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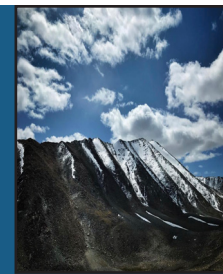
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Kristu Jayanti College (Autonomous) | Department of Journalism and Mass Communication | Students' Publication

How fresh are your vegetables ?

Senorita Shreya

Adulteration in food is one thing that people are aware about but are still helpless. Ever wondered what happens to the vegetables that are left from the previous day?

Big supermarkets on which we depend for almost everything, from a small packet of pin to large quantities of groceries. On an average basis these supermarkets get vegetables on every alternate day from different suppliers. Vegetables that can be stored such as onions, garlic, ginger, potatoes are restocked once in a week only.

Other vegetables that have a lesser shelf life are restocked on alternative days. These supermarkets spend an average of 6000 -10000rs for around 300kgs of vegetables. And vegetables that are still left goes as



waste.

Then there are small vegetable shops from where most of the people buy their vegetables. These shops purchase their vegetables on alternative days from the local markets and some also order their vegetables from apps like 'Ninja kart'.

They purchase an average quantity of 200kgs of vegetable for selling. It costs them around 5000-6000rs. They also have tie-ups with hostels, PGs and restaurants nearby where they supply vegetables every 4 to 5

days.

Dheer Gopal Choudhary owner of vegetable shops said "60% of the vegetables are sold in a day other than that the left out vegetables are washed and used on the next day too."

Another shopkeeper said "I sell off the left out vegetables to the daily wage laborers on a wholesale rate or go to nearby ashrams to donate it." Few of them dump the left out vegetables as customers don't buy it. On the other hand there are street vegetable vendors.

They buy vegetables in small quantities. Some of them grow it in their backyards and few get it from the local markets.

Most of their vegetables finish by evening and whatever is left is used on the next day also.

One of the vendors mentioned "I do not get vegetables in large quantities as it would go to waste, I keep an average estimate of 5-10kgs only."

Bad roads adding up accidents



Rabiya Nida

Potholes, dust and bad roads are the most common problems in Bengaluru city, particularly in the places where metro construction is happening, there is traffic congestion, chances of accidents and various kinds of pollution. Some of the densely populated roads that require urgent attention are Hennur road, continuing up to Narayan Pura road.

"Riding a two-wheeler on Hennur road, especially Narayan Pura road, is the most difficult task. Some stretches do not even look like a road". Said a student from Kristu Jayanti college who takes these roads everyday to reach college and she further

said, she's late to college almost everyday because of the terrible traffic. The traffic on the road lasts for more than an hour, in the morning around 8am, not just that, when inquired in the nearest police station, the number of accidents are increasing day by day, and the minor accidents lead to major fights on the road which sadly extends the time of the traffic for another 30 minutes. These accidents, pollution and bad roads should be stopped as soon as possible by getting done with the construction of the metro and constructing quality fresh new roads, the departments responsible for the maintenance of roads should act proactively and ensure road safety.

Juice It Up

Abey Jacob

Bengaluru has everything for people who want to try out new things. The city brings the culinary habit of the world. One shop in Malleshwaram, has created quite a buzz with its edible drinks. 'Eat Raja'

a four-decade old cold drink shop in the city, is famous today for its futuristic ideas and plans.

When the entire city is struggling to find a solution for plastic waste generated from food industry, this cafe boasts its a zero-waste policy. One

cannot find a single plastic cups, paper cups, and straws here. The management has a very innovative way to save natural resources by not wasting water and controlling plastic usage.

The café is known for 'eat your juice' where they serve the

juice with the fruit. 'Guava shots' is one of the most popular drink in the café. "the most important is that after we drink, there is a feeling that we are contributing at least doing a little bit to the environment," a customer remarked.

MNC to Ban Single Use Plastic

Senorita Shreya

In the last decade, plastic has affected the health and life of human beings drastically. Some incidents like death of birds and animals due to consumption of plastic, increase of plastic in the oceans hampering the life of the marine animals have attracted the attention of the whole world and put a question mark about the use of plastic in daily life. Careless disposal of plastic can have dire consequences. Every day, more and more plastic is accumulating in our oceans. It enters the marine environment from sewage outfalls, merchant shipping, commercial fishing operations, and beachgoers.

