

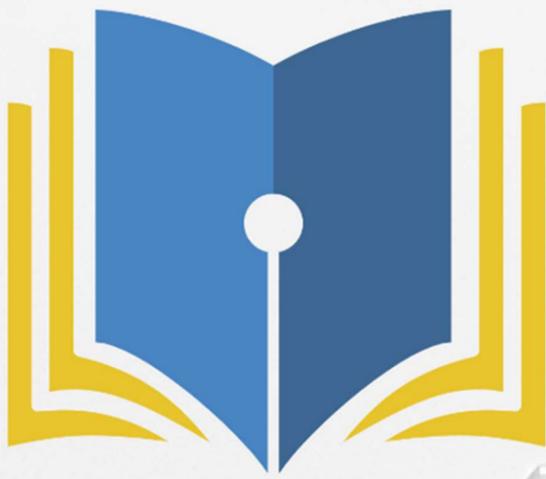


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Sir Sitaram & Lady Shantabai Patkar College of Arts & Science
AND V.P.Varde College of Commerce & Economics
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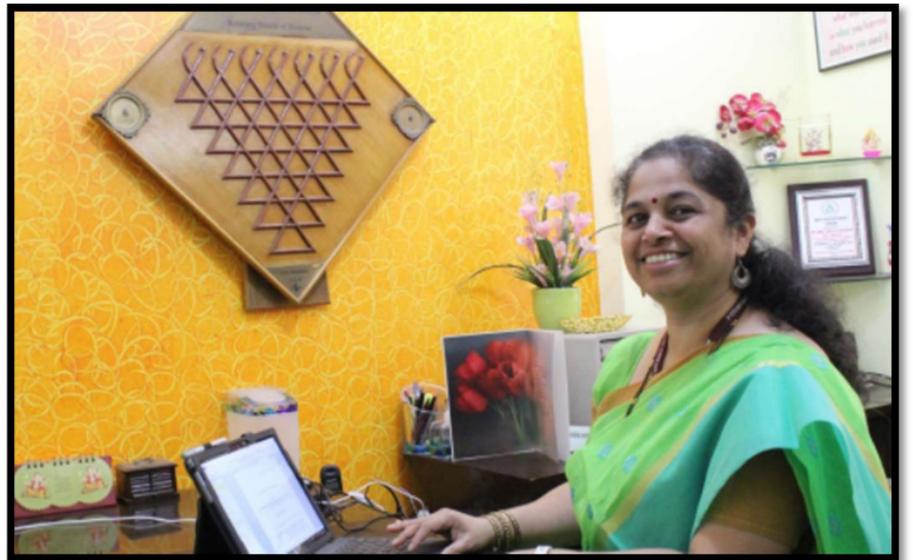


WEEKEND CHRONICLE

WINDOW TO YOUR
KNOWLEDGE



AN INITIATIVE BY
B.M.S DEPARTMENT



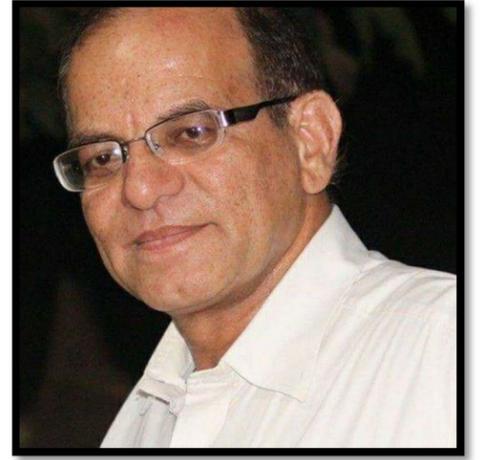
A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

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 pause 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 increasingly 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 fields of Business, Academics, Travel and Tourism, Science and Technology, Media and lot more . The variety and creativity of the articles in the 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 & healthcare, Culture & Cuisine and Travel & Tourism which usually tops our "bucket-lists" including articles 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.

Overall 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. Rather it is a challenge to be met!!!

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

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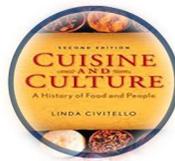
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Startup Ecosystem in India

India has the 3rd largest startup ecosystem in the world; expected to witness YoY growth of a consistent annual growth of 12-15% India has about 50,000 startups in India in 2018; around 8,900 – 9,300 of these are technology led startups 1300 new tech startups were born in 2019 alone implying there are 2-3 tech startups born every day.

Indicators of Growth in the Startup Ecosystem



Startups in the country have been able to create an estimated 40,000 new jobs over the year, taking the total jobs in the startup ecosystem to 1.6-1.7 lakh Bangalore has been listed within the world's 20 leading startup cities in the 2019 Startup Genome Project ranking. It is also ranked as one of the world's five fastest growing startup Cities.

Private equity deal volume in India rose for the second straight year, and while the average deal size declined slightly from the prior year, the total value of \$26.3 billion in 2018 was the second-highest of the last decade. The number of deals greater than \$50 million increased from the previous year.

-Rohan Mane
(Newscaster)

-Ref:- (www.startupindia.gov.in)

BUSINESS

6 BIGGEST BUSINESS SCAMS WHICH GREATLY AFFECTED OUR INDIAN ECONOMY

EVERY BUSINESS ORGANIZATIONS PLAY A VERY IMPORTANT ROLE IN A COUNTRY'S ECONOMIC GROWTH OR FALL, HERE ARE SOME OF THE BIGGEST FINANCIAL SCAMS WHICH AFFECTED OUR ECONOMY.

As coronavirus tightens its grip over India, the government is urging people to donate to various funds to fight the pandemic and also show solidarity with those who need our help right now. Many celebrities, businessmen and other citizens have come together to contribute their bit. As the country is in a lockdown, many people are quite naturally worried about the future of the economy.

While presently it's this deadly virus that has deprived people of their normal lives and harming the economy as well. But in the past, there have been a few people who've hurt the country's economy with corruption and malpractices. Here, we've come up with a list of the biggest scams that sucked India dry of billions of dollars.

