

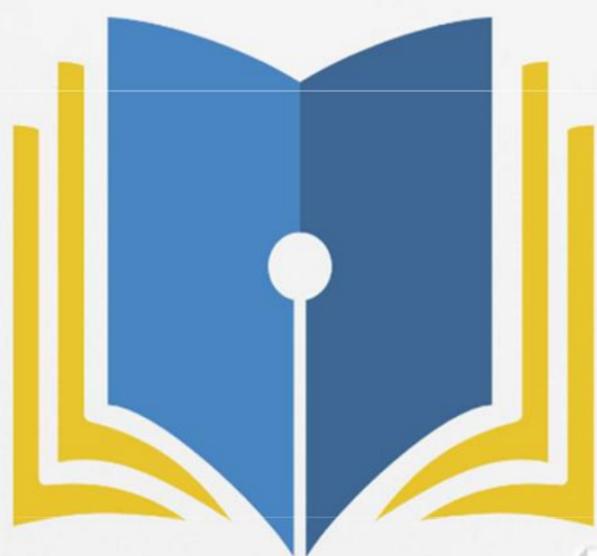


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WEEKEND CHRONICLE

WINDOW TO YOUR
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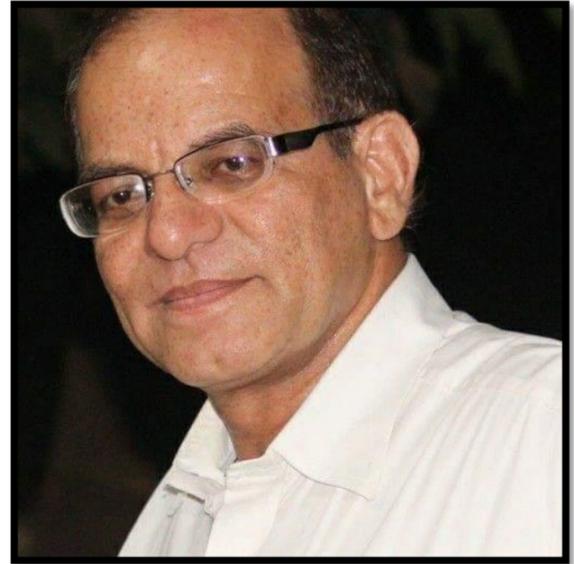
A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

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**Outlook 2021: 5 key small business trends to help revive, regain momentum in the post-Covid year**

Ease of Doing Business for MSME: In the past few years, India has seen an emergence of startups and unique confidence in ideation from entrepreneurs. In the 2019 GoDaddy Global Entrepreneurship Survey, Indian entrepreneurs were the most optimistic globally about growing their business by at least 50 per cent in the next three to five years. However, with the chaos and breakdowns unleashed by the pandemic this year, the future now seems unpredictable. The pandemic has forced many small business owners to run their businesses in a more lean and efficient manner, leading to a permanent shift in their operating landscape and increasing the demand for digital adoption. Additionally, the increase in the number of technology-driven customers, due to the restrictions, has led to an urgency for businesses to have an online presence and strategy.

Going forward, small businesses will have to develop a new set of skills along with the ability to be more robust, swift, and flexible to face uncertainties that may come their way. The state of the e-commerce industry will see a boom in the coming year, with small businesses focusing on online websites that enable them to sell on social channels. This will require small business owners to create flexible strategies and adopt new digital tools to design and drive new processes, all aimed at helping their business recover and grow.

Outlook for 2021

Despite an unprecedented year in terms of changes and challenges, small businesses in the country are working hard to regain their momentum and get back on track for 2021. According to GoDaddy's 2020 Global Entrepreneurship Survey, more than 60 percent of Indian small businesses surveyed are confident that their business will continue running, despite the slowdown and negative impact brought on by the pandemic. Persistence and recovery in the post COVID world are definitely possible, but preparation is critical. Embracing the new normal, accepting the shift in consumer behaviors, and adapting to new online models are all vital aspects of such preparation. Following are some trends to monitor as we head into 2021:

Accelerating digital adoption

The pandemic has given birth to the second wave of e-commerce adoption. According to a report by Forbes, people are already spending more time online than ever before, and internet usage has surged by 50-70 per cent. With consumers continuing to practice social distancing, businesses have seen an increase in digital transactions and are revamping their models to find different avenues to reach their customers. India will witness further cycles of rapid technology adoption and onboarding of businesses on e-commerce platforms, with a focus on the direct-to-consumer approach to selling online. The adoption of digitalization will be key to transforming small businesses to be more competitive and resilient in the future.

Dependence on Government Initiatives

Small businesses have long been recognized as an essential source of employment, and as being vital for the Indian economy as a whole. Government initiatives like Start-Up India, Make in India, and Vocal for Local have all incentivized existing small businesses as well as upcoming entrepreneurs. The government also recently announced the extension of the Emergency Credit Line Guarantee Scheme (ECLGS) for MSMEs, businesses, MUDRA borrowers, and individuals (loans for business purposes), up to March 31, 2021. Such government initiatives give many small businesses in the country the critical opportunity to grow and revive themselves. Prime Minister Narendra Modi has consistently reiterated India's vision to push for local production and domestic manufacturing with a focus on exports. We foresee the trade industry to remain export-driven and present various opportunities for micro and small businesses at every step of the way. By doing this, the government is not only encouraging manufacturing and selling of products 'made in India' by small businesses but also inspiring them to establish their presence online to sell, widen their customer reach and grow their businesses further.

Financial Planning

One of the key challenges during the pandemic was businesses' financial ability to last the lean months until lockdowns opened. Strong business foundations have now become crucial for survival in these challenging times. While many parts of the economy have started reviving, many businesses are still struggling for financial aid and survival. Going forward small business' savings and planning for the future will be a key to success. Entrepreneurs need to learn to shore up savings to be able to stay in business even during emergencies. Quarterly financial health checks can help them meet their growth ambitions and optimize their working capital.

New Age Marketing Tools

Along with adopting digital tools and processes, businesses need to adapt to the newer ways of reaching existing and new customers. The internet takes away traditional boundaries of time and place of customer engagement, and businesses should use this to shape their online presence. While COVID-19 pushed traditional businesses to create an online presence, they need to learn how to grow their online presence by staying active and engaged online. Having a business website along with a social media presence can be a very powerful combination of tools to help expand their reach.

Venturing into new verticals

Out of the box ideas and venturing into untapped and niche sectors will be key for emerging entrepreneurs and small businesses. According to a recent study by NASSCOM, three-fourths of business-to-business startups are developing new products and trying new verticals. In the new normal environment, many small businesses may pivot to new directions such as education, technology services, FinTech, and more. With this pandemic, many businesses have realized that it is important to add new verticals to their business to help sustain for the long run.

The chaos may have simmered down, but we can expect to feel its effects for some more time. Small businesses need to maintain a positive outlook and remain hopeful about reviving their business or kick-starting things again, if need be. By leading the way, innovating, remaining agile, and adapting to emerging trends, small business owners can stay ahead of the disruption. With more government initiatives, seed investments, and a positive outlook, businesses can be positioned to flourish in ways not seen before.

