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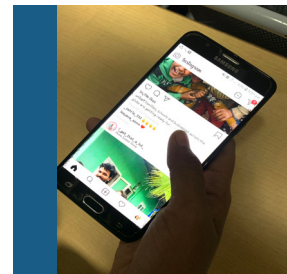
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City lakes choked with plastic

BAL FRANCINA

Bengaluru was once well-known for its beautiful lakes and the garden, earning the name the Garden City of India. Kempegowda, the founder of Bengaluru,

and drinking purpose. In 1960s, the city had 263 lakes providing fresh and clean water. With urban migration and IT boom, the natural water resource depleted in fast rate. Once abundant with

lakes, only Mylasandra fall under class A to be suitable for drinking purpose, Central Pollution Control Board (CPCB) study reveals the shocking information. The lakes in Koramangala has the

Bellandur, and Sarakki lakes. The locals still play a blame game over the authorities like Bengaluru Development Authority (BDA), Bengaluru Water Supply And Sewage Board (BWSSB) and the forest department regulators for the poor condition of the lakes. Many lakes in the city are given to private bodies to restore and maintain properly. Lakes in the city such as Sankey lake in Sadashivanagar, Ulsoor lake, Nagavara lake are preserved for recreational purpose. Other than providing aesthetics landscape, these water bodies determine the health of city. The good health of Bengaluru lakes are not only in the hands of these Authorities but also the locals, NGOs, regulators and the Beurocrats .



had build and preserved several lakes in the city to protect its ground water level. Bengaluru lakes were home to the diversity of living beings, major source of irrigation

water, shortage of clean drinking water is a common problem in Bengaluru today. There are only 81 lakes in the which are in flux and dying with toxic waste. Out of all the urban

highest pollution. Fish death were also reported in Sankey and Jakkur lakes. Fire in Bellandur lake has become a common phenomenon. Foam formation was seen in Rampur, vartur,

Bengaluru celebrates reading books

BAL FRANCINA

The fourteenth Bengaluru Book festival was organized by the Bengaluru book sellers and publishers. Many private associations exhibited their collection in the week long book festival that took place in Palace Ground. Noted film personality from South India Ramesh Aravind was the brand ambassador of the festival. The motto of the week long

culture among people. According to the organizes there were 300 hundred bookstalls of various publication which exhibited from languages of Kannada, Hindi, English, Tamil, Telugu, Sanskrit, etc. The festival also featured debates, talk shows, new book releases, cultural activities and food festivals besides handwriting and calligraphy workshops. The festival had a corner for book release, calligraphy, coaching class-

es from many institutes for students, facilitators to help people for on-line learning platform, robotic labs Picture Books, Emerging Readers, Junior readers and Young Adults. Most of the publications had the offer of 20% off for each book to encourage the readers.

There were different kinds of books from the fields such as Children's entertainment books, literature, international books, encyclopedias, novels, textbooks, story books and rare books from different authors caught the attention of the readers.



A treat for bibliophiles

PC: Bal Francina

Identity crisis in motherland

SRISTY CHHETRI

"Kohima is the capital of Nagaland" and "Sikkim is a part of India" and the list will go on. Northeast people have to explain the elementary school facts to prove their identity. Being in the Indian map but not in the minds of the citizens gives an identity crisis to the north

the northeast people about their origin. Bengaleans cheer and celebrate, Sunil Chhetri – Indian football captain as well as Captain of Bangalore Fc, but have no idea about the state he hails from. In one hand, Indians feel proud to call 'Mary Kom' as their daughter and on the other hand, many northeast sisters are seen as an object in



eastern people. Even today, many Indians fails to identify the eight states that makes the northeast India. "Chinki" and "Momo" are some offensive and hurtful terms that are associated with northeast citizens in a cosmopolitan cities like Bengaluru. Along with racial discrimination but young female of this community are continuously being assaulted and face sexual harassment, Discrimination at the work place is also one of the most common problem face by northeast Indian community. Bengaluru is the home for 12 billion people with three lakhs north-eastern population. This city has always welcomed the rest of the India with open arms but still questions

the street. Also people prefer having one of best tea, which comes from Assam but have no idea about the flood Assam experience every year. According to the northeast students from various parts "The problem face by the northeast community is that they are not taken seriously by the law enforcing bodies". Be it Bengaluru or any other city in the India, the attitude of powerful towards northeast people remains same. Indian cities consists of the most educated people of India, but this educated barely have any idea about Northeast and its people. Government should really take action against the people who continuously make Northeast people feel like foreigners in their own country.

