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The statue of Adiyogi unveiled

Kannika S

The Adiyogi Statue was unveiled by Karnataka chief minister Basavaraj Bommai in the presence of spiritual leader Sadhguru Jaggi Vasudev. The 112-foot-tall statue, of the Hindu deity Shiva was inaugurated in a grand ceremony at Chikballapur district of Karnataka on January 15. The event, held at the Isha Yoga Centre, drew thousands of people from all over the country. During the ceremony, Bommai said the statue is a "symbol of our ancient culture and heritage," and it would be a "source of inspiration for future generations." Sadhguru, the founder of the Isha Foundation, stated that the statue was a "tribute to the Adiyogi, the first yogi," and that it would help people all over the world spread the message of yoga and inner transformation. The statue, made up of steel was built over a period of five months, with the intention of creating a space for people to connect with the inner self and inner transformation. Many people had been waiting for months to see the statue, which is said to represent yoga and spiritual enlightenment. The Adiyogi Inauguration event witnessed thousands of people in attendance. It is hoped that it will become a major tourist attraction in the state as well as a destination for spiritual seekers from all over the world.

Power Napping: The new productivity booster

Nikita Priya

The ongoing debate concerning the work-life balance of employees has led to companies seeking new approaches to increase employee productivity and welfare. One such solution that is gaining immense popularity is the concept of a "power nap" during working hours. Companies like Google and Licious have accepted the idea of allowing their staff members to take a quick sleep in between work hours. With this program, the productivity and well-being of employees have been shown to increase drastically. "A power nap is a short nap taken during the day, typically lasting between 20-30 minutes. The key difference between a power nap and a regular nap is the timing and duration; power naps are taken during the day when energy levels



Representational Image

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tend to dip, and are brief enough to avoid entering deep sleep, which can leave you feeling groggy upon waking," explained Dr Amardeep, a psychiatrist. He also stressed that power naps should be viewed as a complementary tool, and not a replacement for other methods of improving alertness

and productivity, such as caffeine or exercise. There should be specific guidelines and recommendations that should be followed when it comes to power napping. The ideal time to take a power nap is between 1-3 pm, and the duration should be kept up to 20-30 minutes. He also notes that there are

potential drawbacks and risks associated with taking a power nap during working hours, such as difficulty in falling asleep at night. In terms of best practices, Dr Amandeep further advises companies should consider implementing flexible schedules to allow for power naps during the workday

and provide a designated space for employees to take power naps, such as a quiet room or nap pods, where they have to avoid using their digital devices, make a routine, and consume the right amount of food. Talking about the benefits, he further opined, "Power naps have been proven to improve alertness, boost creativity, and reduce stress. They can also help to improve overall cognitive function and memory retention, which may be particularly beneficial for people who work long hours or have demanding jobs, but may not be recommended for those who have difficulty in sleeping or have a history of sleep disorders". Companies that are willing to invest in creating a power-napping culture will see an improvement in employee satisfaction and retention, as suggested by many studies.

75th Army Day in Namma Bengaluru

Angeline Claudia

Bengaluru: The 75th Army Day parade for a change was hosted in Bengaluru for the first time and not in the capital state, as the government of India had taken a decision to move major events away from NCR (National Capital Region) to other parts of India. The Army Day, observed on January 15, was celebrated at the Madras Engineering Group War Memorial to commemorate the occasion when General (Late Field Marshall) K M Cariappa took over the command of the Indian army in 1949 from General Sir Francis



Soldiers during Army Day parade

Hindustan Times

Roy Bucher, the late British Commander-in-chief, thus becoming the first Indian Commander-in-chief post-independence. The Chief of the Army Staff, General Manoj Pande, paid homage to all the brave hearts, by awarding gallantry awards. The parade witnessed

eight contingents march live, along with band displays, bike stunts, and a flypast of Army Aviation Dhruv and Rudra Helicopters. The parade was graced by various school students, NCC Cadets, ex-NCC cadets of Bangalore and family members of the soldiers. "I

was extremely happy when I got to know it was happening in Bangalore; every time it happens in Delhi and it is not possible to go, and this time I got my chance to attend it finally," stated Twinkle Sharma, Ex-NCC Cadet, speaking to The Beacon. "The whole place was filled with officers, who were very motivating, and we could also talk to them or click pictures with them, as they were very polite with us. Bangalore is very active, especially when it comes to defence, so the civilians of Bangalore should be given equal chances to witness events like these".

Pongal celebration at SJU

Jeba Janet

Campus: Equality is a process of recognising that discrimination between elders and younger people should not exist. It is not only about treating each other equally, but also about respecting and accepting the decisions of others, said Vikram Arul Vidayapathi, a standup comedian, in the Pongal ceremony held on Saturday organised by the Tamil Sangam crew at St Joseph University. Samathuva pongal was the theme of this year's pongal celebration; samathuvam means equality. The people of Tamil Nadu stated that 'We belong to all places and to everyone,' but it is just words because there is no equality among them, said Vidyapathi. Most traditions are not passing on their knowledge to the next generation because art and artists are not given the respect they deserve, and the public is unwilling to pay what they demand and deserve. According to Naresh, a paraiyar folk dancer, most artists have abandoned their traditional works in order to fit into something that they do not understand. According to him, untouchability is the primary reason why traditions are fading, as they have been since their inception.

A venture moulded of coffee and memories

Dhamini D

Bengaluru: The genesis of VS Mani & Co. began in a quiet, idyllic corner of Madras and moved to Bangalore, where it evolved from a pandemic pet project into a fully-fledged brand. Through coffee, delicacies like 'murukku', banana chips, and spices like 'molaga podi', GD Prasad, the founder, built a brand that aims to recapture 'familial warmth.' Speaking to The Beacon on the uniqueness of the brand, Prasad expressed that they envision their brand to deliver



The Brand's image

vsmani.com

products that have a personal connection to the South Indian tradition and culture. "Bangalore is a lot like my brand, with the perfect mix of tradition, authenticity, and a modern and contemporary view," he opined. "Our target audience and

consumers are South Indians who largely reside outside of South India in cities like Bombay, Gurgaon, Pune, Ahmedabad etc, as well as those who primarily drink tea but are curious and interested to try South Indian food and filter coffee," he added. Reminiscing about the inspiration behind the brand and its features, Prasad said that life at #20, 1st Main Road, was simple, unhurried, yet purposeful. He learned various values from his grandparents and their inclination towards the coffee culture.

Hinduism is not Hindutva

Yachi and Ishika

Bengaluru: A new India built on the dominance of one particular group of people would fail because Hinduism is the core of India and not the politicised form of it, Hindutva, said Ambassador Pascal Alan Nazareth. The Indian Institute of World Culture (IIWC) organised a talk show on January 14 to explore the relationship between the Indian freedom struggle and the African-American struggle for freedom on the occasion of Martin Luther King Jr's birth anniversary.

Nazareth lamented that Gandhi would be described as a 'deshdrohi' and his assassin would be described as a 'deshbhakt' in this new India. "There is a talk of a new India but the India of Gandhi is the India of the millennials," he stated. Gandhi and King Luther both define simplistic characterisation even though they come from different cultural and religious backgrounds. Both saw non-violence as a fundamental rule, said Nazareth while describing the similarities between Gandhi and King. "It was their struggle for freedom," he said.