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## INTRODUCTION

The Advanced School of Mass Communication requires that outgoing level three students should present a professional production either in print, Radio or Television. Which is why we present in this file a magazine of 14minutes. The magazine is called “Spotlight” and this first edition focuses on society’s perception of people with mental illness.

As per instructions given by the head of the radio department, radio productions should have a format of 15 minutes, but students should try not to exceed this limit. The duration of their work shouldn’t even reach the 15 minutes. Magazine topics chosen should be newsworthy and should be of human interest

Our choice of radio is solely based on the passion we have for this outlet and a better mastery of how to treat radio information. This file presents details of our step to step movement of this magazine production; from its pre-production to post production, including all financial expenditures incurred during the production process

## I- Magazine Identification

### Synopsis

The production of this work is based on the ideologies society has harbored about mental illness and how they treat this very vulnerable group of people based on those ideologies.

In our magazine, we present what mental illness is all about, how those who suffer from this illness are treated in the society. We equally present how they are supposed to be treated, we talk about what the society thinks about this illness why they choose to be negligent, abandon and reject those who suffer from the illness.

We like wise table what science says about the illness and how scientific facts counteract and contradict what people have harbored and believed over the years. For more insight on the issue, we equally talk to an expert in interpreting societal facts and ideologies.

“Spotlight” is all about the in-depth treatment society gives to disabled persons in society, be it physical or psychological.

Sequentially, this magazine engulfs investigations, interviews, and an open space for experts. In the upcoming editions of this magazine, we will dwell on other topics such as street children and their re-insertion into the society.

## II- TECHNICAL FILE

- **Magazine Title;** SPOTLIGHT
- **Station;** CRTV-Yaounde FM94
- **Frequency;** 94.0
- **Presenter;** Brenda Ndong
- **Theme;** Mental Illness

- **Angle;** Society's Perception of People with Mental Health
- **Periodicity;** Weekly
- **Genre;** Magazine
- **Broadcast Mode;** Stock Program
- **Broadcast Day;** Sunday
- **Broadcast Time;** 4pm
- **Format;** 15 minutes
- **Duration;** 14 minutes
- **Language;** English
- **Target Audience;**
  - Primary audience;** all who come in contact with people that suffer from mental illness
  - Secondary Audience;** the Public

## II-1 Production Sheet

**Program;** spotlight

**Station;** CRTV-Yaounde FM94

**Focus;** Society's perception of people with mental illness

**Format;** 15 minutes

**Duration;** 14 minutes

**Language;** English

**Command;** ASMAC

**Conception and presentation;** Brenda Ndong

**Editorial Assistance;** Guy Roger Assira

**Editing and mixing;** Ernest Youdom

**Sounds for magazine;** Presenter and Ernest Youdom

### III- MAGAZINE LABEL

#### III-1 TITLE; SPOTLIGHT

The name of this magazine was not chosen in a day, once we had found a topic for our magazine, we started searching for a name that could suit the topic. We came across some names such as, the wakeup call, inside the society, just to name but these.

Eventually, after discussing with some classmates and supervisors, we chose a name that was simple and easy to assimilate, a name that could be a direct indicative of what our program is all about. After going through severe research, we finally settled for the name “Spotlight” because we are convinced that this name is symbolic in that, just saying ‘spotlight’, already rings a bell that something is in the dark and needs to be brought out in the open. Since we are centered around vulnerable groups of people in the society, we intend to bring the difficulties of these people, how society treats them and very neglected parts of their lives to the spotlight.

#### III-2 Content and Justification

we live in a society characterized by people from different backgrounds, with different ideologies and different ways of thinking about certain issues, be it a cultural aspect or a societal aspect, we all see things differently. When a family member, a friend or even just an acquaintance suffers from mental issues, we turn to shy away from the person, we take them for granted, treats them like children and in worst cases the family of this patient just abandons and reject them even without basic life necessities like shelter, food and cloths.

From research carried out, the society harbors different diabolic believes relating to this sickness and just draw conclusions without basing on facts. This magazine then comes in to table society’s ideologies versus scientific facts about the sickness. We get societal

views to see if they have firm grounds in what they believe, if they don't, where have they thought wrong and how can they be sensitized and educated about the truth?

