

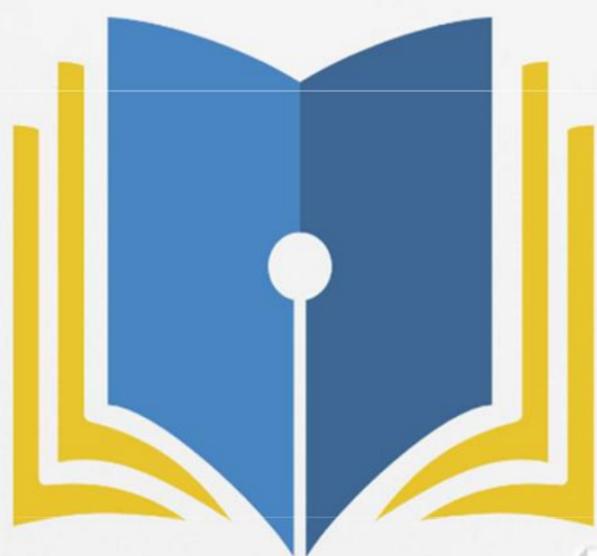


Chikitsak Samuha's
Sir Sitaram & Lady Shantabai Patkar College of Arts & Science
AND V.P.Varde College of Commerce & Economics
S. V. ROAD, GOREGAON (WEST), MUMBAI-400 104
(AN AUTONOMOUS COLLEGE AFFILIATED TO
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WEEKEND CHRONICLE

WINDOW TO YOUR
KNOWLEDGE



AN INITIATIVE BY
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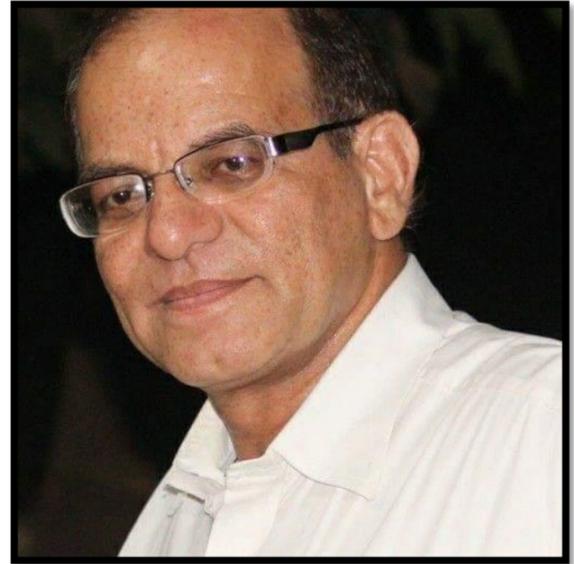
A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

Dear Readers,

“Develop a passion for learning. If you do, you will never cease to grow.” We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is moving at such an enhanced rate and we as educationalists need to cause and reflect on the entire system of education. On-line learning provides new age technology to widen the educational scope. It prepares students to succeed in an increasing technology driven global economy. Technology makes life much easier, most of all it saves time and energy. It is one of the fastest growing field right now and there is no sign of stopping anytime soon.

It is indeed a great moment for all of us to bring forth this weekly E-Periodical “Weekend Chronicle”. We are sure this E-Periodical will help to acquire knowledge and skills, build build character and enhance employability of our young talented students to become globally competent. There is something for everyone here, right from the fields of Business, Academics, Travel and Tourism, Science and technology, Media and lot more. The variety and creativity of the articles in E-Periodical will surely add on to the knowledge of the readers. I am sure that the positive attitude, hard work, continued efforts and innovative ideas exhibited by our students will surely stir the mind of the readers and take them to the fantastic world of joy and pleasure.

**Dr. Mala Kharkar
Chief Education Officer
(Patkar-Varde College)**



A MESSAGE FROM THE PRINCIPAL'S DESK

Dear Readers,

As we know, "An Investment in knowledge pays the best interest."

Hence in this regard the E-Periodical Weekend Chronicle is playing a vital role in providing a platform to enhance the creative minds of our students of BMS Department.

The E-Periodical i.e online magazine drives us through varied genres containing- News related to Global affairs under departments like Business, Advertisement, IT and Science & Nature to intellectual news articles under Academics, Media and Library Departments. It also covers articles related to Food & Health care, Culture & Cuisine and Travel & Tourism which usually tops our "bucket lists" including article which address societal problems under Department of Social Issues. Lastly covering words and vision of our talented students as budding poets, writers and thinkers under Student's section Department.

Over all this vision of constructing E-Periodical by students will engage today's youth and the crafters of the youth (teachers) in their communities which is the necessity to over come hurdles of present reality. We will strive to make a better world through our acts and thoughts. Rather it is a challenge to be met!!!

**Dr. Shrikant B Sawant
Principal
(Patkar-Varde College)**

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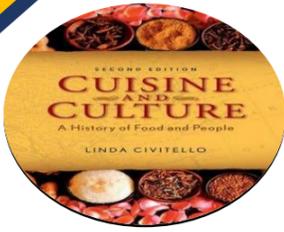
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BUSINESS**Apple, Airtel, Jio and Netflix lead customer experience: Kantar.**

As per the report, Among Digital Devices, Apple emerges as the leader, with Xiaomi at second place. One Plus and Samsung tied for third place. There is a tie for the first place among Telecom network providers with Airtel and Jio at the top, while...

By Gaurav Laghate, ET Bureau Oct 29, 2020, 01:25 PM IST

MUMBAI: Airtel and Reliance Jio, Apple, Netflix and Tata Sky have emerged as the leaders in their respective categories in terms of customer experience (CX) as per Kantar, the data, insights and consulting firm.

The findings are from Kantar's Experience Advantage Report 2020 for the Telecom, Media and Technology (TMT) sector.

Kantar's CX+ is a sector specific index to look at brands in the context of their category. It uses customer centricity as its core to evaluate CX performance of a company.

The report evaluates companies in the sector based on a combination of their experience scores, on dimensions that are critical to the customer's journey. The report highlights how top brands are evolving to better meet consumers' needs; where service providers are doing the exact opposite of what consumers want; and which experience touch points are important to today's customers.

-Viren Rathod
(NEWSCASTER)

Ref: economictimes.com

**Tata Group's jewellery brand Tanishq, rolled out its latest commercial with a narrative around interfaith marriage.**

More than 17,000 people tweeted with the hashtag calling for a ban on the advertisement and a boycott of the jewellery brand. The video shared across social media platforms, shows a Hindu woman, married into a Muslim family, all set for her baby shower. Her in-laws decide to replicate all the traditions as per Hindu customs.

The description of the video on YouTube also states, "She is married into a family that loves her like their own child. Only for her, they go out of their way to celebrate an occasion that they usually don't. A beautiful confluence of two different religions, traditions, cultures."

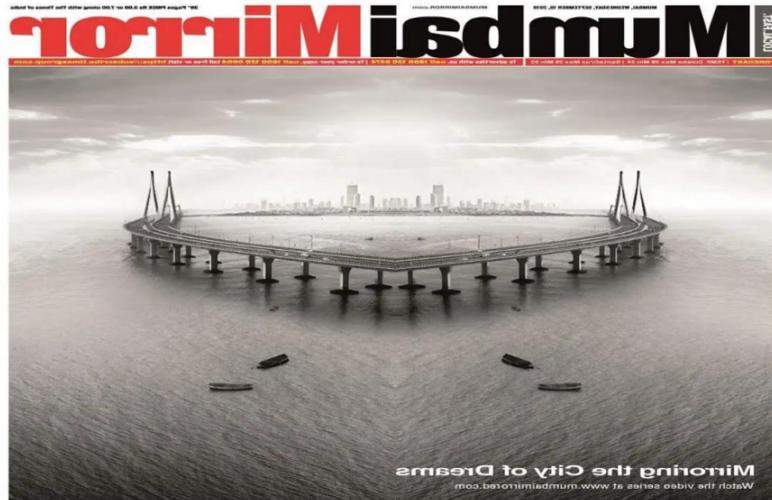
The video has got more dislikes than likes on YouTube, with more than 2,000 people disliking the video and only 545 people liking it. The comments section for the video has been disabled.

