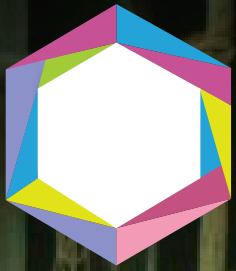


KRISTU JAYANTI (DEEMED TO BE UNIVERSITY) | DEPARTMENT OF MEDIA STUDIES



Pixel

OCTOBER
2025

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SHE WORKS, SHE LEADS
**EVERY TASK, EVERY TRADE
A STORY OF
RESILIENCE AND PURPOSE**

**WOMEN WORK WITH STRENGTH AND PURPOSE, SHAPING
BETTER LIVES FOR THEMSELVES AND THEIR COMMUNITIES.**

CanonEOS200D ISO- 400, Aperture- f?8
Shutter speed 1/200

LETTER FROM THE EDITOR

Riya Roy



NIKON Z50,
ISO - 4500, Aperture - f/4.8,
Shutter Speed - 1/60



NIKON Z50,
ISO - 9000, Aperture - f/5.6,
Shutter Speed - 1/60



NIKON Z50,
ISO - 12800, Aperture - f/4.5,
Shutter Speed - 1/30

JANE EYRE:

“I AM NO BIRD; AND NO NET ENSNARES ME: I AM A FREE HUMAN BEING WITH AN INDEPENDENT WILL”

BURIED BENEATH SURVIVAL

We are all taught to dream big and work tirelessly to achieve them. They say determination is enough to live the life one dreams of but isn't that, in itself, a privilege?

For many, life's circumstances leave no space for dreaming. Dreams aren't abandoned by choice but buried beneath the necessity of survival.

Ms. Seema's story is one such example. Standing at the university gate, ensuring security and making her rounds, she once dreamt of becoming a lawyer standing with confidence in courtrooms. But the weight of poverty and responsibility left her dreams with no air to breathe.

Then there's Aradhana, a young girl, met on a walk. She smiled at the camera, her curiosity leading to a photograph. As we looked through it together, she softly said, "I don't go to school anymore." The last time she entered a classroom was in ninth grade her education cut short, perhaps by money, perhaps by duty. Like Ms. Seema, her dreams never found space to exist.

For some, strength isn't a choice it's survival. They are called resilient, but deprivation should not be mistaken for resilience. The roles women play provider, caretaker, worker arise not only from duty but from endurance.

In a world that speaks of women's empowerment, true empowerment lies in giving women the freedom to choose. These stories aren't of failure, but of systems that decide who gets to dream and who does not.

MEET THE TEAM

1st Year MA Media and Communication



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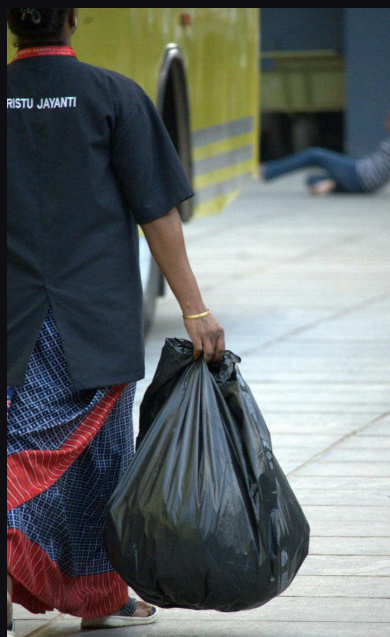
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WHERE THEY “DON’T
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BREAKING THE FRAME

WOMEN WHO WORK WHERE THEY “DON’T BELONG”

Saakshi Saravade



CANON EOS 200 D,
ISO - 400, Aperture - f/7.1 ,
Shutter Speed - 1/160

The rhythm of the city, one tank at a time.



CANON EOS 200 D,
ISO - 400, Aperture - f/7.1 ,
Shutter Speed - 1/160

Fueling up for the journey ahead.

When you picture a mechanic, an electrician, or a taxi driver, how often do you imagine a woman? For many, the image still surprises and that is exactly what these women are challenging every single day.

