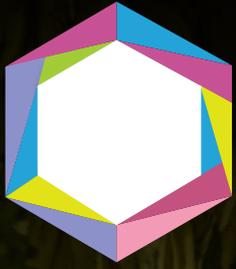


KRISTU JAYANTI (DEEMED TO BE UNIVERSITY) | DEPARTMENT OF MEDIA STUDIES



Pixel

OCTOBER
2025

VOLUME 10 | ISSUE 08 | I MA MEDIA & MASS COMMUNICATION | PHOTOJOURNALISM MAGAZINE



“THE HANDS THAT
KEEP CITY AWAKE”

A TRIBUTE TO THE UNSEEN WORKFORCE POWERING URBAN LIFE

LETTER FROM THE EDITOR

KARTHIKA SAIPHY



CANON EOS 1500D ISO : 400
Aperture-f/1.8,Shutterspeed-1/320s

EDITORIAL

"THE WORKERS' SMILES EXPRESS STRENGTH AND HAPPINESS DESPITE THE NOISE AND HARD WORK. THEIR SILENT HAPPINESS TRANSFORMS DAILY HARDSHIP INTO A FESTIVAL OF PRIDE AND DETERMINATION."

"THE SMILE" THAT MOVES THE MARKET

Smiles spread as steadily as carts and conversations in the middle of a busy market. The delight of the workers is what makes the atmosphere brighter despite the roar of voices, the shuffle of feet, and the strain of daily labor.

They start lifting, organizing, and selling long before the sun rises, but in between stressful periods, they silently laugh. One of them remarks, "We work hard, but we work together," serving as a reminder that friendship frequently lightens the hardest burdens.

Every nod, smile, and helpful hand turns into a tiny gesture of determination and pride. In addition to carrying goods, these workers also bring a human element to the market.

Their inner delight that survives even the longest days is what gives them strength, not simply their hands. These smiles, which transform routine labor into something incredibly human, are what keep the market going.

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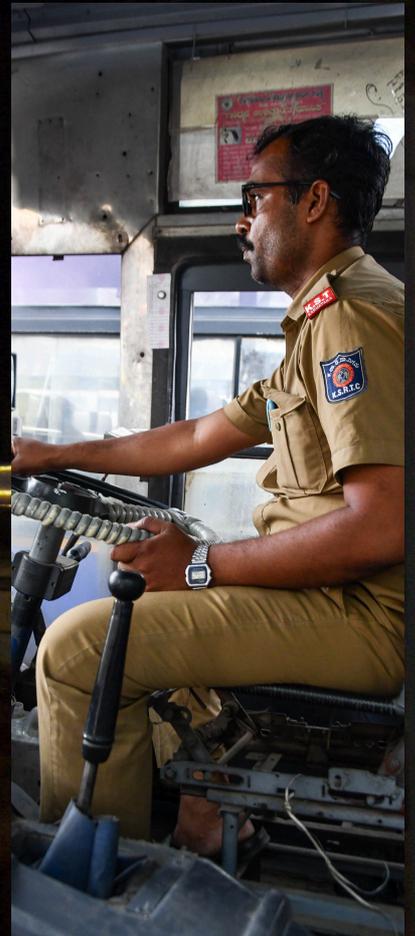
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THE LABOUR BEHIND DIWALI: THE HANDS THAT LIGHT UP OUR FESTIVAL

Isha Ojha



Canon EOS 700D ISO: 400 – 800
Aperture: F/2.8 – F/3.2



Canon EOS 700D ISO: 200 – 400
Aperture: F/4 – F/5

Every year, Diwali brings brightness, laughter, and togetherness across the country. Streets sparkle with lights, homes are decorated with diyas, and the air smells of sweets and firecrackers.

But behind all this celebration lies another side of the festival one that often goes unnoticed. It's the story of thousands of workers whose efforts make the festival of lights possible.

In small workshops, people spend long hours shaping diyas, candles, and clay idols. Their fingers move quickly, covered with dust and colour, creating pieces that will decorate countless homes. Many earn only a few hundred rupees a day, yet they continue because the festival season is their only source of income for the year.

