

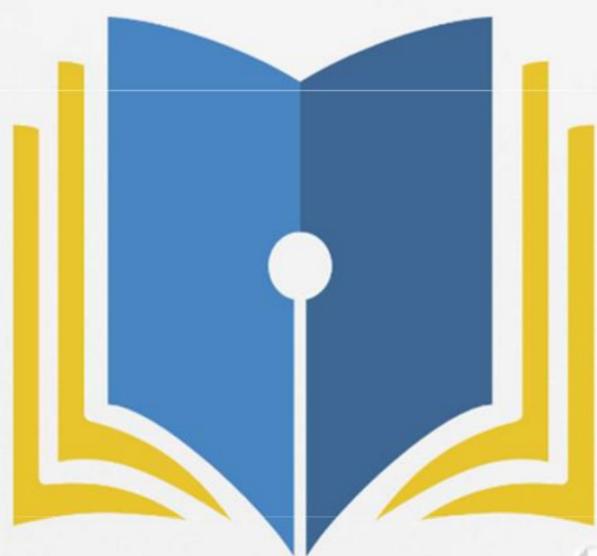


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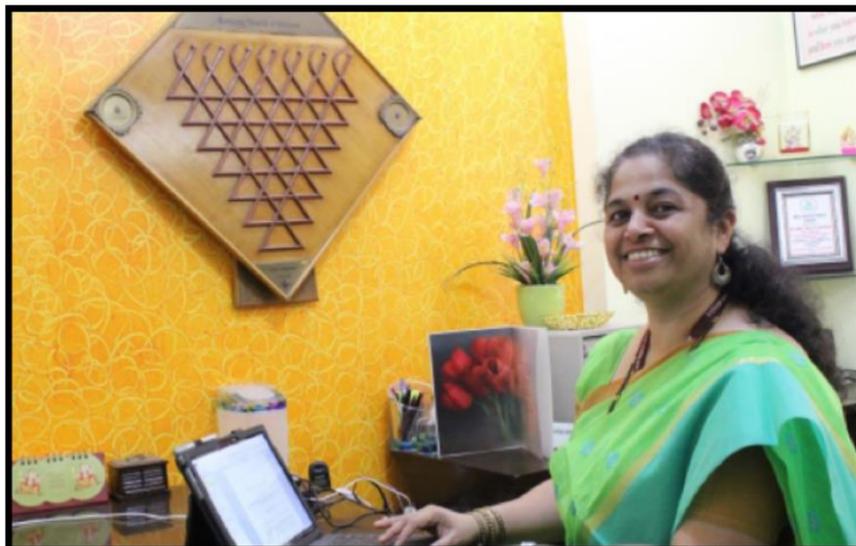
WEEKEND CHRONICLE

WINDOW TO YOUR
KNOWLEDGE



AN INITIATIVE BY
B.M.S DEPARTMENT

MAIL ID:- bmseperiodical@gmail.com



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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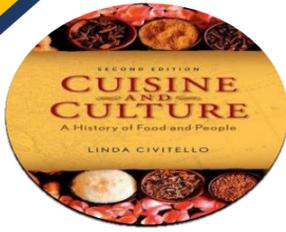
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ADVERTISMENT

PAGARBOOK ROPES IN AKSHAY KUMAR AS BRAND AMBASSADOR

The goal of the ambassadorship is to drive visibility for PagarBook in its efforts to reach 10 million registered users by FY2021.



Bollywood actor Akshay Kumar has been roped in as the brand ambassador of staff management solutions provider, PagarBook, till the year 2022.

The goal of the ambassadorship is to drive visibility for PagarBook in its efforts to reach 10 million registered users by FY2021.

Speaking of the partnership, Akshay Kumar said, "PagarBook's USP is that it truly represents the spirit of Atmanirbhar Bharat, something I am very passionate about. To have touched the lives of so many small and medium business owners in a short span of six months and impact the way they run their business is exceptional, and that is the kind of performance and passion I support."

PagarBook has over four million SMEs registered on the platform, who use the app to resolve their staff management challenges. It is present in 6000+ pin codes across India, launching in 10+ Indian languages. Across salary management, attendance recording, advance salary solutions and payroll management, PagarBook helps business owners save time, the only irretrievable commodity.

-Sakshi jadhav

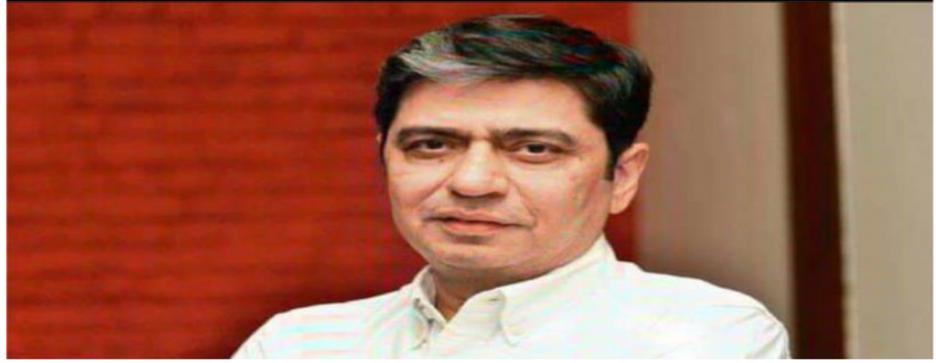
(NEWSCASTER)

Ref :-

<https://brandequity.economictimes.indiatimes.com/news/marketing/pagarbook-ropes-in-akshay-kumar-as-brand-ambassador/79408096>

source: brand equity.com

KEY TO FILTER SOCIAL MEDIA BUZZ



In the age of social media and consumer activism, should brands reconsider their ad campaigns?

The new framework for brands in marketing is an emerging trend of purpose-led brands which are taking social positions through advertising. The more actively a brand takes up social positions, chances are it will end up being perceived as taking a political position due to the polarized environment that we are living in.

Brands will have to look at their campaigns through the lens of politics.

Do brands have the freedom to express their views in ads?

Yes, but the freedom comes at a cost. Brands need to have the courage to stand by their beliefs and be willing to pay that cost as the overall environment forces them to self-censor.

Should they stay clear of social and political issues in their advertising strategies?

If a corporation has a strong belief in a sociopolitical issue and is willing to stand by it, only then they should get into such advertising.

Is it important for them to listen increasingly to their customers?

Advertisers have to be mindful of how consumers are processing any message that they give out.

-Nontobeko Shezi

(NEWSCASTER)

Ref :-(<https://www.livemint.com/industry/advertising/key-to-filter-social-media-buzz-11603160343758.html>)

Source : Livemint

COCA-COLA'S CHRISTMAS ADVERT FOR 2020 IS ANOTHER TEAR-JERKER

Oscar winner Taika Waititi's heart-warming commercial has viewers all choked up



Coca-Cola's Christmas advert is proving to be another tear-jerker among viewers.

The two-and-a-half minute commercial has been directed by Oscar winner Taika Waititi, who is well known for his work on films such as JoJo Rabbit and Thor: Ragnarok. And his festive offering, a far cry from the company's usual 'Holidays are Coming' approach, has got viewers all choked up. It follows a dad, working away on the oil rigs and trying against all odds to deliver his daughter's letter to Father Christmas, but when he finally makes it to Santa's Grotto he finds it 'closed for Christmas'. It's perhaps not as relatable as the McDonald's ad - showing dad stranded in the middle of the ocean after getting knocked out of his boat by a whale - but it's still proving to be an emotional watch for many.