Across cities and towns, women are stepping into spaces once thought “unsuitable” for them: repairing engines, painting walls, managing construction sites, and driving through rush-hour traffic. Their hands, roughened by work, tell stories of persistence in a world that still hesitates to hand them the tools.

Each day begins with stares, with questions that pierce more than they support. “Are you sure you can do this?” becomes a refrain they learn to ignore. They lift, fix, drive, and build not to prove others wrong, but to prove themselves right.

These women carry not just the weight of their tools, but the heavier burden of society’s assumptions. Yet, in every turn of a wrench and every stroke of a paintbrush, they rewrite the narrative of who belongs where.



CANON EOS 200 D,
ISO - 400, Aperture - f/7.1 ,
Shutter Speed - 1/320

A glimpse into the daily hustle. Every drop counts.



CANON EOS 200 D,
ISO - 400, Aperture - f/8 ,
Shutter Speed - 1/125

Resilience in Motion.

For women in unconventional jobs, work often means more than earning it means enduring. Many face skepticism from clients, lower pay than their male counterparts, and the constant need to justify their presence. Safety, too, remains a quiet worry long hours on the road, isolated worksites, or late-night shifts can bring risks few acknowledge. But courage, for them, isn't a headline; it's a daily habit.



CANON EOS 200 D,
ISO - 400, Aperture - f/8,
Shutter Speed - 1/200

The Power of Her Every Day: Strength Woven Into Routine.

Still, amid the struggle, there's pride. There's the joy of fixing a car engine that once stalled in disbelief, or the satisfaction of completing a wall mural that brightens an entire street. These women are not asking for special treatment only respect for their skill.

Their journeys remind us that empowerment isn't always about speeches or campaigns; sometimes it's about showing up in grease-stained uniforms, under helmets, in safety boots and doing the job well.

Breaking the Frame is a celebration of these women who dare to step beyond expectation. They are not just workers in unconventional roles they are changemakers, quietly reshaping what work, strength, and womanhood truly mean.



CANON EOS 200 D,
ISO - 200, Aperture - f/8 ,
Shutter Speed - 1/640

Unseen Strength: The Heart of a Woman's Daily Work



CANON EOS 200 D,
ISO - 400, Aperture - f/8 ,
Shutter Speed - 1/400

A woman's work, a portrait of strength and resilience in the daily hustle.



CANON EOS 200 D,
ISO - 400, Aperture - f/7.1 ,
Shutter Speed - 1/640

The unsung heroes who keep our city clean.

