

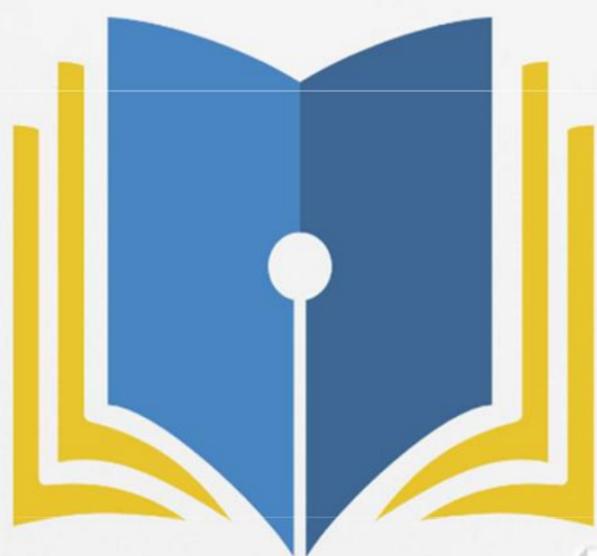


Chikitsak Samuha's  
Sir Sitaram & Lady Shantabai Patkar College of Arts & Science  
AND V.P.Varde College of Commerce & Economics  
S. V. ROAD, GOREGAON (WEST), MUMBAI-400 104  
(AN AUTONOMOUS COLLEGE AFFILIATED TO  
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STAR SCHEME AWARDEE"



# WEEKEND CHRONICLE

WINDOW TO YOUR  
KNOWLEDGE



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B.M.S DEPARTMENT

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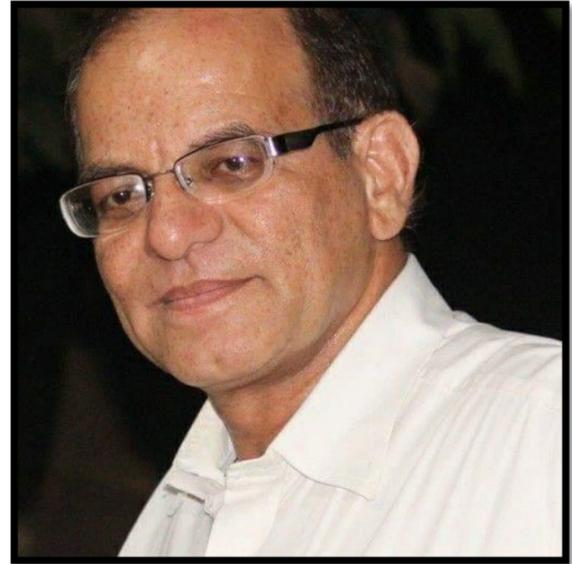
## A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

**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 character and enhance employability of our young talented students to become globally competent. There is something for everyone here, right from the field 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 overcome hurdles of present reality. We will strive to make a better world through our acts and thoughts.**

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



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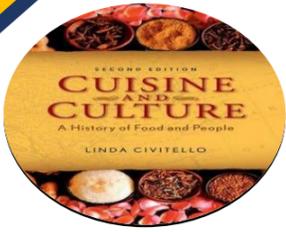


**You are what you eat!**

**उठो भागो सेहत बनाओ...**

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**Fun fact**

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**BUSINESS****INDIA'S RECOVERY PROCESS GAINS STRENGTH IN DECEMBER, SHOWS SURVEY BY NOMURA**

Nomura expects the benefits of post-lockdown normalisation and festive pent-up demand, what it earlier termed as 'residual' festive mobility and demand, to continue into December.

**Synopsis**

"The NIBRI has been racing ahead in recent months, with a 4.4pp (percentage point) jump in November and December tracking at ~4.6pp higher than November levels," said Nomura economists Sonal Varma and Aurodeep Nandi, in the note.

By Gaurav Noronha, ET Bureau Dec 14, 2020, 01:00 PM IST

Business activity in India surged to another post-lockdown high with the Nomura India Business Resumption Index (NIBRI) hitting 92.9 for the week ended December 13.

The weekly business resumption tracker showed a strong gain from the 89.6 recorded in the previous week, Nomura said in a note on Monday.

"The NIBRI has been racing ahead in recent months, with a 4.4pp (percentage point) jump in November and December tracking at ~4.6pp higher than November levels," said Nomura economists Sonal Varma and Aurodeep Nandi, in the note.

Mobility remained strong as evidenced by Google's workplace and retail and recreation mobility indices, along with Apple's driving index, the note said.

India's labour participation rate reflected this trend, remaining stable at 41.8% compared to 41.9% a week earlier while power demand rose 1.9% on the back of a 0.4% decline seen in the preceding week, it said.

Nomura expects the benefits of post-lockdown normalisation and festive pent-up demand, what it earlier termed as 'residual' festive mobility and demand, to continue into December.

"Monthly data for October-November has so far benefited from the mix of post-lockdown normalization and festive pent-up demand that will likely extend into December" the two economists said.

After the sharp moderation in GDP contraction to 7.5% in the second quarter, economic indicators such as goods and services tax collections, index of industrial production, purchasing managers' index, have all shown strong improvements in October and November.

**Viren Rathod**

(Newscaster)

Ref: <https://m.economictimes.com/news/economy/indicators/indias-recovery-process-gains-strength-in-december-shows-survey-by-nomura/articleshow/79717807.cms>

**24X7 RTGS TRANSACTION FACILITY STARTS FROM TOMORROW**

the Reserve Bank of India (RBI) announced the 24X7 Real Time Gross Settlement (RTGS), used for large value transactions, facility from December 14. RBI Governor Shaktikanta Das announced that the RTGS facility would become operational 24X7 from 12:30 am tonight.

The RBI had also announced a slew of measures including enhancing the limit for contactless card transactions to Rs 5,000. In December 2019, the National Electronic Funds Transfer (NEFT) system was made available on a 24x7x365 basis.

Shaktikanta Das said, "RTGS facility becomes operational 24X7 from 12.30 AM tonight.

Congratulations to the teams from RBI, IFTAS and the service partners who made this possible.

Currently, the RTGS transaction facility is available for customers from 7.00 am to 6.00 pm on all working days of a week, except the second and fourth Saturdays of every month.

