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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
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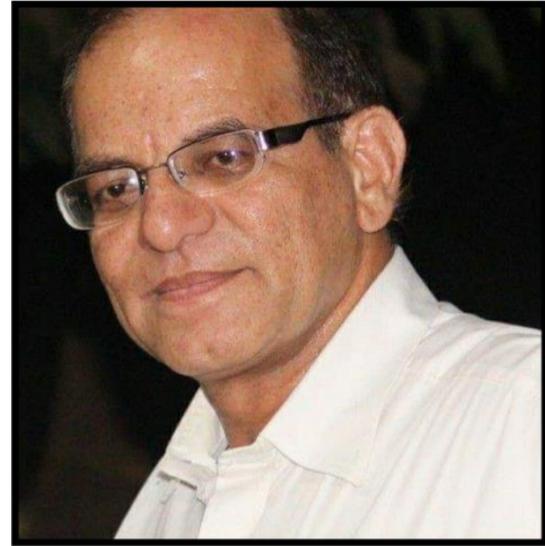
A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

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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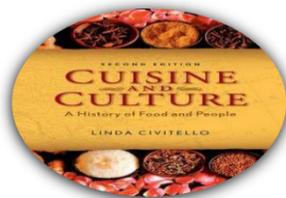
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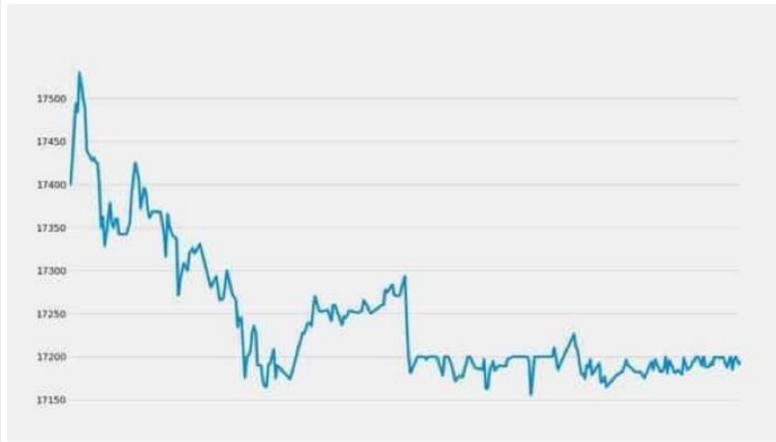
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BUSINESS

Covid impact on business not 'materially adverse' so far: Nestle India.



NEW DELHI: FMCG major Nestle India on Thursday said the impact of coronavirus pandemic on its business operations has not been "materially adverse" so far and the company will continue to evaluate the consequences of the health crisis and subsequent lockdown as the situation evolves. The company also does not see any "specific challenge in terms of its capital or financial resources" or any "significant deviation in profitability", Nestle India said in a regulatory filing.

Nestle India, a subsidiary of NESTLE SA of Switzerland, further said it has "strong cash position" and is in a "comfortable liquidity position" to meet its financial commitments.

"While the impact of COVID-19 on the company's business operations has not been materially adverse so far, it is extremely difficult to assess its impact on near-term and annual results. The company continues to evaluate the impact of COVID-19 as the situation evolves," said Nestle India.

It further said it has resumed operations at all its eight plants and distribution centres/warehouses.

"The company has resumed operations at all of its manufacturing locations and distribution centers and scaling up continues in all areas of operations while adopting stringent safety practices and following standard operating procedures for social distancing,"

Nestle India continues to witness demand for most of its products and its focus in the immediate period is to make sure that its products are available to consumers.

Commenting on the impact of COVID-19, Nestle India said it is "extremely difficult" to assess its impact in the near-term and on annual earnings.

"Due to the unpredictable and fast changing COVID-19 situation, it is very difficult to assess the future impact of COVID-19 on business operations and it is expected to evolve over a period of time," it said.

The company also said that it has a "strong cash position" and has enough liquidity to meet its financial commitments.

Covid impact on business not 'materially adverse' so far:

-Rohit Pawar
(NEWSCASTER)
Ref:- (The Economic Times)

Big cheque for Mukesh Ambani? Google reportedly in advanced talks to invest \$4 billion in Jio

Google is in advanced talks to buy a stake in Reliance Industries digital arm Jio Platforms, according to a report by Bloomberg. An announcement could come as soon as the next few weeks, the agency said quoting people familiar with the matter.



