

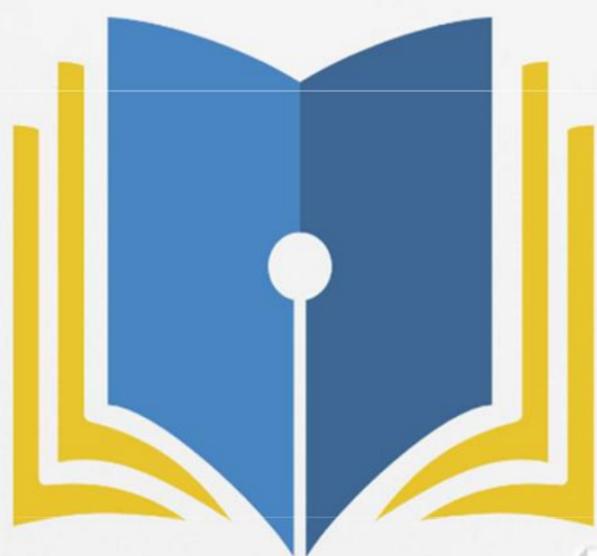


Chikitsak Samuha's
Sir Sitaram & Lady Shantabai Patkar College of Arts & Science
AND V.P.Varde College of Commerce & Economics
S. V. ROAD, GOREGAON (WEST), MUMBAI-400 104
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WEEKEND CHRONICLE

WINDOW TO YOUR
KNOWLEDGE



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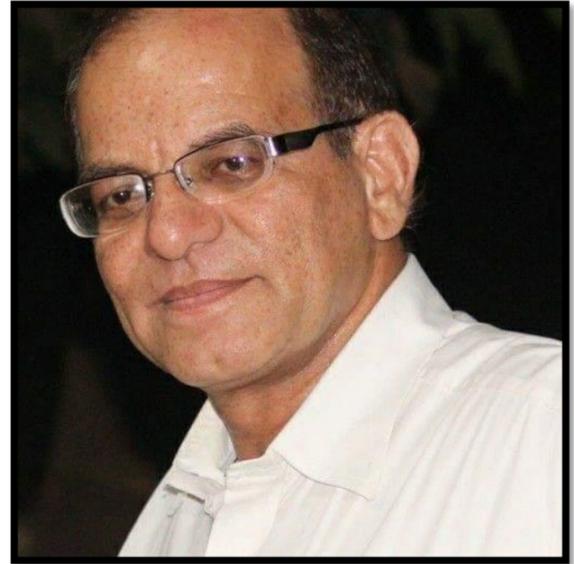
A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

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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BUSINESS**RTGS money transfer service to be operational 24X7 from Monday**

The service will be operational round the clock, all throughout the year, says RBI. The announcement comes days after RBI governor Shaktikanta Das had announced the change in the recently held conducted Monetary Policy Committee meeting.

Reserve Bank of India on Wednesday announced that the Real Time Gross Settlement System (RTGS) will be operational 24x7, all throughout the year from 14 December, 2020. This comes within a year of operationalising NEFT 24x7 by RBI.

"India will become one of the few countries in the world to operate its RTGS system round the clock throughout the year," the central bank said in a statement. The announcement comes days after RBI governor Shaktikanta Das had announced the change in the recently held conducted Monetary Policy Committee meeting.



The RTGS system is primarily meant for high-value transactions. It happens on a real-time basis. The minimum amount to be remitted through RTGS is ₹2 lakh with no maximum limit. In this transfer, the beneficiary bank receives the instruction to transfer funds immediately when you carry out the transaction, and the transfer is instantaneous. From July 2019, RBI stopped levying charges on transactions through NEFT and RTGS, with an aim to promote digital transactions in the country. RTGS, which began its operations on March 26, 2004 with a soft launch involving four banks, presently handles 6.35 lakh transactions daily for a value of ₹4.17 lakh crore across 237 participant bank. The average ticket size for RTGS in November 2020 was ₹57.96 lakh making it a truly large value payment system. RTGS uses ISO 20022 format which is the best-in-class messaging standard for financial transactions. The feature of positive confirmation for credit to beneficiary accounts is also available in RTG. "Round the clock availability of RTGS will provide extended flexibility to businesses for effecting payments and will enable introduction of additional settlement cycles in ancillary payment systems. This can also be leveraged to enhance operations of Indian financial markets and cross-border payments," RBI further stated.

Reetu Patel
(Newscaster)

(Ref:www.livemint.com)

Facebook is advancing its shopping push on WhatsApp with Carts

Facebook continues to invest in shopping on WhatsApp, rolling out a new feature that lets customers create shopping carts. While adoption of shopping on WhatsApp will likely remain low in the US, mobile-first countries like India and Brazil may be Facebook's key targets. Facebook is rolling out its new Carts feature to WhatsApp in a bid to simplify shopping on the platform. Through Carts, WhatsApp users can add products to a shopping cart while browsing a merchant's catalogue and can then send the order to the business via messaging. For merchants, this functionality lets them more easily track order inquiries and requests from customers. Carts is now available globally, including in WhatsApp's top three markets—India, Brazil, and the US—which will have a combined 573.6 million users in 2020, per our estimates.

Facebook has continuously been trying to monetize WhatsApp and has invested in the platform's potential for shopping. Despite the service's global popularity, WhatsApp does not generate revenues proportional to its reach, given the service is both free and does not sell ads (although not for a lack of trying on Facebook's part). With the pandemic pushing more traditionally in-store customer interactions online, Facebook believes WhatsApp, which often serves as a customer communications tool, has the potential to develop into a popular platform for in-chat shopping. WhatsApp in recent months, with new features like QR codes, a dedicated shopping button, and the ability to share catalogue links in chats. Although, as TechCrunch noted, a key element of WhatsApp shopping that remains missing is support for payments. While adoption of shopping on WhatsApp will likely remain low in the US, mobile-first countries like India and Brazil may be Facebook's key targets. The US ecommerce market is fairly mature, which leaves little room for growth. But in countries like India, where ecommerce habits are still nascent and mobile phone usage is surging, WhatsApp's popularity as a leading messaging service and its mobile-first approach to ecommerce could prove advantageous in the long run. In that vein, we expect retail mobile ecommerce sales in India to increase 24.7% in 2020 to \$41.21 billion (INR2.901 trillion) and account for 80.0% of total retail ecommerce sales in the country.

Reetu Patel

(Newscaster)

(Ref:www.businessinsider.com)

ADVERTSTIMENT

Christmas ads 2020: Tesco's no naughty list and The Body Shop tackles female homelessness



Whatever happens in the next month or two, Christmas 2020 will be like no other before it. As advertisers grapple with how to stand out during the festive season, you can keep up to date with the best seasonal creative right here.

It might be November but it's already beginning to look a lot like Christmas.

Mince pies have tentatively started to appear on the supermarket shelves, as of yet unlit festive lights dangle in waiting in cities across the world and brands have started airing their Christmas ads.

As we creep closer to the first week of Advent, most of the big brands have now delivered their 2020 Christmas campaigns. John Lewis' has let its hotly-anticipated Christmas ad out the bag, billed as a 'Christmas campaign like no other, for a year like no other', while the Great Ormond Street Hospital has animated the journey patients take to get ho79384985hristmas.

Meanwhile, The Body Shop is raising awareness of female homelessness and Tesco says there is no place for a 'naughty list' this year.

As we get ready to shake the dust of the boots of 2020, The Drum will be exploring the in-depth strategies brands are taking to engage with customers amid what's sure to be a holiday season like no other.

