

April- June 2024

2<sup>nd</sup> Quarter



# Spotlight

Voice of Northeast India Union Of S.D.A



Feature:  
*Northeast India Lay Congress*



<https://sdaneiu.org.in>

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**Spotlight : April, May, June 2024**

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## The North-East India Union Lay Congress



The North-East India Union LAY CONGRESS was conducted at Life Spring Corner, Dimapur in Nagaland from 4<sup>th</sup> to 6<sup>th</sup> April, 2024 under the theme: “As we go-becoming like the Master” with the befitting theme song “I will go”. Two Hundred and six (206) Delegates registered at the campsite for the congress and many other Adventist members from Nagaland Region also attended the sessions.

The opening ceremony in the evening was a remarkable event where each unit bearing their own flag; dressed in their best cultural attire marched into the Congress Hall following the officials like the marching band. Then, the Union SSPM Director Pr. Rodingliana stood up and graciously welcomed all the delegates and delivered introductory remark joined by Pr. Gaibung Panmei, Nagaland Region Director for a brief salutation and presentation.

The Lay Congress was a “Three-day Soul-winning School” for laymen. It was a busy program nevertheless all the delegates participated in every session wholeheartedly as much as they relished the wholesome food of the Nagas! The last meeting of the Lay



Congress was the Sabbath Worship together with the Dimapur Church members at the Life Spring Corner. It was truly a foretaste of that Great Reunion Day where people from every tribe, tongue and nations shall be gathered home with our Lord!

We praise God for the powerful presentation of our godly Resource persons:

Daniel Ebenezer, Sabbath School & Personal Ministries Associate Director, GC

Hidayat Masih, Sabbath School & Personal Ministries Director, SUD

Barnabas Zimik, Publishing Ministries Director, SUD

The delegates were inspired to actively participate in the Lord's work in fulfilling the great gospel commission, share in the joys of life's noblest service—soul winning!

The message proclaimed was loud and clear that "Every true disciple is born into the kingdom of God as a missionary. No sooner does he come to know the Saviour than he desires to make others acquainted with Him. The saving and sanctifying truth cannot be shut up in his heart. He who drinks of the living water becomes a fountain of life. The receiver becomes a giver."

The curtain of the Lay Congress was brought down with a consecration service. With a close searching of hearts, confession of sins and renewing our vows to the Lord; to get involved in the Lord's work at the closing of the final earth's history. True to our theme "As we go-becoming like the Master."

Let the Spirit of God empower us to prepare ourselves and the world for His soon return and to many thousands who will respond to the Master's call "I WILL GO."

*Reported by: Pr. Kadirei Kamsuan, Nagaland Region of SDA*



## The Shepherdess Advisory



The Shepherdess Advisory of the Northeast India Union of Seventh Adventist was conducted at Life Spring Corner, Dimapur from 22<sup>nd</sup> to 24<sup>th</sup> of April 2024; under the Direction of the Northeast India Union Shepherd-ess coordinator, Mrs. Lalbiakdiki and Mrs. Krupa Victor, Shepherdess Coordinator, Southern Asia Division. The theme for the advisory was chosen from the Scripture Isaiah 43: 10 - “YOU ARE MY WITNESSES”.

The purpose of this advisory is to nurture and equip the wives of pastors to effectively serve their families, churches and communities in order to bring people to the feet of Jesus, being role models of virtue and grace for all women. A total number of 73 delegates attended the advisory from the Conferences/Section/Regions of the Northeast India Union.

The Shepherdess Advisory commenced with a warm welcoming note by Mrs. Lalbiakdiki, together with Mrs. Rahel Panmei, Nagaland Region Shepherdess Coordinator who especially welcomed and introduced the Resource Personnels in Naga traditional style.



Mrs. Krupa Victor, presented a crucial topic on the Role of a good shepherdess, challenging the pastors' wives to be role models for Christian women and motivating them to be example in service. She also shared her personal testimony on how the Lord had blessed and guided her and narrated her experiences of how she had endured hardships and come thus far by God's amazing grace in her ministry together with her husband. Her presentation was accompanied with songs in between therefore; we had been refreshed and were richly blessed.