In factories and local units, men and women pack sweets, candles, and decorative items for hours, often in unsafe and cramped conditions. The festive rush brings pressure and fatigue, but also hope that this season's earnings will help them support their families a little longer. city running.



Canon EOS 700D ISO: 1600-3200
Aperture: F/3.5 - F/4.5

Lifting the weight of celebration before dawn.
By: Isha



Canon EOS 700D ISO: 800-1000
Aperture: F/2.8 - F/4

Potter Shaping earth into light, hope into clay

Electricians work through the night fixing lights on buildings and streets, while vendors set up stalls selling festive items under temporary roofs. Sanitation workers quietly begin their shifts after the celebrations end, cleaning streets filled with wrappers, smoke, and burnt remains of fireworks.



Canon EOS 700D ISO: 320
Aperture: F/4.5

Weaving colors of devotion, one bloom at a time.

Experts say India's festive economy grows every year, yet the workers behind it rarely receive fair wages or recognition. They are the unseen force behind every illuminated window and decorated shop.

As the lights fade and silence returns after the festival, it's worth remembering that Diwali's true glow doesn't come from electricity or fireworks it comes from the hardworking hands that bring light into everyone else's lives. Their unseen effort is the real spirit of Diwali.



Canon EOS 700D ISO: 400-800
Aperture: F/4 - F/5.6

Behind every smile, a day of endless hustle.

“ BLENDING SUGAR INTO FESTIVE JOY ”



CANONEOS6D, ISO - 5000, Aperture - F5



CANONEOS6D, ISO - 5000, Aperture - F5

Cleaner Sweeping away yesterday's chaos for a brighter today.

THE EVERYDAY “ENGINE”

Karthika Saiphy



CANON EOS 1500, ISO - 400, Aperture - 1.8
Credits: Karthika Saiphy

An evening view from Ernakulam Market



CANON EOS 1500
ISO-200 Aperture -F/1.8

Balancing weight and will each bundle lifted with quiet strength and unspoken pride

Workers are the heart of the market, hidden under its noise, colors, and never-ending bustle. Every cart keeps moving, every stall keeps running, and every consumer is happy because of them.

Everybody contributes their muscle and energy to this busy area, from cart pullers, loaders, and cleaners to vendors setting out fresh goods. They start lifting, sorting, sweeping, and getting ready for the morning crowd well before the sun comes up. Despite the intense workload, there is a rhythm of resiliency and laughing. One employee echoes the pride of many when he adds, "We earn our day through effort and smiles."

Every face conveys a tale of determination, tolerance, and professionalism in the workplace. Every face conveys a tale of determination, tolerance, and professionalism in the workplace.



CANON EOS 1500
ISO - 200, Aperture - F/1.8

Through sacks and colors, his hands shape the day's rhythm



CANON EOS 1500, ISO -320, Aperture - F/1.8 Credits:Karthika Saiphy

Steam rises, oil crackles the labor behind every crisp bite of daily joy



Even though their hands are scarred from struggle, their smiles brighten the pandemonium around them. They serve as a reminder that pride may exist within routine and that happiness can coexist with adversity. They are the heartbeat of the market; they are the face behind every booth, the strength behind every smile, and the soul behind every song. The market would be quiet without them. It lives, moves, and shines with them—a tribute to the human spirit and the worth of labor.

CITY WITHOUT “THEM”

K Sarika Bharathi

Before the city wakes, they are already at work the dhobi beating rhythm on stone, the sweeper clearing streets, the garbage collector lifting what we leave behind. In hospitals, a doctor quietly checks a patient's pulse, carrying invisible stress with calm strength.

At Shivajinagar, the bus driver steers hundreds safely through the city's rush, his peace found in motion. And in the silence of Kalpalli Cemetery, grave diggers offer the final act of dignity before noon's heat halts their work.



