



# KJU MIRROR

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

## Turning the Page: KJU Mirror Marks a New Beginning

Kathleen Francis

The Department of Media Studies at Kristu Jayanti University proudly relaunched KJU Mirror, the official departmental publication on August 25, 2025.

The event marked a significant milestone as it was the first edition of KJU Mirror to be released after the institution attained its Deemed to be University status.

The ceremony was graced by Fr. Joshy Mathew, Director, School of Humanities and Social Sciences and Dr. Gopakumar A. V., Dean of School of Humanities and Social Sciences. In their addresses, they emphasized the importance of student creativity, teamwork and innovation in contemporary media practice. The relaunch



Fr. Joshy Mathew addresses students during the relaunch.

was a collaborative effort by the first-year Mass Communication students, who contributed to both the content and design of the publication. The event also featured reflections on the creative process highlighting the importance of balancing design, content and originality in media production.

Faculty members and guests commended the students' initiative and dedication.

The publication serves as a platform to showcase journalistic talent, design innovation and the department's enduring spirit of collaboration.

The relaunch symbolises the evolving identity of Kristu Jayanti University as it

continues to nurture the students. The department renews its commitment to clear writing, careful editing and shared learning.

It also gives students a platform to showcase their writing skills and to gain experience in this field.



Students and faculty during the relaunch of KJU Mirror.

## National Seminar on Third-Wave Psychotherapy Innovation

Ram Rathan Reddy R & Isha Ojha

Kristu Jayanti University hosted a National Seminar on "Third-Wave Psychotherapy: Innovations in Mental Health Interventions" on August 26, 2025 in SKE Auditorium drawing over 275 participants from 69 universities across 21 states.

Fr. Dr. Augustine George, Vice-Chancellor inaugurated the event underscoring the university's focus on mental-health awareness and scholarly growth. Dr. Naveen Grover, IHBAS (Institute of Human Behaviour and Allied Sciences), New Delhi, in his



Dignitaries at the inauguration of the Third-Wave Psychotherapy Seminar.

keynote traced psychotherapy's evolution and urged culturally sensitive responses to addiction, mindfulness and acceptance. The seminar concluded with a Mindfulness-Based Cognitive Therapy workshop focusing on awareness, emotional regulation and resilience.

## Acharyotsava 2025: A Celebration of Sportsmanship and Fellowship

Anugrah Victor Rajasingh S

Kristu Jayanti University hosted the eighth edition of Acharyotsava on August 28, 2025. Organized by the Centre for Physical Education and Fitness at the University Turf, the day marked as National Sports Day and Teachers' Day. Former Principal Fr. Josekutty P. D. inaugurated the programme. The Guest of Honour Fr. Dr. John Joseph Puthenkalam, Trustee, Global Academic Affairs, Sophia University, Japan graced the occasion. The inaugural ceremony was attended by Fr. Dr. Augustine George, Vice-Chancellor, Fr. Dr. Lijo P. Thomas, Pro-Vice-Chancellor, Fr. Jais V. Thomas, Finance Officer and other members of the management team.



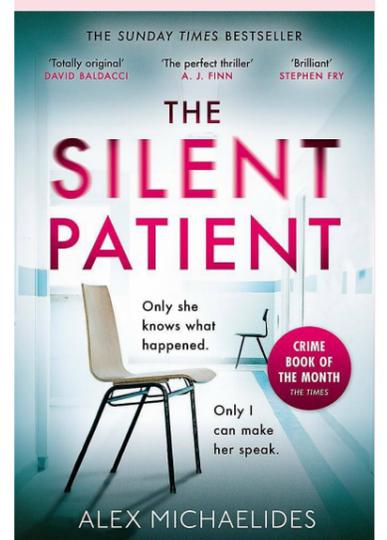
Staff showcase sportsmanship during Acharyotsava 2025.

This edition featured 14 game stalls and competitions for teachers and administrative staff including basketball, football, volleyball, throwball, cricket, zig-zag relay and overhead relay, encouraging participation and camaraderie. The Kristu Jayanti Sports Association played a vital role in the success of the event.

