

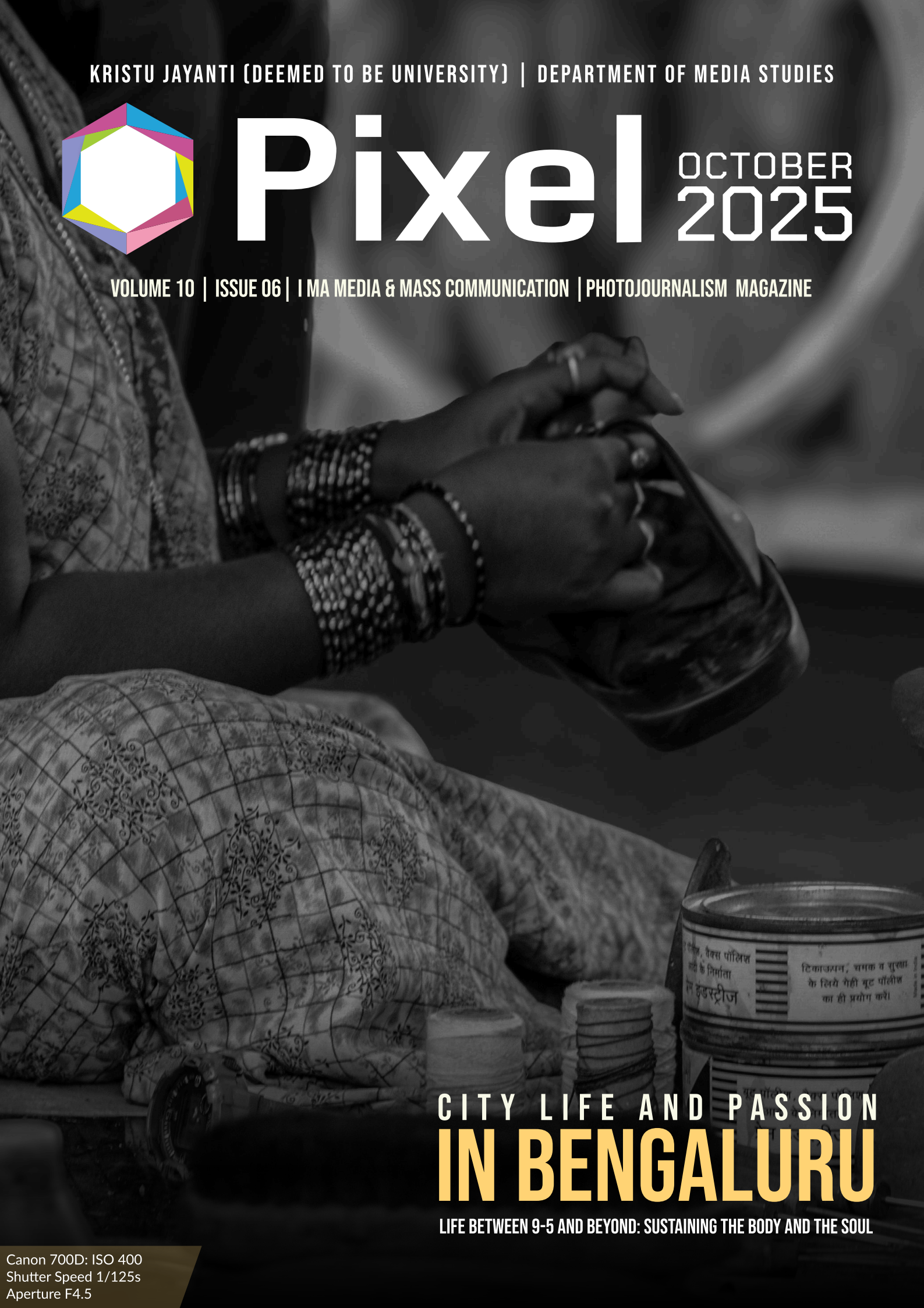
KRISTU JAYANTI (DEEMED TO BE UNIVERSITY) | DEPARTMENT OF MEDIA STUDIES



Pixel

OCTOBER
2025

VOLUME 10 | ISSUE 06 | I MA MEDIA & MASS COMMUNICATION | PHOTOJOURNALISM MAGAZINE



CITY LIFE AND PASSION IN BENGALURU

LIFE BETWEEN 9-5 AND BEYOND: SUSTAINING THE BODY AND THE SOUL

Canon 700D: ISO 400
Shutter Speed 1/125s
Aperture F4.5

LETTER FROM THE EDITOR

RITAM BANERJEE

Canon 700D: ISO 200
Shutter Speed 1/320s
Aperture F4

*"They've left their desks behind, but not their drive,
here, it's not about winning, it's about belonging."*

