

THE BEACON

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

Tuesday, 3 February 2026 / St Joseph's University / Vol:18 Issue: 72 / www.sjcdeptcomm.wordpress.com

Health under work pressure

Samya Sharma

Doctors are warning that long working hours and constant pressure are no longer affecting only mental wellbeing but are increasingly harming the physical health of young professionals. Following the recent suicide of a tech worker and a viral post by a 22-year-old employee stating, "This cannot be my life" calling out grind culture, discussions around burnout and prolonged work hours have gained attention. Doctors say they are frequently treating professionals in their 20s for conditions such as migraines, fatigue and early signs of diabetes. "If this continues for months, it can turn into heart problems at a young age," said general physician, Naman Sharma. "When someone is not okay mentally, the body is often the first place where stress shows up through dizziness, disturbed sleep or stomach issues", Ansh Barara, a psychologist, told *The Beacon*.

In corporate spaces, these symptoms are overlooked. Ananya Jaitely, a tech worker said, "I don't think anybody sees it as a warning. It's so normalised," adding that employees feel guilty about taking breaks due to work pressure. She noted what holidays don't feel like breaks, as work regularly stretches into weekends, limiting recovery. Doctors stress the importance of rest and sleep, while employees argue that companies must set boundaries to prevent stress from becoming serious health conditions.

Traffic police day celebrated with students

Diana Saldehna S

Bengaluru: On the 18th annual celebration of "Traffic Police Day", students from several schools across Bengaluru gathered at the Traffic Police Park on St Mark's Road, January 30, to thank the city's traffic police personnel who work every day keeping the roads safe and moving.

Organised by the Children's Movement for Civic Awareness (CMCA) in collaboration with the Bengaluru Traffic Police, the event offered a rare chance for students and officers to meet directly. Instead of seeing the police only at busy signals and junctions, children interacted with them, listened to their experiences and understood the challenges of managing traffic in a growing city.

Through poems, short speeches, cultural performances and



Students felicitate traffic police with thank-you cards

Diana Saldehna S

handwritten messages, students expressed their appreciation. Some handed over roses as a token of gratitude, while others read out tributes to the officers who stand for long hours in the sun, dust and noise, regulating traffic and preventing accidents.

Addressing the gathering, Joint Commissioner of Police (Traffic) Karthik

Reddy IPS, said the efforts of traffic personnel often go unnoticed. "Bengaluru moves when the traffic cop stands. Standing for seven to eight hours a day in pollution and noise is not easy, yet they continue their duties with dedication. Civic sense must begin from childhood," he added.

He reminded students that traffic management is not

just the responsibility of the police. "If everyone follows traffic rules with proper civic sense, there will be no traffic jams in Bengaluru. Most congestion occurs due to violations and a lack of responsibility. "Change must start with us," he added, urging children to practise discipline and encourage their families to do the same.

Students asked officers

about their daily struggles, peak-hour pressure and emergency situations. A woman traffic officer explained how managing VIP visits, school rush hours and ambulances at the same time can be stressful. "People often blame us, but very few understand the pressure we work under," she said.

Traffic officer Ravi Kumar spoke about road safety. "Nearly 1.7 lakh people die in accidents every year in India. Often, innocent people suffer. So, everyone must act responsibly, not just the police," he said.

CMCA facilitator Ashvini said that the aim of the programme is to build empathy and cooperation. With only about 5,000 personnel managing nearly one crore vehicles in the city, she noted that citizen support is crucial.

