Xpression

Department of Mass Communication, St. Xavier's University, Kolkata

01 October 2026 Volume 9, Issue 1

SXUK hosts conference on libraries, technology & society

Sreejoni Chowdhury
(BA, Sem 3)

Kolkata: Fr. Arrupe Central Library of St. Xavier's University, Kolkata (SXUK) successfully organised its first national conference on 'Bridging Knowledge, Technology & Society Through Libraries (BKTSL-26)'. The conference was attended by various researchers, teachers, scholars and library professionals from various parts of the country. The event was held to discuss the evolution of libraries along with the evolution of technology.

Inaugurating the conference was the Registrar of SXUK, Fr. Xavier Jeyaraj, SJ, along with the presence of Dr. Thanuskodi, Professor & Head, Dept. of Library & Information Science, Central University of Tamil Nadu and Dr. Subarna Kumar Das, Professor & Head, Dept. of Library & Information Science, Jadavpur University, Kolkata.

A major highlight of the event was the presentation of 46 research papers, presented by the participants from states like Gujarat, Odisha, Maharashtra, Rajasthan, West Bengal, Tamil Nadu etc. These papers were presented by the participants on a range of topics related to libraries and technology, and its relevance in the society. The conference acted as a platform for the participants where they could present their research, share their thoughts and learn from each other. The Book of Abstract and Conference Proceeding was launched during the programme. This included the research papers presented during the conference and served as a reference of work presented . Dr. Stephen G. (Asst. Librarian and Organizing Secretary) presented the report of the conference. The various sessions, research papers, and activities during the conference was highlighted.

Traditionally, libraries were only seen as a place to keep books and provide a reading place. However, in today's world, with the advent of digital resources, the role of a library is very crucial in the field of research and online learning and access to information. The conference was a reflection of this evolving role and the need to adapt to new technologies and still cater to the needs of the society. This was an important milestone for SXUK as it provided a platform for people engaged in library and information science. The first national conference for the University provided the opportunity to have a constructive discussion and exchange of thoughts on the future of libraries. The highlight of the event BKTSL-26 brought out the relevance of libraries in supporting education and research, and how it needs to adapt to a tech savvy society. Such discussions help libraries remain inclusive, relevant, accessible, and future-ready with equipped technology.



Fr. Xavier Jeyaraj S . J . with the dignitaries of the event (Source: SXUK)

SXUK emerges as the best university for MBA in WB

Sohini Mukherjee
(BA, Sem 3)

Kolkata: St. Xavier's University, Kolkata (SXUK) has been conferred with the award at Times Now Leaders of Excellence - East 2026, and has been felicitated as the Best University for MBA in West Bengal. The award was announced on September 27, 2026, to acknowledge the commitment of the university towards ensuring quality management education. This award acknowledges the efforts made by Xavier Business School (XBS) to produce future-ready students to face the challenges in the business world. The award of Rev. Dr. John Felix Raj, Vice-Chancellor of St. Xavier's University, Kolkata was received by Dr. Sitangshu Khatua, the Dean of Xavier Business School.

This is an incredible achievement for the institution itself, representing more than a title. The Xavier Business School, has been focused on creating an environment that encourages the emphasis on academic excellence, innovation and a close relation between the institution and industry engagement reflecting the changing expectations of management education. As the world of management and professionalism continues to evolve with new technologies changing markets and more complex business decisions, future managers need to be able to use their judgement, be adaptable, have great communication skills and understand the responsibility that comes with leading. It is a great recognition that our students are being set up for success by providing them with the opportunity to apply their learning in the classroom to real world contexts. This achievement allows us to recognise the hard work of the whole University. Our faculty members who provide guidance and mentoring to students, our amazing support staff, our alumni who apply our values into their working lives, our industry partners who help students apply their learning and our students who bring enthusiasm and ambition to our university.

This has to be celebrated by SXUK, as we are awarded this recognition. It is an achievement and motivates us to move forward. Our education journey will never be solely based on one award, but our everyday commitment to learning, development and progression. This is a moment to be proud of at St. Xavier's University, Kolkata. It is a recognition of all our hard work at Xavier Business School.