Single use plastic is a most harmful pollutant to the environment. Single-use plastics, or disposable plastics, are used only once before they are thrown away or recycled. These items are things like plastic bags, straws, coffee stirrers, water bottles and most food packaging. We produce roughly 300 million tons of plastic each year and half of it is not disposable! World-wide only 10-13% of plastic items are recycled plastic.

The ban on plastic by the state of Maharashtra, home to India's financial capital Mumbai, has made multinational companies like Amazon Inc, H&M to minimize the usage of single-use plastic. Hence, it will raise costs for companies that rely heavily on plastic for packaging, such as retailers, beverage makers and sellers of bottled water.

Representatives of companies including Amazon, H&M, Pepsi and Coca-Cola, as well as plastic industry bodies met with Maharashtra Government official's urging them to implement the rule in phases and relax some norms. Beverage makers such as Pepsi and Coca-Cola, demanded an exemption from the rules as they will make it mandatory to buyback empty bottles at a guaranteed price. A senior state official said the government could moderate some aspects of the rule for online retailers as well or give them more time to comply.

The usage of single use plastic cannot be completely removed but can be reduced by finding suitable alternatives. As the need of the hour Amazon, Flipkart, Pepsi and Coca-Cola are supporting reusing and recycling, adding that the company has asked the government to clarify the rules and for help coming up with solutions.

It's clear that plastic pollution impacts virtually every living organism in, or thriving off of, the oceans of our world. This is simply not acceptable. The balance of our ecosystem is essential to our quality of life and will ultimately depend on when the world decides to stop turning a blind eye to the issue and make the necessary lifestyle changes.



Winning the hearts of Kannadigas

Rabiya Nida



Neethu Subramanyam, the singing sensation with S.P. Balasubramaniam, the first runner up of the singing reality show, the most popular Kannada Kogile season 4. She was also a contestant in another Malayalam singing reality show. Neethu was still studying when she got her self into both the reality shows, and still could make it up this far where she's also a graduate, and now hosting so many other reality shows. Neethu has been an inspiration to the girls and boys in her college, quite a lot of the faculties also look up to her

How did you get started as a singer? who inspired you to be what you are today?

My brother is a singer and went to music classes. later on, during his high school days he could not manage academics and singing. so, he was put into a boarding school and instead of him, I was asked to attend the classes for a month because the fee was already paid and my parents didn't want it to go for a waste. that was when my parents found out that I could sing too.

What was the feeling like, after qualifying to

the finals and being the first runner up, in kannada Kogile season 2?

I just felt that my hard work has paid off. I have worked really hard to get here and hard work will continue. this is just a stepping stone.

You were a student while you were aspiring your singing career, how were you able to manage both? What are the hurdles faced during that time?

I'm an average student but I did manage to clear all my subjects. it was indeed very difficult for me to balance both. but my college was a great support to me and they did help me regarding my subjects and attendance. my friends helped me understand the subjects and made sure I did make it through. there were days where I have attended my shoot, finished my performance, got back to college and have written my 6th sem final exams. those days were critical.

You were a contestant in two singing shows, Kannada Kogile and Super4, which show did you enjoy the most, and why?

Undoubtedly kannada Kogile season 2 was the best. the main rea-

son behind it was the immense love and support from my fans., I was a failure in my own place. my society hadn't accepted me, but here I got all the motivation that was needed,

Tell us about your dance profession, as a classical dancer.

Dance was always a passion for me. it makes me feel relaxed. I express more when I dance. I love to perform but no plans of taking up dance as a profession.

What are you currently working on?

I have taken a year's break to work on music. I've been giving shows and have already sung in 5-6 kannada movies which will be released soon

What advise do you have for all the emerging artists?

keep working hard. without humiliation and failures, it's impossible to reach the ladder of success. there will be plenty of hurdles. so, don't give up. believe in yourself. accept criticism. keep working on improvements, and most importantly stay humble and trust god.

Commercial Street: Feed your shopaholic soul

- **Rabiya Nida**

grownups alike.

Commercial street is a place where one can start shopping with 10 Rupees and go on till

during this time are never closed and there are people shopping for Eid from midnight till morning. The best day to



Commercial street is the heart of the Bengaluru city. This place buzz on every day, even on Sundays and government holidays.

Commercial street earned its name for a reason. In the early 19th century, these streets were occupied by merchants and contractors who supplied material to the British Army stationed in the Cantonment. This street is subdivided into various other roads like Dispensary Road, Ebrahim Sahib Street and Narayan Pillai Street. Since then, the street has something to offer to every - the rich and poor, kids and

any amount, from samosa till a Pizza. This street is so welcoming that people land here just for the sake of window shopping. From footwear, clothing, accessories, jewellery, food, this place has everything.