So, we decided to do our magazine on mental illness because day after day, these people keep increasing in the streets, they seem to roam around without any destination and worst of all without any roof over their heads. No one seems to care about them, their family members seem to have abandoned them.

From research, families and the society treats these people the way they do out of ignorance. They are tired and do not know what to do with these sick people, they are above all ignorant of the fact that it is an illness and it can be treated if proper medical attention is given to the patient. This 14-minute magazine is thus center on analyzing society's ideologies, educating them on what science says and sensitizing them on what to do in each mental illness cases.

The capital city of Cameroon was chosen for our study because it harbors some of the centers where these mentally deranged persons are treated. We are talking about the Jamot hospital in the Mballa II neighborhood, home to a center call "Village de L'amour" that specializes in taking care of people that suffer from mental health.

In this magazine, our choice of instrumentals is street sounds; cars honning, people making noise. These sounds help in creating a visual image in the minds of the listeners that we are actually on the street.

### **III-3 Production of the Magazine**

#### **1. Menu forecast**

Looking at the topic of our magazine, we looked for an expert that was qualified and credible to talk about the topic. We set out in search of a sociologist for these people have mastered societal behavior in relation to specific issues. After a long search, we got in contact with several sociologies but in one of our work sessions with our supervisor, we were advised to get Pr Ntone as our resource person.

Though he is not a practicing sociologist, we were told that he has a mastery of

our topic and would be the perfect resource person. We decided to hid to the advice, and set out in search of the person Pr Ntone.

Initially, our topic was the Rehabilitation process of people with mental illness, we had conceived this topic in April this year and had started treating the topic. We had started meeting the necessary people and booking necessary appointments for interviews and excerpts. Few weeks to the defense period, we found out that a classmate was treating the same topic and the same angle. Shell-shocked, we had to look for an alternative. Either a different topic and angle or a different angle under the same topic.

Thanks to tremendous help received from some of our lecturers, we were able to find a new angle of treatment on the same topic and started all over. We started working on the new angle and the various scenes where we conducted interviews were carefully and intentionally chosen.

We always were walking up and down the streets of Yaounde, following up a number of these mentally deranged persons. Particularly a woman nicknamed “Infor”, who is a very popular mentally deranged person around the Mvog-mbi neighbourhood and is well known by all those who sell or do business around that area. It was confirmed that they even gave her the nickname because she would usually go round the city and bring back some gist for them. We followed her for some days and interviewed those that were hostile towards her, getting their reasons for showing that kind of attitude towards a human.

Our magazine was conceived on the 6<sup>th</sup> of October 2022 but we started proper treatment from the 15<sup>th</sup> to the 31<sup>st</sup> of October 2022.

Before beginning our data collection, we normally went for “Reperage”, talked to the sellers and vendors at the Mvog-mbi market and gathered information about famous mentally deranged persons around the area. That was how we got to know about infor, where we could meet her and at what time. After getting all this information, we went home, came back the next day as early as 6am and met infor exactly where we were told and started following her all over the city. For the whole day, we trekked a good distance, under the scorching sun just to see and get proofs about some facts.

**Program name;** Spotlight

**Edition's Title;** Society's perception of people with mental illness

**Host;** Brenda Ndong

**Technico-artistic assistance;** Ernest Yourdon

**Support;** CD and USB key

**Envisaged Duration;** 14 minutes

The first excerpts we had for our work was that of a shop owner at the Mvog-mbi market, who has been frequently hostile and inhospitable towards the mad woman. He constantly drives her away from his shop and because of how unfriendly he has been towards her all this while; she gets frightened each time she sees him. Mr Mbong Micheal has been seeing infor pass and take refuge in front of his shop for a while but has not been comfortable with the idea for the fear not losing his costumers.

Then, we also spoke to a bread vendor who usually gives this woman left over bread from time to time, but the manner in which she gives her the food is not friendly at all.