Tushant Gupta
(Newscaster)

(Ref:- <https://www.thedrum.com/news/2020/11/06/christmas-ads-2020-so-far-kevin-the-carrot-returns-does-ms-food-with-twist>)

Himalaya highlights the concern of hair fall in its new campaign



Wellness brand, The Himalaya Drug Company has unveiled a new film for Himalaya Anti-Hair Fall Shampoo with the communication "Hair fall nahi, ab sirf zindagi meri mutthi mein" as part of the 'Healthy Hair Ka Vaada' campaign. The campaign highlights the major concern of hair fall faced by consumers in the hair care category. Addressing people's inclination towards natural ingredient-based solutions, the campaign highlights the proposition of the shampoo as a trustworthy solution for hair fall.

The commercial opens with a girl getting ready for college, clenching her fist, saying, "Meri zindagi, meri mutthi mein". However, when she runs her fingers through her hair, she finds broken strands of hair. The film emphasizes on how consumers can choose Himalaya Anti-Hair Fall Shampoo to tackle hair fall problems. Sangeetha Sampath and Ravikumar Cherussola, group creative directors, 82.5 Communication, Bangalore, said, "Today's young woman is confident and in total control of her life. She doesn't look at problems as life disruptors. On the contrary, she is a solution seeker. And the same applies to her hair fall problem.

Kshitija Chavan
(Newscaster)

(Ref:- <https://brandequity.economictimes.indiatimes.com/news/advertising/himalaya-highlights-the-concern-of-hair-fall-in-its-new-campaign/79406463>)

Amazon India rolls out 'Deliver Thanks' campaign as a token of gratitude



The campaign film gives viewers a glimpse into the large work force that is tasked with readying and fulfilling orders behind the scenes

Amazon India has rolled out a digital campaign titled #DeliverThanks to celebrate and thank its delivery associates, pickers, packers, sorters and other associates working in its fulfilment and delivery network. Through this campaign, Amazon India called on its customers to extend their gratitude to these associates by sharing simple messages of appreciation using #DeliverThanks on social media.

Conceptualised by Leo Burnett India and produced by Melon Head, the campaign was launched with a film across its owned platforms. Featuring associates from Amazon's operations network, the digital film gives audiences a glimpse into knowing the people who ensure a safe and timely package delivery. While most customers see only the delivery associates at their doorstep

, there are tens of thousands of people working behind the scenes who play a role in fulfilling customer promises in the fulfilment and delivery network.

Amazon India closed the campaign with a second digital film that brings alive some of the messages received from customers and captures the impact of the initiative.

Watch the films here:

- <https://youtu.be/vrjGWDpgqis>
- <https://youtu.be/pz8yi2eAuT8>

Abhishek Kanojiya
(Newscaster)

(Ref- <https://brandequity.economictimes.indiatimes.com/news/marketing/amazon-india-rolls-out-deliver-thanks-campaign-as-a-token-of-gratitude/79384985>)

INFORMATION & TECHNOLOGY

NEW CRISPR-BASED TEST FOR COVID-19 USES A SMARTPHONE CAMERA



One of the major hurdles to combating the COVID-19 pandemic and fully reopening communities across the country is the availability of mass rapid testing. Knowing who is infected would provide valuable insights about the potential spread and threat of the virus for policymakers and citizens alike. Yet, people must often wait several days for their results, or even longer when there is a backlog in processing lab tests. And, the situation is worsened by the fact that most infected people have mild or no symptoms, yet still carry and spread the virus. In a new study published in the scientific journal *Cell*, the team from Gladstone, UC Berkeley, and UCSF has outlined the technology for a CRISPR-based test for COVID-19 that uses a smartphone camera to provide accurate results in less than 30 minutes.

"It has been an urgent task for the scientific community to not only increase testing, but also to provide new testing options," says Melanie Ott, MD, PhD, director of the Gladstone Institute of Virology and one of the leaders of the study. "The assay we developed could provide rapid, low-cost testing to help control the spread of COVID-19." The technique was designed in collaboration with UC Berkeley bioengineer Daniel Fletcher, PhD, as well as Jennifer Doudna, PhD, who is a senior investigator at Gladstone, a professor at UC Berkeley, president of the Innovative Genomics Institute, and an investigator of the Howard Hughes Medical Institute. Doudna recently won the 2020 Nobel Prize in Chemistry for co-discovering CRISPR-Cas genome editing, the technology that underlies this work.

When the scientists tested their device using patient samples, they confirmed that it could provide a very fast turnaround time of results for samples with clinically relevant viral loads. In fact, the device accurately detected a set of positive samples in less than 5 minutes. For samples with a low viral load, the device required up to 30 minutes to distinguish it from a negative test.

Ajay Lovekar

(Newscaster)

(Ref: <https://www.sciencedaily.com/releases/2020/12/201204155410.htm>)

A STUDY PREDICTS SMOOTH INTERACTION BETWEEN HUMANS AND ROBOT



With the rapid progress in robotics, it is anticipated that people will increasingly interact with so called social robots in the future. Despite the artificiality of robots, people seem to react to them socially and ascribe humane attributes to them. For instance, people may perceive different qualities -- such as knowledge ability, sociability, and likeability -- in robots based on how they look and/or behave. Previous surveys have been able to shed light on people's perceptions of social robots and their characteristics, but the very central question of what kind of automatic reactions social robots evoke in us humans has remained unanswered. Does interacting with a robot cause similar reactions as interacting with another human? Researchers at Tampere University investigated the matter by studying the physiological reactions that eye contact with a social robot evokes.

Eye contact was chosen as the topic of the study for two major reasons. First, previous results have shown that certain emotional and attention-related physiological responses are stronger when people see the gaze of another person directed to them compared to seeing their averted gaze. Second, directing the gaze either towards or away from another person is a type of behaviour related to normal interaction that even current social robots are quite naturally capable of. In the study, the research participants were face to face with another person or a humanoid robot. The person and the robot looked either directly at the participant and made eye contact or averted their gaze. At the same time, the participants' skin conductance, which reflects the activity of the autonomous nervous systems, the electrical activity of the cheek muscle reflecting positive affective reactions, and heart rate deceleration, which indicates the orienting of attention, was measured.

The results showed that all the above-mentioned physiological reactions were stronger in the case of eye contact compared to averted gaze when shared with both another person and a humanoid robot. Eye contact with the robot and another human focused the participants' attention, raised their level of arousal and elicited a positive emotional response.

Ajay Lovekar

(Newscaster)

(Ref: <https://www.sciencedaily.com/releases/2020/12/201207102059.htm>)

SCIENCE & SPACE

HOW ARE INSECTS BEING USED AS MODELS FOR MINIATURE ROBOTS?

Inspired by ocelli of the insects which are the light sensing organs of the insects, the scientists have designed a miniature flying robot. The designing is said to help the scientists in understanding the role of ocelli in insect flight stabilization.

THE STUDY

In the *Journal of the Royal Society Interface*, a study was published which reports about the invention of a miniature robot with flying abilities. Robert Wood, along with his team at Micro biotics Lab in Harvard University are the ones responsible for this invention.

The robots have the ability to fly and are insect-sized. They can sit on the ceilings and even stick to it by using electrostatic adhesion. The perching and launching of the robots from the ceilings help them in conserving energy. The project is titled as 'RoboBee'.

ROBOBEE

The robots have the ability to conserve energy midflight like the bats, bees and birds do. The insect-sized robots weight about 100 milligrams and are 20 millimetres tall with 36 millimetres of wingspan.

The power of the robot body is supplied with the help of thin copper wires that even send signals throughout the body. The artificial flight muscles make the wings move. In 2013, Robobee had first made its appearance in *Science* journal.