From Vijay Mallya to PNB Scam, here are some of the biggest scams in India that shook the nation from its core

1. Vijay Mallya – Rs. 9000 Crore
2. Coalgate Scam – Rs. 1.86 lakh crore
3. 2G Spectrum scam – Rs. 1,76,000 crore.
4. Commonwealth Games scam – Rs. 70,000 crore
5. BOFORS scandal – Rs. 64 Crore
6. Nirav Modi PNB Bank fraud – Rs. 11,400 Crore

Preeti Prab

-Preeti Parab
(Newscaster)

-Ref :- (www.ggindia.com)

Market indices rally over 37% in last 3 months, these 33 stocks turn multibaggers

Nearly 450 stocks out of BSE 500 reported double-digit gains from their March lows, whereas around 25 stocks were in the red. The benchmark indices have in fact gained 37 percent each from their recent lows recorded on March 23. The rally in global equities on the back of liquidity boost after global central banks infused trillions of dollars into their economies also lifted sentiment on the Street. The broader market also gained momentum in line with benchmarks as BSE Midcap index surged 37 percent and Smallcap index rose 41 percent in last three months.

Sectoral indices also reported double-digit gains during this period. Pharma was the biggest gainer with 60 up move following lot of demand for drugs which can minimize the risk of COVID-19, while other indices rallied between 27 percent and 51 percent. While indices witnessed double-digit gains, these 33 stocks out of BSE 500 turned multi baggers in a short span of three months. Out of these 33 stocks, top five stocks - Adani Green Energy, Vodafone Idea, Reliance Power, Hathway Cable and Reliance Infrastructure - rallied 205-243 percent in three months

-Aniket Pradhan
(Newscaster)

-Ref :- (www.moneycontrol.com)

STOCKS THAT TURN MULTIBAGGERS SINCE MARCH LOWS					
Company Name	Price (Rs)	Gain (%)	Company Name	Price (Rs)	Gain (%)
Adani Green Energy Limited	463.45	243	Intellect Design Arena	112.35	131
Vodafone Idea Limited	10.24	225	Muthoot Finance	1127.95	122
Reliance Power	3.59	215	Inox Wind	41.55	121
Hathway Cable and Databook	35.8	206	Infrabeam Avenues	64.5	119
Reliance Infrastructure	30.45	205	Dishman Carbogen Amcis	123.85	118
TV18 Broadcast	39.65	199	IFCI	7.42	114
Network 18 Media & Investments	47.3	192	ICICI Securities Ltd.	477.7	111
Jain Irrigation Systems	10.02	182	Trident	6.93	109
Aurobindo Pharma	803.75	173	PC Jeweller	17.13	108
Jubilant Life Sciences	674.5	167	GMM Pfaudler	4141.05	107
Glenmark Pharma	484.9	158	Alkemis Pharmaceuticals	924.8	106
Suzlon Energy	4.72	155	Bashirya Chemicals and Fertilisers	48.25	105
Indiabulls Housing Finance	240.3	150	ITI	103.7	105
Reliance Capital	9.99	144	Vaibhav Global	1251.1	105
Dhanuka Agritech	715.2	144	SPARC	175.45	101
EID Parry (India)	269.6	139	Bombay Dyeing	76.9	101
			Bandhan Bank	351.05	101

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ALL ABOUT OBJECTIONABLE ADVERTISEMENTS

Patanjali in trouble over Covid 'cure' drug

Patanjali Ayurved Tuesday launched the 'Coronil and Swasari' medicines with the claim that it has discovered a cure for Covid-19.

New Delhi: Hours after yoga guru Baba Ramdev's Patanjali Ayurved launched an Ayurvedic medicine claiming to be a cure for Covid-19 Tuesday, the AYUSH Ministry set into action, asking it to stop advertising such claims.

The statement released by the ministry referred to a notification issued by it on 21 April, listing down the requirements and manner in which research studies can be conducted on Ayurveda, Siddha, Unani and Homeopathy drugs for Covid-19.

In addition, the release also pointed out that such advertisements of Ayurvedic medicines are regulated by the Drugs and Magic Remedies (Objectionable Advertisement) Act, 1954.

-Sakshi Jadhav

(Newscaster)

-Ref:- (print essential)



The Global faces double-digit decline this year.

The global advertising industry is expected to decline nearly 12% this year as the coronavirus pandemic batters businesses around the world, a report on the sector said on Monday.

However, while the overall hit to economies from the pandemic is expected to be worse than the 2008 financial crisis, the report from ad agency GroupM, a unit of holding company WPP, showed, said this year's advertising decline, excluding U.S. political advertising, would still only be modest. That's because the small businesses that bore the brunt of the coronavirus lockdowns already accounted for a smaller portion of the advertising industry, the agency said.

GroupM said, in 2020, digital extensions of TV, radio, print and outdoor advertising should equate to \$31 billion, or 13%, of total advertising activity (up from \$22 billion, or 7%, five years ago). Digital advertising is expected to decline by 2.3% during 2020.

-Kshitija Y. Chavan SY

(Newscaster)

-Ref:- (ET brandequity.com)

Facebook and Instagram over racism

Ice cream maker Ben and Jerry's is the latest company to pull US advertising from Facebook as pressure grows on the social media platform to do more on hate speech.

Ben and Jerry's which is owned by US consumers goods giant Unilever, called for Facebook to "take stronger action to stop its platforms from being used to divide our nation, suppress voters, foment and fan the flames of racism and violence, and undermine our democracy".

"As of 1 July we will pause all paid advertising on Facebook and Instagram in United state as part of the #StopHateForProfit campaign.

-Bhakti Mhatre

(Newscaster)

-Ref :- (Yahoo news)



INFORMATION TECHNOLOGY

BRAIN SOURCING AUTOMATICALLY IDENTIFIES HUMAN PREFERENCES.

Monitoring electroencephalograms with the help of artificial intelligence makes it possible to determine the preferences of large groups of people from just their brain activity.

Computers classify images

In the study, a total of 30 volunteers were shown images of human faces on a computer display. The participants were instructed to label the faces in their mind based on what was portrayed in the images. For example, whether an image portrayed a blond or dark-haired individual, or a person smiling or not smiling. Unlike in conventional crowd sourcing tasks, they did not provide any additional information using the mouse or keyboard -- they simply observed the images presented to them. Meanwhile, the brain activity of each participant was collected using electroencephalography. From the EEG's, the AI algorithm learned to recognize images relevant to the task, such as when an image of a blond person appeared on-screen.

User-friendly techniques on the way

The findings can be utilized in various interfaces that combine brain and computer activity. These interfaces would require the availability of lightweight and user-friendly EEG equipment in the form of wearable electronics, as opposed to the equipment used in the study, which requires a trained technician. Lightweight wearables that measure EEG are actively being developed and may be available sometime in the near future.

Researchers have developed a technique, using artificial intelligence, to analyze opinions and draw conclusions using the brain activity of groups of people. This technique, which the researchers call "brain sourcing", can be used to classify images or recommend content, something that has not been demonstrated before.