On October 15<sup>th</sup> 2022, we went to the Jamot hospital in Yaounde where we met and spoke with experts that take care of mentally deranged people there. We initially were looking for Dr Emmanuel Faya and Dr Laure Menguene. Due to the busy schedule and the unavailability of these people, we could not meet them on several occasions. We finally got in contact with Dr Fon Standley, a psychologist that works closely with mental patients in “village de l'mour”.

We booked an appointment and were hoping to talk to him, some care takers and some patience already showing advanced improvement in treatment. The hospital authorities noticing that we were students, were not willing to let us talk to these patients and their care takers. All attempts to convince them did not yields any fruit.

On October 18<sup>th</sup>, Mr Fon Standley finally responded to our calls and messages. We set the interview day and time, which was of course in the hospital, he was kind enough to answer all the questions we asked and with his help, we were able to get in contact with the family of a mentally deranged woman who had already been treated and had left the hospital.

It was not easy convincing this family to tell us their story, in fact, the cured person in question, Pensia Victorine did not even want to see us at all.

When her aunt finally accepted to talk to us, she mentioned that victorine is still very fragile and scared of strangers that explained why she didn't want to talk to us, though she was out of the hospital, she was still under medication and will continue till after about two years. Her aunt however, persuaded the son of the woman to talk to us and these two people told us the story we so much wanted to hear.

Victorine's family confirmed that she has been responding to treatment and has greatly improved. She could now initiate and finish a meaningful conversation with a relative; she was now more friendly and sociable with people in the house, something she had not done for close to two decades.

We spoke to her aunt and son, about how her sickness all started, when they noticed that it was a mental problem, how they got in contact with people from the hospital and how she is now, compared to when her illness was severe.

On October 24<sup>th</sup> 2022. We already had collected all our excerpts, except for the interview of the guest. We had already gotten in contact with Pr Ntone, and he had already given us an appointment for the 1<sup>st</sup> of November. So, we had to make sure every other work was ready before that day. All records were transferred to the machine, edited and stored. The signature tune of Spotlight was equally recorded and edited by Ernest Youdom

## 2. Editing Plan.

Having had all our sounds needed for the magazine, we later wrote our script. We and submitted the script for correction. After correction, we recorded the script, and began with the editing proper on October 27<sup>th</sup> 2022. We had over a week for editing and mixing the work, after which we went elsewhere to burn the CDs.

When we had finished editing, the duration was over 14minutes 55seconds. We started listening all over again, to cut some parts but we made sure that the message we wanted to pass across was still clear even after we had cut the one minute

## 3. Sequential Curt

The first part of our magazine comprises of a teaser or signature tune done by Ernest Youdom and has over 28 seconds of duration

**Magazine introduction;** in the introduction, we specify what mental illness is all about and how we were going to treat the topic in our program. We equally announce the quest that we are going to have in our program.

**Description of the production;** we describe how our society treats mentally deranged persons, through the specific story of infor, the maltreatment she goes through and the rejection she gets every single day of her life.

we also thought it wise to include natural street sounds in our work just to create visual images that we are really on the streets.

We equally talk to people on the streets who tell us their reasons for treating mad people the way they do, then, we eventually table what science says about the whole issue.

**The Guest;** choosing to have Pr Ntone for our program was to make the listeners understand facts about society's action towards these people and to know what measures can be taken, so that people be more friendly, more loving and show more affection towards mental patients.

## IV- Final Product.

### IV-1 Magazine control sheet

<b>Element</b>	<b>source</b>	<b>Author</b>	<b>In</b>	<b>Out</b>	<b>Duration</b>
Signature tune	Computer	Ernest Youdom	Spotlight	Sunday	27 seconds
Generic	computer	Ernest Youdoun	Sound	Sound	5 seconds
Magazine-intro	studio	Brenda Ndong	Good day	Mental illness	45 seconds
Street sound	computer	Brenda Ndong	-	-	5 seconds
Magazine narration	studio	Brenda Ndong	It is 6am	Bother her	35 seconds
Street sound	computer	Ndong Brenda	-	-	3 seconds
Magazine narration	studio	Brenda Ndong	At about 7am	Shop owner	40 seconds
Except	computer	Mbong Micheal	I usually come	My costumers	15 seconds
Magazine narration	studio	Brenda Ndong	With a dark face	The bread vendor	28 seconds