NIKON D7500 ISO-200
SS-1/250sec APERTURE-4.5

Washing away the city's stains, one cloth at a time.

Where The Street Life Is Cooked To Perfection.

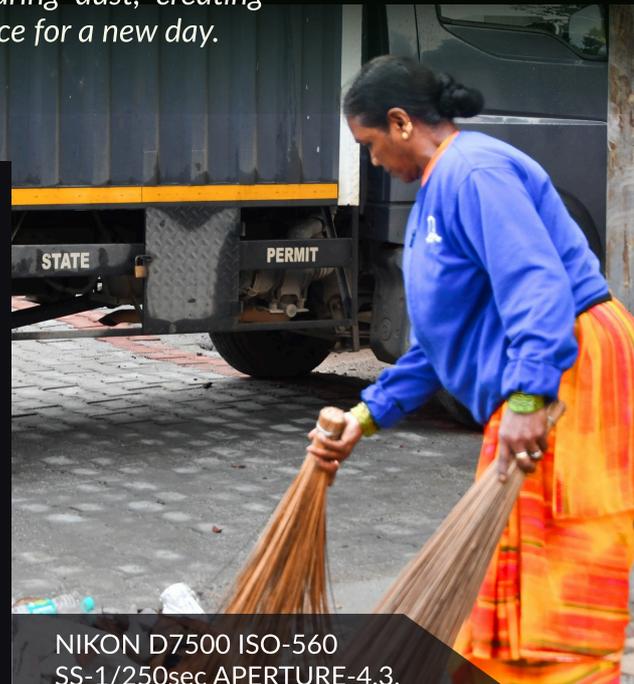
NIKON D7500 ISO-110
SS-1/250sec APERTURE-4.3



NIKON D7500
SS-1/125sec APERTURE-4.3

Steering Peace Through The City's Chaos.

Clearing dust, creating space for a new day.



NIKON D7500 ISO-560
SS-1/250sec APERTURE-4.3.

7500 ISO-1250
APERTURE-3.8

Lifting what the city leaves behind



NIKON D7500 ISO-200
SS-1/250sec APERTURE-4.7

Digging With Silence, Stopping Before Noon.



NIKON D7500 ISO-800
SS-1/250sec APERTURE-4

Sweat, Soil And Survival



NIKON D7500 ISO-900
SS-1/125sec APERTURE-4

Calm Hands, Caring Eyes
Healing Never Pauses



NIKON D7500 ISO-2500
SS-1/60sec APERTURE-4

They are the unseen pulse of urban life, hands that clean, heal, drive, and bury with care. Without them, the city would lose its order, its rhythm, its heart. These faces may fade into the background, but their work holds the city together quietly, every single day.

“THE WEIGHT THEY CARRY”

Shreya A H

You don't notice them at first. They blend into the city's rhythm walking beside buses, standing at signals, weaving through crowds. Yet, they are the backbone of our everyday lives. Their hands, backs, and shoulders bear not just goods, but the weight of countless stories of resilience.

A woman at the bus stop lifts a sack twice her size, her steps firm and familiar. A man crosses the road with a bundle balanced perfectly on his head — his poise an art of survival. A father carries his sleeping child through the afternoon heat, arms trembling, heart steady. Around him, life rushes on.



Canon EOS 200d.
ISO: 400
Aperture: F/5.6

An older man trudges on with a box and a bag tugging at his hands.