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We failed Kashmir Again: Revoking Article 370

**MALAVIKA
SURENDRAN**

Article 370 provides for a special status to the state of Jammu and Kashmir. A provision like article 370 that finds a special place in the Indian constitution should not have been removed without judicial scrutiny, parliamentary debates and consulting the people who would be affected by the same. Also, the scrapping of a Article 370 can be viewed as a completely politicized matter by the BJP government.

Article 370 exempted the state from the complete applicability of the Indian constitution. The state was conferred with the power to have its own constitution. Central legislative powers over the state were limited. The state had its own flag and the people had dual citizenship. Indian citizens from other states could not purchase land and property in Jammu and Kashmir. Kashmir, which has been the subject to dispute between India and Pakistan after the 1947 Independence, enjoyed these special privileges.



What looks like an advantage to some may not be perceived in the same light by others. Union minister Amit Shah asserted that the abrogation of Article 370 were big milestones for the unity and integrity of India. But on an emotional aspect,

it is the cruelty that has been done to the people residing in Kashmir. The peace and stability of the minds of the people have been deeply affected and destroyed with the scrapping of article 370. The state witnessed media blackout, which is the violation of basic human rights.

The government was not transparent during this and there were no debates about the same. The people of Kashmir should have been involved in the decision, but it was imposed on them.

The scrapping of article 370 will affect the mood of Kashmiri and then their attitude towards India. The Kashmiri citizens will no longer have dual citizenship, wwhich is not going down very well with many locals. They will no longer enjoy the special status they've been enjoying for ages.

Bengaluru: Not a liveable city

**MALAVIKA
SURENDRAN**

Bengaluru city is known for its charm, modern lifestyle and has the best comforts of living. We live in a world where people lookout for luxury and the best

are the reasons why people from different parts of the country are migrating to Bengaluru in the hope of getting settled here.

Bengaluru city can no longer be called as the garden city of our country. As per AQI, the sulphur content in the

country, with an average speed of 18.7 kmph. Though the city has metro facilities, it is not well connected. The city does not have local train transportation facility like Mumbai and Chennai.

People rely on the cab services for their transport to near and far places. As the number of people migrating to the city is increasing, the number of vehicles on the road is also increasing, resulting to the increased traffic. The city which was once known for its fresh breath of air, is now known for its poisonous spread of gases and pollution.

Bengaluru has a cost of living index of 27.53, according to a 2018 research. A family of four-persons monthly expense is nearly Rs.86,000 excluding the rent. The rent of a 1 bhk apartment in the city is no less than Rs.18,000. This clearly emphasises on the fact that Bengaluru is an expensive city. The poor people try hard to make their ends meet.

Bengaluru city is dying. It is a live-in city, but not a liveable city.



PC: Malavika

comfort in every aspect of life. The major part of Bengaluru is covered by businessmen and professionals. Bengaluru was once known as the London of India. The weather of the city when compared to the other cities was commendable. These

atmosphere is increasing and soon the city will be levelled with Delhi in terms of pollution. The local areas are dumped with waste which results in the spread of various diseases. As per a national survey by the Economic Times, Bengaluru has the second-slowest commute speed in the

Shimla: The Queen of hill stations

PC: C M Aabha



C M AABHA

Breathtaking landscapes, colossal mountains, bustling markets, pleasant weather around the year, Shimla has everything that makes it popular retreat to beat the scorching summers of North India. With its peak tourist season during the summer months, the capital city of Himachal Pradesh also witnesses a huge tourist footfall during the winters.

This is because it is one of the few places in India which witnesses a subsequent amount of

snowfall. Temperature dropping below zero, the winters in Shimla are frosty and charming like a Christmas card.

The city has lots of places which tell exciting stories of legends, heritage, culture and history. The green hills mark summer in Kufri – a starker to the mesmerizing snow slopes that make “tobogganing” the thing to do at the end of the year. Reverence and heritage have co-existed in the hill town of Shimla for a long time now.

Hike up from the east end of the ridge of Shimla, towards the revered Jakhu temple. A

long way to a beautiful temple depicting Hindu myths. A looming 33 meter Hanuman statue and battalion of his minions stay with you as you walk through the forest of Jakhu temple.

