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'Social media leads to BD disorder'

Jenett Jose

BENGALURU: Research shows that consistent use of social media leads to negative self-evaluation and low self-esteem among young individuals.

The review article, Making the Body Public: Implication of the New Standards of Body Image, by researchers at NIMHANS, is recently published in the International Journal of Social Psychiatry and points out that a large number of young individuals have Body Dysmorphic Disorder, BDD and social anxiety due to the use of social media services.

BDD is comorbid with depressive disorder, alcohol, social anxiety, and OCD, including suicidal thoughts, when it affects an individual's everyday routine. "Though social media usage alone cannot predict the risk of mental health disorders, certain behaviour may provide indicators of severe underlying conditions."

According to studies, the optimistic comparison induced by social networking sites leads to negative self-assessment and negative social cognitive attitudes, especially among young people. Researchers have found that people with low self-esteem are likely to engage in selfie culture to manage interpersonal interactions.

Patients with BDD have been shown to regularly look in the mirror, stay away from society, increase their use of cosmetics, and have a variety of hair care routines. Body image reflected in a selfie or video is considered self-assessment and posting it publicly is considered feedback and validation of their perceived thinking.

Unions to lock horns with the government

Ashish Bhandarkar

BENGALURU: The proposal to privatise the state transport corporations, BMTC and KSRTC, has not gone well with the transport unions, as they gear up to resist the bid to disinvest.

Last week Transport Minister B Sriaramulu announced that the corporations would be handed over to the private parties which caused a furore among the unions as well as the public.

The state joint secretary of the KSRTC staff and Workers Federation, Rajgopal speaking to The Beacon said that despite the KSRTC and BMTC being hailed as the best means of transport in the country, they are facing losses as the decisions are guided by political motives. As corporations have a service motto, they provide facilities at reduced prices to the needy, and the government do not compensate



Fleet of KSRTC buses

The Hindu

for this. "We meet all social obligations put upon us by the government like giving a pass to students, journalists, elderly, disabled and MLAs, but it is government responsibility to reimburse the money we spend. Otherwise, this institution will not survive. Because we don't get subsidies for whatever we spend on the es-

entials of transport like diesel, oil and spare parts, we have to buy everything at the market price," explained Rajgopal.

The government-run institutions turn into "sick industries" as the corporations are neither reimbursed nor allowed to take decisions based on economies of scale, he opined. "For the last five

years, the ticket prices have been the same... When it comes to revising ticket prices, the government does not give any power to the Corporation. It decides by itself based on political motive, and as a result, it slowly becomes a "sick industry", and the government says you're not making a profit," he lamented.

Commenting on the possibility of a middle ground solution between the government and the union, Rajgopal asserted there will be no compromise. Taking a cue from the Agnipath Scheme of the Centre, he said, privatisation means to 'use and through' the employees, policy. "There are around 4 lakh contract employees under the state government who are denied benefits such as EL, CL and PF," he said while explaining the fate of workers under the private regime.

Expressing scepticism on the commitment of the private players, he said that in the event of a casualty, the victims won't be compensated. "They are here to make money. They don't care about the general public welfare." If the government wishes, the corporations could be managed profitably, he said.

First-of-its-kind breakfast scheme mired in glitches

Sowmya A

In a first-of-its-kind, a breakfast scheme akin to the mid-day meal has been introduced on a pilot basis by the Tamil Nadu Government and has evoked mixed responses from the stakeholders. A few have expressed dissatisfaction after experiencing the initial glitches persisting in the scheme, while others have criticised the inefficient planning and implementation.

On Sept 15, Chief Minister MK Stalin launched a free breakfast scheme for class 1-5 gov-

ernment school students.

The Headmistress of the North Semaputhur Government School, Kovilpatti Taluk, Kanaga, told the Beacon, "This scheme is more beneficial to rural students as the parents in rural areas are mostly daily wagers who leave early in the morning for work. But there is a doubt whether all students will have breakfast in school as the menu contains mostly Pongal, Upma and Khichadi, albeit in different varieties."

She suggested providing Idlis instead, as

they are available for Rs 1 in Amma Unavagam, a government-run canteen in the state. "This will also cut the cost, time and the chaos of making breakfast for school students," she opined.

The scheme is implemented only in two schools- Kovilpatti Rural and Urban block. It could have been implemented in many schools, she said.

Criticising the in charge of the mid-day meal scheme for their mismanagement, she surmised this might be the reason for entrusting the responsibility

of the new scheme to Self-Help Groups.

The supervisor of the mid-day meal scheme in a government elementary school in Ettayapuram, Geetha, said, "It would take around five months for the scheme to be implemented in panchayat elementary schools as this scheme has been implemented only in corporation and municipality schools in the first phase. This scheme will also increase the strength of the government schools as students now can have two meals in school for free."

'We stand by you', students in solidarity with Dalit victims

Aileen Raju

Several students came together to condemn the brutal rape and murder of two Dalit minor girls in Lakhimpur Kheri, Uttar Pradesh, the incident that shook the nation last week.

Jointly organised by Aweksha Charitable Women's Trust and St. Joseph's University, the demonstration and candlelight vigil were observed at the BBMP grounds in honour of the slain girls with the slogans "No More Violence, No More Silence" reverberating in the air.

Donna Fernandes, one of the organisers, said she had been part of movements for the past 40 years, and in order to prevent such crimes, one must speak up. Despite discussions about women's safety, they are being targeted, as they assert their independence. "I believe that the majority of male society does not actually support this."

"I think every one of us who saw what happened knew our blood was boiling... People are saying that even if you rape a woman and go to prison, you are going to be treated like you are heroes. (you are) fed-up of this kind of an attitude and this government and violence against women in our country," said Soumya Reddy, MLA from the Congress Party, addressing the protestors.

A place to count memories, not calories

Srijit Ray

Saahil Agarwal fulfilled his dream of opening a cafe for the youth of Kolkata when he opened Square Foot Cafe in 2021.

Located right outside Urbana, a high-rise colony on Anandapur Main Road, Kolkata, West Bengal, it is the first ever pet-friendly cafe in the area.

By profession, Saahil is an anchor and has experience in hosting shows. His black Labrador, Joey, is the main attraction of the cafe. Joey's presence is loved by the customers. The place is a witness to youthful events like



Square Foot Cafe

Zomato

friends. Although the menu is very limited, the food was lip-smacking and definitely worth the price.

Speaking to The Beacon, she said, "It is a very small space, but it is very cutely decorated. The outdoor seating is very Insta-worthy. It is definitely an Insta-gram spot. I absolutely loved it, and I would definitely want to go back to it again because the price is reasonable; you get to spend good quality time and the pets are so lovely. People who come there are also very humble and polite. Open mics are also organised there, so it is great."

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Water filters by activists win hearts of people in a slum

Megha Mukundan

BENGALURU: Water filters created by members of All India Students Association (AISA) Karnataka, are winning the hearts of a whole slum community. Last week, the students donated two coconut shell-charcoal-based filters to the slum area of Munnekollal, which could purify approximately 6-8 thousand litres of bad-quality water.

The area, which shelters about 500 migrant workers, has severe water issues and water-borne diseases. Rainwater was

their source for drinking and a muddy pond catered for their other needs.

"We used table salt to activate the charcoal and wrapped it with two layers of cotton and cloth, which was put into a 25-litre water can," said Shairik Sengupta, a core team member. He also added that the team would expand their project if a similar emergency arises.

The amount was crowd-funded by AISA members, who are also engaged in other charity activities all over the state.