Google has pledged \$10 billion in India over the next five to seven years with the aim of consolidating its position in the digital ecosystem of the world's fifth-largest economy that is emerging as a battleground for global internet giants. The firm's outlay for India — nearly double the \$5.7 billion investment made by rival Facebook in the digital platform of India's largest conglomerate Reliance Industries in April — will be deployed through a mix of investments and partnerships, Pichai told ET in an exclusive interview on Monday morning.

✓ "We'll do it (deploy funds) through a mix of equity investments in large Indian companies, startups, partnerships, as well as infrastructure investments such as data centers," he said. The fund size, he said, provides an "opportunity to directly make larger investments" in bigger companies.

The flurry of deals for Jio have backed Ambani's ambition to morph Reliance from an energy company to an e-commerce giant.

✓ Jio is at the center of Ambani's drive to create a homegrown version of Alibaba Group Holding Ltd. The tie-up with Facebook has given the venture a Silicon Valley stamp of approval and has lured a dozen investors, enthused by the unit's potential to shake up online retail, content streaming, digital payments, education and health care in a market of 1.3 billion people.

Facebook, which paid \$5.7 billion for about 10% of Jio Platforms, has said it expects the tie up will make WhatsApp the primary way millions of India's small businesses connect with customers. The messaging app has roughly 400 million users in the country, about the same as Reliance Jio Infocomm Ltd.'s subscriber base for wireless services.

-Rohan Mane
(NEWSCASTER)
Ref- (The Economic Times)

ADVERTSTIMENT

Why an Advertising Agency is important for Business Growth?

Every business owner understands that marketing and advertising are crucial to the success and growth of their company. But how can an Advertising Agency help you? Do you know where to start? What if they aren't creative? An advertising agency, at best works as a facilitator for your brand, to help the business.



Who are they?

This ad agencies are a group of experts who work together with one goal- to help the business reach their target customer in an easy-peasy way.

A full service advertising agency put all its energies not just in building a brand but also in creating a demand for its clients product and service in an exciting manner through creative art and unique marketing strategies. Here are some common goals which every advertising agency plays:

Create an Advertisement based on the information collected from the product.

Perform in-depth research about its products & services and customer reactions.

Plans for the product promotion via social media.

All businesses can advertise on social media and also manage own account independently.

-Bhakti Mhatre
(NEWSCASTER)

Ref:-(www.digitaldonut.com.)

Will advertisers warm up to IPL 2020 in UAE?

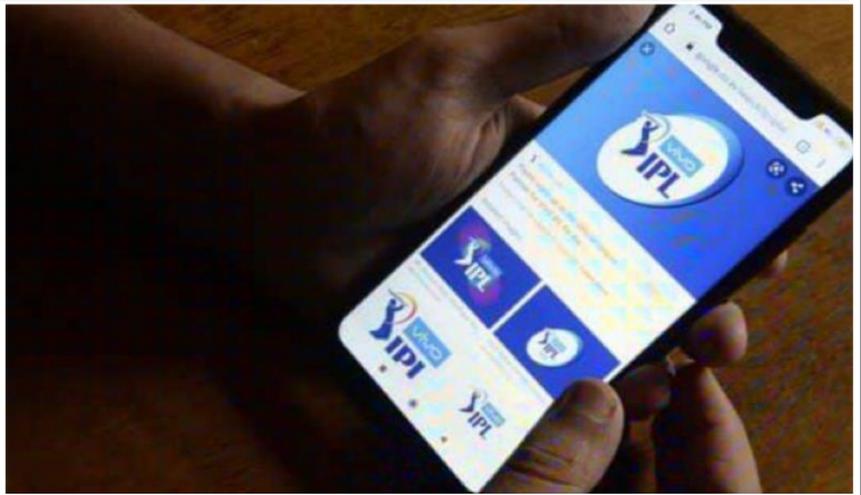
Sports and media industry experts estimate a 10-20% drop in advertising, on ground as well as in team sponsorship spends from last year as advertisers have seen their businesses shrink during the covid-induced lockdown and are grappling with poor cash flows

NEW DELHI: Despite its popularity among fans, advertiser and sponsorship interests in the Indian Premier League (IPL), expected to be held in the UAE between September and November, would be sombre compared with last year. The advertiser response to the prized cricket tournament too would depend on the covid-19 situation in India, said top media buyers.