Mrs. Lalbiakdiki, spoke on 'The Principles of Visitation' and 'The Mission of shepherdesses' which is the very purpose of the existence of this organization.

Mrs. Felicia Kamei, Assam Region Shepherdess Coordinator presented a crucial topic 'On how to overcome Depression' with detailed explanation. She highlighted about the importance of physical exercise, healthy diet, proper rest and strong relationship with the Lord.

Mrs. Lalsangpuii Renthlei, Mizo Conference Shepherdess Coordinator emphasized on the 'Role of a mother' as a pastor's wife mainly focusing on the crucial situations of the home, child care, and her job. She stressed that mothers need to strive to be in tune with God's will in their lives.

Pr. Gaibung Panmei, Nagaland Region Director emphasized on the points that 'Hampered the ministry of the shepherdesses;' cautioning them to be careful not to depart from the plain teachings of the Bible.

During the advisory, devotionals were presented by Mrs. Gaipui Hynniewta, Mrs. K Zonunsangi and Mrs. Lethina W Sangma



expounding upon the theme on how the shepherdess could actively participate in witnessing for Christ through the various talents and gifts the Lord has given to each individual.

The meeting concluded with a consecration service that strengthened their relationship with the Lord and bonds of sisterhood. Pr. Gaibung Panmei, reiterated the need of the hour to be a faithful WITNESS of the Lord. Special gifts were given to the delegates by the NEIU and Mrs. Krupa Victor, SUD Shepherdess Coordinator.

As these women bade farewell, they gathered around, joining hands and hearts, rededicating their lives to God and asking for the anointing of the Holy Spirit as they moved out for a mission to the world to accomplish the Lord's work given them.

*Reported by: Mrs. Chuimei Kamsuan, Headmistress, Nagaland Adventist School*



## PCM One Week Evangelistic Meeting

Week Evangelistic Meeting was conducted at Subhash Chandra Bose Vidalaya Hostel at Marangzing Part IV, Noney District, Manipur, from May 4<sup>th</sup> – 10<sup>th</sup>, 2024 under the theme: "Reaching the Unreached." 80 students attended this meeting.

We had invited Pr. Gideon Gonmei; Evangelists Gaitoulung Gonmei, Poukin Thamei, Chumjanglung Gonmei as resource personnel's and Adventist youth of SDA church Tupul for praise and worship team. They were blessed by their sermons, songs and many activities and a special thanks to them for their contribution toward the success of this meeting.





The meeting was a challenging one because of the rain, transportation and no electricity for two weeks. We had to cross a hanging bridge every night on the way to the hostel. Nevertheless, the meeting went smoothly and they were blessed by the program. There are many good Christians who had rendered their service in many ways.





The children were active and easy to connect. We have given them bibles, notepads, pens and book marks with bible verse in it.

The Tupul youth taught them new action

songs and they learned it quickly. The children were very excited and curious to learn Bible truths which they had never heard from their pastors. From Day 1 to the end of the week we have seen the children listening attentively, not even one had slept in the service. They took note of every presentation projected on the screen by our resource persons.

On the last day of the meeting, we had a meal together with the children. They were so happy and blessed so the hostel dean re-



quested us to come again next year if possible. In appreciation, we gave them small Mementos as token of love for them to remember us.



I want to specially thank our Union leaders for their unwavering support through prayers, words of encouragement and financially for the success of this program.

May our good Lord continue to open doors for us to do more of such ministry.

*Reported by: K Meihuanlung Rongmei, PCM coordinator NEIU*



## Elder's Meeting Cum Ordination Service in Garo Section



The Garo Section of Seventh-day Adventists conducted Elder's Meeting Cum Ordination Service in the Garo Section from May 5-6, 2024. An approximate number of 160 delegates registered for this event. Pr. Tawkthanga C, President of NEIU and Pr. Graceson Kamei, Departmental Director of NEIU were the two resource personnels from the Northeast India Union office.