RBI Governor Shaktikanta Das had earlier said that with 24X7 RTGS system, "it is proposed to reduce settlement and default risk in the system by facilitating settlement of AePS, IMPS, NETC, NFS, RuPay, UPI transactions on all days of the week instead of five days earlier."

It is to be noted that RBI stopped levying charges on transactions through NEFT and RTGS from July 2019, with an aim to promote digital transactions in the country.

RTGS is meant for large-value instantaneous fund transfers, while NEFT is used for fund transfers of up to Rs 2 lakh.

**Rohit Pawar**

(Newscaster)

Ref: <https://www.indiatoday.in/business/story/24x7-rtgs-facility-starts-from-tomorrow-12-30-am-rs-5000-new-limit-for-contactless-card-transactions-1749123-2020-12-13>

## ADVERTIMENT

### WHY BRANDS SHOULDN'T TAKE SOCIAL MEDIA BACKLASH SERIOUSLY?



Three big brands, Zomato, ITC's Bingo and Tanishq, faced social media backlash for their advertising campaigns recently. Conversations around these brands along with boycott calls primarily dominated platforms such as Twitter in the last one month.

Tanishq was attacked for featuring an interfaith couple; Zomato was called out for allegedly funding hate by advertising on a news channel accused of airing divisive content. When Zomato tweeted it will look into the matter, the channel's fans got agitated and started deleting Zomato app.

According to a digital agency executive, since trends are dynamic, on a buzzy news day it would take multiple users to sustain the trend by tweeting through the day. "One can further amplify the trend by asking influencers to tweet about a particular issue which comes at a price ranging from ₹30,000 to ₹50,000," said the person on condition of anonymity.

DigitalDigital and social media experts said while brands must keep track of what consumers are saying about them online, social media backlash, which is often motivated, needs to be taken with a pinch of salt as it is not a true representation of their consumer base.

**Nontobeko Shezi**  
(Newscaster)

Ref: <https://www.livemint.com/industry/advertising/why-brands-shouldn-t-take-social-media-backlash-seriously-11606135323277.html>

### PULSE CANDY COMES BACK WITH HUMOUR IN LATEST AD FILMS



Pass Pulse candy has launched a new campaign taking forward the storyline of 'Pran Jaaye Par Pulse Na Jaaye' with two films. The new campaign has retained the humour and quirk associated with Pulse through an execution plot of stick figure characters. The campaign has been launched with two films, titled 'The Husband-Wife' and 'Recycle Bin'.

The first one captures the banter between husband and wife and the second one is altogether a different take between two stick figure friends pulling a fast one on each other inside a computer screen.

The TVCs have been conceptualised by Wunderman Thompson to capture the extent to which the stick figures or the Pulse fans will go for the enticing taste of Pulse candy. The films have a new but hilarious theme of Animated characters fighting for the Pulse candy

Sundeep Sehgal, executive creative director, Wunderman Thompson, said, "Pulse stands for joy and uniqueness, the irresistibility of Pulse lends itself to this unique proposition. We wanted to make simple, short, and share-worthy stories and stick figures give an exciting take to our narrative."

**Shruti Amin**  
(Newscaster)

Ref: <https://brandequity.economictimes.indiatimes.com/news/advertising/pulse-candy-comes-back-with-humour-in-latest-ad-films/79620407>

## INFORMATION & TECHNOLOGY

### PRINTABLE, HIGH-PERFORMANCE SOLID-STATE ELECTROLYTE FILMS FOR NEXT-GENERATION BATTERIES



Lithium-ion (Li-ion) batteries are widely used in portable electronic devices, electric vehicles, and grid-scale energy storage systems. Safety of Li-ion batteries, however, has been called into question repeatedly over the past several years due to a conventional organic electrolyte causing fire and explosion in many cases. Ceramic solid-state electrolyte (SSE) thin films promise a viable solution to addressing the safety issue by blocking the lithium dendrite that causes short circuit and thermal runaway, meanwhile offering high energy density for next-generation Li-ion batteries. However, current SSE thin films have low ionic conductivities, ranging from  $10^{-8}$  to  $10^{-5}$  S/cm, which can be attributed to poor material quality. A research team led by Liang Bing Hu at the University of Maryland's A. James Clark School of Engineering recently developed a new method of printing and sintering a variety of SSE thin films.

This work, entitled, "Printable, high-performance solid-state electrolyte films," was published on November 18, 2020, in Science Advances. The team named this method "printing and radiative heating" (PRH), which features a solution-based printable technique followed by rapid sintering. In a typical process, a precursor suspension is printed on a substrate, whose concentration and thickness can be adjusted. The high-quality and high-performance SSE thin film can then be obtained after rapid ( $\sim 3$  s) high-temperature ( $\sim 1500^\circ\text{C}$ ) sintering, ensuring minimal Li loss and high crystallinity. This approach not only leads to dense and uniform microstructure for the SSE thin films, but also ensures superior ionic conductivity. Notably, the fabrication process -- from precursor to final product -- only takes  $\sim 5$  min, which is  $\sim 100$  times faster than conventional methods.

Ajay Lovekar

(Newscaster)

Ref: <https://www.sciencedaily.com/releases/2020/11/201118141717.htm>

### CORPORATIONS DIRECTING OUR ATTENTION ONLINE MORE THAN WE REALIZE



We know how search engines can favor certain results and how social media might push us into bubbles, but it's still easy to view the internet as a place where we're in control. A new study, however, argues that notion of personal empowerment is "an illusion." Corporations are "nudging" the flow of our online attention more than we realize, and often in hidden ways -- not unlike radio and TV programmers of the past -- said co-authors Harsh Taneja, with the University of Illinois at Urbana-Champaign, and Angela Xiao Wu, with New York University. The researchers analyzed clickstream data on a million people over one month of internet use. They also looked at corporate ownership of sites and platforms, how those sites were designed, and the partnerships that connected them. They found that on the web, "media architectures still shape the flow of public attention. This happens in subtle ways that nudge users in particular directions. It often takes advantage of habitual behaviors and is generally difficult for the users themselves to see or understand."