On Sundays you will barely be able to walk around the street as it is a holiday, and the place flooded with people. This is a place where you get branded stuff and also the locals, where you get to bargain and make it pocket friendly.

Commercial street sees most of the crowd during festival seasons especially in the month of Ramadan. This place is a place to visit during Ramadan, the shops

go shopping in this place is one day before the festival of Eid-ul-Fitr.

The shopkeepers sell all their goods for the lowest of prices to get done with their stocks before the next season, but one should be lucky enough to get these things in their bags because the stock goes out.

One needs a lot of free time to enjoy every bit of Commercial Street, the small streets, the roadside jewellery shops and a lot more. One can never get over the over shopping once you're here, if you are in Bangalore, then never miss on this place. This place is therapy, and this is a place one can never explore fully.

Bigil: Wholesome entertainer for Diwali

- **Abey Jacob**

Rayappan (Vijay) is a don, but a good one in North Madras. He chooses the life of violence to protect the rights of his people. His son Michael Rayappan Bigil is a state-level footballer. But, due to circumstances, he becomes the messiah of people in North Madras, leaving behind his career.

As the women's football team, hailing from underprivileged backgrounds, clinch victory, the end credits roll and we see the words 'Dedicated to women.'

A do-gooder don wants his footballer son to uplift the life of his people by becoming a champion, but fate draws the youngster into a life of violence. After seven years Michael Rayappan will he be able to fulfil his father's dream when an

opportunity comes his way. Bigil is, hopefully, a sign of things to come. Along with Nerkonda Paarvai, it shows the way forward for our top stars - the mass heroes.

In Bigil, Vijay plays Michael Rayappan, a football player who had to give up his passion due to personal tragedy that is the result of the violence that surrounds his life. And this same violence offers him a chance to get his life back on track, when his friend Kathir, the coach of a women's football team, is grievously injured. Michael has to take on the coach's role so that the dreams of the players, all of whom are from the underprivileged class of the society, and most importantly, that of his father Rayappan (Vijay, again), a do-gooder don who saw sports as

a means of social upliftment, come true.

Though it feels uneven, especially in the first half, when Atlee struggles a bit to balance the mass elements with the drama, Bigil becomes more sure-footed as it goes, and proves to be an engaging entertainer. There are scenes, like the one set in a police station, that play to the gallery and satisfy the fans. The portions involving Nayanthara, who plays Bigil's love interest Angel. His performance as Rayappan, with a gruffy voice and stammer, feels a bit forced, but he makes up for it in a scene set in a railway station that is quite moving.

The girls who form the players in the football team - Indhuja, Reba, Amrita, Indraja and Varsha.



Relish the authentic 'Al - Faham'

- **Senorita Shreya**

India is a land of diversity and culture. This brings various flavors to satisfy the pallets with an amazing food culture. India is blessed with multiple cuisine options. The cuisines vary from region to region, from culture to culture and religion to religion.

Nowadays people are travelling more nationally and internationally exposing them to different cuisines.

Middle Eastern or Arabian dishes are gaining very much popularity among Indians. Dishes like Alfaham chicken and kuboos has become famous among a lot of Indians. Alfaham chicken is grilled chicken from the Middle East.

The marinade used for the chicken changes the taste and gives a whole new flavor to it. But the grill is what brings the real taste to the chicken.



The chicken is placed in between the grill and pressed which makes it Alfaham and it tastes better compared to a grilled chicken be-

cause the meat is tender in this than the latter. If one loves chicken dishes, this is a must try for them. One could feel the charcoal barbecue flavor on medium roasted skin of the chicken with Arabian spices in the very first bite itself. It has a magical aroma which will surely make one drool over it. One can eat the alfaham chicken with sauce

or could order kuboos with it. Kuboos is also an Arabian dish which is a flatbread made with wheat flour. Initially it was popular only among the malyalees with Middle East connect. Now these foods are enjoyed by everyone.

The kuboos is slightly sweet which pays up with the savoury chicken and makes a

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Leh Ladakh: The land of the Mystic Lamas

- Gokul S Nair

Leh Ladakh is one place in India which remains a dream destination which will remain in mind every year after a trip over. The barren beauty of Ladakh in India with snow-capped peaks and the clear azure sky has continued to attract the intrepid travellers. Ladakh has become a favourite haunt for trekking and mountaineering enthusiasts. The rugged terrain and the majestic mountains around make an exotic cocktail for an adventure lover. The weather in summer is about 8 degree C - 25 degree C and in winter -5 degree C to -20 degree C. The best time to visit is from June to October.