**-Nihar Mane
(Newscaster)**

-Ref :- (www.sciencedaily.com)



Chennai records highest number of cyber attacks in India in Q4: K7 Computing

Chennai recorded the highest number of cyberattacks in the country during the Q4 2019-20 analysis, according to K7 Computing's 'Cyber Threat Monitor Report.' The report analyzed various cyberattacks within India during the period and found that the infection rate in Chennai stood at 42%, followed by Patna at 38% and Bengaluru, Hyderabad and Kolkata at 35% each. These attacks were designed to exploit user trust and scam people for financial gains, the report said. In Tier-I cities, Chennai, Bengaluru, Hyderabad and Kolkata recorded the highest rate of infections, while among the Tier-II cities, Patna registered the highest infection rate at 38% followed by Guwahati, Jammu and Bhubaneswar.



Threat actors continued to exploit vulnerabilities

in outdated software and operating systems in this quarter. Windows XP and Windows 7 were the most at risk as Microsoft has stopped providing updates and patches to these versions. The report revealed that attacks by rootkits like Curveball, Remote Code Execution, phishing attacks based on COVID-19 trends, and DOS attacks were popular. Complex USB attacks also saw an increase; popular among these were crypto-mining malware.

SMEs and SOHOs must invest more in ensuring the safety of their IT infrastructure. We are seeing an increasing trend of threat actors targeting enterprises with complex viruses, Trojans, and even ransomware. On an individual level, the current risks facing users are fake apps, COVID-19 apps infected with malware, and phishing attacks. The most worrying of all is the new trend of many advanced threat actors offering malware as a service to cybercriminals," said J Kesavardhanan, founder and CEO of K7 Computing.

**-Nihar Mane
(Newscaster)**

-Ref :- (economictimes.indiatimes.com)

SCIENCE AND NATURE

**Red planet gives green signal':
Unique glow around Mars.**

A distinct green glow around the Red Planet Mars detected by a European spacecraft is the latest phenomenon that has sent netizens to a frenzy and prompted a flurry of discussions and memes as well. Interestingly, it is the first time that the phenomenon has been spotted on a world beyond Earth.

Detected by ESA's ExoMars Trace Gas Orbiter, the glow comes from oxygen atoms, which is present in the atmosphere of Mars, while interacting with sunlight.

Astronauts aboard the International Space Station (ISS) have observed a similar green glow around the Earth from space but found it quite faint. However, researchers have explained the difference between the two green hues.

One of the brightest emissions seen on Earth stems from night glow. More specifically, from oxygen atoms emitting a particular wavelength of light that has never been seen around another planet," said Jean-Claude Gérard of the Université de Liège, Belgium, and lead author of the new study published in Nature Astronomy. "However, this emission has been predicted to exist at Mars for around 40 years – and, thanks to TGO, we've found it."

The scientists were able to spot the emission using a special observing mode of the TGO.

As the photo went viral, not just brands to netizens, even NASA's photo department reacted to the unusual view with a dash of humour

While some said it looked like a shield protecting itself from 2020, others thought it reminded them of film Green Lantern, some said Mars has added us to close friends while others said Mars is online.



-Nesica Dsouza

(Newscaster)

-Ref :- (The Indian Express)



SCIENCE AND NATURE

GREEN ANTARTICA

The snow in Antarctica is turning green as microscopic algae bloom across the surface of the melting snow due to climate change, a study published in the journal Nature Communications said. The distribution of green snow algae is also influenced by marine birds and mammals, whose excrement acts as a nutritious natural fertilizer to accelerate algal growth, the study said. Also, Scientists studying banks of moss in Antarctica have found an increase in plant growth rate in the past 50 years. Scientists analyzed last 150 years' data, id.

and found evidence of "change-points" reflecting higher biological activity. With continuing increase in temperatures and ice-free land from glacier retreats, "the Antarctic Peninsula will be a much greener place in the future", scientists said.

Interesting fact: Antarctica was once almost as warm as Melbourne is today. Researchers have estimated that 40-50 million years ago, temperatures across Antarctica reached up to once covered with verdant green forests and inhabited by dinosaurs

The End of Humanity?

It will not feel odd if we call this year a threat call for humans. Yes, seriously, like what have we not seen in this year. We saw bushfire, a pandemic, a cyclone, locust attack and who knows what's ahead?

Well, from a country's point of view the citizens of their respective countries experienced Lockdown, curfews, apartments sealed, never seen in ages hardly 4-5 people on a street and the frightening peace. First major setback was the Australian Bushfire then the most impactful of them all the novel Coronavirus pandemic which started followed by locust attack on farm fields and cyclone. Like what we have not seen this year. World Health Organization's prediction of this year being the most depressing one was true. Well be it psychological or economical depression is hitting all of us or at least most of us.

Unemployment, poverty, stuck up migrant workers well there are many things which were humans deprived off after travel bans and lockdown after the Coronavirus pandemic. To sum up all this the whole world lives or follows a pattern of a 'Give and Take' relationship. We give something and get back something in return. But what we have been doing since decades is only take and take from none other than our "Mother Nature"

-Kshitij Shirodkar

(Newscaster)

-Ref:- (TOI.'Nature and it's unbreakable laws')



-Mohit Kadolkar

(Newscaster)

-Ref:- (www.google.com)

ACADEMICS

YES, Humans are still evolving

The nice thing about bacteria is that they multiply really fast. Put antibiotics on a Petri dish with enough bacteria, and a few days later you'll find that a lone bacterium—one that happened to be resistant to the drug's effects—is now recolonizing the plate. It's natural selection in action. But in species that don't live and die as rapidly as bacteria, it's hard to see the process in action.

We should all be lactose intolerant.

To really see evolution's effects, you have to find traits that are already common in humans and look back at how they came to be that way. The ability to drink milk is a classic case. Humans mostly shouldn't be able to drink milk past infancy—the majority of adults today Can't really digest it.

When we're babies, the gene that encodes an enzyme called lactase is turned on, so lactase is around to digest lactose (one of the principal components in milk). As we get older, the lactase gene is supposed to turn off. But several thousand years ago, being able to drink milk without getting sick became an advantage in some parts of the world.

We're not exactly sure why, though it probably has something to do with its nutritional value and wide availability on farms. Some evidence suggests that Europeans made cheese for some 4,000 years before any of them developed the ability to properly digest lactose.

A few lucky individuals happened to acquire a mutation in the lactase gene that allowed it to stay turned on, even after infancy,

and therefore allowed them to rely more heavily on dairy later in life. Those people tended to do a better job of living and having a bunch of children, and so did the offspring who got the same mutation, and so the genetic change spread.