Rohan Mane
(NEWSCASTER)
Ref: www.livemint.com

ADVERTIMENT**BEARDO SHOWCASES STYLE, PERSONALITY OF MEN IN NEW CAMPAIGN WITH HRITHIK ROSHAN.**

Men's grooming brand, Beardo has launched their new digital campaign 'Arrival of Don Beardo' featuring the Bollywood actor Hrithik Roshan.

The 45-second film highlights the characteristics of a true Beardo - impeccable style and confident personality. Each aspirational quality has been naturally embraced by the actor in his persona, both on-screen and off it. The campaign's opening line - "Want to play God?" sets the tone for what men can expect when they groom with Beardo.

The vision behind the campaign is to inspire men to hone their irresistibility by unleashing the Beardo within.

Sujot Malhotra, chief executive officer, Beardo, said, "Conceptualising Don Beardo's character was a very personal journey for us. In simple words Don Beardo is a man; every man wants to be. Casting Hrithik in this campaign was a conscious decision as we felt he could imbibe all these qualities and portray them effortlessly on screen - and we are overwhelmed by the results. We at Beardo are committed to celebrating men's attractiveness & style. with the Arrival of Don Beardo, we make visualising it a real possibility."

Kshitija Chavan
(NEWSCASTER)

Ref: brandequity.economictimes.indiatimes.com

PAMPERS NEW AD FILM CHAMPIONS FOR EQUAL PARENTING.

Pampers has released an ad film, focusing the spotlight on how 'It Takes 2' for a baby's wholesome development. The brand is reinforcing the importance of a father's active involvement in the parenting journey and the impact it had on a baby's well being. It aims to drive a movement through multiple touch-points to Spark a positive change and highlight equal parenting as a force to be reckoned with.

Part of the campaign, the ad film takes viewers on a journey emotional moments before a man becomes a papa- right from the taking his wife to the hospital, to the doctor sharing the happy news. Re-writing the narrative in an effort to encourage moms and dads all over the nation to parent equally, the camping is seeded with a moment of realisation stressing the fact that while raising a baby is a beautiful journey, the involvement of both parents is important.

Bhakti Mhatre
(NEWSCASTER)

Ref: ETBrandEquity.com

LAY'S UNVEILS # YEWAALAYAADRAHEGA CAMPAIGN FOR TWO NEW FLAVORS.

Potato chip brand Lay's has launched a new television commercial for the two new limited-time flavours, Lay's Herby Crush and Lay's Cheesy Love. With this, Lay's aims to make the new variants 'an affair to remember' for fans across the country through the #YeWalaYaadRahega campaign

These new variants have been launched in the run up to Valentine's Day 2021. Conceptualised by Wunderman Thompson, the TVC features Lay's brand ambassadors, Ranbir Kapoor and Alia Bhatt. Set against a relatable backdrop, the film features the two celebrities engaging in a fun, romantic banter with one another. Their repartee is characterised by poetic quips for one another, playfully disguised as witty remarks about the new Lay's flavours.

"Fun moments with dear ones always add an element of joy to our lives, and when accompanied with the new Lay's Herby Crush and Cheesy Love flavours, the experience becomes even more memorable. I had a blast shooting for the film, and I'm certain that this new launch will be a #YeWalaYaadRahega moment for fans and consumers this Valentine's Day," Bhatt added.



Sakshi Jadhav
(NEWSCASTER)

Ref: brandequity.economictimes.indiatimes.com

INFORMATION & TECHNOLOGY

CALL OF DUTY: MOBILE'S UPCOMING BURST AR IS CALLED FR .556



Activision revealed the new burst assault rifle set to arrive in Call of Duty: Mobile's 2021 season one yesterday. Named the FR .556, it will become the second burst AR in the mobile game. CoD: Mobile's upcoming season is called season one instead of 14 as the devs have reset the seasonal count. Activision said that it did this to keep the seasonal count simple. COD: Mobile's season one 2021 called new order. Here are the basic stats of the rifle. These can be changed through the different attachments available in Gunsmith: Damage: 41 Accuracy: 60 Range: 60 Fire Rate: 65 Mobility: 77 Control: 55

It will release with the upcoming season one on Jan. 26 and will be available through the battle pass. Activision has confirmed that the weapon will be available in tier 21 of the free battle pass for all players. A blueprint version can also be unlocked at tier 50 of the premium pass.

Other than the FR .556, another weapon will also be dropping into CoD: Mobile in New Order. It could be a marksman rifle and will be unlockable through a seasonal mission. A new mode and map are also coming to the mobile game.

-Ajay Lovekar

(NEWSCASTER)

Ref: dotesports.com

NOKIA 1.4, NOKIA 6.3 AND NOKIA 7.3 RUMUORED TO LAUNCH IN Q1 OR Q2 2021 – WHAT WE KNOW



Nokia is reported to launch three smartphones in the first quarter or early second quarter of 2021. The three smartphones that the Finnish smartphone maker is reported to unveil are the Nokia 1.4, Nokia 6.3, and the Nokia 7.3. All three of these smartphones have surfaced in rumours and reports in the past, with the Nokia 1.4 being a new entrant in the rumour mill. The Nokia 6.3 and the Nokia 7.4 were previously expected to release in Q3 2020 and it is also being rumored that the smartphones may be called the Nokia 6.4 and the Nokia 7.4 upon launch. According to a report in NokiaPowerUser, a website that keeps a track of Nokia developments, the Nokia 1.4 may launch in February this year. The Nokia 6.3 and Nokia 7.3, on the other hand, may launch sometime in the first quarter or early in the second quarter of 2021.

Recently, a report in MySmartPrice had said that the Nokia 1.4 may come with a 6.51-inch HD+ LCD display, and may be powered by a quad-core processor (unspecified), which will be paired with 1GB of RAM and 16GB of internal storage, along with a dual rear camera setup. The Nokia 1.4 has been reported to be a budget offering and may be priced under EUR 100 (roughly Rs 9,000). The Nokia 6.3 has previously been reported to feature a Qualcomm Snapdragon 730 SoC and a 24-megapixel camera. The Nokia 7.3, on the other hand, has been said to come with a 6.5-inch full-HD+ display with a Qualcomm Snapdragon 690 SoC. The Nokia 7.3 could come with a 48-megapixel primary camera and a 24-megapixel front snapper, according to previous reports. While the three Nokia phones have been rumored on multiple times in the past, there is no official information from Nokia or its parent HMD Global.

- Ajay Lovekar

(NEWSCASTER)

Ref: www.news18.com

SCIENCE & SPACE

4 TECHNOLOGICAL ADVANCEMENTS IN MEDICINE

It's impossible to predict what will happen in the future, but with technology, you might get a glimpse of it. With innovations in technology, the medical industry has made great advances that have benefited patients and health care providers alike. These are just a few of the ways that technology has changed the world of medicine.