The advertisement didn't sit well with a section of Twitter, many touting it as 'love jihad'. This led to Twitter trending the hashtag #BoycottTanishq.

'Love jihad' is a term coined by Hindu fundamentalist groups, referring to an alleged campaign by Muslims to convert Hindu girls in the guise of love. The term was coined after initial cases of conversion emerged in Kerala and subsequently Karnataka. Several users accused the jewellery brand of promoting 'love jihad and 'fake secularism' through the advertisement.

-Rohan Mane
(NEWSCASTER)

Ref: everythingexperiential.businessworld.in

ADVERTIMENT**How Mumbai Mirror's new campaign shows an interesting side of the city**

Many odes, tomes and everything in between have been written about Mumbai, the city of dreams and extremes, billionaires and slumdog millionaires. Now add to that list a new video series by Times Group-owned Mumbai Mirror, the second-most read publication in India's financial capital.

'Mumbai Mirrored' is a five-part series that celebrates Mumbai's incredible brand of life, and the rich social, political and cultural history of the Maximum City.

The city-centric daily Mumbai Mirror launched the new video series with a print ad innovation. Seven unique jackets in the newspaper, a nod to the seven islands, feature reflections of seven iconic historic and modern Mumbai structures – the Gateway of India, Bandra-Worli Sealink, Siddhivinayak temple, Haji Ali, Afghan Church, CST station and BSE Sensex. In a first, the masthead is printed in reverse, "mirrored", so to speak. And in addition to the digital and social media outreach, the paper will engage readers across its social media channels via interviews, articles, trivia and contests.

Speaking about the lessons that creatives may apply to other brand-led content, Kumar says, "I have always believed that Advertising is only a small part of the brands' content. This was a project that took me and my team across Wunderman-Thompson Mumbai, Delhi and Bangalore offices many months to complete. I have learnt that to create content that consumers want to consume, you have to always start with an idea that has never been done before, an experience that has never been experienced before, a story that has never been told before. This usually works because you are original from the word go and that's the most important hook, Originality. In this case it was a melting pot of history, documentary and visual commentary told through a thousand mind blowing mirror images in black and white."

-Abhishek kanojiya_

(NEWSCASTER)

Ref: brandequity.economicstimes.indiatimes.com

KFC brings 'Aaj ka Special' campaign

The ad films latch on to the emotion when people crave for something special on a dull day...



KFC brings 'Aaj ka Special' campaign Fast food restaurant chain KFC has unveiled a new series of ad films for its 'Aaj ka Special' campaign capturing relatable moments from everyday life.

Conceptualised by Ogilvy and Mather India, the films latch on to the emotion where people grapple to choose between 'go with it' or 'go for it'. It stresses on how KFC is all the 'special' one needs on an otherwise dull day.

The first film features Colonel Sanders sheepishly foiling a father's attempt to woo his family with some gourmet karela. When the mother and son show unpleasant reactions, the father orders a KFC special with the ad giving out the message 'Aaj kuch special mangao'. In another film, Colonel shows us how a family that bites into KFC chicken together, stays together. The last film shows the plight of a husband who gets to know he has to make do with 'khichdi'. Colonel solves that problem for him with KFC's sermon of 'Boring hatao, Special le jao.'

Moksh Chopra, chief marketing officer, KFC India, said, "Whether it's boredom with the same jehome food or the tyranny of work routine, KFC is a great way to liven up any day and make it just that little bit more special. The different films in this series are sure to strike a chord with KFC fans across all ages, empowering them to access the amazing taste of KFC at home, in the restaurant, in the car or simply whenever and wherever they crave it.

-Sakshi jadhav

(NEWSCASTER)

Ref: brandequity.com

INFORMATION & TECHNOLOGY

TRUECALLER USERS ARE HAPPY ABOUT CALL REASON FEATURE AS IT SAVES PLENTY OF TIME



Among many applications in a smartphone, one app did gain traction of users for its unique feature that is identifying a caller. Yes, we are talking about Truecaller which launched more than a decade ago. Now, the company has released a recent update where Truecaller introduces call reason, SMS scheduling and message translation. The app from now on will not only help users to block spam calls or identify an unknown caller, but will also state a reason for calling. Truecaller is available for both Android and iOS platforms. After a new update, users who have Truecaller app installed on their phones can know if a particular call is urgent, personal, or business-related just by reading the stated reason displayed on the screen of the phone.

Upon the release of the latest features, Truecaller said in a blog post, "We've been seeing tweets and messages from you telling us that you wanted to know why people were calling. It's clearly a great idea, so we made it happen." While all this happened, we stumbled upon a question and it is, whether this new knowing-the-reason-for-call feature is good or bad? Whether it is beneficial for all the users or comes with some kind of limitations? So, we decided to talk to a few Truecaller users and come to a conclusion. Kunal Sachdeva, an IT employee states, "I think the call reason feature was long due as it could help us get a better view of why the person is calling, which will be very beneficial for people who are working."

Currently, we don't pick up calls or let it ring in case of unknown numbers, however, if we get the reason along with the calls, for example, it can be related to some delivery, any friend/family calling from a new number or any important bank update, then there are high chances of the call being picked up.

-Ajay Lovekar
(NEWSCASTER)

Ref: www.indiatoday.in

APPLE IPHONE 12 PRE-ORDER STARTS IN INDIA FROM TODAY: HOW TO BOOK, PRICE AND OFFERS.



The wait for the new iPhone 12 series is finally over as pre-order for Apple's newest iPhones begins from today. The iPhone 12 series, powered by A14 Bionic chips, the fastest ever in an iPhone and housing 5G support for the first time, are now available for pre-booking on Apple Online Store India. Among the new models unveiled in the 13 October Apple event titled 'Hi, Speed', the iPhone 12 and iPhone 12 Pro models will go on sale from 30 October and the pre-booking started from today. However, if you are anticipating buying iPhone 12 Max or iPhone 12 Mini, you will have to wait a bit longer as the pre-order for these two phones will begin from 6 November in India. Apple began pre-order options for the iPhone 12 and iPhone 12 Pro models in the country from 23 October, 12AM, which means that you can pre-book the phones from Apple India Online Store right away.

Go the Apple India Store site, and click on the pre-order link to the model you want to buy. You can then choose the specifications such as storage and colour options available and pre-book the model. If you have an older iPhone, you can also trade-in to get a discount on your iPhone 12 or iPhone Pro. The iPhone 12 and iPhone 12 Pro, which are currently available for pre-booking, start from ₹79,900 (for 64GB model) and ₹1,19,900 (for 128GB model), respectively. The other storage variants available for iPhone 12 are 128GB model is priced at ₹84,900 and the 256GB variant is priced at ₹94,900. The iPhone 12 Pro, on the other hand, are available in 256GB storage variant at ₹1,29,900, and 512GB storage model at ₹1,49,900, apart from the base model.

Apple, on its online store, is offering HDFC cash back offers. Customers will be able to avail themselves of ₹6,000 cash back on HDFC credit card and 6 months of No Cost EMIs by getting cash back of ₹6,000 on purchase of iPhone 12. For iPhone 12 Pro customers can get ₹5,000 cash back and no Cost EMIs for six months.