-Shruti Amin

(NEWSCASTER)

Ref:-(<https://youtu.be/yg4Mq5EAEzw>,<https://www.manchestereveningnews.co.uk/whats-on/family-kids-news/coca-cola-advert-christmas-2020-19273617>)

Sources: Evening news

INFORMATION & TECHNOLOGY

AI HELPS SCIENTISTS UNDERSTAND BRAIN ACTIVITY BEHIND THOUGHTS



A team led by researchers at Baylor College of Medicine and Rice University has developed artificial intelligence (AI) models that help them better understand the brain computations that underlie thoughts. This is new, because until now there has been no method to measure thoughts.

The researchers first developed a new model that can estimate thoughts by evaluating behavior, and then tested their model on a trained artificial brain where they found neural activity associated with those estimates of thoughts. To understand how the brain gives rise to thought, researchers first need to measure a thought. They developed a method called "Inverse Rational Control" that looks at a behavior and infers the beliefs or thoughts that best explain that behavior.

Traditionally, researchers in this field have worked with the idea that animals solve tasks optimally, behaving in a way that maximizes their net benefits. But when scientists study animal behavior, they find that this is not always the case. "Sometimes animals have 'wrong' beliefs or assumptions about what's going on in their environment, but still they try to find the best long-term outcomes for their task, given what they believe are going on around them.

This could account for why animals seem to behave suboptimally," said Pitkow, who also is a McNair Scholar at Baylor, co-director of Baylor's Center for Neuroscience and Artificial Intelligence and member of the Rice Neuroengineering Initiative.

In the second part of the work, Pitkow and his colleagues developed a model to relate the thoughts that were identified using the Inverse Rational Control method to brain activity. Other contributors to this work include Zhengwei Wu, Minhae Kwon, Saurabh Daptardar and Paul Schrater. The authors are affiliated with one or more of the following institutions: Baylor College of Medicine, Rice University, Soongsil University, Google Maps, and the University of Minnesota.

-Ajay Lovekar
(Newscaster)

Ref:- (<https://www.sciencedaily.com/releases/2020/11/201124092205.htm>)

SCREEN TIME CAN CHANGE VISUAL PERCEPTION AND THAT'S NOT NECESSARILY BAD



The coronavirus pandemic has shifted many of our interactions online, with Zoom video calls replacing in-person classes, work meetings, conferences and other events. Will all that screen time damage our vision; Maybe not. It turns out that our visual perception is highly adaptable, according to research from Psychology Professor and Cognitive and Brain Sciences Coordinator Peter Gerhardstein's lab at Binghamton University.

"The finding in the work is that the human perceptual system rapidly adjusts to a substantive alteration in the statistics of the visual world, which, as we show, is what happens when someone is playing video games," Gerhardstein said. The research focuses on a basic element of vision: our perception of orientation in the environment.

Gerhardstein, Daniel Hipp and Sara Olsen -- his former doctoral students -- will publish "Mind-Craft: Exploring the Effect of Digital Visual Experience on Changes in Orientation Sensitivity in Visual Contour Perception," in an upcoming issue of the academic journal Perception. Hipp, the lead author and main originator of the research, is now at the VA Eastern Colorado

Health Care System's Laboratory for Clinical and Translational Research. Olsen, who designed stimuli for the research and aided in the analysis of the results, is now at the University of Minnesota's Department of Psychiatry. Take a walk through the Binghamton University Nature Preserve and look around. Stimuli -- trees, branches, bushes, path -- are oriented in many different angles.

Other research groups who have examined the effects of digital exposure on other aspects of visual perception have concluded that long-term changes do take place, at least some of which are seen as helpful. The first iPhone came out in 2008 and the first iPad in 2010. Children were around 10 to 12 years old have grown up with these devices, and will live and operate in a digital world as adults, Gerhardstein pointed out.

-Ajay Lovekar
(Newscaster)

Ref:- (<https://www.sciencedaily.com/releases/2020/09/200930144422.htm>)

SCIENCE & SPACE

AWARENESS ABOUT BREAST CANCER AND WAYS TO TACKLE IT EFFECTIVELY.



Breast cancer is cancer that forms in the cells of the breasts. After skin cancer, breast cancer is the most common cancer diagnosed in women. Breast cancer can occur in both men and women, but it's far more common in women. Substantial support for breast cancer awareness and research funding has helped create advances in the diagnosis and treatment of breast cancer. Cancer occurs when changes called mutations take place in genes that regulate cell growth. The mutations let the cells divide and multiply in an uncontrolled way. Breast cancer forms in either the **lobules** or the ducts of the breast. Lobules are the **glands that produce milk**, and ducts are the pathways that bring the milk from the glands to the nipple. Cancer can also occur in the fatty tissue or the fibrous connective tissue within your breast. The uncontrolled cancer cells often invade other healthy breast tissue and can travel to the lymph nodes under the arms. The lymph nodes are a primary pathway that help the cancer cells move to other parts of the body.

Symptoms for the most common breast cancers include:

- 1) a breast lump or tissue thickening that feels different than surrounding tissue and has developed recently
- 2) breast pain
- 3) red, pitted skin over your entire breast
- 4) swelling in all or part of your breast
- 5) a nipple discharges other than breast milk
- 6) bloody discharge from your nipple
- 7) peeling, scaling, or flaking of skin on your nipple or breast
- 8) a sudden, unexplained change in the shape or size of your breast
- 9) inverted nipple
- 10) changes to the appearance of the skin on your breasts
- 11) a lump or swelling under your arm.

Here are several types of breast cancer, and they are broken into two main categories: "invasive" and "noninvasive," or *situ*. While invasive cancer has spread from the breast ducts or glands to other parts of the breast, noninvasive cancer has not spread from the original tissue. These two categories are used to describe the most common types of breast cancer, which include: **Ductal carcinoma in situ**. Ductal carcinoma in situ (DCIS) is a noninvasive condition. With DCIS, the cancer cells are confined to the ducts in your breast and haven't invaded the surrounding breast tissue. **Lobular carcinoma in situ**. Lobular carcinoma in situ (LCIS) is cancer that grows in the milk-producing glands of your breast. Like DCIS, the cancer cells haven't invaded the surrounding tissue. **Invasive ductal carcinoma**. Invasive ductal carcinoma (IDC) is the most common type of breast cancer. This type of breast cancer begins in your breast's milk ducts and then invades nearby tissue in the breast. Once the breast cancer has spread to the tissue outside your milk ducts, it can begin to spread to other nearby organs and tissue. **Invasive lobular carcinoma**. Invasive lobular carcinoma (ILC) first develops in your breast's lobules and has invaded nearby tissue. According to California-based researchers, higher levels of Vitamin D in the blood may significantly improve survival in one-third of women diagnosed with breast cancer. The link between Vitamin D and breast cancer may be related to the vitamin's role in promoting normal mammary cell development, and inhibiting the reproduction and promoting the death of cancer cells, the study added.

Some facts: 1. Most people diagnosed with breast cancer have no known family history.