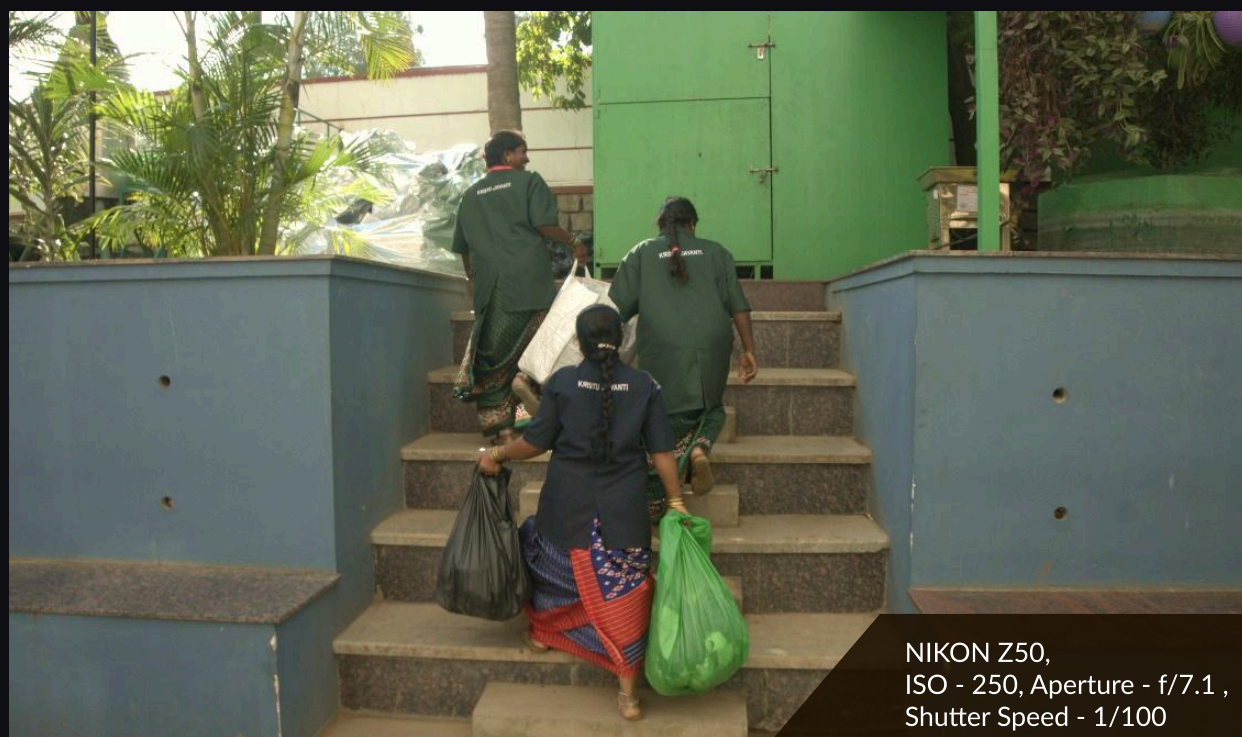
UNSUNG HANDS: WOMEN WHO KEEP OUR WORLD CLEAN

Riya Roy



NIKON Z50,
ISO - 2500, Aperture - f/8 ,
Shutter Speed - 1/100

Lost in her work, she nurtures the garden with care.



NIKON Z50,
ISO - 250, Aperture - f/7.1 ,
Shutter Speed - 1/100

Clearing the old to keep campus fresh and clean.

Behind every prim and proper corridor and spotless floor lies the unseen hands of women who work relentlessly to make our environment pleasant.

The cleaning staff often form the unseen backbone of our day to day lives.

As the great saying goes, feminism isn't about making women strong. It's about changing the way the world perceives that strength.

The photostory highlights their quite resilience. These women are the pillars of their families ,the sole breadwinners reflecting perseverance at every step. Their day begins before the stroke of the bells and ends with the classrooms empty and work continues tirelessly.



NIKON Z50,
ISO - 2500, Aperture - f/7.1,
Shutter Speed - 1/250

Work in motion, care in every step.



NIKON Z50,
ISO - 1000, Aperture - f/6.3 ,
Shutter Speed - 1/250

Lifting the load keeps the campus light.



NIKON Z50,
ISO - 2500, Aperture - f/4.5,
Shutter Speed - 1/125

A moment if joy in the middle to duty.



NIKON Z50,
ISO - 1600, Aperture - f/4.5,
Shutter Speed - 1/125

A caretaker tends to the lush campus garden.

CODE AND COFFEE: WOMEN NAVIGATING THE TECH WORLD

Kevilanuo Sachu

For years, the world of technology has been shaped mostly by men. Walk into most tech offices, and you'll find that nearly 80% of the workforce is male, while women make up only a small fraction. Though this number is slowly rising, the gender gap remains striking.

Women in tech often face challenges such as unequal pay, fewer chances for promotion, and limited job opportunities. Despite having the same skills, dedication, and passion, many struggle to gain equal footing in an industry that has long overlooked their potential.