Telemedicine Platforms



Many customers prefer digital health solutions since the solutions allow them to get the care they need from their homes. Telehealth is one example of a technology that lets you use your device for medical care. One example of this is personalized apps that let you speak with doctors and get advice. Another example of telehealth is the ability to get a medical marijuana card in states like Ohio. If you have a qualifying condition, you may find that using cannabis is an effective way of managing your symptoms. And it only takes minutes to get your medical marijuana card in Ohio. You will only be billed once you're approved, and the process is easy and quick. Telehealth is perfect for patients managing chronic or degenerative conditions. The technology allows them to get convenient and quick care, especially if they don't feel well enough to leave their home for an appointment. Another advantage is that the care received is often cost-effective since it also saves the health care provider time and money.

Wearable Health Devices



Today, people use phones and other smart devices to track their sleeping patterns, the number of steps walked in a day, and their physical fitness levels. Devices might remind them when to exercise or how to create a healthy meal. Wearable technology allows people to try to combat illnesses such as heart disease or diabetes. Some companies have created tools such as ECGs, which can monitor heart rhythms. These tools might be able to look for heart conditions that could cause issues later.

Virtual Reality



This technology has been around for a while, but it has recently been used by medical students to get experience. The technology allows students to gain a better understanding of the way the human body works. It also allows them to rehearse certain procedures. The devices might be used for patients as well to help diagnose them and create a treatment plan. A virtual reality device might help prepare a patient for an upcoming procedure, and after the procedure, the device can be used to aid in recovery and rehabilitation.

3D Printing



Today's 3D printers can do more than they could in the past. They might be able to create joints or implants to be placed in surgery. Because they are personalized, they can be designed to match the patient's measurements exactly. The result is improved mobility and comfort after the procedure. 3D printers can be used to create long-lasting replacements, but they can also create soluble substances. For example, some companies are using this technology to create pills that combine several types of medications. This allows patients to better monitor and organize their medications.

-NESICA DSOUZA
(NEWSCASTER)

Ref: www.techzone360.com

NATURE**CLIMATE CHANGE WILL ALTER THE POSITION OF THE EARTH'S TROPICAL RAIN BELT**

In a study published today in *Nature Climate Change*, the interdisciplinary team of environmental engineers, Earth system scientists and data science experts stressed that not all parts of the tropics will be affected equally. For instance, the rain belt will move north in parts of the Eastern Hemisphere but will move south in areas in the Western Hemisphere. According to the study, a northward shift of the tropical rain belt over the eastern Africa and the Indian Ocean will result in future increases of drought stress in southeastern Africa and Madagascar, in addition to intensified flooding in southern India. A southward creeping of the rain belt over the eastern Pacific Ocean and Atlantic Ocean will cause greater drought stress in Central America.

"Our work shows that climate change will cause the position of Earth's tropical rain belt to move in opposite directions in two longitudinal sectors that cover almost two thirds of the globe, a process that will have cascading effects on water availability and food production around the world," said lead author Antonios Mamalakis, who recently received a Ph.D. in civil & environmental engineering in the Henry Samueli School of Engineering at UCI and is currently a postdoctoral fellow in the Department of Atmospheric Science at Colorado State University. The team made the assessment by examining computer simulations from 27 state-of-the-art climate models and measuring the tropical rain belt's response to a future scenario in which greenhouse gas emissions continue to rise through the end of the current century. Mamalakis said the sweeping shift detected in his work was disguised in previous modelling studies that provided a global average of the influence of climate change on the tropical rain belt. Only by isolating the response in the Eastern and Western Hemisphere zones was his team able to highlight the drastic alterations to come over future decades.

Co-author James Randerson, UCI's Ralph J. & Carol M. Cicerone Chair in Earth System Science, explained that climate change causes the atmosphere to heat up by different amounts over Asia and the North Atlantic Ocean. "In Asia, projected reductions in aerosol emissions, glacier melting in the Himalayas and loss of snow cover in northern areas brought on by climate change will cause the atmosphere to heat up faster than in other regions," he said. "We know that the rain belt shifts toward this heating, and that its northward movement in the Eastern Hemisphere is consistent with these expected impacts of climate change."

He added that the weakening of the Gulf Stream current and deep-water formation in the North Atlantic is likely to have the opposite effect, causing a southward shift in the tropical rain belt across the Western Hemisphere. "The complexity of the Earth system is daunting, with dependencies and feedback loops across many processes and scales," said corresponding author Efi Foufoula-Georgiou, UCI Distinguished Professor of Civil & Environmental Engineering and the Henry Samueli Endowed Chair in Engineering. "This study combines the engineering approach of system's thinking with data analytics and climate science to reveal subtle and previously unrecognized manifestations of global warming on regional precipitation dynamics and extremes." Foufoula-Georgiou said that a next step is to translate those changes to impacts on the ground, in terms of flooding, droughts, infrastructure and ecosystem change to guide adaptation, policy and management.

Facts: A new study published in "*Nature Climate Change*" found that the climate change will cause the Earth's tropical rain belt to unevenly shift in areas that cover almost two-thirds of the world, potentially threatening environmental safety and food security for billions of people.

- Rishil Shetty
(NEWSCASTER)

Ref: www.livemint.com

RESEARCH

TEENAGE BEHAVIOUR DETERMINES PEOPLE'S HEALTH IN LATER LIFE, RESEARCH FINDS

Teenagers whose non-cognitive skills are poorly developed are more likely to suffer from health problems later in life, according to groundbreaking new research by a group of expert from The University of Manchester.

Rose Atkins of the University's Division of Population Health, Health Services Research & Primary Care - along with colleagues Alex Turner, Tarani Chandola and Matt Sutton - set out to investigate non-cognitive skills as they are one of the least explored determinants of health and well-being, despite the fact that evidence surrounding their importance is growing quickly.

These skills are conscientiousness - an aggregate of how hardworking, cautious, and rigid an adolescent is - and neuroticism - how worried, unhappy, and fearful an adolescent is.

The researchers used data on a cohort of individuals followed throughout their life, and carried out statistical analysis to study the relationship between adolescent non-cognitive skills and later-life health. The non-cognitive skills were reported by teachers, based on the behaviour of students at age 16.

The study found that individuals higher in adolescent conscientiousness cope better with stress in adulthood, and are at a lower risk of cardiovascular disease. In comparison, those higher in adolescent neuroticism have poorer health-related quality of life in adulthood, higher levels of physiological 'wear and tear', and are at a greater risk of cardiovascular disease. For most of these results, they find that effects are largest for individuals with poorer health in adulthood. The researchers conclude that policies to improve adolescent conscientiousness and reduce adolescent neuroticism would offer the most long-term health benefits to those with the poorest health.

"There is a growing body of evidence that suggests school-based interventions to improve these skills can have lasting positive effects on important life outcomes, such as educational attainment and health," said Rose. "Extracurricular activities and work experience have also been shown to improve these skills.

