

TRENDS AND INNOVATIONS IN ACADEMIA

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— Editors —

Dr. Alemmenla Walling

*Assistant Professor, Department of English, St Joseph University,
Chumoukedima, Nagaland*

Dr. Sunny Joseph

*Professor, Department of Education, St Joseph University,
Chumoukedima, Nagaland*

— Co-Editors —

Dr. Lanuchila Changkiri

*Assistant Professor, Department of History, St Joseph University,
Chumoukedima, Nagaland*

Dr. D Shobana

*Assistant Professor, Department of Management, St Joseph University,
Chumoukedima, Nagaland*

Dr. Temsurenla

*Assistant Professor, Department of Botany
St Joseph University, Chumoukedima, Nagaland*



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Head Office: 90, Sainik Vihar, Mohan Garden, New Delhi – 110 059

Corporate Office: 7/28, Room No.208-209, Vardaan House, Mahavir Lane, Ansari Road, Daryaganj, New Delhi-110002

Branch Office: 216, Flat-GC, Green Park, Nerendrapur, Kolkata - 700103

Tel: 011-23256188, 9971676330

E-Mail: ndpublishers@rediffmail.com/gmail.com

Website: www.ndpublisher.in

Message From the Vice Chancellor

I am truly delighted about the publication of *'Trends and Innovations in Academia,'* a compilation of scholarly research presented at the International Conference on Multidisciplinary Research and Innovation, organized by the Internal Quality Assurance Cell (IQAC) of St. Joseph University, on 24th and 25th October, 2024. This book captures the intellectual richness and diverse viewpoints that emerged from the conference, making it an invaluable resource for researchers, scholars, and professionals from a wide range of disciplines.

In an era where education and research are rapidly evolving, the role of multidisciplinary collaboration has become more critical than ever before. As boundaries between fields blur, the integration of diverse perspectives is essential for addressing complex global challenges. The insights and findings documented in this volume tackle emerging issues and explore new opportunities across various disciplines, offering innovative solutions. By fostering interdisciplinary dialogue and collaboration, this book highlights the importance of working together to drive progress and shape a better future.

In an age where knowledge is a powerful tool, its thoughtful application holds the potential to shape societies, drive technological advancements, and foster sustainable solutions to global challenges. The studies presented in this volume not only contribute to the advancement of academic discourse but also highlight the importance of translating research into real-world applications.

I wholeheartedly appreciate the dedication and hard work of the researchers, editors, and organizing team whose efforts were pivotal to the success of both the conference and this

publication. Their commitment has made this collection possible. I wish that this book may inspire future research, spark innovative ideas and foster new collaborations that continue to enrich and expand the academic community for years to come.

Prof. Dr. D. Gnanadurai

Vice Chancellor

St. Joseph University

Chumoukedima, Nagaland, India

29th March 2025

Message From the Registrar

It is with great honour that I extend my warmest congratulations to all participants, presenters, and organizers of the 2nd International Conference on Multidisciplinary Research and Innovations, hosted by IQAC of our esteemed University under the theme “*Trends and Innovations in Academia*”. This conference brought together scholars, researchers, and practitioners from diverse disciplines to explore transformative ideas shaping the future of education and research.

The rapid evolution of technology, pedagogy and global challenges demands continuous innovation in academia. This volume encapsulates cutting-edge research, insightful discussions, and pioneering approaches presented during the conference, highlighting emerging trends such as artificial intelligence in education, sustainable academic practices, interdisciplinary research methodologies, and the digital transformation of learning ecosystems.

I extend my deepest appreciation to all contributors, researchers, keynote speakers, session chairs, and reviewers for their invaluable work in advancing knowledge. My sincere gratitude also goes to the organizing committee for their dedication in curating this intellectual exchange.

May this collection of research serve as a springboard for revolutionary thinking in academia, encouraging scholars worldwide to challenge conventions and develop innovative frameworks for education and discovery which will redefine our intellectual landscape.

