27.	Mr. Binod Bhattarai	Assistant Professor	Sociology
28.	Dr. Amit Kumar Singh	Assistant Professor	Tourism
29.	Mr. Akhilesh Kumar Singh	Assistant Professor	Tourism
30.	Dr. K. Birla Singh	Associate Professor	Zoology