On the first evening, Pr. Pradeep S. Sangma, President of Garo Section took the devotion. He presented a meaningful sermon relevant to the event. On May 6, 2025, the morning devotion was taken by Pr. Lavest R. Marak. He spoke on the role and duties of an effective elder. And after breakfast, the first presentation was taken by Pr. Graceson Kamei. He highlighted a very crucial and essential role of an elder and the church as a whole. He presented on the topic "Nurturing, Retention and Reclamation." In addition, he also presented 10 points to have a successful church ministry.



Pr. Pradeep S. Sangma presented a very important topic entitled “Prohibition of Child Marriage.” This presentation was very much needed to bring awareness among the people of Garo Hills. Recently, there has been a lot of young people getting married early (before 18 yrs of age) especially in the villages. Thus, the need for this important presentation.



In the afternoon, after a sumptuous lunch, there was an ordination service conducted by Pr. Tawkthanga C., the President of NEIU along with Pr. Pradeep S. Sangma, President of Garo Section and Pr. Barthon G. Momin, the Exec. Secretary of Garo Section. During this special service, Mr. Albera A. Sangma was ordained into the gospel ministry. All the ordained ministers of the Garo Section laid their hands on him during the special prayer of dedication and consecration. Now, Pr. Albera A. Sangma currently serves as the Circle Director of Rajasimla Circle in Garo Section.

Kindly continue to pray for the growth and development of Garo Section.

*Reported by: Pr. Barwin Marak, Director, Comm. Dept., Garo Section of SDA*



## Retirees Homecoming



The Retirees Homecoming program of Manipur conference was conducted on June 11, 2024, celebrating with the theme “In Their Undaunting Legacy.” This significant occasion brought together former employees who have greatly contributed to the Manipur Conference success over the years. The event was marked by heartfelt reunions, tributes, and reflections on the invaluable legacies left by the retirees.

The event was hosted at the Chingmeirong Seventh-day Adventist Church, in the headquarters of Manipur Conference of SDA. Over 50 attendees, including retirees, their spouse, current conference employees, and management, gathered to honor and celebrate the retirees’ contributions.

### Highlights:

Executive Secretary of Manipur Conference Dr. Robert Shimray, delivered a warm welcome speech, expressing gratitude for the retirees’ unwavering commitment and the impact of their legacy to the Manipur Conference growth and development after which we



were blessed with a powerful message by the President of Manipur Conference Pr. Belum Pashel.

Words of appreciation were expressed to honor the retirees for their leadership, dedication, and the lasting positive changes they brought to the Manipur Conference. A series of testimonials and experiences highlighting the retirees were shared featuring their struggles, dedication, surrendering life, blessings, achievements and personal anecdotes that emphasized their enduring influence. They also shared their valuable wisdoms and advice to the younger workers. They also blessed the young workers.

The day concluded with a networking dinner, allowing retirees to reconnect with former colleagues and share their post-retirement experiences.

The Retirees Homecoming event, themed “In Their Undaunting Legacy,” was a resounding success. It not only honoured the retirees for their invaluable contributions but also reinforced the sense of community and continuity within the Manipur Conference. The legacies celebrated during the event will continue to inspire and guide future generations of employees.

*Reported by: Pr. Runio Arche, Communication Director, Manipur Conference*



## CCAYF Summer Camp



A memorable and enriching summer camp was organized by CCAYF (Central Circle Adventist Youth Federation) at beautiful Green Tree Academy, Kanglatongbi, from 11th to 16th June, 2024. About seventy-five youth from different communities, many of them for the first time, came and got nourished, refreshed and revived anew physically, mentally, socially and spiritually.