IPL 2020 will not be a patch on the Twenty20 league of last year," said Meenakshi Menon, founder of media audit and advisory firm Spatial Access. "Timing wise, I do not see the consumer demand in the market reviving," she added, putting a question mark on the brands' proclivity to advertise.

- Nontobeko Shezi
(NEWSCASTER)

Ref:-(www.livemint.com)



Lifebuoy takes a hands-on approach to spread hygiene awareness in times of COVID-19

Soap brand marketed by Unilever, Lifebuoy is working towards spreading hygiene awareness in times of COVID-19.



What started with a public service message via print now includes TVC's and digital ads, to spread awareness amongst consumers.

In the initial days of the pandemic Lifebuoy released a public service message which asked the consumers 'to prevent the spread of COVID-19 by using any soap available whether it is dettol, The brand issued a simple guide to F.I.G.H.T covid-19 following simple steps. The brand has also rolled out its TVC, focusing on washing hands. The TVC teaches viewers 'to wash hands from hands', making a small chore of washing hands very interesting during this pandemic.



The TVC shows hands with faces made on them. The brand asks viewers to take any soap and water and make friendship, following with fighting, making crocodile, butterfly with hands to reach out every corner of the hand, washing out and killing all the germs.

-Shruti Bhaskar Amin
(NEWSCASTER)

Ref:-(Economic Times,India Times)

INFORMATION & TECHNOLOGY

**47 more Chinese app banned;
Indian rival support government’s decision.**

After banning 59 Chinese apps last month the government of India announced the ban of 47 clones of already banned China-owned applications. Indian alternatives of these Chinese apps support the ban and want users to move to apps developed by Indians for Indians. These app developers claim that Indian apps keep user data safe and secure within the country, unlike Chinese apps. “We welcome the move of banning a new set of Chinese apps most of which were clones of earlier banned apps. Today, with over 22 lakh monthly creators from Tier 2 and 3 cities in Bolo Indya creating over 17.5 lakh videos daily in 12 Indian languages,” Bolo Indya founder Varun Saxena told.

Saxena said that he is certain that in a few months from now, Indian short video platforms with a differentiation will make Indian users start “feeling the sense of belonging for Indian platforms more than ever.” In a further move of the government banning another 47 Apps Chingari, CEO and Co-founder, Sumit Ghosh also supported the decision and said, “this is a very good move by the Indian Government and PM Modi. As we’ve said before, we, the Indian citizens need to be very concerned about our data, and make sure it remains within India. At Chingari we have always been on top of this. Hence we decided to never take any funds from China nor use any of their technology in our app.”

TikTok has been in India for over a month now. Since the ban TikTokers have moved to Indian alternative apps such as Roposo, Chingari, Mitron, Sharechat, among others. These India based Tiktok rivals are dominating Google Play store and App store. The top free apps on Play store currently including Moj, Roposo, ShareChat, Google Meet, MX Takatak, Josh by DailyHunt etc.

-Ajay Lovekar
(NEWSCASTER)
Ref:- (Indian Express.com)



Cyber fraud uses QR code to cheat.

Fraudsters have found a new way of cheating people on e-commerce website. While earlier instances of people getting cheated while shopping online have to light, the crooks have started cheating people while they are trying to sell things online. In one instances a 31 year old employee of private company was trying to sell sofa online for Rs 4000 online. “I received a call from a person who was interested in purchasing the product. He negotiated the price and later agreed to pay Rs 6,000 and said will transfer the amount to my Paytm account”, said the complainant. The fraudsters sent a QR code asking the person to scan it for receiving the payment.

Believing him, the victim entered the PIN of this digital payment app and lost close to Rs92,000. The crooks are also shopkeepers pretending to buy their products in bulk. In one incident, a shopkeeper from the IT corridor received a request for delivery of 20 litre s of Hydraulic Oil over a phone call. The person on the other end agreed to pay Rs 21,000. The fraudster then requested for the phone number that the shopkeeper used for UPI application and sent the QR code through Whats App. “Believing the offender, the victim did not notice it was a request for paying the amount instead of receiving and lost Rs 56,000,” said a police officer from the Cyber crime cell.