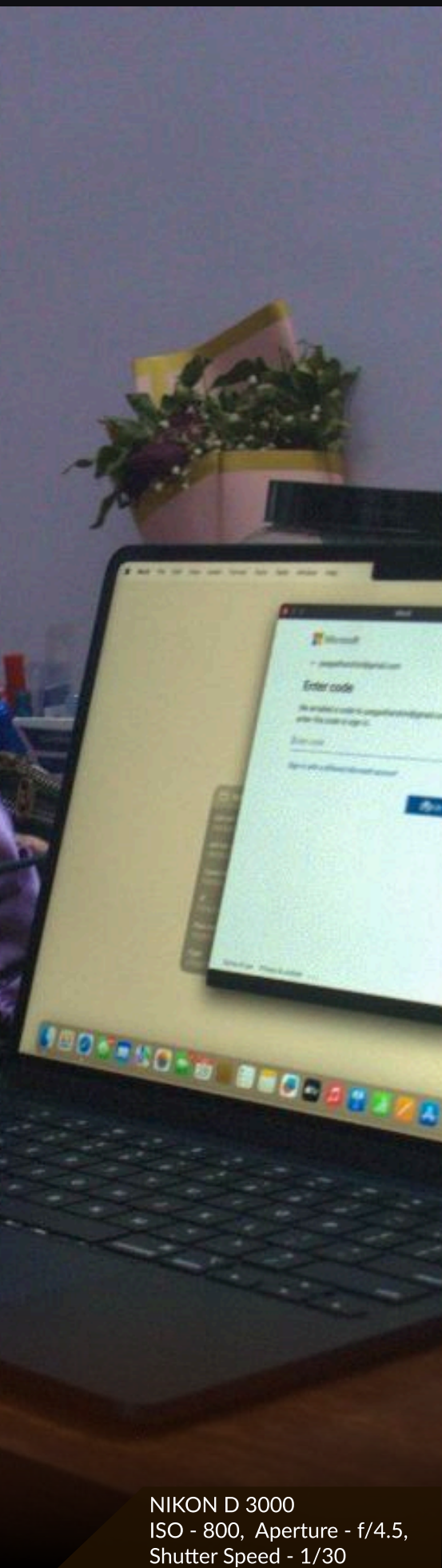


Depicting the salary gap between men and women.

This imbalance didn't appear overnight. It is rooted in how society has long viewed technology. For generations, tech was seen as a "man's field," while women were encouraged toward other professions.



Caught between emails and meetings, true spirit of multi-tasking



NIKON D 3000
ISO - 800, Aperture - f/4.5,
Shutter Speed - 1/30



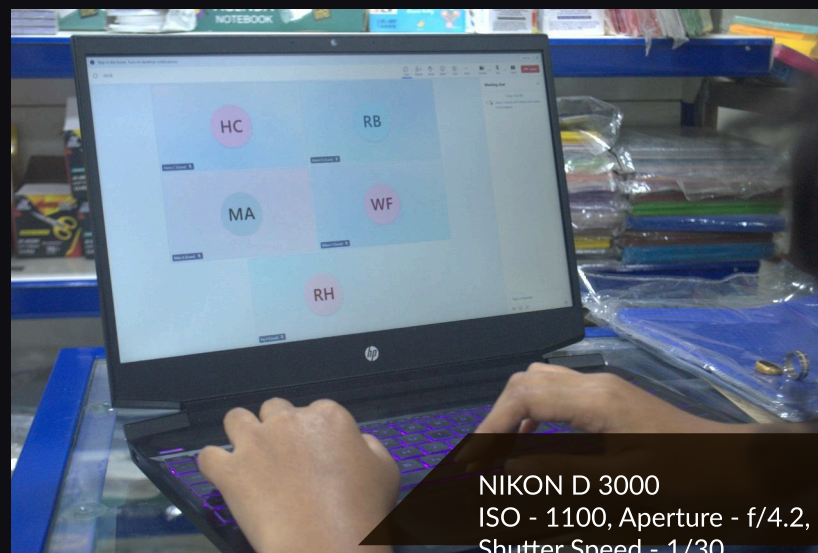
NIKON D 3000
ISO - 720, Aperture - f/5,
Shutter Speed - 1/30

Burning the midnight oil, working late toiling away.



NIKON D 3000
ISO - 1100, Aperture - f/4.2,
Shutter Speed - 1/30

Calls, messages and personal task, all in one.



NIKON D 3000
ISO - 1100, Aperture - f/4.2,
Shutter Speed - 1/30

All Hands on deck, late night toil.