The recognition further inspires the university to strengthen its vision of excellence through innovative teaching, practical exposure, and sustained engagement with industry. It also encourages students to pursue their ambitions with confidence, integrity, and a commitment to making meaningful contributions to society in the future.



The award being presented to the university (Source: Times now group)

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LIFESTYLE

Young adults redefine worklife balance

Namrata Biswas
(BA, Sem 3)



Finding the perfect balance between work and life (Source : Pinterest)

Kolkata: In the past, balancing work and life was about maintaining a clear separation. However, this is not the case anymore. Today's young adults desire to establish careers and have quality time for themselves, their loved ones and their hobbies. As more and more people are working remotely, freelancing, and working flexible hours, success is changing again.

It is no longer most young people's aim to have a high salary or top position in the hierarchy. Mental well-being, independence, supportive relationships and leisure time are given equal priority. While we all like to believe we're good at keeping a work/life balance, it's not always that straightforward. Continued phone notifications, online meetings and the pressure to be contactable at all hours don't always make this easy. Social media makes it even worse by showing us other people's 'perfect' job prospects and great lives and we can't help but think that we need to do it all too.

This internal struggle begins for college students and young professionals very early on. Between classes, internships, projects, and planning your career, relaxation is a delicate concept. A lot of young people might even feel guilty for taking moments of relaxation, when in fact, our bodies require rest to function properly, on both the physical and emotional levels. Today, work-life balance does not necessarily mean dividing time equally between work and leisure. It is more about understanding one's needs, setting boundaries and making time for what matters most. While some people may prefer challenging careers, others may choose flexible working hours and a simpler lifestyle.

You can also assist by providing work environments that are healthier and schedules that are more flexible. Individuals need to understand that pausing is not equivalent to being lazy. In the end, it shouldn't matter how much you accomplish professionally but how content and whole you feel. For young adults, that means making room for their career goals and their personal life. Ultimately, a balanced life allows individuals to pursue meaningful ambitions without sacrificing their well-being, relationships, personal interests, or the simple joys that make everyday life fulfilling.

Rethinking the cart: Rise of modern minimalism

Nilaakshi Adhikary
(BA, Sem 3)

Kolkata: With the increase in algorithm-based marketing, one click payments and quick delivery systems, today the consumer is more financially active than ever. However, with rising costs of living and constant exposure to technology, many choose to embrace a mindful minimalist lifestyle. Over the past decade, consumer habits have changed. With data predicting what we should purchase, flash sales and constantly changing trends, we are often persuaded to buy products, therefore people now have more unused items in their city flats, houses, and storage.

This is often referred to by behavioral economists as the hedonistic treadmill. Once you obtain something new you quickly get bored of the item and instantly feel the desire to buy more. Minimalism has turned into a lifestyle rather than a design trend. Unlike extreme ascetism which requires you to live in extremely deprived conditions with little to no items, modern minimalism is all about mindful living. You will take stock of everything you own and will only buy items which will last longer, be versatile and useful. People have evolved their thinking from "can I buy this?" to "will this actually add value to my life?" This has caught the attention of sociologists and mental health specialists.

Studies have shown that having less items which aren't needed will reduce decision fatigue, reduce stress caused by clutter and make you more financially secure. It has also been linked to increased awareness of the environment. People are now thinking about the impact of extra packaging, single use items and the carbon emissions created during delivery. As businesses become more advanced at creating urgency, knowing what you actually need has become an important part of our everyday lives.



Prioritizing connection over material accumulation (Source : Pinterest)

We are constantly tested on how much we need to live comfortably. Lifestyle advocates state our wellbeing cannot be measured by how much we have.

Sustainable wealth comes from only living with what we truly need. The change need not be sudden. Begin with one shelf, one drawer, one habit at a time, releasing what no longer serves you. As your space clears, so does your mind, leaving room for the people, passions and pursuits that truly matter. Living with less is not deprivation; it is a quiet freedom that enriches every part of your life.