EDITORIAL

“In our fast-paced world, nomads are the one standing still”

-- JAMES SUZMAN

The Lost Art of Having a Hobby

In today's relentlessly fast-paced world, the simple pleasure and joy of having a hobby has become a forgotten art. With work, responsibilities, and digital distractions consuming our time, leisure has turned into a luxury that most of us can't seem to afford. Yet, hobbies; once an integral part of everyday life, are far more than mere pastimes. They are vital tools for personal growth, mental well-being, and self-discovery. To reclaim our hobbies is, in many ways, to reclaim balance, creativity, and a sense of self that modern living often erodes.

From a well-being perspective, the impact of hobbies is profound. Engaging in creative or physical pursuits releases endorphins, easing stress and anxiety while enhancing overall mood. They foster mindfulness, a rare and essential quality in an age of constant distraction, helping individuals remain grounded and present. Social hobbies, meanwhile, strengthen community bonds, offering companionship and shared purpose in an increasingly isolated world.

In rediscovering hobbies, we rediscover a lost dimension of humanity, one that values joy, curiosity, and the quiet satisfaction of creating something for its own sake. To restore hobbies to their rightful place is to embrace balance, creativity, and emotional resilience in our daily lives. After all, leisure is not the absence of productivity, but it is the foundation that makes a fulfilled, meaningful life possible.

MEET THE TEAM

1st Year MA Media and
Communication



NANI SAMUEL
Copy supervisor
25MAMC09



BIBHA CHOWDHURY
Project Coordinator
25MAMC04



RITAM BANERJEE
Editor and Layout Designer
25MAMC24

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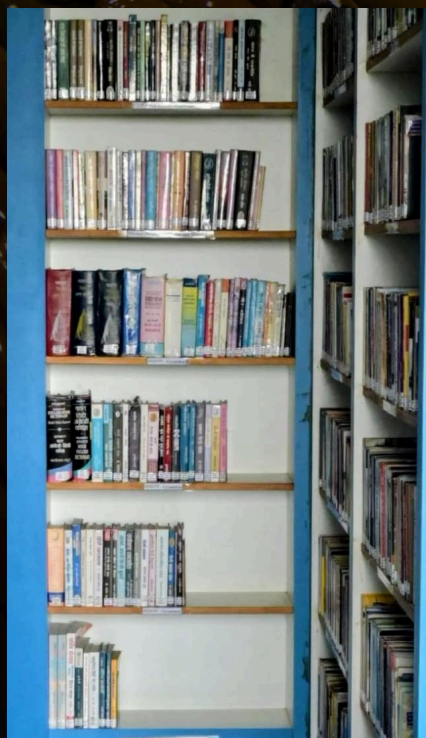
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REDISCOVERED**