STREETS OF STRENGTH: WOMEN VENDORS HUSTLING EVERY DAY

Saakshi Saravade

Before the city awakens, these women are already at work. They set up their makeshift stalls crates, mats, and carts lining the streets with fruits, flowers, and vegetables. Their tools are simple, their spirits unshaken.

There are no fixed hours or offices here. Their day runs from dawn to dusk, beneath scorching sun or sudden rain. A plastic sheet is their roof, an old stool their seat- yet every sale counts, every moment matters.



CANON EOS 200 D,
ISO - 400, Aperture - f/7.1,
Shutter Speed - 1/250

A vibrant street vendor stall, adorned with flower garlands.

Amid this grind, many balance the weight of motherhood. Children nap beside baskets or help count coins, growing up in the rhythm of their mothers' resilience. Each street corner becomes a quiet act of courage, where strength is not spoken, but lived.

"Streets of Strength" pays tribute to women whose work and will endure proof that quiet courage shapes the city's heart.



Seated by her stall, she waits with patience and purpose.



CANON EOS 200 D,
ISO - 100, Aperture - f/5.6 ,
Shutter Speed - 1/250



CANON EOS 200 D,
ISO - 100, Aperture - f/7.1 ,
Shutter Speed - 1/640

Amid traffic and noise, she keeps her stall alive.



CANON EOS 200 D,
ISO - 100, Aperture - f/6.3 ,
Shutter Speed - 1/125,

A slice of life at the local market.



CANON EOS 200 D,
ISO - 400, Aperture - f/7.1,
Shutter Speed - 1/125,

Surrounded by noise, her focus never fades.

ON THE JOB: WOMEN HEALTHCARE IN BANGALORE

Kevilanuo Sachu

ZenCare Clinic offers compassionate, personalized healthcare in a warm and welcoming space. From everyday care to women's health and cervical cancer prevention, its dedicated team focuses on trust, empathy, and lasting connections. "Better Care, Better You" isn't just a motto it's their way of healing.



NIKON D3000,
ISO - 200, Aperture - f/5.3 ,
Shutter Speed - 1/30,

Better Care, Better You. A neighborhood hub for Family Doctor services.



NIKON D3000,
ISO - 220, Aperture - f/4 ,
Shutter Speed - 1/30,

Measuring wellness precision and care in every vital check.



NIKON D3000,
ISO - 320, Aperture - f/3.5 ,
Shutter Speed - 1/30,

Taking the pulse of health; essential diagnostics at your fingertips.

Women have always been the heart of healthcare. From hospitals to rural clinics, they form the backbone of a system built on care, compassion, and commitment. Whether as doctors, nurses, or administrators, their presence shapes the way communities heal and grow.

Over the years, more women have entered the medical field, taking up roles in research, leadership, and decision-making. Their contributions are being recognized through awards, training programs, and initiatives that promote equality. Still, much work remains to be done



NIKON D3000,
ISO - 1000, Aperture - f/5.6 ,
Shutter Speed - 1/30,

Prevention, caring hands. Health delivered with precision.

Even though women make up a large part of the healthcare workforce, their efforts are not always given the value they deserve. Many of them continue to face barriers that limit their growth and recognition, especially in spaces where men still dominate the top positions. Policies that ensure equal opportunity can help bridge this gap. When women are given fair chances to lead and innovate, the entire system benefits patients receive better care, and workplaces become more inclusive and understanding.