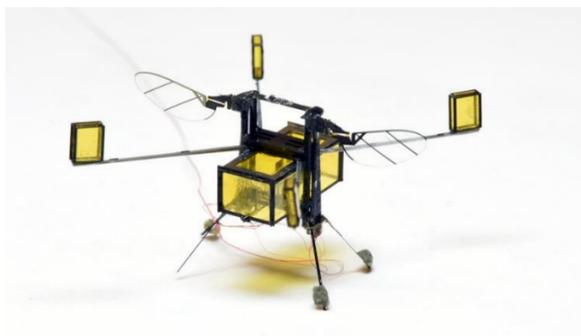
The ability of the robobee to pause and perch itself for conserving energy is a great deal for the scientists. There are various applications for the small drones which have the basic requirement of making them remain suspense in the air for a long stretch of time but the current microrobots cannot sustain for that long.

Robobee is innovative since it is based on the biomechanics of the flight of the insects. The insects use adhesives or some kind of gripping mechanisms that allow them to stay at a place. Such a thing could not be possibly used for a robot. Hence, came the electrostatic adhesion. An electrostatic landing patch was designed in which the charge could turn on and off. When the charge was turned on, the negatively charged particle made the robot sticks to the positively charged surfaces. The robot is able to perceive the environmental stimulus and react accordingly.



THE BOTTOM LINE

Robobee is one of a kind robot that is the first robot to be built on such a small scale, performing the lift off like an insect. It took more than seven years of research for the insect to materialise. Further research is going on to developing a flight controller which can enable the robot to move in various directions.



Nesicca Dsouza
(Newscaster)

(Ref:<http://www.justscience.in/articles/insects-used-models-miniature-robots/2017/11/18>)

NATURE

WHY DO BIRDS HAVE SUCH BEAUTIFUL AND COLOURFUL FEATHERS?

There are more than 10,000 species of birds in beautiful diversity of colours and patterns present in the world. The bright feathers catch the eyes of the bird watcher. The bright colour feathers are also used by males for seeking the attention of the female counterparts.

In birds, males sport the bright colours more often than the females. Females do not usually have bright colour since bright colour would attract the predator to the nest. Female birds get attracted to beautiful and bright colours shown by the males. There are various other reasons why birds have beautiful and colourful feathers.

HOW ARE THE COLOURS IN BIRD'S FEATHERS FORMED

The feathers of the birds are of various patterns and colours. The colours are formed in two ways-

Pigmentation – the colour provided by pigments are not dependent on the structure of the feather.

Refraction of light caused due to structure of the feather

It can also be a result of both. The structural colours and pigmentation might together become the reason for the colours in the feather. For example, in parrots, the green colour is formed because of the yellow pigment that overlays the blue-reflecting characteristic of the feathers.

WHY DO BIRDS HAVE SUCH BEAUTIFUL FEATHERS?

Birds tend to have attractive and colourful feathers in order to attract prospective mates. Some male birds use their colourful feathers to dance and attract the females.

Birds have beautiful varied coloured feathers in order to differentiate between their own selves from each other in a flock. Without the colours, the birds will get confused regarding their mates or families.

Birds use their colourful feathers for flight. Depending on the size and weight, the bird is able to take long flights. The different weight of the feathers gives them different abilities of flying. Feathers protect the bird from environmental changes and colors help camouflage.

The difference in the colour of feathers stems from the variation in pigments. Pigments are what impart colour to the feathers.



The difference in colour also helps them in maintaining stable body temperatures. For instance, black feathers attract more heat towards itself than white feathers.

Birds also use their bright feathers for warning off other birds from their territory. For instance, on becoming angry or feeling threatened, various species of birds show their white feathers (present on the tails).

Fun Facts: Adult birds molt—replace their feathers—at least once a year. For most songbirds, molting takes five to twelve weeks, shedding only a few feathers at a time. For hawks, a full molt can take several years.

Kshiti Shirodkar
(Newscaster)

(Ref:<http://www.justscience.in/articles/birds-beautiful-colourful-feathers/2018/01/08>)

RESEARCH

Research on Fast food consumption



Nowadays, the prevalence of both fast food consumption and overweight/obesity has been increased. This study aimed to estimate the prevalence of fast food consumption and to assess its association with abdominal and general obesity.

In an analytical cross-sectional study, 300 students were selected randomly from two largest universities in Qom, center of Iran, studying in medical and basic sciences fields in 2015. Data collection was conducted by a modified version of NELSON's fast food questionnaire and anthropometric measures including Waist-Hip Ratio (WHR) and Body Mass Index (BMI). Chi-square, independent t-test, and multivariate logistic regression were used for statistical analysis. According to our results, 72.4% (67.4% in females vs 80.7% in males) had at least one type of fast food consumption in the recent month including sandwich 44.4%, pizza 39.7%, and fried chicken 13.8%. The obesity prevalence based on BMI and WHR was 21.3% (95% CI: 19.4, 23.2%) and 33.2% (95% CI: 0.7, 35.7), respectively. Fast food consumption was related to abdominal obesity as WHR (OR: 1.46, 95% CI: 1.11, 2.26), but was not related to general obesity as BMI (OR: 0.97, 95% CI: 0.63, 1.52). The prevalence of fast food consumption and obesity/overweight in Iranian student is high. Fast food consumption was associated with abdominal obesity based WHR, but did not related to general obesity based on BMI.

Pooja Mishra

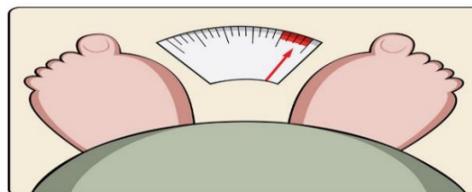
(Newscaster)

(Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6196377/>)

Study on Obesity

Introduction

Obesity has reached epidemic proportions globally and is a major contributor to the global burden of chronic diseases. Dietary factors are the major modifiable factors through which many of the external forces promoting weight gain act.



Objectives: The objectives were to find the prevalence of overweight and obesity in the urban population of Jamnagar and to explore the effect of dietary factors on the weight status of the people.

Materials and Methods: A cross-sectional study was conducted among the adult population of Jamnagar city. Cluster sampling technique was used to select study samples. Data were collected in a restructured questionnaire by interviewing subjects through house-to-house visits. Data were analysed in Epi Info and appropriate statistical methods were used.

Results: The prevalence of overweight and obesity was found to be 22.04% and 5.20%, respectively. Overweight was more prevalent in females than males. The prevalence rose with an increase in age up to 60 years. Among dietary factors, the total calorie intake and habit of snacking had a positive association with weight gain ($P < 0.05$). The mean intake of oil was more and the mean intake of vegetables was less among overweight subjects than no overweight subjects ($P < 0.05$).

Conclusion: The prevalence of overweight and obesity in the urban population in Jamnagar was found to be 22.04% and 5.20%, respectively. Total calorie intake as well as composition of diet was the important dietary factor affecting weight gain.

Pooja Mishra

(Newscaster)

(Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3026124/>)

ACADEMICS

Role of technology in lesson planning

The latest technology has totally transformed the way we communicate. Moreover, classrooms, offices and business settings are also extremely different from how they were a couple of years ago. There is nothing wrong to say that technology is also being integrated into education and well-known educational institutes are using technology in classrooms.

The article describes the role of technology in lesson planning and how it can be used to help students learn more effectively and conveniently than ever before.

