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Fishing for opportunities proves fruitful

Srijit Ray

The reservoir in Khoum Valley, Manipur, was selected by the Indian Council of Agricultural Research (ICAR) and Central Inland Fisheries Research Institute (CIFRI) team in May 2022 after a thorough year-long research, for the demonstration of Pen Culture technology to produce fish, and has finally seen fruitful results, as per a press release by the Ministry of Agriculture and Farmers Welfare.

The dam was commissioned in 1983 with the primary objective of irrigation and supplying drinking water to the natives of Noney and Tamenglong districts but it remained dysfunctional due to technical issues and remains as a water reservoir.

The net fish production per pen was recorded at a whopping 1535 kgs including common carp, grass carp, and rohu fishes. The cost-benefit ratio was calculated to be 1.50 which indicated a stable state of profitability. "Utilising all the pens for grass carp will give a higher cost-benefit ratio," said the press release. The technology is feasible and economically worthy to the fishermen, which is encouraging them to adapt to it in future in the hopes of a better yield.

The location of the reservoir is apt for pen culture, which is the raising of fish in a water body enclosed on all sides except the bottom, permitting the free circulation of water from at least one side.

Battling migraines amidst the rainy season

Priyanka Gond

Monsoons trigger migraines, as temperature change plays a significant role in worsening or causing migraines, which is a neurological and now a cardiovascular disease or disorder, said Dr PR Gupta, general practitioner.

Nearly one in ten women experience migraines, making them more prevalent in women. Men are less likely to have them than women, about one in ten thousand men do. Many factors can trigger migraines and it varies from person to person.

The people suffering from migraine are sound and light sensitive, and since monsoon season brings unpredictable weather, it can be difficult for them to cope. Some people experience more headaches during the day, while others experience more at night.

"There are some foods that cause or start migraines, including foods like cheese, Chinese or oily food, chilled beverages, and



Representational Image

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ice cream," stated Dr Gupta.

The symptoms of migraines are mild to severe headaches, irritation to sound and light. There are various types of headaches, but two of the most common types are unilateral and equivalent migraines. If the headache stays for a longer time, a person tends to feel nauseated.

Unilateral or one-sided headache is a primary headache disorder that comes with infrequent attacks that last seconds. If left untreated, the pain, which may first feel like a sharp stabbing on one side of the face, can get worse and extend to other sides of the body.

Dr Gupta told The Beacon,

"Some people also suffer from the equivalent migraines in which weakness of one side of the face or one side of the body happens, and this is very rare. Some people get a feeling of paralysis ranging from a short to medium period. Usually, it happens from head to toe, or vice versa."

Migraines are found in chil-

dren too, as abdominal symptoms. Most often this is diagnosed in children, characterised by stomach pain, nausea, and vomiting, which can lead to absenteeism from school, emotional distress, and a disruption in normal activities. This is less common and often poorly understood.

Abdominal or gastrointestinal symptoms, like nausea and vomiting, show that nerve fibres become more sensitive to pain by nerve signals, endocrine signals, or the immune system, thereby increasing the risk of migraine, he added.

"To treat migraines, drugs like non-selective beta-blockers and anticonvulsants help," says Dr Gupta. Beta-blockers are drugs that can lower stress on the heart and blood vessels by blocking the action of adrenaline. They can also help manage anxiety, tremor, and other conditions. Anticonvulsants suppress the excessive rapid firing of neurons, which is often effective.

TN schemes face discontent from the public

Sowmya A

Tamil Nadu's much-anticipated women's basic income scheme, which promises to provide Rs 1000 per month to eligible households headed by women, has met with opposition and public discontent.

Chief Minister M K Stalin announced that the Kalaingar Magalir Urimai Thittam, a women's basic income scheme will be rolled out from Sept 15, 2023, and the tokens and application forms will be distributed from July 20 by the salespersons of the ration shops. This financial assistance scheme which aids Rs 1000 to women heads of eligible households every month in Tamil Nadu was one of the poll promises of the DMK government.



