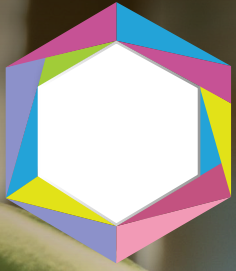


KRISTU JAYANTI (DEEMED TO BE UNIVERSITY) | DEPARTMENT OF MEDIA STUDIES



Pixel

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SWEAT
THE MEASURE OF EFFORT

A VISUAL NARRATIVE OF WORK, RESILIENCE, AND QUIET STRENGTH.

LETTER FROM THE EDITOR



NIKONZ50, ISO - 220 Aperture - F6.3
Shutter Speed- 1/500

EDITORIAL

The stories portrayed here lie between exhaustion and pride where the lines blur between duty and habit ,and sweat turns into purpose.

The Stories Of Effort

- Daniel Joseph

Every photograph tells a story-not of success or perfection but of effort and perseverance. This edition of PIXEL is focused on those who quietly carry the weight of responsibility and move forward regardless.

With each click we have tried to capture the silent rythm that's often overlooked-security guards standing through long hours to keep spaces safe, BBMP workers who work in extreme unsanitary conditions, athletes rebuilding strength with the guidance of coaches and physiotherapists, and kitchen workers enduring heat and pressure to feed others. Each frame reflects the endurance and perseverance more than the achievement and fame. This issue stands as a small tribute to these steady,consistent efforts.

The stories portrayed here lie between exhaustion and pride- where the lines blur between duty and habit ,and sweat turns into purpose. These moments are proof that true strength and mental fortitude is not always loud-it's found in doing what must me done.

MEET THE TEAM

1st Year MA Media and Communication



DANIEL JOSEPH
Copy supervisor
25MAMC29



ANUGRAH VICTOR RAJASINGH S
Coordinator
25MAMC16



BEZALEL C PURACKAL
Design supervisor
25MAMC03

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Bezalel C Purackal

KEEPING WATCH



CANONEOSM50m2, ISO - 1250,
Aperture - F2.8
Shutter Speed- 1/160

Moments of duty framed in sunlight.



CANONEOSM50m2, ISO - 1250,
Aperture - F2.8
Shutter Speed- 1/160

Guarding with pride, serving with dignity.

Across gates and corridors, when most have gone home, the security staff remain steady, observant, and alert. Their presence marks the quiet rhythm of safety that continues even when the day

noise fades. The work rarely calls for action, yet every passing hour demands awareness. It is a duty built on patience, repetition, and quiet endurance one that operates without applause but with immense responsibility.

The photographs in this series offer a glimpse into their world moments that often go unnoticed but form the invisible backbone of every institution. Among those who stand guard are women whose calm presence often goes unspoken yet deeply felt. Their watch is as firm as it is composed, their patience as commanding as any uniform. Whether stationed at an entrance or walking a late-night round, they embody both strength and subtlety protectors who balance authority with quiet composure. Behind each uniform lies a story of commitment. Long shifts stretch into the night, where time seems slower, yet the mind cannot rest. The hum of passing vehicles, the echo of footsteps in an empty corridor, or the flicker of a distant light



CANONEOSM50m2, ISO - 6400
Aperture - F2.2
Shutter Speed- 1/160

Each drop of sweat tells a story of perseverance.



CANONEOSM50m2, ISO - 800,
Aperture - F2.8
Shutter Speed- 1/160

In quiet vigilance lies unseen strength.

every sound and movement becomes part of their landscape of alertness. For many of the women on duty, these hours also carry a different kind of courage: maintaining vigilance in spaces that were once deemed unfit for them, asserting safety while ensuring it for others. Each frame reflects the silent effort behind security — the unpredictable hours, the weight of vigilance, and the responsibility carried without recognition. What appears to be stillness is, in truth, constant attention. The camera does not capture grand gestures but the subtle



CANONEOSM50m2, ISO - 2500
Aperture - F2.8
Shutter Speed- 1/160

Guardians of order steady, silent, and strong

language of presence: a hand resting on a railing, eyes scanning a dim hallway, or a walkie-talkie gripped with quiet assurance. In one image, a woman guard stands under the glow of a corridor light, her posture steady a reminder that watchfulness, too, can carry grace.

This story is not about movement or recognition, but about presence the ability to stay when others rest, to watch when others turn away. Through these images, the lens acknowledges a form of labor that exists in silence. It reminds us that safety is not simply a system, but a human act repeated daily, faithfully, and often unseen.