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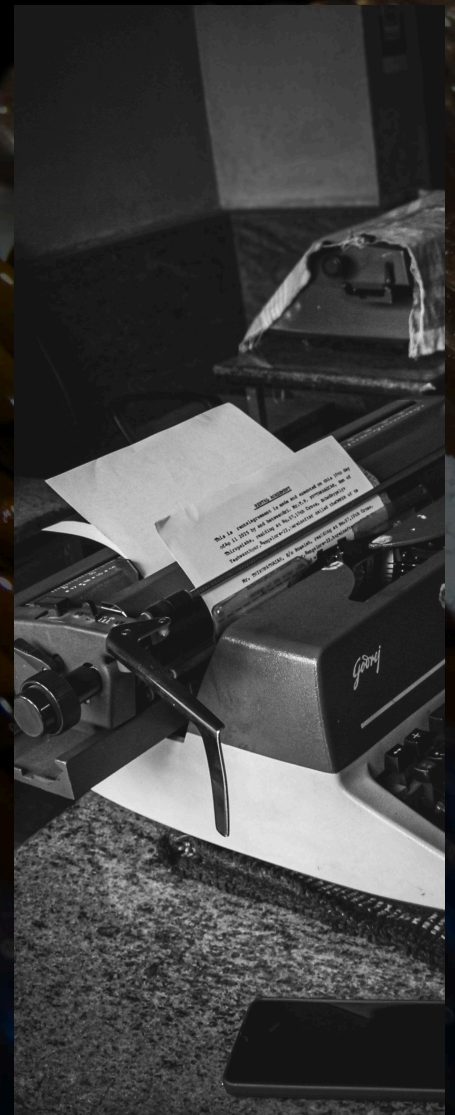
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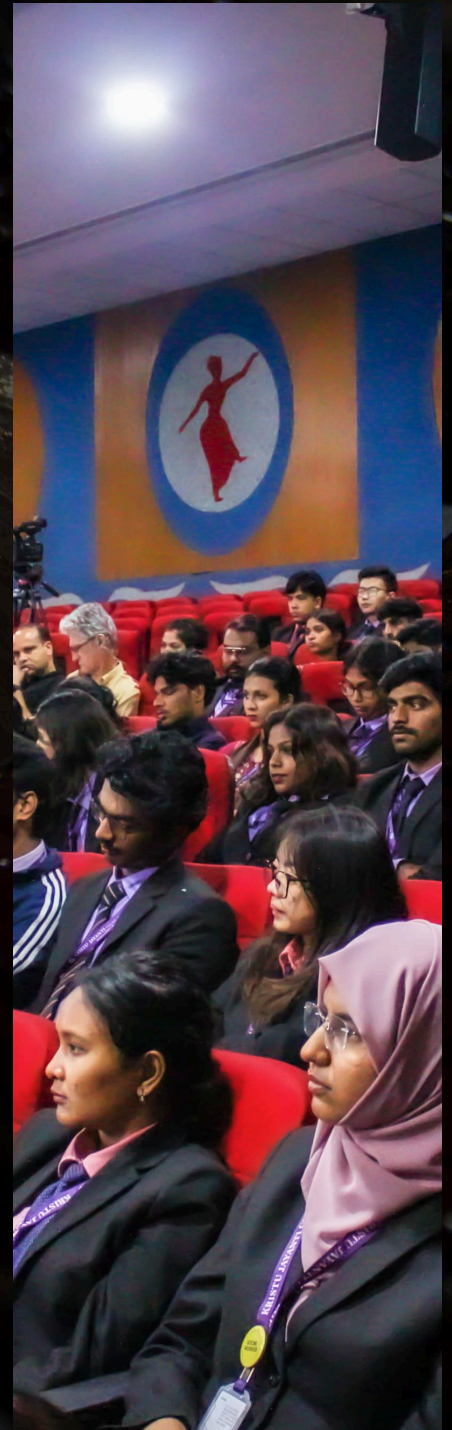
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TAILORING REDISCOVERED

RITAM BANERJEE



In the era of fast fashion, some put a soul in the yarn.

Nikon Z50: ISO 3200
Shutter Speed 1/30
Aperture F8



A good outfit, starts with a thoughtful cut.

Nikon Z50: ISO 3200
Shutter Speed 1/80
Aperture F5

Once a cherished part of local culture and community life, the tailoring profession today finds itself at a crossroads. Across towns and cities, tailors are witnessing a steady decline in business as the

preference for readymade garments grows stronger. What was once a household ritual, families selecting fabrics and visiting trusted tailors for bespoke outfits, has gradually faded into nostalgia.

This shift marks more than just a change in clothing choices; it reflects a deeper transformation in consumer habits and lifestyle. Convenience, affordability, and the immediacy offered by mass-produced fashion have overshadowed the patience and personal touch that custom tailoring once represented.

Veteran tailors recall the golden days of their craft with warmth, especially during festive seasons like Deepavali, when their shops buzzed with anticipation, creativity, and the comforting hum of sewing machines. Each stitch then carried a sense of pride, precision, and personal connection. Today, many of these artisans struggle to keep their craft alive, as the rhythm of the needle gives way to the speed of fast fashion.



Nikon Z50: ISO 3200,
Shutter Speed 1/30,
Aperture F8

Tailoring is just dedication towards perfection.



Nikon Z50: ISO 4000,
Shutter Speed 1/200,
Aperture F4.5

Every stitch tells a story of patience, precision, and pride.

To learn more about the craft of tailoring, me and my team spoke to Mr. Firoz, a skilled and passionate tailor who runs a humble women's tailoring shop in an alley in Thippasandra, Bengaluru. To him, tailoring isn't about earning a living, rather a medium of expression. The sewing machine let's him show the world, what he is capable of and how he can impact someone's life by making them feel more confident and good about themselves.



Nikon Z50: ISO 4000,
Shutter Speed 1/200,
Aperture F4.5

In a world chasing speed, he still believes in the rhythm of the needle.