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POLITICAL

India and Canada move towards rebuilding bilateral ties

Arya Agarwal
(BA, Sem 3)

Kolkata: In 2026 India and Canada started talking to each other and are rebuilding their relationship again. India and Canada are also collaborating on security, trade, education and technology. These actions show that India and Canada both want to rebuild trust and keep relations. One major development happened when Canadian Prime Minister Mark Carney visited India from February 27 to March 2 2026. Mark Carney met Indian Prime Minister Narendra Modi to talk about areas where India and Canada could work together. India and Canada agreed to strengthen their partnership and increase cooperation in trade, energy, education and defence.



Indian and Canadian PMs discuss bilateral ties (Source: ANI)

This visit was important because it was the bilateral visit to India by a Canadian prime minister since 2018. Security has become a part of the talks between India and Canada. India and Canada are working to improve cooperation between police and security agencies. India and Canada have talked about terrorism, drug trafficking, cybercrime and organised crime. In October 2026 officials from India and Canada met again to review progress and find ways to work together. Trade is another area where India and Canada cooperate. India and Canada are working toward a Comprehensive Economic Partnership Agreement or CEPA which aims to raise trade between India and Canada. India and Canada are also looking at opportunities in energy, artificial intelligence, science and technology. These efforts could create jobs, support businesses. Bring economic benefits to India and Canada. India and Canada also have people to people connections. Many Indians study, work and live in Canada. Cooperation in education and cultural exchange can help strengthen these connections and improve understanding between India and Canada. In October Narendra Modi and Mark Carney had another conversation. Agreed to keep working on trade, energy, security and other shared interests. However rebuilding trust will take time. Both India and Canada will need to address concerns through communication. In conclusion India-Canada relations in 2026 show signs of improvement. Although challenges remain, regular meetings and cooperation on issues help India and Canada move forward. India and Canada's ability to keep trust and work together will be important, in shaping the relationship. This growing cooperation can open new opportunities in areas such as trade, education, technology and cultural exchange. Both countries must continue to maintain open communication, respect each other's interests and work towards common goals. With mutual understanding and consistent efforts, India and Canada can build a stronger and more stable partnership in the coming years. Ultimately, a positive relationship between India and Canada can benefit both nations and their people.

Celebrating diversity, strengthening national unity

Ahana Shome
(B.A, Sem 3)

Kolkata: India is a very large country comprised of many languages, religions, and lifestyles. Therefore, we have many different political voices. There are many political parties in India. There are 6 national parties and 67 state parties (Election Commission of India). There are also around 2000 unrecognised political parties that are registered. In 2025 alone, almost 808 inactive parties were removed. Most voters will never be aware of these names; however, they show just how many groups want to have a say.

This is because India is diverse. People from different areas, such as farmers in the Punjab, fishermen in Kerala and tribal families in Nagaland will each have different issues. Regional parties have emerged because people feel that national parties may not fully understand their local issues, language and culture.



Where diplomacy, political interests, and national identity collide. (Source: Pinterest)

From 1952 to 1967, one political party dominated. However, regional identities became more prominent, and since 1989 we have seen coalitions emerge. This has meant that often regional parties help determine who forms the government. However, currently only 3 states have a regional party leading on its own. These are Andhra Pradesh, Meghalaya, Nagaland and Puducherry (August 2026). This is the lowest amount in nearly 25 years, with only 9 states having regional parties between 2015 and 2020. However, they are still strong, as they still manage to win around 1/3 of the votes in 4 consecutive Lok Sabha elections.

There are some issues with having lots of political parties. Many are family-run, and alliances can change frequently. Sometimes people feel that leaders care more about winning than working.

However, having many political parties means voters really have a choice and allows smaller groups to be represented. This may seem like a lot of noise and confusion, but in a large country it is better to have multiple voices.

As young citizens we need to listen to the different opinions, ask questions and vote carefully to keep our country as one nation with many voices. We must respect each other's differences and understand that every voice deserves to be heard. By staying informed and making responsible choices, we can help build a stronger, fairer and more united future for our country.