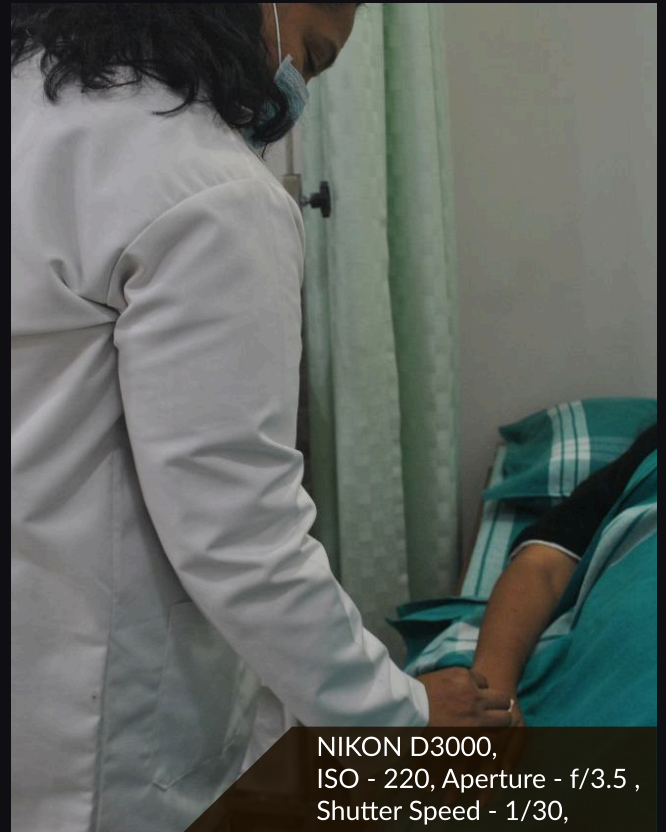
Nurses and community health workers are the unsung heroes of this change. They go beyond their duties, teaching women about important health issues like cervical cancer a disease that still claims too many lives.

Through health camps, small group talks, and even one-on-one conversations, these women spread awareness about prevention and early check-ups.

They help others understand how simple actions, like regular screening or vaccination, can save lives.

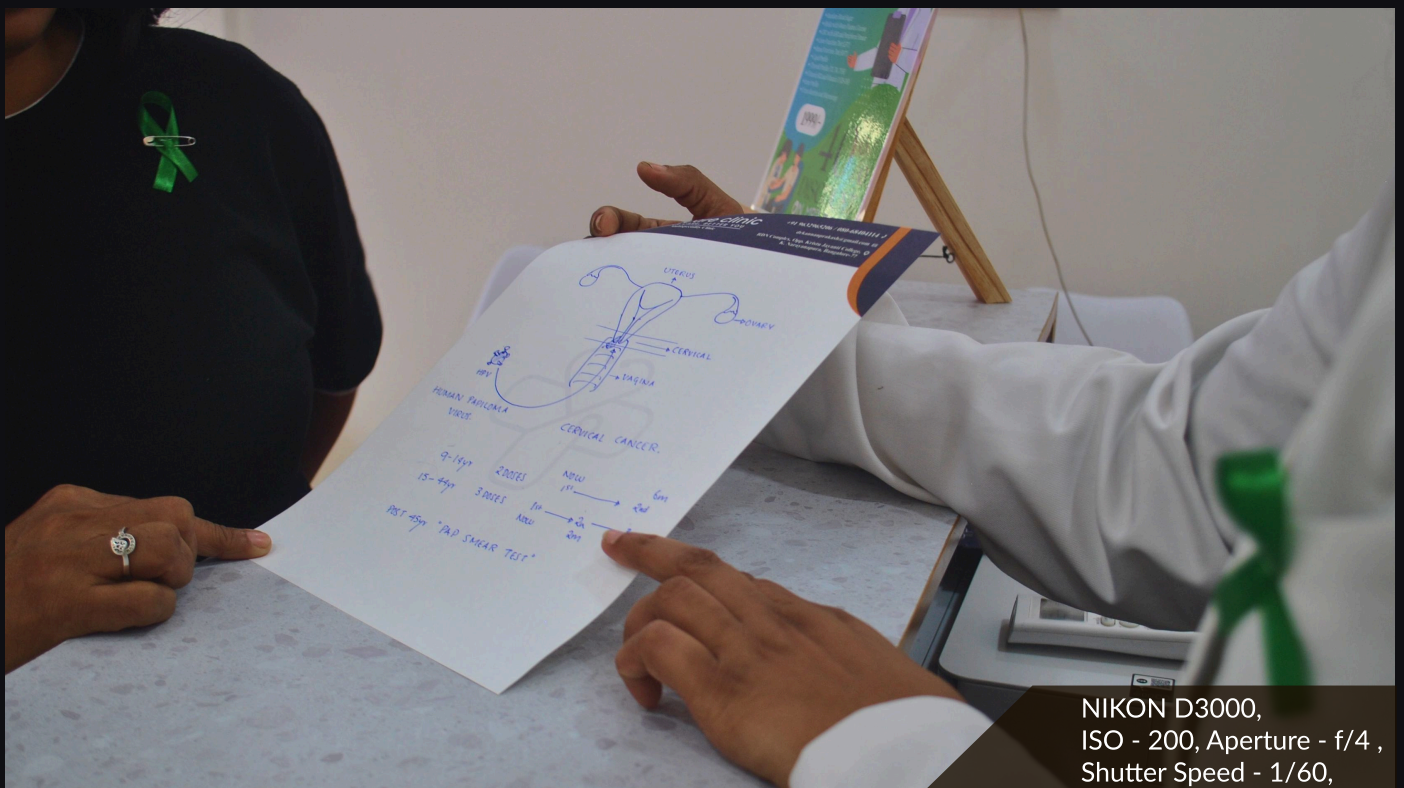
In many communities, especially rural ones, conversations about women's health are still considered uncomfortable or shameful.