Unlike most cities, Shimla has tried to retain the beauty of India and unique old-world charm. The hill station has managed to strike a balance between both traditional values and modernization. The population in the city has a mix of tribes that bring out harmony with each other by maintaining the values.

Khaidham Vicky Meitei : Rising star of North East

SRISTY CHHETRI

Khaidem Vicky Meitei is one the known player of I-league, currently playing for 'Real Kashmir FC'. He is a 22 year old player from Manipur, who has long way to go. He started his career with Thau club in Manipur, after which he never turned back. At a very small age of 13, he left Manipur to pursue his career in football. He has played for many different teams like Southern Samity, Guwathi FC, Fateh Hyderabad. He got his first I- league debut in Gokulam Kerala FC.

Mr. Vicky is very thankful of his father, for his constant support and encouragement. His family has been the source of nourishment to him, who allowed him

to choose football over anything. He gives his family the credit of all his achievements.

What is your first memory about football?

I have many good memories when it comes to football. I still remember I use to play football with rubber shoes. One day my father saw me crying because I wanted the football boot. So that day itself he took me to the market and bought me my first football boot. That is the best memory of football I have. It still makes me happy when I think about it.

Who is the sports icon that has influenced you the most?

I really don't have anyone particular who have influenced me, to be honest. Every player I



play with or play against has influenced me in so many ways. I believe that every player has something unique in him. I have learned from

each of them. Learning is a continuous process. I believe, we should grab it from anywhere we get.

Who is the most supporting person in your football journey?

My family, obviously. They are the best family one can ask for. Especially my father, his sacrifice and support have helped me to come this far. He has always supported me since my childhood. He gave me the freedom to choose football as my career. It was him who gifted me my first football. After that, my life changed.

What are the changes you had since you started playing professionally?

I have learned many things in the past few years. Lot of things have changed within me. I learned the importance of dedication, regular practice, team play, brotherhood.

I understood that participation is more important than winning.

There is no substitute for hard work. Football is not just a beautiful game but, it changes many life.

You are doing great in the current team you are playing. What do you look forward to?

I feel very fortunate and lucky to share my ground with many great players. They came from different part of the world and I have learned many things from every one of them. I-league and Real Kashmir FC has given me so much for which I will be always grateful. But like any other Indian professional football player, I want to play for India in future. It is my dream to represent India in an international tournaments. This is the only thing I am looking forward and working hard it.

Juggernaut of Uber and Ola killing auto drivers' livelihoods

MALAVIKA SURENDRAN

Ola and Uber are the two largest players in the cab-hailing space in India, whereas, auto rickshaw is the traditional mode of transport which is

Ola and Uber's services are taking over the rickshaw business. The cabs are more comfortable being air conditioned. But these services also provide rickshaw transport which the passengers

increase in the number of Ola and Uber cabs that is causing this, but also the rate the rickshaw drivers are charging. Only a few people prefer to travel by rickshaws. Ola and Uber provide services at half

pocket beyond need," said Mr. Raghuraj, a 75-year-old man who was once a victim of this. The rate the rickshaw drivers charge has increased so much that the common man does not want to travel by rickshaws. "The rate of the petrol is reaching heights, we are left with no other option to make ends meet," said Shiva, a 43-year-old rickshaw driver who has been in this business for 18 years now. The drivers of these vehicles usually come from the economically weaker sections of India's urban population. The rickshaw drivers cannot be put to blame completely.

This hike in price results in fewer safaris and ultimately less income. This does not show that people who own autos go by the meter or do not charge more but if they do so then it appears less than those who have rented auto, according to The Economic Times.



slowly losing popularity. The drivers are left with few options for future restructuring. However, autorickshaws remain a common sight both on the streets and in most major cities and towns across India.

prefer over the normal rickshaws. There is a decline in the average trips per day of the rickshaws which results in the decline in the average income per day of the rickshaw drivers. However, it is not just an

the rate of the rickshaws. "The main target of this are the old people who do not know to use modern technology and applications. The rickshaw drivers take advantage of our weakness and loot our

Women's safety: The need of the hour

C M AABHA

Even after 72 years of independence are women safe in our country?