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SPORTS

More than a game: Lessons beyond the score

Anuska Dutta
(BA, Sem 3)

Kolkata: India's historic autumn series against football heavyweights Panama, Brazil, and Uruguay provided a sobering yet invaluable reality check for the national side. While the marquee fixtures exposed profound structural and tactical disparities at the elite level and carried a hefty financial toll, they offered a crucial catalyst for long-term reform, inspiring a new generation and highlighting the urgent need for domestic infrastructure development ahead of the SAFF Championship.



India's friendly against Brazil (Source: Times Now)

Following a hard-fought 1–1 draw against Panama in Bengaluru, early indications suggested positive momentum for the Blue Tigers. However, world No. 5 Brazil subsequently arrived and secured a commanding 4–0 victory in Kolkata on October 3, marking the historic first fixture between the two federations. Three days later, Uruguay compounded the challenge with a 6–1 win. Despite this, a moment of encouragement emerged when Anirudh Thapa equalised, and the hosts successfully maintained a clean sheet for the opening thirty minutes before the physical and tactical superiority of the visitors took command. At this elevated level of competition, football operates at a significantly heightened tempo with compressed spatial margins, leaving zero tolerance for execution errors.

Head Coach Khalid Jamil candidly acknowledged the team's structural cohesion challenges against Brazil, noting that such vulnerabilities are routinely exposed only when contesting opponents of the highest global standard. Although the matches were contested before packed stadiums and massive television audiences—potentially inspiring younger cohorts to aspire higher—the financial and logistical cost was substantial. The AIFF reportedly committed approximately US$9.4 million toward the three-match series and was required to reschedule the ASEAN Cup to accommodate the Brazilian fixture. It was a high-stakes strategy that will only yield dividends if it translates into tangible, long-term progression.

A single series of blockbuster friendlies cannot rectify systemic limitations within domestic infrastructure. Achieving sustainable competitiveness requires comprehensive structural investment, including a robust domestic league framework, upgraded training facilities, competitive youth-tier tournaments, and enhanced coaching pathways. Absent these foundational pillars, high-profile fixtures risk remaining isolated commercial spectacles rather than catalysts for reform.

Although the scorelines will recede from memory, the analytical takeaways remain critical. The squad will pivot toward the upcoming SAFF Championship in November to demonstrate tactical assimilation. While realistic expectations precluded victory against South American heavyweights, the strategic response of both the team administration and the federation will ultimately define the trajectory of Indian football. Sustained investment, youth development, and international exposure remain vital for long-term progress.

Mohunbagan defeats archrival East Bengal 1-0



Mohunbagan lifting the IFA Shield (Source: Mohunbagan)

Arko Ghosh
(BA, Sem 3)

Kolkata: A thrilling Kolkata Derby ended with Mohun Bagan Super Giant defeating arch-rival East Bengal 1-0 to win the IFA Shield. The win helps Mohun Bagan retain the prestigious trophy and win their 22nd IFA Shield title.Both teams put on a thrilling display as they went head-to-head in one of the biggest rivalries in Indian football. Both teams came into the match with high hopes. Samir Zeljkovic scored the lone goal of the game after receiving a chipped cross from Sahal Abdul Samad. The midfielder used his chest to control the ball and calmly placed it into the back of the net in the 45th minute. East Bengal threw everything they could at Mohun Bagan in the second half, looking to level the game.

They pushed forward and had multiple chances around the Mohun Bagan box but couldn't break through as the Mariners remained tight at the back. Goalkeeper Vishal Kaith also helped prevent any goals Mohun Bagan defended well in the final moments as they held onto their one-goal advantage to win 1-0. This delighted fans of the club as they added another exciting chapter to this historic rivalry. This was a major win for them, as they lost to East Bengal 4-1 in the Durand Cup final earlier in the season. However, winning the IFA Shield means they got their revenge.
It was an amazing achievement for them, as they won both the Calcutta Football League and the IFA Shield in the same season, which they hadn't done since 1976.Overall, this win shows how important teamwork, determination, and organization are in football, with Samir Zeljkovic scoring the decisive goal in a tightly contested final. This trophy not only helps Mohun Bagan win more trophies but also increases the excitement around one of the most celebrated rivalries in Kolkata football, inspiring other young players as well.

