

CAMPUS BEAT

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“Suicide is the leading cause of death among youth,” says P V Bhandary

ANGELIN and AISHWARYA

CAMPUS: “The students of this generation are very much influenced by media and this is the cause for many psychic diseases and the increase in number of suicides,” said P V Bhandary, consultant psychiatrist of A V Baliga Memorial Hospital, Udupi. He was addressing the PG students on the topic ‘Every change is a challenge for youth: Are you ready?’ at SAC on Wednesday.

The seminar was hosted by MSW department with an aim of bringing awareness among students about their mental and behavioural changes.

Dr Bhandary stressed on the working of human brain and how every human being looks and interprets things differently. “Emotions develop first

and then come the judgement. Human brain matures only at the age of 24. Till the age of 24, the first and important thing seen in students is rebelliousness,” he added.

He made a clear statement that one of the serious problems that students are facing is the anxiety disorders. “Teens require around nine hours of sleep per night in order to avoid mental illness. One out of four college students suffers from mental illness. The common symptoms seen are increased worrying, difficulty in concentrating, tension, and headache. Anxiety is caused when they feel helpless to control their worries. The different types of anxieties seen in students are social anxiety, exam anxiety, depression and suicide. Interpersonal conflicts,



Roshan Monteiro from MSW welcoming Dr P V Bhandary

separation, rejection and insecurities are the major reasons why suicides occur. Suicide is the leading cause of death among youth,” Dr Bhandary said.

Students raised many queries

after the session to which Dr Bhandary gave insightful answers. Over 150 students and faculty members from different departments attended the seminar. Earlier, Dr Loveena Lobo, Dean of PG welcomed.

National level conference held at St Agnes College

DAIJIWORLD

MANGALORE: The department of Commerce, St Agnes College, hosted a national conference on ‘Enhancing professional competency through skill development- facing up to modernity’ on February 14 in the college conference hall.

Vathika Pai, Proprietor of Vathika internationals and president of Kanara chambers of Commerce and industry, Mangalore, was the chief guest of the inaugural ceremony and delivered the key note address. Vathika Pai in her address emphasised the importance of professional competency.

“It is the professional competency that helps an individual stand apart. A person attending an interview may have requisite educational qualification but it is the professional competency which will help one to seal the job,” she said. She listed out the various soft skills that an individual should have to attain professional competency. She advised the audience to utilise their leisure time in communication skills, listening skills, building relationships and leadership, high level of professionalism and to be responsible for all their duties, have a broad perspective i.e. being open to each other, be optimistic, challenging and so-



Inaugural ceremony

cial. She said that good things happen to people who think good things. She advised to youngsters that not to fit into others shoes, but try to be the best and create one’s own niche (image).

Sr Dr M Jeswina, the principal of the college, in her presidential address expressed her concern that most ironically of the graduates from the good colleges with good grades are unemployed due to lack of personality traits and soft skills. She also stressed the importance of the ethics, values and skills for developing oneself. She said that it is not the qualification that we hold but the professional competency that helps in the development of one’s personality.

As many as participants including students and lecturers from various colleges from Kasargod, Chennai, Bengaluru, Madikeri, in and around Karnataka, participated in the National Conference.

KMC hospital observes childhood cancer day

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ATTAVAR: Kasturba Medical College Hospital Attavar, the only hospital in the district to have a pediatric hematology-oncology specialty to provide specialized cancer treatment to children observed international childhood cancer day on Thursday 15th February 2018.

The program was inaugurated by Tulu & Kannada film actor Prathik Shetty, who said, “The hands that heal are much better than the lips that pray “. There is lot of efforts put by the doctors and nurses who are treating the children with cancer and that is why the medical fraternity is looked upon as godly natured by the patients and their relatives.

Apart from clinical team, the general public also should realise their role in supporting morally and financially where a large number of people contributing a bit also accumulates a huge support for the economically weaker parents who already are emotionally burdened by the fact that their child is fighting this deadly disease.

Dr Harsha Prasad, pediatric hematologist and oncologist at KMC Hospital Mangalore stated that international childhood Cancer Day is based on Childhood Cancer International’s (CCI) core belief that every child with cancer deserves the best possible medical and psychosocial care, regardless of country of origin, race, financial status or social class.

He also stated that through this activity KMC Hospital wants to spread the awareness that childhood cancer deaths are avoidable, with timely and accurate diagnosis, availability and access to proper treatment and care as well as affordable, good quality essential medicines.

As a part to entertain to the children different activities were conducted by RJ Errol of 92.7 BIG FM.

There was also a magic show by Rajesh Malli which resulted in participatory entertainment for the childhood cancer survivors & their parents.

Christians demand more funds from state for welfare

DUANE and SEEMA

MANGALORE: Urging the state government to constitute a Christian Development Corporation the Karnataka State Malayali Christian Association (KSMCA) has demanded more welfare measures here on Monday.

“In the state of Karnataka the government has allotted Rs 2750 crores for the entire minority community and only a fraction of the amount was given to the Christian community. Hence, this community was totally deprived of any benefit from the government.

Therefore we request the state government to establish a Christian development corporation so that poor Christian families can avail benefits from it and further we would urge the government to allot rupees 750 crores to the formation of this corporation,” said A C Jayaraj, President of KSMCA

The KSMCA also deliberated that the Chief Minister of the state take immediate action and allocate more funds so that the poor Christians in the state could get a reprieve and thus avail the government funding to the fullest.

SAC bags runners up trophy at Ecovista

DAIJIWORLD

MANGALORE: Students from the department of Economics at St Aloysius College bagged the runners up trophy at Cauvery College Gonikoppal.

Ecovista 2018, a one day state level intercollegiate economics fest was organised by the department of Economics Cauvery College Madikeri.

Student participants from St Aloysius College Sampath K and Nishanth Anthony D’Costa of final year BA, Vindhya Shetty and Bhagya Lakshmi K of second year BSc



Winners all!

won the first place in Mad Act competition.

Swathy J and Alana Biju of first year BSc won the second place in model making. Sharanya Mahesh and Sanjay Ganesh S of first year MA won the second place in product launch.