Concerns about the power of Big Tech have been growing, with an antitrust case recently filed and executives testifying before Congress, but Taneja and Wu claim their study is one of the few to document Big Tech's power systematically and at scale. Taneja is a professor of media at Illinois and Wu is a professor of media, culture and communication at NYU. Their study, "Going with the flow: Nudging attention online," with third author James G. Webster, a professor emeritus of communication studies at Northwestern University, was published online by the journal New Media & Society. In talking about "flow," the researchers are referencing a concept applied earlier to radio and television, "audience flow," which described how broadcasters planned shows and schedules to direct viewers into sequences of programs.

Ajay Lovekar

(Newscaster)

Ref: <https://www.sciencedaily.com/releases/2020/10/201029135426.htm>

## SCIENCE & SPACE

### THE BIG BANG

Often astrologers and scientists have wondered about the origin of everything – the stars, the moon, the planets, the universe. When it comes to cosmologists, they simply answer these questions with two words- Bing Bang!!!!!!



Around 13.7 billion years ago, a massive expansion happened which blew up space and formed out the universe. The Big Bang theory is a model used for explaining the history of the universe as we know it. It traces the evolution of cosmos right from the beginning.

The present universe is extremely different from the way it used to be. The earlier universe was made of helium, hydrogen, dark matter, aardvarks, neutrinos, photons, gristle etc. At different densities, different matter behaves differently. Presently, dark energy makes up for the universe.

According to the Big Bang Theory, the universe was small consisting of tightly packed up matter. The entire galaxies were crammed into one big mass. Then a big expansion happened which allowed the formation of first few atoms. A cosmic microwave background was formed which presently acts as an evidence for the Big Bang theory.

Based on this model, the entire predictions about the universe are based. The early universe is said to consist of extremely low entropy. The cosmic microwave background radiation provides a thermal imprint to the Big Bang theory.

#### WHAT HAPPENED IN THE BIG BANG?

The universe began with a singularity which consisted of infinite temperature and density. Inflation occurred which made the universe expand faster than the light's speed. Within few fractions of a second, the size expanded to over 100 times of what it used to be before the bang.

The expanded universe was bereft of any matter yet consisted of the enormous amount of dark energy. The acceleration and smoothing out of the universe took place because of the presence of dark energy. Dark energy is the mysterious force behind the universe's acceleration.

Gravity, electromagnetism, strong nuclear forces and weak nuclear forces separated out with the inflation of the universe. Hot and dense plasma filled up the universe which cooled down in one microsecond to form protons and neutrons. Deuterium (formed after fusion of protons and neutrons) was formed after three minutes of the Big Bang which led to the formation of helium-4.

After 3,80,000 years of Big Bang, recombination happened which made the universe turn transparent. There are no answers to what preceded the Big Bang.

1. Fun Facts: There is a dark energy that is making the Universe expand and accelerate at a larger rate than it did many years ago. There are many galaxies apart from our Milky Way that are moving further and further away.

**Disha Parab**  
(Newscaster)

Ref: <http://www.justscience.in/articles/happened-big-bang/2017/12/12>

## NATURE

### THE ANCESTOR OF ALL FLOWERS



An international collaborative project has reconstructed the ancestor of all modern flowering plants.

Flowering plants (angiosperms) are among the most successful biological groups on the planet. Estimates for the number of angiosperm species vary, but there are probably at least 350,000 species representing 90% of the diversity of all living land plants. As expected in a group of this size, angiosperms are incredibly variable. They can exist as anything ranging from small herbaceous annuals to giant woody trees that live long enough to outlast civilisations. Angiosperms can be found in nearly all environments, whether aquatic or terrestrial, and have developed remarkable adaptations to survive, including parasitism of other plants or even carnivory of small animals.

Despite the importance of angiosperms, much of their evolutionary history has remained a mystery. Many outstanding questions remain, including when angiosperms first appeared and what these early angiosperms might have looked like.

The fossil record indicates that angiosperms first appeared not long before 130 million years ago. However, ages of biological groups can also be estimated using molecular clock analyses, which combine knowledge of the fossil record, differences in DNA sequences between modern species,

and models of evolution. When the age of angiosperms is estimated using molecular clocks, a far earlier origin is suggested, perhaps up to 250 million years ago. Therefore, the timing for the origin of flowering plants is still relatively uncertain.

Similarly, scientists have long sought to determine the structure of the first flowers. Could they have been showy and complex? Or were they relatively simple and unassuming? The structure of the first flowers has far-reaching implications beyond mere aesthetics, revealing not only how angiosperms might have evolved from their seed plant ancestors but also how the astonishing diversity of modern species might have diversified from this ancestral floral structure.

These important unsolved questions in angiosperm floral macroevolution are what spurred the development of the eFLOWER scientific project. Primarily coordinated by Dr Hervé Sauquet of Université Paris-Sud in France (now working in Sydney at the Royal Botanic Gardens and Domain Trust) and Dr Jürg Schönenberger of the University of Vienna, the eFLOWER project consists of a team of 36 researchers from 13 countries. Our overall goals were to reconstruct the ancestral flower and then chart its subsequent early evolution and diversification into the major groups recognised today.

Several complementary approaches can be used to address these questions, such as identifying the closest extinct relatives to angiosperms in the fossil record, or making inferences based on comparisons between the development of reproductive structures in angiosperms and their seed-producing gymnosperm relatives. For our study we chose instead to reconstruct the ancestral flower using ancestral state reconstruction analyses.

For the requirement, they used the results and data set from a recent molecular dating analysis led by Dr Susana Magallón of the Universidad Nacional Autónoma de México. This analysis sampled species throughout the broad angiosperm phylogeny, and took account of temporal information from a very large sample of fossils. They also re-analysed the molecular data set with various constraints representing conflicting hypotheses about the relationships among major angiosperm groups, as well as the uncertainty surrounding the age of angiosperms. This meant that they could assess whether our reconstructed ancestral flower was robust to these competing hypotheses for angiosperm evolution.

We found that the ancestral flower:

- was most likely bisexual, with both male and female organs on the same flower;
- had a whorled arrangement of male organs of more than ten stamens and spirally arranged female organs of more than five carpels;
- didn't have petals and sepals, but instead the perianth (outer part of the flower) was radially symmetrical and undifferentiated;
- the perianth had at least ten tepals in at least two trimerous whorls (organs in multiples of three), which implies four whorls of three tepals; and
- had free organs (i.e., they were not fused together).