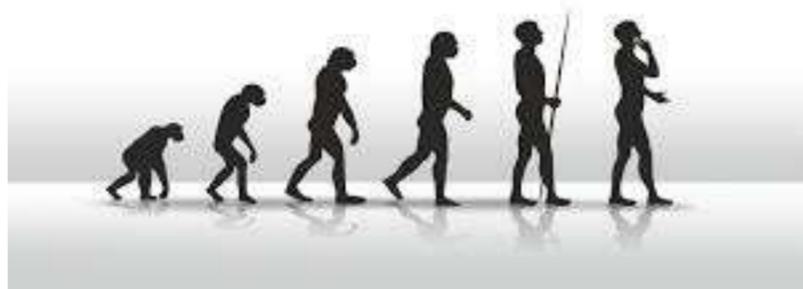
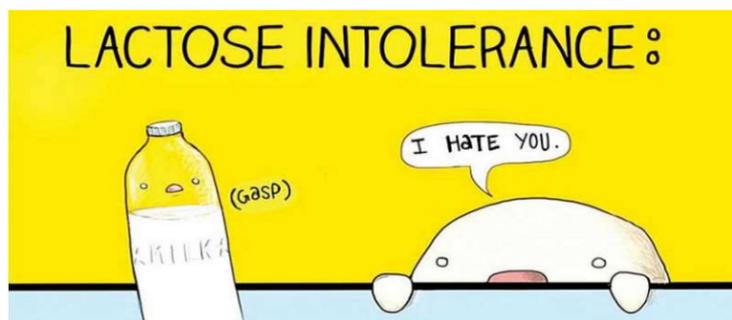
Some Evolution Facts: -

Approximately 550 million years ago, humans had a common ancestor with a lancelet, a rod-like sea animal. Darwin did not argue that humans came from monkeys. Rather he wrote only that monkeys, apes, and humans have a common ancestor. All humans develop a tail in the womb that eventually dissolves.

-Sancha Jatav

(Newscaster)

-Ref: - (popsci.com, facrefriewer.com, newagebdnet.com, macleans.ca)



ACADEMICS

Music- The universal language

Music is art. It is the greatest form of art that allows a human to take boring notes on a page, and transform them into an emotion and feeling you cannot measure. It is a proven fact that participating in a music program in school will help develop your brain to a higher level and faster than other students. Music actually improves communication between the right and left sides of the brain, allowing you to gain better comprehension and memorization skills. Music is physical education. It requires an immense amount of coordination of fingers, hands, arms, lips, cheeks and facial muscles.

SO, WHY DO WE NEED MUSIC IN OUR SCHOOLS?

Well, because music is everything. Cultures from around the world have different approaches to music education, largely due to the varying histories and politics. Studies show that teaching music from other cultures can help students perceive unfamiliar sounds more comfortably, and they also show that musical preference is related to the language spoken by the listener and the other sounds they are exposed to within their own culture.

In primary schools in European countries, children often learn to play instruments such as keyboards or recorders, sing in small choirs, and learn about the elements of music and history of music. In countries such as India, the harmonium is used in schools, but instruments violin are also common. Students are normally taught basics of Indian Raga music. Music is physical education. It requires an immense amount of coordination of fingers, hands, arms, lips, cheeks and facial muscles. Music of all kinds also became increasingly portable. The 20th century saw a revolution in music listening as the radio gained popularity worldwide and new media and technologies were developed to record, capture, reproduce and distribute music. Music performances became increasingly visual with the broadcast and recording of performances. 20th-century music brought a

accepted rules of music of earlier periods new freedom and wide experimentation with new musical styles and forms that challenged the accepted rules of music of earlier periods.

MUSIC IN INDIA

Indian music is one of the oldest musical traditions in the world. The Indus valley civilization left sculptures which show dance and musical instruments (some no longer in use), like the seven holed flute. Various types of stringed instruments and drums have been recovered from Harappa and Mohenjo Daro by excavations carried out by Sir Mortimer Wheeler.

-Vishakha Gaikwad
(Newscaster)

-(Ref:- wikipedia.org, unbelievablefacts.com, teeink.com)

**Fun facts about music :-**

Playing music regularly will physically alter your brain structure.

The brain responds to music the same way it responds to something you eat.

MEDIA

HOW SOCIAL MEDIA IMPACTS THE YOUTHS LIFE

Nothing is perfect in this world , every thing has its pros and cons'

-Anonnymys

Focusing on the benefits of social media. There are few things everybody will be interested to know

It keeps us connected

- Before mass media, you could live your entire life knowing nothing about the world outside of your village. Now, we are all connected. And this can be a very good thing. For instance, when a tsunami strikes, people all over the world hear about it within moments and can mobilize immediately to help. Without mass media, we would have far less ability to understand how we're all connected and how we all need each another.



It Can Spur Business

- Where would business be without advertising and marketing? Thanks to the business communication made possible by mass media, businesses can reach potential consumers faster and easier than ever before. This helps keep our economy going.

It Can Spread Art and Culture

- On the internet, you can see all of the world's artistic masterpieces or learn about the particularities of a culture far removed from your own. In addition, numerous TV and radio programs devote themselves to exploring the world, offering us the chance to discover new things and new ideas, and enlighten ourselves in the process.

It Can Give Voice to the Voiceless

From reporters bringing us stories of people in difficult situations to social media allowing one person's thoughts to go viral and spread across the world, mass media can lift up an individual voice that would otherwise have gone unheard.

-Anushka More

(Newscaster)

-Ref :- (Waldenu.edu)



MEDIA

Instagram

Instagram is an American photo and video-sharing social networking service owned by Facebook, Inc. It was created by Kevin Systrom and Mike Krieger and launched in October 2010. Posts can be shared publicly or with pre-approved followers. Users can browse other users' content by tags and locations and view trending content. Users can like photos and follow other users to add their content to a feed.

Importance in Marketing :When you want to use social media for promoting your company, Instagram is one of the best marketing app that you can use. This app is mainly used using mobile devices especially iPhones and Android phones. Ads about social issues, elections or politics

About ads about social issues, elections or politics:

- About social issues
- About the Ad Library
- How ads about social issues, elections or politics are reviewed (with examples)
- Be authorized to run ads about social issues, elections or politics
- Authorize your Instagram to run ads about social issues, elections or politics on Facebook and Comply with local laws governing ads about social issues

Other uses:

Entertainment

Sport

Business

-YUKTA PATIL

(Newscaster)

-Ref:- (Mind Blog)

LIBRARY

A Man's best friend

BOOKS are a man's best friend. A good book has the ability to transport you to an entirely new world filled with its fictional characters. More importantly, books give the reader the ability to imagine, to create an entire world in their mind just by reading words written on pieces of paper. But the real charm of reading a book is in a quiet place surrounded by all the books one could possibly want, that's right, in a library.