With close to eight such instances reported, police officials have advised citizens to be cautious while making payments through QR Codes. “Do not scan QR code sent by unknown persons without verifying. Check before entering the PIN, whether the request has been made for receiving the amount or making a payment. People are also advised to use e-wallets only after one is fully aware of all the functions,” said the officer.

-Nihar Mane
(NEWSCASTER)
Ref :- (Times Of India.com)



SCIENCE & NATURE

Somewhere something incredible is waiting to be known

Architectural designers Ivo Tedbury and Freddie Hong have created a 3D printed device that adapts door handles for hand-free opening, in bid to help prevent the spread of coronavirus. Tedbury and Hong, who met while studying architecture at the Bartlett School of Architecture, designed a curved plastic device that attaches to fire escape-style pull door handles via a pair of cable ties.

The idea is that instead of opening the door with their hands, users loop their arms through the adaptor and pull the door open. The duo came up with the design as a way to respond to the outbreak of COVID-19, which can reportedly last on some surfaces for days and is spread by human touch. Tedbury told Dezeen, "If you are going out to buy groceries, you might end up with contaminated hands within 30 seconds."

In addition to releasing the open-source handle adaptor, Tedbury and Hong set up a hands-free architecture as a proactive platform to encourage others to share ways to respond to the current pandemic to help fight COVID-19. Our interaction with the built environment needs to go hands-free; they are sharing designs for adaptor kits to reduce physical contact with shared surfaces in buildings.

What simple things can we do to temporarily 'invert' architecture and design norms? That while unable to fight on the medical front, architects and designers are able to adapt the built environment to make safer spaces that could prevent the spread of the virus. "It's also meant to be a bit of provocation – the majority of existing architecture and design is geared towards bringing people together to enable human interactions (on a group scale) and centering our personal physical interactions with the built environment around our hands (on an individual score)."



Facts:
1 in 4 people have been found to have faecal matter on their hands. So pull doors open with your arms keep clean hands clean eliminates 100% of handle-to-hand germ transfer effective to help prevent spread of infection.

-Rishil Shetty
(NEWSCASTER)

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

Visual pollution :- Dangerous than you think.

Visual pollution is an aesthetic issue and refers to the impacts of pollution that impair one's ability to enjoy a vista or view. Visual pollution disturbs the visual areas of people by creating harmful changes in the natural environment. Billboards, open storage of trash, antennas, electric wires, buildings, and automobiles are often considered visual pollution. An overcrowding of an area causes visual pollution. Visual pollution is defined as the whole of irregular formations, which are mostly found in nature.

Among the various forms of visual pollution, uncontrolled creation of hoardings and signs is the worst. Today, a proliferation of hoardings threatens to turn our landscapes and communities into a continuous outdoor commercial and to further separate us from our scenic heritage. Sign overload causes negative mental and physical effects.

Causes of visual pollution:-

Landfills, Littering, Smog, Fumes, Plastic pollution, Buildings, Wires, Antenna, Vandalism.

Effects of Visual Pollution:-

Lower quality of life, Mental issues, Physical health issues, Decrease in property prices, Eye fatigue, Loss of original character of a region, Distraction, Accidents.

Prevention of Visual Pollution:-

Avoid the excessive use of physical advertising, Avoid waste production, Lower consumption levels, Reduce the use of cars, Use public transport or bicycle, Signs against littering, Education, Convince family and friends.

-Disha Parab
(NEWSCASTER)

Ref:-(environmental-conscience.com)



ACADEMICS

LATIN SQUARES (SUDOKU)

5	3			7				
6			1	9	5			
	9	8						6
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

A typical Sudoku board

Sudoku is the fastest-growing puzzle in the world. The hype started in Japan in the 1980s and until a few years ago nobody in Europe had ever heard about it. In 2004 a British newspaper started publishing the puzzle and in 2005 Sudoku was launched as a game show on British television. From then on it became extremely popular. Many other newspapers in Great Britain did the same and from there it spread across the European continent. Today you can see Sudoku puzzles in magazines, newspapers, there are special websites where you can play all day and even apps for mobile phone users.

Sudoku goes back to the 18th century when an American architect designed the puzzle and published it in a magazine. In the US, the game was originally called Number Place but it was a Japanese magazine that took up the idea, changed a few of the rules and made it a worldwide success.

