

THE BEACON

PRACTICE NEWS BULLETIN OF THE PG STUDENTS OF JOURNALISM AND MASS COMMUNICATION

Wednesday, 21 September 2022 / St. Joseph's University / Vol: 15 Issue: 14 / www.sjcdeptcomm.wordpress.com

First nasal Covid vaccine, a shot in the arm

Anjali Singh & Srijit Ray

With the introduction of the BBV154 nasal Covid-19 vaccine, a needle-free vaccine launched on Sept 6, India may have a game-changer in its hands. The drug developed by Bharat Biotech in collaboration with Washington University in St Louis is approved by the Drugs Controller General of India for the Indian market. Union Health Minister Mansukh Mandaviya said India has harnessed its science, research and development, and human resources against Covid-19 under Prime Minister Narendra Modi's leadership. Speaking to The Beacon, Dr Pankaj Mohan, BioTherapeutics from New York, said, "The vaccine is administered in the form of mist in the nose. It is easy to administer and defends against viruses entering through the nose. Downsides to the nasal vaccine are the requirement of proper administration. The variability in the mucosal lining is the actual amount of dose entering the blood/lymphatic system. It would be provided to the children first, followed by all other age groups." Dr Amar Singh, MD, FACP, American Board of Obesity Medicine, stated that these vaccines could prime immune cells in the thin mucous membranes that line cavities in the nose and mouth where SARS-CoV-2 enters the body. It can quickly stop the virus in its tracks before it spreads.

Dr Apoorva Reddy busts long-held PCOS myths

Priyanka Gond

BENGALURU: Polycystic Ovarian Syndrome (PCOS) is a hormonal imbalance, similar to thyroid and diabetes, but social media exaggerates the severity, said Dr Apoorva Pallam Reddy, Obstetrician-Gynecologist at the Annual PCOS Summit 2022. The Summit held on Sunday by PCOS CLUB INDIA in partnership with ADIDAS began with a five km marathon at 6:30 am from Brigade Road. Dr Reddy busting the myths surrounding the issue, said, "PCOS and PCOD are like Bengaluru and Bangalore." It is not a disease, but it is a collection of symptoms. Three criteria must be met to ascertain PCOS: Irregular menstruation, an ultrasound examination, and an examination of blood parameters. PCOS is difficult to detect in tests as it is a symptom-based illness. "If you don't have acne, for example, there's no need to do a testosterone level test." "Girls are worried about acne, mums are worried about grandchildren." She explained that those with PCOS are equally likely to conceive and likely to be fertile but should be advised to take a specific multivitamin and prenatal vitamin before trying. Speaking to The Beacon, she explained the difference between endometriosis and PCOS. Endometriosis occurs when blood collects in the fallopian tubes during menstruation and does not

drain out of the body. Women with PCOS experience irregular menstruation, and their bleeding is abnormal. When asked about repetitive consumption of birth control pills and painkillers, Dr Reddy responded that you should take one whenever necessary after consultation with a doctor. She added that micro-pharmaceutical



Panel discussion in Brigade Road

Priyanka Gond

products like Gummy bears for PCOS are not the most reliable. "If any medication has a micronutrient, it might work, but other than that, the claims are all false. Always check the ingredients. Do not overdose on nutrients that you naturally have." Environmental variables such as sleep difficulties, junk food consumption, and a lack of

exercise over time all impact PCOS, she said. There is a lot of conflicting research on the methods to control PCOS. "However, whatever works for you, only go for that. Always seek medical advice. Many physicians recommend micronutrients instead of birth control. A drug containing a micronutrient may function, but the rest of the promises are Drus," she said. She also noted that medicines that delay your period do not permanently alter your cycle, so it is safe. Acne, unwanted hair, mood swings, trouble sleeping, weight gain, difficulty losing weight, slow metabolism, difficulty conceiving, and future heavy bleeding - are the symptoms of PCOS.

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Students fail no matter who wins war

Anuja Jose & Sowmya A

After more than a year of online classes due to the COVID-19 pandemic, Indian students were barely back for their offline classes in Russia when the Ukraine-Russia war struck the nation. Regarding the lives of the students studying there and the uncertainty surrounding their future, The Beacon talked to Shushmith Edward (name changed) about his experience as a student in a Russian educational institution amidst the war. He is a 4th-year medical student at the People's Friendship University of Russia (RUDN), Moscow.