## Book Review

The Silent Patient: Between Silence and Revelation

Shreya Kumari



Alex Michaelides' debut novel, *The Silent Patient* (2019), has quickly become a landmark work in contemporary psychological thrillers. Blending elements of crime fiction and psychological analysis, the novel raises compelling questions about trauma, identity and the boundaries of trust.

It centers on Alicia Berenson, a renowned painter who murders her husband and subsequently refuses to speak. Her muteness transforms her into both an object of fascination and a subject of speculation. The story unfolds through the perspective of Theo Faber, a psychotherapist determined to uncover the reasons behind Alicia's silence.

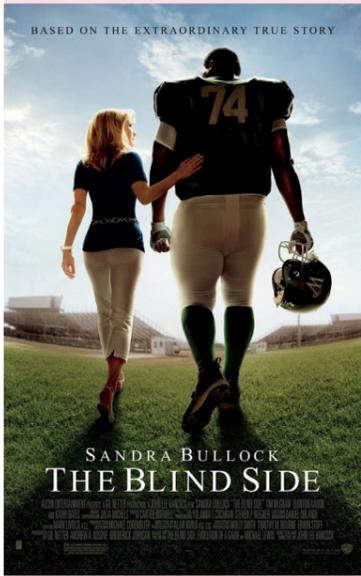
His investigation gradually reveals a layered account of hidden trauma, suppressed emotions and moral ambiguity.

Michaelides' prose is direct and accessible yet the novel's structure rewards close reading. By alternating between Theo's narrative and Alicia's artwork and diary, the author constructs a dialogue between silence and expression probing the limits of language in pain.

**Movie Review**

**The Blind Side**

Kevilanuo Sachu



Released in 2009 and produced by Broderick Johnson, Gil Netter and Andrew Kosove, the Blind Side is a commercially and critically acclaimed film that tells the remarkable true story of Michael Oher.

Based on Michael Lewis's 2006 book, The Blind Side: Evolution of a Game Oher's journey from an impoverished, homeless teenager to a successful NFL offensive lineman.

The narrative highlights the empathy and guidance offered by Leigh Anne and Sean Tuohy, an affluent suburban couple who welcomed him into their home and furnished the stability essential for his academic and athletic growth. Beyond its box-office success, the film resonated deeply with audiences for its uplifting themes of empathy, family and the transformative power of kindness.

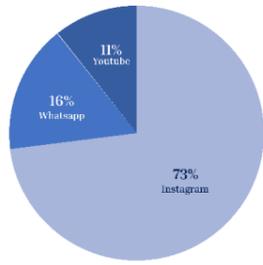
Michael Oher's story is a testament to overcome immense challenges demonstrating how one can rise above difficult circumstances with determination and the right support system. The film redefines the traditional concept of family showing that it is not always about blood relations but about the bonds forged through unconditional love and acceptance.

The Tuohy family's decision to welcome Oher into their home stands as a powerful example of how empathy can create profound, life-altering change. The movie also subtly addresses the challenges faced by underprivileged youth within educational and social systems underscoring the crucial role of a strong and supportive community.

**The Digital Pulse: Understanding Today's Social Media Habits**

Almas Ilyas Taj

From morning alarms to late-night scrolling, social media has become the heartbeat of modern life shaping communication, connection and consumption in profound ways. A survey conducted as part of this study among college students on social media usage shows how individuals engage with these platforms daily, highlighting the growing influence of visual media and digital interaction in everyday life.



The Changing Patterns of Social Media Engagement.

Instagram emerged as the most dominant platform with the majority of respondents indicating it as both their most-used and loved social media space. Its blend of visual storytelling, trending content and instant connectivity keeps users returning multiple times

a day. On reasons for using social media, responses were diverse. Many use it to stay connected with friends and family while others turn to these platforms for news, trends, or professional networking. The survey also shows that engagement is frequent with a significant number of users interacting with content multiple times in a day whether by liking, commenting or sharing posts.

A notable insight from the study was the growing awareness of mental health and privacy. While some users acknowledged the positive aspects of connection and self-expression, many admit that social media can have a negative or mixed impact.