Nikon Z50: ISO 800,
Shutter Speed 1/50,
Aperture F4.5

Between thread and thimble, he preserves an art that time tries to forget.



Nikon Z50: ISO 4000,
Shutter Speed 1/100,
Aperture F6.3

Threads of tradition woven through time.



Nikon Z50: ISO 4000,
Shutter Speed 1/200,
Aperture F5.6

Crafting not just clothes, but continuity.



Nikon Z50: ISO 4000,
Shutter Speed 1/200,
Aperture F5.6

Hands that measure, mend, and make memories.

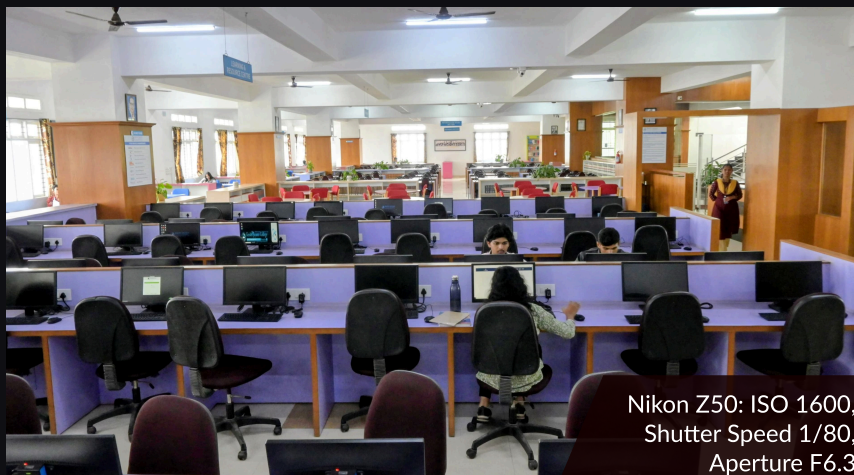
THE PLACE BETWEEN PAGES: THE DISCREET GEOGRAPHY OF ESCAPE

BIBHA CHOWDHURY



Nikon Z50: ISO 1250,
Shutter Speed 1/40,
Aperture F6.3

Sunlight taking rest on an open book; a moment of stillness in knowing, shared



Nikon Z50: ISO 1600,
Shutter Speed 1/80,
Aperture F6.3

The perfect shadow: a quiet corner where ideas germinate and grow.

The library is more than just a building; it stands as a metaphor for the inner life. In a culture, steeped in noise and the flow of images and energy, to have a library space is an affirmation of life, downward toward the quiet corner of a polished oak table, vaguely tilting into the worn

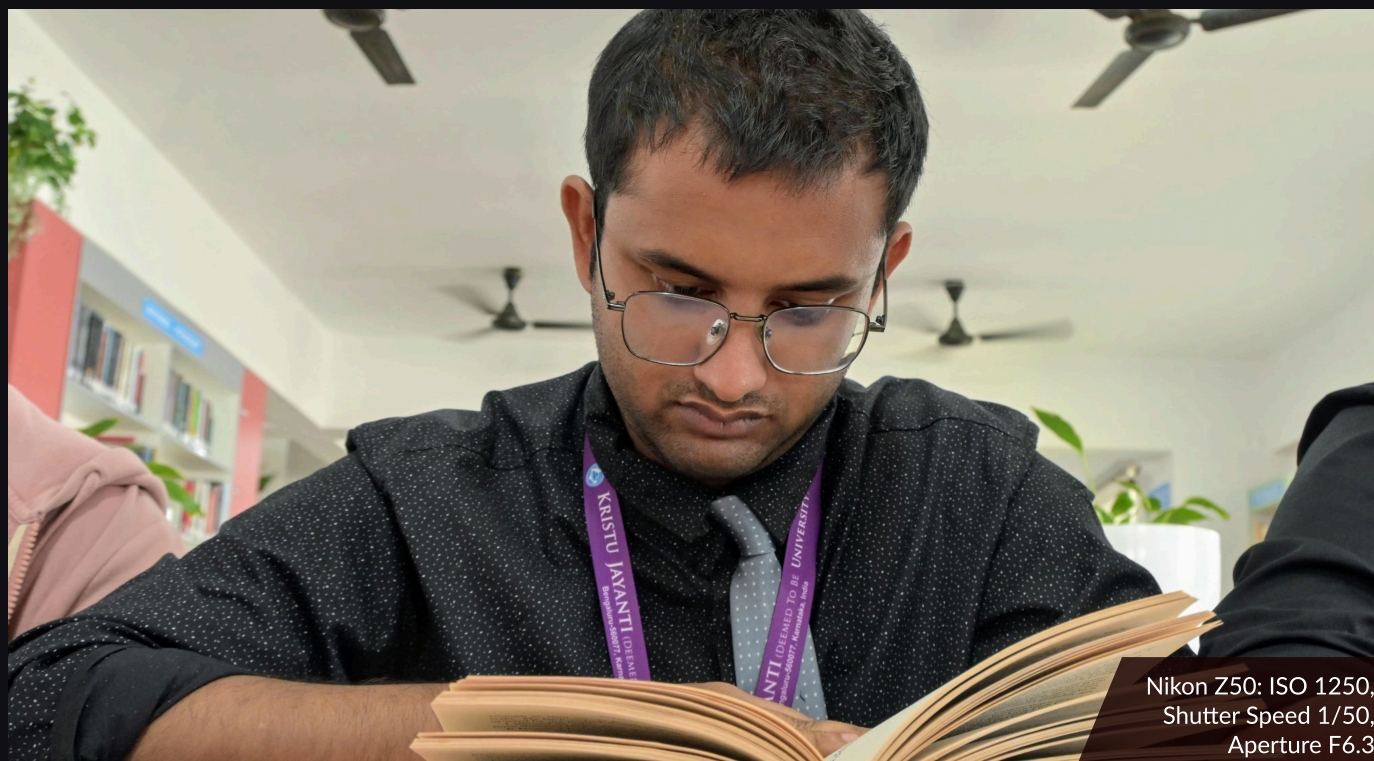
spine of a well-loved book those policed moments between the pages, as the reader loses sight of present time, consumed entirely by a world of their own words.