2. There is no evidence that sugar in the diet causes breast cancer.

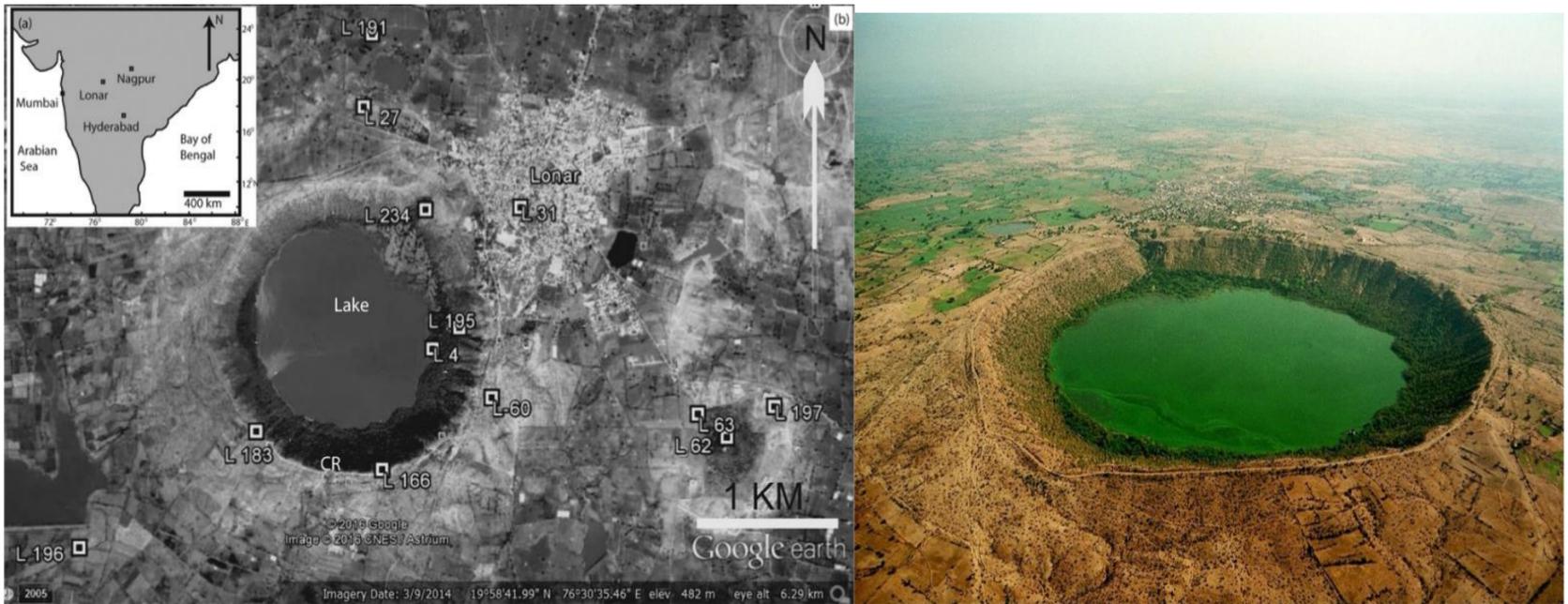
-Kshitij Shirodkar

(NEWSCASTER)

Ref:-(<https://www.breastcancer.org/> <https://www.healthline.com/> <https://indianexpress.com/>)

NATURE

MYSTERY LAKE OF MAHARASHTRA



Ever heard of lake that is both saline and alkaline in nature? The Lonar Lake of Maharashtra is unique in that way. Created as a result of a meteor hit. Lonar Lake, also known as Lonar crater, is a notified National Geo-heritage Monument, saline, soda lake, located at Lonar in Buldhana district, Maharashtra, India.

Lonar Lake was created by an asteroid collision with earth. Everh impact during the Pleistocene Epoch. A series of small hills surround the basin, which has an oval shape, almost round, with a circumference at top of about 8 km (five miles). The sides of the basin rise abruptly at an angle of about 75°.

At the base of the sides, the lake has a circumference of about 4.8 km (three miles). The existence of this lake is considered a mystery because one, the lake is alkaline and saline at the same time, which is unheard of, and second, the water in this lake never dries up! As the water in this lake is both saline and alkaline at the same time, Lonar Lake is the home of rare microorganisms which are not found anywhere else in the world. Lonar Crater sits inside the Deccan Plateau – a massive plain of volcanic basalt rock created by eruptions some 65 million years ago. ult of a meteorite impact that occurred between 35,000 and 50,000 years ago.

The water in the lake is both saline and alkaline. Lonar Lake was created by the impact of either a comet or of an asteroid. The first European to visit the lake was a British officer, J.E. Alexander, in 1823. Buldhana district in Maharashtra, where the lake is located, was once part of the Maurya Empire empire and then part of the Satavahana Empire. The Chalukyas and Rashtrakutas also ruled this area. During the period of the Mughals, Yadavas, Nizam, and the British, trade prospered in this area. Several temples found on the periphery of the Lake are known as Yadava temples and also as Hemadpanti temples.

Do you know? Lonar Lake had turned Pink in June this year. Lakhs of people including the scientists were curious about this colour-change. It was due to a salt-loving bacteria (red-coloured archaeal strains classified as halophilic archaea or haloarchaea). It is associated with high salinity and alkalinity (pH). Pink colour of the water was not permanent- Once the biomass of the microbes settled at the bottom, the water became transparent during one such experiment at the labs. These findings are based on a report by Agharkar Research Institute (ARI) in Pune, an autonomous body under the Department of Science and Technology. Absence of rain, less human interference and high temperature resulted in the evaporation of water which increased its salinity and pH. The increased salinity and pH facilitated the growth of halophilic microbes, mainly Haloarchae turned the water in the pink colour.

-Parab Disha Rajendra

(NEWSCASTER)

Ref:- (<https://telanganatoday.com/>)

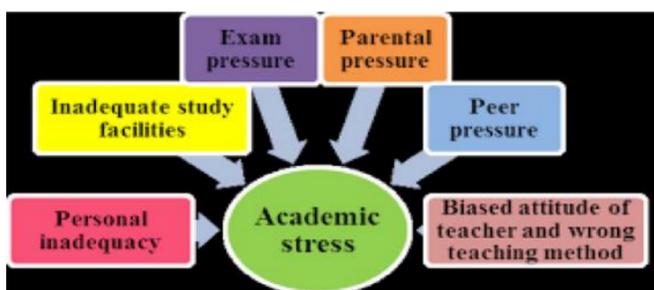
ACADEMICS

IMPACT OF STRESS ON STUDENTS OF SECONDARY AND HIGHER EDUCATION

Students in secondary and tertiary education settings face a wide range of ongoing stressors related to academic demands. This narrative review presents the most recent research concerning the impact of academic-related stress, including discussion of the impact on students' learning capacity and academic performance, mental health problems, such as depression and anxiety, sleep disturbances and substance use.



YOUNG PEOPLE REPORT HIGH LEVELS OF STRESS Accordingly, students commonly self-report experiencing ongoing stress relating to their education, which we refer to as academic-related stress, such as pressure to achieve high marks and concerns about receiving poor grades. **ACADEMIC RELATED STRESS AND MENTAL HEALTH** . A systematic review of 13 studies showed that in individuals undertaking higher education, self-reported levels of stress are associated with poorer quality of and well-being. **ACADEMIC RELATED STRESS AND SLEEP** These young people report that the impact of the loss of sleep is difficulty paying attention, lower grades, higher stress, and trouble getting along with other people. Sleep quality and quantity has been shown to be closely related to student learning capability and academic performance.



ACADEMIC RELATED STRESS AND PHYSICAL HEALTH Stress may also lead to the development of non-communicable diseases, including metabolic syndrome, obesity and reduced insulin sensitivity, resulting from unhealthy lifestyle habits and stress system dysregulation.