-Pooja Mishra

(NEWSCASTER)

Ref: www.manchester.ac.uk

A REVIEW OF ADOLESCENT PHYSIOLOGICAL DEVELOPMENT AND ITS RELATIONSHIP WITH HEALTH-RELATED BEHAVIOR

At any one time, there are one billion people worldwide who are in the second decade of their life, and 1.8 billion in the 10–24 age range.

Whilst a great deal of focus has been placed on healthy early years development, the adolescent years are also a unique period of opportunity: exposure to health-influencing behaviours such as alcohol consumption or cigarette smoking, may serve to establish patterns that have significant health consequences in later life.

Although there is often an emphasis on risk-taking and detrimental health behaviours during adolescence, these years also provide significant opportunities for behaviour to be shaped in positive ways that may improve longer term health outcomes. However, it is firstly important to understand the complex physiological changes that are taking place within the human body during this period and their relationship with health-related behaviour. Such knowledge can help to inform health policy and intervention development.

The aim of this study is to gain a comprehensive understanding of the relationship between physiological development and health-related behaviours in adolescence

-Pooja Mishra

(NEWSCASTER)

Ref: systematicreviewsjournal.biomedcentral.com

ACADEMICS

EDUCATION VS COVID-19



The single most important way to ensure that everybody can participate in the modern economy is to ensure that they have the skills that are demanded by the economy. Moreover, disadvantaged students would face an even larger loss, because their experiences over the past several months have been worse than those of more advantaged students. Sadly, the virus is pushing the schools to focus on ever smaller issues that will in the end not produce the change we need or the outcomes we desire.

Many schools appear to be largely treating the fall return primarily as a logistical problem. How do we ensure appropriate social distancing in the schools, with partial in-person and partial internet instruction, with disparities in availability of devices? They have focused more on surface problems and less on treating the fundamental problems of delivering quality education to a very needy population of students.

It has taught us that some people are better at dispersed education, and some are better at in-person deliver. We also know that some kids will come out of this lock down period better positioned for the next grade than others. The second policy imperative for the fall is aligning instruction to meet each student where he or she is. Instead of teaching to the average preparation, based on prior grade in school, it will become apparent that we must focus on true capacity, where students are placed at the learning level appropriate for them.

Variation in the quality of teachers on the one hand and variation in the preparation and needs of students on the other have long been recognized. Perhaps now we can focus strategically on the immediate needs of our students, particularly those most vulnerable to the instability of the schools. Doing it right now can lay the foundations for change that brings greater equity and opportunity, while doing it wrong will likely lead to more future protests because the disparities are real and big.

- Vishakha Gaikwad

(NEWSCASTER)

Ref: www.educationnext.org

THE WORLD'S FIRST SOLAR POWERED AIRPORT



More than 1,000 flights depart out of Cochin International Airport each week. The travel hub is the seventh busiest airport in India, handling more than 10 million passengers every year. Located in the southwestern coastal state of Kerala, it hosts 27 airlines and some three dozen shops and restaurants — and the whole thing runs on solar energy.

Cochin International became the world's first solar-powered airport in 2015, when it transformed a patch of land previously reserved for cargo handling into a 12-megawatt solar plant. This new energy source provides all the power the airport needs, and even generates surplus for the state grid. Cochin International has earned lots of press and distinction for its major investment in renewable power. Most recently, the UN gave the travel center its highest environmental honor: a Champion of the Earth award, specifically in entrepreneurial vision. But the solar switch wasn't just good for the planet — it was good for business, too.

“When we realised that our power bill is on the higher side, we contemplated possibilities,” VJ Kurian, managing director of the Cochin International Airport Limited, told Forbes India. “Then the idea of tapping the green power came in. We consume around 48,000 units (KWh) a day. So if we can produce the same, that too by adhering to the sustainable development model, we could send a message to the world.” They started small, installing 400 solar panels on a rooftop as a test pilot in 2013. When that mini solar site performed, they dedicated 45 acres on the property to a new energy hub. It would eventually contain more than 46,000 solar panels.

The project cost roughly 620 million rupees, or about \$9.3 million. But the airport expects to make its money back within the next four years since it's no longer paying for electricity. The emissions savings are equally enormous. The solar plant is expected to eliminate 300,000 metric tons of carbon, a sum that's the equivalent of planting three million trees. Now, Cochin International Airport is helping other travel centers do the same. Forbes India reports that it's signed an agreement to lend technical assistance to three airports in Ghana which are planning to build solar plants of their own. Engineers from Liberia have also sought their expertise, while multiple airports in India are following Cochin International's lead. India is an ideal spot for a solar boom, since the country enjoys about 300 sunny days a year. Prime Minister Narendra Modi has already seized on this opportunity to address the lack of power in rural areas. Thanks to combined extension of the national grid and installation of solar panels, all inhabited Indian villages gained access to electricity this April.

-Shaikh Ubedur Rehman

(NEWSCASTER)

Ref: Weforum.org

MEDIA

SOCIAL MEDIA MARKETING RESOURCES EVERYONE SHOULD READ



1. Stock and Flow=Robin Sloan’s big ideas, published back in 2010, still ring true for me and my marketing today. Here’s the idea of stock and flow in a nutshell:
Flow is the feed. It’s the posts and the tweets. It’s the stream of daily and sub-daily updates that remind people that you exist. Stock is the durable stuff. It’s the content you produce that’s as interesting in two months (or two years) as it is today. It’s what people discover via search. It’s what spreads slowly but surely, building fans over time.
2. White Bread vs. Wheat Bread Content =We’ve built this one into our content strategy a bit at Buffer. Written by Greg Ciotti (and based on an insight from Pamela Vaughn of Hubspot), the white bread / wheat bread concept works this way:White bread content is snackable, bite-sized, easy to consume.Wheat bread content solves problems, dives deep, and addresses issues.
3. 16 Explosive Content Promotion Strategies =Robbie Richards’s comprehensive page on promotion strategies is bound to have at least one you’ll find worth trying. Here are my three favorites: Snip.ly, social media timing, LinkedIn groups.
4. The Quickest Way to Feedback: Start With a Cupcake =The cupcake post is a great example of a simple idea, explained clearly and with immediate action.
5. Social Media Explained With Donuts -For those curious about the differences between social media networks, this graphic will set them straight.

- Akansha Bhardwaj
(NEWSCASTER)
Ref: buffer.com

WHY WE POST ON SOCIAL MEDIA?

People choose different material to post on different social media platforms. When people want to post pictures, they tend to pick Instagram. When they want to post short bits of text like jokes, they go to Twitter. So much goes into deciding what to post where, and that’s not even including the psychological factors that determine what gets posted and what doesn’t.

Psychological Motivations for Posting

Pinpointing exactly why people post is an impossible exercise. However, by understanding some significant social media behaviours, it becomes easier to grasp general motivations for posting.