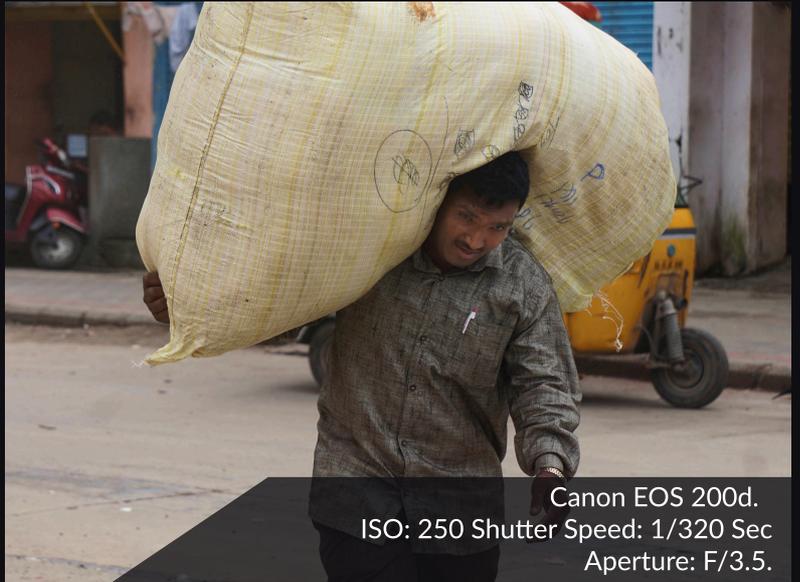
The market is alive with color — a vendor wrapped in vibrant fabrics, a woman patiently stringing beads, each movement echoing a simple truth: the work never truly ends. It just transforms, shifting from street to stall, from hands to heart.

As evening falls, a food seller navigates between buses, snacks balanced on his shoulder, calling out softly amidst the clamor. His day stretches well beyond sunset. Each sale, each step, is a melody of perseverance.





Canon EOS 200d. ISO: 320
Shutter Speed: 1/400 Sec Aperture: F/5

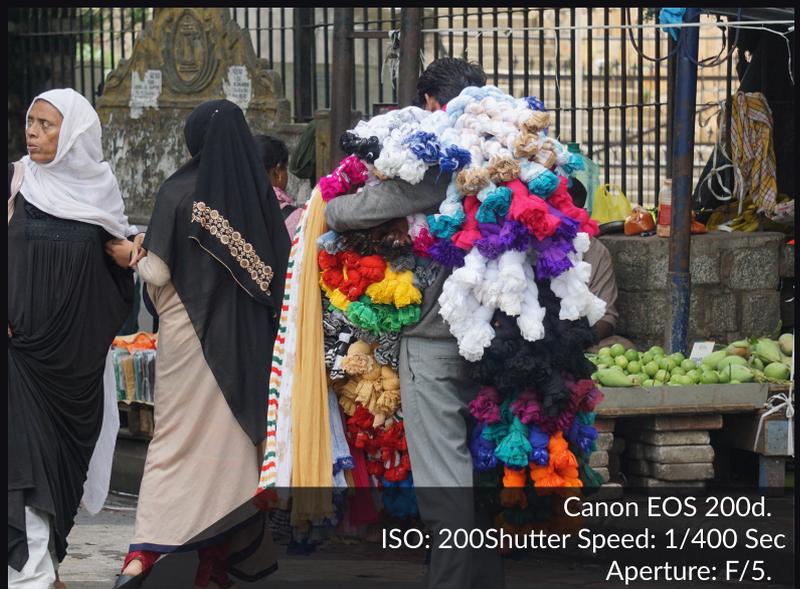


Canon EOS 200d.
ISO: 250 Shutter Speed: 1/320 Sec
Aperture: F/3.5.

A man strides across a busy street, a mountain of load balanced on his head

Their hard work often goes unnoticed, their names frequently forgotten. Yet, without them, the city would lose its rhythm its morning routines, its tidy streets, its meals, and its movements.

They aren't just symbols of struggle; they embody strength. They remind us that true dignity doesn't stem from comfort; it arises from the daily act of carrying on, with purpose.



Canon EOS 200d.
ISO: 200 Shutter Speed: 1/400 Sec
Aperture: F/5.

A vendor wrapped in bright fabrics moves through the market lanes.

The weight they bear is more than just physical it's the burden of keeping a city alive.



CANON EOS 200D, ISO - 250,
Aperture - f4.5, Shutter Speed: 1/500

Every motion speaks of the daily heroism found in care.