Yet these healthcare workers face those taboos head-on, speaking gently but firmly about topics often left unspoken.



NIKON D3000,
ISO - 220, Aperture - f/3.5 ,
Shutter Speed - 1/30,

Recovery begins with connection.



NIKON D3000,
ISO - 200, Aperture - f/4 ,
Shutter Speed - 1/60,

Commitment to health awareness and community support.

Their courage goes beyond medicine. By starting these conversations, they empower other women to care for themselves and seek help when needed. They remind everyone that good health begins with knowledge and openness.



NIKON D3000,
ISO - 450, Aperture - /3.5,
Shutter Speed - 1/30,

Protective with a commitment to well-being.

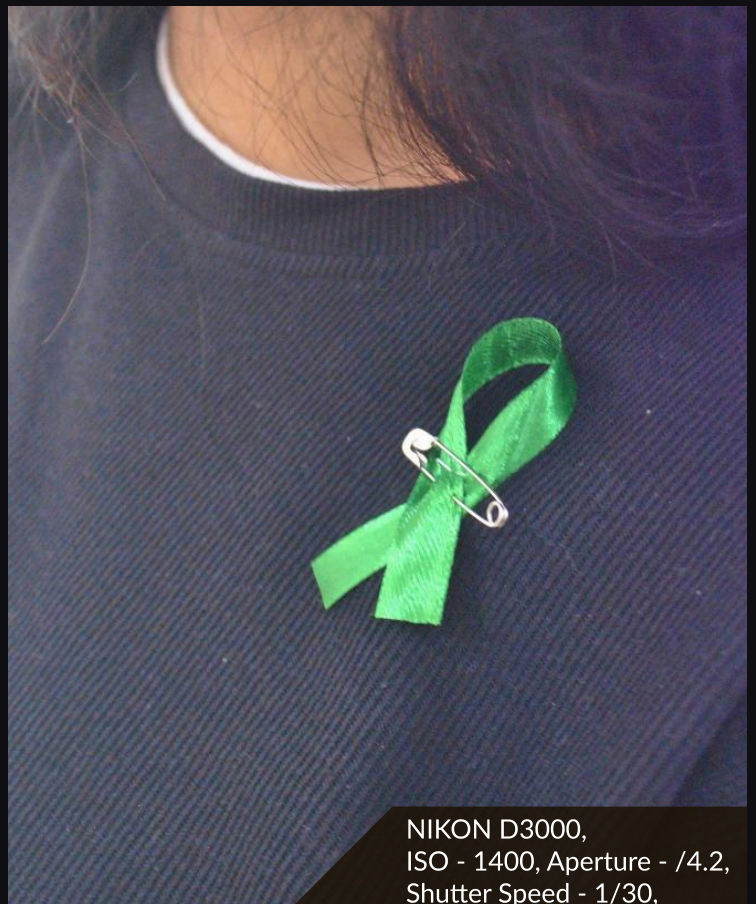
Women fill most caregiving and mid-level roles, yet few reach leadership positions in hospitals or research centers. The image of a woman watching a meeting from a distance captures this silent divide.