A recent Medium article titled “The Psychology of Social Sharing” helped articulate the different tiers of posting motivations. While the writers for this article approached the psychology of posting on social media from a marketing perspective, they tapped into clear psychological incentives for sharing content. They even cleverly adapt noted psychologist Abraham Maslow’s hierarchy of human needs to reasons why people post and consume updates. They are:

1. **Physiological needs:** People sometimes post to benefit the health or well-being of their friends and family.
2. **Safety:** Physical, mental, and financial security are important for people when they choose to post some material on their social media.
3. **Love/belonging:** Users generally want to post to feel some kind of social acceptance from a group or a particular individual.
4. **Esteem:** People want to quell the rewards-oriented parts of their brains, which helps explain why people post “me-centric” content regularly.
5. **Self-actualization:** As the most important facet of the human needs hierarchy, this aspect of social media posting manifests when people share their successes – getting a new job, completing an arduous project, or graduating from school, to name a few examples.

The psychological world has only recently begun to confront the motivations for posting material on social media. An article titled “Why We Share: A Study of Motivations for Mobile Media Sharing” posed an actual experiment where respondents were asked to record their posting habits and corresponding feelings in a diary and then participate in post-study interviews. After monitoring the media sharing behaviour, the researchers found “that social and emotional influences played an important role in media sharing behaviour.”

Some researchers have looked toward the ways social media has affected the psychological development in children. The article “Growing Up Wired: Social Networking Sites and Adolescent Psychosocial Development” stated that some reasons people share is because they have been reared since childhood to post. The researchers said:

Overall, adolescents and young adults’ stated motivations for using (social networking sites) are quite similar to more traditional forms of communication – to stay in touch with friends, make plans, get to know people better, and present oneself to others.

Moreover, the researchers in the study explained that children and adolescents are beginning to have their identities shaped by posting on and engaging with social media.

One reason people post on social media, according to an article in the *Journal of Experimental Social Psychology*, is because social media sharing can link to positive social media feedback and self-esteem. More directly, the quest for likes or follows on social media heavily influences why people post. The positive attention some users receive for posting inspires more and more social sharing in many users.

In sum, people generally post from some kind of emotional position that seeks a response. Since the very nature of social media centres on communication, it makes sense that the primary motivation for posting comes from a psychological point to connect with others. But this constant quest for acceptance and exposure on social media can lead to major psychological problems for some.

.- Vedang Khopkar
(NEWSCASTER)
Ref: online.king.edu

ARTS & HISTORY

THE SHORTEST WAR IN HISTORY



The Anglo-Zanzibar War of 1896

The Anglo-Zanzibar War was a military conflict fought between the United Kingdom and the Zanzibar Sultanate on 27 August 1896. The conflict lasted between 38 and 45 minutes, marking it as the shortest recorded war in history. The immediate cause of the war was the death of the pro-British Sultan Hamad bin Thuwaini on 25 August 1896 and the subsequent succession of Sultan Khalid bin Barghash. The British authorities preferred Hamud bin Muhammed, who was more favourable to British interests, as sultan. In accordance with a treaty signed in 1886, a condition for accession to the sultanate was that the candidate obtain the permission of the British consul, and Khalid had not fulfilled this requirement. The British considered this a *casus belli* and sent an ultimatum to Khalid demanding that he order his forces to stand down and leave the palace. In response, Khalid called up his palace guard and barricaded himself inside the palace.

The ultimatum expired at 09:00 East Africa Time (EAT) on 27 August, by which time the British had gathered three cruisers, two gunboats, 150 marines and sailors, and 900 Zanzibaris in the harbour area. The Royal Navy contingent were under the command of Rear-Admiral Harry Rawson and the pro-Anglo Zanzibaris were commanded by Brigadier-General Lloyd Mathews of the Zanzibar army (who was also the First Minister of Zanzibar). Around 2,800 Zanzibaris defended the palace; most were recruited from the civilian population, but they also included the sultan's palace guard and several hundred of his servants and slaves. The defenders had several artillery pieces and machine guns, which were set in front of the palace sighted at the British ships. A bombardment, opened at 09:02, set the palace on fire and disabled the defending artillery. A small naval action took place, with the British sinking the Zanzibari royal yacht HHS Glasgow and two smaller vessels. Some shots were also fired ineffectually at the pro-British Zanzibari troops as they approached the palace. The flag at the palace was shot down and fire ceased at 09:46

- Swarangi Rane

(NEWSCASTER)

Ref: en.wikipedia.org

WAX SCULPTURE



A wax sculpture is a depiction made using a waxy substance. Often these are effigies, usually of a notable individual, but there are also death masks and scenes with many figures, mostly in relief.

The properties of beeswax make it an excellent medium for preparing figures and models, either by modeling or by casting in molds. It can easily be cut and shaped at room temperature, melts at a low temperature, mixes with any coloring matter, takes surface tints well, and its texture and consistency may be modified by the addition of earthy matters and oils or fats. When molten, it is highly responsive to impressions from a mold and, once it sets and hardens, its form is relatively resilient against ordinary temperature variations, even when it is cast in thin laminae. These properties have seen wax used for modelling since the Middle Ages and there is testimony for it having been used for making masks (particularly death masks) in ancient Rome. The death masks of illustrious ancestors would be displayed by the elite holding the right of "ius imaginem."

Today

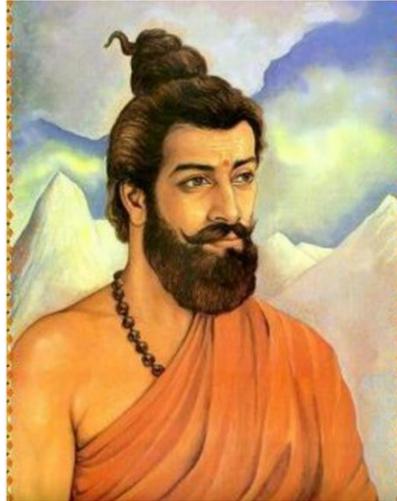
Wax-works, not intended as fine art, subsequently became popular attractions, consisting principally of images of historical or notorious personages, made up of waxen masks on lay figures in which sometimes mechanism is fitted to give motion to the figure. Such an exhibition of wax-works with mechanical motions was shown in Germany early in the eighteenth century.

The most famous modern waxwork exhibition is that of Madame Tussauds, where the technology of animatronics brings the wax figures to life.

- Swarangi Rane

(NEWSCASTER)

Ref: en.wikipedia.org

LIBRARY**KAPILA – THE FATHER OF INDIAN PHILOSOPHY**

Kapila was Vedic sage who is often identified as one of the founders of the system of Samkhya, one of six darshans (systems) of Indian philosophy. The Bhagavadgita (“Song of God”) depicts Kapila as a recluse associated with Yogic adepts (siddhas). Indeed, the Samkhya system attributed to him is closely associated with Yoga and forms a part of the philosophical background of the Gita. Hindu mythology regards Kapila as a descendant of Manu, the primal human being, and a grandson of the creator-god Brahma or as an avatar of the god Vishnu. An exemplar of Yogic stringency, Kapila is said to have produced an inner store of such intense heat (tapas) that he was capable of reducing to ashes the 60,000 sons of the Vedic king Sagara. Buddhist sources present him as a well-known philosopher whose students built the city of Kapilavastu, which was, according to one tradition, the birthplace of the Buddha.