CANON EOS 200D, ISO - 400,
Aperture - f5.6, Shutter Speed: 1/250

*She moves forward without complaint,
her strength quiet but unmissable*



CANON EOS 200D, ISO - 400,
Aperture - f.5, Shutter Speed: 1/320

His work carries on a quiet hymn of endurance.

**“THE JOURNEY WHERE QUIET STRENGTH
MEETS MOTION, AND GRACE NEVER FALTERS”**

BWSSB WORKERS CLEAR SEWAGE BLOCKAGE IN JAI BHARATH NAGAR

K Sarika Bharathi



BWSSB clearing the sewage blockage at Jai Bharath Nagar, Bengaluru

Residents of Jai Bharath Nagar in East Bengaluru were severely inconvenienced when sewage overflowed onto local streets following a major blockage in the underground drain. The Bangalore Water Supply and Sewage Board (BWSSB) deployed a team of sanitation workers to clear the obstruction using both suction machinery and manual tools.

Armed with long iron rods and supported by a jetting vehicle, the workers laboured for several hours under humid conditions to restore normal flow, while the machinery removed large volumes of sludge, workers were seen manually loosening the debris before it could be sucked out, highlighting the continued reliance on physical labour in the city sanitation work.

Local residents complained of foul odours and stagnant water, which had disrupted traffic and raised concerns about mosquito breeding

NIKON D7500 ISO-400
SS-1/250sec APERTURE-4.4
Credits: K Sarika Bharathi



Manual scavengers at work - their tools simple, their task essential.

NIKON D7500 ISO-400 SS-1/250sec
APERTURE-4
Credits: K Sarika Bharathi



Despite the importance of their task, most workers were seen without adequate safety equipment such as gloves, boots or protective masks. Sanitation workers say that while BWSSB provides mechanical cleaning units, manpower is still required in areas where the pipeline is narrow or heavily choked. This incident highlights the daily challenges faced by urban sanitation workers, who keep the city functioning through demanding and often invisible labor.

Their silent contribution stands as a reminder of the need for greater respect, recognition, and safe working conditions for those who maintain Bengaluru's essential civic systems.

NIKON D7500 ISO-400
SS-1/250sec APERTURE-4
Credits: K Sarika Bharathi



With bare hands and wooden poles, workers dig through sludge to restore flow in the city's drainage

LEFT BEHIND IN BANGALORE: NEELASANDRA'S BATTLE FOR THE BASICS

Shreya A H

N Neelasandra's situation is quite different among Bengaluru's bustling streets and towering skyscrapers

This busy area, which is only a few miles from the center of the city, still needs basic things like clean drinking water, good toilets, and regular trash pickup. People get outside with containers and buckets every morning, hoping for the community tap to start.



Canon EOS 200d ISO 320, F4.5
Shutter Speed 1/200s

Neighbours share stories in the narrow lanes, where conversation is part of daily survival



A woman washes utensils outside her home, turning the street into her kitchen sink

Canon EOS 200d ISO: 500, Shutter Speed: 1/250 Sec Aperture: F/3.5

Lakshmi, who has called Neelasandra home for over twenty years, says, "Sometimes we wait for hours and nothing comes." When it rains, open drains on the narrow streets overflow. Garbage piles up near homes, which attracts stray dogs and mosquitos.



