

THE BEACON

PRACTICE NEWS BULLETIN OF THE PG STUDENTS OF JOURNALISM AND MASS COMMUNICATION

Saturday, 10 September, 2022 / St. Joseph's College (Autonomous) / Vol: 15 Issue: 08 / www.sjcdeptcomm.wordpress.com

'Not just a century, but a life-changing one'

Joel P Anto

Virat Kohli's century is a reminder of the importance of mental health, said Dr Ashbin, a sports psychologist and therapist.

He spoke of the intricacies of an athlete's journey which takes a toll on their mental health with reference to Virat's depression and how he overcame it.

"Virat confirmed that the lack of form has had an impact on his mental health and that he even experienced loneliness in a room full of people. Virat Kohli went more than 1000 days without an international century. He went an entire month without using his bat. This is not just a century, but a life-changing one for him. You must be as strong as this man to tackle such a challenge," said Ashbin.

Belief in oneself and focus are key requirements to overcome mental health challenges, he said.

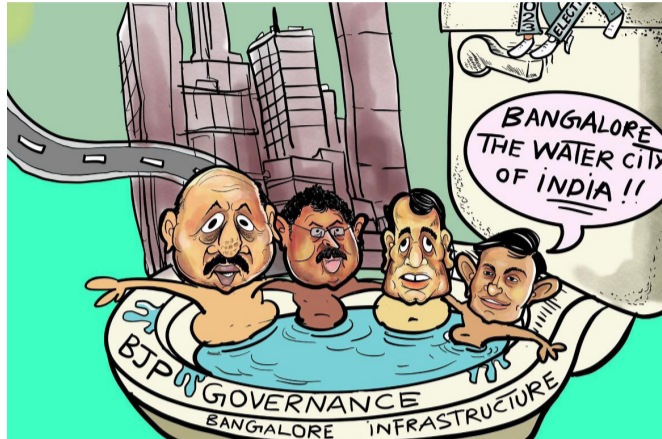
"Professional athletes' lives may appear to be complete, but they are not. It makes no difference what their status is, and depression is something that can affect anyone. The best way to overcome such a situation is to practice and focus on your goals," he added.

Even experts like Sunil Gavaskar criticised Virat Kohli's wife, Anushka for her husband's poor performance.

Class disparity on display during the floods

Incessant rains have flooded several areas of Bangalore over the last week. The city, also known as the 'Silicon Valley of India' saw the heaviest rainfall it has received over the previous 42 years. The most affected areas include Bellandur, Sarjapur Road, Whitefield, Outer Ring Road, and BEML Layout. At least one death has been reported so far, that of a 22-year-old woman who was electrocuted after her bike slipped on a waterlogged street and she tried to grab an electrical pole for support and came in contact with a live wire.

The flooding is a byproduct of construction over illegally acquired lands, the concrete jungle built over Bengaluru's many lakes, and the years-



They disappear when the city drowns

@abhijithblgowda

old sewage system clogged with garbage and other debris. As the city drowns, many citizens have taken it up on their own to make the authorities realise what the result of corruption and the lack of proper planning is. People from the lesser affected parts of the city, including

some leaders, blame immigrants from other states for this catastrophe. But how are they to know the ecology of the place they choose to live when the house owners and builders fail to inform them? They just buy what is shown to them and fits their budget. How does pointing fingers

at them make any sense? So who is to be blamed for all of this inundation caused by the rains? The poor city planning and encroachment of lakes due to corruption; the leaders who disappear in times like these instead of coming up with better solutions. "The affected need food, water, and (a) dry place to sleep. Their houses will not be liveable for another 3 weeks after the water recedes. Has any leader or BBMP officials stepped up to do this?" asked a Twitter user. If the system does not change, one can't eliminate the possibilities of a situation like this in the future. These affected areas are places where a major section of the wealthy urban population of the city lives

for whom moving on with their lives won't be much of a task as the days go by and the waters recede. Despite the damage and destruction, they continue to live normally with access to technology and amenities that cause no hindrance to their everyday lives - their jobs still remain unaffected as work from home has become the new normal, and boats ferry them to the safer parts. But who will fend for the poor and the less privileged living in these areas - The ones with no roof above their head, the ones who have lost their jobs to the floods? One can't help but wonder if safety comes at a cost even during times of natural disasters as such. Pavana J

7 decades of Throne comes to an end: Queen Elizabeth II passes away at the age of 96