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ENTERTAINMENT

A thriller that challenges moral boundaries

Avipsha Sinha Roy
(BA, Sem 3)

Kolkata: Drishyam - The Conclusion is a thrilling film that leaves audiences questioning what is right and wrong. This film starring Ajay Devgn has been entertaining and has made viewers think. There are many twists and suspense in this film, as well as Vijay Salgaonkar's incredible ability to outwit the investigators.

This film has been a huge hit in cinemas. Directed by Abhishek Pathak, it was released on the 2nd October 2026. From trade estimates, by the 20th day, it has grossed around ₹358 crore at the Indian box office with worldwide earnings now above ₹550 crore. The character of Vijay is very intriguing. He is willing to do whatever it takes to save his family.

This makes audiences appreciate his cleverness, as he is always one step ahead of the police. Many have felt that his determination shows the instinctive behaviour parents feel to protect their children. However, his cleverness can create questions. He uses trickery, deceit and lies to win. Should tricking the justice system be acceptable to save your family? Some may view Vijay as a brave and strategic character but others may feel that this makes lying seem okay if the reason is a personal or emotional one. It also shows how knowing something isn't always enough. Whilst the investigators know what Vijay is up to, without any useful evidence they can't prove he is guilty in court.

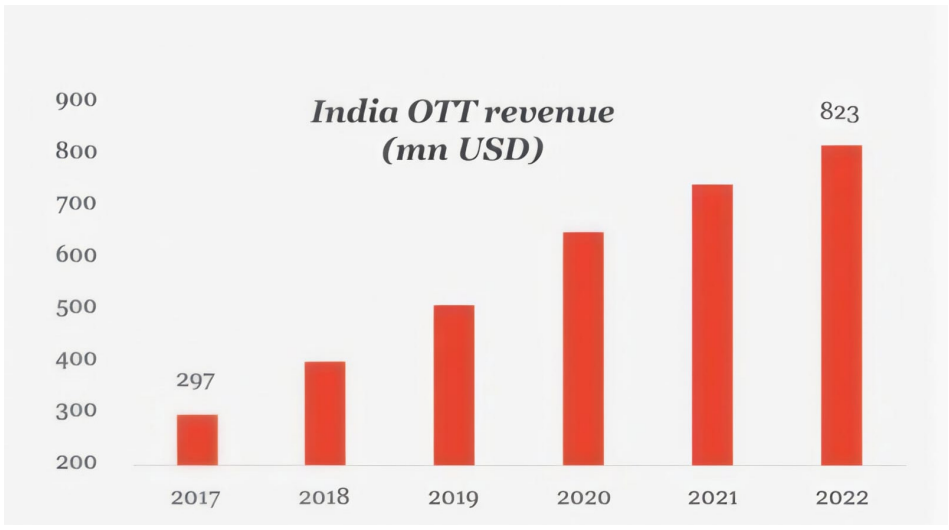
This helps to highlight the importance of evidence. Whilst watching the film, you may feel frustrated at how many times Vijay escapes. You may feel like justice can't be done as he knows the story better than anyone else. The film creates a connection with the audience. It creates an emotional connection with the audience rather than just being a mystery.

Many may relate to the themes of loyalty and sacrifice within families. It also has a dark theme which can cause discussion about responsibility. Abhishek Pathak has mentioned the ending is very poetic. There are no immediate plans to release a fourth instalment as he feels the story has come to a natural end. Overall, this film is more than just entertaining. It makes audiences think about their beliefs. The strong message within the film could be that sometimes outwitting the system doesn't mean doing the right thing. Viewers leave questioning morality, justice, and loyalty long after watching.

