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SJC starts a new mental health initiative

Vandana Nampoothiri

CAMPUS: The Holistic Development and Wellness Center of St Joseph's College (autonomous) started a new initiative "Mental health support during Covid-19 pandemic" in order to help people who are suffering from mental health issues like anxiety and depression. The initiative which was started under the leadership of Father Brian Pereira SJ has volunteers from all the Bangalore Jesuit Education Society (BJES) institutions. "Samagra - St Joseph's holistic development and wellness center is reaching out to everyone through their mental health support helpline. They are also planning awareness and self



Representational image

Unsplash

help initiatives to empower individuals to cope well during these unprecedented times," said Dr. Rekha Ahuja, Head of Department, Psychology and Counselling, St. Joseph's Evening College, who is also the coordinator of the initiative.

"This is a voluntary initiative, by some of us who felt that we wanted to do something," said Dr. Madhurini Vallikad, Assistant Professor, Department of Counselling.

When asked about some of the reasons why people are facing stress and anxiety, she

said, "I think it is natural for people to feel anxiety or stress now, given the circumstance we are in right now. And on top of that we have a lockdown, people can't go out. So there are no outlets."

She also stressed the need to take care of oneself, in order

to overcome mental health issues, especially students. "There will be students who have assignments to submit, exams coming up, family members who are ill. It is important to take out some time to take care of themselves. Also, whatever space they are getting, they should be able to use it guilt free."

She further added, "As a counsellor I see that students are very isolated. It's like everybody is silently suffering. They are very self-conscious hence it is important to reach out to friends."

The counselling session will be from 10 am to 8pm. Students who need help can reach out to the cell via email: listen2me@sjc.ac.in.

Karim Benzema creates new record

Alwin Benjamin Soji

Karim Benzema created history by becoming the oldest goal scorer for Real Madrid in a Champions League semi-final on Wednesday, April 28, as Real Madrid played against Chelsea in the 1st leg of the 2020-21 UEFA Champions League.

Chelsea started the match brightly as they took the lead in the 14th minute through Christian Pulisic. 15 minutes later, Real Madrid made it 1-1 as Karim Benzema scored for them and in the process breaking Cristiano Ronaldo's record by becoming the oldest goal scorer for Real Madrid in a Champions League semi-final match.

The match ended in a draw as both teams failed to score any more goals. They are heading to Stamford Bridge, which is the home ground of Chelsea, next week to play the 2nd leg of the semi-final.

The second semi-final is between Manchester City and Paris Saint-Germain with the first leg being played at the Parc des Princes. The final of the 2020-21 Champions League is scheduled to be played on May 29th at the Ataturk Olympic Stadium in Turkey. UEFA decided that 30 percent of the audience will be allowed to watch the final.

BJP launches helpline amid second-wave of Covid-19

Athul Krishna
Nishitha Rachel

With the rapid increase in covid-19 cases witnessed in various states, the Bharatiya Janata Party has launched a helpline called BJYM Doctor Helpline to offer medical advice to the citizens of the country with persisting symptoms associated to Covid-19.

"People from any part of the country can call the helplines to get medical advice. The helpline will cater to multiple languages to ensure we can assist citizens from across the country," said the BJP national president JP Nadda in the launch of the BJYM Doctor Helpline.

"We have started helplines in all metropolitan cities. Thousands of families - relatives of whom weren't around - have been served medicines and other essentials by the BJYM karyakartas," he added.

In another effort to help the citizens the Raksha Mantri Office (RMO) of India informed that 500 Medical Oxygen Plants will be set up in 3 months under the PM Cares Fund on Twitter.

Sonu Sood dons philanthropist hat

Arakkal Shada Amina

Bollywood actor Sonu Sood, who has been actively involved in providing Covid-19 relief in India since last year, tweeted a video on Wednesday, of his phone being flooded with text and WhatsApp messages from people seeking urgent help as the country tides over the second wave of Covid-19.

"We are trying our best to reach out to you. If there are delays or we miss out, then pardon me. Apologies,"



Healwell 24's Social media poster

Twitter

tweeted Sood, in relation to the large number of incoming text messages on his phone. The 47-year-old actor has

been providing relief to Covid-19 victims and their families in the form of medicine, oxygen supplies,

Remdesivir, plasma donations, home ICU setups, hospital beds and ventilators. The efforts are made in collaboration with the actors philanthropy foundation called the Sood Charity Foundation. The organization provides assistance free-of-cost to citizens that seek help to treat Covid-19.

Sood is one of many Bollywood celebrities to extend Covid-19 relief support. Actors Shahid Kapoor and Katrina Kaif use their social media handles to share verified information.

BBMP suspends three RT-PCR testing labs

Sudarshani

The Bruhat Bengaluru Mahanagara Palike (BBMP) has shut down three RT-PCR testing labs in the city due to the delay in generating Bengaluru Urban (BU) code, said the BBMP commissioner Gaurav Gupta in a statement on Wednesday, April 28.

He said, "BU number is automatically generated within two hours of data being uploaded to the Indian Council of Medical Research (ICMR) portal. It has been

found that this is due to a lag in data entry at the RT-PCR testing labs. Action has been taken against several erring labs that are delaying the data upload. Three labs have been shut down."

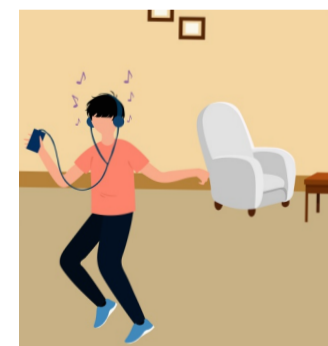
Explaining the objective behind generating the BU code he added, "Our objective remains that within 24 hours of testing, the results must be available on the ICMR portal and the same should be communicated to the Covid-19 patient. Apthamitra Helpline personnel will reach out the patient within 24hrs."

Dance for insight and staying fit

Pavithra Prabhu

BENGALURU: On the eve of International Dance Day, observed on April 29, The Beacon spoke to professional dancers on the benefits of including dance in day-to-day activities such as cooking or cleaning and its ability to create space for problem-solving.

School of Social Work, Head of Department, Lt Akshay D Mandlik said, "Dance in its simplest form need not be confined to a specific style. It can trigger anytime when you are listening to music, be it in the garden, kitchen, while



Representational image
Creative commons

cleaning or anywhere. Sometimes silence itself helps create movements and in expressing thoughts or a concept. In simple words, keeps one happy and happiness is one of the ways

the mind secretes dopamine."

He added: "Dance can help build good socialisation skills, satisfaction, content, understanding limitations and give way to find answers by an introspective approach which could be provided by dance as a medium. It creates a space to explore alternative approaches to problem-solving. Be it anger or frustration, expressed through dance can help vent feelings and help calm the person. During the lockdown, it could be used to relax the body, help blood circulation, reduce stress, build immunity and increase appetite."