Even though Sudoku's rules are simple the puzzle itself can be very difficult to solve. The board is divided into nine rows and nine columns of squares. There are also nine 3X3 sub grids. Some of them already have numbers in them. Depending on where you put the numbers you can make the puzzle easy or more difficult.

The aim of the game is to fill in the remaining numbers into the blank squares so that each row, each column and each sub square contains a number only once. You do not need to be good at math to solve Sudoku; you just have to think logically.

Today Sudoku is so popular that competitions are held around the world. The first world championships were held in Italy in 2006.

- *Ubed Shaikh*
(NEWSCASTER)

-Ref- (www.english-online.at)

Making Money: 6 Habits
Of Wealthy People

What is the formula for a long life? The likely answer will be a healthy lifestyle and good fitness and nutrition habits. This is true for your financial health too. There are some steps, that should become habits, to take you towards a more robust financial health.

1. You must get insurance, depending on your age, wealth and commitments.
2. Diversify your investment portfolio across debt (debt mutual fund, fixed deposits, bonds, debentures, etc.) and equity, wisely.
3. Identify and review your financial goals at regular intervals. These are responsibilities and dreams for which we earn, save, invest and sometimes even borrow.
4. Make it a point to create a family budget at the beginning of every month. At the end of each month, you will know exactly how much money you are spending and, more importantly, if you are overspending.
5. Keep your family members abreast of all long-term financial transactions and also keep updating your wealth documents.
6. Making a will, updating nominations and re-evaluating health-insurance needs are a few other habits that go a long way in wealth creation.

- *Saneha Jatav*
(NEWSCASTER)

-Ref- (www.readersdigest.in/better-1)



MEDIA

TOPIC-WHY DO PROFESSIONALS USE LINKEDIN

A professionally written LinkedIn profile allows you to create an online professional brand which can help open doors to opportunities and networks that you may not have been aware of without the help of social media. ... 93% of recruiters use LinkedIn to research and recruit candidate.

LinkedIn hosts more than 600 million professional profiles, which means nearly an unlimited supply of network connections and job opportunities. From seeking a new job to maintaining your personal brand, LinkedIn is an important part of being a full-fledged professional in any industry these days.

➤ LinkedIn is the top online site for professional, social and career networking. ... While individuals use LinkedIn for professional networking, connecting, and job searching, companies.

LinkedIn is excellent for connecting with professionals:-

LinkedIn is great for creating strong connections, especially between professionals, like-minded individuals, thought-leaders and people in your industry or whom you share interests with. Ask questions, share knowledge, get important insights, know about upcoming events, gain important information, know about job openings and opportunities inside and outside your circles, voice your opinions, participate in discussions, and so on.

-*Anushka More*

(NEWSCASTER)

Ref- ([Why LinkedIn is So Important for Professionals and Job-Seekers](#))



LinkedIn is a great way of being found on Google.

Evolution of YouTube over the years

The YouTube algorithm guides viewers' behavior and also also has a big effect on the people making those videos. What your video is about, how long it is, when you post and what keywords you use to describe your video can affect not just your video, but your whole YouTube channel's success.

A brief history of the YouTube

Before 2012: view count

YouTube started ranking videos based on a unit: view count. This strategy was bad for quality, which was bad for advertisers, which was bad for the platform as well. 2012-2016: view duration and session time

YouTube redesigned the algorithm to favor view duration, and time spent on the platform overall. This meant that creators had to reduce the time they spent making each video. They couldn't afford to make frequent, high-quality videos that were also long.

2018: monetization

And in early 2018, YouTube's monetization policy change reduced the number of content creators the platform had to actively keep a check with.

2019: banning "borderline content"

At the beginning of 2019, YouTube announced that its algorithm will no longer recommend "borderline content" that could harm or seriously misinform viewers.

How does YouTube work now?

The idea is not to identify "good" videos, but to match viewers with videos that they want to watch. The end goal is that they spend as much time as possible on the platform. Search results on YouTube are based on two primary factors :

- how well your video's metadata (title, description, keywords) fits the user's query
- how much your video has engaged users already (likes, comments, watch time)



-*Vedang Khopkar*
(NEWSCASTER)
Ref:- (hootsuiet.com)

LIBRARY

History of Stock Market/ Exchange in India

History of Stock Exchange in India!