The campers were divided into four houses – Alabaster, Cypress, Cedar and Spikenard with colourful T-shirts gifted to them by the organizers. For every activity, points were awarded to the houses. There was healthy competition between the houses in cleanliness, timeliness, skit playing, Bible recitation, theme song singing, questions & answers session on the sermons and workshop classes.

Workshop on these topics: “Identity & Purpose in Christ,” “Music Ministry,” and “Christian Dating and Marriage,” were successfully conducted. Under the theme, “In Christ’s Legacy.”



inspiring devotion messages in line with the theme were impactfully delivered. Every morning meditation walk and physical exercise were wholeheartedly participated. Hiking to a foothill where the campers immersed themselves in the cool, refreshing-mountain river water was a memorable experience for them.

On the second day of the camping, the whole campers, including the workers and the leaders unitedly went out for community service at Namdunlong and Kairang, where the flood-affected houses (about 11 houses) were cleaned up and cleared of debris and sediments. It was encouraging to see the report in the Sangai Express and other prominent newspapers of the state.

Also, it was so heart-warming to see four non-Adventist young girls fully involving and enjoying themselves in the camp activities. Many expressed the desire to have such camps often. Such camps help in building healthy friendship, team spirit, cooperation & unity among the young people, and to come closer of God.

May God bless our conference with many more meaningful camps.

*Reported by: Mr. Daniel Thamei, Youth Director, Manipur Conference*



## Children's Ministries Seminar



Children Ministries seminar was conducted for Garo Section Care Coordinators from June 11- 12, 2024 in Garo Section. The theme for the seminar was “Look Well to Thy Herds.” Proverbs 27:23-27. It says, “Be sure you know the condition of your flocks, give careful attention to your herds...” A total of 73 delegates attended this seminar.

We were very fortunate to have Mrs. Betty Lyngdoh, NEIU Children's Ministries Director who presented these 4 topics:

1. “Faith Development of Children”
2. “Protecting Children from Abuse”
3. “Safety and Emergency Procedures for Children”
4. “Understanding How Children Learn.”

Mrs. Lethina W. Sangma, Garo Section Children's Ministries Director, presented these four topics:

1. “What are The Duties of Children's Ministries Care Coordinators?”



2. “Active Learning”
3. “Raising Children to Adore God”
4. “Positive Class Discipline”

On Monday evening, the devotion was taken by Pr. Salmond Marak, Director, Home & Family Ministries Dept. On Tuesday morning, the devotion was taken by Pr. Barwin Ch. Marak, Director, Youth Ministries Dept. On Tuesday evening, the devotion was taken by Mr. D. Sailo, Treasurer of Garo Section. On Wednesday Morning, the devotion was taken by Pr. Pradeep S. Sangma, President of Garo Section. And on Wednesday evening, the devotion was taken by Mr. Netherson Sangma, Director, Publishing Ministries. Every morning and evening devotion, many inspiring messages were given based on the theme.

In addition, many new songs were taught everyday during the seminar. In the afternoon, Arts and crafts were taught. Games were also played together so that the children care coordinators can do these activities at their own respective churches and companies. All the care coordinators were excited and sincere in learning new things. As a result of this seminar, all the care coordinators were greatly blessed.

Kindly continue to pray for these care coordinators of Garo Section.

*Reported by: Mrs. Lethina W. Sangma, Director, Children Ministries, Garo Section of SDA*



## NCAAYF Community Service



The North Circle Adventist Youth Federation on 14 June 2024 conducted a community service with the theme “Building Bridges, Creating community” at Pudunamei Village under the guidance of Pr. Themyo (North Circle Director) and Evangelist of the North Circle.

This activity was designed to engage our youth in meaningful service, promote community welfare, and nurture their spiritual and personal growth.

The main objectives of this service are that we engage youth in the service, develop leadership and responsibility, strengthen faith and fellowship and to provide practical help.