Ladakh is not

without its share of natural, visual marvels and lakes are a big part of its humbling landscapes. Within the modest landmass it occupies, the coldest desert of Kashmir has three beautiful lakes - Pangong Tso Lake, Tsomoriri Lake and Tsokar Lake each more awe-inspiring than the other. In fact, not many know that the Pangong Tso lake changes colours with every hour and turns from emerald green colour to varying hues of sky and velvet blue. The best time to visit these lakes.

Visiting Leh Ladakh can be a great experience as these places have a lot of natural beauty. There are a number of attractions in Leh Ladakh that are filled with extreme pristine beauty, the list is inclusive of well-known ancient monasteries,

other religious sites, in Ladakh either belong. Cut off from the rest of



palaces of the royalty, mountains, peaks, wildlife safaris, adventure activity spots and much more. This beautiful hill region, every year is visited by a large number of people. Its untouched beauty, snow-clad mountain peaks, lush greenery and secluded spots attract a lot.

Monasteries

to Mahayan or Hinayana sect of Buddhism. Hemis monastery is one of the largest and most popular monasteries in Ladakh. The Hemis festival that takes place in June - July and the best time to see the culture side of Ladakh. Simplicity is the way of life in Ladakh as the modernity has not touched the town.

the world, Ladakh is barren yet beautiful. Ladakh is famous for varieties of food such as Thupka, Khambir, Skyu, Mokthuk etc., that are all so delicious.

If you wish to explore Ladakh where you will create memories that last a lifetime.

Under25 Summit- Expectation not met

- Rabiya Nida

Under 25 Summit is India's largest youth festival celebrated in every nook and corner of the country. Hosting a lot of interesting events, with speaker sessions, panel discussions, workshops, performances, a flea market and incredible energy, silent disco, DJ night and the famous Youtubers JordIndian performing, there was something for everyone.

Bengaluru city hosted the Under25 Summit at the campus of Presidency University on 21 September. The college had a huge campus, but the Under 25 event was not up to the mark, compared to every other Under25 event that took place till today.

Starting from the choice of location, the

campus ground was a big venue for a small crowd. That made it difficult to bring the crowd to one location, as they were scattered on the large campus.

Hosting an event outdoors on a sunny day made the daytime event slow-paced. Stand-up comedian Rahul Subramanyam came up with the best of his comedies and changed the whole mood of the place, from being emotional to bringing up wide laughter.

The mood shifted slightly after sunset. The crowd increased, as there was a performance by 'JordIndian' and a DJ night with the famous artist 'Ritviz'. The event picked up the pace and went quite interesting afterwards as

the crowd enjoyed the music played.

The organisers expected a crowd of ten thousand people but hardly two thousand people turned up.

Though it was not a great success, the Under25 Summit group tried putting up a great show.



IT Employee turns Agriculturist

- Abey Jacob

Sandeep B, who works in an IT company, was diagnosed with a brain tumour after which he shifted his profession towards the agricultural field, as it was very difficult for him to get back with his hectic job profession. He also owns a vegetable shop where he brings half of the vegetables directly to his shop without a middleman. His store is located in K Narayan Pura main road Bangalore.

Sudeep has completed MCom, MBA and ICWA, and also has a working experience in the field of

technical training in HP and Dell companies. It is overwhelming to know that Sudeep has come over his traumatic situation and fresh started his life.

This vegetable shop was started on July 16th 2019. Right now, he owns 48 acres of agricultural land where he cultivates vegetables like beans, bitter melon, chilies and a lot more, from which carrots and capsicums are the most selling. He made the land successful within 3 years of his start, and he owns 3 other outlets around the city. He has a tie-up with hotels and PGs and supermarkets in the locality.

He uses the left-over

vegetables and fruits as a manure for the plants rather than selling it the next day. He donates fruits and vegetables to Asdh Guru ashram, near Kothanur. Sudeep also gives credit to the customers up to six thousand rupees, and this fills his heart with immense pleasure and satisfaction.

His main aim is to ensure that the society must know the effects of the harmful pesticides used on fruits and vegetables which makes the people unhealthy. And also he wants to promote more of fresh fruits and vegetables so that the place is free from sickness.