The stock exchange or market is a place where stocks, shares and other long-term commitments or investment are bought and sold. The Securities Contracts (Regulation) Act of 1-956 defines, a stock exchange as “an association, organisation or body of individuals, whether incorporated or not, established for the purpose of assisting, regulating and controlling, business in buying, selling and dealing in securities.”

Stock Exchanges are noted as “an essential concomitant of the Capitalistic System of economy. It is indispensable for the proper functioning of corporate enterprise. It brings together large amounts of capital necessary for the economic progress of a country. It is a citadel of capital and pivot of money market. It provides necessary mobility to capital and indirect the flow of capital into profitable and successful enterprises. It is the barometer of general economic progress in a country and exerts a powerful and significant influence as a depressant or stimulant of business activity.”

The first organised stock exchange in India was started in 1875 at Bombay and it is stated to be the oldest in Asia. In 1894 the Ahmedabad Stock Exchange was started to facilitate dealings in the shares of textile mills there. The Calcutta stock exchange was started in 1908 to provide a market for shares of plantations and jute mills

Then the madras stock exchange was started in 1920. At present there are 24 stock exchanges in the country, 21 of them being regional ones with allotted areas. Two others set up in the reform era, viz., the National Stock Exchange (NSE) and Over the Counter Exchange of India (OICEI), have mandate to have nation-wise trading. They are located at Ahmedabad, Vadodara, Bangalore, Bhubaneswar, Mumbai, Kolkata, Kochi, Coimbatore, Delhi, Guwahati, Hyderabad, Indore, Jaipur, Kanpur, Ludhiana, Chennai Mangalore, Meerut, Patna, Pune, Rajkot. The Stock Exchanges are being administered by their governing boards and executive chiefs. Policies relating to their regulation and control are laid down by the Ministry of Finance. Government also Constituted Securities and Exchange Board of India (SEBI) in April 1988 for orderly development and regulation of securities industry and stock exchanges.

- *Yash Pedhamkar*
(NEWSCASTER)

Ref- (www.yourarticlelibstock-exchange)



BLACK HOLES

Our world is bigger than we think, in fact our planet is not even the size of a tiny dot compared to the size of the sun, other planets and the endless span of space.

We all have different perceptions about blackholes depending on the way we have seen them in various films and documentaries but in this presentation we will find out more about the enigmatic blackholes.

How do black holes form?

Scientists think the smallest black holes were formed when the universe began. Stellar black holes are made when the center of a very big star falls in upon itself, or collapses. When this happens, it causes a supernova. A supernova is an exploding star that blasts part of the star into space. Scientists think supermassive black holes were made at the same time as the galaxy they are in.

How can black holes be identified in the dark of space?

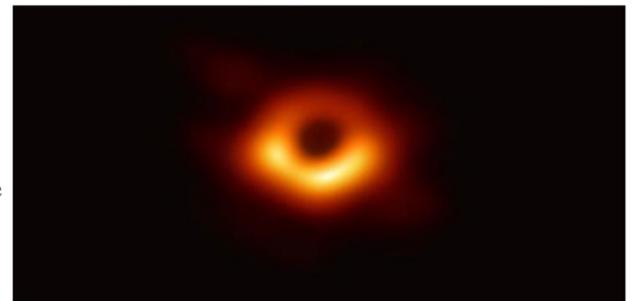
A black hole can not be seen because strong gravity pulls all of the light into the middle of the black hole. But scientists can see how the strong gravity affects the stars and gas around the black hole. Scientists can study stars to find out if they are flying around, or orbiting, a black hole. When a black hole and a star are close together, high-energy light is made. This kind of light can not be seen with human eyes. Scientists use satellites and telescopes in space to see the high-energy light.

Now onto some of the questions inspired by space movies,

Could a black hole destroy earth?

Black holes do not go around in space eating stars, moons and planets. Earth will not fall into a black hole because no black hole is close enough to the solar system for Earth to do that. Even if a black hole the same mass as the sun were to take the place of the sun, Earth still would not fall in.

The black hole would have the same gravity as the sun. Earth and the other planets would orbit the black hole as they orbit the sun now. The sun will never turn into a black hole. The sun is not a big enough star to make a black hole.