ACADEMIC RELATED STRESS AND ACHIEVEMENT

As many as 63% of students in the bottom quarter of science performance report feeling anxious about tests no matter how well prepared they are, while 46% of students in the top quarter report feeling anxious. Students with higher perceived stress are likely to have lower academic achievement. The ongoing stress relating to education has demonstrated negative impact on students' learning capacity, academic performance, education and employment attainment, sleep quality and quantity, physical health, mental health and substance use outcomes. Increasing students stress-management skills and abilities is an important target for change.

-Vishkaha Gaikwad
(Newscaster)

Ref:-(<https://www.tandfonline.com/>)

USES OF INTERNET



The Internet has become a sensation nowadays. It is something that humans cannot function without anymore. It has occupied a great part of our lives. We use the internet for almost every little and a big task now. It ranges from searching for a job to listening to music. The Internet has basically made our lives easier and convenient. The world is at our fingertips now, thanks to the internet. When we see how it has changed the scenario of the modern world, we can't help but notice its importance. It is used in all spheres of life now.

Internet and Communication The world has become smaller because of the internet. Now we can communicate with our loved ones oceans away. The days of letter writing are gone where we had to wait for weeks to get a reply. Everything is instant now. Even though telephones allowed us to do that, but the cost was too high. The common man could not afford to call people overseas because of the costs. However, the internet changed that. Communicating with people both near and far is now easy and affordable. We can send them emails and chat with them through instant messaging apps. We may also video call them using the internet which allows us to see them clearly even though we are miles away. Furthermore, we can now get instant news updates from all over the world. The moment anything takes place anywhere in the world, we get to know about it. In addition, we are informed about the natural calamities within the correct time. Moreover, we can easily contact our job recruiters using the internet. Job application has been made so much easier through the internet.

Internet and Entertainment Entertainment and the Internet go hand in hand now. Everything is at your fingertips to enjoy. You can book movie tickets easily on the internet. Gone are the days of waiting in long queues to get the ticket for the latest movie. It can all be done through the comfort of your home. Similarly, you can also book match tickets and concert tickets without going through the hassle of standing in long lines. In addition, we can now do all our shopping online. You won't have to go out in the harsh weather to shop for stuff. The Internet allows you to browse through a large assortment of products with all the details given. It ranges from something as small as a mug to a laptop, you can have it all. Furthermore, you may also filter the categories to find exactly what you are looking for within seconds. Nowadays, web series are quite a hit amongst the youth. They do not watch TV anymore; rather they enjoy the web series. Various platforms have created shows which they release on the internet that has a major fan following. You can get your daily dose of entertainment from the internet now. Whether you want to hear the latest music, you don't have to spend a hefty amount to buy the CD. You can simply listen to it on the internet.

Thus, we see how the internet has changed and made our lives easy in various ways. We can connect with our loved ones easily and get access to unlimited entertainment instantly.

-Sanjeet Bhelekar
(Newscaster)

Ref:-(https://www.toppr.com)

MEDIA

HOW SOCIAL MEDIA HAS CHANGED HOW WE CONSUME NEWS



It's the age of "fake news" and gone are the days of waiting for the morning news for breaking stories or reading gossip magazines for the latest celebrity dirt. We now have all the information we need at the touch of an app and most people now get their news information online, specifically from social media.

Social media has become the main source of news online with more than 2.4 billion internet users, nearly 64.5 percent receive breaking news from Facebook, Twitter, YouTube, Snapchat and Instagram instead of traditional media.

In a recent survey, 50 percent of Internet users surveyed said that they hear about the latest news via social media before ever hearing about it on a news station. Many internet users will see the breaking stories on their feed and go to the news sites to learn more. The survey found 57 percent increase in traffic to news sites referred from social media.

However, there has been a decrease in how much of an article that people read. Most people will just scroll through their newsfeed and stumble upon relevant news content but just read the headlines or a short video clip of the piece. An average visitor will only read an article for 15 seconds or less and the average video watch time online is 10 seconds.

-Akanksha Bhardwaj
(NEWSCASTER)

Ref:-(
<https://www.forbes.com/sites/nicolemartin1/2018/11/30/how-social-media-has-changed-how-we-consume-news/?sh=2>)

YOUTUBE FINALLY GIVES UP ON ITS INFAMOUS YOUTUBE REWIND FOR 2020.

YouTube will not be posting a Rewind this year, which is probably for the best. The company's annual video recap of the year is infamously panned by creators and viewers alike. Although YouTube has taken different approaches, from scripted skits featuring different creators to last year's roundup of videos, Rewinds consistently receive abysmal feedback from the community. 2018's YouTube Rewind was the most disliked video in the history of the platform. It was so universally criticized; YouTube scrapped the skits entirely and for 2019 simply put out a list of the most liked videos of the year. Whether it's the fact that it's put out by a company that creators claim unfairly demonetizes their content or that YouTube Rewinds just make viewers cringe, at this point, hating on the annual YouTube Rewind is a holiday tradition. But this year, YouTube scrapped Rewind completely. In a statement posted to Twitter on Thursday, the company said it will not publish a Rewind because it "doesn't feel right to carry on" as if 2020 hasn't been an unprecedented string of disasters. "Whether you love it — or only remember 2018 — Rewind was always meant to be a celebration of you. But 2020 has been different," YouTube's statement reads. "And it doesn't feel right to carry on as if it weren't. So, we're taking a break from Rewind this year." YouTube didn't mention whether it would resume Rewind next year. "We know that so much of the good that did happen in 2020 was created by all of you," the statement continues. "You've found ways to lift people up, help them cope, and make them laugh. You made a hard year genuinely better." While some creators promised to make their own versions of Rewind this year in YouTube's place, others celebrated.

~ Vedang Khopkar
(NEWSCASTER)
Ref:-(mashable.com)



ARTS & HISTORY

SAROJINI NAIDU

Sarojini Chattopadhyay Naidu (13 February 1879 – 2 March 1949) was an Indian political activist and poet. A proponent of civil rights, women's emancipation, and anti-imperialistic ideas, she was an important figure in India's struggle for independence from colonial rule. Naidu's work as a poet earned her the sobriquet 'Nightingale of India' by Mahatma Gandhi. She was called 'Bharat Kokila' by Rabindranath Tagore.

As a prodigious child, Naidu wrote the play "Maher Muneer", which earned her a scholarship to study abroad. She became the second woman president of the Indian National Congress. She was the first woman Governor of an Indian state after independence. Her collection of poems earned her literary acclaim. In 1905, she published her first book, a collection of poems, under the title of "Golden Threshold". A contemporary poet, Bappaditya Bandopadhyay quoted "Sarojini Naidu inspired the Indian renaissance movement and had a mission to improve the life of Indian woman."

In March 1919, the British government passed the Rowlatt Act by which the possession of seditious documents was deemed illegal. Mahatma Gandhi organized the Non-Cooperation Movement to protest and Naidu was the first to join the movement. Sarojini Naidu religiously followed Gandhi's example and actively supported his other campaigns like the Montagu-Chelmsford Reforms, the Khilafat issue, the Sabarmati Pact, the Satyagraha Pledge and the Civil Disobedience Movement. When Gandhi was arrested after the Salt March to Dandi in 1930, she led the Dhar asana Satyagraha with other leaders. She accompanied Gandhi to London to take part in the Round Table Talks with the British Government in 1931. Her political activities and role in the Freedom struggle led to several stints in prison – in 1930, 1932, and 1942. Her 1942 arrest led to imprisonment for 21 months.