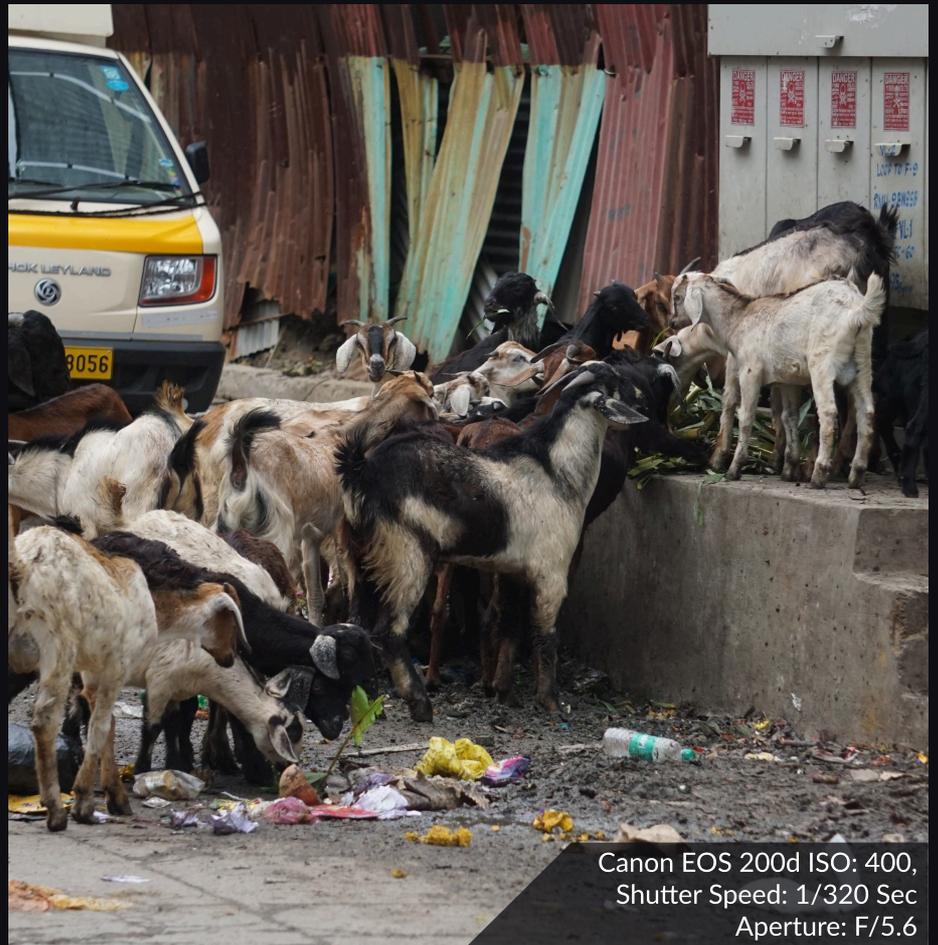
Canon EOS 200d ISO: 400, Shutter Speed: 1/160 Sec Aperture: F/4

Families sit together in the open, their doorsteps doubling as living rooms

Many Some locals claim that the BBMP staff only come around maybe once in a while. "They take pictures and then leave," another resident says. "The garbage stays there. "

Families inside the small houses deal with limited space and electricity cuts. Children laugh in puddles and trash as they play outside. The noise from the cars on the street nearby never stops. Still, the community spirit is high even amid these difficulties. To support one another through the day, neighbors share food, water, and small pleasures.

The inhabitants of Neelasandra keep living in the shadow of a city that is expanding but forgetting them. Though Bengaluru keeps growing taller and larger, this area of the city feels stuck waiting for progress promises to reach their doorstep at long last.



Canon EOS 200d ISO: 400, Shutter Speed: 1/320 Sec Aperture: F/5.6

Goats forage through heaps of waste, a quiet symbol of the city's forgotten corners

AWARENESS SESSION ON SUBSTANCE ABUSE BY DR. DIVYA HEGDE

Isha Ojha



The Department of Media Studies organised an awareness session on Substance Abuse and Mental Health to educate students about the impact of addiction and the importance of mental well-being. The session was led by Dr. Divya Hegde, a noted

mental health professional, who shared valuable insights into how substance use can affect emotional balance, relationships, and academics.

