

CBOA GUWAHATI

# SUNRISE

August Edition | 2025



# EDITOR'S NOTE



Hi there

I am hoping all is well on your side. If not, it will definitely soon be. All tough times are, finally, minutes or hours - ticking and passing by. So are happy moments. More often than not, we are habituated to describe our lives as happy or sad, tensed or fine, doomed or blissful. But is life bounded by adjectives only?

I recently bumped into a video, while killing my sparingly free time by binge watching YouTube. It came from Ted talks, if you know what that is. The speaker revealed an eye opening fact, that I suppose is very much share worthy. She told that rather than grief or happiness, which is invariably how we ascribe life, it is the purpose of life that creates the real meaning. The purpose of fulfilling our needs ( and not luxuries) , holding relationships, raising a family well, and most importantly, the wish to add our value to the world we live in - that is what drives our soul to lead a life forward. The rich brat without a purpose in life, who drowns himself in the free deliveries, often ends up in a sorrowful state because he has nothing to push him forward.



In the context of banking, we are stressed and worn out - yes - but in the midst of that, we are serving the people. Knowingly or not, someday, we have helped a man in distress, we have provided insurance claims to families, we have supported the financial ascent of capable youths, or to the minimum, guided the illiterate to financial knowledge and confidence. At home, we are adding a very substantial meaning to the lives of family and friends. We are valuable by what we do. And that, my friend, drives you to your work every morning.

Cheers to life!

**Namrata Pritam**

# A TRAVELOGUE OF THE HORNBILL FESTIVAL

Nagaland. A name that conjured images of misty mountains, ancient traditions, and a people with a fierce and beautiful history. And in the heart of this land, during the first ten days of December, is the Hornbill Festival, a vibrant spectacle billed as the "Festival of Festivals." I had to see it for myself.

## Getting There and Settling In

My adventure began with a train to Dimapur. From there, it was a scenic, albeit winding, drive to Kohima, the capital. The roads, though improved, still offered a taste of the mountainous terrain, and the journey took a few hours. I had booked a homestay in the village of Kigwema, which proved to be a fantastic decision. Not only was it quieter than staying in bustling Kohima, but it was also a stone's throw from the festival venue, the Naga Heritage Village in Kisama. This saved me from the notoriously brutal traffic between Kohima and Kisama each day.

## The Festival: A Kaleidoscope of Culture

The Hornbill Festival is a feast for the senses. Held in a purpose-built village, it brings together all of Nagaland's 17 major tribes, each with its own "morung" or traditional hut. My first morning, I arrived early to beat the crowds and was immediately captivated. The air was filled with the rhythmic beat of drums and the hum of traditional chants. Warriors in elaborate headdresses and vibrant traditional attire greeted visitors with smiles, their faces etched with the stories of their ancestors.







# A TRAVELOGUE OF THE HORNBILL FESTIVAL

I spent the first day wandering from morung to morung, a journey through the state's diverse cultural tapestry. Each hut was a living museum, showcasing the unique traditions, crafts, and daily life of a specific tribe. I watched the Angami tribe perform a powerful warrior dance, saw the intricate beadwork of the Sumi people, and listened to folk songs that told tales of love, war, and harvest.

The main arena was the heart of the festival. Here, all the tribes came together to perform, their coordinated movements and powerful chants creating a mesmerizing spectacle. There were fierce dances, mock war drills, and games of skill like bamboo pole climbing and traditional wrestling. The energy was palpable, a testament to the pride and unity of the Naga people.

## **Beyond the Dances: A Taste of Nagaland**

But the Hornbill Festival is more than just performances. The food stalls were an adventure in themselves. I was encouraged to sample the local cuisine, and I did not hesitate. The famous Naga chili-eating competition was a spectacle to behold, as was the Miss Nagaland beauty pageant.

Evenings at the festival took on a different vibe. After the daytime performances concluded, the venue would come alive with the sounds of modern rock music, a testament to Nagaland's burgeoning contemporary music scene. Bonfires were lit outside the morungs, and locals and tourists alike gathered around, sharing stories and laughter, sipping on rice beer, and basking in the festive spirit.

## **Tips for Your Hornbill Adventure**

If you're planning a trip to the Hornbill Festival, here are a few things I learned:

- **Inner Line Permit (ILP):** Indian citizens need an ILP to enter Nagaland. It's best to arrange this online beforehand.
- **Accommodation:** Book your accommodation well in advance. Options range from hotels in Kohima to homestays and camping near Kisama.