Swarangi Rane
(Newscaster)

(Reference – wikipedia.in , <https://listovative.com/top-15-greatest-history-leaders-of-all-time/>)

CINEMATOGRAPHY

Cinematography is the art of motion-picture photography and filming either electronically by means of an image sensor, or chemically by means of a light-sensitive material such as film stock.

Cinematographers use a lens to focus reflected light from objects into a real image that is transferred to some image sensor or light-sensitive material inside a movie camera. These (exposures are created sequentially and preserved for later processing and viewing as a motion picture. Capturing images with an electronic image sensor produces an electrical charge for each pixel in the image, which is electronically processed and stored in a video file for subsequent processing or display. Images captured with photographic emulsion result in a series of invisible latent images on the film stock, which are chemically "developed" into a (visible image). The images on the film stock are projected for viewing the motion picture.

HISTORY - In the 1830s, three different solutions for moving images were invented on the concept of revolving drums and disks, the stroboscope by Simon von Stampfer in Austria, the phenakistoscope by Joseph Plateau in Belgium, and the zoetrope by William Horner in Britain.

In 1845, Francis Ronalds invented the first successful camera able to make continuous recordings of the varying indications of meteorological and geomagnetic instruments over time. The cameras were supplied to numerous observatories around the world and some remained in use until well into the 20th century.

William Lincoln patented a device, in 1867, that showed animated pictures called the "wheel of life" or "zoopraxiscope". In it, moving drawings or photographs were watched through a slit.

On 19 June 1878, Eadweard Muybridge successfully photographed a horse named "Sallie Gardner" in fast motion using a series of 24 stereoscopic cameras. The cameras were arranged along a track parallel to the horse's, and each camera shutter was controlled by a trip wire triggered by the horse's hooves. They were 21 inches apart to cover the 20 feet taken by the horse stride, taking pictures at one-thousandth of a second. At the end of the decade, Muybridge had adapted sequences of his photographs to a zoopraxiscope for short, primitive projected "movies," which were sensations on his lecture tours by 1879 or 1880.

Swarangi Rane
(Newscaster)
(Ref- wikipedia.in)

LIBRARY

VATTA PITTA KAPHA

Vatta Pitta Kapha are the three body types according to Ayurveda.

A but about Ayurveda-

Ayurveda is one of the world's oldest forms of holistic medicine and still widely used today.

Combining physical, psychological, and spiritual health, Ayurveda focuses on whole-body healing and states that a person's dosha, a type of bodily humor, determines their personality and health .

Vata

Vata consists mostly of the two elements air and space (also known as ether) and is generally described as cold, light, dry, rough, flowing, and spacious. Autumn represents vata for its cool, crisp days.

Those with the vata dosha are usually described as slim, energetic, and creative. They're known for thinking outside the box but can become easily distracted. What's more, their mood is highly dependent on the weather, people around them, and foods they eat

Kapha

Kapha (pronounced "kuffa") is based on earth and water. It can be described as steady, stable, heavy, slow, cold, and soft. Spring is known as kapha season, as many parts of the world slowly exit hibernation.

People with this dosha are described as strong, thick-boned, and caring. They're known for keeping things together and being a support system for others. Kapha-dominant people rarely get upset, think before acting, and go through life in a slow, deliberate manner

Pitta

Known for being associated with a tenacious personality, the pitta dosha is based on fire and water. It's commonly described as hot, light, sharp, oily, liquid, and mobile. Summer is known as pitta season for its sunny, hot days.

People with pitta are said to usually have a muscular build, be very athletic, and serve as strong leaders. They're highly motivated, goal-oriented, and competitive. Still, their aggressive and tenacious nature can be off-putting to some people, which can lead to conflict .

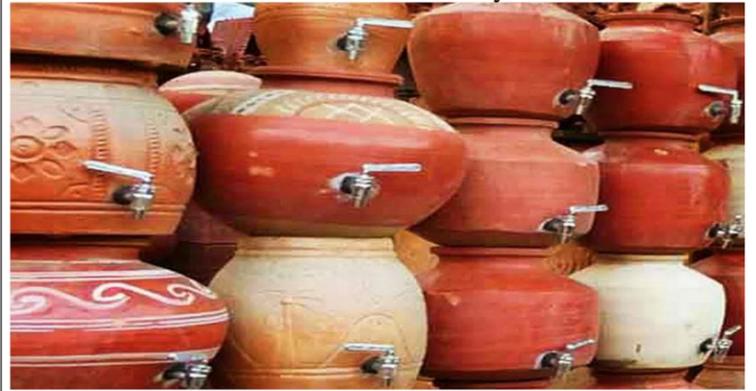
-Ayushman Pandey

(NEWSCASTER)

Ref:- (Ayurveda- Wikipedia, Vatta - [healthline.com](https://www.healthline.com), Kapha -treeoflife, Pitta [healthline.com](https://www.healthline.com))

BENEFITS OF DRINKING WATER
FROM MATKA (CLAY POT)

Ever had water from a clay pot? Drinking water from a matka is nothing new to many of us. Yet, if you haven't had water stored in a clay pot, also known as *matka* in Hindi, you are actually missing out on a myriad of health benefits. From its alkaline properties to acting as a natural filter, it has numerous health benefits. Read on and find out, why you need an earthen pot in your house. Nothing could be better to safeguard yourself from those heat-related ailments in summers by drinking chilled clay pot water. Problems like sunstroke, diarrhea, dehydration etc, are very common in summers, but consuming the nutrient-rich clay pot water can help combat them to a great extent. Plastic bottles are made up of dangerous chemicals like BPA. So, it's best to store water in earthen pots. Also, drinking water from clay pot will boost your metabolism. It will also balance the testosterone level in your body, as opposed to plastic, which in turn reduces amount of testosterone in our body.



Remember when your *daadi* would insist you to drink water from *Matka* rather than the fridge? The water stored in an earthen pot is gentle on the throat and is perfect for people who catch cold and cough easily. Also, it is the best option for asthma patients as well. According to a study, water stored in a clay pot gets automatically filtered after 4 hours. So there's no need for RO-UV filter. The earthen pot is a natural filter, so store water for 4 hours before drinking. For the first time, store water for a few hours, then throw it and refill it again. If you are currently not using a clay pot to store water, it is strongly recommended to do so today only. Hurry Up.

-Kavita Shirsat
(NEWSCASTER)

Ref:- (<https://www.herzindagi.com/en>)

FOOD & HEALTHCARE**HOW HEALTHFUL IS FLAXSEED?**

Flaxseed is a plant-based food that provides healthful fat, antioxidants, and fiber. Some people call it a “functional food,” which means that a person can eat it to boost their health.

Nutrition

According to the United States Department of Agriculture, a tablespoon of ground flaxseed weighing 7 g contains:

energy: 37.4 calories

protein: 1.28 g

fat: 2.95 g

carbohydrate: 2.02 g

fiber: 1.91 g

calcium: 17.8 mg

magnesium: 27.4 mg

phosphorus: 44.9 mg

potassium: 56.9 mg

folate: 6.09 micrograms (mcg)

lutein and zeaxanthin: 45.6 mcg

A teaspoon of flaxseed also contains traces of various vitamins and minerals, but not in significant quantities. It also provides lignans, tryptophan, lysine, tyrosine, and valine, as well as healthful fats, which are mostly unsaturated.

Possible health benefits

Flaxseed contains some nutrients that may have various health benefits.

Like other plant-based foods, flaxseed is rich in antioxidants. These can help prevent disease by removing molecules called free radicals from the body.

Free radicals occur as a result of natural processes and environmental pressures. If there are too many free radicals in the body, oxidative stress can develop, leading to cell damage and disease. Antioxidants help remove free radicals from the body.