-Ajay Lovekar
(NEWSCASTER)

Ref: www.livemint.com

SCIENCE & SPACE

HUMANS THE REASON FOR EXTINCTION.



Extinctions happen when a species dies out from cataclysmic events, evolutionary problems, or human interference. The truth is, scientists don't know how many species of plants, animals, fungi, and bacteria exist on Earth. The most recent estimate put that number at 2 billion, and that will most likely change at some point.

One thing we do know: The western black rhinoceros, the Tasmanian tiger, and the woolly mammoth are among the creatures whose populations at one point dwindled to zero, and it's possible that species extinction is happening a thousand times more quickly because of humans. Extinction happens when environmental factors or evolutionary problems cause a species to die out. The disappearance of species from Earth is ongoing, and rates have varied over time. A quarter of mammals is at risk of extinction, according to IUCN Red List estimates.

To some extent, extinction is natural. Changes to habitats and poor reproductive trends are among the factors that can make a species' death rate higher than its birth rate for long enough that eventually, none are left. Humans also cause other species to become extinct by hunting, overharvesting, introducing invasive species to the wild, polluting, and changing wetlands and forests to croplands and urban areas. Even the rapid growth of the human population is causing extinction by ruining natural habitats. Among the most famous species driven to extinction by humans is the dodo, a bird that primarily lived in the island nation of Mauritius and was popularized by its appearance in Lewis Carroll's book "Alice's Adventures in Wonderland." Dodos were first mentioned by Dutch sailors in the late 16th century and last seen in 1662 after having been hunted to extinction. Passenger pigeons, billions of which frequently blanketed North American skies when Europeans arrived on the continent, went extinct when the last one died at the Cincinnati Zoo in 1914.

Six mass extinctions

Fossils show that there have been five previous periods of history when an unusually high number of extinctions occurred in what are known as mass extinctions. Most of the Earth's species went extinct roughly 266 million to 252 million years ago in the Permian extinction. Those losses, however, also paved the way for dinosaurs to evolve into existence, as mass extinctions create a chance for new species to emerge. Dinosaurs met their end about 65 million years ago in another mass extinction at the end of the Cretaceous period. A large crater off of Mexico's Yucatán Peninsula suggests that an asteroid most likely struck there. Scientists believe that volcanic eruptions in India caused global warming that also may have contributed to the mass extinction.

What can we do about it?

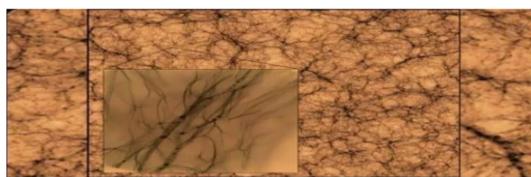
Using fewer fossil fuels by lowering the thermostat, driving less frequently, and recycling is one good way to slow the rate of extinctions. Eating less meat and avoiding products, like ivory, that are made from threatened species also can make a difference. At home, securing garbage in locked cans, reducing water usage, and refraining from using herbicides and pesticides can protect local wildlife.

-Parab Disha Rajendra

(NEWSCASTER)

Ref: - www.nationalgeographic.com

Breakthrough in dark matter mystery for the first time.



Researchers at the Harvard & Smithsonian Centre for Astrophysics have run one of the most advanced simulations of dark matter ever achieved, and believe they have produced an image of the elusive, 'invisible' substance. Dark matter has long baffled the scientific community, despite making up an estimated 85 percent of all the matter in the universe. It forms a central part of our most advanced theories about the universe itself, and is therefore critical to our understanding of... well, pretty much everything. However, photographing it is impossible as it doesn't interact with light; we can only detect it via its gravitational influence on light (we can't see the wind but can witness it rustling leaves and tree branches, for comparison) unlike previous dark matter simulations, however, their simulation was uniquely high resolution, operating across some 30 orders of magnitude. They found that, regardless of scale, these halos had a similar structure, increasingly dense towards the centre and increasingly diffuse towards the edge. The smaller, planetary-scale halos are too small to detect via their influence on surrounding light, but they may confirm another theory about dark matter; that it emits gamma radiation when its particles collide with each other.

"These small haloes can only be studied by simulating the evolution of the universe in a large supercomputer," said Wang.

If confirmed, this would once again blow open the mystery about the gamma ray 'glow' at the centre of our galaxy. Indeed, dark matter is believed to form the seeds of galactic clusters by clumping together in deep space.

"This would confirm the hypothesized nature of the dark matter, which may not be entirely dark after all," said co-author Simon White from the Max Planck Institute of Astrophysics.

"Our research sheds light on these small haloes as we seek to learn more about what dark matter is and the role it plays in the evolution of the universe."

Scientists are constantly developing and tweaking new models to try and understand this mysterious matter, but this latest simulation may help to direct future research and offer another clue on humanity's path to a unified theory of everything.

Fun Facts: Dark matter, this mysterious type of matter that no one can see but makes 27% of the content of the Universe while visible matter (you, me, all stars and galaxies) accounts for only 5%.

-Rishil Shetty

(NEWSCASTER)

Ref: <https://www.livemint.com/opinion/online-views>

NATURE

The revolt of the plants: The Arctic melts when plants stop breathing



The vapor that plants emit when they breathe serves to lower the land surface temperature, much like watering the yard on a hot day. Until now, the greenhouse effect has been blamed for the rise in global temperature. But an interesting study has shown that the Arctic temperature rises when the moisture released by plants is reduced due to the increase of carbon dioxide (CO₂) in the atmosphere.

Plants take in CO₂ and emit oxygen through photosynthesis. During this process, the stomata of leaves open to absorb CO₂ in the air and release moisture at the same time.

However, when the CO₂ concentration rises, plants can absorb enough CO₂ without opening their stomata widely. If the stomata open narrowly, the amount of water vapor released also decreases. When this transpiration of plants declines, the land temperature rapidly rises under greenhouse warming.

This response from the vegetation leads to the global climate change by controlling the exchange of energy between the surface and atmosphere, referred to as 'physiological forcing.' But so far, no study has confirmed the effects of physiological forcing on the Arctic climate system.

The joint research team analyzed the EMS simulation and confirmed that the increase in CO₂ leads to stomatal closure in land vegetation causing land warming, which in turn remotely speeds up Arctic warming through an atmospheric circulation and positive feedback in Earth systems process.

In addition, a quantitative estimate of the stomatal closure's effect on Arctic warming due to increased CO₂ showed that about 10% of the greenhouse effect is caused by this physiological forcing.

Professor Jong-Seong Kug, who has studied Arctic warming in a variety of perspectives, commented, "The stomatal closure effect due to the increased CO₂ levels is not fully counted in the future climate projection." He pointed out, "This means that Arctic warming can proceed much faster than current forecast." He also warned that "the increase in CO₂ is accelerating global warming not only through the greenhouse effect that we all knew of, but also by changing the physiological function of plants."

-Nesica Dsouza

(NEWSCASTER)

Ref: www.sciencedaily.com

Scientist identify the key enzyme behind body odour



Scientists have discovered a unique enzyme responsible for the pungent characteristic smell we call body odour or BO. Researchers from the University of York have previously shown that only a few bacteria in your armpit are the real culprits behind BO. Now the same team, in collaboration with Unilever scientists, has gone a step further to discover a unique "BO enzyme" found only within these bacteria and responsible for the characteristic armpit odour. The study was published in the journal *Scientific Report*. This new research highlights how particular bacteria have evolved a specialised enzyme to produce some of the key molecules we recognise as Boscov-first author Dr Michelle Rudden from the group of Prof Gavin Thomas in the University of York's Department of Biology said: "Solving the structure of this 'BO enzyme' has allowed us to pinpoint the molecular step inside certain bacteria that makes the odour molecules. This is a key advancement in understanding how body odour works and will enable the development of targeted inhibitors that stop BO production at the source without disrupting the armpit microbiome."