Libraries today-

A library is organized for use and maintained by a public body, an institution, a corporation, or a private individual. Public and institutional collections and services may be intended for use by people who choose not to—or cannot afford to—purchase an extensive collection no individual can reasonably be expected to have, or

who require themselves, who need material professional assistance with their research. In addition to providing materials, libraries also provide the services of librarians who are experts at finding and organizing information and at interpreting information needs. Libraries often provide quiet areas for studying, and they also often offer common areas to facilitate group study and collaboration. Libraries often provide public facilities for access to their electronic resources and the Internet.

Libraries of the future-

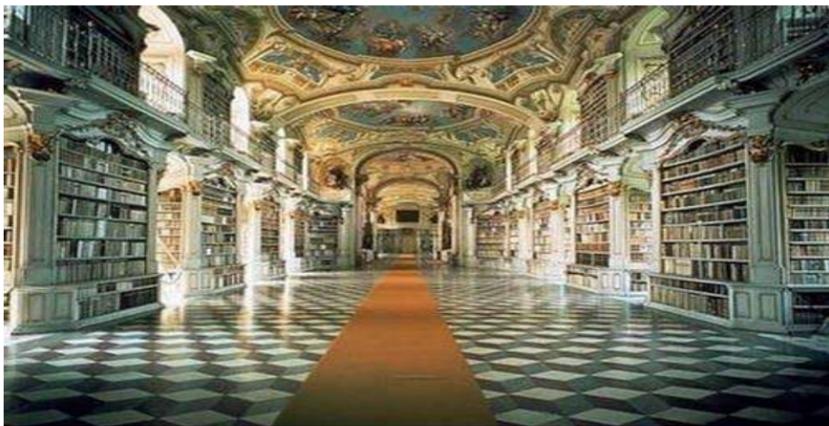
Modern libraries are increasingly being redefined as places to get unrestricted access to information in many formats and from many sources.

They are extending services beyond the physical walls of a building, by providing material accessible by electronic means, and by providing the assistance of librarians in navigating and analysing very large amounts of information with a variety of digital resources. Libraries are increasingly becoming community hubs where programs are delivered and people engage in lifelong learning.

Types of libraries-2.1Academic libraries
2.2Children's libraries 2.3National libraries
2.4Public lending libraries
2.5Reference libraries 2.6Research libraries
2.7Digital libraries 2.8Special libraries

-Ayushman pandey
(Newscaster)

-Ref :- (wikipedia.com, whatshot.com)



Library of the Benedictine monastery of Admont, Austria

Fun facts- There are more public libraries than McDonald's in the United States.

The Book of World Records holds the record for being the book most often stolen from public libraries. In Norway, you can return your library book anywhere in the country regardless of where it was loaned.

LIBRARY

Online teaching and learning is beneficial

Online learning is the newest and most popular form of distance education today. Within the past decade it has had a major impact on postsecondary education and the trend is only increasing. Online learning is education that takes place over the Internet. It is often referred to as "e-learning" among other terms. However, online learning is just one type of "distance learning"

Distance learning has a long history and there are several types available today, including:

- Online Learning: Internet-based courses offered synchronously and/or asynchronously. online enrollments continue to grow at rates faster than for the broader student population and institutes of higher education expect the rate of growth to continue increasing. Some of the key findings
- Over 1.9 million students were studying online in the fall of 2003.
- Schools expect the number of online students to grow to over 2.6 million by the fall of 2004.

- Schools expect online enrollment growth to accelerate — the expected average growth rate for online students for 2004 is 24.8%, up from 19.8% in 2003.

Why online distance learning and why now? Online distance learning meets the needs of an ever-growing population of students who cannot or prefer not to participate in traditional classroom settings. These learners include those unable to attend traditional classes, who cannot find a particular class at their chosen institution, who live in remote locations, who work full-time and can only study at or after work, and those who simply prefer to learn independently.

The minimum requirement for students to participate in an online course is access to a computer, the Internet, and the motivation to succeed in a non-traditional classroom.

Though online learning has several challenges such as lack of feedback from students and lack of the proper technology to effectively conduct online learning, these limitations can be overcome by upgrading the E-Learning systems and the use of online discussion forums and new web based software's.

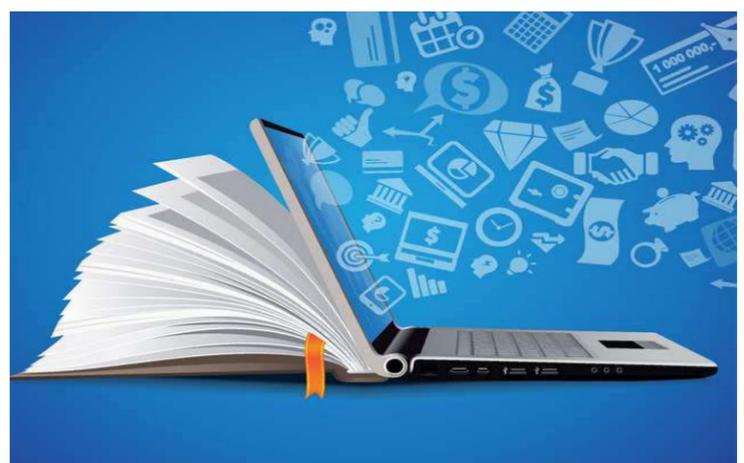
In conclusion, online learning is beneficial to the students, tutors and the institution offering

these courses. I would therefore recommend that online learning be implemented on all learning institutions and research on how to improve this learning process should be carried out.

-Siddhi Karekar
(Newscaster)

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

<http://www.sloan-c.org/resources/index.asp>



FOOD AND HEALTH CARE

THE ART OF MAINTAINING HEALTHY LIFESTYLE

The food we eat gives our bodies the “information” and materials they need to function properly. If we don’t get the right information, our metabolic processes suffer and our health declines.

