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Psychology students put the spotlight on mental well-being

Sharon Anna James

CAMPUS: To create awareness about the importance of mental health and to destigmatize the taboos around it, the students of the first batch of Master's in Psychology and Counselling of St. Joseph's College (Autonomous) organised a Mental Health Week on the campus. The event aimed to highlight the significance of mental well-being through a series of interactive activities conducted all around the week. The activities were designed to reflect the participant's emotional and mental well-being. "We want the audience to understand the importance of talking about mental health in a space like a college where people come from diverse backgrounds and experiences," says Keerthana CJ, one of the student coordinators of the Mental Health Week. A variety of events such as stress busters, painting one's emotions, bingo, and Pictionary were organised on each of the days throughout the week. The events were based on the perception of the psychology students on what awareness meant to them but in an informal way. The event was meant to bring about change in the outlook of people concerning mental health and the issues revolving around it.

Students in limbo as BCU and Srishti battle in court

Why are we made guinea pigs, ask students

Subadra Sarath

How can the institution offer its students a bright future if it refuses to accept them? The chaos borne out of the affiliation of the Srishti Institute of Art, Design and Technology (SIADT) to various universities over the years has become an issue for the students in availing the degree certificates, said CA Sakina Kachwala, a law graduate and member of the Parents and Students Group of the institute.

"At least they should have informed us about the whole situation so that we could have done something else because without the certificate we are just 12th pass students who are ineligible for any higher studies and good placements," said a student from the 2021 batch of B.



Representational Image

Srishti Institute of Art, Design and Technology

Voc.

Previously, the institute was affiliated with the University of Mysore. SIADT later got affiliated with the Bengaluru City University (BCU) in the year, 2018. As per section 66 of the Karnataka State Universities Act, special institutes do not conduct courses in the same way that regular colleges do,

and Srishti is one of those colleges, with different courses and exam patterns, said Kachwala.

"People who are planning for their masters are facing trouble as many colleges demand their degree certificate or the date when they get it, but our college is not able to answer that. Students who went abroad to

study and those who took up jobs hoping that they would get their degree certificate had to leave everything and come back, losing it all because of this whole issue. In many colleges, they are not even able to apply for any job because they don't even have a mark sheet to upload," said Anchita Kaul, a final year student.

SIADT became an affiliate of Bengaluru University at a time when it was being tri-furcated, splitting into three universities: Bengaluru Central University, Bengaluru North University, and Bengaluru University. As a result, the Bengaluru University authorities informed the State government that SIADT in Yelahanka falls under Bengaluru University and not the Central University.

Following the concerns around the BCU, SIADT in 2020-21 became a part of the Manipal Academy of Higher Education (MAHE), a Deemed-to-be university. The batches since 2018 have not received their mark sheets and degree certificates despite graduating, Kachwala added.

Protesters condemn BMRCL's land acquisition policy

Saishyam Srikanth

BENGALURU: The Bengaluru Metro Rail Corporation Limited (BMRCL) snatched away 49 acres of our land in 2019-20 without giving us any compensation, said the protesters at Kadugodi Plantation who have been protesting against this 'injustice' for more than 90 days.

Since March 23, the residents of the area have protested through rain and shine demanding that they be issued documents to prove that they are the owners of the land. They have condemned the BMRCL's occupation of

the land.

Muniraj, one of the protesters, said, "This land which was taken away from us was being used for grazing cows which used to help the locals earn a livelihood. They promised us that we would receive adequate compensation for the land but till today we have not received even one rupee."

The protesters said that they also want jobs for 200 unemployed youth who have done SSLC and more. "Metro has taken so much of our land, they must at least ensure that we get permanent jobs on our own land," a protester said.

The BMRCL did not respond to repeated requests by The Beacon for a comment. Muniraj told The Beacon that the protesters were fully in support of development and acknowledged the importance of such work but that this development should not go against the constitutional rights of the individuals and that adequate compensation must be paid to those who lost their lands.

He cited the example of how in the early 80s when some companies wanted to establish factories in the area, they had paid landowners 30,000 rupees per acre as compen-

sation. The protestors stated that in those days, this sum was enough to buy 10 plots of land in the authorised residential layouts in the area. The protestors are demanding a similar compensation this time as well.

"Metro has taken so much of our land, they must at least ensure that we get permanent jobs on our own land."

Sommana promises to look into allegations surrounding WoC flyover

Pushparaj C

BENGALURU: After speculations arose over the quality and the progress of the West of Chord Road Flyover work, Minister for Housing and Infrastructure Development V. Somanna inspected the development work accompanied by BBMP officials on Thursday. "I will ask the BBMP officials to send the complete details of the construction of the tender. The work is being done well and is progressing. If someone gives a written complaint about the flyover work or the quality of the material used in the construction, I will take immediate action," said the minister.

He further said the construction of the flyover must complete at the earliest. "We will not support the contractor if the work is not proper. We will question them." The tender was given to the RPP infra company by the government. But there were allegations that the work is being done by another company, and it had increased the cost by 22.5%. The escalation cost is allowed up to 5%. V. Sommana mentioned that he would look into these allegations.

Twelve Carat Toothache: A story of Post Malone's introspection

Gautam Nagar

A stylistic follow-up to his 2019 work Hollywood's Bleeding, Post Malone's latest album Twelve Carat Toothache represents the singer's continued efforts to emerge as a groundbreaking voice in the R&B genre.

Conceived and recorded during the Covid 19 pandemic, Twelve Carat Toothache represents an appropriately dark state of mind in terms of its tone. Malone additionally eschews the juvenile musical style and

persona that characterized his earlier work in favour of an album that is deeper, darker and indicative of his maturing sensibilities as an artist. This is evident through introspective lyrics that touch upon celebrity culture and the downside of fame, alcoholism and substance abuse, self-deprecation and toxicity alongside the aftermath of falling out with a loved one.

Malone's element of maturity is highly evident in the eclectic musical character of the entire album. While

predominantly being an R&B record, Malone imbues and blends numerous other genres such as hip-hop, rock, lo-fi and dance-pop.

As a creative flourish, this musical blend aids in the continuous flow of the album, keeps things interesting, enhancing the listening experience and replay value for the viewer in the process.

Despite the dark tonality marking the album overall, Post Malone hints at moving towards a more optimistic place in his life. The songs

"Cooped Up", "Wasting Angels", and "Waiting For A Miracle" showcase an overarching intention to resurface and break away from thoughts and feelings that tie one down, coping with the excesses of their celebrity lifestyle and continually hoping for things to turn out for the better.

Malone's narrative, themes and lyrics are skillfully complimented through featured vocals by Doja Cat, The Kid LAROI, Roddy Rich and The Weeknd.

The collaborations infuse the album with their signature sounds but ensure they don't take away the spotlight from Malone or overpower his vision and musical sensibilities for the album.

With an engaging sound, a consistent narrative and excellent production values, Twelve Carat Toothache as functions as a cohesive concept album and arguably a high point in Post Malone's career, leaving fans excited for what now follows.