Our visuals speak to this relationship. In one's perspective, a student is not simply reading, but has slashed a line from the text underlining as if making a case for their truth. In another, a hand rests, fingers ill-defined, at another diagnostic beat of emotion.



Nikon Z50: ISO 1600,
Shutter Speed 1/80,
Aperture F6.3

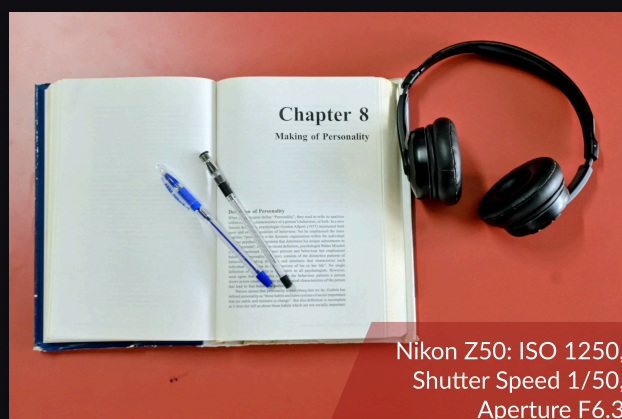
The gentle turn of the page is greater than a step into a new world.



Nikon Z50: ISO 1250,
Shutter Speed 1/50,
Aperture F6.3

Escape captured, focus unwavering, in the margin a world outside fades away.

The weight of knowledge, borne importantly in these pages held close and read deeply.



Nikon Z50: ISO 1250,
Shutter Speed 1/50,
Aperture F6.3

HANDS THAT WORK

NANI SAMUEL

Every pair of working hands tells a story of art, effort, and survival. In the busy streets of Bengaluru, these hands shape dreams in their own simple ways. The barber's hands bring confidence with every careful cut. The idol makers mold devotion from clay, keeping faith and tradition alive. The Aari embroiderer threads patience and beauty into every stitch, while the knife sharpener rides through lanes, giving new life to old tools.