A cup of tea and a newspaper in the morning is a perfect combo, but nowadays reading newspaper terrifies people. The crime stories against women are filling up the pages of newspaper which creates a panic among the women

The society has given certain restriction to women for centuries, but this is fading now a days. The rate of women engaged in night shifts is hence increasing in this 21st century, especially in IT as well as in call centres. There are laws to ensure the safety of women, but few still hesitate to work during the night.

During night shifts women feel insecure and unsafe especially when they travel for work and

while returning. Cab facilities are provided but is that reliable? "I am dropped off last and nothing wrong has happened to me but there is a fear till reach home," said Priyanka Gupta, an IT professional.

"Safety is a definite factor why I don't choose nightshifts," said Disha Dsouza a Northern Trust employee.

Are we safe? A question that arises in the mind of every single female out there, regardless of the age and nowadays gender is left unanswered.

"Whom can we trust? trust yourself, protect yourself," said Disha Dsouza in a dilemma.

Even the victims are not getting justice and the criminals are on loose, even after committing brutal crimes, 'Delhi Gang- Rape Case' is a perfect example

An individual should hesitate to do such crime, for that we need proper legislature.

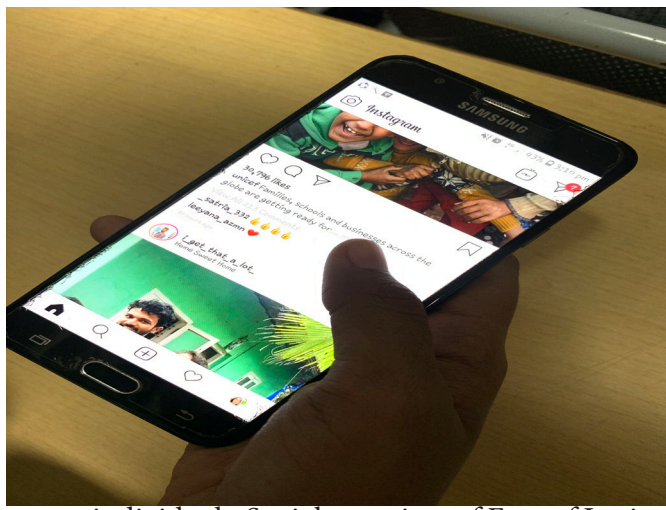
Virtual media taking over real life

SRISTY CHHETRI

Uploading food picture for friends to see is becoming more important than thanking mother for food, the biggest threat for today's society is social media and the people who are addicted to it. Social media was introduced to make people close to their dear ones. But it turned out to be the opposite.

Today it is taking people farther away rather than bringing them close. An average person spends two and half hours in social media updating their day to day activities. The culture of hanging out with friends and family is lost to the virtual world. It is common sight to see youth hanging out with their phones out, without any conversation.

Social Media is not just a threat to the society but it is also very dangerous for



every individual. Social network sites enables people to compare their lives with outs, leading to mental distress like Facebook Depression and Instagram Envy. Today people update everything, be it going to super market or Singapore. They make sure that their friends know about it. It actually makes the viewers question about their life and the work they do. People don't understand that everything uploaded in social media is not the reality.

Many youngers develop

anxiety of Fear of Losing out (FOMO).

Life was so much better before social media was introduced. People actually used to share their problems with their friends rather than updating silly stories in WhatsApp. Youths used to go for picnics and adventures without any distraction on their hand. People used to take out time for their friend's birthday rather than posting two line birthday status. Gone are the days when food used to remind of prayer and not of cell phones.

Parenting tips to influence their teen's world

BAL FRANCINA

We are living in a technology driven or techno-centric culture. Including the teenagers of our time it's a time of fantasy and the stress. The present generation feels it important to live in this state of infatuation most parents feel that it's time for them to give an extra care and value system to their children to make their choices and how do they react to challenges.

