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KRISTU JAYANTI (DEEMED TO BE UNIVERSITY) | DEPARTMENT OF MEDIA STUDIES | STUDENTS' PUBLICATION

FOCUS 2025: Framing the Ordinary, Revealing the Extraordinary

Anchita Sarkar



Frames that Freezes Fleeting Moments

The Department of Media Studies, School of Humanities and Social Sciences, hosted the 4th edition of its annual photography exhibition, FOCUS 2025, on World Photography Day, August 19. The event featured a selection of photographs that captured diverse perspectives, creative techniques, and powerful visual storytelling.

A short promo video introducing FOCUS 2025 was screened. It provided the audience with an overview of the exhibition's spirit and purpose. Following

"Every frame has a story to share."

Fr. Joshy Mathew

this, Fr. Joshy Mathew, Director of the School of Humanities and Social Sciences, gave the inaugural address. In his remarks, he praised the students for their collaborative effort in bringing the event to life and also encouraged students to follow their artistic vision and quoted a

beautiful saying, "Every frame has a story to share."

After the inauguration, the exhibition opened to university students and faculty where photographs were displayed through creative installations designed by the students themselves. From nearly 300 submissions, 270 exceptional photographs were chosen for the exhibition.

The exhibition featured three sections: timeline posters by MA students on photography's evolution, photo essays by BA students and a curated display of works from Visual Communication and other media students. This year it focused on three main themes: Fragments of Sun, Forgotten Things and In Their Element.

This exhibition received widespread praise from students, faculty and visitors for its originality, creativity and thought-provoking images.

Kalajyothi 2025 Celebrates Culture and Creativity

Daniel Joseph



A glimpse of the cultural events at Kalajyothi 2025.

Kristu Jayanti University successfully hosted Kalajyothi 2025, the first intra-collegiate literary, cultural and gospel fest after attaining its Deemed-to-be University status. The festival, held from August 11 to August 22, brought together students from across departments to showcase their talents in literature, fine arts, theatre, music and various dance forms.

The event, organized by the University's Literary and Cultural Association (LCA), featured a wide spectrum of competitions, including debates, elocution, creative writing, theatre performances, digital

art, photography and musical showcases. Each year, the LCA introduces new competitions to encourage innovation and the fest remains relevant. Faculty members and invited experts served as judges. The smooth execution of the 12-day fest was credited to the dedication of faculty coordinators and the active involvement of student volunteers.

For first-year students, Kalajyothi served as a platform to display their unique skills, while senior students seized the opportunity to demonstrate their artistic growth during their time at Kristu Jayanti.

UGC NET/JRF Training for Post - Graduate Students

Vibhiksha.R



Session conducted by Dr. Singha

The Centre for UGC and CSIR NET/JRF Training, in collaboration with the Department of Media Studies, School of Humanities and Social Sciences, organized an orientation session on August 22. The session was conducted for postgraduate students of I semester MAMC and III semester MAJMC to introduce them to the University's NET coaching programme and encourage

participation in national eligibility tests. In her address, Dr. K. Nungshithoibi Singha, faculty member of the Department of Media Studies, highlighted the importance of conceptual clarity, interdisciplinary learning and consistent preparation for success in competitive examinations. Students were briefed on the structure, syllabus and eligibility criteria for UGC-NET and CSIR-NET, along with details of the University's structured training programme that provides expert guidance and mentorship. With such initiatives, Kristu Jayanti University continues to foster academic excellence and empower students to pursue research and teaching opportunities at the national level.

SAMVADA 2025: Empowering Media Students through Model Press Conference

Saakshi Saravade



L to R: Students of MAMC; MAJMC students enacting as panelists during the Model Press Conference.

The Department of Media Studies, School of Humanities and Social Sciences organised Samvada 2025 on August 21. It was hosted by the students of III semester MAJMC. An engaging environment for students and PR professionals, CEOs, entrepreneurs and founders, designed to showcase how to respond and react effectively when facing media challenges. It also helped the students understand how journalists frame their questions

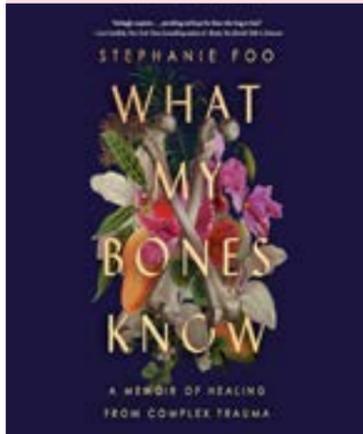
often backed with research and factual information. The model press conference involved three teams rotating as panelists while others acted as journalists, each tackling real time media scenarios such as allegations against Leo Supreme Hospital for negligence and illegal transplants, a sexual harassment case involving the Chief Minister and a ₹35 crore financial fraud by a former Sterling Horizons employee. The model press conference connected

juniors and seniors, sparking dialogue across experiences, building skills and encouraging mentorship. Reflecting on the experience, a III semester MAJMC student shared, "It was a great experience to learn and share the same with our juniors." Meanwhile, a I semester MAMC student expressed, "Their seniors had clear articulation, composed behaviour and ability to handle challenging cross-questions, which reflected excellent preparation."

Book Review

What my Bones Know: A Memoir of Healing from Complex Trauma by Stephanie Foo

Sahana M



A searing memoir of reckoning and healing, investigating the little understood science behind complex PTSD (Post-Traumatic Stress Disorder), Foo talks about how trauma is often overlooked through an unflinching insight from her journal. She spills out the raw wounds that the mind and body hold. Trauma memories are like knots in the body often unravelling itself at times we least expect it. She carefully states that these wounds can break us in ways we barely notice and lay the foundation for lasting strength.