Individualized Lessons for Different Student Groups:

World Wide Web not only provides students with opportunities to learn their lessons according to their favourite learning styles but they can also learn as per their learning paces. In every education setting or classroom, some students can grasp learning materials and lectures quickly whereas many of them may need subsequent repetition to continue. In this situation, the latest education technology allows teachers to build lesson plans for quick learners to research deeper into the subject and the slow learners to understand the materials or concepts more effectively.

Adding Value to Learning Projects:

Students are appreciated when their work or projects are valued by others. In recent few years, students could make assignment and projects that would be checked and viewed by the educators and other fellow students. But in this era of the latest technology, students now can work on different projects or assignments that can be used by others and displayed online too. Such learning materials and projects can easily be used by other students and the real authors can get feedback from students around the world.

More Collaboration Opportunities:

Nowadays, students can collaborate more effectively regarding their projects and assignments in real time even without facing the barriers of time and location. They can work together on different educational projects from different corners of the world. Cloud technology allows the students of the 21st century to interact and work together conveniently even without meeting in person.

Huge Amount of Information Available:

Both teachers and students are able to access limitless learning materials and information in different formats. Learning materials these days is not limited to textbooks and written notes. Students can learn more about their lessons and lectures by using Google. In this way, they can have useful information and learning tips on their fingertips within moments. Due to the limitless access to data and information, students can research deeper into professional skills and master the information they need to boost the career.

Modern Languages Opportunities:

Mastering in modern language skills is a vital thing for students not only to master in their learning skills but to survive in the professional world as well. It allows students to easily communicate with native speakers of a specific language due to the latest education technology. Different language solutions like Google translate enable students to learn, understand and speak different languages with overseas students. It also helps teachers a lot in lesson planning for different students who understand different languages.

Access to New Standards of Education:

Virtual classrooms and online courses are a great opportunity for students to have access to the latest education standards. Online education lets people learn what they actually want to learn even without facing the barriers of time. They can earn higher degrees in a variety of different subjects and can also polish their professional skills to boost their careers for a bright future. Learning materials are also available in different formats such as textual study guides, eBooks, interactive diagrams, video tutorials, podcasts and many more on the internet that students can be used as per their individual learning paces.

Kapil Pande
(Newscaster)

(Ref:<https://www.eduinreviewblog.com/the-role-of-latest-technology-in-lesson-planning/>)

Organic Farming and Food

In organic farming, crops, meat and other food are produced without chemicals. Fertilizers, pesticides, growth hormones and antibiotics are forbidden. During thousands of years of civilization the raising of animals and growing of plants have always been organic. Chemicals for farming first came up at the turn of the 20th century. Widespread use of chemicals began after World War II. In the 1950s and 60s farmers started using chemical fertilizers and pesticides. Recently, however, more and more farmers have been returning to more natural ways of producing farm products.

Organic farming methods:

Instead of chemicals, organic farming uses a lot of organic matter to give crops the nutrients that they need to grow. Clover, for example, has a lot of nitrogen in it and farmers use it to make the soil better. Manure from animals and compost are also used to enrich the soil. These fertilizers also help conserve the soil, not destroy it after a few years. Organic farmers also use crop rotation to preserve the good qualities of soils and avoid monoculture. Chemical pesticides destroy or weaken many of the natural enemies of pests, like birds or frogs. They also can kill those insects that control a great number of pests.

Organic farming creates new living areas for wasps, bugs, beetles and flies by giving them water and food.

Weeds are controlled by using special machines. Hay, straw and wood chips are put between the rows of plants to stop weeding. Many agricultural products can be produced in an organic way. Meat, dairy products and eggs come from animals that are fed organically and can graze outdoors. They live in conditions that are natural to them. Cows, for example, are kept in pastures and fields. Vegetables and fruit are also produced with organic methods.

Advantages of organic farming

Farmers can reduce their production costs because they do not need to buy expensive chemicals and fertilizers. Healthier farm workers. In the long term, organic farms save energy and protect the environment. It can slow down global warming. Fewer residues in food. More animals and plants can live in the same place in a natural way. This is called biodiversity.

Pollution of ground water is stopped.

Disadvantages of Organic Farming: Organic food is more expensive because farmers do not get as much out of their land as conventional farmers do. Organic products may cost up to 40% more. Production costs are higher because farmers need more workers. Marketing and distribution is not efficient because organic food is produced in smaller amounts. Food illnesses may happen more often. Organic farming cannot produce enough food that the world's population needs to survive. This could lead to starvation in countries that produce enough food today. About 1-2% of the world's food is produced with organic methods. The market however is growing very quickly - by about 20% a year. In Europe, Austria (11%), Italy (9%) and the Czech Republic (7%) are the countries in which organic food production as it its highest.

Organic Vegetables at a food market.

Shaikh Ubedur Rehman
(Newscaster)

(Ref:www.english-online.at)

MEDIA

WhatsApp Pay Gains Approval for Expansion in India

In another important step in Facebook's ongoing efforts to become the critical tech infrastructure element in the emerging Indian market, the Indian Government has this week approved an expansion of payments within WhatsApp, opening the door for the next stage of Facebook's eCommerce push.

That could provide new opportunities for Facebook to greatly expand its WhatsApp marketplace, which is already a significant element in the developing region.

Indeed, WhatsApp, the most used messaging app in the nation, has become a central platform for its evolving eCommerce tools, and with payments now becoming more readily available, that will enable Facebook to fuel more business activity within the app. Shortly after securing the new agreement, WhatsApp also announced the capacity to send payments within the app.

That's also a key step - more money is sent into India via remittance, or transfers back to family and friends, than any other nation, according to the World Bank. If Facebook can get more people transferring funds within the app, that will likely lead to more commerce activity, as the funds are already there, and transfers will become more commonplace, even habitual.

Facebook has already invested big in the Indian market, buying a \$US5.7 billion stake in local internet provider Reliance Jio back in April, as well as acquiring online shopping platforms like Meesho, which facilitates commerce in WhatsApp.

If WhatsApp can also host more in-stream payments, it could become the critical connective app for the market, following the lead of Chinese messaging apps, like WeChat, which is now an essential companion for over a billion Chinese citizens as they go about their everyday lives.

This may not have much impact in Western markets, but it's a major development, and could be a major step in taking Facebook's payments programs to the next level. If Facebook can become the digital connective element that links Indian citizens to payments, data collection, communications, Facebook essentially becomes the wallet of the next generation, a critical companion in all elements of daily life.

It's still early days, but this will be a key area of focus for The Social Network moving forward.

Vedang Khopkar

(Newscaster)

Ref : socialmediatoday.com

What Are Social Media Pods & Should You Join One?

Introduction: Is this you? You spend hours putting together a brilliant Instagram post.

It has all the winning elements that make up great social media posts: uniqueness, relevancy, tact, and flair. After you've completed it, you wait for the perfect time and then post it. You sit back and wait for the likes and comments to flood in. A minute passes. Ten minutes. More than an hour? What's happening?

Well, here's the thing. Your followers aren't skipping over it and ignoring it. It's not that they don't like your post. It's

just that **they haven't seen it**. This is how Instagram's algorithm

works. (Facebook's too.) Instead of showing posts chronologically, it shows posts with high engagement first.

What Is a Social Media Pod?

Pods are groups of people who work together to ramp up engagements on each other's posts.

Of course, working in a pod isn't subconscious and random – the way you and Mary interact with each other.

To join a pod, you need to agree that you'll engage with other members' posts in exchange for engagement on your posts.

As you can guess, the goal of these pods is to increase engagement on members' posts for wider visibility to users.

The Pros of Social Media Pods:

1.) You'll Grow Your Network

The key to joining pods is to select one with fewer than 100 members.

Also, make sure members in the pods aren't just random people from diverse niches promoting their accounts.