If we get too much food, or food that gives our bodies the wrong instructions, we can become overweight, undernourished, and at risk for the development of diseases and conditions, such as arthritis, diabetes, and heart disease. In short, what we eat is central to our health. Consider that in light of Webster’s definition of medicine. “The science and art dealing with the maintenance of health and the prevention, alleviation, or cure of disease.” Two areas we have the most control over are our diet and exercise. These can both have huge effects on overall health, and can be some of the main factors in preventing disease and other complications later in life. Preventive healthcare measures like proper diet and exercise can also help your budget. What are some of the key benefits associated with a good diet and proper exercise?

Let’s look at that, but first, let’s start off with some general diet and exercise recommendations

SOME GUIDANCES:-

Exercise: In general, you should be aiming for at least two-and-a-half hours of medium-intensity exercise per week, or a slightly lower amount of high-intensity exercise.

Diet: Dietary needs differ for every person, but in general, some of the best foods you should regularly eat. Pay attention to calorie count—your needed amount will vary based on your size, age and gender.

Disease Prevention: Your body’s immune system is a complex machine, and diet and exercise can heavily affect it. Too many of the wrong foods can put you at risk, but the right foods complemented by appropriate exercise can actually boost your body’s ability to fight disease.

Weight: Weight is one of the key factors involved in heart disease, high cholesterol or blood pressure and several other conditions.

Sleep: Sleep issues are a concern for millions of people around the globe, and diet and exercise can influence your sleep habits.

Exercise, in particular, can directly impact your ability to fall asleep and stay asleep. It’s recommended that you don’t exercise heavily



or eat right before bedtime, but proper habits in both areas can turn restless nights into comfortable ones.

The relationship between food and health is complex. Everyone needs food to live, but too little food, too much food, or the wrong type of food has negative consequences for health.

**-Pooja Mishra
(Newscaster)**

-Ref:- (reverehealth.com)

Ambiguous about dieting?

Here’s what I have to say.

Confused by all the conflicting nutrition advice out there? These simple tips can show you how to plan, enjoy, and stick to a healthy diet.

What is a healthy diet?

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it’s about feeling great, having more energy, improving your health, and boosting your mood. Healthy eating doesn’t have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you’re not alone. It seems that for every expert who tells you a certain food is good for you, you’ll find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it’s your overall dietary pattern that is most important. The cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

By using these simple tips, you can cut through the confusion and learn how to create—and stick to—a tasty, varied, and nutritious diet that is as good for your mind as it is for your body.



While some extreme diets may suggest otherwise, we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don’t need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category.

Protein gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age.

That doesn’t mean you have to eat more animal products—a variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

Fat- Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart.

In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Including more healthy fat in your diet can help improve your mood, boost your well-being, and even trim your waistline.

Fiber- Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

Calcium- As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. Whatever your age or gender, it’s vital to include calcium-rich foods in your diet, limit those that deplete calcium, and get enough magnesium and vitamins D and K to help calcium do its job.

Carbohydrates are one of your body’s main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline

**-Kalpesh Valanju
(Newscaster)**

- Ref:- (healthguide.org)

CULTURE AND CUISINE



Khad ka pind

KHAD KA PIND

THE RAJASTHANI MEAT COOKED UNDER GROUND

Rajasthan is renowned for its lavish vegetarian fare Rajasthan also boasts of a rich meat legacy Khad is one such traditional delicacy; Khad is meat cooked in a pit. Be it the laal maas, the Jungli maas or the unique Khargosh ki Mokal, each of these dishes have their own charm. One such decadent treat of the city of royals is the Khad ka pind(or Khad Meat). The meat delicacy is especially worth discussing, not only for its rich and flavorsome taste but its intricate and cumbersome preparation, in pits dug underground! Rajasthan has managed to retain a major part of its erstwhile glory. Be it through the royal forts, traditional culture or literature and most importantly through its local food,

BRIEF COOKING PROCEDURE

The meat used could be anything from chicken and lamb to wild boar and rabbit. Khad Khargosh, for instance, required them to marinate the rabbit, wrap it in a kachha roti, then pack it into a jute gunny bag and bury it in a pit, topped with charcoal fire and mud, and slow cook it for a few hours.

FUN FACT :-

Food blogger Kalyan Karmakar in his book ‘Traveling Belly’ talks about ‘Khad Murg’, “in which chicken is cooked underneath the ground, just as the Bedouins use to cook sheep underground in the deserts of Arabia. This was a practice followed by soldiers in Rajasthan at night when out at battle . Cooking in the chicken in pits, dug under the ground would ensure that the soldier’s location wouldn’t be given away to the enemy as there was no open fire by which to be spotted” day of a good Shikar.

**-Ruchi Soni
(Newscaster)
-Ref:- (food.ndtv.com)**



RICE CAKE FESTIVAL OF TRIPURA

The Chitrapita art and Craft Society of the state recently organised to promote the traditional rice cakes, which are locally known as ‘pitha puli.!! Hundred of food-lovers gathered at Nandannagar in the outskirts of Agartala to get the taste of delectable traditional Bengali rice-cakes at the ‘Pitha Puli Utsav.’.The recipes of homemade ‘Pithas’ and ‘Pulis’ (Bengali rice cakes) have been passed on from generation to generation. Many housewives and locals also participated in the fest. According to Santa Deb, an organiser of at fest, “Rural women used to prepare all these delicious delicacies, but sadly the new generation has almost forgotten its taste and also the responsibility to keep the tradition alive.”Hence in order to empower the rural women, the food fest is being organized since 2006,” added Deb.

The main aim of the fest was to revive the homemade traditional dishes, which are slowly being replaced by fast foods.

“Today, I tasted ‘Pitha Puli’. It is very tasty. And I have never seen a fest like this before. I enjoyed it a lot,” said Arjita Paul, a visitor. A participant Bratati Das said: “Ever since my childhood, I have seen my grandmother, mother preparing ‘pitha’ or rice cake which inspired me to prepare pitha.” Talking about what inspired her to partake in the fest, Das said: “Every year, I prepare rice cake and recently I heard about this rice cake making competition which encouraged me to participate”. Apart from the highlights dish, sweets, puddings and a variety of food mostly made of unboiled rice, coconut, banana, and molasses of date palm as a sweetener were exhibited in the festival.

Organised by the Chitrapita Art and Craft Society — which works towards reviving traditional art and craft — the fest acted as a platform to launch new products in order to assess their marketing capability, customer’s acceptability and linkage.

**-Ruchi soni
(Newscaster)
-Ref:- (thenortheasttoday.com)**

FUN FACT

Bananas are berries and strawberries aren’t Bananas are actually classified as berries , while strawberries are members of the rose family.

Here are some seriously cool facts about bananas!