"I was barely back for 5 months before the war started. Although on the outside it was completely normal and we were safe since the war was being fought more on the Ukraine side and the borders, there was an air of uncertainty and fear of what if they attack the capital," expressed Edward. The Ukraine-Russia war has been a disaster affecting the residents on both sides of the border, particularly the education sector. The students were given the option of going back home during the war, and classes were being taken in a hybrid mode. But as medical students,

they need to have practical classes and get hands-on experience in the field, which they missed out on. Commenting on the war, Edward said, "I get that Russia may feel threatened if Ukraine joins the EU because they'd be surrounded. So, I'd say what's happening is terrible, but the way they're going about it is inhumane with so many lives being lost. Yet Russia truly believes they're just being defensive." Expressing his concerns about the situation of Ukraine students, Edward said, "I know of many people, including friends of mine, who had to spend weeks in bunkers,

unable to leave the country and go back home. We were sent videos by friends in bunkers, watching bombs being dropped in front of their eyes. I had a friend who had to cross the border to Hungary before he could catch a flight home."

"I get that Russia may feel threatened if Ukraine joins the EU because they'd be surrounded"

It's now the leftists turn to rein in on dissent

Aileen & Jenett Jose

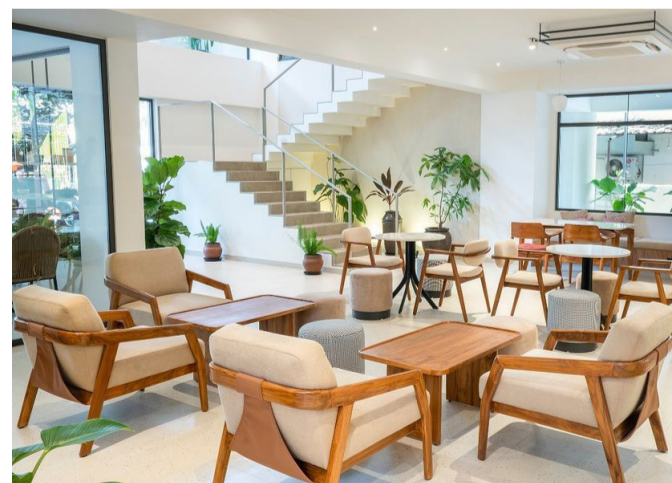
KERALA: Two student leaders- including a female activist, were arrested yesterday at Chittoor Government Girls High School, Palakkad district while campaigning against the National Educational Policy, 2020 (NEP). The All India Democratic Students' Organisation state vice-president K Rahim and Palakkad district secretary R Shruti were detained by the Kerala police while collecting signatures against the NEP. The left student organisation in its press release has termed the arrest an attack on democracy. "Disrupting democratic activities such as signature collection even though on public streets, using police force, is an outright fascist act," the release stated. Unleashing a scathing attack on the CPI (M) led left-front government in the state, AIDSO questioned the stance of the government on the NEP. "The CPI(M) led government's pursuit of a policy of thwarting activities against the NEP. indicates a departure from the party's publicly declared political positions.." Speaking to The Beacon, Aparna Rajeevan, the state secretary, said, "They weren't breaking any law; they were collecting signatures outside the school premises and of those students who were willing."

Paper & Pie: The aesthetic café of your dreams

Vanlalhuma & Ashish

BENGALURU: A vibrant and trendy cafe perfect for 'Instagram worthy shots' that also boasts a wonderful work environment and a robust menu has opened up at Indiranagar 100ft Road. Once you enter Paper & Pie, you are greeted by a minimal aesthetic interior with accents of white and beige and enticing decor. This spot is a treat for rabid café hoppers.

Paper & Pie offers an eminent workspace with a conference room, a podcast room, and numerous charging stations. The manager said what sets them apart is their vibrant workspace and friendly staff allowing customers to work with privacy. "We have



Aesthetic interior of Paper & Pie

@paperandpiebangalore

a library with an extensive collection of books available to our customers to read, and we are particularly proud of this resource," the manager added.

Apart from the ambience, Paper & Pie offers freshly baked desserts, superb delicacies,

and a vast coffee collection. "I tried various food at the place like their caesar salad, french toast, and English breakfast, and they were amazing. The coffee was also very delicious," said a food blogger on Instagram.

Pedestrians have a harrowing time traversing Madiwala Road

Jesbin Sam Mathew & Megha Mukundan

BENGALURU: Broken footpaths on Madiwala road have been troubling pedestrians for the past few weeks. The area is polluted, as the nearby vendors dump waste in drains, complain the residents.

Speaking to The Beacon, Prakash, a resident of Maruthi Nagar, said, "The situation became severe during the night. It is better to walk in the middle of the road than on these footpaths."

The dumped waste in debilitated footpaths by vendors is contaminating the area. In light of the upcoming Durga puja, the area is expected to shelter a large number of people, which will



Path hole

Jesbin

worsen the situation further.

Another resident, Priya, lamented, "One of the parents residing in the area stated that by seeing this space, kids have the intention to jump over it without knowing the seriousness. The government or the associated organisation have no intention to clear this mess; it will lead to a tragic disaster."