“Keeping Watch” becomes a tribute not only to those who protect, but especially to the women who do so with poise and quiet determination proving that vigilance, too, can have a gentle strength, and that even silence can be a form of power.



CANONEOSM50m2, ISO - 1000
Aperture - F2.8
Shutter Speed- 1/160

Amid routine and repetition, pride stands tall.



CANONEOSM50m2, ISO - 1600
Aperture - F2.8
Shutter Speed- 1/200

Every uniform carries a story of duty and respect.



CANONEOSM50m2,
ISO - 2000 Aperture - F2.8
Shutter Speed- 1/160

Uniformed dedication stories behind every salute.

Anugrah Victor Rajasingh S

UNSUNG HEROES OF THE FIELD



NIKOND5600, ISO - 1000, Aperture - F16
Shutter Speed- 1/640

The mentor's gaze - firm, focused, and full of faith

Behind all athletes and teams, there are those who work tirelessly not beyond but away from the spotlight. "Unsung Heroes of the Field", captures the unseen world through a series of photographs that highlight the individuals who make every sporting moment possible. These visuals showcase the silent strength of coaches, physios, groundsmen & officials. They are the pillars that hold the spirit of sport upright. Each frame is a tribute to their discipline, passion, and



NIKOND5600, ISO - 320, Aperture - F8
Shutter Speed- 1/250

A coach doesn't just train players; they inspire purpose.



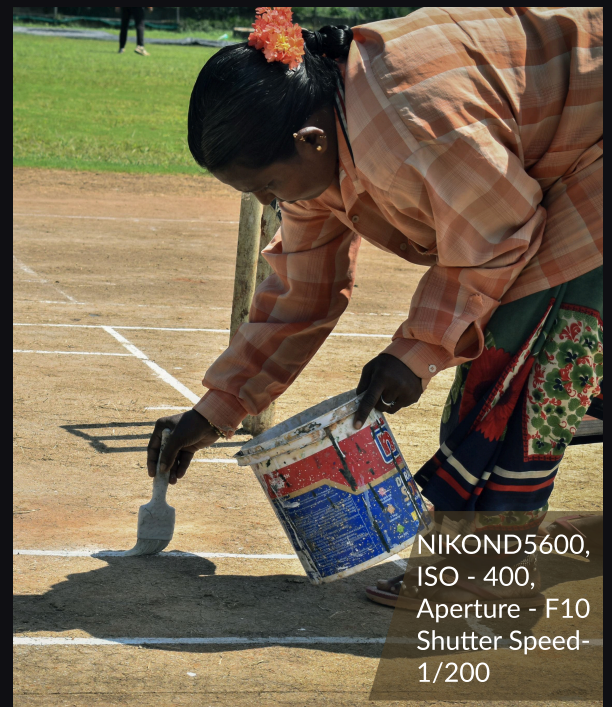
NIKOND5600, ISO - 100, Aperture - F10
Shutter Speed- 200

Teaching not just the game, but the grit to keep going.

invisible contribution to every athlete's success. These visuals showcase the silent strength of coaches, physios, groundsmen & officials. They are the pillars that hold the spirit of sport upright. Each frame is a tribute to their discipline, passion, and invisible contribution to every athlete's success. The coaches, seen guiding players through football and cricket practice, represent the art of mentorship. With every instruction, correction, and word of encouragement, they shape not only the athlete's performance but also their mindset. Equally vital is the physio, the guardian of recovery. The photograph of an injury being treated mid-game speaks volumes about care and composure under pressure, allowing ath-



NIKOND5600, ISO - 400, Aperture - F10
Shutter Speed- 1/200



NIKOND5600,
ISO - 400,
Aperture - F10
Shutter Speed-
1/200

Their hands shape the field long before the players step in.

letes to return stronger each time. The groundsmen often go unnoticed, yet their work defines the stage on which every game is played. They utmost care to the field with precision, ensuring every blade of grass and every boundary line is perfect. Their early mornings and late evenings are what transform an ordinary ground into an arena of excellence. "Unsung Heroes of the Field" reminds us that success in sports is a collective achievement. Behind every player's triumph stands a team of dedicated individuals. Their work may not make headlines, but it builds the foundation of every victory.

NIKOND5600, ISO - 400,
Aperture - F4.5 Shutter
Speed-250



Behind every athlete's stride stands a physio's care.