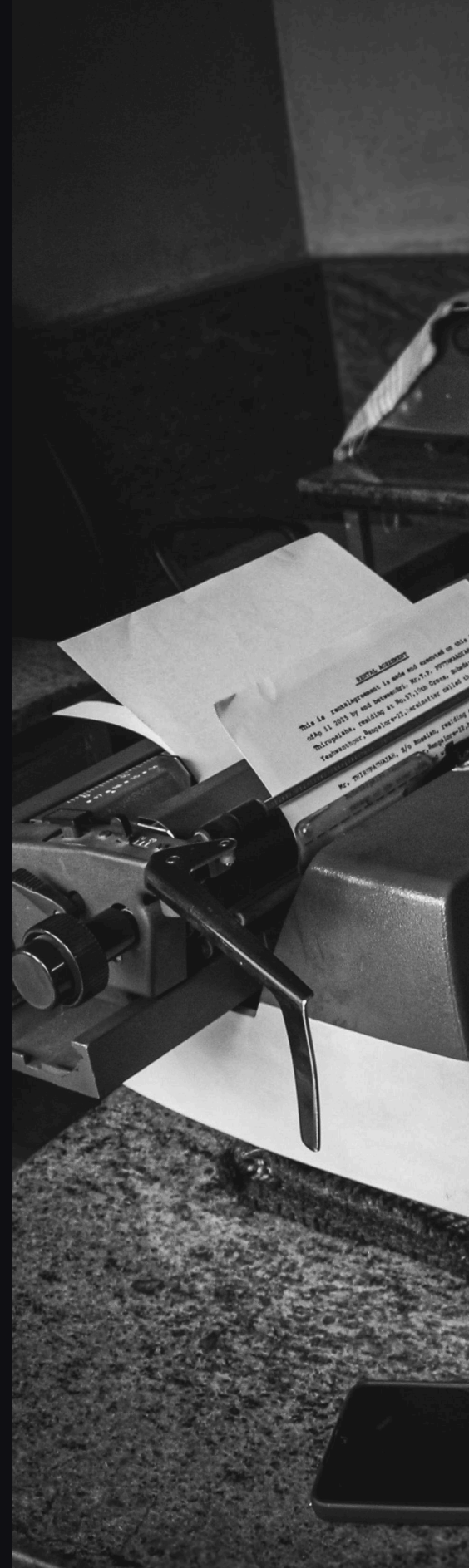
A woman repairing slippers by the roadside shows strength and self-reliance, her hands proving that skill has no gender. The typewriter worker, with fingers dancing on keys, keeps the rhythm of old communication alive in a digital world. The street tailor stitches torn clothes with care, while the welder's sparks light up the hidden corners of hard work.

These are the hands that work skilled, creative, and full of dignity. They build, repair, and create without seeking fame. In every movement lies a story of resilience and pride. Whether man or woman, these workers remind us that true art is not only in galleries or studios, but in the everyday lives of people who keep the world running one honest hand at a time.



Canon 700D: ISO 200,
Shutter Speed 1/125,
Aperture F5

In a digital age, his words still echo through



gh metal keys.



Canon 700D: ISO 600,
Shutter Speed 1/100,
Aperture F6.3



Canon 700D: ISO 1600,
Shutter Speed 1/125,
Aperture F4.5

Where every cut is a creation.



Canon 700D: ISO 1600,
Shutter Speed 1/125,
Aperture F4.5

Hands that heal the path of others.