Flaxseed is a good source of lignans, which appear to have antioxidant properties.

According to some scientists, flaxseed may be over 800 times richer in lignans than most other foods.

Reducing the risk of cancer

Flaxseed contains omega-3 fatty acids. Research suggests that these may help prevent different types of cancer cells from growing.



Flaxseed also contains lignans, which are antioxidants that may slow tumor growth by preventing them from forming new blood vessels. One 2013 survey found a lower incidence of breast cancer among females who consumed flaxseed regularly.

Also, in 2018, the authors of a review concluded that flaxseed may help reduce the risk of breast cancer after menopause.

Lignans are a type of phytoestrogen, which is a plant-based nutrient that acts in a similar way to estrogen. There has been some concern that phytoestrogens may increase the risk of breast cancer, but recent research suggests that they may play a protective role.

Easing the symptoms of arthritis

According to the Arthritis Foundation, flaxseed may help reduce joint pain and stiffness. Some people take it for rheumatoid arthritis, lupus, and Raynaud's phenomenon.

They add that there is a lack of evidence to support its use for this purpose, but they say that the ALA in flaxseed may help reduce inflammation.

People can take it:

ground (one tablespoon per day)

as an oil (one to three tablespoons per day)

in capsules (1,300–3,000 mg per day)

Improving blood sugar

Lignans and other phytoestrogens may help reduce the risk of chronic conditions such as diabetes.

In 2013, scientists gave 25 people 0 g, 13 g, or 26 g of flaxseed every day for 12 weeks. The participants had prediabetes and were either males with obesity or overweight or females who had undergone menopause.

The 13 g dosage appeared to lower glucose and insulin levels and improve insulin sensitivity, but the other dosages did not have this effect.

Also, a 2016 rodent study suggested that the compounds in flaxseed may help reduce the incidence of type 1 diabetes and delay the onset of type 2 diabetes. These results may not be applicable to humans, however.

The same year, 99 people with prediabetes took 40 g or 20 g of flaxseed or no flaxseed and no placebo each day for 12 weeks. Consuming flaxseed appeared to reduce blood pressure, but it did not improve blood sugar levels or insulin resistance.

The benefits of flaxseed on the symptoms of diabetes remain unclear.

Ref:

<https://www.medicalnewstoday.com/articles/263405#benefits->

By- Aishwarya Pathare

CULTURE & CUISINE

A lies, 100 Dishes & Nostalgia Redux Culinary Delight: 7 Royal Fami

A Royal Affair:

Seven royal families. More than 100 dishes. And a dash of culture and heritage on the side. At the ITC Maurya's 'India's Royal Cuisine: The High Table 1857 to 1947' food fest in the Capital, nostalgia came alive as regal cuisines ruled the evening.

Cuisine diplomacy of the erstwhile royal gharaanas were brought to life, thanks to the princely states putting their best on the table. Some closely-guarded culinary secrets found their way in the form of aroma-filled gravies and delicious kebabs.

The Sailana Story

Sailana, a princely state located in Madhya Pradesh, was famous for its hospitality, cuisine and wine in the days of the Raj. And all recipes emanating from the royal kitchens are laced with exotic spices, rose petals and sandalwood powder.

The Salar Jung Tale

The Salar Jung family was a noble clan of the erstwhile Hyderabad state under the Nizams. It is said that the royal women of this clan would sit with hakims to gauge the link between food and health. The cuisine relies on fresh ingredients, and uses a souring agent in every dish, adding a tartness in their food.

The Bhainsrorgarh Experience

The Bhainsrorgarh fort has been converted into a luxe heritage hotel that is run by Vrinda Kumari Singh and Hemendra Singh, members of the erstwhile royal family. The cuisine here boasts of Rajasthani regular and exotic fares, both vegetarian and non-vegetarian.

The Akheraj Saga

For the uninitiated, the Akheraj dynasty lies between the borders of Marwar and Mewar, and its cuisine, naturally, has been influenced by both. This region boasts of Hara Maans, Rabori and Matki Maans as its signature dishes.

The Kangra Connect

Kangra, with its ancient fort, is presently the home of the Katoch dynasty, considered to be the world's oldest, surviving royal family. And its food, like its history, is homely, rich & intense. Amongst festive food, the traditional meal, Dham finds an instant mention.

The Kashmir Formula

The land of fruits and nuts, Kashmir, is famous for its scrumptious cuisines. And it remains generous to both, vegetarian and non-vegetarian, with cinnamon, cardamom and saffron spicing it up.

The Rampur Diaries

The Rampur state used to be a princely state of British India. The cuisine, a courtly one, graduated over time and became a melting pot of the Mughlai, Awadhi, Afghani and Rajput flavours.

Food for a Cause

Over the next 10 weekends, there will be royal menus on the table at The Pavilion, dedicated to classics of a princely state. In case you want to get a taste of a royal meal, you know where to go.



-Bhavna Sayekar

(NEWSCASTER)

Ref: -(<https://economictimes.indiatimes.com/magazines/panache/food/food-for-a->

Why Fruitcake Is Always Served at Royal Weddings

Though Prince Harry and Meghan Markle have decided to break this tradition, fruitcake has been a staple at royal weddings for centuries.

Royal weddings are known for a couple iconic elements: The over-the-top fascinators, the male royals dressed up in full military garb, and the bride in her flowing, ornate gown and tiara—and of course, the towering cake. Royal wedding cakes are usually intricately detailed confections consisting of multiple tiers, but under all that frosting, there's usually always fruitcake. Queen Victoria, Queen Elizabeth, Princess Anne, Prince Charles, Prince William—all these royals have served the dessert at their weddings. Why? To understand this British tradition, you have to go all the way back to the middle Ages. As you might already know, fruitcake (which is usually served during the holiday season) is made with rum or brandy. The alcohol works to naturally preserve the cake, making it the ideal choice in a time when there were no refrigerators.

Fruitcake just refuses to spoil: The Australian War Memorial, for instance, has as part of its collection, a 97-year-old slice of fruitcake stored in a soapbox, while just last year, a piece of perfectly preserved fruitcake was found in Antarctica. That's all well and good for those couples centuries ago who needed to find a way to naturally preserve their food, but why did the tradition endure? In modern times, bakers sometimes like to have a couple months to decorate the elaborate wedding cakes that have been served since at least the time of Queen Elizabeth's wedding to Prince Phillip. Given that fruitcake stays fresh for years, the pastry chefs have plenty of time to frost and decorate the wedding cake in time for the ceremony. Princess Elizabeth, future queen of England, and Phillip Mountbatten, Duke of Edinburgh, 1947.

These days, given the epic celebrations royal weddings have become, the top tiers of the cake are also saved to commemorate the occasion: Slices of Prince William and Kate Middleton's wedding cake have been put up for auction (they were married in 2011) as have slices of the fruitcake from Princess Diana's wedding—which is 37 years old and still completely edible.

There's another reason the fruitcake is a favorite of the British royal family: As Vogue reported earlier this year, fruitcake once symbolized "wealth and prosperity" because it required sought after, but hard to get ingredients like spices, dried fruit, and alcohol. So the fruitcake truly is fit for a queen in that regard.