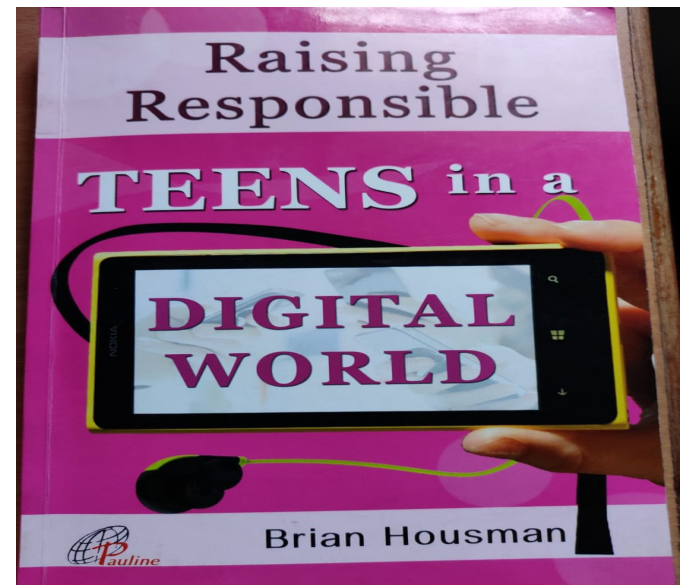
The book 'Raising responsible Teens in a Digital world' is all about advising parents on how to engage their kids and make them feel responsible from their choices towards media and the culture. This book sheds light on the preoccupied parents on to protect their kids, at the same time parents play a blame game on authorities, media and the institutions, and cereal ads for childhood

obesity, their sons fatal fault on videogame and daughters runaway marriage due to evil internet act.

This book clearly explains on how most of the time parents are unable to honestly address the issues in teen culture because

ignore but it is possible to raise responsible teens in this digital world too.

This book is written in narrative form with ample examples of real life to make it more interesting and clear. The language is very simple for the ordinary



they still fell that their teens are kids and innocent children

It can be in the form of by them every now and then their life and study. Digital world is unavoidable part to

people too can read and understand, helpful for the responsible parents, mentors and all those who are responsible to raise the responsible citizens.

PUBG- Gaming addiction

MALAVIKA SURENDRAN

Player unknown's game is the latest online game that not just the kids but also the adults are getting addicted to. This game allows players from different parts of the world to play together. One of the main features of this game is the different maps that a player can unlock.

The game is very much interactive, it enables the players to talk among themselves. It has great graphics and easy control features. It is a very challenging game that holds the player for hours.

These are the things that hook a person to play this game for hours.

Today, it has become the most addictive game of the time. Once you start playing the game, you

gradually spent 5-6 hours a day on it. According to Tomes of India, a 14 year old boy was diagnosed with PUBG addiction. In another case, a boy committed suicide for being scolded for spending too much time on PUBG, as per The Hindu reports.

It should be a game that people should play during their leisure time. It shouldn't make the players less productive in their life.



A reminder to protect our family values

C MAABHA

The rich 'family values' encompassing the houses in India is an embellishment to the culture and tradition our country is renowned for. But are we cherishing it? The aspiration to mimic the western culture in the name of development, social status is reflected in the clothing style and cuisines of millennial Indians. On top of that, western cultural imperialism is taking over all the parts of the world. These glittering changes happen at the cost of diluting our traditions and culture.

Today, generation takes pride in being techno-savvy.

Every individual has a 'technological friend', a mobile phone, a laptop, or an iPod. "When I am

bored, I simply glance through social media. It kills time", remarked Rakhi Nambiar, an agricultural credit manager. Yes, time just flies.

Try calculating the time you spent with technologies and then with 'real people and situation', what do you think? On an average a person spends at least five hours on electronic gadgets, and most of the people prefer to have a virtual conversation than meeting someone in person. So the main question is, are you living more in the real or virtual world?

From getting on the swing, climbing trees, playing hide and seek, role plays, playing with mud, coconut shell etc, the older generation had different memories about a childhood

filled with the essence of nature. The 'new generation' who are into the virtual world has a different story filled with video games, online games, television series, social media etc. "My nephew who is in the fifth standard owns a mobile phone wherein I got my first mobile when I was doing under graduation" recollected Elizabeth Kessya, a post graduate student.

This 'technological world' is detaching the relationships within the family. "We used to sit together and have food, that's the time we engaged in a long conversation. Nowadays, people don't have time to sit down and talk," recollected Aishwariya Arjun, an IT professional.

Even though technology, reduce the gap, having

the quality of time is reduced.

Mobile phones or television takes a prominent place in today's dinner.

What we learn from childhood will have a great impact as we grow up.

Parents are indirectly paving the way for their wards to get addicted to the technological world. People give electronic gadgets to children so that they won't bother them; the prime parent-child time is killed there. The elders are also engaged in the technological world, either the workload or as 'time killers for entertainment'.

Children learn from them, at least when at home they should part some time with their children.