Your armpit hosts a diverse community of bacteria that is part of your natural skin microbiome. This research highlights *Staphylococcus hominis* as one of the main microbes behind body odour.

Furthermore, the researchers say that this "BO enzyme" was present in *S. hominis* long before the emergence of *Homo sapiens* as a species, suggesting that body odour existed prior to the evolution of modern humans and may have had an important role in societal communication among ancestral primates. This research represents an important discovery for Unilever R&D, made possible by its long-standing academic-industry collaboration with the University of York. Unilever co-author Dr Gordon James said: "This research was a real eye-opener. It was fascinating to discover that a key odour-forming enzyme exists in only a select few armpit bacteria - and evolved there tens of millions of years ago."

Facts: Apocrine sweat glands are not active until puberty also sweat's smell changes with disease and infection.

-Rishil Shetty

(NEWSCASTER)

Ref: www.livemint.com

RESEARCH

A detailed research on parenting!!

Researchers over the last decade have documented the association between general parenting style and numerous factors related to childhood obesity (*e.g.*, children's eating behaviours, physical activity, and weight status). Many recent childhood obesity prevention programs are family focused and designed to modify parenting behaviours thought to contribute to childhood obesity risk. This article presents a brief consideration of conceptual, methodological, and translational issues that can inform future research on the role of parenting in childhood obesity. They include: (1) General versus domain specific parenting styles and practices; (2) the role of ethnicity and culture; (3) assessing bidirectional influences; (4) broadening assessments beyond the immediate family; (5) novel approaches to parenting measurement; and (6) designing effective interventions. Numerous directions for future research are offered.



The study of parenting as a determinant of childhood behaviour and health is an exciting and important field. Much progress has been made in describing individual variations in parenting behaviours and styles and examining their relations with child developmental outcomes. Very little progress, however, has been made in understanding the bidirectional nature of influences in the parent-child dyad, or in understanding how influences beyond the dyad (other family members, neighborhoods, cultures) moderate the relationships between parenting and child outcomes. We are just beginning to understand the diversity of parenting practices across cultures and beginning to understand which relationships between parenting and child outcomes are universal or which vary across cultural groups. Further research on parenting and child outcomes across multiple cultural groups is clearly needed.

-Pooja Mishra
(NEWSCASTER)

Ref: www.ncbi.nlm.nih.gov

Elder respect among young adults: A cross-cultural study of Americans and Koreans



There has been little research on the way in which the young respect the elderly, let alone on the issue of cross-cultural differences in elder respect. This study, comparing young adults in the United States and young Korean adults in East Asia, explores the specific behavioural forms of elder respect that are cross-culturally equivalent and other forms that are culture specific. Samples of college students were surveyed at universities in the two countries by using the same questionnaire and measurement techniques. An inclusive set of forms of elder respect emerged. Both comparison groups cited care respect, acquiescent respect, linguistic respect, consultative respect, salutatory respect, and precedential respect as the most often practiced and highly important forms. The two groups were dissimilar in other forms. Differences and similarities regarding expressions of various forms and associated cultural traits are discussed. The study provides insights into how younger adults in the two different cultural contexts exhibit elder respect. The typology of the forms presented here can be used to explicate young people's propriety toward the elderly, as well as assess the quality of eldercare and the moral aspect of intergenerational relationships.

-Pooja Mishra
(NEWSCASTER)

Ref: www.sciencedirect.com

ACADEMICS

Chandigarh “open hand monument” Chandigarh - India's first planned city



Chandigarh is one of the most thoroughly planned cities in the world. It was created when the Indian subcontinent was divided in 1947. When Lahore, the capital of the Punjab, became a part of Pakistan, a new city had to be found. Chandigarh was chosen as the new capital of East Pakistan. Designed by a famous French architect, it became a symbol of the new India, located 250 km north of New Delhi, at the foothills of the Himalaya Mountains.

Although the city was originally planned for half a million people, today's population is over a million. For Jawaharlal Nehru, India's first Prime Minister, the city was a prestige project and a symbol of freedom for the new democracy.

Chandigarh is divided into sectors, which are connected with each other. They all have their own parks, schools, shopping areas, walkways and other facilities. The broad roads are classified by their functions and lined by different trees.

Today, the city shows a steady growth rate as many immigrants from the poorer parts of India come to the north in search of a better life.

Festivals and culture

Every year, in September or October during the festival of Navratri, many associations and organisations hold a Ramlila event which has been conducted for over 50 years.

The Rose Festival in Zakir Hussain Rose Garden every February shows thousands of subspecies of roses.[83]

The Mango Festival held during the monsoons, and other festivals are held at Sukhna Lake.

Economy

Chandigarh has been rated as one of the "Wealthiest Towns" of India. The Reserve Bank of India ranked Chandigarh as the third-largest deposit centre and seventh largest credit centre nationwide as of June 2012. With a per capita income of ₹99,262, Chandigarh is one of the richest cities in India. Chandigarh's gross state domestic product for 2014-15 is estimated at ₹0.29 lakh crore (US\$4.3 billion) at current prices. According to a 2014 survey, Chandigarh is ranked 4th in the top 50 cities identified globally as "emerging outsourcing and IT services destinations" ahead of cities like Beijing

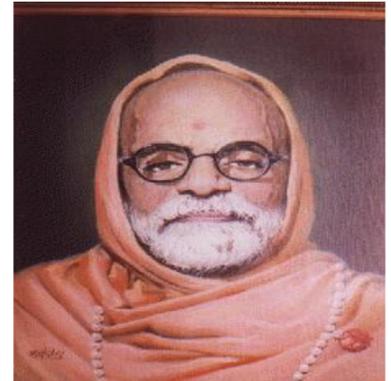
The Capital complex is the central tourist attraction. The concrete High Court and Open Hand sculpture shows the architecture of the time. The famous Rock Garden contains over 2000 sculptures, including destroyed stones from villages that were destroyed in order to build the new city.

-Shaikh Ubedur Rehman

(NEWSCASTER)

Ref: www.online.english.at

What is Vedic Mathematics?



Vedic Mathematics is a collection of Techniques/Sutras to solve mathematical arithmetics in easy and faster way. It consists of 16 Sutras (Formulae) and 13 sub-sutras (Sub Formulae) which can be used for problems involved in arithmetic, algebra, geometry, calculus, conics.

Vedic Mathematics is a system of mathematics which was discovered by Indian mathematician Jagadguru Shri Bharathi Krishna Tirthaji in the period between A.D. 1911 and 1918 and published his findings in a Vedic Mathematics Book by Tirthaji Maharaj. Veda is a Sanskrit word which means 'Knowledge'.

Using regular mathematical steps, solving problems sometimes are complex and time consuming. But using Vedic Mathematic's General Techniques (applicable to all sets of given data) and Specific Techniques (applicable to specific sets of given data), numerical calculations can be done very fast.

The Use of Vedic Mathematics

More than 1700% times faster than normal Math: this makes it the World's Fastest. Eradicates fear of Math completely. So if your child has Math-Phobia High Speed Vedic Math is a Fun-Filled way to do Math and arises interest in your child. Much Improved Academic Performance in School and Instant Results.