Prince Harry and Meghan Markle have opted to serve a lemon elderflower cake at their wedding reception and perhaps choosing their own wedding cake is the first step in that direction

-Bhavna Sayeka

(NEWSCASTER)

Ref: -(<https://www.foodandwine.com/news/why-fruitcake-served-royal-weddings>)



TRAVEL & TOURISM

LAKSHADWEEP – A TROPICAL ISLAND

The Indian islands, Lakshadweep is an archipelago (group) of 36 islands which consists of 12 atolls, 3 reefs and 5 submerged banks. This is one of the most popular tropical island destinations and the smallest Union Territory in India. Only some islands of this archipelago are inhabited and just a few are open to the visitors. But the pristine beaches, azure waters, beach resorts and water adventure sports make Lakshadweep a travel-must. Kavaratti is one of the most developed islands and is popular for beautifully decorated mosques.

BEST TIME TO VISIT :- September to May

HOW TO REACH :-

By air: The Cochin International Airport connects Lakshadweep to the mainland

By sea: There are 7 passenger-ship services available from Cochin to Lakshadweep



AVERAGE TEMPERATURE :- 22 degree to 33 degree celsius.

Lakshadweep is typically accessed from Kochi (Kerala) and a permit is required to visit Lakshadweep for all tourists (including Indians). After permit, Indians are permitted to visit all islands, however, even after permit, foreigners are permitted to just visit Agatti, Bangaram and Kadmat Islands. Permits can be obtained from Kochi itself.

Perhaps the charm of Lakshadweep islands lies in their remoteness. Far off the beaten track, they attract no hordes of merrymakers to their shores. The islands, though all equally mystical and beautiful, each offers a unique blend of tourist spots. Some islands have been promoted for diving and water sports, still, others have been developed so that people enjoy the charm of relaxation.



PLACES TO VISIT -

KALPENI ISLAND :-

Scuba Diving in Lakshadweep is one of the most popular activities amongst travellers. Agatti, Bangaram and Kadmat islands are the three islands that prove a perfect setting for the Scuba. Each dive centre has attached resorts catering to the needs of beginners as well as those interested in CMAS and PADI courses by certified divers. The islands are also enriched with a diverse variety of tropical fishes, vibrant corals and other creatures like turtles, rays and coral sharks.

MARINE MUSEUM :-

Situated in Kavaratti, Marine museum showcases plethora of marine related artifacts and aims at promoting marine products and its preservation. The interesting thing about the museum is its aquarium which has few of the most striking species of sea fishes and water animals.

-Anushka Bansode
(NEWSCASTER)

Ref :-(www.nativeplanet.com)

ARAKU VALLEY

Araku Valley is a famous hill station that lies in the Visakhapatnam district in the South Indian state of Andhra Pradesh. The town is situated amidst beautiful locales of the Eastern Ghats and has a rich cultural as well as traditional past. The place is perhaps the most beautiful hill station in the south because it still remains unspoiled by commercialisation of tourism.



Araku Valley is at a distance of about 114 km from the city of Vizag and lies very close to the border of Orissa. The valley boasts of the Ananthagiri and Sunkarimetta Reserved Forests which are known for their rich biodiversity. The valley lies surrounded by the mountains of Raktakonda, Chitamogondi, Galikonda and Sunkarimetta. The Galikonda hill has the distinction of being the tallest hill in the state of Andhra Pradesh.

Apart from being a beautiful hill station, Araku Valley is also famous for its rich coffee plantations. The aroma of fresh coffee beans is in the air of Araku throughout.



TOURIST PLACES IN & AROUND ARAKU VALLEY :

Araku has some real interesting places to visit including the Tribal Museum, Tyda, Borra caves, Sangda Falls and Padmapuram Botanical Gardens. Besides these, the coffee plantations are a must visit for those who want to indulge themselves in the flavours of nature. Some people prefer enjoying and taking in the scenic beauty of the place rather than go sightseeing. However, none of the attractions in Araku Valley should be given a miss because they help visitors understand the history and culture of the place better.

BEST TIME TO VISIT ARAKU VALLEY : Araku Valley enjoys a moderate climate all through the year. The summers are not hot, unlike those of the plains, and the winters are nice and cold, without the temperature falling below freezing point. People from towns and cities around the valley prefer to visit the place during summers when it gets too hot in the plains. However, the best time to enjoy the beauty of the valley is during the winter season. During the months of winter, one can enjoy sports like hiking, rappelling and trekking.

_ Mansi Jangle
(NEWSCASTER)

Ref:-(www.nativeplanet.com)

SPORTS

Diego Armando Maradona: The tormented genius who became one of football's greatest players



Those four words -- "the hand of God" -- describe one of the most iconic moments in football history, a goal that belongs to one of the most iconic footballers in the game's history -- Diego Armando Maradona, who has died at the age of 60.

The highs and lows

Maradona's stratospheric highs on the pitch were matched by extreme lows off it. His well-documented addiction, substance abuse, illegitimate children and feuds over money all blighted the Argentine at various stages throughout his career.

An unacknowledged son, photo ops with the mafia and cocaine binges were shown in British Oscar-winning film-maker Asif Kapadia's documentary on Maradona's time at Napoli, arguably the period of his footballing career where he had the most success.

While he was captivating the world and bringing glory to Argentina in Mexico, Maradona's personal life was shrouded in controversy.

His mistress Cristiana Sinagra was back in Italy, heavily pregnant with Diego Armando Maradona Sinagra. For years he refused to acknowledge paternity and did not meet his son until 2003.

Kapadia's film shows occasions when Maradona came into contact with the Camorra -- the Neapolitan mafia -- with the documentary flashing up photographs of the footballer smiling alongside members of the crime syndicate.

As a Napoli player at the height of his addiction he would party from Sunday to Wednesday, Maradona describing how he would return home and lock himself in the bathroom to hide from his infant daughters.

The God of Naples

Despite football eventually leading him down this dark path, Maradona described the sport as his "salvation." His talent helped him raise his family out of poverty, leaving Boca Juniors in his native Argentina for a world record transfer fee to Barcelona in 1982.

The five foot, five inch magician spent two injury-ravaged years at the Catalan club, never fully realizing his potential, before signing for Napoli -- or, as one newsreader put it: "The poorest city in Italy buys the most expensive player in the world."

In the city of Naples, football is a religion to its inhabitants. Maradona would go on to become their God.

At his unveiling, 70,000 fans flocked to Napoli's San Paolo stadium to catch a glimpse of their new signing, scarcely able to believe that the greatest footballer on the planet had chosen to play for their team.

During his seven years at the club, he would guide Napoli, almost single-handedly, to its first ever Serie A title in 1987. He followed it up by winning a second three years later, while also leading the team to Italian Cup and UEFA Cup glory.

Murals of Maradona's face are painted far and wide across the city, some depicting "The Golden Boy" with a shimmering halo. Though he hails from another continent entirely, Maradona became Naples' adopted son.

Following a failed drug test in 1991 and a 15-month ban from football, as well as another failed drug test at the 1994 World Cup, his career on the pitch fizzled out. While he had stints in Spain and back in Argentina, he failed to reclaim that form which dazzled fans and opponents.

Maradona's subsequent nomadic managerial career took him from a chaotic spell in charge of the Argentine national team to the domestic league in the United Arab Emirates.

His time in charge of Mexican club Dorados, which was documented in the behind the scenes Netflix series "Maradona in Mexico," was surprisingly successful, but ultimately ended with two narrow promotion play-off defeats.

The red carpet was rolled out wherever Maradona went -- or a throne, as was the case when he returned to boyhood side in Newell's Old Boys' while in charge of current club Gimnasia y Esgrima de La Plata.

Many have played the game, but none have left a lasting mark quite like El Diego.