2.) You Can Get in Front of a Larger Crowd

Getting into a pod exposes you to different people.

And who knows?

One or two of them might turn out to be someone who needs what your brand is offering.

Akanksha Bhardwaj

(Newsacaster)

(Ref: <https://www.searchenginejournal.com/social-media-pods/388380/#close>)

ARTS & HISTORY

Winston Churchill

Sir Winston Leonard Spencer Churchill, (30 November 1874 – 24 January 1965) was a British statesman, army officer, and writer. He was Prime Minister of the United Kingdom from 1940 to 1945 during the Second World War, and again from 1951 to 1955. Apart from two years between 1922 and 1924, Churchill was Member of Parliament (MP) from 1900 to 1964 and represented a total of five constituencies. Ideologically an economic liberal and imperialist, he was for most of his career a member of the Conservative Party, as leader from 1940 to 1955. He was a member of the Liberal Party from 1904 to 1924.



Military service, 1915–1916

Churchill commanding the 6th Battalion, the Royal Scots Fusiliers, 1916. His second-in-command, Archibald Sinclair, is on his right.

On 25 November 1915, Churchill resigned from the government, although he remained an MP. Asquith rejected his request to be appointed Governor-General of British East Africa.

Churchill decided to join the Army and was attached to the 2nd Grenadier Guards, on the Western Front. In January 1916, he was promoted to lieutenant-colonel and given command of the 6th Royal Scots Fusiliers. After a period of training, the battalion was moved to a sector of the Belgian Front near Ploegsteert. For over three months, they faced continual shelling although no German offensive. Churchill narrowly escaped death when, during a visit by his staff officer cousin the 9th Duke of Marlborough, a large piece of shrapnel fell between them.[182] In May, the 6th Royal Scots Fusiliers were merged into the 15th Division. Churchill did not request a new command, instead securing permission to leave active service.

Back in the House of Commons, Churchill spoke out on war issues, calling for conscription to be extended to the Irish, greater recognition of soldiers' bravery, and for the introduction of steel helmets for troops.[184] He was frustrated at being out of office as a backbencher but he was repeatedly blamed for Gallipoli, mainly by the pro-Conservative press.[185] Churchill argued his case before the Dardanelles Commission, whose published report placed no blame on him personally for the campaign's failure.

Swarangi Raorane

(Newscaster)

(Ref – Wikipedia.in)

Drama



Drama is the specific mode of fiction represented in performance: a play, opera, mime, ballet, etc., performed in a theatre, or on radio or television. Considered as a genre of poetry in general, the dramatic mode has been contrasted with the epic and the lyrical modes ever since Aristotle's *Poetics* (c. 335 BC)—the earliest work of dramatic theory.

Comedy and tragedy masks

The term “drama” comes from a Greek word meaning “action”, which is derived from “I do”. The two masks associated with drama represent the traditional generic division between comedy and tragedy.

the word play or game was the standard term for dramas until William Shakespeare's time - just as its creator was a play-maker rather than a dramatist and the building was a play-house rather than a theatre.

The use of “drama” in a more narrow sense to designate a specific type of play dates from the modern era. “Drama” in this sense refers to a play that is neither a comedy nor a tragedy—for example, Zola's *Thérèse Raquin* (1873) or Chekhov's *Ivanov* (1887). It is this narrower sense that the film and television industries, along with film studies, adopted to describe “drama” as a genre within their respective media. The term “radio drama” has been used in both senses—originally transmitted in a live performance. May also refer to the more high-brow and serious end of the dramatic output of radio.

Mime is a form of drama where the action of a story is told only through the movement of the body. Drama can be combined with music: the dramatic text in opera is generally sung throughout; as for in some ballets dance “expresses or imitates emotion, character, and narrative action”. Musicals include both spoken dialogue and songs; and some forms of drama have incidental music or musical accompaniment underscoring the dialogue. Closet drama is a form that is intended to be read, rather than performed. In improvisation, the drama does not pre-exist the moment of performance; performers devise a dramatic script spontaneously before an audience.

Swarangi Raorane

(Newscaster)

(Ref – Wikipedia)

LIBRARY

BHRAMARI PRANAYAMA BENEFITS



In literature, many benefits of practicing bhramari pranayama have been reported. Few of them are reducing the stress, anxiety, anger, and frustration; reducing the blood pressure; providing a good sonorous voice; and removing throat ailments. There are studies reporting the scientific reasons behind the practice of this yoga, pranayama, and its attributes in improving the health condition of many pathological cases such as asthma and other respiratory disorders. Moore (2012), who is a speech language pathologist by profession and also a yoga teacher, has reported the positive outcomes of modified yoga technique practice in adjunct with voice therapy on patients with muscle tension dysphonia. Hutton, Rogers, and Doan in 2014 have stated that regular practicing of few asanas (body postures), Mudras (hand postures), and meditation helps in improving the body health, voice, and performance anxiety in singing teachers. They have documented few postures like basic chest opening and spine-lengthening and some breathing techniques which help the singing tutors to hold the breath for longer duration and sing long phrases without much effort. They also report keeping the blood pressure in normal range by practicing yoga and pranayama. Rao, Hongsandra, and Nagendra in 2014 documented the role of few postures and breathing exercises in yoga and pranayama in correcting the functional voice disorders. They also have reported similar asanas and pranayama techniques as reported by Hutton et al. which help in increasing the lung capacity, reducing the tension in vocal muscles, and in turn improving the voice quality. However, these findings were not experimentally investigated.

Neha Sunil Bhadekar
(Newscaster)
(Ref: Hindawi)

THE HEALING POWER OF NATURE



During these restrictive times of the pandemic, one thing you may be missing is getting out and about. Whether you going out for a run or meeting a friend at an outdoor restaurant, you felt the benefits of being outdoors. Soothing breezes and a glowing sunset naturally make you feel good. Well, the coronavirus can't stop springtime — don't let it stop you altogether from enjoying nature.

Even a walk around the block can nourish your senses when you're mindful. The sight of budding flowers, a parade of clouds and the sound of birds singing can calm your spirit and bring back balance, at least for the moment. Do what you can to stay connected to nature in whatever way you can. It's a beautiful path to greater wellness.

People have long been interested in the healing power of nature. Perhaps most famously, Henry David Thoreau spent two years secluded in the woods of Massachusetts while writing Walden, his classic meditation on life and nature. Even in 1845, Thoreau sensed that the forest, or any other outdoor setting, can quiet the mind and improve your health. More than a century and a half later, there is plenty of science on the healing power of nature to back him up. Eco psychology — which explores the relationship between human beings and the natural world—is a growing field, and studies show that spending time in nature can reduce stress, improve overall feelings of well-being and happiness, raise your energy level and even increase your capacity for caring.

Nature's Health Benefits:

- It Boosts Your Mood**
- It Keeps You in the Present**
- It Energizes You**
- It Makes You Kinder**
- It Strengthens Your Spirituality**

Vaibhavi Nijampurkar
(Newscaster)

(Ref: <https://www.canyonranch.com/blog/mind-and-spirit/the-healing-power-of-nature/#:~:text=Ecopsychology%20%E2%80%94%20which%20explores%20the%20relationship,increase%20your%20capacity%20for%20caring>)

FOOD & HEALTHCARE

Fruit is nature's candy

The importance of Vitamin C cannot be overstated, especially so in the winter season. Apart from maintaining the overall healthy functioning of the body, this humble Vitamin has a number of health benefits. Orange and citrus fruits are supposedly the kings of Vitamin C, as they are known to have the vitamin in high quantities. It is said that a single orange can fulfil a significant portion of your recommended dietary allowance of Vitamin C. But did you know that there are many more foods that are higher in Vitamin C content than even a whole orange?