Sharpens your mind, increases mental agility and intelligence. Increases your speed and accuracy. Become a Mental Calculator yourself. Improves memory and boosts self-confidence. Cultivates an Interest in your for numbers. Develops your left and right sides of your brain hence using intuition and innovation. It has been noted that Geniuses have been using the right side of the brain to achieve exceptional results.

Easy to master and apply. You just need the knowledge of tables to learn this.

-Saneha Jatav

(NEWSCASTER)

Ref: - mathlearners.com

MEDIA

The impact of social media on our society.

Social media is a powerful revolution that has changed our lives all round; it has changed the way that we socialise, conduct our businesses, engage in political affairs, build professions and set job recruitments, says Susan Saurel, writer at EssayOnTime. Saurel gives insights into the areas that have been significantly affected in our society.



It has attracted a *massive* number of users with an estimate of 3.5 billion users worldwide.

There are, however, negative impacts caused by social media. Despite it being a platform through which we socialise, run our business and understand political affairs, multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Social media may promote negative experiences such as: Inadequacy about your life or appearance.

As with everything else, there are good and bad aspects of social media. We've discussed some of the negative impacts social media has for many, but you're the one who must decide whether there's more help or harm in it for you personally.

If you find that social media is having a negative impact on your life, quit. However, if you decide to stay, use our tips to waste less time on social media to maintain your hobby in a healthy manner.

-Akanksha Bhardwaj
(NEWSCASTER)

Ref: www.researchgate.net

Benefits of Social Media in Business

The truth is, people are using social media to engage with brands more than ever. With over three billion people using social media around the world, if you're not taking advantage of it, you're missing out on a fast, inexpensive, and effective way to reach almost half the world's population.

1. People Buy from People They Like and Relate to: Social media gives a voice to who your brand is. Before purchasing from an unknown entity, people are scouring that company's social media profiles to see if people are happy with it.
2. Reputation Management: Like it or not, people are talking about your brand, whether you're initiating or involved in these conversations or not.
3. Make Your Brand an Industry Leader: As noted, people buy from people who they like and trust, and social media offers you the chance to become the go-to thought leader when people want to know about your specific industry.
4. Send People to Your Website: There's only so much people can learn from social media posts and ads - your website is where you house more fully fleshed-out information, and you can utilize social media channels to drive people there.
5. Find Leads: Social media provides an easy way for potential customers to express interest in your business and your products.
6. Social Selling: Social media creates sales. And let's face it, that's what keeps our businesses afloat.
7. Customer (current and potential) Engagement: Social media enables you to interact directly with people that are already fans of your brand, as well as find new fans. Conversely, it also gives them a direct line to you, the business.
8. Customer Service: This might be one of the top reasons for your business to be active on social media - these days, people simply expect brands to be available on social media, and they're increasingly going to brands social profiles first for customer service queries.
9. Learn About Your Customers: People share a lot on social media, which means there's a lot of data you can find on your target customers. You can then use that information to make more informed decisions in relation to your business, what your consumers are looking for and how best to reach them.
10. Study Your Competition: It's also important to know what people are saying about your competitors.

For example, tracking mentions of your competitors might reveal pain points with their products that you could reach out to address, winning new customers in the process.

-Akanksha Bhardwaj
(NEWSCASTER)

Ref: [/www.socialmediatoday.com](http://www.socialmediatoday.com)

ARTS & HISTORY

The greatest military leader.



Alexander the Great King of Macedon from B.C.E. 336 to 323 Was the Great conqueror, in 13 short years he amassed the largest empire in the entire ancient world — an empire that covered 3,000 miles. And he did this without the benefit of modern technology and weaponry.

Alexander's army crossed the Hellespont--now called the Dardanelles--in the spring of 334 B.C. He stopped at the site of the ancient Greek city of Troy, scene of Homer's Iliad. He met the Persians in battle for the first time on the Granicus River, which flows into the Sea of Marmara, and smashed the opposing army. Alexander himself narrowly missed being killed during the battle.

Following this victory, Alexander pressed on through Asia Minor, being checked briefly by the Persians at the city of Miletus.

He was near present-day Iskenderun in southern Turkey when he learned that the newly-crowned King

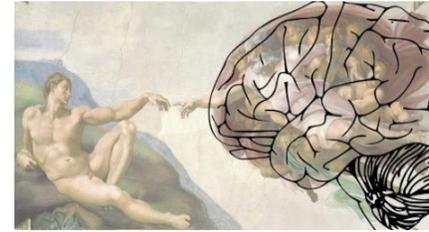
Darius III of Persia and his army were at Issus, to his north.

Accomplishments-

- He was 20 when his father died and.
- He expanded Macedonian territory
- He founded a city in Egypt and named it after himself (Alexandria)
- He eventually conquered half of what was known of the world at the time
- He conquered a city in India and named it after his horse
- He was never defeated in battle
- He controlled Persia
- He discovered trade routes in Asia
- He had amazing battle strategy
- He is considered the greatest military leader ever
- He upgraded the military

-Varsha bag
(NEWSCASTER)
Ref: ushistory.org.in

The Creation of Adam



The Creation of Adam is a fresco painting by Italian artist Michelangelo, which forms part of the Sistine Chapel's ceiling, painted c. 1508–1512. It illustrates the Biblical creation narrative from the Book of Genesis in which God gives life to Adam, the first man. The fresco is part of a complex iconographic scheme and is chronologically the fourth in the series of panels depicting episodes from Genesis.

The image of the near-touching hands of God and Adam has become iconic of humanity. The painting has been reproduced in countless imitations and parodies. Michelangelo's Creation of Adam is one of the most replicated religious paintings of all time.

Analysis

Several hypotheses have been put forward about the meaning of The Creation of Adam's highly original composition, many of them taking Michelangelo's well-documented expertise in human anatomy as their starting point.

Portrayal of the human brain

In 1990 in Anderson, Indiana, physician Frank Meischberger noted in the *Journal of the American Medical Association* that the background figures and shapes portrayed behind the figure of God appeared to be an

anatomically accurate picture of the human brain. On close examination, borders in the painting correlate with major sulci of the cerebrum in the inner and outer surface of the brain, the brain stem, the frontal lobe, the basilar artery, the pituitary gland and the optic chiasm.

Portrayal of the birth process

Alternatively, it has been observed that the red cloth around God has the shape of a human uterus (one art historian has called it a "uterine mantle" and that the scarf hanging out, coloured green, could be a newly cut umbilical cord. In 2015 a group of Italian researchers published on *Mayo Clinic Proceedings* an article where the images of the mantle and the postpartum uterus were overlapped. According to Enrico Bruschini (2004), "This is an interesting hypothesis that presents the Creation scene as an idealized representation of the physical birth of man ("The Creation"). It explains the navel that appears on Adam, which is at first perplexing because he was created, not born of a woman.

-Swarangi Raorane
(NEWSCASTER)
Ref: wikipedia.in

LIBRARY**HARSHINI KANHEKAR: India's 1st women fire officer**

In the 46 years of its history, the National Fire Service College (NFSC) of Nagpur never saw a uniform-clad woman walk out of its gates. But the entry of a 26-year-old Harshini Kanhekar in 2002, upended the norm. Back in the day, the college would use the arcane technique of transmitting written message using an electric device to intimate its students. She walks me down memory lane, reliving that moment the NFSC telegram arrived, saying she cleared the entrance exam. "It was the golden moment of my life. When I bought the enrolment form, I wasn't aware that there was absolutely no history of a girl studying in the institute."