-Gayatri Kelkar

(NEWSCASTER)

Ref:- (<https://edition.cnn.com/>)

SOCIAL ISSUES

HER BODY HER CHOICE



Every one in five cases brought before various high courts seeking permission for abortion is from minor or woman allowed under law to terminate her pregnancy but is unable to exercise that right, a new study report. The Medical Termination of Pregnancy Act, 1971, permits abortion within the first 12 weeks of a pregnancy with opinion of one doctor and within first 20 weeks with opinion of two doctors. Yet, of 243 cases, 23% were filed within 20-week gestation period and should not have gone to court at all. 18% of them were related to sexual abuse or rape and 6% were of foetal anomaly. The rise in number of cases before High Courts where MTP Act, 1971, allows abortion within the 20-week gestation is a sign of confusion on the ground. This shows that petitioners are being advised to seek a court order for abortion. Barring one or two courts, no one has questioned why such cases were being brought before them. As a result, this has become an accepted norm. Currently abortion is a conditional right and is available only based on the opinion of the doctor. But actually, if the first trimester abortions should be allowed as per request/decision of the pregnant person and it should become a legal right. Moreover, constituting Medical boards at all levels would be an operational nightmare. Medical boards will further add to delays and complicate access to abortion, apart from putting unnecessary burden on an already weak health system. The number of specialist doctors to constitute such boards is limited in many districts and smaller towns. If this act comes into practice every woman will have her own right that whether she wants the child or doesn't.



-Ketal Mudari
(NEWSCASTER)
Ref :- (Hindu times)

AIR POLLUTION IN DELHI

Recently, Union Minister for Environment, Forest and Climate Change has highlighted that air pollution is not a problem of Delhi and its corporations alone but that of a big airshed around it that includes National Capital Region (NCR). With reference to the air pollution in and around Delhi, the airshed includes Gurgaon, Faridabad, Ghaziabad, Noida, areas of Uttar Pradesh, Haryana and even Alwar in Rajasthan.

The Air Quality Index (AQI) of Delhi has improved within the 'poor' category.

As per a forecast from the Central government's System of Air Quality and Weather Forecasting and Research (SAFAR) the AQI is expected to stay in the higher end of 'poor' to the lower end of 'very poor' category for the following days.

During the lockdowns, Delhi saw among the cleanest air since comprehensive records have been kept since 2015.

Vehicular Pollution one of the biggest causes of dipping air quality in Delhi in winters and around 20% of PM2.5 in winters comes from it.

Despite the ban on cracker sales, firecrackers are a common sight on Diwali. It may not be the top reason for air pollution, but it definitely contributed to its build-up.

Large-scale construction in Delhi-NCR is another culprit that is increasing dust and pollution in the air. Delhi also has landfill sites for the dumping of waste and burning of waste in these sites also contributes to air pollution.

Major measures taken

The introduction of BS-VI vehicles, push for electric vehicles (EVs), Odd-Even as an emergency measure and construction of the Eastern and Western Peripheral Expressways to reduce vehicular pollution.

Implementation of the Graded Response Action Plan (GRAP) to tackle the rising pollution in the Capital. It includes measures like shutting down thermal power plants and a ban on construction activities.

-Sanchita Sutar
(NEWSCASTER)
Ref:-(timesofindia.com)

STUDENT'S SECTION

QUIZ TIME!

- When Dr. Radhakrishnan became the President of India?
A. 1952 B. 1962 C. 1972 D. 1982
- Which among the following cities is known for the paper industry?
A. Bengaluru B. Bhilai C. Sindri D. Titagarh
- School of Tropical Medicine is located in ...
A. Kolkata B. Bengaluru C. Mumbai D. New Delhi
- For which of the following disciplines is Nobel Prize awarded?
A. Physics and Chemistry B. Physiology or Medicine
C. Literature, Peace and Economics D. All of the above
- When and where was tennis introduced in the Asian Games?
A. In 1958 at Tokyo B. In 1962 at Jakarta
C. In 1966 at Bangkok D. In 1974 at Teheran
- Light year is a unit of
A. time B. distance C. light D. intensity of light
- The largest gold producing country in the world(in 2006) is
A. China B. Canada C. South Africa D. USA
- In which decade with the first transatlantic radio broadcast occur?
A. 1850s B. 1860s C. 1870s D. 1900s
- National Police Academy is located at
A. Bangalore B. Hyderabad C. Abu Road D. Dehradun
- How long are professional Golf Tour players allotted per shot?
A. 45 seconds B. 25 seconds C. 1 minute D. 2 minutes

-Varad Pawar
(Newscaster)

Ref:-(<https://www.indiabix.com>)

FUN FACT

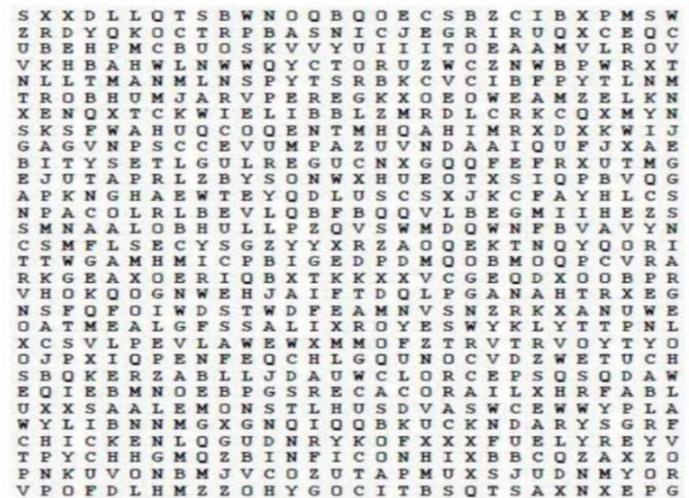
- The first oranges weren't orange
- Octopuses lay 56,000 eggs at a time
- Bananas are curved because they grow towards the sun
- Honeybees can recognize human faces
- Snakes can help predict earthquakes

-Varad Pawar
(Newscaster)

Ref:-(<https://www.thefactsite.com>)

WORD SEARCH

**Healthy Foods
Hard Word Search**

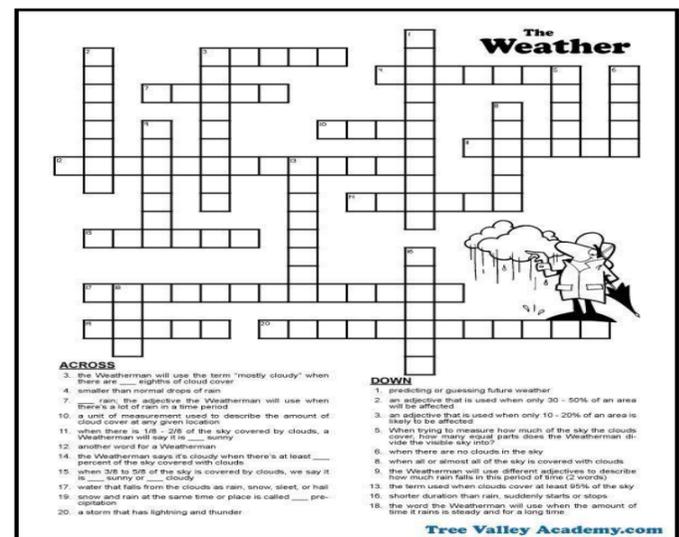


Radhika Mistry

(Newscaster)

Ref: pinterest.com

CROSSWORD



-Radhika Mistry

(Newscaster)

Ref: -(pinterest.com)

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