Kapila or Maharishi Kapila is a Vedic sage (rishi) traditionally considered to be the original proponent of the Samkhya system of Indian philosophy. He is said to have lived in the Indian subcontinent, around the sixth or seventh century B.C.E. Though he is regarded as the founder of the Sāṅkhya philosophical tradition, the classic texts associated with Sāṅkhya are dated much later; the work traditionally ascribed to Kapila himself, the Sāṅkhya-sutra, cannot be dated earlier than 1380-1450 C.E. According to the oldest available Samkhya work, Isvarakrsna's Samkhya-karika (“Verses on Samkhya,” c. second century C.E.) Kapila taught his principles to Asuri, who taught them Pañcasikha.

Kapila is described within the Puranas as an incarnation of Vishnu, an avatar come to earth to restore the spiritual balance through his teachings. He is known for teaching a process of liberation known as bhakti yoga. Buddhist sources present Kapila as a well-known philosopher whose students built the city of Kapilavastu, according to one tradition the birthplace of the Buddha. Kapila shared many similarities with Buddha, including an emphasis on meditation as a technique for removing suffering, belief that the Vedic gods were subject to limitations and conditions, and dislike for ritual and Brahmanic doctrines.

Kapila stands outside the traditional group of Vedic saints and sages, as an Enlightened One. Unlike some of the other Indian philosophers, he is not the subject of numerous myths and legends, but does appear in Hindu literature in connection with a few miraculous events. He is regarded as one of the incarnations of Vishnu and is therefore an avatar, one who comes to earth to restore spiritual order through his teachings. His name, Kapila, means “the Red One,” and indicates an association with the sun.

~ Ayushman Pandey
(NEWSCASTER)
Ref: Wikipedia.com
newworldencyclopedia.com
vivekavani.com

FOOD & HEALTHCARE

HEALTH BENEFITS AND RISKS OF CHOCOLATE



The next time you eat a piece of chocolate, you may not have to feel so guilty about it. Despite its bad reputation for causing weight gain, a number of health benefits may be associated with this delicious treat. Chocolate is made from tropical *Theobroma cacao* tree seeds. Its earliest use dates back to the Olmec civilization in Mesoamerica. After the European discovery of the Americas, chocolate became very popular in the wider world, and its demand exploded.

Benefits

Chocolate receives a lot of bad press because of its high fat and sugar content. Its consumption has been associated with acne, obesity, high blood pressure, coronary artery disease, and diabetes

1) Cholesterol

One study, published in *The Journal of Nutrition*, suggests that chocolate consumption might help reduce low-density lipoprotein (LDL) cholesterol levels, also known as “bad cholesterol.”

2) Cognitive function

Scientists at Harvard Medical School have suggested that drinking two cups of hot chocolate a day could help keep the brain healthy and reduce memory decline in older people.

3) Heart disease

Research published in *The BMJ*, suggests that consuming chocolate could help lower the risk of developing heart disease by one-third.

Risks and precautions

1. **Weight gain:** Some studies suggest that chocolate consumption is linked to lower body mass index (BMI) and central body fat. However, chocolate can have a high calorie count due to its sugar and fat content.

2. **Sugar content:** The high sugar content of most chocolate can also be a cause of tooth content.

3. **Migraine risk:** Some people may experience an increase in migraines when eating chocolate regularly due to cocoa’s tyramine, histamine, and phenylalanine content. However, research is mixed.

- Ankana Mitra
(NEWSCASTER)

Ref: www.medicalnewstoday.com

IS SOYA BAD FOR YOUR HEALTH? HERE'S WHY YOU SHOULD HAVE IT SPARINGLY

In recent times soya has been much talked about and touted as the new big thing, especially for vegetarians. However, studies indicate that the health benefits of soya may have been greatly exaggerated, mostly by the soya industry itself. In fact, soya makes its way into almost all processed food because of its versatility. Also, soya is cheap and in abundance. It adds thickness, creaminess and bulk to processed food. Now healthy or not, that is a question I have set out to answer. Doctors agree that eating soya on a daily basis may create health issues. Whether in traditional forms like tofu and edamame or in more modern avatars such as soya milk. A study led by Loughborough University suggested a link between tofu consumption of only two servings per week and an increased risk of dementia in both men and women.



Well marketed soya may be rich in phytates or phytic acid, which blocks absorption of essential minerals like calcium, magnesium, copper, iron and zinc. Soya is also full of trypsin inhibitors. Trypsin is an enzyme that we need to digest protein. Trypsin inhibitors interfere in protein digestion and cause pancreatic disorders.

There is no need for alarm, though. Knowledge is a weapon and you should know all the facts before making dietary decisions.

- Diksha Singh
(NEWSCASTER)

Ref: food.ndtv.com

CULTURE & CUISINE**BIGGEST AND MOST EXCITING PARADES AROUND THE WORLD**

Everyone loves a grand celebration, so we have rounded up some of the world's greatest parades. Join thousands of people as you witness incredible floats, costumes, and entertainers take to the streets around the world as they bring smiles to residents and travellers alike. You can be sure to find a parade happening somewhere in the world no matter when you decide to travel. Before you choose your next parade holiday destination, be sure to march online to purchase comprehensive travel insurance from InsureandGo to make sure your celebrations aren't hindered by unforeseen adverse travel incidents.



Edinburgh's Torchlight Procession: Every year, Scotland rings in the New Year by celebrating Hogmanay. Included in the festivities is the world famous torchlight procession, where thousands of people carry wax torches to create a river of fire down the Royal Mile. The event culminates in a large fireworks display in front of Calton Hill. The parade takes place on December 30 in the evening and kicks off a series of events which begin the following day in the lead up to New Years. Enjoy concerts, a massive street party, and even a refreshing dip in the frigid waters of the River Forth.



India's Holi Festival: Marking the end of India's winter season and the victory of good over evil, the Holi Festival includes one of the world's most colourful parades. It is because of this that it also goes by the name "Festival of Colours". The streets become a playful battleground where people smear each other with coloured powder or are doused by coloured water from squirt guns or water balloons. There is music, dance, bonfires, and a lot of good food shared all across India. You should head to cities such as Mathura, Vrindavan, Mumbai, and Delhi for the biggest celebrations and remember to wear old clothes as they will most definitely become stained in a rainbow of colours. The festival takes place the day after March's full moon with the next scheduled to take place on March 21, 2019.



Macy's Thanksgiving Day Parade: We couldn't have a list of the best parades without mentioning the world's largest, the Macy's Thanksgiving Day Parade. In addition to it being the world's largest parade, it is also America's second oldest. Millions of people line the streets in New York to watch massive floats and balloons depicting all kinds of popular characters make their way through Manhattan. The parade takes place on November 23 to celebrate Thanksgiving, a day where Americans give thanks for their good fortune and get together with family to enjoy a turkey dinner feast. The holiday also officially kicks off the Christmas shopping season.