- Bananas can float in water
- Bananas can help improve your mood and lower blood pressure
- Rubbing the inside of a banana peel on a mosquito bite can help keep it from itching
- Human shares about 50% of their DNA with bananas
- Crazy right!

TRAVEL AND TOURISM

HAMPI- THE FORGOTTEN EMPIRE

Hampi, a town in Karnataka is one of the most historic and has been one of the richest cities in the world when it was at its peak. Located inside the Vijayanagara city, People who visit Hampi are mostly people who love history and architecture. It is no surprise that Hampi is such a famous place for tourists that visit from all over the globe. Visit Hampi at any time of the year and you will see the place swarming with people.

STORY TIME

Hampi also has a strong mythological story associated with it. And if these beliefs are anything to go by, it is said that the Kishkinda Vanara Kingdom is where Ram and Lakshman had stayed when they had set out in search of Sita who was abducted by Ravana. You will also find several spectacular mountains that are said to be spots where Ram, Hanuman, Sugreeva and Vali stayed.



FUN FACTS :-

As per statistics of the year 2014, Hampi is said to be the most searched places of Karnataka online.

The history of Hampi dates back to 2nd and 3rd century.

In the 14th century it was eventually ruined owing to the attacks by the Mughals.



RECOMMENDED ITINERARY

Tour Duration: 6 nights & 7 days

Day 1: Arrive at Leh and visit shanti stupa

Day 2: Drive to Shey Monastery and Hemis National Park

Day 3: Drive to Sham Valley and Alchi Lamayuru

Day 4: Ulleytokpo Leh

Day 5: Tour to Khardunga pass and nubra valley

Day 6: Diskit Monestary

Day 7: Pangong Lake

-Tanvi Kendule TY
(Newscaster)

-Ref :-(odysseytravels, tourmyindia.com)

MAJOR ATTRACTION

The Vijaya Vittala temple is one of the most breathtaking pieces of architecture. Built in dedication to Vittala who is a form of Vishnu, you must explore this temple if you love architecture. The highlight of the Vittala temple is the stone chariot. It is almost considered as an iconic structure of Hampi. The Hajara Ram Temple which was a temple exclusively for the Royal Family.

LOCATION

Hampi is situated on the banks of the Tungabhadra River in the eastern part of central Karnataka near the state border with Andhra Pradesh. It is 376 km (234 mi) from Bangalore, 385 km (239 mi) from Hyderabad and 165 km (103 mi) from Hubli. The closest railway station is in Hosapete (Hospet), 13 km (8.1 mi) away and the closest airport is 32 km (20 mi) at Jindal in Toranagallu which has connectivity to Bangalore and Hyderabad. Overnight buses and trains also connect Hampi with Goa, Secunderabad and Bangalore.[10] It is 140 km (87 mi) southeast of the Badami and Aihole archaeological sites.

THINGS TO DO IN HAMPI

1. Ride a bike to the hippie side of Hampi
2. Cliff jumping
3. Relax at Lotus Mahal

BEST TIME TO VIST

October to February

-Mansi jangle
(Newscaster)

-(Ref:- www.india.com)

INDIA'S OWN MOON LAND

Leh & Ladakh, situated amidst the Great Himalayas and the Karakoram ranges in the scenic state of Jammu and Kashmir, are two of the most spectacular places in the world where scores of tourists from across the globe throng annually

MAJOR ATTRACTION

Leh & Ladakh is a great tourist attraction because of its beautiful monasteries, picturesque locations, and interesting markets defining the culture of the place. It stretches from peak to peak, like a heavenly work of art done in strokes of brown, grey and purple with stripes of silver and speckles of green beside the Indus River.

BEST TIME TO VIST

The best time to plan a Leh-Ladakh tour is in summers from June to September, when the temperatures are around 20-30°C and the region has clear, stunning views with warm and sunny weather. However, at night, the temperatures drop sharply.

You can plan your trip to Leh & Ladakh by road or you can fly to this exquisite land. If you plan to travel by road, you can either take the Manali-Leh route or the Srinagar-Leh one as they are open to vehicles in summer months. On your way, you'll pass through some delightful sites and ranges. If you plan to take a flight from Chandigarh, Delhi, Jammu or Srinagar, take a window seat and catch some magnificent sights like that of the Zaskar River, the Tso-Moriri Lake, the Karakoram ranges and the mighty Himalayas.

PLACES TO VISIT IN LEH - LADAKH

Leh Palace, Hall of fame
Shanti Stupa, Shey Monestary
Magnetic Hill, Khardung La
Hemis National Park

SOCIAL ISSUES

SUICIDE IS NOT AN OPTION

Suicide is known as a fundamental general health problem faced all over the world. It is a disturbance and serious problem for psychotherapists, psychologists and other specialists who are involved in youth's welfare and psychological health problem. Suicide is also considered as the third major cause of death among the adolescents and youths. The risk factors of this problem are psychological disorders and socio-biological factors.

The research which was done in Iran approved that the highest number of suicides occur in 15-25 age level (Ghaleih & Behrouz fard, 2006).

Different factors increase the risk of attempting suicide among the youths which range from the lowest risk level factors to the highest ones and are put in categories such as personal, family, demographic, social environment and daily stress factors. Low risk factors originate from small matters in family and educational environment and end in now-and-then feelings of sadness without the individual's having depression previously).

Resiliency is defined as the individual's assurance of his/her abilities in overcoming stress, having coping abilities, self-esteem, emotional stabilities and personal characteristics which increase with the social support from others. Resiliency prevents psychological problems among youths and adolescents and secures them against psychological effects of problematic event.

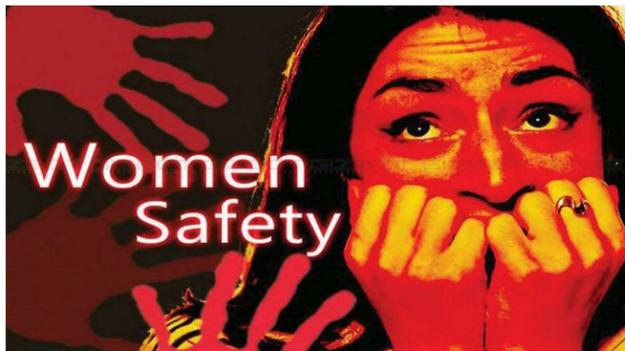
In conclusion People with low resiliency and who lack in overcoming from the issues suffer from anxiety depression and stress and the time they can't overcome it they end up coming with suicidal ideas. it's a high time and is considered necessary for those who are in charge in the universities to teach the students resiliency skills and to diagnose and solve their mental problems. In order to promote mental health level and prevent their thinking about suicide and attempting it.