With Regards,

Dr. A. Robert Xavier

Registrar

St Joseph University, Chumoukedima, Nagaland, India

Message from the Deputy Registrar

Dear all,

It gives me immense pleasure to pen this message for the scholarly book with the theme '*Trends and Innovations in Academia*' of the 2nd International Conference on Multidisciplinary Research and Innovation: organized by the Internal Quality Assurance Cell (IQAC).

This conference has brought together bright minds from diverse disciplines, showcasing quality research by students, scholars, faculty, and participants from various institutions. It reflects the spirit of collaboration and intellectual curiosity that defines our academic community. I warmly congratulate all contributors and the organizing team for their dedicated efforts.

In today's world, **no discipline exists in isolation**. Real-life problems whether in healthcare, education, climate change, technology, or governance require solutions that are **integrated, contextual, and cross-disciplinary**. A health crisis cannot be resolved by medical science alone, it needs inputs from economics, psychology, technology, and public policy. Likewise, innovations in AI or agriculture have far-reaching implications that demand ethical, environmental, and social considerations. This is why a multidisciplinary approach is no longer optional it is essential.

As we move forward in academia, we must encourage a **mind-set of interconnected thinking**. Innovation happens when ideas from different domains intersect. The most impactful research is that which not only advances knowledge but also addresses real societal needs.

Let this conference be more than an event let it be a **spark for continued exploration, partnership, and purposeful research**. Let us build bridges across disciplines, institutions, and countries, so that our collective efforts may contribute to a more informed, innovative, and inclusive world.

Let this 2nd international conference be a milestone marking not only the pursuit of excellence but also the promise of a future shaped by multidisciplinary synergy. Once again, congratulations to all who made this conference a meaningful success.

With best wishes,

Sr. M Thianes Mary DMI

Dy. Registrar

St. Joseph University

Message From the Editors

The 2nd International Conference on Multidisciplinary Research and Innovations, held on 24-25th October 2024, was a vibrant tapestry of ideas, woven from the threads of diverse disciplines and perspectives. Under the theme "*Trends and Innovations in Academia*," scholars, researchers, and practitioners from various fields converged to share their research frontiers and pioneering concepts. This proceedings volume is a testament to the richness and diversity of the conference, featuring papers that delve into the intricacies of gender budgeting and equality in Nagaland, the impact of anaerobic exercise on mood in healthy individuals, and the preservation of cultural heritage through language documentation. Other highlights of this volume include explorations of the role of social media in students' academic outcomes, the effect of parenting styles on attachment and emotional regulations among adolescents, and the innovative instructional approaches for special education. The volume also features studies on stress management, servant leadership, and the intersection of land use, vegetation, and land surface temperature changes in Zunheboto District, Nagaland.

What strikes us as Editors is the sheer breadth and depth of research presented in this volume. Each paper has undergone rigorous peer review, ensuring that the research meets the highest standards of academic excellence and integrity. We extend our sincerest gratitude to the conference organizers, reviewers, and authors for their tireless efforts in making this conference a resounding success. This publication would not have been possible without their dedication and commitment to advancing knowledge and we look forward to the continued growth and development of our scholarly

community. As you delve into the pages of this volume, we hope you will be reminded of the infinite possibilities that arise from the intersection of disciplines and perspectives and push the boundaries of knowledge and innovations. May this publication serve as a catalyst for further collaboration, research, and innovation in the pursuit of academic excellence.

With warm regards,

Dr. Alemmenla Walling

Editor

Preface

International Conference on Multidisciplinary Research and Innovation: *Trends and Innovations in Academia* was organised by St Joseph University on 24th and 25th October 2024 with the objective to explore the possibilities of knowledge sharing and communicating the new knowledge to increase productivity. The vision of the organisers framed the guidelines for the management of the academic event cataloguing the research papers under various disciplines. It is a method to analyse the educational institution itself to be at the service of wisdom and knowledge for the good of the society in particular and the nation in general. This conference offered platforms to get access to holistic approach on research trends and innovation from invited experts and the researchers could avail themselves of the opportunities for research to share new ideas, research insights, recent innovations, trends and challenges faced in various fields of disciplines.