Here Are Fruits That Have More Vitamin C Than

Orange:

Guava: A single guava fruit, weighing 100 grams, has over 200mg of Vitamin C content (as per the USDA), which is almost twice as high as that in an orange.

Pineapple: A mineral which is rarely found in natural foods, manganese, is also found in pineapple making it a great addition to the diet.

Strawberries: Strawberries are known for their antioxidant properties all over, but they are also a rich source of vitamin C.

Kiwi: Just one kiwi fruit contains up to 84mg of vitamin C, along with other vital vitamins such as vitamin K and E.

Mangoes: Mangoes are naturally high in vitamin C and beta-carotene, and thus help in boosting immunity as well. Green mangoes actually have more vitamin C content than their yellow or red counterparts.

Papaya: Half a papaya, if eaten raw, provides a significantly higher amount of Vitamin C than a single orange.

-Diksha Singh
(Newscaster)

(Ref: <https://food.ndtv.com/food-drinks/9-fruits-and-vegetables-that-have-more-vitamin-c-than-orange-2170923?amp=1&akamai-rum=off>)

Why Should You Avoid Eating Maida?

Maida or refined flour is a popular ingredient in most kitchens. We all have gorged on *pooris*, *naans*, *samosas*, biscuits, bread and cakes made from *maida* some time or the other. *Maida* or refined flour is a finer form of wheat flour made from the inner part of the wheat grain. The bleach and the chemicals combined with *maida* brings about its softness.



5 Health Hazardous of Maida:-

1. Risk of Obesity

The glycaemic index (GI) of *maida* is very high, about 71, which means it contains double the amount of calories when compared to low GI and unprocessed foods. So, when a person binges on foods that have *maida*, the calorie count may spike up.

2. Disrupts Digestion

One of the side effects of *maida* is that it can congest the digestive system. *Maida* has very little food value for it contains no fibre. Lack of fibre makes it difficult to digest it.

3. The Danger of Developing Diabetes

Maida and diabetes are closely linked. The more refined a food item is, the greater insulin is needed to manage it. The hormone insulin controls sugar absorption by cells. Consuming too much *maida* initiates surplus release of sugar in the body.

4. Nutrient Deficient

Foods made of *maida* may score in the taste section. However, they tend to make a person feel stuffed and undernourished for they provide only empty calories. All the essential nutrients, proteins, minerals get destroyed during the processing of *maida*.

5. The Threat of Chronic Diseases

Overconsumptions of *maida* which makes a person susceptible to unwarranted blood sugar levels and obesity can also trigger higher triglyceride levels, causing heart disorders.

Ankana Mitra
(Newscaster)

(Ref: <https://parenting.firstcry.com/articles/magazine-is-maida-white-flour-good-for-health-checkout-now/>)

CULTURE & CUISINE**How tea tradition has evolved with time across different countries in the world?**

Tea is the second most consumed beverage after water. It is no less than a global culture that runs through people across the world. The affinity for that soothing aroma is beyond just quenching our thirst and supporting health benefits.

The craving of enjoying life with a sip in the smoky beverage that the tea-lovers drool over, has been carried forward over generations. From grandmother's special immunity boosting chai-recipe to today's busy youngsters' go-to instant tea, the tea-tradition all over the world has gone through a significant evolution over time. It is quite insightful and interesting to see the unfolding journey of the beverage industry with such cross-cultural appeal.

According to many theories, China is considered the first country to cultivate tea around 6,000 years ago. While there are quite a few ancient myths about the discovery of the plant and the process of turning the leafy green into one of the most popular beverages in the world, the appropriately diverse climate of China makes it eligible to produce different types of tea. Oolong Tea, Jasmine tea, Long Jing tea are some famous tea that are a way of life in the country.

On the other hand, In Japan the tea-culture spurred from the Buddhist temple who found it effective to calm their mind for meditation. Japanese people also follow a tea ceremony for centuries named 'Matcha', an occasion to serve beautifully ground matcha green tea among small group people in a Japanese traditional teahouse.

While in the Himalayan regions of Nepal, Bhutan, Tibet people enjoy several bowls of yak butter tea, on the other hand, guests in Morocco are offered mint tea as a gesture of hospitality in three different colorful frosted glasses each meaning life, love and death respectively.

India has welcomed tea as its national drink, and no wonder why at least one tea stall can be found in each street corner. Being the second largest tea producing country in the world after China, India has taken the tea culture as an integral part of food tradition.

Post colonization, we moved on from the typical black tea culture cherished by the British, and added milk and other condiments to create our own flavor. The tea-drinking habit here varies from region to region, basis choice of occupation and among age groups as well. While kicking off the day with a cup of hot refreshing tea is the most common tea-habit amongst Indians, catching up with a favorite person, indulge in pure gossips with friends or simply cherishing quality time over a brewing cup of tea is becoming overt trends, leading to a transformation in the culture across regions.

Not only the ritual of gathering over a cup of tea on certain medley of occasions across the world has evolved over the years, the ever-changing delectable preferences and discovery of many health benefits of this soothing beverage have influenced the thought behind many modern tea recipes we follow today.

While Indian's love for 'Traditional tea' is undeniable, there has been a shift in the tea culture in terms of experimenting with varied household blends of aromatic Indian spices or preparation of the relishable beverage. Breaking the negative image, instant premix tea is gradually sliding into the preference list of modern generation. Besides having the normal black tea, tea infused with flavors of masala, ginger, mint, tulsi etc. are also taking a place in household tea recipes, considering their significant health benefits. Not only that, but also Indian as well as global tea industry is growing to establish a premium tea culture, giving birth to contemporary brewed items like Tea latte or Bubble tea.

Over time, an exchange of customs and cultures led to a growing aspiration for tea consuming, irrespective of any socio-economic strata. From just being a household beverage, today Indian tea has become a classic exotic blend of 'tea-culture'. The diverse tea drinking rituals and their unique history leave us wondered over the delectably charming beverage and remind us the enriched journey of this age-old yet evergreen tea.

-Dhanashree Patil

(Newscaster)

Ref: <https://recipes.timesofindia.com/articles/food-facts/how-tea-tradition-has-evolved-with-time-across-different-countries-in-the-world/articleshow/78733335.cms>

TRAVEL & TOURISM

Tripura Sundari Temple, Tripura

This old Hindu shrine is situated around 56 km from Agartala town and is said to be one of the 51 Shakti Peethas and it is one of the best tourist places in North East India. The outer upper edifice is a dome structure where the square type sanctum is worshipped, more like a typical Bengali hut. Flocks of tourists and locals visit this temple in lakhs during Diwali every year. It is one of the religious places to visit in North East India and one of the few temples of Goddess Kali in India.



The temple is considered to be one of the 51 Shakti Peethas; legend says that the little finger of the left leg of Sati fell here. Here, Shakti is worshipped as Tripurasundarī and the accompanying Bhairava is Tripuresh. The main shrine, a cubical edifice with a three-tier roof with a finial, erected by Maharaja of Tripura Dhanya Manikya in 1501 AD, is constructed in the Bengali Ek-ratna style.

Who is Tripura Sundari?

Tripura Sundari (Sanskrit: त्रिपुरा सुन्दरी, IAST: Tripura Sundarī), or Lalita is a Hindu goddess and one of the ten Mahavidyas the incarnations of Parvati. She is the Shakti/consort of Sadasiva, the Prakriti to his Purusha. ... The Tripura Upanishad places her as the ultimate Shakti (energy, power) of the universe.

Best time to visit: Throughout the year.