Fact: An important caveat of the study is that while the methods the scientists employ reconstruct the most recent common ancestor of all living plants, this still does not necessarily represent the first ever flower. It's possible that more ancestral, and potentially different, flowers once existed.

**Bhumika Mhatre**

(Newscaster)

Ref: <http://www.australasianscience.com.au/article/issue-janfeb-2018/ancestor-all-flowers.html>

## RESEARCH

### SIBILING RELATIONSHIP



Although research on sibling relationships has been far less frequent than research on other close relationships such as parent–child, peer, and romantic partner relationships, researchers have found siblings to be important for the development of social competence as well as positive and negative adjustment. In addition, the sibling relationship is considered the longest lasting relationship across the life span and it serves unique developmental functions. This essay briefly describes foundational research on the influence of dyadic structural variables, relationship dynamics, and sibling influences on adjustment; outlines cutting-edge research within the field on the contexts of family ethnicity, developmental period, and important processes and influences on relationship dynamics; and discusses key issues for future research such as expanding to under-studied ethnic groups (e.g., Native American and Asian-American families), family structures and contexts (e.g., adoption, single-parents by choice, gay/lesbian parents), and mechanisms for relationship influence. Expanding the field to incorporate such research questions will likely require sibling researchers to examine findings from research on other important, close relationships, as well as collaboration of researchers from a variety of psychological disciplines as well as in the fields of sociology, neuroscience, genetics, anthropology, and human development and family studies.

**Pooja Mishra**

(Newscaster)

Ref: <https://onlinelibrary.wiley.com/doi/abs/10.1002/9781118900772.etrds0303#:~:text=Although%20research%20on%20sibling%20relationships,as%20positive%20and%20negative%20adjustment.>

### JOINT AND NUCLEAR FAMILY



Indian society is always considered as traditional and well cultured society due to its joint family system since ancient times. Family plays very significant role in development of children. The impact of globalization and modernization resulted into breaking of traditional system of joint family into nuclear family in India.

The Joint and nuclear both type of systems of families have their own advantages and disadvantages in terms of raising of children and providing facilities to family members. The present study is an attempt to compare the intelligence and social adjustment level of children belonging to joint and nuclear family. To study the impact of family type on intelligence and social adjustment of high school students a sample of sample of 2400 students belonging to joint and nuclear family has been selected. The intelligence and social adjustment score of children belonging to joint and nuclear family is compared using t test. It has been found that children belonging to joint family having better intelligence and social adjustment than the children belong to nuclear family at high school level.

**Pooja Mishra**

(Newscaster)

Ref: <https://ideas.repec.org/p/vor/issues/2017-24-01.html>

## ACADEMICS

## WHAT GREAT LISTENERS ACTUALLY DO?



Chances are you think you're a good listener. In our experience, most people think good listening comes down to doing three things:

- Not talking when others are speaking
- Letting others know you're listening through facial expressions and verbal sounds ("hmm-hmm" )
- Being able to repeat what others have said, practically word-for-word

However, recent research suggests that these behaviors fall far short of describing good listening skills.

Good listening is much more than being silent while the other person talks. To the contrary, people perceive the best listeners to be those who periodically ask questions that promote discovery and insight. Good listening was consistently seen as a two-way dialog, rather than a one-way "speaker versus hearer" interaction. The best conversations were active.

Good listening included interactions that build a person's self-esteem. The best listeners made the conversation a positive experience for the other party, which doesn't happen when the listener is passive. Good listening was characterized by the creation of a safe environment in which issues and differences could be discussed openly.

Good listening was seen as a cooperative conversation. By contrast, poor listeners were seen as competitive — as listening only to identify errors in reasoning or logic, using their silence as a chance to prepare their next response. Good listeners may challenge assumptions and disagree, but the person being listened to feels the listener is trying to help, not wanting to win an argument.

Good listeners tended to make suggestions. Good listening invariably included some feedback provided in a way others would accept and that opened up alternative paths to consider. Another possibility is that we're more likely to accept suggestions from people we already think are good listeners.

While many of us have thought of being a good listener being like a sponge that accurately absorbs what the other person is saying, instead, what these findings show is that good listeners are like trampolines. They are someone you can bounce ideas off of — and rather than absorbing your ideas and energy, they amplify, energize, and clarify your thinking.

**Sanhe Jatva**  
(Newscaster)

Ref: <https://hbr.org/2016/07/what-great-listeners-actually-do>

WAYS TO INCREASE  
PRODUCTIVITY

Is to greatly increase productivity. Look at the activities that fill your day and determine ways they could either be done more efficiently or eliminated. By shaving minutes off of several tasks throughout the day, you can free up a larger block of time later. Think of two ways you could save time in your daily schedule. The idea of increasing productivity and efficiency often brings up images of someone with a stopwatch timing every activity with a watchful eye by taking a little time to plan and prepare, you can find extra hours in your day to complete the work you want to do and still have fun. These useful and effective exercises will only be beneficial if you are productive and efficient with your time. Victor Hugo says, "He who every morning plans the transactions of the day and follows out that plan, carries a thread that will guide him through the labyrinth of the busiest life."

Listed below are ways to use your time in the most productive way possible:

1. Plan your work: Plan your work and work your plan. Set aside 10 to 15 planning minutes at the start of each day or at the end of your day to create a to-do list for your upcoming activities and you will know what your important tasks are before you start the day. This advance planning can save more than an hour a day. Action step: Take a moment right now and decide which time of the day is best for you to set aside for this planning period. Whether it's 6:00 a.m. or midnight, commit to a time period now.
2. Use time efficiently: Be productive with your time. You can use time waiting for appointments or waiting in line to catch up on material you need to read and use today's too
3. Use your most productive hours for your most important tasks. If you need time to wake and truly get started in the day, don't attempt to force an early morning deadline into your schedule. Ask yourself, "What do I need to get done today in order to feel complete?" and "When am I most productive?" Focus more on what is important and less on how fast you are going. Spend 20 percent of your day on the most important tasks and you will accomplish 80 percent of your results.