Sri Lanka's Esala Perahera: Considered to be one of Asia's most beautiful parades, the Esala Perahera takes place in Sri Lanka around July or August every year to honour the Sacred Tooth Relic. Those who possess the Relic are said to be able to rule the land and honouring the Relic along with the gods is said to bring good fortune. Join street performers, dancers, musicians, and elaborately decorated elephants as they take to the streets outside Buddhist temples for several days. The tradition is said to date back to the 3rd Century B.C. and will be celebrated from July 18-28 this year.

Mardi Gras in New Orleans: Mardi Gras consists of not a single parade but numerous parades that take place over about a two week period. A weekend visit to New Orleans will allow you to take in a number of popular parades that usually stick to the same schedule and streets each year. Join street-goers as they collect plastic strung beads, fake coins, and other inexpensive tokens which are tossed from the riders of incredibly massive and creative floats. The city of New Orleans can double in the lead up to Fat Tuesday, so it is wise to book your accommodation early. The excitement hits the iconic Bourbon Street as well as numerous others around Louisiana early next March.

Dublin's St. Patrick's Day Parade: No one throws a bigger party than the Irish and you can bet that the celebration of St. Patrick's Day in Dublin, Ireland is like no other. Although large St. Patrick's Day celebrations are held all over the world, Dublin manages to celebrate the holiday for nearly a week. More than simply a parade, you can expect to witness races, Celtic dance festivals, and carnivals as well. Follow an almost unbelievable amount of people as they cheer on the famous parade which runs from Parnell Square to St Patrick's Cathedral. You will enjoy all kinds of outrageous costumes, marching bands, and never ending entertainment. Don't miss out on this Irish public holiday when it returns next March with a new theme and loads of fun.

- Dhanashree Patil

(NEWSCASTER)

Ref: www.insureandgo.com.au

TRAVEL & TOURISM**'Yha nahi gaye toh UP kya ghume' - UTTAR PRADESH**

1. Agra-



It might sound odd that Agra overtakes Lucknow, the capital of Uttar Pradesh. It is no wonder, considering the fact that Agra is home to the world famous Taj Mahal. This ancient city has wonderful monuments making you awestruck by the sheer brilliance behind the construction.

2. Lucknow-



The capital of Uttar Pradesh and famously referred to as 'The city of Nawabs', Lucknow retains its ancient charm with such authority that you will find yourself in a different world. It was the capital of Nawabs of Awadh. The city enjoyed the generosity of the Nawabs and hence flourished in music, literature, arts and crafts.

3. Mathura-



It is considered the birthplace of Lord Krishna and hence it is one amongst the seven sacred cities for followers of Hinduism. This ancient town has a number of temples belonging to various ages. It was earlier a Buddhist center and was home to 20 monasteries before Hinduism rose to prominence.

- Shriya Chavan
(NEWSCASTER)

Ref: www.transindiatravels.com

**KANYAKUMARI: THE
SOUTHERNMOST TRIP**

The Indian peninsula, Kanyakumari is one of the best tourist places in Tamil Nadu. A simple search on places to visit in Kanyakumari gives you a long list of top tourist places here. It is indeed the reason why innumerable history buffs who love to delve deep into the rich history of Kanyakumari and also admire the architectural beauty of the various temples and monuments dotting this city, flock here.

1. Thiruvalluvar Statue – Tamil Literature Maestro in Stone

The imposing statue of the Tamil literary legend, Thiruvalluvar stands tall and mighty adjacent to the Vivekananda Rock Memorial. This architectural masterpiece has a 38-foot tall pedestal representing the 38 chapters on virtue in his literary work – Thirukkural – and the 133-foot tall statue represents the 133 chapters in this book. This is one of the most wonderful tourist places in Kanyakumari that also holds great historical and architectural significance.

2. Bharatmata Temple – Palatial Temple Housing Bharat Mata's Idol

Ramayan Darshan Temple or Bharat Mata Temple is an architectural and aesthetical wonder erected in Kanyakumari. The ground floor of this building is dedicated to the beautiful paintings of the Epic, Ramayana that is described chronologically along with a detailed description. In the first floor, there is a 12-foot-tall brass statue of Bharat Mata and paintings and statues of other deities including Devi Kanyakumari and Lord Vivekananda.

3. Thirparappu Falls – Impressive Waterfalls

Fifty-foot tall man-made waterfalls, Thirparappu Waterfalls located around 55kms from Kanyakumari is a worth a visit. The water collects in a small pool below and the public is allowed to bathe in the cool waters of this falls. The surrounding area is also built like a park where tourists can sit and relax, watching the falls. A cool getaway from the city centre.

- Mansi Jangle
(NEWSCASTER)

Ref: www.treebo.com

SPORTS

GILLI DANDA



Gilli Danda (also spelled Gulli-Danda) also known as Viti Dandu, Kitti-Pul and by other variations, is a sport originating from the Indian subcontinent, played in the rural areas and small towns all over South Asia as well as Cambodia, Turkey, South Africa, Italy, Poland, and in some Caribbean islands like Cuba.[1] The game is played with two sticks: a large one called a danda (Dandi in Nepali, Dandu/दांडू/ढांडू in Marathi, Kittipul/கிட்டிபுல் in Tamil and Kannada, കേടാൽ in Malayalam), which is used to hit a smaller one, the gilli (Biyo in Nepali, Viti/विटी in Marathi, kittikol/ கிட்டிகோல் in Tamil and Chinni/ಚಿನ್ನಿ in Kannada, കൂട്ടി in Malayalam).[1] Other than using a smaller target stick, rather than a ball, it bears many similarities to bat and ball games such as cricket and baseball. Gullidanda is an ancient sport, possibly with origins over 2500 years ago. Names Gillidanda is derived from ghaṭikā [ghaṭ a+ka], literally "tip-cat". An explanatory definition is given in the commentary as ghaṭikā is "a game played using two sticks: one long and the other short. It is played by hitting the shorter stick with the longer one." Ghaṭikā is still known to countries from the Indian subcontinent and south Asian countries like Bangladesh, India, SriLanka. In Bangladesh, it is known as ḍāṅguli khelā; while in Nepali, it is known as Dandi Biyo, which is a similar game. The longer stick in a ḍāṅguli khelā, should be about 1 1/2 m (0.46 m) and the shorter stick about 6 in (150 mm) There are certain rules for preparing the sticks and playing the game with them. RULES "Gillidanda" is played with two pieces of equipment – a danda, being a long wooden stick, and a gilli, a small oval-shaped piece of wood. It is played with four or more players of even numbers, or even 100 players. Standing in a small circle, the player balances the gilli on a stone in an inclined manner (somewhat like a see-saw) with one end of the gilli touching the ground while the other end is in the air. The player then uses the danda to hit the gilli at the raised end, which flips it into the air. While it is in the air, the player strikes the gilli, hitting it as far as possible. Having struck the gilli, the player is required to run and touch a pre-agreed point outside the circle before the gilli is retrieved by an opponent. There are no specific dimensions of gillidanda and it does not have limited number of players. The gilli becomes airborne after it is struck. If a fielder from the opposing team catches the gilli, the striker is out. If the gilli lands on the ground, the fielder closest to the gilli has one chance to hit the danda (which has to be placed on top of the circle used) with a throw (similar to a run out in cricket). If the fielder is successful, the striker is out; if not, the striker scores one point and gets another opportunity to strike. The team (or individual) with the most points wins the game. If the striker fails to hit the gilli in three tries, the striker is out (similar to a strikeout in baseball). After the gilli has been struck, the opposing players need to return to the circle or, in the best case, catch it in mid-air without its hitting the ground – this was believed to have later evolved into a Catch Out in cricket and baseball. Variations As an amateur youth sport, gilli danda has many regional variations. In some versions, the number of points a striker score depends on the distance the gilli falls from the striking point. The distance is measured in terms of the length of the danda, or in some cases the length of the gilli. Scoring also depends on how many times the gilli was hit in the air in one strike. If it travels a certain distance with two mid-air strikes, the total points are doubled. If the gilli is not struck far enough the player has to pick it up and try again. Shobhit Maurya is world champion of gilli danda at present with several world records in his name. The UNESCO Advisory committee and the International Council of Traditional Sports and Games (ICTSG) are keen to revive and promote all such traditional sports which are almost dying in the World.