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Except	computer	Ngum Elma	I cannot give her	Dirty and nasty	8 seconds
Magazine narration	Studio	Brenda Ndong	Infor picks up	journey	10 seconds
Street sound	Computer	Brenda Ndong	-	-	5 seconds
Magazine narration	Studio	Brenda Ndong	Like Infor	Yaounde Inhabitant explains	55 seconds
Except	computer	Ghangha Darby	Personally, I'm someone	My reputation very low	15 seconds
Magazine narration	studio	Brenda Ndong	Others will not	Yaounde inhabitant confirms	15 minutes
Except	computer	Ajim Emmanuel	I can't show pity	Cannot come to you	10 seconds
Magazine narration	studio	Brenda Ndong	Given our African Setting	Jamot Hospital explains	15 seconds
Except	computer	Dr Fun Standley	There are substances in the brain	Mentally deranged	35 seconds
Magazine narration	studio	Brenda Ndong	Over at the Jamot hospital	Dr Fon Standley oncemore	26 seconds
Except	computer	Dr Fon Standley	The initial process	morning evening	35 seconds
Magazine narration	studio	Brenda Ndong	Contrary to what people think	Dr Fon Standley	15 seconds

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Except	compuetr	Dr Fon Standley	Pharmaceutically,	Handle mental diseases	20 seconds
Magazine narration	studio	Brenda Ndong	The good news	To the time of treatment	22 seconds
Excepr	computer	Bomako Claudia	When she discovered	They went and went	1minute
Magazine narration	studio	Brenda Ndong	The 20year old Babilla Enga	As he recounts	15 seconds
Except	Computer	Babilla Enga	We were leaving on the streets	I cannot reject her	35 seconds
Magazine narration	studio	Brenda Ndong	After Victorine's treatment	As her aunt tells us	10 seconds
Except	Computer	Bomako Claudia	She would go and pick bottles	A lot of sense	13seconds
Magazine narration	studio	Brenda Ndong	It is obvious	Insinuation to witchcraft	30 seconds
Jingle	computer	Ernest Youdom	-	-	3 seconds
Interview	Studio	Brenda Ndong	-	-	2 minutes 50 seconds
Jingle	Computer	Ernest Youdom	-	-	3 seconds
Closing	Studio	Brenda Ndong	Ladies and gentlemen	keen attention	30 seconds
Generic	Computer	Ernest Youdom	-	-	5 seconds

## IV-2 MAGAZINE SCRIPT

**SIGNATURE TUNE;** Spotlight. A magazine on the plight of disabled persons in society.

Spotlight, we educate and inform you on how to cater for the disabled with the help of qualified experts.

Spotlight. Make a date with Brenda Ndong from 4pm, on CRTV-Yaounde fm 94, every Sunday.

**Introduction;** Good day dear listeners and welcome to this first edition of your weekly magazine on the air waves of the CRTV-Yaounde fm 94. Today's topic is on society's perception with regards to mental illness. Ladies and gentlemen, we will discover how science and medicine counteract and make baseless what many of us have lived to believe over the years about mental illness. We will have on board an expert in analyzing societal issues, who will interpret these societal ideologies and propose possible ways to remedy what people think and how they treat people with this sickness.

### Street sound

It is 6 am to the Mvog-mbi market in Yaounde. A rainy and cold morning. In front of a closed shop, lies a mentally deranged woman, nicknames by the inhabitation of the area as infor. She is stretching on the cold floor, trying to wake from sleep. Few minutes later, Infor gathers her belongings and rushes off as she sees the shop owner approach.

She walks into the market barefoot, looking shabby, with some intimate parts of her body exposed but it seems not to bother her.

### Street Sound

At about 7 am, infor rushes towards a refuse dumb, searches earnestly as if to say she lost a priceless jewel. Her search yields fruits as she finds a piece of bread. While taking a quick bite, she continuous her search till she finds a container filled with water. While quent6chinmg her thirst,info takes a sit in front of another shop near the refuse dumb. The shop owner equally arrives and chases her off like an animal. Mr Mbong Micheal, the shop owner.