**Sanjeet Bhelekar**  
(Newscaster)

Ref: <https://garfinkleexecutivecoaching.com>

## ARTS & HISTORY

### AMERICAN CIVIL WAR



The American Civil War (also known by other names) was a civil war in the United States from 1861 to 1865, fought between northern states loyal to the Union and southern states that had seceded to form the Confederate States of America. The civil war began primarily as a result of the long-standing controversy over the enslavement of Black people. War broke out in April 1861 when secessionist forces attacked Fort Sumter in South Carolina, just over a month after Abraham Lincoln had been inaugurated as the President of the United States. The loyalists of the Union in the North, which also included some geographically western and southern states, proclaimed support for the Constitution. They faced secessionists of the Confederate States in the South, who advocated for states' rights to uphold slavery.

Of the 34 U.S. states in February 1861, seven Southern slave states were declared by their state governments to have seceded from the country, and the Confederate States of America was organized in rebellion against the U.S. constitutional government. The Confederacy grew to control at least a majority of territory in eleven states, and it claimed the additional states of Kentucky and Missouri by assertions from native secessionists fleeing Union authority. These states were given full representation in the Confederate Congress throughout the Civil War. The two remaining slave states, Delaware and Maryland, were invited to join the Confederacy, but nothing substantial developed due to intervention.

The Confederate states were never diplomatically recognized as a joint entity by the government of the United States, nor by that of any foreign country. The states that remained loyal to the U.S. were known as the Union. The Union and the Confederacy quickly raised volunteer and conscription armies that fought mostly in the South for four years. Intense combat left between 620,000 and 750,000 soldiers' dead, along with an undetermined number of civilians. The Civil War remains the deadliest military conflict in American history, and accounted for more American military deaths than all other wars combined until the Vietnam War.

**Kartik bordekar**  
(Newscaster)

Ref: [https://en.wikipedia.org/wiki/American\\_Civil\\_War](https://en.wikipedia.org/wiki/American_Civil_War)

### CHALK CARVING



Chalk carving is the practice and shaping of chalk via carving. This article covers some methods, types of chalk, tools used and the benefits (and ramifications) of this material.

The benefits of this material are also its drawbacks. Its main benefit, its softness, makes it very easy to manipulate. This is also a serious disadvantage, however, as chalk structures tend to be very delicate. This material is also extremely brittle and dusty. However it is cheap, readily available, easy to work with the simplest of tools, and able to hold a reasonable amount of detail.

The main types of chalk, for the purposes of the carver, are processed and non-processed (natural). Processed chalk has several advantages over natural chalk; it is softer, more consistent and comes ready finished in neat cylinders of varying sizes. However, natural chalk is available in more interesting shapes, the size is not limited, and it holds detail better.

Tools for chalk carving are numerous. In fact any small file, stone carving equipment (no mallet is needed), and even needles can be used. Some of the best hands carving equipment are an etching needle, a selection of small files, and a miniature carving tool designed for soapstone.

The methods are very simple. Once the carver has a feel for the material, it is possible to construct fairly complex shapes, and make figurative work. It is possible to coat the chalk in button polish to produce a finish.

Chalk is considered by seasoned stone carvers as one of the most difficult of stones to shape, as the material may literally powder away in your hands, if you are not delicate with the handling. A chalk can also have many defects and voids in its structure, this makes chalk carving a very difficult and precise art.

**Kartik Bordekar**  
(Newscaster)

Ref: [https://en.wikipedia.org/wiki/Chalk\\_carving](https://en.wikipedia.org/wiki/Chalk_carving)

## LIBRARY

## BENEFITS OF DRINKING WATER FROM MATKA



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.

## BENEFITS OF HALDI (TURMERIC)



Turmeric (*Curcuma longa*), the bright yellow spice used throughout Asia for centuries, has in recent decades been embraced by the West, not just for its ability to satisfy our appetite for curry, but for its impressive list of health benefits. Turmeric is quite literally, hot stuff.

Grown for its root, turmeric has an ancient history of uses in cooking, fabric dyeing, cosmetics and traditional medicine in China and India.

Turmeric and its powerful ingredient, curcumin, have a range of health benefits. Antioxidants have the potential to prevent heart disease, eye conditions and Alzheimer's. Anti-inflammatory properties can help people with arthritis. Turmeric may even reduce the risk or spread of cancer.

Turmeric is a natural anti-inflammatory

Inflammation is a necessary process in the body, as it fights off harmful invaders and repairs damage caused by bacteria, viruses and injuries. However, long-term inflammation has been implicated in most chronic conditions such as heart disease and cancer, so must be controlled. The curcumin in turmeric has proven strong anti-inflammatory properties that block the action of inflammatory molecules in the body. Studies show positive effects of curcumin on people suffering from conditions such as rheumatoid arthritis and inflammatory bowel disease, amongst others.

Turmeric is a powerful antioxidant

Curcumin has been shown to be a robust scavenger of oxygen free radicals, which are chemically active molecules that cause damage to the body's cells. Free radical damage, along with inflammation, is a key driver of cardiovascular disease, so curcumin can play a part in preventing and managing heart disease. Antioxidants in turmeric may also reduce the risk of cataracts, glaucoma and macular degeneration.

Turmeric has anti-cancer effects

**Yash Pedhamkar**

(Newscaster)

Ref: <https://www.nuffieldhealth.com/article/the-health-benefits-of-turmeric#:~:text=Turmeric%20and%20its%20powerful%20ingredient,risk%20or%20spread%20of%20cancer>

**FOOD & HEALTHCARE**

## YOU ARE WHAT YOU EAT



Almost all of us know the health benefits of coconut, but how many of you know the health benefits of dry coconut? Dried coconut is one of the very less popular dry forms of food. Health benefits of dry coconut are enormous. The controversy of coconut being rich in trans-fat has nothing to do with dry coconut because it contains no trans-fat and cholesterol. Its taste has made it popular in many parts of the world.

Dried coconut carries many essential nutrients like dietary fiber, copper, manganese and selenium. With high nutritional value, dried coconut is one of the best dried foods that could be included in your diet for a healthy living.

**Health Benefits of Dry Coconut:**● **Healthy Heart:**

Dry coconut is rich in dietary fiber and it helps in having a healthy heart. You may know that a male body requires 38 grams of dietary fiber, while a female body needs 25 grams. By consuming dried coconut, you will get the required amount of dietary fiber to keep all the heart-related issues at par.