This is the latest image of a black hole.

- *Ayushman Pandey*
(NEWSCASTER)

Ref- (Wikipedia.com, NASA.com)

FOOD, HEALTH & NATURE

Six can fix it!

Beets

Beets contain many important nutrients including vitamins A, B, C, E, and K plus protein, folate, dietary fibre, calcium, iron, and potassium. This powerful root vegetable is high in betacyanin, which helps fight cancer, lowers the risk of heart disease.



Cabbage

With just 20 calories in a cup of chopped raw green cabbage, it's a very low-calorie choice that is rich in vitamin C (33 mg per cup).



Carrots

Carrots are our most abundant source of beta-carotene, a compound that can function as an antioxidant and can also be converted by the body into vitamin



Squash

Acorn, butternut and spaghetti are some of the winter squashes in season now. Acorn and butternut squash are rich in beta-carotene, insoluble fibre, iron, potassium, zinc, and other minerals and B vitamins.



Sweet potatoes

Sweet potatoes are among the most nutritious vegetables and are an excellent source of vitamin C and antioxidant beta-carotene. They are rich in potassium, which helps lower blood pressure and they keep your skin and eyes healthy, fight heart disease



Lady fingers

A relative of the hibiscus, okra is a dark green starchy vegetable that's got just 18 calories in a 1/2 cup serving. Okra is also a source of vitamin A and C, folate, potassium, thiamin and magnesium.



-Aditya Chehulkar
(NEWSCASTER)

-Ref- (www.takingcharge.csh.umn.edu)

6 Simple Rules to Heart Healthy Eating.

1. There is no one "right" diet for everyone
A medication that saves one person's life can cause a life-threatening side effect in another. The same principle applies to diet. And just because a diet doesn't work for you, doesn't mean you failed – it may just mean that diet wasn't right for you.
2. You should like it (even better if you love it)
We don't do well when we feel deprived, and if you're eating food you don't like, you're setting yourself up to fail. Find a healthy eating style you love and that loves you back. There are too many great tasting and healthy options to settle for food you don't like.
3. Avoid highly processed foods
If you only follow one of these 6 rules, make it this one. About 70% of the US diet is highly processed foods and it's a major contributor to the obesity, diabetes and high blood pressure. What are highly processed foods? There are several definitions, but here is one I like. Processed food is manufactured food, typically high in added sugars (like high fructose corn syrup) or refined grains. These foods often contain many ingredients you would not recognize as food such as preservatives and other chemicals.
4. Include vegetables and other plant based foods
Mom was right. Eat your vegetables. This doesn't mean you need to be vegetarian (I'm not), but the simple act of getting planet-based foods into most of your meals can do wonders for your heart health.
5. Portion size still counts
Even if it's healthy food, eating too much is still, well, too much. Slowing down, eating mindfully, and serving your meals on smaller plates
6. Eat at home
Who has time to cook anymore? YOU do! Cooking at home can be quicker than going out, and the benefits are indisputable. Better quality food, lower cost, a stronger connection with loved ones, and a healthier weight are just some of the benefits of home cooked meals. Eating heart healthy is not one size fits all, nor is it written in stone. For most of us, it's a constant process of trying new things and judging the response.

- Kalpesh.S.Valanju
(NEWSCASTER)
-Ref- (blogs.webmd.com)



CULTURE & CUISINE

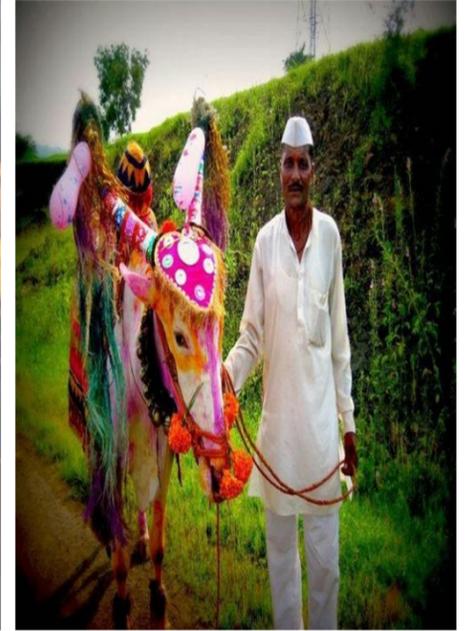
Pola

Introduction:

Pola is a festival respecting bulls and oxen which is celebrated by farmers in Maharashtra.