Distance: Almost around 56 KM from Agartala.

Timings: Opens for visitors from 6 AM to 10 PM on all days of the week.

Price: Entry is free of cost.

Location: Fulkumari, Udaipur, Tripura 799013

Weather of Tripura : The climate of Tripura exhibits a strong seasonal rhythm. The state is characterised by a warm and humid tropical climate with five distinct seasons, namely, spring, summer, monsoon, autumn and winter. Spring starts from late mid-February & continues till mid-March.

Vidhi Jadhav

(Newscaster)

(Ref – www.wikipedia.org/Tripura/)

पुणे तिथे काय उणे !!



SHANIWARWADA PALACE :-

A prominent historical landmark in Pune is Shaniwarwada which is considered as one of the best pune tourist places. It is a majestic fortification which was built in 1732 and during that time it was the seat of the Peshwas of the Maratha Empire and they ruled over there until 1818. After they lost control to the British East India Company, they could not use it longer. But when they were in the reign, Shaniwarwada was the centre of Indian politics in the 18th century and is one of the famous places to visit in pune with friends. The doorways were made of teak arches with ornamental teardrop teak pillars shaped like Suru trunks. Ceilings were beautified by numerous chandeliers and the floors were filled with polished marble adorned with rich Persian rugs. The walls displayed paintings depicting the Hindu epics. The top floor of the building enacted as the residence of the Peshwa and it was called Meghadambari. Among many Pune places to visit, this palace has it's own value and is a must visit location.

DAGDUSHETH HALWAI TEMPLE :-

A famous Ganesha temple in Pune is Shreemath Dagdusheth Halwai Temple which is a major attraction in Maharashtra. The temple is visited by thousands of pilgrims every year. The annual ten-day celebrations named Ganeshotsav is the main festival conducted at the temple when celebrities and ministers arrive to pay tribute to the Lord. The main idol is insured for a sum of Rs.10 million and it is one of the very famous places in Pune and one of the amazing places to visit in Pune with family. Dagadusheth Halwai was the founder of the temple who was a trader, businessman and a sweet maker. He was from Karnataka and settled in Pune long ago. But his son died due to an epidemic and afterwards he and his wife fell into steep depression and to heal themselves, they were advised to build a Ganesh temple by their Guru Shri Madhavnath Maharaj.

-Vedant Dalvi

(Newscaster)

(Ref:- www.thrillophilia.com)

SPORTS

EPL: Liverpool held, Everton lose again

Liverpool were held to a 1-1 draw at Brighton after conceding a VAR-inspired stoppage-time penalty while Riyad Mahrez scored a hat-trick in Manchester City's 5-0 crushing of Burnley in the Premier League on Saturday. Carlo Ancelotti's Everton suffered their fourth defeat in five games after a Raphinha goal gave Leeds United a 1-0 win at Goodison Park.

West Bromwich Albion celebrated their first win of the season as they beat bottom team Sheffield United 1-0 to move out of the bottom three after Conor Gallagher scored his maiden Premier League goal. Liverpool moved top of the table, for a day at least, opening up a one-point lead over Tottenham Hotspur who are at Chelsea on Sunday. But Juergen Klopp's team, beaten by Atalanta in the Champions League on Wednesday, were left raging against VAR after they had two goals ruled out by reviews and saw two points slip away when referee Stuart Attwell awarded a penalty near the end after going to the pitchside monitor. Brighton & Hove Albion's Pascal Gross slotted home his spot-kick after Attwell decided to punish Andy Robertson for kicking the foot of Danny Welbeck while clearing. Liverpool had taken the lead through a well-taken strike from in-form Diogo Jota, the Portuguese forward's ninth goal in all competitions since joining the champions from Wolverhampton Wanderers.

Mohamed Salah had a goal chalked off for offside by VAR and substitute Sadio Mane had a fine header disallowed after a review spotted he had been offside. While Klopp accepted the VAR decisions - choosing instead to vent his frustration on the television broadcasters' decision to make his team play in the early Saturday game - skipper Jordan Henderson said he would like to see the technology removed.

"I don't want to speak for anybody else but in my opinion I would (scrap VAR)" Henderson said. "I just want to play football as normal," said the England midfielder.

Manchester City also had a goal ruled out by VAR but will have barely cared given they had already taken a 5-0 lead by the time Gabriel Jesus's effort was overturned. It was the fourth straight 5-0 win for City against Burnley at the Etihad and Sean Dyche's side were fortunate to leave with that scoreline.

-Gayatri Kelkar

(Newscaster)

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

I'm definitely in race for Tokyo Olympics: Saina Nehwal

Indian badminton star Saina Nehwal on Saturday said she's definitely in the race for the Tokyo Olympics but before that she has to get back to her rhythm and win tournaments. The 2012 London Olympics bronze medallist, who has slipped to 22nd in Badminton World Federation's Tokyo Olympics qualification rankings, has recently struggled with niggles and is likely to return to action in next year's Asian Tour.

"I know Olympics are in everyone's head. It's something very big but before that you have to think about so many tournaments. I've to get back to my rhythm and win against the players who are in top-20," Nehwal said in a virtual interactive session hosted by the Indian Chamber of Commerce.

"There's some two-three months' of training before that. You have to be perfectly fine and play seven-eight tournaments, after that only I will think about the Olympics. But yes, I'm definitely in the race. I want to do well and I'm working hard for that."

A big fan of tennis superstar Roger Federer, the 30-year-old Saina said if the Swiss ace along with the likes of Novak Djokovic, Rafael Nadal and Serena Williams can go strong at not so a young age, she too can.

-Gayatri Kelkar

(Newscaster)

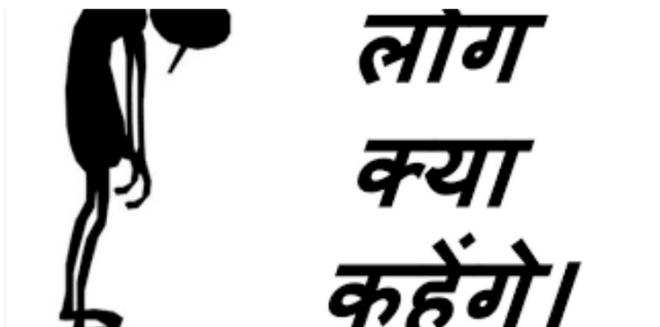
Ref:- (<https://www.hindustantimes.com/>)

SOCIAL ISSUES

The Fear of “Log Kya Kahenge”

India is facing a serious mental health crisis, with an estimated 56 million people suffering from depression and 38 million from anxiety disorders, according to a report by the WHO. Mental distress is believed to be a key reason why one student commits suicide every hour in country.

However, the attitude of many Indians towards this problem isn't helping.



In a survey of 3,556 respondents from eight cities across India, staggering 47% could be categorized as being highly judgmental of people perceived as having mental illness.

What is worse is that 26% were categorized as being afraid of the mentally ill. These respondents were less likely to agree that there's nothing wrong about people with mental illnesses, or even that they should be part of the community, according to non-profit The Live Love Laugh Foundation (TLLLF).

A closer analysis revealed a surprising twist: The respondents in these two categories were mostly from higher socio-economic backgrounds and were more educated.

In comparison, the 27% categorized as being supportive of people with mental illnesses were younger (aged between 18 and 24), with relatively lower educational levels, and came from lower socio-economic backgrounds.



When asked to describe a person with a mental illness, without any prompting or clues from TLLLF, for instance, some 47% of the people surveyed used the word “retard,” while 25% said those with mental illnesses were prone to violence.