● **Improves Brain Function:**

Do you want a smarter brain? Then, include dry coconut in your diet. Yes, in many studies, it is revealed that dried coconut helps to improve brain function and also promotes a healthy brain. You can even slow down the progress of any dreadful disease, like Alzheimer's, by including dry coconut in your diet.

● **Say No to Digestive Problems:**

Dried coconut helps in preventing many digestive issues like constipation, duodenal ulcers and hemorrhoids. As dried coconut has no side effects, it can be used by people of all ages.

● **Prevents Arthritis:**

Problems like arthritis; osteoporosis, etc., can be prevented by consuming dried coconut daily. Dried coconut has many minerals that help to keep your connective tissues strong and thus help in maintaining a healthy body.

● **Prevents Infertility in Men:**

It is the truth that dried form of coconut has minerals that can prevent infertility in men. Medical science has tested and has provided proven evidence for this. By consuming dry coconut, the body produces selenium that helps in preventing infertility in men.

● **Reduces Anemia:**

Women especially after a particular age become anemic. It is due to iron deficiency and this may cause severe health issues. Dried coconut which is packed with iron can help you in preventing anemia. Just add dried coconut in some of your meals and see the difference.

**Diksha Singh**  
(Newscaster)

Ref: <https://foodtolive.com/healthy-blog/dried-coconut-nutrition-facts-health-benefits-recipes/>

## उठो भागो सेहत बनाओ...

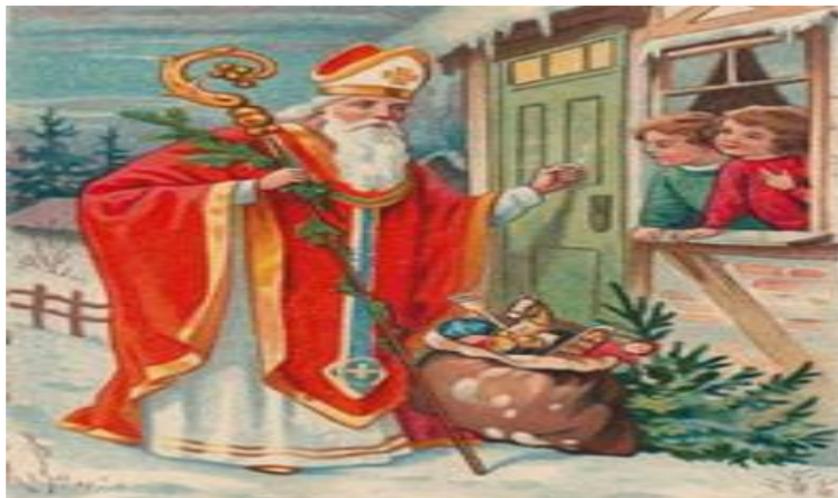
- Improve blood flow in the body
- Good for cardiovascular health
- Helps in keeping a check on cholesterol (when done regularly and coupled with balanced diet)
- Good for bone health
- Helps in weight loss and weight management
- Helps build stamina and endurance
- Prepares you for more intense and vigorous activities
- Strengthens muscles
- These are some benefits of jogging....

**Aditya cheulkar**  
(Newscaster)

(Ref: <https://food-ndtvcom.cdn.ampproject.org/v/s/food.ndtv.com/health/10-incredible-jogging-benefits->)

## CULTURE & CUISINE

### THE LEGEND OF ST. NICHOLAS: THE REAL SANTA CLAUS



The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. It is said that he gave away all of his inherited wealth and travelled the countryside helping the poor and sick. One of the best-known St. Nicholas stories is the time he saved three poor sisters from being sold into slavery or prostitution by their father by providing them with a dowry so that they could be married. Over the course of many years, Nicholas's popularity spread and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6. This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, St. Nicholas was the most popular saint in Europe. Even after the Protestant Reformation, when the veneration of saints began to be discouraged, St. Nicholas maintained a positive reputation, especially in Holland.

-Bhavna Sayekar  
(NEWSCASTER)

Ref: <https://www.history.com/topics/christmas/santa-claus>

### TRADITIONAL CHRISTMAS FOODS



**Roast Goose:** Before farm-raised poultry came to be, families who lived off the land had to choose carefully which animals to eat on special occasions because hens provided eggs and cow's milk. Whole geese were cooked because they laid eggs only seasonally. This bird was the most common on Christmas tables before Turkeys and Thanksgiving traditions took over. Our recipe for a roasted goose makes a moist and flavorful bird thanks to the overnight brine and yields a golden brown bird with crispy skin and delicious meat. Stuffed with citrus and perfumed with peppercorns and bay leaf, this could be a new Christmas favorite. Brine for 24 hours and roast for 3.

**Turkey:** With the passing of time and with better access to healthcare and better livelihood conditions in rural areas, families grew in numbers and one small goose wasn't enough to feed multiple mouths. Turkeys were cheaper to raise than other birds. Born in the spring, they grew to a great size for a meal when Thanksgiving and Christmas arrived. Modest and working-class people forged the Turkey traditions, although more affluent families turned to game meats to show off their status. Turkey became a staple on American and British tables around the 19th century.

**Glazed Ham:** A boar's head was the edible centerpiece on the wealthiest holiday tables in Tudor England, a holdover from the pagan tradition to honor Freyr, a Norse god of the harvest and fertility who was associated with boars. For those of lesser means, a Yule ham took the place of the showier boar's head, as it was more affordable and equally delicious. Our glazed spiral ham is ready in 1 hour and 20 minutes.

-Bhavna Sayekar  
(NEWSCASTER)

Ref: <https://www.thespruceeats.com/traditional-christmas-specialty-foods-1665645>

## TRAVEL & TOURISM

### HARIDWAR – “GATEWAY TO GOD”

#### INTRODUCTION:

Haridwar, considered to be among the seven holiest cities in India, is an ancient city located on the banks of River Ganga in the Garhwal region of Uttarakhand. It's believed that taking a dip in the holy Har Ki Pauri relieves you of all your sins. Every evening, Haridwar is witness to a set of rituals for the famous Ganga Aarti at the Ghats (River Banks) where thousands of devotees come together to pray to the river.

