

THE BEACON

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COTPA rules to benefit youth

Shoaib Shakeel

BENGALURU: The Karnataka Government's decision to raise the minimum age for tobacco product consumption has received widespread support due to its positive environmental impact and its potential to discourage usage. However, some individuals emphasise the importance of effectively implementing this decision.

On September 19, Health Minister Dinesh Gundu Rao stated that the government has decided to increase the minimum age for consumption of tobacco products from 18 to 21. He mentioned this would be set into action after the amendment of The Cigarettes and Other Tobacco Products Act (COTPA).

Speaking to The Beacon, Ravindra A from Utile Foundation, Rehabilitation Centre said that 18 to 21 does make a difference. "Framing the policies does not help unless and until there is someone who monitors if it has been implemented or not," he added. He also suggested that increasing the age limit is just postponing the gateway for the next three years.

"I think if it should be increased to 21 then the sales should be prohibited for the ages above 45 also, as they are more prone to cardiac arrests and other diseases," said a tobacco factory owner.

"It is obviously good in terms of pollution and safety of youth but definitely a loss for us in terms of business", he added.

Music therapy as a tool for suicide prevention

Nidhi B

Good mental health involves emotional well-being, having the ability to cope with stress, maintaining fulfilling relationships, and achieving personal goals while experiencing happiness. National suicide prevention month is to create awareness about the suicidal tendencies faced by our acquaintances and to help those who are on the verge of committing suicide, said Sushma Kaushik, a psychologist and music therapist.

Speaking to the Beacon in the backdrop of National Suicide Prevention Month she described suicidal tendencies as such thoughts, thinking patterns, and behaviours that an individual contemplates that aggravate the will to end life. It is often due to overwhelming emotional pain and despair.

She added that depression



Representation Image

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and stress can also be contributing factors to suicidal tendencies, as these mental health problems have visible symptoms such as low mood, loss of energy, changes in appetite, and feelings of worthlessness. These symptoms give rise to thoughts of self-harm, and they get these suicidal

thoughts when the dopamine level drops.

Young adolescents who are undergoing stress and pressure and have difficulty balancing between work and personal life can approach a professional psychologist or take a counselling session. At the same time, giving them some personal time,

setting realistic goals, and maintaining a healthy lifestyle are very important. Family members and peer groups should be aware of the problems, such as sleeplessness, getting into fights, and isolating from the outer world, that are faced by an individual and be empathetic by understanding

and being non-judgmental about the issues, and help them overcome these tendencies, she said.

Music therapy can be a complementary approach, for suicide prevention. Such support groups will be really helpful as the individual can share their problems with the people, and by doing so, they will feel better, she said. Maintaining a healthy social life and connecting with friends who understand your challenges, sharing your personal problems with your family and your near and dear ones and dedicating time to hobbies and activities you enjoy can provide a much-needed mental break, she added.

The National Suicide Prevention Lifeline, Crisis Text Line, and NAMI are some organisations that an suicidal individual can approach when they face suicidal tendencies.

Godspeed Vande Bharat on bringing Indians closer

Pratham Basu

BENGALURU: In a historic moment, Prime Minister Narendra Modi and Railway Minister Shri Ashwini Vaibhav inaugurated a fleet of 9 Vande Bharat trains on September 24, establishing a vital connection between 11 states in the nation. PM Narendra Modi congratulated the nation via a video conference address, marking the inception of these Made in India, semi high speed trains.

The address was viewed by MPs, MLAs, Governors, and Chief Ministers of various states along with the citizens nationwide. The new trains boast enhanced design aesthetics, more comfortable seats, well placed charging sockets



PM addressing the nation

Pratham Basu

and significantly reduced transit duration. It connects the states of Rajasthan, Gujarat, Bihar, Jharkhand, West Bengal, Odisha, Tamil Nadu, Andhra Pradesh, Telangana, Karnataka and Kerala. Railway Minister Ashwini

Vaibhav expressed his immense pride in India's commitment to sustainability. Over the past decade, the nation has electrified approximately 37,000 kilometers of railway tracks, considerably reducing its reliance on diesel.

He emphasized that these new trains are a pivotal step toward the sustainable development of the railway network and for a considerable reduction in the railways' carbon footprint. "India's remarkable achievements in space technology, such as Chandrayaan 3 and Aditya-L1, have garnered global praise, as has our nation's diplomatic expertise, showcased prominently at the recent G20 Summit," commented the Prime Minister.

In 2023, the railway budget surged eight-fold from 2014, facilitating the electrification, maintenance and the commencement of new trains and routes.

Neglected water tank poses risks

Hemalatha Y N

BENGALURU: The water head tank in Yadalam Nagar, Subramanyapura Main Road, has been non-functional for over 10 years, posing significant dangers and concerns to a nearby government school and local residents.

The water tank was established in 1988, and was in service from the time of its establishment till 2013. However, over time it has endured visible signs of decay and structural weakness.

A nearby government school official said, the collapse of the weak water head tank may threaten the safety of the kids who play near the tank every day during their lunch breaks and poses a significant threat to nearby properties and the BBMP officials are not taking this issue with any seriousness.

Bhavani, the president of Siri Panorama Apartment, apprised that a letter has been submitted adjuring demolition of the water head tank to BBMP and also been reported to Public TV but no action has been taken by either of them.

Unveiling the magical art

Kessiah Joseph

BENGALURU: Urban Solace, a pioneering art cafe, brought down by the challenges of pandemic, proudly hosted its first exhibition, a platform for artists post the pandemic, on September 22.

In conversation with the Beacon, Perry Menzies owner of the cafe expressed how they help aspiring artists who cannot showcase their work due to the exorbitant costs. Gallery space in Bangalore is expensive, unless you are a rich artist you cannot showcase your work, with us the gallery space is free, he added.

We are still struggling to



Gallery of talent

LBB

get back on track. It's been a big challenge, when one is in a space like this, finance is a key component. We are still limping back to normalcy, said Menzies.

"We believe that we have no authority to sit and judge somebody else's work. It is their

original work and it is their story to tell. We only view ourselves as facilitators", he added.

The cafe was curated in 2009, as a gallery for creative visual self-expression for talented individuals wanting to showcase their work.

Art fiesta captures hearts

Sinchan Saha

BENGALURU: Celebrating the beauty of diverse Indian cultures, Grand Flea Market Organization had organized a 10-day Arts & Crafts Exhibition cum Sale, capturing the cultural hearts of the "Garden City" at the Karnataka Chitrakala Parishath. The exhibition was held from September 15 to 24, offering a plethora of handcrafted treasures. It was inaugurated by South Indian Actress Sindhu Loknath. Quite a lot of these handicraft maestros benefit exceedingly from their

exposure at such events. Artists from various corners of India come to Bangalore to showcase their craft, setting up more than a hundred stalls inside the grounds, as accounted by the organizers.

"Customers have greatly benefited because if they want anything from the north they have to travel north, instead they will get everything here. And for vendors too, there's a life for them in Bangalore," said Akshay, the assistant organizer, upon being asked how this exhibition has helped these traveling artists.