Anugrah Victor Rajasingh S

BEYOND THE SPOTLIGHT

E Every victory has a story which begins long before the roar of the crowd. From early morning intense drills and practice to recovery sessions, every picture tells a story of the athlete's commitment and dedication. The athletes. Push themselves out of their comfort zone consistently to get better each day. Their commitment is not measured by medals or trophies but by persistence. The silent hours become their motivation, each drop of sweat reflects not just struggle but a promise to rise again, stronger than before. Athletic greatness is often romanticized,



NIKOND5600, ISO - 320,
Aperture - F8
Shutter Speed- 250

Beyond the spotlight lies the struggle that builds strength.



NIKOND5600, ISO -
200, Aperture - F8
Shutter Speed- 320

Pain is temporary, but passion endures.



Every bruise tells a story of resilience.



NIKOND5600, ISO - 400, Aperture - F5.6
Shutter Speed- 600



NIKOND5600, ISO - 600, Aperture - F22
Shutter Speed- 640

The mentality to risk everything.

but 'Beyond the Spotlight' removes the glamour and captures authenticity. It reminds us that sport is not only about winning, but learning to recover and rise up after every fall and failure. The camera becomes a silent witness to their mental and emotional evolution, from frustration to resilience and from injury to renewal. The scars, sweat, tiredness each tell a story and becomes a testament to the price of passion. Their focus is sharp, their emotions pure, even in exhaustion, there is beauty, the beauty of commitment. Every drop of sweat is a step closer to strength.



NIKOND5600, ISO - 400, Aperture - F5.3
Shutter Speed- 1250

Healing is part of the game unseen, but essential.

Athletes keeping going ahead no matter what, as failures are the stepping stones to success, but each comes with a price – their full efforts, time, energy, commitment and utmost dedication to their respective sport.

Bezalel C Purackal

HEAT OF THE KITCHEN

Behind every meal served is a world of movement and relentless heat. Inside the kitchen, effort speaks through the clatter of utensils, the hiss of oil, and the pulse of flames. Cooks and helpers work in sync, measuring time not in minutes but in orders filled and plates sent out. The photographs capture this constant flow — sweat on brows, steam rising from stoves, and faces half-lit by the glow of burners. There is no stillness here, only motion guided by



CANONEOSM50m2, ISO - 500
Aperture - F5
Shutter Speed- 1/30

Focus-the invisible ingredient that perfects every dish.



CANONEOSM50m2, ISO - 200
Aperture - F3.5
Shutter Speed- 1/40

Beyond the counter lies a world of heat, hustle, and heart.



Where the air is thick with heat, sweat and dedication.



CANONEOSM50m2, ISO - 200,
Aperture - F3.5, Shutter Speed- 1/50

instinct and experience. Among them stands Chef Loyem, 24, from Nagaland, whose focus and calm determination shape each dish. His story reflects endurance – long hours on his feet, the pressure of precision, and the quiet satisfaction when the rush ends. In these frames, heat becomes both a challenge and a companion. Each image reminds us that food, before it comforts, demands energy, teamwork, and resilience the kind that never makes it to the dining table.

CANONEOSM50m2, ISO - 320
Aperture - F5.6
Shutter Speed- 1/30



The vision is clouded but the focus remains.



CANONEOSM50m2, ISO - 200
Aperture - F3.5
Shutter Speed- 1/30

Every sizzle a step to perfection.

Daniel Joseph

THE GROUND REALITY: BBMP WORKERS OF BENGALURU.



NIKONZ50, ISO - 220 Aperture - F6.3
Shutter Speed- 1/500

Ordinary hands doing extra ordinary work that you would keep your distance from.



NIKONZ50, ISO - 100 Aperture - F6.3
Shutter Speed- 1/640

She does a thankless job done with unbroken spirit.



NIKONZ50 ISO - 200,
Aperture - F5.6
Shutter Speed- 1/250

Before the city awakens, Bengaluru's BBMP cleaning workers are already at work. Long before dawn breaks, when streets

are empty and traffic lights still blink on a timer, their brooms begin to move. They sweep the roads, clear garbage from overflowing bins, and restore order to a city that has not yet opened its eyes. For most people, the day begins with a cup of tea or a commute for them, it begins with dust, waste, and the smell of what the city leaves behind.

Hands that work tirelessly, holding up the hygiene of millions.



NIKONZ50, ISO - 100 Aperture - F6.3
Shutter Speed- 1/320

The weight of the city's waste and its indifference.

These workers form the foundation of Bengaluru's public hygiene system, yet their contribution remains largely unseen. While offices, schools, and homes depend on cleanliness, the individuals who ensure it are often invisible. Many of them work under contractual employment, with irregular wages, inadequate protective gear, and little public acknowledgment. Masks, gloves, and boots essentials in such work are often missing or of poor quality. Still, they arrive before sunrise, tie their scarves, and begin sweeping with quiet persistence.