#### HOW TO REACH THERE:

Haridwar is well connected by roadways and rail networks from all parts of India. Dehradun's Jolly Grant Airport is the closest airport at about 40 km away. Another close airport is in Delhi at 200 km from Haridwar.

#### WHY TO GO THERE?

Haridwar also names as “Theerth Nagri”, is one the most holy places of Hindu religion and is situated in Uttarakhand. This holy city is one of the seven holy cities of India namely ‘Sapt Puri’. Apart from this, the way to reach the other three religious centers of Uttarakhand, Rishikesh, Kedarnath and Badrinath also goes through this place.

#### BEST TIME TO VISIT:

The best time to visit Haridwar is from October to February when the weather is pleasant. However, Haridwar experiences a moderate climate throughout the year, allowing the devotees to take part in different ceremonies and rituals. If you are a pilgrim, the best time to visit would be during the Kanwar Mela in July and Diwali in October.

#### OTHER PLACES TO VISIT:

Ganga Aarti in Hardwar  
Har Ki Pauri  
Bara Bazar  
Vishnu Ghat  
Pawan Dham  
Chilla Wildlife Sanctuary

Haridwar also acts as the base destination for some of the other tourist towns of Rishikesh and Devprayag as Hardwar is well connected by trains and roads. Apart from the religious angle, Haridwar is also now developing as a multifaceted cultural and spiritual centre. It's also known for its food and some of the must-try dishes include kachoris at Kashyap Kachoriwala and the aloo puri at Mohanji Puriwale.

### "LAND OF HIS HOLINESS THE DALAI LAMA - LITTLE LHASA"



#### MCLEODGANJ TOURISM:

McLeodganj is a hill station near Dharamshala, popular among trekkers. Located in Kangra district, McLeodganj's culture is a beautiful blend of Tibetan with some British influence.

Also known as Little Lhasa and famous around the world for being home to the Tibetan spiritual leader Dalai Lama, McLeod Ganj is a beautiful town situated near upper Dharamshala.

#### Places To Visit In McLeodganj :

Bhagsu Falls.

Namgyal Monastery.

Tsuglagkhang Complex.

Triund

Bhagsunag Temple.

#### What is the best time to visit McLeodganj:

The best time to visit McLeod Ganj is between October and February, i.e. the winter season and between March and June, i.e. the summer season. The region experiences pleasant summers with the temperatures hovering around 25°C and cold and chilly winters with the temperature between -1°C and 9°C. Monsoons are not quite recommended as the region receives heavy downpour annually. It is best to avoid July and August due to the heavy rainfall.

#### Food of McLeodganj:

Dominated by a variety of authentic Tibetan cuisine, dotted with bakeries selling indulges at minimal prices, a Lebanese surprise, a delicious dash of Italian food, a rather French brunch and a pampered North-Indian meal with Parathas and Tandoori delicacies are what make McLeodganj an almost surprising paradise for those who live to eat. The almost staple influence of Tibetan cuisine over the food here will offer you a variety of Momos, Thukpa, Tingmo, Bakleb (a Tibetan version of 'Samosas'). Another speciality of this place is honey ginger lemon tea, which is a very refreshing drink. Do relish and maybe even take home treasures like lemon tarts, cakes, chocolate mousse and pancakes. Also, the city provides some of the finest and most delicious Italian delicacies. Other than these; there are lots to savour from the typical North-Indian platters, Chinese, Japanese and continental cuisines available here.

Rhea Devadiga

(Newscaster)

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

## SPORTS

## LA LIGA: MESSI FIRES ANXIOUS BARCA TO VICTORY OVER LEVANTE



Lionel Messi dragged a nervous Barcelona to a 1-0 win at home to Levante in La Liga on Sunday to cool tensions after a chaotic week at the Catalan club. Barca had dominated the game but failed to keep their composure in front of goal until Messi latched on to a through ball from Frenkie de Jong and thumped it in off the far post in the 76th minute.

The Argentine punched the air more in relief than celebration, having fired blanks in Barca's recent painful defeats by Cadiz and Juventus. Barca were still made to sweat to gain all three points, surviving a late VAR review for a possible handball against Samuel Umtiti plus a last-gasp volley from Levante player Son which landed in the hands of keeper Marc-Andre ter Stegen.

The win lifted Barca up to eighth in the standings on 17 points after 11 games, closing the gap with leaders Real Sociedad and second-placed Atletico Madrid to nine points.

"We always find it hard against Levante as they work so hard, they have a deep squad but we played well, we were better defensively than in recent weeks and we created many chances," said Barca left back Jordi Alba. "Luckily we were able to take one of them and got the three points. You have to give credit to the team as every player stood tall today."

**Gayatri Kelkar**  
(Newscaster)

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

HOCKEY INDIA PLANS FOREIGN  
CAMPS FOR MEN AND WOMEN  
TEAMS

The Indian hockey teams last played competitive matches in February 2020 - the men in the Pro League and the women on a tour of New Zealand. They teams are likely to take field for an official match after a hiatus over more than a year.

The Asian Champions Trophy in March 2021 will be their first official engagement after the Covid-19 pandemic but to prepare for the Continental event, the teams are also likely to travel abroad for a month-long camp and practice matches. The dates and schedule of the two camps will be finalised soon, a hockey India source said.

The freeze in sports activities due to the Covid-19 pandemic has thrown a spanner in the wheel for Indian hockey teams, leaving the players confined to camps in Bengaluru, prepare for the Tokyo Olympic Games, which will now be held from July 23-August 8, 2021.

To make up for the lack of match rhythm, the respective team managements have prepared an ambitious month-long camp abroad during which they will also play practice matches with local outfits and teams gearing up for the Pro League.

On the recommendation of the team management, Hockey India has sent proposals to the Sports Authority of India (SAI) for a camp in Argentina for the women's team and in South Africa/Argentina for the men.

"The proposals have been received and are being evaluated," a SAI source told Hindustan Times.

With the proposal pending at SAI headquarters, Hockey India is on tenterhooks as a similar plan for a tour abroad for both teams in October-November had to be shelved due to Covid-19 travel restrictions.