Niharika Bajaj

Britain's Queen Elizabeth II, the country's longest-serving monarch took her last breath on Thursday at the age of 96, at Balmoral. The Queen had held the throne since 1952. The Queen's tenure, which witnessed an enormous social change, was marked by her sheer determination to dedicate her life to the people. She was an icon that people looked up to in an era where the role of the monarchy itself came into question. However, in August 1997, the monar-



Eternal Rest

The New York Times

chy was shaken. The Queen attracted unusual criticism after the death of Diana, Princess of Wales, caused by a car accident in Paris. By the end of the Queen's reign, the monarchy wasn't

as concrete as it was at the beginning. She was the cause of reforms that had immense respect worldwide. On the occasion of her silver jubilee, she recalled the pledge she had made on a visit to South

Africa. "When I was 21, I pledged my life to the service of our people and I asked for God's help to make good that vow. Although that vow was made in my salad days, when I was green in judgement, I do not regret, or retract, one word of it," she said. According to royal protocol, Queen Elizabeth II's eldest son, Charles succeeded her, beginning a new era. After France's Louis XIV, Queen Elizabeth II was the second-longest reigning monarch in history.

Start-ups have special financial needs: Pandey

Bincy Joseph

The State Bank of India (SBI) Startup Branch, launched in August is in the process of renewing the financial products offered to startups, keeping in mind their special needs, said Ankur Pandey, Chief Manager of the branch speaking to The Beacon.

The dedicated branch for startups in Bengaluru was inaugurated by Dinesh Khara, Chairman of SBI and this is the first of its kind, a pilot project to be launched in the country. It is located in Koramangala in HSR Layout and Indiranagar, the biggest IT hub in the city. Pandey said that it made sense for SBI to set up their pilot branch for startup companies exclusively since Bangalore is a hub for startups.

"We are not keeping any threshold limit for the loans we are offering right now. We are formulating a special draft which can accommodate lending for startup firms. Startups need more time to grow and cannot repay capital like traditional firms. Therefore, going by norms, they have to be declared NPA soon if (the) framework isn't redesigned. Our competitors - HDFC, and ICICI - already have exclusive branches for startups. We are in the process of framing something more attractive," he said. Pandey said that there will be floating interest rates as per the risk perception of companies.

"That there's a mirrorball for me" hums Arctic Monkeys new song

Shriangana Pyne

English rock band 'Arctic Monkeys' released their new track "There'd Better Be a Mirrorball" and it oozes romance, heartbreak and melancholy. After four years of silence, the return is all the more sweeter with this special song.

As the lead single of the band's seventh album "The Car", the track was released on 29 August of this year.

Alex Turner, the lead singer of the band's vocal performance showcases the emotive depth of the story the song portrays. With tones of nostalgia, the song is sure to leave you in tears as it explores the sorrow of heartbreak. The synths and the bass drums in the song stand out. There is a hint of snare drums



Representational Image

Facebook

and bass guitar, too, that pairs well. The lyrics convey the emotions of lovers who have been separated, a theme relatable to the human experience. This time, the style of music they adopted included a blend of rock and light bass guitar.

Arctic Monkeys' musical style is described as indie rock, punk rock and hard rock. They released their last album "Tranquillity Base Hotel And Casino" in 2018 which received the Best Alternative Award at the 2019 Grammy Awards.

Festive fervour returns at Shivajinagar Church

Sharon Anna James

BENGALURU: After a three-year break, St. Mary's Basilica, Shivajinagar, celebrated St. Mary's feast on Thursday and witnessed around one lakh devotees visiting from across South India. The public gathering for the evening service was blessed by the Archbishop of the Archdiocese of Bangalore, Dr. Peter Machado.

Speaking to The Beacon, "It was a big consolation for all of us... because for three years it was so much that we couldn't come to the church, but people are very devoted and so it was really a moment of joy and a blessing for us that we could come back," said Archbishop Peter Mach-

ado.Nagaraj, a shop vendor in the area said, "We were expecting a smaller crowd, but the footfall is much more than we expected. When it comes to Covid protocols, police have only asked us to keep a distance and didn't emphasise much on wearing masks." "What I could see is there's slightly less crowd, maybe compared to three years ago. One of the reasons may be traffic and also the rain. Secondly, parking can be an issue as well; people can't park a kilometre away; so the ones who are aged, sick, or people with children may not have come because they can't bring their vehicles," said the Archbishop.