The photographs in this story capture this unspoken endurance the curve of a broom against wet asphalt, hands covered in dust, faces half-hidden under cloth mask

The images are not about pity, but about perspective. They remind us that while the city moves fast, someone is always walking ahead of it, cleaning the path for everyone else.

Despite the essential nature of their work, these workers face more than physical strain. They carry the burden of social stigma, often branded by the very labour that sustains the community. People continue to litter, spit, and throw waste into public spaces, expecting these same workers to clean it up. There is a silent inequality at play those who keep the city clean are rarely given the respect they deserve. Yet, amid the debris and exhaustion, there is dignity. Conversations reveal quiet humour, teamwork and an



NIKONZ50, ISO - 200 Aperture - F6.3
Shutter Speed- 1/500

Her hands clean what the city forgets



NIKONZ50, ISO - 100 Aperture - F7.1
Shutter Speed- 1/400

The world hurries past, but the duty never stops.

unspoken pride in what they do. They work not for applause, but because the work must be done. When the city wakes, it does so on the foundation of their unseen effort their sweat, discipline, and resilience written across every clean street and cleared drain. Each photograph documents their quiet struggle, not just against waste, but against neglect against being unseen in a city that depends on them daily. These are not portraits of despair but of perseverance.

NIKONZ50, ISO - 100 Aperture - F5.6
Shutter Speed- 1/250



The uniform fades, but their strength never does.

They remind us that progress isn't measured only in skyscrapers and technology, but in how we treat those who hold our cities together at the most basic level.

When we walk through a clean street or cross a litter-free corner, we walk through the results of their labour. They may not be celebrated, but their effort defines the morning rhythm of Bengaluru.

In their endurance lies a lesson that true work, the kind that sustains life, often happens long before anyone is watching.



NIKONZ50, ISO - 100 Aperture - F5.6
Shutter Speed- 1/250

The stench of garbage masks the scent of sacrifice.

NIKONZ50, ISO - 3200 Aperture - F5.6
Shutter Speed- 1/250

*Air Commodore Lalit Kumar Jain
addresses the audience.*

STIMULI 2025

CAMPUS LIFE DOCUMENTATION

Daniel Joseph

The Department of Psychology at Kristu Jayanti (Deemed to be University), Bengaluru, hosted Stimuli 2025, a National Level Inter-collegiate

Psychology Fest, on October 30, 2025. Themed “Spectrum: Every Shade of Talent,” the event aimed to celebrate creativity and diversity within the field of psychology. The fest was inaugurated by Air Commodore Lalit Kumar Jain (Retd.), Indian Air Force, who delivered the inaugural address. The presidential address was delivered by Fr. Dr. Lijo P. Thomas, Pro Vice Chancellor.



NIKONZ50, ISO - 3200 Aperture - F4
Shutter Speed- 1/125

Lamp lighting ceremony.



NIKONZ50, ISO - 640 Aperture - F4.5
Shutter Speed- 1/125

The chief guest interacts with student body.



NIKONZ50, ISO - 500
Aperture - F4.5
Shutter Speed- 1/80

Asst Prof. Sreya thomas delivers the welcome address.

The inauguration ceremony took place in the H2 Auditorium, located on the 7th floor of the Humanities Block, at 9:30 a.m. The event was graced by distinguished guests, faculty members, and participants

Exclusively organized for psychology students from Undergraduate, and Postgraduate levels across India, the fest featured a range of on-stage and off-stage competitions.

A series of on-stage and off-stage events challenged participants to showcase their analytical, artistic, and communication skills. Each competition reflected the theme's essence celebrating every shade of talent.

“ Education is what survives when what has been learned has been forgotten. ”

B.F. Skinner
"New Scientist," 1964



NIKONZ50, ISO - 200 Aperture - F4
Shutter Speed- 1/80

The respected panel of dignitaries.



NIKONZ50, ISO - 640 Aperture - F4.5
Shutter Speed- 1/125

The chief guest extends his gratitude to the institution for the invite.



All ears as the chief guest continues his inaugural speech.



The dignitaries rise for the university anthem.



KRISTU JAYANTI

(DEEMED TO BE UNIVERSITY)

Under Section 3 of UGC Act 1956

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“

**THE EYES SHOULD
LEARN TO LISTEN
BEFORE IT LOOKS**

- ROBERT FRANK

”

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