***Except;** I usually come to open here at 6am in the morning, and I always notice that there is a mad woman in front of my shop, her name is Infor. Any time I come in the morning, I will always drive her away, because I cannot be selling with a mad woman besides she will drive away my costumers,*

With a dark face, info starts to talk to herself as if she has been deeply hurt by the action of the shop owner. She takes a U-turn and starts her journey of no destination. Moving towards the central town, she comes across a bread vendor by the roadside, willing to give infor some bread but throws it off at her as if to say she is suffering from a contagious disease Ngum Elma, the bread vendor.

***Except;** I cannot give her the food in a plate because she is not like the other costumers, she looks dirty and nasty.*

*Infor picks up the bread, drops it in her dirty looking bag and continuous her journey.*

### **Street sound**

Like info, many mentally deranged persons roam the streets of the capital city in sag cloths, sometimes even naked. They walk under the scotching sun, sometimes under the heavy rain, wondering without a specific destination. These people sleep in the open air, under the late night cold and seem to have been deprived of life's basic necessities.

They succumb to rejection and insults from the society and even their family members seem to have abandoned them.

The society seems to have their reasons for completely turning a blind eye to what these people suffer. Some would choose their pride and reputation, over associating with a mentally ill relative or friend as Ghangha Darby, a Yaounde inhabitant explains.

**Except;** *Personally, I'm some one that holds reputation very important, to me. So, it will be very difficult for me to associate with my friends, and involve a mentally ill relative, for them to know that I'm associated to that person, will bring my reputation very low.*

Others will not show compassion towards these people with the believe that they are the cause of their own predicament, as Ajim Emmanuel, another Yaounde inhabitant confirms,

**Except;** *I can't show pity to someone who is mad. Listen, I believe God fights for the innocent, so, if you are innocent, madness cannot come to you.*

Given our African setting, it would be hard, if not impossible to completely wipe out such ideologies but they seem to have weak grounds, when examined alongside scientific and medical facts, as Dr Fon Standley, a medical practitioner at the Jamot hospital confirms

**Except;** *There are substances in the brain, that helps the brain to function normally. When these substances are less secreted, the brain has functional problems. When they are excessively secreted, it also makes the brain to have functional problems. So, it is going to play on the behavior of the person. Another case maybe the use of Psycho-active substances, some kind of drug that plays on the functioning of the brain, and we may have to say that the person, is mentally deranged.*

Over at the Jamot hospital, mentally deranged persons are given proper medical attention. They are picked up from the streets of the capital city and given a better life at “Village de l'amour” a center specialized in catering for mentally deranged persons. As the name implies, these people are shown love, care and attention the best way possible. Dr Fon Standley once more

**Except;** *The initial process is receiving the person with love. Even if the person is violent, show the person love. That alone, is a very important step. You can use force on the person, but not violence, you can force the person to take his injection, but don't slap the person, or hit the person. First step. When the person comes, there is an injection that that is given, to make the person calm. He can eat, and then we start giving medications morning evening, morning evening.*

Contrary to what people think, mental illness can come naturally without any relation to witchcraft and good medical attention is enough to get the patient treated. Dr Fon Standley

***Except;** pharmaceutically, there are medications that have been produced to handle such problems. Research has been made to see the active molecules inside and they know where in the brain these molecules are going to act. So, it is proven that medications can handle mental illness.*

The good news is that treatment is available for mentally ill people. Pensia Victorine, is a woman in her 40s that has suffered from mental illness almost half of her life. Bomako Claudia, Victorine's aunt has been with her throughout and now relates her experience from when she fell sick till she was treated.

***Except;** When she discovered that she was pregnant, she told us that we were never going to touch her baby and that she will go to the village and give birth to her baby there. So, we started seeing that her talk was not normal. She went to the village, gave birth, but would not let even her own mother touch her baby. This is how it all started. The son is about 20years now, so it has been long. When they were with us, we told the son to stay so that we could send him to school, that he shouldn't go with the mother to the streets, he accepted but when the time reached, and she wanted the son to go with her, she hit him hard on the head and said pass. We ourselves, we were sorry for the son, since that time, they went and went.*

The 20-year-old Babilla Enga is now finding his way through school, trying to gain what he had missed out on in the early years of his life but the memories of the streets are still fresh, as he recounts.