At first, we gathered at Kokhro, then we divided ourselves into three groups which will cover three major area of fields in Pudunamei for paddy plantation and other necessary work. All the three groups gathered at khriibu for lunch. We were able to help 40 plus household and a total of 60 members were present on that day. On the following day i.e Sabbath the NCAAYF had a combine AY service at Pudunamei in the presence of Pr. Runio who was the speaker of the programme.



There was a significant increase in youth participation and enthusiasm for church activities. Several youths demonstrated strong leadership by planning and managing the community service. The activities provided substantial support and made a positive impact on the community. (The Participants reported enhanced understanding of their faith and a deeper sense of fulfilment from helping others.

Feedback from participants and community beneficiaries has been overwhelmingly positive. Youth members expressed a sense of accomplishment and joy in helping the community, while community members appreciated the benefits brought about by the activities.

These activities have not only benefitted the community but also fostered the spiritual and personal growth of our young members. We are committed to continuing and expanding these efforts to further serve our community and to nurture our youth.

*Reported by: Sohruo Ado, NCAYF secretary*



## 'Alive In Jesus' Training



The training titled “Alive in Jesus” was conducted on June 25, 2024 at the North East India Union Campus, Shillong, Meghalaya. It was organized by the North East India Union Children Ministries Department. The training aimed at introducing the new ‘Alive in Jesus’-Sabbath School Curriculum and also in imparting various insights on how to become better parents and teachers for the younger ones.

The training was attended by the Conference/Section/Region/Institution Children’s Ministries Directors and Children’s Ministries coordinators of the major churches of the union; The Sabbath school Director and other Officials of the North East India Union Office. Pr. Ezras Lakra, President of the Southern Asia Division and Mrs. Mridula Lakra, Director of the Children’s Ministries Dept, Southern Asia Division



The Training started with devotion and the message was presented by Mr. Prosperity Pasi, NEIU Secretary.

Session 1, was taken by Mrs. Betty Lyngdoh, NEIU Children Ministries Director. She introduced the 'Alive in Jesus'- Sabbath School Curriculum and explained in detail the various classes and when it will be releasing. We also got a sneak peek through videos on methods of teaching and its aims to achieve.

Session 2, was taken by Mrs. Mridula Lakra on the topic: "The 10 Commandments for parenting for heaven." The introduction of the topic was interesting and informative also parents /teacher's dos & don'ts in order to help children grow in the Lord. She presented various illustrations that really set in with the topic she presented.



Session 3, was taken by Pr. Ezras Lakra on 2 topics: “Who is Jesus?” “Jesus, the Master Teacher”



The presentation was focused on the techniques Jesus used as a teacher and how Christ is our example as a teacher. He talked on the various qualities Jesus had as a master teacher and the lessons we can gain through His ministry on this earth.

During Lunch we had a cake cutting ceremony in honor of Mrs. Lakra, who is about to retire from active service; followed by a hearty lunch which was prepared by the Women of the North East India Union Office.

Session 4, was taken by Pr. Ezras Lakra on the topic: “Spiritual development in early childhood”

He talked on why nurturing a child is important and the key traits that nurtures a child. He also presented the lessons on how



children can grow spiritually in Christ and to nurture the Divine life of children and also the role of Parents and Church in child development.

In order to make the training more interesting the CHM Directors/Coordinators Mrs. Sawmi, Mrs. Tani Hauzel taught some children action songs and Mrs. Nebelsha Pasi taught a craft about 'Fruits of the Spirit.'

The meeting concluded with Consecration & Dedication service conducted by Pr. Tawkthanga our President.

We were all blessed and thankful for the opportunity we got to attend the training which proved to be exceptionally informative and insightful, providing us with a deep understanding through the presentations on the various topics. This training has undoubtedly equipped us with the knowledge necessary to help contribute more effectively to the goal of preparing the children for heaven.

*Reported by: Junia Halari P Nongkhlaw, Children's Ministries Co-Ordinator, Seventh Day Adventist Church, Laitumkhrach, Shillong*



## RAA Programs And Events

### *Adventist Community Service 7th April, 2024*



On 7th April 2024, the ACS under the leadership of Mrs. Elvina Ch Marak had organized a one-day sale program in the campus, raising fund to help those in need and disadvantaged in the campus and community.