**SRUJANA 2025: Empowering Women through Art, Craft and Culinary Creativity**

Shreya Kumari & Kevilanuo Sachu



Stalls displaying handmade accessories at SRUJANA, 2025.

The Women's Empowerment Cell of Kristu Jayanti University hosted SRUJANA - an Art, Craft and Food Stall on August 29, 2025 at the Humanities Block attracting around 130 visitors. The event brought together 60 participants from the Humanities, Management and Science deaneries who showcased their talents in art, craft and culinary skills. From handcrafted jewellery,

an array of savoury snacks and sweet delicacies, the exhibition offered visitors a diverse and vibrant experience. Students and faculty actively engaged with the stalls creating an atmosphere of creativity and camaraderie throughout the day. Feedback underscored its success with 90% of students finding the exhibition engaging and 85% of visitors appreciated the affordability and utility of the exhibits.

**Science Meets Creativity at Biofest 2025**

Bibha Choudhury



Dr. Fathima Benazir delivers the inaugural address at Biofest 2025.

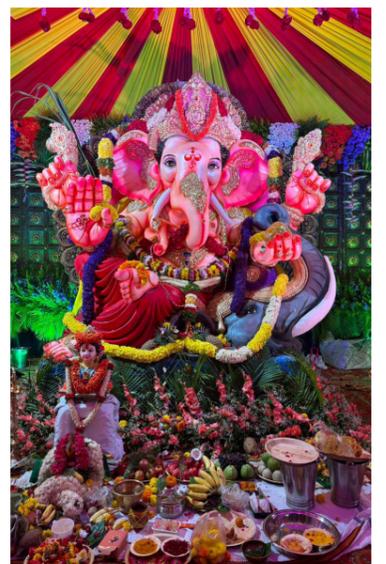
The Department of Life Sciences, School of Biological and Forensic Sciences inaugurated its much anticipated intra departmental biofest, "Cell-estial: The Odyssey of Cells & Stars," on August 28, 2025. The event commenced with soothing music and a formal welcome by the student secretaries followed by the traditional lamp lighting ceremony led by Fr. Dr. Lijo P Thomas, Pro Vice-Chancellor and Dr. J. Fathima Benazir, Co-founder and Chief Science Officer.

In his address, Fr. Lijo emphasized the importance of critical thinking and innovation in modern life sciences, encouraging students to seize opportunities that nurture curiosity. Dr. Benazir shared her inspiring journey from student life to becoming a leading figure in biotechnology, urging participants to experiment fearlessly and strive to make a meaningful impact. The fest designed exclusively for undergraduate students featured a range of solo and team-based events across creative, analytical and performance categories including Bio Manager, Mayday and Dark Matter Dilemma (Quiz) which commenced immediately after the inauguration. Under the supervision of event heads, participants were evaluated on their wit, scientific merit, creativity, professionalism and teamwork.

**Utkal Youth in Bangalore Marks 10 Years of Ganesh Chaturthi**

Almas Ilyas Taj

Utkal Youth, Bangalore marked the tenth Ganesh Chaturthi Mahotsav on August 27, 2025 at Vagdevi Vilas Layout, Munekollala, Marathahalli drawing a thousand devotees. The evening blended spirituality, culture and community joy as people gathered to worship Lord Ganesh in the festive celebrations.



Ganesh Chaturthi at Vagdevi Vilas.

Proceedings opened with traditional Puja and Pushpanjali while praises of "Ganapati Bappa Morya!" filled the pandal setting with a deeply devotional tone. Prasad (sweet) was distributed, becoming a cherished highlight. Beyond ritual, the cultural stage turned into a vibrant platform where talent met tradition. The spirited dances, soulful devotional songs and a lively musical concert kept the crowd engaged. A community talent show fostered a sense of closeness across ages. Theme-based décor and a row of

food stalls added colour and flavour. The organisers managed the logistics including ample parking. The milestone edition underlined inclusivity and community spirit and closed on a note of gratitude with devotees dispersing with blessings and plans to return next year. The blend of tradition, art and devotion of Ganesh Chaturthi Mahotsav once again reaffirmed it as one of the city's most awaited festivals.