Students and youths of this generation, a question for you, is your insecurities and problems so important than your life that you think of ending it?

You get one life and many days to live in if you fail today you will succeed sooner or later but stay alive to see your success and stay safe. Success and failure is part and parcel of life but rethink of parcelling your life to god in this process.

**-Jyoti Vishwanath
(Newscaster)**

-Ref :- (www.sciencedirect.com)

**WOMEN SAFETY
IN INDIA**

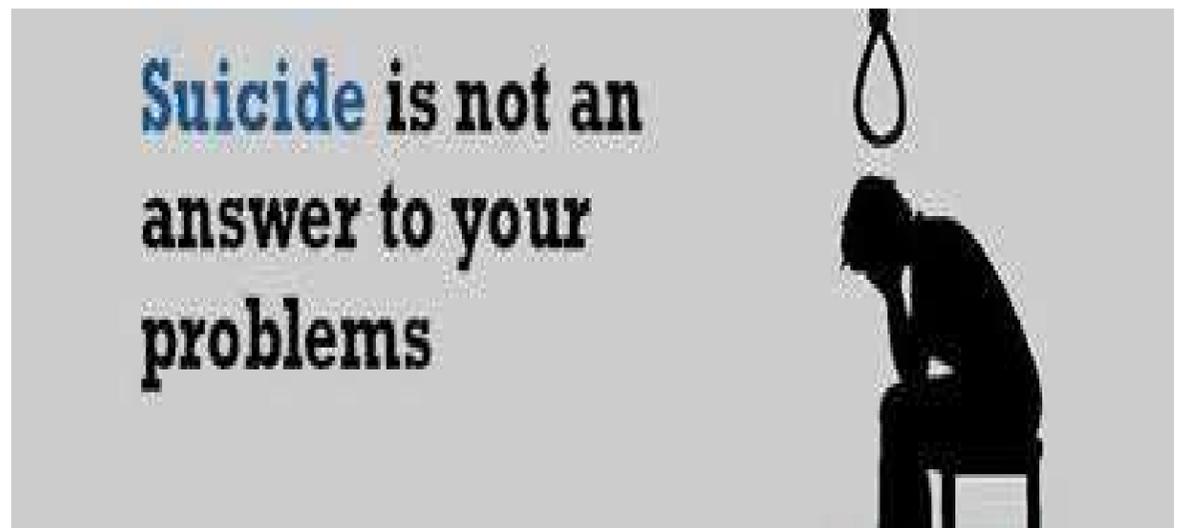
Safety of Women in India has become a major issue in India now. The crime rates against women in the country have only risen to a great extent. Women think twice before stepping out of their homes, especially at the night. This is, unfortunately, the sad reality of our country that lives in constant fear.

CRIME AGAINST WOMEN IN INDIA

Not a day goes by where you don't hear of the news of a crime against women in India. In fact, there are at least five news articles that tell us about the horrific details of the various crimes. It is extremely painful to watch the status of women's safety in India, especially in a country where women are given the stature of goddesses. The list of crimes against women is quite long, to say the least. Acid attack is becoming very normal in various parts of the country. The criminal throws acid on the face of the victim to destroy their lives completely. Nonetheless, India has a lot of strong acid attack survivors who are battling for their lives and trying to lead their lives independently.

WAYS TO ENSURE WOMEN SAFETY

Although the list of crimes is very long, we can take measures to ensure women's safety in our country. Firstly, the government must make stringent laws that ensure the punishment of criminals immediately. Fast track courts must be set so the victim gets justice instantly. This will



serve as a great example for other men to not commit crimes against women. In short, crimes against women are stopping the growth of our country. We must not put the blame on women and ask them to be extra careful. Instead, we must ask the men to change their thinking and work to make the world a safer place for women.

-Pratiek Gawande SY

(Newscaster)

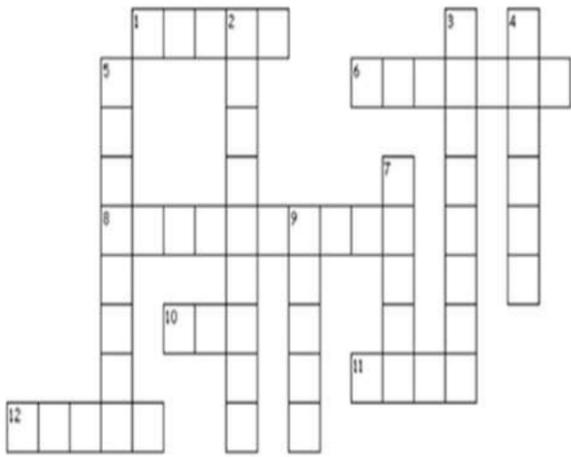
-Ref :- (Source-toppr.com)

**NO
TO VIOLENCE
AGAINST
WOMEN**

STUDENT SECTION

CONNECTING INDIA

India Crossword



Across

- 1. The capital of India is new _____
- 6. During the colonial era, Calcutta was the _____ of India.
- 8. India has the world's second largest _____ with almost 1.4 billion people.
- 10. The _____ of Bengal is on the east coast of India.
- 11. What continent is India in?
- 12. Nepal lies on the border to the _____ of India.

Down

- 2. The name of the mountain range in northern India
- 3. _____ was an Empress of India
- 4. A famous peaceful protestor from India.
- 5. A grey animal with really large ears and a very long nose.
- 7. This is the name of a river in India and an ancient civilization.
- 9. The Bengal _____ is a big, striped cat native to India.

-Shrishti Suvarna
(Newscaster)

-Ref:-(Source KidZone.ws)

SPORTS

QUIZZ TIME!!

- 1. Who among the following was the First Indian Cricketer to bag 500 wickets in Test matches?
[A] Kapil Dev [B] Srinath [C] Anil Kumble [D] Harbhajan Singh
- 2. The Commonwealth Games started from which among the following countries?
[A] England [B] Australia [C] Canada [D] India

- 3. World's highest Hockey ground is located in:
[A] Chail [B] Shilaroo [C] Parwanoo [D] Delhi
- 4. What does the Olympic Flame symbolize?
[A] Zeal to play sports [B] Challenge [C] Continuity [D] Integrity

- 5. Which among the following is the National Sports of USA?
[A] Bowling [B] Baseball [C] Table Tennis [D] Rugby
- Varad Pawar
(Newscaster)

-Ref:-(<https://www.gktoday.in/quizbase/sports-gk>)

ART BY STUDENT



-Sanchita Sutar
(SYBMS)

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