The ACS had been a blessing to many through various activities like, outreach programs, prayer band and home visitations etc., building good relationship with fellow beings by connecting them to Christ.

### *Annual Literary Week, 8th - 12th April, 2024.*



The school organizes literary week every year, providing platform for students to unveil their skills and talents through various activities and programs like spelling bee, quizzes, literary drama and extempore speech, etc.

Riverside Adventist Academy from 8th - 12th April, April celebrated the Annual literary week. Speech was delivered by Principal Dr. Tengsrang A Marak, emphasizing the importance of literature in the journey of learning. He further stated that, such co-curricular activities of the school will help students ignite the spirit of literature and exploration of knowledge beyond the horizon.

### ***Parents - Teachers Meeting, 23rd April, 2024.***



Building a good relationship with parents, staff and administrators is a must for the holistic development of the students and the school. Co-operation and teamwork are the need of the hour. Riverside Adventist Academy school on 23rd April, 2024 organized a parent - teachers conference. Introduction of staff was also done by the headmaster of the school, Gaingampou Palmei. On this day,



parents and teachers share and exchange their observations, perspectives and opinions as family, for the overall growth and development of the child and the school.

***Family Ministries Camp, 2nd - 4th April, 2024.***



Family is a place where everything originates, whether good or bad. When a family atmosphere is good, it can be a second heaven on earth and vice-versa. Riverside Adventist Academy school hosted a Family Ministries Camp from 2nd - 4th April, 2024 on the theme, “Understanding One Another”. Madam Rosenita Christo was a Resource person from Division Office. Family ministries coordinators from all the units under NEIU along with their spouse and also lay members witnessed and attended the camp. I thank Pr. Graceson Kamei, the Family Ministries Director for organizing this important camp for the families under NEIU.



***World Environment Day, 5th June 2024.***



On 5th June, 2024, Riverside Adventist Academy family celebrated the World Environment Day. Dr. Tengsrang A Marak (Principal) rendered a valuable speech pondering on the importance of conserving the nature and environment for a better tomorrow. He further urged the students and staff to promote afforestation instead of deforestation for a healthier, greener and refreshing environment. After the speech, students along with staff planted some tree saplings in the school campus.



***World No Tobacco Day 7th June, 2024.***

World No Tobacco Day was commemorated by the Riverside Adventist Academy school on 7th June, 2024 with the theme, "My Meghalaya, Tobacco Free Meghalaya". Meaningful speech was enunciated by the principal of the school, Dr. Tengsrang A Marak. Students along with staff also had a peaceful rally marching from Mendal to Gokul bazar with banner and placards, giving awareness to the people around about the effects of tobacco and its consumption.



***Women's Ministries Emphasis Day 8th June, 2024.***

Women play a pivotal role in every sphere both in families and in church. A godly woman brings peace and harmony, planting seeds of wisdom. The RAA church observed the Women's Ministries



Emphasis Day on the topic, “The God who sees you”. Mrs. Elvina Ch Marak delivered a precise and powerful sermon. Also, after the church service (Divine), Potluck was organized by the Women Ministry Co-Ordinator for the Riverside Family.



*Reported by: Dr. Tengrang A. Marak, Principal, Riverside Adventist Academy*



# News From A P Region

## *Family Ministries Seminar*

A Family Ministries Seminar was conducted by Arunachal Pradesh Region of SDA at SDA Church Itanagar on May 6, 2024. The theme of the Seminar was “Creating Better Relationships”.

The resource personnel was, Mrs. Rosenita Christo, Family Ministries Director of SUD.



Around 11 couples attended the Seminar. Indeed, it was very meaningful seminar for the families.

Couples who attended this seminar has learned so much on how to have better relationships as husband & wife.