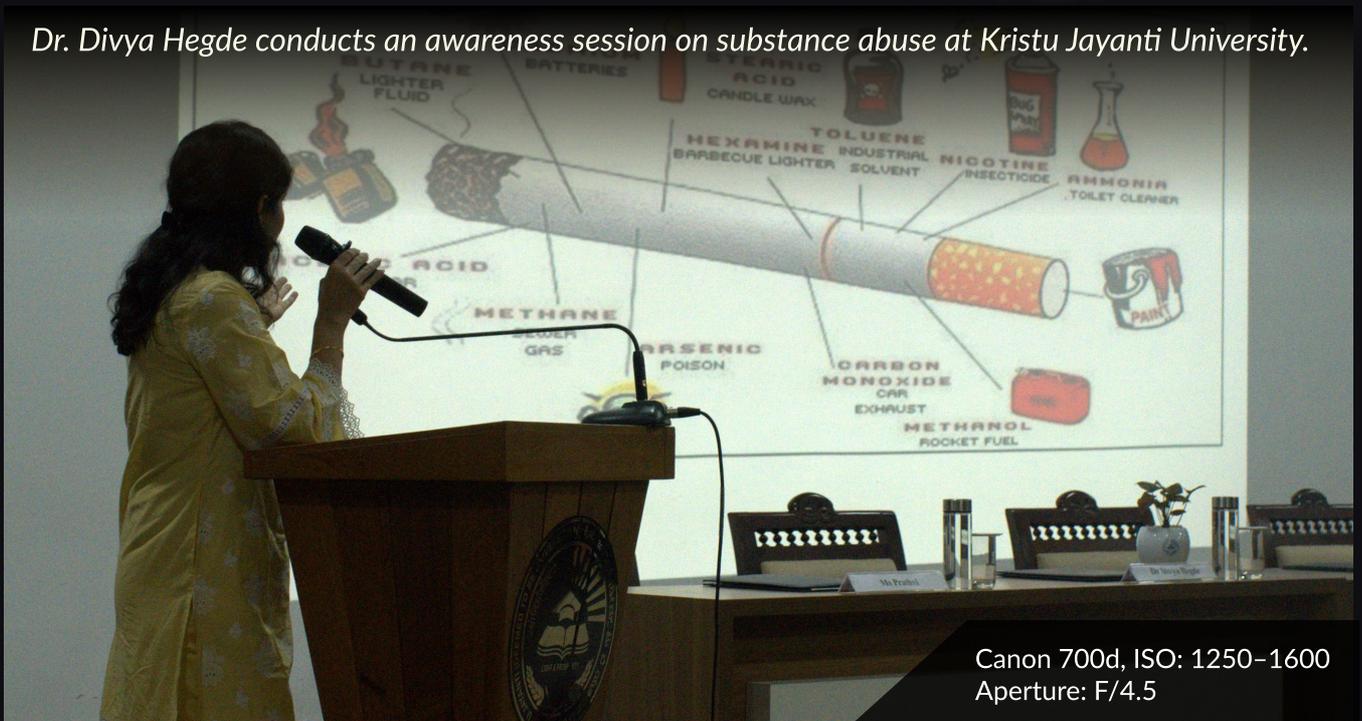
Addressing a full auditorium, Dr. Hegde explained how curiosity, stress, and peer pressure often lead young individuals toward substance use. She discussed the effects of opioids and other harmful substances, emphasising that awareness and early support are crucial for prevention. "Every decision we make about our health shapes our future," she noted, encouraging students to seek help and support one another.

Kristu Jayanti University hosts a talk on substance abuse and mental well-being



Canon 700d, ISO: 2000-2500
Aperture: F/4.5-5.0

Dr. Divya Hegde conducts an awareness session on substance abuse at Kristu Jayanti University.



Canon 700d, ISO: 1250-1600
Aperture: F/4.5



Canon 700d, ISO: 800-1000
Aperture: F/3.5-4.0
Shutter Speed: 1/125 Sec

The session included informative visuals, real-life examples, and an interactive Q&A segment that allowed students to clarify their doubts about addiction and recovery. Faculty members appreciated the initiative, calling it a meaningful effort to build a more responsible and aware student community.

The event concluded with a token of gratitude presented to Dr. Hegde and a collective pledge by students to promote a healthy, drug-free campus environment. The session left a strong message — that awareness, openness, and empathy can help prevent addiction before it starts.



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“

**“WITHOUT LABOR,
NOTHING
PROSPERS.”**

- SOPHOCLES

”

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