# A TRAVELOGUE OF THE HORNBILL FESTIVAL

- **Getting Around:** Shared taxis are available, but traffic can be a major issue. Staying close to the festival venue is a good strategy.
- **Pack Warm Clothes:** Nagaland gets chilly in December, especially at night. Layering is key.
- **Cash is King:** While some places accept digital payments, it's always a good idea to have cash on hand.
- **Respect the Culture:** The Hornbill Festival is a celebration of a living culture. Be respectful of local customs, ask for permission before taking photographs, and be mindful of the local way of life.

My trip to Nagaland was more than just a festival visit; it was an immersion into a unique and vibrant culture. The Hornbill Festival is a testament to the resilience and pride of the Naga people, a place where ancient traditions and a modern identity coexist in harmony. It's an experience I will never forget.

*Dwipayana Das*

# A CALM MIND.



In today's fast, competitive, and unpredictable business environment, a calm mind is not just a personal luxury—it's a professional necessity. A calm mind in today's business world means clarity over chaos, leadership over panic, and resilience over burnout. It's no longer optional—it's a competitive advantage. Uncertainty is the new normal. The leaders and professionals who thrive are not the loudest or the fastest—they are the ones who stay calm under pressure.

A calm mind helps in Clear decisions instead of rushed reactions, Steady leadership that inspires trust, Creative solutions that stress would block, Stronger relationships through mindful communication, Long-term resilience instead of burnout etc and many more. In a world driven by speed and pressure, calmness is not weakness. It is strength, clarity, and focus.



Next time pressure rises, remember: The calmest mind in the room often makes the smartest move. So friends, be calm and be smart and strong.

**Debasish Talukdar**



# STORY OF SHIVA'S TRIDENT AND DISC OF VISHNU.



It is conceived in our mind that Lord Shiva is depicted with a Trident and Lord Vishnu with a Disc in his hand. But originally they both had no such weapons. Today I will tell you the story behind it. The sun, that rises in the east is a God. He married Sangya, daughter of Biswakarma, the architect and engineer of Gods. The sun was always scorching with heat in his abode Suryaloka and Sangya could not bear it. Hence she always kept herself away from him. But a husband always want his wife by his side for love and care, for conjugal love and affection.

The Sun always tried to have some special moment with her but Sangya always kept herself away. Anyhow with passage of time she gave birth to Baibaswat, Yama and Yamuna. She was bearing the scorching heat of the sun because of her three children. Finally she decided to left for his father in order to get rid of the heat. But before leaving her husband, she had created a fake living replica out of her shadow and ordered her to stay with her husband as well as to take care of her three children. Her name was Chhaya and she also promised not to reveal the truth.



With Passage of time Chhaya also gave birth Sabarni, Shani and Tapati. Prior to their birth, Chhaya loved Baibaswat, Yama and Yamuna but when she got her own children, she ignored them. Yama noticed this well and informed it to his father Sun. Sangya was passing her time well in her father's home but after some days Biswakarma told her to go to her own home in Suryaloka and take care of her children. She could not tell her father that she could not bear the scorching heat of her husband but left her father's home.

As Yama informed about misbehavior of her mother Chhaya, Sun questioned her who she was. She confidently told that she was Sangya. But when the Sun was about to cursed her, she revealed the truth. The Sun immediately set out for his Father in law's home. Biswakarma was astonished to see him because just sometime before his daughter Sangya left his house. Biswakarma with his powers came to know what was happening in Suryaloka and with his daughter. He informed his son in law that his daughter unable to bear his scorching heat had created Chhaya to take care of him while leaving Suryaloka. The Sun felt ashamed of himself and requested his father in law to reduce his scorching power of heat.

# STORY OF SHIVA'S TRIDENT AND DISC OF VISHNU.



Biswakarma, like normal father in law, to see his daughter happy with her husband and to reunite them again he had chiseled out the Sun so as to reduce his scorching power.

Biswakarma is known as the Engineer and architect of Gods and he, out of the chiseled scorching power had made the Trident (Trishul) for Shiva and the Disc (Sudarshan Chakra) for the Lord Vishnu. Thus the lost power of the Sun had been converted to weapons to save the honest and truthful people.



Source: Markandeya Purana

**Sumit Bhadra**



# Gallery





# Gallery





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## OUR CONTRIBUTORS

*We are with keen expectation that CBOA North East would happily participate in this literary initiative and offer your thoughts and experiences as write ups . All are requested to submit articles for subsequent editions by the 25th day of the month.*

*Come on, let's write!*

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