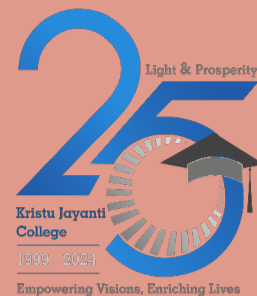




KJC MIRROR

Volume 7 Issue 4



KRISTU JAYANTI COLLEGE, AUTONOMOUS | DEPARTMENT OF MEDIA STUDIES | STUDENTS' PUBLICATION

Expert Lecture on Significance of Mental Health Illuminates Minds



Prabhash Kumar Mandal

The Department of Psychology, Kristu Jayanti College, Autonomous organized a guest lecture on the Mental Healthcare Act of 2017 and its provisions along with the status of mental health in India to mark World Mental Health Day on October 10, 2023. Dr Suresh Bada Math, Professor and Head of the Telemedicine Centre and Forensic Psychiatry at the National Institute of Mental Health and Neurosciences (NIMHANS) in Bengaluru, delivered the lecture.

Dr Bada Math began his talk by emphasizing on the importance of mental health and the need to destigmatize mental illness. He then went on to discuss the provisions of the Mental Healthcare Act of 2017, which is a landmark legislation that guarantees the rights of people with mental illness. The Act provides for several

important provisions including the right to access free and quality mental healthcare services, the right to informed consent, the right to confidentiality, the right to refuse treatment and the right to live in the community.

Dr Bada Math also spoke about the status of mental health in India. He highlighted the fact that India has a large population of people with mental illness, but there is a significant shortage of mental health professionals and resources. He pointed out that mental illness is still stigmatized in India, which prevents many people from seeking the help they need.

In conclusion, Dr Bada Math stressed on the importance of raising awareness about mental health and mental illness. He urged the students to be advocates for mental health and to support people who are struggling with it.

Devoting an hour to Shramdaan for advocating Swachhata

Saneesh Lukose

To create awareness among communities towards cleanliness and a hygienic environment, the Department of Professional Management Studies of Kristu Jayanti College, Autonomous organized a campaign on cleanliness in order to commemorate Gandhi Jayanti under the title 'Ek Tareekh Ek Ghanta' under the banner 'Swachhata Hi Seva 2023'.

The campaign took place in four different locations in Bengaluru i.e., K.Narayanapura Main Road, Kammana



halli, Bangalore Fort and Tippu Summer Palace on October 01, 2023.

The campaign took place in association with The Ministry of Tourism of India, Bengaluru office. The main aim of cleanli-

ness campaigns is to promote public health, prevent environmental pollution, create a positive and attractive environment, enhance community engagement and improve infrastructure. The Ministry of Tourism was extremely

happy and appreciated the efforts and service of the students towards this campaign.

Students found themselves deeply inspired and highly motivated by the proactive initiatives and programs spearheaded by the Government of India, in its relentless pursuit of promoting a clean and sustainable environment.

Overall, the cleanliness campaign has made significant strides in enhancing the cleanliness and hygiene standards of our community.

India's Official Oscar Entry: '2018' - A Malayalam Film on Catastrophic Kerala Floods

Gregory Joshua Binu

The film 2018 a Malayalam survival drama film which emphasised that 'Everyone is a Hero' has been chosen as India's official entry to the Best Foreign Language Film category for the 96th Academy Awards.

This marks the fourth time a Malayalam film has received this honour. The film is directed by



Jude Anthony Joseph and revolves around the devastating rains and floods that struck Kerala in 2018. It features an ensemble cast including Tovi-

no Thomas, Vineeth Sreenivasan, Aparna Balamurali, and more.

The movie serves as a poignant reminder of how the people of Kerala, regardless of their backgrounds, united to help those in need during the crisis.

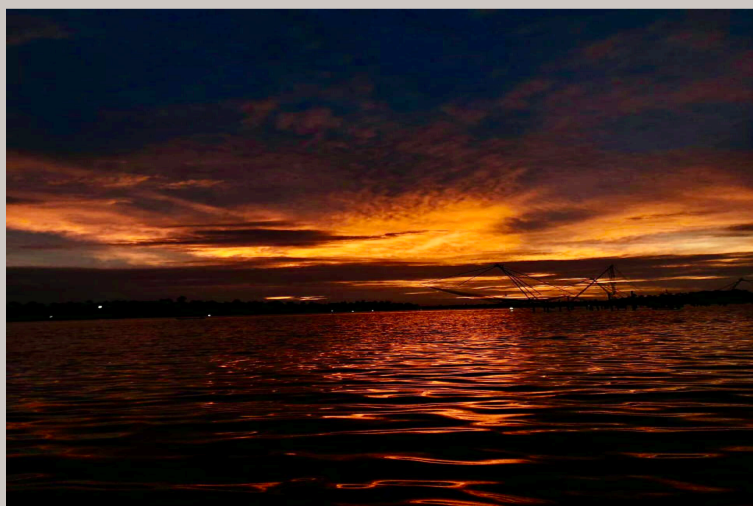
2018 also achieved significant box office success, becoming one of the highest-grossing films in Malayalam

cinema during a challenging period. Tovino Thomas, a key actor in the film, expressed his pride in the film's nomination and its potential to showcase Kerala's unity to the world.

The Film Federation of India (FFI) selected the Malayalam film due to its relevant theme of climate change and the struggles of individuals against the backdrop of so-called development.

Picture of the Day

Chamely Devdas



Vibrant hues of sunset paints the mesmerizing canvas of the sky

KJC Radio: Uncovering the Spectrum of Mental Health

The Department of Media Studies observed World Mental Health Day on October 10, 2023 by airing a radio programme on importance of mental health. The radio programme was brought out by I MA JMC students under the guidance of Prof. Tulika, Department of Media studies.

The resource person for the segment was Sharola Rajshekhkar, Executive Director of Crossroads Programme Centre. She stressed on the need for openly discussing about mental health as it helps to break the silence and stigma associated with it. Thus we can promote an environ-

ment of acceptance on not what people do but the way they are. Together, we may bust myths and create a world where mental health is as necessary as physical health, leading to a better and happier society."

Please scan the QR code to listen to the Radio Programme.

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