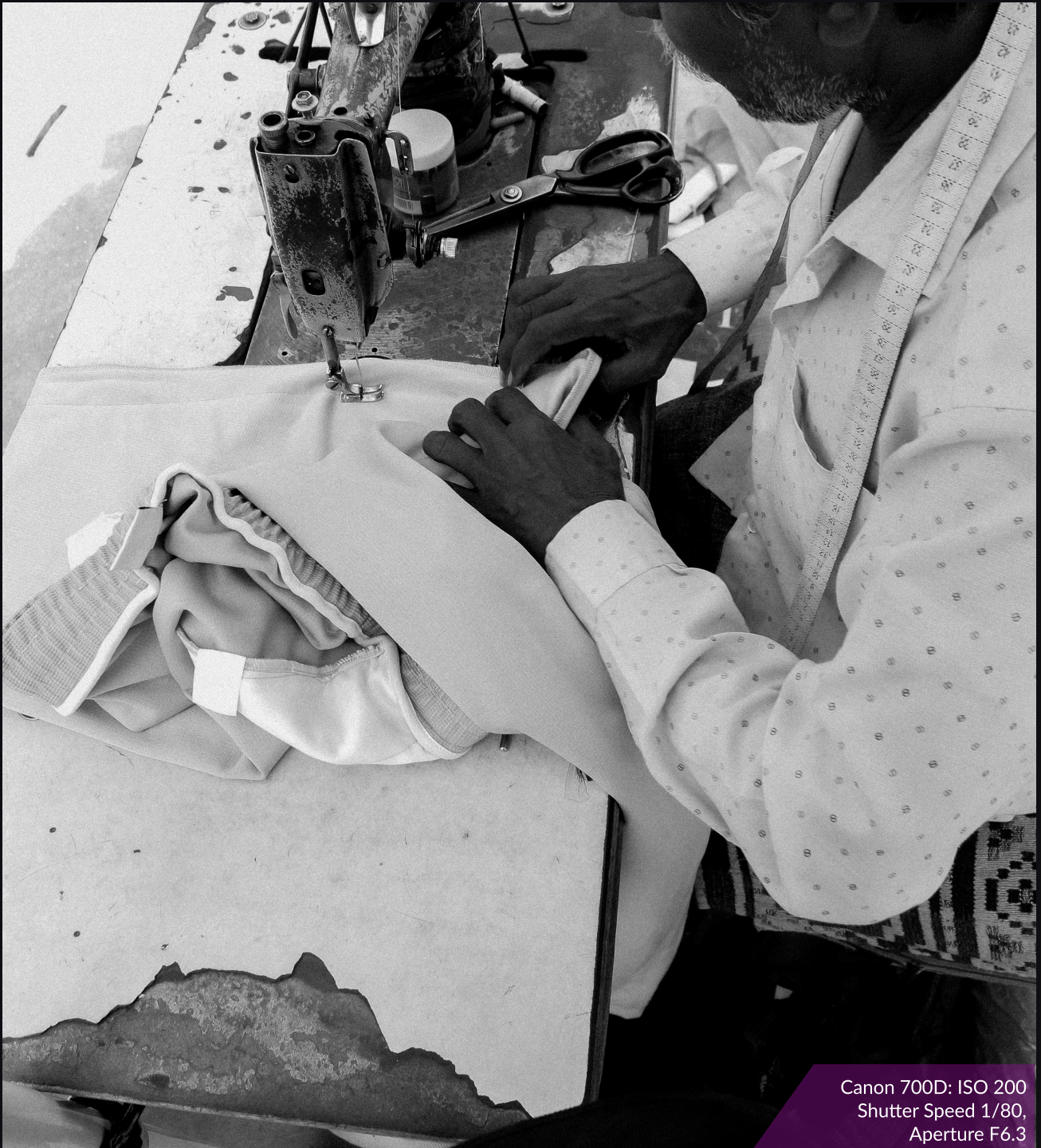
Canon 700D: ISO 100
Shutter Speed 1/125,
Aperture F5

Crafting gods with human hands.



Canon 700D: ISO 800,
Shutter Speed 1/100,
Aperture F6.3

Stitch by stitch, stories take shape.



Canon 700D: ISO 200
Shutter Speed 1/80,
Aperture F6.3

Hands at work, mending more than clothes.

In the quiet corners and crowded crossroads, these hands become the heartbeat of the city. Their work may seem ordinary, but it carries extraordinary grace. Through sweat, dust, and dedication, they remind us that artistry is not just about creation, but about care, a devotion to doing something well, even when no one is watching. These hands, weathered yet unwavering, are not just shaping objects; they are shaping the spirit of a city built on hard work, hope, and human touch.

HANDICRAFTS IN BENGALURU

RITAM BANERJEE

Known to the world as India's technological powerhouse, Bengaluru is equally a city of enduring artistry. Beneath the hum of innovation lies a quieter, older rhythm, one of chisels, brushes, and lacquered hues. The city and its surrounding regions preserve a remarkable tradition of handicrafts that mirror Karnataka's rich cultural legacy. From the fragrant finesse of sandalwood carvings to the gleam of bidriware, Bengaluru's artisanal heritage continues to tell stories of skill, devotion, and timeless beauty.

A short drive from the city lies Channapatna, affectionately called the "Toy Town of Karnataka." Famous for its colorful wooden toys and lacquerware, Channapatna artisans use traditional vegetable dyes to craft eco-friendly playthings that have earned a Geographical Indication (GI) tag for their authenticity and craftsmanship.



Nikon Z50: ISO 400,
Shutter Speed 1/125,
Aperture F5.6

Fine woodwork showcased through dolls.

Where earth meets fire, beauty takes shape.





Nikon Z50: ISO 800,
Shutter Speed 1/60,
Aperture F4.8



Nikon Z50: ISO 400,
Shutter Speed 1/50,
Aperture F6.3

Crafted from clay, perfected by patience.

Supporting this ecosystem, the Karnataka State Handicrafts Development Corporation plays a pivotal role in preserving and promoting these crafts through artisan welfare initiatives, exhibitions, and government-run retail outlets such as Cauvery Emporium.



Nikon Z50: ISO 400,
Shutter Speed 1/50,
Aperture F6.3

The artisan making a livelihood out of his artisry.