Barriers are often subtle a missed invitation, a quiet dismissal of ideas yet these moments leave deep marks on confidence and sense of belonging.

The emotional toll is real, seen in nurses sitting alone after long shifts or doctors lost in thought after being overlooked.

On the Job documents these everyday struggles and perseverance, revealing women's strength, empathy, and determination.

Each image becomes a voice for equality, reminding us that their dedication deserves both recognition and change.



NIKON D3000,
ISO - 1400, Aperture - /4.2,
Shutter Speed - 1/30,

Wearing the cause: commitment to health awareness and community support.

KALAJYOTHI 2025:

CELEBRATING CULTURE AND CREATIVITY

Riya Roy



The Dias Had Fr. Mr.Emmanuel P.J Faculty Members And Student Heads



Nikon Z50 ISO - 2000 Aperture - F/11
Shutter Speed - 1/10

Student Volunteer Summarising The 12 Day Event

Kristu Jayanti University marked an essential milestone by hosting Kalajyothi 2025, its first inter-collegiate literary, cultural, gospel fest ever since becoming a deemed to be University. The event spanned from August 11 to 22, the fest transformed the campus into a hub of creativity, uniting students from different disciplines through literature, theatre, music, fine arts, and dance.

Kalajyothi was organised by the Literary and Cultural Association (LCA), and offered a varying line of events such as debate, mono acting, music, dance. Each edition brings in new competitions to nurture authenticity and originality .



Nikon Z50 ISO- 2000 Aperture - F/11
Shutter Speed - 1/20

Students Earnestly Waiting For The Results

The valedictory ceremony of Kalajyothi 2025 the literary, cultural, and arts fest of Kristu Jayanti, marked the grand culmination of a celebration of creativity and talent.

The fest brought together students from various departments to showcase their artistic brilliance and passion for expression.

Students who excelled in various competitions were felicitated for their remarkable performances in dance, music, literature, drama, and fine arts.

The tireless efforts of the Literary and Cultural Association (LCA), along with coordinators and volunteers, were acknowledged for ensuring the smooth conduct of the fest.



Nikon Z50 ISO - 2000, Aperture - F/11
Shutter Speed - 1/20

Fr. Emmanuel P.J. Addressing Students.

Fr. Emmanuel P.J., Director of Kristu Jayanti University was also cordially invited. In his address, he talked about the importance of creativity in fostering grit and leadership in students and congratulated the team for the smooth execution of the 12 day fest .

For the first year students, Kalajyothi fostered a space for their talents to flourish and prosper.



Fr. Presents The Prize To The Winning Student With Pride.

Nikon Z50 ISO- 3200
Aperture - F/6.3 Shutter
Speed - 1/125



Nikon Z50 ISO- 3200 Aperture - F/6.3
Shutter Speed - 1/125

A Moment Of Achievement As The Father Hands Over The Award

The smooth and seamless execution of the 12 day event stands as a testament of the teamwork and unity showcased by the faculty coordinators and the determination of the student volunteers.

For freshers, Kalajyothi served as a preface to University's vibrance, cultural life and lead to interaction with students and peers of different courses .



Nikon Z50 ISO- 2000 Aperture - f/6.3
Shutter speed - 1/125

A Joyful Frame Capturing The Father And The Winner Together



KRISTU JAYANTI

(DEEMED TO BE UNIVERSITY)

Under Section 3 of UGC Act 1956

A CMI INSTITUTION | BENGALURU | INDIA

“

**A WOMAN IS THE FULL
CIRCLE. WITHIN HER IS THE
POWER TO CREATE,
NURTURE, AND TRANSFORM**

DIANE MARIECHILD

”

**SCHOOL OF HUMANITIES & SOCIAL SCIENCES
DEPARTMENT OF MEDIA STUDIES**