The great Danish philosopher Soren Kierkegaard wrote, "It is the sign of a good book when the book reads you." All are in the process of progress and with the focus on productivity. It is made possible by innovation facilitated by globalisation. In the context of knowledge explosion and communication network, the multi-disciplinary conference on innovation and research stands ever justified. It expresses the wealth of knowledge that inquisitiveness can harness as social capital. It also adds to the academic value of the university with research acumen and the progressive exploration of knowledge economy.

This compendium is of the research papers presented by researchers from various fields such as economics, linguistics, psychology and counselling, social work, computer science, management studies and education. They are authored by

academicians, research scholars and aspiring faculty members of the university and from various walks of life. The overview of the topics discussed will give an insight into the world of aspiring innovation and its spirit in academic exercises.

As Selvin Mary and Dr. Sethupathy would lead one to the study of the impact of artificial intelligence in the finance sector, Lichumi Kikon and Chitrasen Lairenjam explores the relationship between land use and vegetation.

From the economic field Prof Debojit Konwar and Dr Nchumbeni S Ovung explore the Gender Budget and Equality in Nagaland. It is a pioneering field of study that Rampausuipoilie Ining and Melodynia Marpna have initiated with the focus on the topic Tea with Meals by University Students in Shillong, Meghalaya: An Online Survey on the Knowledge and Consumption. As a linguistic innovation with indigenous dialects Mezhrüeno Chale and Dr Alemmenla Walling analyse the Preservation of Cultural Heritage through Language Documentation with Special Reference to Kigwema Dialect in Kigwema Village. The field of leadership management is explored through the study conducted by Vanthunglo Murry on Servant Leadership as a Catalyst for Community Transformation.

The Impact of Parenting Styles on Attachment and Emotional Regulations among Adolescents is discussed by Keiribuanliu and Dr Watinaro Longkumer while a Study on Parenting Styles and Personality traits among Adolescents in Chumoukedima, Nagaland is presented by Rebecca Veswuh and Nikmen. Athilee Matia and Prof Fr Sunny Joseph assess the Innovations in Learner Centered Curriculum: A Critical Perspective in the context of NEP-2020 and also the Cultural Innovations in Learning Styles at Higher Education as an Interface with NEP 2020. The Innovative Method for the Formation of Attitude of Teachers in Schools of 21st Century is the area of study as opted by Lemlen Shuka Phom, Adila Imchen and Prof Fr Sunny Joseph.

Sr Dr Alphonsa Diana Haokip debates the issue as social media: Boon or Bane During Covid-19 as a Case Study while Swati explores the Role of social media in Students' Academic Outcomes with focus on Benefits and Challenges. From the perspective of Stress Management in Education: An Innovative Approach is investigated by Aorenla M Jamir, Senteinla Ao and Prof Fr Sunny Joseph. Besides this the Effect of Anaerobic Exercise on Mood in Healthy Individuals as a Pre-Experimental Study is made by Yanbeni W Lotha and Aomong. While Gwayhunlo Khing and Dr. Pramodini Magh explore Cultural Perspectives and Cross-Cultural Impacts of the Use of Alcohol by the University Students, Leiyarin Muinao and Dr. Watinaro Longkumer identify the Innovative Instructional Approaches for Special Education: Identifying Gaps in Curriculum Design in Nagaland.

Well, every research is to attract happiness through knowledge. It is very crucial to the formation of social capital in the field of innovative education. Conferences and knowledge sharing is a way to make others happy and grow together to be fully human and to be fully alive as the motto of St Joseph University states. Helen Keller wrote, "If those who seek happiness would stop one little minute and think, they would see that the delights they already experience are as countless as the grasses at their feet, or the dewdrops sparkling upon the morning flowers." I am sure that the research is just that stop one makes to look around and find what surrounds one. One can be ever inquisitive to find a way to share the knowledge and the more one shares greater is the experience of happiness and the inner wealth of joy. It is what is made possible by this academic event and publication.

The Publication committee congratulates the organisers and places on record gratitude to all authors.

Best wishes

Dr. Sunny Joseph
Editor

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