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Dark chocolates not safe anymore

Sreeja Deb

Harmful metals such as lead and cadmium have been discovered in the dark chocolates from favoured brands like Hershey's and Trader's Joe, revealed a consumer report. In light of this revelation, The Beacon spoke to Dr Niti Dhulla, a dietitian to find out the health effects of consumption of these metals. As per the Centers for Disease Control and Prevention (CDC), Lead and Cadmium in large quantities are toxic to the body. Dr Niti said "As a clinical nutritionist, it is important to emphasise the term 'balance is the key' i.e., just because we hear that a particular brand is good for health we should not consume it daily without consulting a professional. Those who are consuming it every day are very likely to show the effect of lead and cadmium building up in their body even in the long run." The researchers found that at least 23 per cent of the bars inspected surpassed California's maximum allowable dose level (MADL) for lead (0.5 mcg) and cadmium (4.1 mcg). i.e., eating just an ounce a day might expose an adult to potentially harmful levels of these metals. It is recommended to always read the ingredients carefully before consuming any product. We should go beyond the label before putting anything into our systems, she said.

Privileged lot lack ethos of movement: Chetan

Dhamini D

Bengaluru: Deliberating on the contemporary problems in society, actor social activist, and public intellectual, Chetan Kumar Ahimsa, said that ideologies and beliefs are by choice and not by chance or birth, while he also emphasised the significance of egalitarianism. The discussion "Understanding the revolutionary approach Basavanna and the Vachana movement" on Tuesday shed light on thinkers who believed in justice and equality through action and had an inclination towards a paradigm of non-violence. Speaking to The Beacon, Chetan discussed many issues, one of which highlighted the manifestation of egalitarianism through a democratic process. "We need mass transformation, land reforms, massive redistribution of wealth, representation in all forms.



Chetan Kumar Ahimsa speaking at the event

Dhamini D

Any kind of movement, like the anti-caste movement, to get its due, needs to be not just social, economic, political, or gendered but must question the spiritual foundations," he explained. Commenting on the recent tension regarding the Panchamasali Lingayat community demanding

a separate category of reservation in Karnataka, he said, "The Lingayats of today, who claim lineage from the Basava movement, over the years have become very privileged, and politically are one of the strongest communities in Karnataka in terms of benefits." He opined

that in the current times, they do not understand the ideological ethos of the movement and are using it symbolically for personal benefit. "The rich will make temples for Shiva. What shall I, a poor man, do? My legs are pillars, the body the shrine, the head a cupola

of gold. Listen, O lord Shiva, things standing shall fall, but the pure energy will last forever," he reiterated the famous teaching of Basavanna. He urged students to exercise accountability and rationality. On the idea of gender equality with the Sharana movement and on anti-patriarchal principles that drove the movement during the twelfth century, he recited one of Akkamahadevi's vachana to enunciate the notion, 'One who grows breast and braid of hair is called a female. One who grows a moustache and a beard is called a male. Is the knowledge either female or male, O Nastinatha?' "Today, we need to counter the hegemonic forces. Equality needs to be contextualised for the inclusion and equality of LGBTQ+," he added.

Fully Filmy: Stories of reel life steps into real life

Jeba Janet

From emerging as an online destination where one could buy quirky merchandise to evolving into a media enterprise, Fully Filmy has been catering to customers in India and overseas through its storefronts in Chennai and on its website. Fully Filmy was founded in 2015 aiming to bring together people with great zeal and regard for cinema. It offers a wide choice of affordable and highly creative lifestyle products. Speaking to The Beacon on the origin of the concept, Raunaq Mangottil, the founder



The brand's logo

Fullyfilmy.in

and chief creative officer, said, "Throughout my teenage years, I've seen my friends who are football fans wearing jerseys of their favourite teams and also music fans, who could get band t-shirts from local stores. But as a fan of cinema, there was nothing like this for people like me. And this led to the birth of Fully Filmy." The venture began with a three-person team and grew to a 30 members

team. Mangottil, describing the creation process, said, "Most of the products that you see are either driven by a new movie or a general trend and sometimes our customers also suggest ideas." Highlighting the challenges and uncertainty faced during the Covid, he said, "Vendors had to stop operations during the initial part of the pandemic, putting stress on our stock situation. Without

stock, there isn't much to sell. Logistics companies also had to halt operations temporarily. But the biggest blow was that the stores in malls had to be closed, as every public place was closed. And to add to this, since people weren't travelling outside or even stepping out much, there wasn't a necessity to buy new clothes as everyone was either studying/working from home." Mangottil revealed their future endeavour, "Fully Filmy is planning an international expansion and broadening the retail market in Chennai, Coimbatore, and other southern metropolises."

Will the 80C limit be increased?

Angeline and Kannika

The Union Budget 2023, to be presented by Finance Minister Nirmala Sitharaman on February 1, 2023, is expected to include an increase in the deduction limit under Section 80C of the Income-tax Act, 1961. The current limit of Rs 1.5 lakh per year is expected to be raised to at least Rs 2 lakh after 8 years. Section 80C of the Income Tax Act 1961, is a provision that allows for certain investments and expenses to be exempt from paying income tax. Under this provision, individual salaried taxpayers can deduct a maximum of Rs 1.5 lakh from their total taxable income each year. Due to the huge employment losses during the pandemic, middle-class families have been longing for an increase in section 80 C's upper limit, as this gives them an opportunity to invest and tax-saving schemes. Public Provident Fund, National Savings Certificates, and Equity-Linked Savings Scheme are kinds of investments that are eligible for the 80C tax benefit. Hence, it's crucial to remember that the guidelines for the 80C limit are prone to modification.

Youth festivities with a twist

Shariq Ahamed

Campus: The student council of St. Joseph's University has hosted a week-long series of activities known as "Youth Week" holding a "No Backpack Day," and is enthusiastically participated by students.

Following the celebration of National Youth Day on Vivekananda Jayanti on January 12, the SJU council launched Youth Week on January 16. The council designed numerous programmes to "bring out the youth in you" during



No Backpack Day

Shariq

the course of the week. Students were encouraged to bring something more than a backpack to carry their belongings, which prompted them to think creatively. "The youths are often commended for their youthful vigour, creativity, and open-

mindedness. No Backpack Day would be an excellent method to encourage creativity since carrying a backpack has been a tradition for a very long time. As a result, the notion of bringing anything but a backpack emerged, and that drove people to get creative and think outside the box," said Ryan Roshan, the president of the student council.

He added that these events were first-of-their-kind and that the council wants to adopt many more innovative and inventive ideas and activities.

A Multisensory perspective

Bibhash Kalita

Bengaluru: "The Stories of Water" is a multisensory exhibition that examines the geography, socio-political realism, and ecologies of Bengaluru's waters through carefully designed audio and multimedia art installations. The exhibition from January 14 to 22 is a walking tour that stimulates the senses and produces an immersive experience so that viewers can appreciate and rediscover water, a vital component of life on Earth. Co-curator of the exhibition

Siddharth while speaking to The Beacon said, "The aim of this exhibition is to investigate the subject of water when life provides us with resources that we take for granted. This exhibition is about getting appreciation for nature and art." Artist Namita Kulkarni described the power of art in capturing people's imaginations. "It is about making the people aware about the big issues that we are facing because giving people statistics would just bulldoze over them."