The struggle for survival

TheHindu

A Mariyammal, a resident of Kovilpatti, said that a thousand rupees might hardly help a household as the prices of gas and vegetables keep on increasing. "The price of LPG is around Rs 1200 whereas the financial assistance of only Rs 1000 is provided," she lamented. The eligibility criteria set up by the government also do not favour ev-

eryone. When the scheme was first announced, it was said that every household would get Rs 1000. But now contradictory to the statements made earlier only 'eligible' households will be the beneficiaries of the scheme. She also criticised the government for implementing the scheme late, after almost two and half years of winning elections.

B Nithya, a salesperson from the ration shop, said, "There is no proper planning for the implementation of the scheme." We are instructed to distribute the forms to the public individually by visiting their homes. But the public themselves have to come to the registration camps set up by the government to return the filled forms. This might be a little difficult for the public as there are chances that people might lose the application forms for different reasons, she expressed. She added that a lot of people might not know how to fill out an application form as well.

The government has put forth eight criteria to become eligible to claim the benefits.

India Ki Heartbeat, BGMI returns stronger than ever

Srijit Ray

The recent unbanning of Battlegrounds Mobile India (BGMI) has led to its resurgence, and the competition surrounding it is unimaginable, according to Soujanya Adhikary, a gaming content creator and competitive BGMI player.

BGMI, whose servers were put down in India, was back in action when the game was finally unbanned on May 29, 2023.

With the emergence of better devices, more youngsters are actively taking part in gaming and content creation as a source of passive income or out of passion for the game.

Adhikary said, "If a child shows exceptional talent, they may consider eSports as a career, but definitely under parental guidance." Even though the gaming industry is constantly evolving, more players are emerging. He also commented on the fact that India is making its presence felt on the global stage.

He advises youngsters to be dedicated to the game, and stated, "Consistency, hard work, and a willingness to adapt to changes are essential ingredients for success in this dynamic and extremely competitive arena.

Lalbagh reads: A silent healing

Megha Mukundan

BENGALURU: A group of people seated on their mats near a pink tree, with books in their hands, immersed in reading; sounds relaxing, right? This is how Sundays looked like in Lalbagh Garden for a couple of months now.

'Lalbagh Reads', an open and inclusive reading community, has found their comfort zone amidst the busy city by now.

The curators of the community, Simran L Loonawat and Nanditha Bhoopalam, set up this initiative as an extended chapter of 'Cubbon

Reads', which now has almost 80 participants. The group gathers together from 9 am to 12:30 pm on every Sunday, in the Lalbagh garden. 'Enter through the west gate and walk until you spot a pink tree', reads their instructions.

"People bring hard books, e-books, and there was a girl who was even doing her Maths homework last week," said Simran, talking to The Beacon. She also added that there are no hard and fast rules for them, as anyone is free to enter and exit anytime, and to do whatever activities they

would like to do. The group also engage in a small conversation break and a group photo before they leave.

The members of the group are satisfied and moreover, excited every week according to Simran. "They say they wait for Sundays so that they can come, read, have a conversation and have lunch with the community." Talking about the mental health of the readers, she said that many of their mental health have improved and there are people whose therapists recommend them to attend Lalbagh Reads.

Oppenheimer faces backlash

Aileen Raju

Controversy has gripped Christopher Nolan's film 'Oppenheimer' over a scene in which the character, played by actor Cillian Murphy, engages in a sexual act while reading words from the Bhagavad Gita, a revered Hindu book. Oppenheimer was released in theatres worldwide on July 21 and has fared well at the box office. Nevertheless, the mention of the Bhagavad Gita in one of Oppenheimer's sex scenes notably infuriated several viewers, who had generally negative reactions to the film.

When the titular physicist realises the dreadful power of the

atomic weapon he helped in developing, he says, "Now I have become Death, destroyer of worlds." This quote from Gita truly plays a significant part in Oppenheimer. According to The Hindustan Times, some viewers were also startled when Oppenheimer was published in India, the sex scene was obscured, but the Bhagavad Gita reference remained, even though it may be considered blasphemy.

Viewers have taken to Twitter to express their outrage regarding the issue. Some critics believe that this portrayal trivialises the significance of a profound spiritual scripture to the Hindu faith by reducing it to simple sexism, reads India Today.