Workers' convention challenge the new labour codes

Meinar Nahak

Bengaluru: The All-India Central Council of Trade Union (AICTU) organised a Workers' Convention at Gandhi Bhavan, Bengaluru, on February 1, to launch a Kannada booklet titled "Debunking Modi's Lies on Labour Codes", analysing the four new Labour Codes. The event aimed to educate workers and mobilise support ahead of the nationwide strike scheduled at Freedom Park. Speaking to *The Beacon*, Maitreyi Krishnan, the AICTU's state secretary, said the booklet seeks to 'expose' how the labour courts and new codes weaken workers' rights



AICTU launched Kannada Labour Codes booklet

Meinar Nahak

and to build awareness before the all-India strike on February 12. "This booklet is meant to explain how the new labour framework reduces protections for workers and to prepare them for collective action," she said. The booklet critiques the four codes on wages, industrial relations, social security, and

occupational safety. While the government presents these reforms as a "simplification" to ease business operations, trade unions argue they "dilute safeguards and increase job insecurity". AICTU leaders also emphasised that presenting the analysis in Kannada is crucial, as many

workers lack access to English legal texts, making the booklet an important tool for grassroots organising. Chief guest Justice V Gopala Gowda, a retired Supreme Court judge, offered a constitutional critique, stating that the codes violate Articles 14 and 19 by restricting the rights to association and protest. He urged sustained protests similar to the farmers' movement. Participant Hemanth Kumar R added, "The new labour codes destroy workers' stability, and on February 12, we will show the real strength of workers." his attitude toward rule-breaking.

Budget impact on youth

Anamica Vinod

While the Economic Survey 2025-26 emphasises the importance of skill development and training in emerging technologies like artificial intelligence (AI) for students, experts claim that the true impact of any such initiative announced in the Union Budget can only be evaluated after it is implemented.

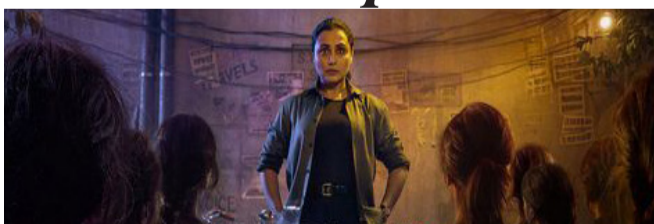
Speaking to *The Beacon*, economics professor John Sajan said the budget is largely a statement of expectations rather than actual outcomes. "In India, the deficits in the budget are justified in the name of welfare and job creation, but administrative and structural issues often prevent funds from reaching the intended beneficiaries," Sajan stated. As a result, uncertainty remains over how far budgetary spending translates into actual employment opportunities for young people.

Sajan added that a focus on AI and related sectors could benefit youth only if it is backed by training programmes, noting that many students are academically qualified but lack the practical experience required by the industry.

Performance driven cop drama

Jessica Maria

Mardaani 3, the third instalment in the Mardaani franchise, once again features Rani Mukerji as police officer Shivani Shivaji Roy, continuing the series' place as one of mainstream Hindi cinema's most consistent female-led cop narratives. Directed by Abhiraj Minawala, the film follows Roy as she investigates the disappearance of 93 young girls over a span of three months. While Mukerji delivers a restrained and quietly furious performance, the film also stars Janki Bodiwala, Mallika



A poster of the film Mardaani 3

Special Arrangement

Prasad and Prajesh Kashyap in prominent roles delivering powerful performances that uphold the grim narrative of the movie.

However, the storyline has its limitations being largely predictable and faces pacing issues in the second act. Yet the film manages to pick up momentum with a layered climax. The cinematography

by Arthur Zurawski and the minimal background score helps to build a realistic world rather than focusing on visual novelty.

While Mardaani 3 does not introduce any major changes to the series, it remains true to its fundamental social themes and performance elements which the franchise developed in previous films.

Food security gaps persist

Ancy James

For many households in Kerala, the public distribution system (PDS) provides partial relief from rising food costs. Sheeja S, a ration card holder, said that the monthly allowance of 2 kg of rice per person does not last the month, forcing families to depend on the market for food. The rice and wheat supplied are of good quality, but the ration lacks pulses, cooking oil and other groceries.

The Kerala government has allocated Rs 2,333.64 crore to the Food and

Civil Supplies department in the State Budget, emphasising food security and price control as welfare priorities. The allocation seeks to ensure regular ration distribution and stabilise prices of essential commodities amid rising living costs.

"Rice and wheat alone are not enough to survive. Even with the ration, we spend more on groceries," Sheeja said, adding that access to ration shops has improved with biometric authentication.