***Except;** We were living on the streets, anywhere night fall meet us, we slept there. I was still very little, but I remember that my mother used to pick bottles, sell them and buy me food. She had not completely lost her senses then. Now she is friendly, and no longer violent towards people. I respect her as my mother, no matter how she is, I cannot reject her.*

After Victorine's treatment, it is evident that she has become useful to her family and to her immediate community as her aunt recounts

**Except;** *she would go and pick her bottles, clean them and go back to sell. Even now, we thought that she would stop, but she hasn't. she says she doesn't want us to spending to cook for her, which is making a lot of sense.*

It is therefore obvious that people who suffer from mental illness have a way out, if they are well handled by family and loves ones. Pr Ntone is an expert in analyzing societal issues and he is here to through more light on how to balance perception with regards to mental illness and societal insinuation to witchcraft.

**Jingle**

## Interview:Guest

Good day Pr Ntone and thanks for honoring our invitation

**Response-** Thank you

**Question;** We are talking about mental illness, specifically, society's perception of people with mental illness, precisely society's perception of people with mental illness. A lot of people out there think that mental illness cannot come naturally, they think it has everything to do with witchcraft, thus keeping aside what science and medicine have to say about the illness. With your knowledge and experience, how would you interpret these societal ideologies?

**Response;** the societal ideologies are based on culture and believe. In all societies, health matters that deal with the psychology are always being referred to as something which is magmata psychology, because they are more comfortable with what tis physical. So, mental health deals with mental wellness and when there is a disturbance, it induces a kind of pathology that modifies the behavior of the person.

That is why people are surprised that the behavior of some body can change without any physical signs. They think that in their believe, it could be related to witchcraft.

**Question;** Is it possible for someone who has suffered from mental illness to be fully reintegrated into the society?

**Response;** Health is not the absence of diseases; health is mental, physical and social wellness. So, treatment is to improve the condition so that, despite the burden, you can still cope in life. You can have your place in the society, and you are reinserted.

**Question;** A lot of people reject, abandon and don't want to associate with people that suffer from mental illness, what can be done to remedy the way society thinks and how they treat people with mental illness?

**Response;** One strategy would be Sensitization, education and communication, to kind of promote their capacity to tolerate those who are living with mental burdens. When you have a family relative, you will not reject him that is why we are preventing Marginalization, exclusion and stigmatization. But some people who stigmatize is because they are unable to support. So, we do address them some messages or we can also help them to be more capacitated in tolerating people with mental disabilities.

Thank you very much Pr Ntone for answering our questions

**Response;** thank you

v- **Cost of production**

<b>Item</b>	<b>Unit price</b>	<b>quantity</b>	<b>Total price</b>
Transportation	<b>15000</b>	-	<b>15000</b>
Communication Credit	<b>5000</b>	-	<b>5000</b>
Printing of documents	<b>1500</b>	<b>5</b>	<b>7500</b>
USB key and engraved CDs	<b>4500</b>	<b>6</b>	<b>15500</b>
Recorder	<b>10000</b>	<b>1</b>	<b>10000</b>
editing	<b>20000</b>	-	<b>20000</b>
Internet connection	<b>3000</b>	-	<b>3000</b>
Other expenditure	-	-	<b>10000</b>
<b>Total cost</b>	-	-	<b>86000</b>

## CONCLUSION

“Spotlight” in this first edition, has been produced with the objective to educate and inform the families of those suffering from mental illness and the whole public on how to cater for these people. They shouldn’t lose hope because there is treatment for this health condition, families should stop sending their relatives out on the streets and rather seek for medical attention when they detect signs and symptoms of mental illness.

Despite the numerous difficulties we encountered during field work and even throughout the production of this work, our passion for the job kept us going. We kept pushing and pressing till we had succeeded in getting what we needed to do a good magazine.

We are thankful to the team that put in their best to produce this work. They helped to foster in us the spirit of team work which we had understood clearly. We are grateful to the Advanced School of Mass Communication for giving us this opportunity.