All Harshini saw when she walked around the campus was a sea of men, with no woman in plain sight. But that did not deter her because Harshini's eyes were set on the historic red building. "All I could see was this beautiful red building. And in that moment I dreamt of getting an admission into this college," she recalls. She passed the Union Public Service Commission-styled entrance exam where only 30 seats were up for grabs. Round two involved a medical examination. The Doctors handling the medical tests said, and she recalls, 'Beta, it's a gruelling course. Are you sure, you will be able to do it?'"

Her final interview was with an intimidating panel. When the interview started, one of the panelists remarked that she would be the Kiran Bedi of the fire services. "I was delighted, but I did not let it get to my head. Besides, somebody would always push me to the top while someone else pulled me down," she adds. Once she cleared the interview, her dream of wearing a uniform was now closer than ever.

- Neha Sunil Bhadekar

(NEWSCASTER)

Ref: www.thebetterindia.com

Ka Pomblang Nongkrem

5-day annual harvest festival of Meghalaya that is celebrated in November, Ka Pomblang Nongkrem is observed by both tribal, as well as the local population of the state who perform folk dances and music to thank mother nature for a good harvest.

Out of all the music and dance performances, the most popular one is Nongkrem, which is a folk dance of the state that is performed in order to please the gods and goddesses to seek their blessings and a good harvest.

History of Ka Pomblang Nongkrem in India

Ka Pomblang festival is celebrated in the Smit village near Shillong, Meghalaya. The festival is an opportunity for the locals to spread awareness about their customs and beliefs and introduce them to the next generations. Locals also offer their gratitude to nature for the good harvest.

The Pomblang festival is primarily celebrated by the people of the Khasi tribe. The local people also promote communal harmony through this 5-day event as many different tribes and people from different religions participate in and witness the festival.

An important ritual of Ka Pomblang Nongkrem is the sacrifice of a goat. Locals believe that this is done to please the gods for the next bumper harvest. People wear ethnic outfits to participate in the festival.

Major Attractions of Ka Pomblang Nongkrem Festival

1. Traditional Dresses
2. Relish the Khasi Food and culture

-Ayushman Pandey

(NEWSCASTER)

Ref: [MakeMyTrip](#) and [Wikipedia](#)

FOOD & HEALTHCARE

Healthy eating is more than the foods you eat.

Corn is usually considered a vegetable but it is actually a grain, rich in fibre, vitamins, minerals and antioxidants. very common around the world, did you know that corn varieties come in many other colours too such as red, orange, purple, blue, white and even black.

Health benefit:

Reduces the risk of Anaemia: It helps in reducing the risk of Anaemia, by supplying enough of the nutrient required to produce fresh Red blood cells.

Energy Enhancer: Corn contains complex carbohydrate which gets digested at a slower pace, which in turn provides energy for a longer duration of time.

Miracle for those underweight: It can be a healthy addition to your meals if you want to gain a few kgs.

Lowers Blood Sugar & Cholesterol Level: Sweet corn and corn oil increases the blood flow, lowers cholesterol absorption and regulates insulin, making it an excellent choice for diabetics and cholesterol patients.

Helpful during Pregnancy: It has a number of benefits during pregnancy for both mother and the baby.

Corn is not a harmful food, but while it does have several nutritional benefits, it is not particularly rich in any specific nutrient and contains less fibre than other complex carbohydrates.



-Diksha Singh
(NEWSCASTER)
Ref: food.ndtv.com

Don't panic during pandemic

- 1) Make a schedule or a daily meal plan. A schedule is more predictable for you and for everyone in your household.
- 2) Consider apps to stay connected around a meal. Skype, Zoom, or FaceTime with family and friends. Share recipes or even cook virtually together.
- 3) Plan for groceries. Try to buy fewer processed, high-salt or high-sugar snacks.
- 4) Load up on fruits, vegetables, whole grains, healthy fats, and lean proteins.
- 5) Save money. Skip the high-sugar soda and juices; instead flavor water with edible citrus or berries.
- 6) Plan and enjoy an occasional comfort food for a weekly treat — pick a day and enjoy whatever you want, just not all your favorites on the same day!
- 7) Manage your environment. If candy is simply not in the cupboard, then

-Aditya Cheulkar
(NEWSCASTER)
Ref: www.health.harvard.edu

CULTURE & CUISINE

UNIQUE JAPANESE CULTURE AND TRADITIONS

Japan has a rich, colorful culture dating back to the country's prehistoric period known as the Jōmon period between 14,000 and 300 BCE. The culture and traditions of Japan are unique because of its island-nation geography as well as its isolation from the outside world during the Tokugawa shogunate regime. Over the years, Japan's culture and traditions have been influenced by other Asian countries, America, and Europe as well as other natural factors such as land, natural resources, and seasonal climate. Borrowed ideas from other countries are infused with existing customs to become something distinctly Japanese.



Here are some examples of the unique culture and traditions of Japan:

Celebrating Bōnenkai and Shinnenkai parties for New Year Bōnenkai (literally "forget the year" gathering) is a Japanese drinking party held at the end of the year among close friends or groups of co-workers while shinnenkai (literally "new year gathering") is the Japanese tradition of welcoming the New Year by yet again drinking alcohol. What a fun way to end the year!

Women receiving chocolates a month after Valentine's Day

White Day is celebrated a month after Valentine's Day in Japan. Women and girls usually give their men friends gifts of chocolate as an expression of love, social obligation, or courtesy every 14th of February. On White Day, March 14th, the men return the favor by giving gifts to the ladies such as white chocolate, cookies, or jewellery.

Sakura Viewing and Hanami Parties

Hanami, or flower viewing, is the Japanese custom of enjoying the transient beauty of the sakura flowers. The cherry blossom forecast is announced by the Japan weather bureau and usually begins in early March to early May with schedules that vary depending on the area.

There's always something new and exciting to experience in Japan!

-Rashi Walinjar
(Newscaster)

Ref: www.kcpinternational.com

FOODS TO TRY IN BRAZIL



Don't leave Brazil without trying...

Barbecued meat- Brazil and Argentina both claim to be South America's barbecue champion. And while each country takes a different approach to its meat, from the cuts to the accompaniments, some things remain the same – namely, the ogre-sized quantities of meat, best appreciated at a leisurely pace and with an elasticated waistband.

Moqueca (pronounced moo-kek-a)- More than a mere fish stew, moqueca is served with theatrical flourish as the piping hot clay pot is uncovered at the table amid clouds of fragrant steam. Baianos and Capixabas both lay claim to the origins of the dish, and both serve up equally tasty variations. At its simplest, fish and/or other seafood are stewed in diced tomatoes, onions and coriander. The Capixabas add annatto seeds for a natural red food colouring, while the Baianos serve a heavier version, made with palm oil, peppers and coconut milk.

Cachaça- Dating back to the 1500s, cachaça is made from fermented sugarcane juice and is best known as the fiery kick in caipirinhas – Brazil's national cocktail. While caipirinhas are often made with uncoloured, unaged cachaças, there are thousands of better-quality golden varieties available, aged in wooden barrels and sipped straight up by aficionados.

Brigadeiros- Brazil's answer to the chocolate truffle, brigadeiros are so simple to make that they quite literally get rolled out for kids' parties nationwide. The sweet balls are made by simmering condensed milk with cocoa powder, then whisking in butter and shaping the mix into balls before rolling in chocolate sprinkles. Guaranteed to give an instant sugar high, they're cloyingly sweet for some palates. Brazilians won't hear a word against them, though.