Her story was about survival and more importantly healing. Foo chronicles her years of therapy, including somatic work and Internal Family Systems Therapy. She challenges the Western medical model that often views trauma through a narrow lens and she embraces modalities that recognize the body as both witness and participant in pain and recovery.

Foo shows us that while trauma may leave lasting marks, it doesn't have to write the whole story. We are more than what's happened to us and in the act of choosing to heal, even a little, there is strength.

The process of healing is not linear. Self-doubt, relapses and the agonizing loneliness of attempting to change oneself are all prominent. However, there is also beauty in moments, earned happiness and the silent power of deciding to live. "I didn't want to just survive, I wanted to thrive," Foo writes as she overcomes by learning to cope with her past in a different way rather than by banishing it.

Competitive Examination Power Start: An Initiative for Aspirants

Sahana M



A session on Competitive examinations by Prof. Vijayalakshmi Venugopalan

The Centre for Competitive Examination Training (CCET), in collaboration with T.I.M.E. Institute, Bengaluru, organised Competitive Examinations Power Start (2025-2026) on August 18.

Professor Vijayalakshmi Venugopalan, senior mentor and Head of the Department of English at T.I.M.E. Institute, Bengaluru, was present to share her insights and experiences. This session aimed to empower students and help them kick-start their competitive exams journey a true power start towards a promising future.

In today's world, competitive exams have become more than just academic milestones they are gateways to a secure life in terms of career, financial stability and personal aspirations. Whether it's UPSC, CAT, NEET, or Bank exams, students often find themselves in a high-pressure society that tests their limits above and beyond. The preparation for these exams demands not only academic knowledge but also mental resilience, strategic planning, and sustained motivation. Students need to cultivate a mindset that balances hard work with

emotional well-being, as the journey can often feel overwhelming.

To navigate this storm successfully, Prof. Vijayalakshmi Venugopalan quotes, "Success in competitive exams is about showing up every day with sincerity and staying consistent in your efforts." This simple yet powerful advice encapsulates the essence of exam preparation. The process requires discipline and the ability to persevere even when the results are not immediately visible. The key is to develop a routine that allows for steady progress, making learning a habit rather than a chore. She shared how she dealt with failure, viewing it not as a setback but as feedback for growth. This perspective shift is crucial for all aspirants. Failure, she explained, is not the end of the road but a stepping stone towards success. It offers valuable lessons and insights that can refine one's approach and build greater resilience. Her own journey reflected this transformative mindset. She spoke about her personal

transformation from "a scared little girl into a confident and empowered individual" highlighting the importance of self-belief and continuous upskilling.

Her story resonated deeply with the students present, many of whom are grappling with self-doubt and fear of failure. Prof. Venugopalan encouraged them to embrace challenges with a positive outlook and to see each obstacle as an opportunity to grow stronger. She stressed the importance of a growth mindset, willingness to learn from mistakes, embrace challenges and keep improving through effort. According to her, competitive exams test knowledge, character, determination, perseverance and composure under pressure.

In conclusion, the Competitive Examinations Power Start session was set as a motivational boost for all attendees. It reinforced hope and determination, truly embarking on a powerful start towards a promising future with grace and tranquillity.

Jai Hind 2025: A Grand Week-Long Celebration Honouring Spirit of Patriotism, Discipline and Sacrifice

Khushali Verma



Honoring the spirit of patriotism

The School of Commerce, Kristu Jayanti organized Jai Hind 2025, a week-long celebration dedicated to fostering patriotism among students on August 18. The event brought together vibrant performances, competitions and reflections on India's heritage, aimed at inspiring students to embrace the values of sacrifice, service and national pride.

The week witnessed spirited participation across diverse activities such as

Deshbhakti Bhashan, face painting, solo and group dance, solo and group singing, photography competition, India in 15 seconds, Rang De Tiranga, heritage gallery and a patriotic fashion walk. Each activity provided students with opportunities to express their creativity while engaging with themes of unity, diversity and love for the nation.

The highlight of the celebration was the address by Chief Guest Major P.

Saravana Naidu, a proud alumni of Kristu Jayanti. Returning to his alma mater filled him with nostalgia, as he recalled his formative years on campus. In his address, Major Naidu stressed that his years of service had taught him that discipline is not punishment but a form of freedom, a value that enables individuals to take responsibility, make better choices and serve society with integrity. He explained that true discipline liberates a person from fear, chaos and indifference, giving them strength and clarity to lead purposeful lives.

He also emphasized the importance of responsibility and service as guiding principles for both soldiers and citizens, adding that he felt proud to see his institution nurturing such values in its students. His words left the audience inspired to carry forward the ideals of discipline and patriotism in their own journeys.

Fr. Jais V. Thomas, Finance Officer in-charge of Kristu Jayanti (Deemed to be University), addressing the students, reminded them that

true patriotism rests on the foundation of sacrifice, remarking that love ultimately has only one language; the language of sacrifice.

The week-long celebrations culminated in a valedictory ceremony, where winners of the competitions were honored. Jai Hind 2025 not only celebrated India's spirit but also reinforced timeless values that continue to shape future generations of responsible citizens.

The event reflected the university's commitment to holistic education, blending academic excellence with cultural and moral growth.

When Ink Meets Paper

Khushali Verma