“Furthermore, some people believe that mental illness can only happen to people who are ‘mentally weak’ and people who have ‘too much money and time.’

But for those who do want to see a professional, there's another problem: In a country with a population of over 1.3 billion, there are just 5,000 psychiatrists and less than 2,000 clinical psychologists.

-Sanchita Sutar

(Newscaster)

Ref:-(quartzindia.com)

How Movies impact our Society?



A good movie will entertain, educate, and inspire the viewer in many ways. Think of the impact that songs have on people. They make us think, make us compassionate, inspire us to help others & do good for humanity. Romantic movies, on the other hand, remind us why love is important and why it is worth fighting for. They make us cry & laugh at our own romantic flaws, consequently helping us understand our partners and family members more. People need to be reminded about the importance of formal education as well as co-curricular school activities such as art and sports. School-related films underline this importance and give education stakeholders ideas on how to improve education systems in different parts of the world. Besides that, film brings us to understand the negative effects of drugs, alcohol, and substance abuse. Crime and action TV shows also warn us about the dangers of criminal activities, terrorism, and war. Romantic movies make Intercourse look “cool”. Crime movies make lying seem calculative. There're also genres normalizing stealing and dishonesty. Teenagers are able to access pornographic content online and watch songs that advocate for intoxicant and substance abuse. All this content is misleading to young boys and girls, but parents can't seem to find reliable, foolproof strategies to stop their kids from accessing it Besides mirroring our diverse cultures, the film has for a long time been shaping our beliefs and values. A good example is when people copy fashion trends from movie stars and musicians. It is also common these days to find societies using figures of speech that are inspired by the film industry. Be aware what you watch and try to avoid negativity.



-Ketal Mudari

(Newscaster)

Ref:-(yourstory.com)

STUDENT'S SECTION

Fun Facts :

Bananas grow upside-down

Or technically, we peel them upside-down. These random facts will have you eating fruit differently. Naturally, they grow outward from their stems, but that means their bottoms actually face the sky. As they get bigger, the fruits turn toward the sun, forming that distinctive curve. Check out these 21 food myths that are totally untrue.

You only have two body parts that never stop growing

Human noses and ears keep getting bigger, even when the rest of the body's growth has come to a halt. Learn more about the phenomenon and what it means.

No number before 1,000 contains the letter A

Some of these fun facts will have you counting. But there are plenty of E's, I's, O's, U's, and Y's.

The Eiffel Tower can grow more than six inches during the summer

The high temperatures make the iron expand. Don't miss these other 19 Eiffel Tower facts you never learned before.

Onions were found in the eyes of an Egyptian mummy

Pharaoh Ramses IV of Ancient Egypt had his eyes replaced with small onions when he was mummified. The rings and layers of onions were worshipped because people thought they represented eternal life. This aligns with the reason for mummification: to allow the pharaoh's body to live forever. Let's hope these interesting facts don't all apply to practices used today.

**Jidnyasa Patil
(Newscaster)**

(Ref. <https://www.rd.com/list/interesting-facts/>)

Riddles -

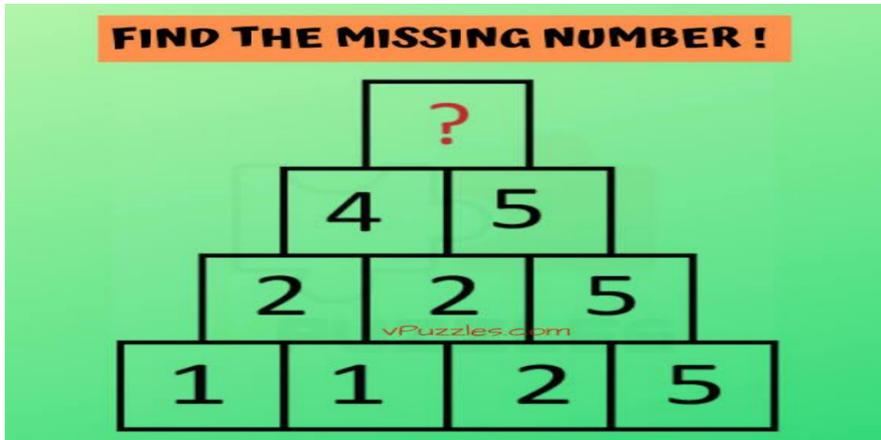
1. What has to be broken before you can use it?
2. What is full of holes but still holds water?
3. What goes up but never comes down?
4. What gets wet while drying?
5. The more of this there is, the less you see. What is it?
6. What has many keys but can't open a single lock?
7. Where does today come before yesterday?
8. What goes up and down but doesn't move?
9. It belongs to you, but other people use it more than you do. What is it?
10. What is the end of everything?

**- Jidnyasa Patil
Newscaster**

Answers

- An Egg
- A Sponge
- Your Age
- A Towel
- Darkness
- A Piano
- The Dictionary
- A staircase
- Your Name
- The letter 'g'

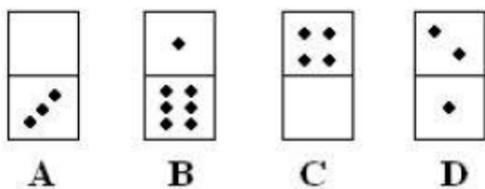
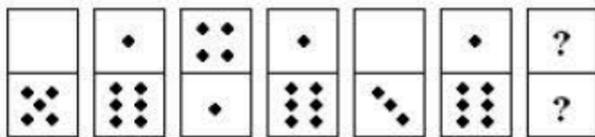
Puzzle



**Sarthak Patil
(Newscaster)**

(Ref. : <https://images.app.goo.gl/Ammk7ZtkUf2SaR9S6>)

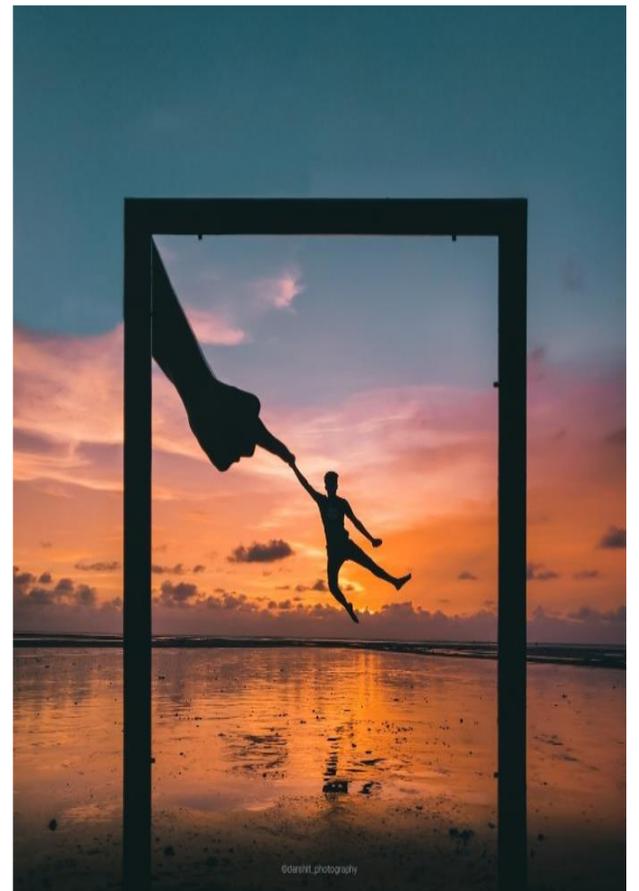
What will come next?



**Sarthak Patil
(Newscaster)**

(Ref. : <https://images.app.goo.gl/YYmeensFPwTH7kxj6>)

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