Pão de queijo- Cheese and bread – two staple favourites the world over – are brought together in glorious union in Brazil's pão de queijo, a moreish snack enjoyed at any time of day. Crispy on the outside and soft and chewy on the inside, the gluten-free bread rolls are made with tapioca flour, eggs and grated curado minas cheese (a cow's milk cheese from the state of Minas Gerais), rolled into small balls. For a naughty twist, keep an eye out for pão de queijo served in fist-sized rolls (or even a cake-sized bake), stuffed with cream cheese or various meaty fillings.

Quindim- Another favourite from Bahia, quindim is a glossy yellow sweet treat made with nothing more than eggs, sugar and coconut. Baked in cupcake-sized moulds, the bottom is toasted and golden, dense with grated coconut, while the top is a smooth, firm custard that sticks pleasingly to the roof of the mouth.

-Bhavna Sayekar
(Newscaster)

Ref: www.bbcgoodfood.com

TRAVEL & TOURISM

SIKKIM HIGHLIGHTS.



ALL ABOUT SIKKIM :-

Sikkim is a state in northeast India, bordered by Bhutan, Tibet and Nepal. Part of the Himalayas, the area has a dramatic landscape that includes India's highest mountain, 8,586m Kangchenjunga. Sikkim is also home to glaciers, alpine meadows and thousands of varieties of wildflowers. Steep paths lead to hilltop Buddhist monasteries such as Pemayangtse, which dates to the early 1700s.

FOR WHAT SIKKIM IS FAMOUS FOR :-

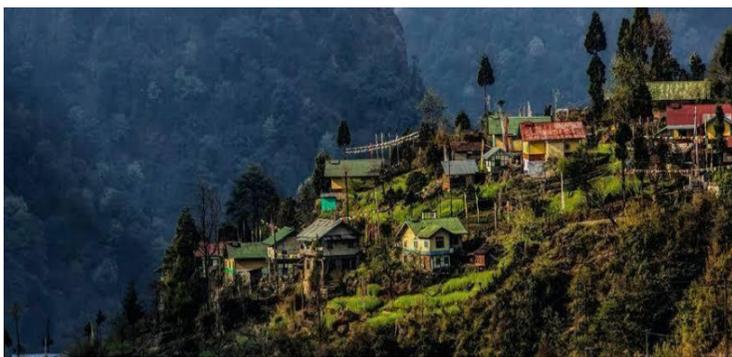
Sikkim is located in the north eastern part of India, but is not a part of the Seven Sister states. The state is famous for dazzling waterfalls, virgin forests, Tibetan style Buddhist Gompas, alpine meadows, rhododendron flowers and more.

LANGUAGE SPOKEN IN SIKKIM :-

Thus, first three main languages of the Sikkim state are Nepali, Bhotia and Lepcha. Nepali is spoken by the majority of the population and is the lingua franca of Sikkim.

CLIMATE OF SIKKIM :-

Sikkim's climate ranges from sub-tropical in the south to tundra in the north. Most of the inhabited regions of Sikkim experience a temperate climate, with temperatures seldom exceeding 28 °C (82 °F) in summer. The average annual temperature for most of Sikkim is around 18 °C (64 °F).



HOW TO REACH SIKKIM :-

You can reach Sikkim through airway by taking a flight to Bagdogra Airport in West Bengal. Though there is no major railway station in the state, you can also resort on railway to reach Sikkim by taking a train to Siliguri or Jalpaiguri. Furthermore, you can also hit the road to reach Sikkim.

BEST TIME TO VISIT SIKKIM :-

As suggested by Sikkim Tourism, the best time to visit Sikkim is either between March and May or October and mid-December. If you want to witness the blooming natural beauty in Gangtok best season to visit would be in spring, from March to May.

-Vidhi Jadhav
(NEWSCASTER)

Ref: www.traveltriangle.com

UNBEATABLE EXPERIENCES – MAURITIUS

1. Trou Aux Biches - A Place Where You'll Lose Yourself

For those who love snorkeling and swimming, Trou Aux Biches should be the first place to visit in Mauritius. With gentle sands shelving calm, shallow and clear water, this is an ideal place for a beach picnic with family and friends. If you love street food, hog at the numerous stalls and cafes along the coast. A variety of cuisines can be tried here.

Famous for: Trou Aux Biches is best known for swimming and snorkeling.



2. Chamarel Colored Earth - Witness The Seven-Colored Sand

If you have been to Mauritius and have not been to this place, have you ever been to Mauritius? If you wish to witness something out of this world, visiting the Chamarel Coloured Earth is an absolute must for you. This stupefying attraction has gained popularity over time because of the fact that it comprises of sand of seven different colors which is most definitely going to leave you perplexed and shocked at the same time. The colors are not very prominent because of the tropical climate of Mauritius but if you mix the colored earth, you will be able to see a remarkable difference. The predominant colors you notice include that of the red, black, purple and cyan.

Famous for: Sand in seven distinct colors.



3. Black River Gorges National Park - Breathtaking beauty

If wild adventure is your style, visit Black River Gorges National Park which is one of the famous places to visit in south west Mauritius. Spread in an area of approximately 68 km, it is best for the photographers looking for flower and fauna. If you are a researcher, then the park field stations can come in handy to know more about the national park. While trekking, one can find numerous wild pigs, rusa deer, privets, and Chinese guava. Some of the endangered species of birds and animals can even be seen in this national park.

Famous for: Hiking and camping.



-Shriya Chavan

(NEWSCASTER)

Ref: www.traveltriangle.com

SPORTS**Polo: The Rise of the 'Gentleman's Sport' in India**

Polo, the sport of Kings, is synonymous with aristocracy, and rightly so. It is a game that is played by connoisseurs who are truly passionate about the sport and appreciate the grace, speed, and spirit of sportsmanship that it is closely associated with.

Cricket, the national rage in India, isn't the only gentleman's game. Polo, too, has been attributed the prestigious title internationally. It is recognised as one of the oldest known team sports in the world. The equestrian sport receives its name from the Tibetan Batli word 'pholo', meaning 'ball'.

However, the origin of the sport is still shrouded in mystery due to a lack of sufficient evidence. Some sources believe that the 'King of sports' originated between 6th century B.C. to 1st century A.D. in Persia, Iran, more than 2,000 years ago where it was a part of the rigorous training routine for battles for nomadic warriors, often 100 players on one side. It may have even been played by Persian kings' cavalry units.

It spread from Persia to Central Asia before reaching India. Some other sources say that it originated in Persia, spread to eastern part of Asia and then move down to the northern part of India. Still others opine that it may be a home-grown sport, originating in Manipur or in the tea gardens of Assam.

The Persian national sport was enjoyed by the royalty with kings, queens, princes and princesses partaking in it. There is evidence of the queen and her accomplices challenging King Khosrow II Parvīz and his courtiers to a game of Polo in the 6th century A.D.

Assumptions' regarding how the game travelled to India does not end here. There are still other researchers who are of the opinion that the royal game was introduced into India by Muslim invaders in the 13th century.

Sir Anthony Sherley's Travels to Persia (1613), mentions that the first Europeans who got initiated to the game were British tea planters in Assam. They formed the first European polo club in the year 1859 in Silchar, Assam. The Calcutta Polo Club was established in 1860s.

In the early days of the game in India, a captain of the 10th Hussars stationed took inspiration from a game that he watched in 1866 and formed a team with his fellow officers. In no time, the game became a raging hit among British cavalry units stationed in India. In 1869, Polo was played at the competitive level between the 10th Hussars and the 9th Lancers in England, with eight men on either side.