## Women Ministries Seminar

Women Ministries Department of Arunachal Pradesh Region of SDA under the leadership of Mrs. Malsawmi Sangma organised a Region wide Seminar & Retreat for the women on May 18 & 19, 2024 at Siang Valley Academy campus, Pasighat.

Women's Ministries Arunachal Pradesh  
Region of SDA



**SEMINAR AND RETREAT**  
**Theme: Women on a Mission**

*II Corinthians 5:20-We are ambassador for Christ*

**Venue: Siang Valley School campus**  
Date: 18 & 19 , 2024

The theme of the Seminar was “Women on a Mission,” based on 2 Corinthian 5:20 “We are Ambassadors for Christ.” The main resource personnel were Mrs. Lalbiakdiki C and Mrs. Ela Luikham from the Union Office, Shillong.

There were about 78 delegates from all over Arunachal Pradesh who attended the seminar. The Women of Arunachal Pradesh Region of SDA are strong in faith and are active in the church. The church can even consider them as the main pillar of the



church today. During the meeting they all dedicated themselves to be the Ambassador for Christ.

### Evangelistic Meeting



Arunachal Pradesh Region of SDA conducted an Evangelistic Meeting at Ziro, Lower Subansiri District, Arunachal Pradesh. The meeting was conducted on May 12 – 18, 2024.

The theme of the Evangelistic Meeting was “The Mystery that has been hidden” based on Colossians 1: 26.

This Evangelistic Meeting was organized by Arunachal Pradesh Region of SDA and 1000 Missionary Movement of India.

Under the guidance of the Region Director, Mr. Michael Sangma, Mr. Olik Kami, Circle Leader of East Central Circle and two 1000 Missionary Volunteers Miss Stepphrynai Kharbani and Miss Lohrii Asiisa along with Ziro Church members who did the ground preparation and prepared the venue for the meeting.





Though it was hard to convince people to attend the meeting there were about 35 – 40 people who attended the meeting regularly every night. Pastor Stephan Hembrom was the main preacher of the meeting. Every evening, he preached with enthusiasm and the attendee enjoyed the meeting. One evening after the meeting an elderly man said that he & his wife were told by others not to attend this evangelistic meeting by Seventh-day Adventists because they are satanic church, but I did not find anything related to satanic in the sermon in fact it's the right message we must hear.



Though, he could not attend the meeting regularly, his wife attended every evening. During the meeting the Great Controversy Book was given out to the visitors.



We thank the almighty God for the privilege that we can conduct this evangelistic Meeting successfully without any problem.

*Reported by: Michael Sangma, Director, Arunachal Pradesh Region of SDA*



## Five Foods For Brain Health

A diet containing these five whole foods can protect your brain now and as you get older.

Science has shown that there are immediate benefits from eating brain foods. These benefits include a better mood, clearer thinking, and less depression. What you put on your plate can also pay off in the long term by helping protect against age-related deterioration and diseases such as Alzheimer's and dementia. The Mediterranean and MIND diets are among the plant-rich diets that have shown significant brain benefits.

Sanitarium Health Food Company dietician Charlotte Moor shares her five favorite food that support brain health.

### WHOLE-GRAIN CEREALS



Glucose from carbohydrates is your brain's preferred energy source. But where you get those carbs matters. Starting the day with a low glycemic index [GI] whole-grain cereal will help to release glucose



into your bloodstream more slowly, providing a steady supply of fuel for the brain. Studies have shown that eating breakfast can improve concentration, and when it comes to kids, that means better behavior and enhanced learning in school.

### **BLUE BERRIES**



Berries are bursting with antioxidants and phytonutrients which have been shown to boost cognition and memory. Blueberries are also high in polyphenols and flavonoids-the natural plant pigments that give berries their vibrant color. Research shows these flavonoids contain high amounts of antioxidants, which help reduce forgetfulness and mild confusion, a common part of aging.