Adding to this vibrancy are Bengaluru's handicraft exhibitions, which regularly showcase the creativity of artisans not only from Karnataka but from across India. These exhibitions, held at venues such as Chitrakala Parishath and other cultural centers, bring together weavers, potters, and craftsmen from regions like Rajasthan, West Bengal, Odisha, and Uttar Pradesh. The events celebrate India's artistic diversity, allowing visitors to experience the country's rich craftsmanship under one roof.



Nikon Z50: ISO 2500,
Shutter Speed 1/200,
Aperture F4.5

Handmade fabrics that connects us to our roots



Nikon Z50: ISO 400,
Shutter Speed 1/125,
Aperture F3.5

Intricate stone work from the lands of Rajasthan



Nikon Z50: ISO 400,
Shutter Speed 1/125,
Aperture F3.5

Red stone sculpture, giving shape and form to our devotion.



Nikon Z50: ISO 400,
Shutter Speed 1/20,
Aperture F3.5

The poetry of stone, written in crimson.

BENGALURU TRAFFIC : A PAUSE IN MOTION

NANI SAMUEL

Bengaluru's traffic has become a part of everyday life, especially during rush hours when vehicles move slower than walking speed. Long signals and endless jams give commuters time to pause some scroll through mobile phones, reply to messages, or even take quick calls. For many, the car or bike seat has turned into a waiting room on wheels.

Across the city, these traffic pauses have quietly shaped a new culture of multitasking. People sip coffee, check maps, listen to music, or catch up on news while waiting for the green light. Though the stillness brings a few minutes of rest, it also shows the city's growing struggle with congestion.

Bengaluru's traffic reflects both patience and pressure a rhythm where engines stop but life doesn't. Amid the honking and lights, the city keeps moving, one signal, one scroll, and one slow turn at a time.



Canon 700D: ISO 1600,
Shutter Speed 1/125,
Aperture F5.6

When the city slows, time itself gets stuck between honks and headlights.

Traffic isn't a jam here; it's a way of life.





Canon 700D: ISO 200,
Shutter Speed 1/100,
Aperture F13



Canon 700D: ISO 200,
Shutter Speed 1/10,
Aperture F11

Three men, one moment of pause while the city they build races ahead.



Canon 700D: ISO 1600,
Shutter Speed 1/125,
Aperture F5

Where the promise of tomorrow blocks the road today, Bengaluru's metro rises in the middle of the gridlock.



Canon 700D: ISO 400,
Shutter Speed 1/3,
Aperture F16

When traffic stands still in Bengaluru, even a tractor driver finds time for a call.

CAMPUS LIFE DOCUMENTATION

BIBHA CHOWDHURY

SUPPORTING FAMILY RESILIENCE

CONFERENCE SPARKS IDEAS FOR ACTIONABLE CHANGE!

Dr. Uma Buggi: Prevention is the architecture; building strong foundations before the storm hits.

The campus was full of intellectual energy when the School of humanities and social science Department of social work hosted a successful conference entitled, “Supporting Family Resilience: From Prevention to Empowerment.” Important focal points provided families with

important skills that would help them to respond positively to struggles faced in everyday life, along with evidence-based strategies that promote family resilience in any context.

The Welcome Address, delivered by Fr. Dr. Augustine George, CMI Vice chancellor, set the tone for the conference, evidenced by the institution’s commitment to enhancing community well-being.



Nikon Z50: ISO 3200,
Shutter Speed 1/100,
Aperture F5.3

Fr. Dr. Augustine George giving the welcome address.



Nikon Z50: ISO 3200,
Shutter Speed 1/80,
Aperture F5.6

Shri Akshara Damle: “True resilience means harnessing inner strength to empower the family unit.”



Nikon Z50: ISO 1600,
Shutter Speed 1/80,
Aperture F3.5

Students grasped knowledge about social work and family dynamics from the speaker

Dr. Uma Buggi addressed a preventative stance to the culture of navigating trauma for resilience when she stated: “Prevention is the architecture of a resilient future; we must build solid structures before the storm comes.”

Shri Akshara Damle followed by presenting a more humanistic approach: “Resilience is not merely bouncing back; it is a state of being where we are tapping into our inner resilience to grow and bring the family unit into full empowerment.”



KRISTU JAYANTI

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“

**A PHOTOGRAPH IS A
SECRET ABOUT A SECRET.
THE MORE IT TELLS YOU,
THE LESS YOU KNOW.**

- DIANE ARBUS

”

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