A game that is closely associated with tasteful sophistication, groomed gallant horses, men in crisp linen formals, and women in fitted dresses and sun hats, Polo enjoys an exalted status in India till date. The game has its close group of loyalists, who are passionate about the gentleman's game. Dating back to several centuries, the game of Polo still holds the passion and fervour with which it was played at the time of its origin, if not more. With the integration of certain rules, the game has adopted a more streamlined and organised form than its former version. Understandably, the sport rages on and shows no signs of losing its loyalists anytime soon.

-Gayatri Kelkar
(NEWSCASTER)

Ref: www.fineartofluxuryliving.com

SOCIAL ISSUES**RAIN FLOODS IN BANGALORE**

Traffic was disrupted on Mysuru Road, Silk Board junction, Hosur road, Bannerghatta road, Basavanagudi, Nayandahalli, RR Nagar, BG Road, Nayandahalli and other roads.

Heavy rains lashed parts of Bengaluru on 23rd october, leaving many areas waterlogged and traffic disrupted. Most parts of South Bengaluru were affected after rain.

Videos recorded by local residents shows a car floating in Gurudutta Layout near Hosakerehalli alongside Vrishabhavathi drain during rains. Vehicles in the basement of some apartments and houses in the low-lying areas were submerged.

Traffic was disrupted on Mysuru Road, Silk Board junction, Hosur road, Bannerghatta road, Basavanagudi, Nayandahalli, RR Nagar, BG Road, Nayandahalli and other roads.

According to the India Meteorological Department (IMD), Bengaluru has received 13.2 mm rain from 2.30 pm to 5.30 pm on Friday while HAL airport and surrounding areas received 1.3mm rain while Kempegowda International Airport reported 7.7mm rain.

The worst affected areas were Koramangala, BTM Layout, Jayanagara, Basavanagudi, RR Nagar, Hosakerehalli, Basavangudi, Nagarabavi, Kengeri, Malleshwaram, and other parts of the city.

“As per latest observation Bengaluru City and Neighbourhood is expected to receive light to moderate spells of rain with intermittent heavy spells of rainfall at a few places during the next 24 hours,” IMD said in its forecast.

Apart from Bengaluru, Ramanagara, Chikkabalapura, Tumakuru also received heavy rains on Friday evening. places over Coastal Karnataka, at many places over South Interior Karnataka and at isolated places over North Interior Karnataka.

“Thunderstorm with lightning accompanied with light to moderate spells of rain/showers is likely at Bengaluru Rural, Bengaluru Urban, Tumkur, Kolar, Chikkaballapur, Ramanagara, Hassan, Chikkamagaluru, Kodagu and Dakshina Kannada districts in the next three hours,” IMD said in a forecast report issued at 3.10 pm on Friday.

-Pratik Gawande
(NEWSCASTER)

Ref: indianexpress.com

**How rural Girls are fighting menstruation taboos**

For many of us, menstruation is a normal process that occurs every month. While we might suffer from pain and discomfort, it doesn't usually have impact our personal and professional development. For many girls in the world menstruation prevents them from going to school or to work, and sometimes from performing daily activities.

In rural India, menstruation is embedded in myths and taboos. Due to cultural and religious beliefs, menstruation is perceived as dirty, impure and even unholy. Because of this, menstruation is surrounded by a culture of silence and shame.

Menstruation is not openly talked about in families or schools. It's actually estimated that over half of girls don't know about menstruation when they first get their periods. Their mothers are too ashamed to talk about it and frequently lack knowledge of the biological explanation of menstruation and of the adequate ways of managing periods. Schools tend not to fill this gap either. The issue is rarely discussed in classrooms and teachers themselves often find the topic embarrassing, perpetuating an environment of shame and secrecy around menstruation. Furthermore, most rural women lack awareness or are too poor to buy sanitary napkins or tampons. In fact, it is estimated that only 12% of women in India use sanitary pads.

So now what can be done? All women should be granted access to quality sanitary pads or other hygienic methods. Self-help groups, NGOs and other actors are starting to produce low-cost pads for rural women, but many women in remote areas are yet to be reached.

Fortunately, menstruation is being talked about more openly in the public domain, and menstrual hygiene is slowly emerging as a human rights issue, but a lot of progress still has to be achieved.

- Aakanksha Vadvalkar
(NEWSCASTER)

Ref: www.azadindia.org

STUDENT'S SECTION

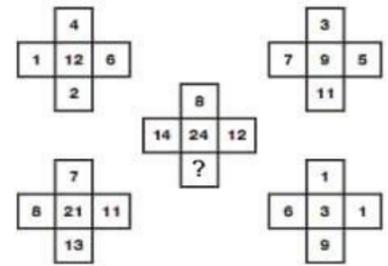
FUN FACTS.

1. Snakes can help predict earthquakes.
2. Bananas are curved because they grow towards the sun.
3. The original London Bridge is now in Arizona.
4. Car manufacturer Volkswagen makes sausages.
5. Movie trailers were originally shown after the movie, which is why they were called "trailers".
6. A lion's roar can be heard from 5 miles away.

-Sahil Singarkar
(NEWSCASTER)
Ref: thefactside.com

Maths Puzzle

Which number replaces the question mark?



Sarthak Patil
(NEWSCASTER)
Ref: www.indiabix.com

Quiz.

1. For the Olympics and World Tournaments, the dimensions of basketball court are
 - A. 26 m x 14 m
 - B. 28 m x 15 m
 - C. 27 m x 16 m
 - D. 28 m x 16 m
2. Federation Cup, World Cup, Allywyn International Trophy and Challenge Cup are awarded to winners of
 - A. Tennis
 - B. Volleyball
 - C. Basketball
 - D. Cricket
3. Famous sculptures depicting art of love built some time in 950 AD - 1050 AD are
 - A. Khajuraho temples
 - B. Jama Masjid
 - C. Sun temple
 - D. Mahabalipuram temples
4. Gravity setting chambers are used in industries to remove
 - A. SO_x
 - B. NO_x
 - C. suspended particulate matter
 - D. CO
5. Guwahati High Court is the judicature of
 - A. Nagaland
 - B. Arunachal Pradesh
 - C. Assam
 - D. All of the above
6. Fire temple is the place of worship of which of the following religion?
 - A. Taoism
 - B. Judaism
 - C. Zoroastrianism (Parsi Religion)
 - D. Shintoism

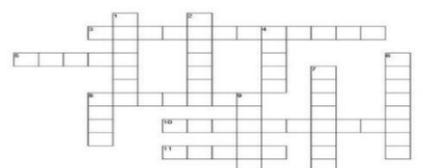
-Sahil Singarkar
(NEWSCASTER)
Ref: www.indiawiz.com

Art by student



Name- Harsh Gohil
TYBMS

Crossword Puzzle



- | | |
|---|---|
| <p>ACROSS</p> <p>3 It is the third largest land mammal</p> <p>5 They are known for their black and white stripes</p> <p>8 Spotted lion</p> <p>10 _____ has a body shape typical of bears with a black and white coat</p> <p>11 Wool obtained from this animal is the most widely used animal fiber</p> | <p>DOWN</p> <p>1 The tallest land - living animal</p> <p>2 This animal's name means 'a tribe of hairy women'</p> <p>4 This animal is the biggest of the four big cats in the genus Panthera</p> <p>6 Tusks of this animal are made of ivory</p> <p>7 National symbol of Australia</p> <p>8 King of the jungle</p> <p>9 Domesticated member of the horse family</p> |
|---|---|

Sarthak Patil
(NEWSCASTER)
Ref: www.pinterest.com

Previous Week's Riddles Answers

1. Silence
 2. Light
 3. Money
 4. Day & night
 5. Key
 6. River
 7. Footsteps
- Previous Week's what complete series answer
Option D

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