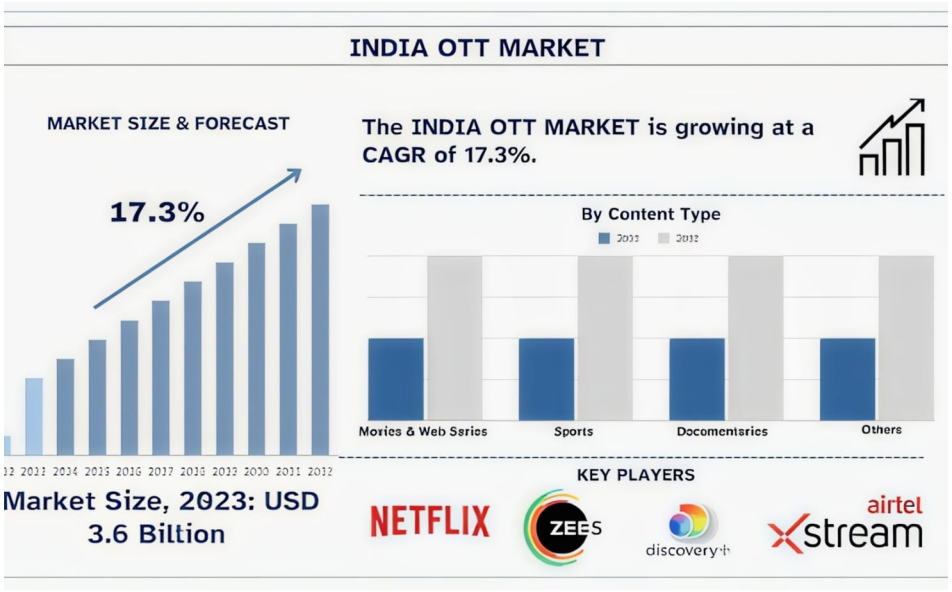


Movie poster featurinng its casts (Source: Panorama Studios)

Changing screens: The rise of OTT platforms



Graph that depicts the rise of OTT platforms in India (Source: MediaNews4U)



Indian OTT market analysis (Source: UnivDatos)

Samriddha Chakraborty
(BA, Sem 3)

Kolkata: A movie night used to be an event. You would plan your day go out to your cinema stand in line to buy the tickets and sit down to enjoy your film. You can now watch a film with a few taps from your smartphone. Long as you have internet access and a subscription to an OTT service you can watch thousands of movies and shows from the comfort of your own home! However are we losing the magic of cinema?

One of the reasons why so many people are turning to OTT services is because the cost of going to the cinema is increasing. Reports show that the average cost of a movie ticket in India has risen to ₹134 in 2024 from ₹91 in 2020 this is an increase of around 47% in 5 years! Many multiplexes also use pricing meaning that the price of your ticket depends on the demand and the time you are going to watch.

Along with transport and food costs it can be quite expensive to go to the cinema. OTT services offer an array of films and shows through subscription services. This is an option for students and younger people. Binge watching has become popular so it's easy to watch one episode and end up watching the series! However this can cause issues with over using your screen. Are cinema halls becoming obsolete? Some films are made to be watched on a screen. They have audio, eye catching visuals and really immerse you into another world. Films like Dune show how cinematography, audio and scale can become crucial to the film.

These can be hard to replicate on a phone or television. Importantly when you go to the cinema you are sharing an experience. When a dramatic scene happens everyone in the cinema goes silent jokes are funnier as everyone laughs with strangers and twists are more memorable as everyone reacts. Going to the cinema is an experience. Cinema doesn't have to be a battle, between the screen and small screen.

Long as filmmakers keep creating meaningful stories that fit the medium they are using they can both exist. People may choose to watch OTT services as they're convenient or go to the cinema as they're luxurious. However what will stick with them is the story. Technology may change the way we watch films. We will always want to laugh, cry be inspired and connect with the stories. Because ultimately the true winner is the story. Both platforms can coexist, offering audiences different ways to experience cinema.

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PHOTO GALLERY



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