### **LEAFY GREENS**



Green leafy vegetables, such as spinach and kale, not only helps support the immune system and keep an aging brain sharp but also are a source of iron and a rich source of folate. Folate is a natural form of vitamin B9 that's important for healthy red blood cell formation. Research has found that increasing folate can have beneficial effects on your cognitive function.

### **NUTS AND SEEDS**



Eating nuts has been linked with a reduced risk of depression as well as improved cognitive function, learning, memory, and mood. The combination of healthy fats [especially omega-3 fats found in walnuts and seeds like chia and flaxseeds] and nutrients with antioxidants and anti-inflammatory properties in nuts may protect vital functions of the brain and strengthen its blood vessels.

### **FERMENTED FOODS**



Fermented foods are created when carbohydrates in food are converted into bioactive compound by live microorganisms such as bacteria, yeasts and/or enzymes. Eating fermented foods containing live active cultures, such as sauerkraut, kimchi, or tempeh, may improve gut health and reduce anxiety. A review of the research on fermented foods and cognition found promising signs for improved learning, memory, and brain cell health.

*Article courtesy of Sanitarium Health Food Company. For more information and heart-healthy recipes, visit [sanitarium.com.au](http://sanitarium.com.au).*



## Northeast India Union 2024 School Results Report

Sl. No.	School's Name	Appeared	Passed	Pass %
<b>Garo Section</b>				
1.	Hill View Hr. Secondary School			
	Hr. Secondary Arts	36	24	66.66%
	Secondary	57	51	89.47%
2.	Pringprang English School			
	Secondary	19	7	36.84%
3.	Sunbeam Secondary School			
	Secondary	14	12	85.71%
4.	Hillside Adventist School			
	Secondary	15	6	40.00%
5.	Tiny Rose Secondary School			
	Secondary	57	36	63.15%
6.	Mount Vale Secondary School			
	Secondary	23	19	82.60%
7.	<b>NEAU Adventist Hr. Secondary School</b>			
	Hr. Secondary Arts	113	113	100%
	Science	28	28	100%
	Commerce	20	20	100%
	Secondary	68	67	98.52%
<b>Tripura Region</b>				
8.	Bloom Adventist School			
	Secondary	11	11	100 %



Sl. No.	School's Name	Appeared	Passed	Pass %
<b>Khasi Jaintia Conference</b>				
9.	Brookside AHSS			
	Secondary	108	101	93.51%
	Hr. Secondary: Arts	76	73	96.05%
	Science	14	12	85.71%
10.	Winters AHSS			
	Secondary	29	27	93.1%
	Hr. Secondary: Arts	6	4	67%
11.	Jingshai Mihngi ASS			
	Secondary	33	33	100%
12.	Sunny Hill ASS			
	Secondary	14	14	100%
13.	Silver Springs ASS			
	Secondary	32	24	76%
14.	Radiant ASS			
	Secondary	8	5	62.5%
15.	Hill Light ASS			
	Secondary	24	21	87.5%
<b>Manipur Conference</b>				
16.	Kingsway English School			
	Secondary	30	30	100%
17.	Maringmi Memorial School			
	Secondary	58	49	84.48%
<b>Assam Region</b>				
18.	Irvine Adventist School			
	Secondary	04	04	100%



Sl. No.	School's Name	Appeared	Passed	Pass %
<b>Nagaland Region</b>				
19.	Nagaland Adventist School Secondary	09	7	77.7%
<b>Mizo Conference</b>				
20.	Helen Lowry School Secondary	106	89	78.57%
	Hr. Secondary, Arts	154	121	83%
	Science	31	24	77.41%
	Commerce	26	18	69.23%
21.	Southern Flower School Secondary	52	41	78.84%
22.	Pinehill Adventist Academy Secondary	39	38	97.43%
23.	Graceland Adventist Eng. School Secondary	15	15	100%
24.	Riverside Adventist Academy Secondary	68	29	60.3%
	Hr. Secondary Arts	36	29	80.5%

*School Results Collected by: Conference/Section/Region  
Communication Directors*



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