As sports activities have not yet started in most of the country, inviting foreign teams to India for matches does not seem feasible and thus the teams have to travel abroad, the source said.

**Gayatri Kelkar**  
(Newscaster)

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

## SOCIAL ISSUES

## SHAKTI ACT” – LIFE TERM FOR CRIMES AGAINST WOMEN AND CHILDREN



In a bid to curb heinous crimes against women and children in Maharashtra, the state cabinet on Wednesday approved a draft bill that has provisions for stern punishment, including death penalty, life sentence, and hefty fines, for the perpetrators, and also speedy trial.

Here are some key provisions

- It provides for completing probe in a case within 15 days and trial within 30 days
- It proposes stringent punishment including death penalty and heavy fines for the culprits
- Special police teams and separate courts will be set up for investigation and trial of cases against women and children
- The perpetrators if found guilty will be punished with imprisonment for life for not less than ten years but may extend to the remainder of natural life or with death in cases which have characteristics of being heinous in nature
- A sum of Rs 10 lakh will be given to an acid attack victim for plastic surgery and facial reconstruction and the amount will be collected as fine from the convict

The Shakti Act is modelled with the reference to Andhra Pradesh's Disha Act, which was initiated last year to curb crime against women and children.

The government is hoping to build a strong team to prohibit the crimes and provide a safer society for women. In this process, the government suggests vital steps for collaborative efforts to bring down the violence against happening on a daily basis in Maharashtra.

**Aakanksha Vadvalkar**  
(Newscaster)

Ref: <https://www.ndtv.com/india-news/shakti-act-maharashtra-cabinet-clears-draft-bills-with-death-penalty-for-crimes-against-women-2336606>

## COVID-19 AFTERMATH



Dr Jalil Parkar has treated more than 1400 Covid-19 patients since march 11. By early June, by which he had seen some 200 critical COVID-19 cases at Mumbai's Lilavati hospital, where he is a senior pulmonologist, he thought he knew everything about the virus.

But when he was diagnosed, the 62-year-old realised he had underestimated the virus. A diabetic, Parkar Said that after being discharged, he would often lose track of what he was doing. Besides, he lived with an inexplicable fear.

In India, there are 4.89 lakhs active COVID-19 cases, 8 million of whom have recovered. Doctors say many of them have been returning with complaints of fatigue, headache, insomnia, body pain, lack of appetite, sore throat, diarrhoea, also mental issues. There is increasing evidences that Covid-19 can lead to anxiety, depression, psychosis, insomnia and memory fogs. Lack of socialising due to quarantine, forced isolation has increased the sense of loneliness.

Dr Rajesh Parikh, director of medical research at Mumbai's Jaslok Hospital, co-author of the book corona virus- what you need to know about the global pandemic, says "we are seeing three categories of patients: first, where the coronavirus directly affects the brain; second of people with existing mental health problems and third, where mental health issues are a result of complications caused by the infection".

"Because the virus can get direct access to brain through the olfactory nerve, many patients have loss of smell. But in some cases, mental disturbance could be the first signs of infection, even before loss of smell, taste or fever," Parikh says.

For now, doctors say they don't know how long it will take for Covid-19 patients to recover fully, including from mental illness, expect that most of them will need some kind of support.

**Sanchita Sutar**  
(Newscaster)

Ref- [theindianexpress.com](https://theindianexpress.com)

**STUDENT'S SECTION**

**FUN FACTS:**

- An ostrich eye is bigger than his brain.
- One human hair can support ounces.
- It's impossible for most of the people to lick their elbow. Try it.
- If you sneeze hard, you can break a rib.
- Almost are the parts of the peach family.

Sahil singarkar  
(New caster)  
Ref: [xooloo.com](http://xooloo.com)

**RIDDLES:**

- On Christmas eve, when Santa leaves his workshop on the north pole, what direction does he travel?
- When my father was 31 I was 8 Now he is twice as old as me. How old am I?
- Lighter than what I am made of, More of me is hidden Than is seen. What am I?
- You live in a one story house made entirely of redwood. What color would the stairs be?
- Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
- What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?
- I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
- What runs around the whole yard without moving?
- What can you catch but never throw?
- Who is that with a neck and no head, two arms and no hands? What is it?

Sahil singarkar  
(Newscaster)  
Ref: [www.riddles.com](http://www.riddles.com)

**CLIMATE WORD SEARCH**

W D R H R E H T A E W N U E C R N T E W  
S I N W I N T E R R O O T P T W U V Y G  
U U U N L T O N M U T U A I D A I H V I  
M R N I O T I D E N W Z P I R S M N G D  
M N P O N N O L E N A C I R R U H I D O  
E A R M G R F L O O D I N G N Z Z G L Y  
R L E A I E E G A T N E C R E P N I A C  
P F C P T T T R V R L D Y O Y I D T M Z  
Y O I P U T S T W A R V A G R H C V S L  
M Z P N D A P H M O E G O P Y P F H M P  
W O I O E P H R U A R L S T O R N A D O  
E N T O M A O G O E O S T I T N O R F T  
R E A S R N H A E R W I Y T I D I M U H  
U I T N R T N N O C O N V E C T I O N S  
S O I O H O H E M F O R E C A S T F Y T  
S E O M M O T Z A R I D V R L F G L A O  
E C N A U E W L N C N O I T C I D E R P  
R I L S M L P E R U T A R E P M E T U L  
P Y E E D U T I T A L R D S O E U D I A  
W W S H I W O L Y S E A S O N S W A R C

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

**WORDS**

- ANOMALY
- ARID
- AUTUMN
- CLIMATE
- CONVECTION
- DIURNAL
- DROUGHT
- FLOODING
- FORECAST
- FRONT
- GREENHOUSE
- HUMIDITY
- HURRICANE
- LATITUDE
- LONGITUDE
- LOW
- MAP
- METEOROLOGY
- MONSOON
- NORMAL
- OZONE
- PATTERN
- PERCENTAGE
- PRECIPITATION
- PREDICTION
- PRESSURE
- SEASONS
- SPRING
- SUMMER
- TEMPERATURE
- TIDE
- TORNADO
- WEATHER
- WET
- WINDY
- WINTER

**ART BY STUDENT**



Nikita Singh  
TYBMS

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