Prachi Chaudhari
(NEWSCASTER)

Ref: wikipedia.org

SOCIAL ISSUES**SMALL STEPS WHICH CAN MAKE A HUGE DIFFERENCE.**

From doing laundry to preparing meals — every day measures to help protect your family.

Can you catch the coronavirus disease (COVID-19) from food? How should I do laundry now? Mundane household tasks have turned into a source of uncertainty and anxiety as families grapple with getting the basics done all while keeping their loved ones safe and healthy. Widespread misinformation about the virus puts everyone at risk and adds to the stress of having to filter fact from fiction.

While research into the COVID-19 virus is ongoing, we know the virus is spread mainly when respiratory droplets of an infected person (generated through coughing, sneezing, talking, singing) get into the mouth, nose or eyes of people who are nearby. The good news? Simple disinfectants can kill it. Now what does this mean for your home?

To give parents a helping hand, we compiled the latest expert information on what is known about COVID-19 and tips to help keep it out of your home.

- Simple hygiene measures can help protect your family's health and everyone else's.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with your elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.
- Maintain a distance of at least 1 meter (3 feet) from people outside your household.
- If COVID-19 is widespread in your area, a fabric mask should be worn in all public settings where it is difficult to keep a physical distance from others.
- Wash your hands.

Yes, you're hearing it everywhere, because it's the best line of defence. Wash hands frequently with soap and water for at least 20-30 seconds.

Cleaning around the home

Cleaning and disinfecting high-touch surfaces in your home regularly is an important precaution to lower the risk of infection. Follow cleaning product instructions for safe and effective use, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation.

If a surface is dirty, first clean it with soap or detergent and water. Then use a disinfectant product containing alcohol (of around 70 per cent) or bleach. Vinegar and other natural products are not recommended.

- Clean bed sheets, towels and clothes regularly.
- Don't shake dirty laundry to minimize the possibility of dispersing the virus through the air.
- Launder items with soap or detergent, using the warmest appropriate water setting and dry items completely — both steps help to kill the virus.

Laundry outside home.

If you need to use laundry facilities outside of your home, take sensible precautions:

- Prepare laundry before leaving your home to help minimize the amount of time you spend outside.
- Try to go at a time when there are fewer people.
- Wear disposable gloves if available, disinfect the surfaces of all machines you use and don't touch your face.

Handling and preparing food

While at present there is no evidence of people catching the COVID-19 virus from food or food packaging, it may be possible that people can become infected by touching a surface or object contaminated by the virus and then touching their face.

The greater risk comes from being in close contact with other people while outside food shopping or receiving a food delivery (as receiving any delivery in areas with local transmission). So it's important to keep a distance of at least 1 meter from others, wear a fabric mask in public settings, and frequently wash your hands. As always, good hygiene is important when handling food to prevent any food-borne illnesses.

-Sadashiv Shringare.
(NEWSCASTER)
Ref: www.nicef.org

STUDENT'S SECTION

RIDDLES

1. What has no body and no nose?
2. What number is that, which, added separately to 100 and 164, shall make them perfect squares?
3. How do you make the number 7 even without addition, subtraction, multiplication, or division?
4. The more you take, the more you leave behind. What am I?
5. What has a head, a tail, is brown, and has no legs?
6. David's father has three sons: Snap, Crackle, and _____?
7. What runs around the whole yard without moving?
8. What can you catch but never throw?
9. Who is that with a neck and no head, two arms and no hands? What is it?
10. What belongs to you, but other people use it more than you?

- Sahil Singarkar
(NEWSCASTER)
Ref : riddles.com

FUN FACTS

1. The hashtag symbol is technically called an octothorpe.
2. The 100 folds in a chef's hat represent 100 ways to cook an egg.
3. The longest wedding veil was longer than 63 football fields.
4. Some cats are allergic to people.
5. The unicorn is the national animal of Scotland.

- Sahil Singarkar
(NEWSCASTER)
Ref: <http://jagranjosh.com>

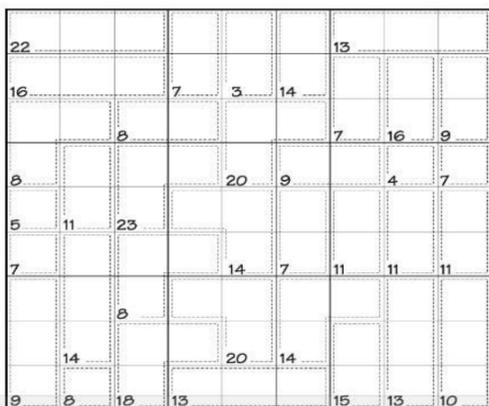
WHAT WILL BE NEXT NUMBER?

- A> 1, 3, 5, 7, 9, ?
- B> 1, 4, 3, 6, 5, 8, 7, ?
- C> 1, 2, 4, 8, 16, ?
- D> 1, 3, 9, 27, 81, ?
- E> 90, 85, 75, 60, ?
- F> 76, 65, 54, 43, 32, ?

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

Puzzle

208. This next puzzle is called **Killer Sudoku**. The rules for **Killer Sudoku** are simple. The rules for regular **Sudoku** apply, with one additional rule: The sum of the cells in a cage (a group of cells surrounded by a dashed line) must equal the total given for the cage. Each digit in the cage must be unique.



- Sarthak Patil
(NEWSCASTER)

Ref: www.solvehesudoku.com

WORD SEARCH

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

- | | | |
|--------------------|----------------|-----------------|
| ATP | autotroph | Calvin cycle |
| carbohydrate | carbon dioxide | carotenoid |
| chlorophyll | chloroplast | coenzyme |
| electron transport | endosymbiosis | glucose |
| granum | guard cells | light reactions |
| lumen | NADPH | oxidation |

Sarthak Patil
(NEWSCASTER)

Ref: www.thoughtco.in

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