Main body:

Pola is a thanksgiving festival of farmers and their families for their bulls. The pampering of Bulls begins a day or two before Pola. In Maharashtra, farmers and farming families celebrate this festival in praise of their bulls. There is a holiday on the occasion of Pola in rural regions of Maharashtra in schools. Farmers don't do any work with bulls this day. Women make Rangolis outside in front of their house, tie Toran on top of doors, they prepare puja thalis with kumkum, water, and sweets and an earthen lamp with ghee to do puja, aarti of bulls. The whole family take blessings from their Bulls, touch their feet, worship them. Farmers wash their bulls, colour their horns, change their old year-long ropes, tie new ropes with bells, serve them different kind of grains like Jowar, wheat and lentils, perform their arti and give them naivadya (food offered by devotees to God) to eat. It is also celebrated in Madhya Pradesh, Chhattisgarh, Northern parts of Telangana as Polala Amavasya. It falls on the day of the Pithori Amavasya (the new moon day) in the month of Shrawana (usually in August).



Conclusion:

It is a very important festival for farmers as they dedicate the whole day to their bulls to acknowledge the importance of bulls and oxen, which are a crucial part of agriculture and farming activities and of course are known as a farmer's best friend.

-Varsha Bag
(NEWSCASTER)

Ref :- (wikipedia.org/wiki/Pola_(festival))

This is how the South India celebrates Krishna Janmashtami

Krishna Janmashtami is celebrated in a myriad ways in different parts of India. However, even though Lord Krishna spent a major part of his life in the North India and Gujarat, the blue-hued deity finds much adoration in the hearts of the people living in South India. Here we give you a peak into how Janmashtami is celebrated in South Indian states.



In Karnataka

The citizens of Karnataka have a tradition of performing the divine play called Rasleela, locally named as Vittal Pindi, which Krishna had performed with Radha and other Gopis of Vrindavan. Huli Vesha dancers perform attractive dances to add more charm to the festive celebrations. Add to that, the local boys gang up to form a human pyramid in order to break the dahi handi.

In Andhra Pradesh

On the other hand, the population of Andhra Pradesh relish savouries such as Chakodi, Murukku and Seedai after offering them to the image of Lord Krishna. Children are dressed up as Krishna by their parents, devotional hymns are sung in temples and prasadam is distributed after the prayers.



In Tamil Nadu

What is a celebration for Tamilians without making the traditional rangoli pattern called Kolam? On Janmashtami, people draw small footprints of a baby at the entrance of their house to mark Krishna's arrival to their abode. Delicious eats like Sweet Seedai, Verkadalai Urundai and dishes made from milk are offered to the Lord. A recitation of Srimad Bhagwadgita is a popular practice on this day. Furthermore, people fast for the whole day.

In Kerala

The people of Kerala express their fond devotion for Lord Krishna on Janmashtami by performing different rituals and pujas. For many, it is customary to visit the Guruvayur Temple and Bhuloka Vaikuntha located in Guruvayur town. However, visiting both of these shrines on Janmashtami is not for the weak-willed because there is a long queue of devotees waiting to catch the sight of the presiding deity.

So, if you are tourist in any of the South Indian cities or towns this Janmashtami, visit the nearest Vishnu or Krishna Temple to know more about the local traditional and be a part of the celebrations.

-Rashi Walinjar
(NEWSCASTER)

Ref:- (timesofindia.indiatimes.com)

TRAVEL & TOURISM

‘MUSSOORIE’

“The Queen Of Hill Stations”

Mussoorie is one of the most popular hill stations located at a distance of 290 km from Delhi in Dehradun district of Uttarakhand. With a backdrop of Shivalik range of Himalayas and doon valley, Mussoorie, also known as Queen of The Hills, stands at an altitude of 7000 feet above sea level and has a cool, pleasant climate throughout the year.

Best Time To Visit :-

Summer (March through June) – The peak tourist season, with pleasant temperatures and clear skies. Perfect for sightseeing and adventure sports.

Winters (October through February) – Fresh snowfall and sub-zero temperatures. Great for winter sports.

Why To Choose Mussoorie ?

If you are planning a family vacation and looking for some quaint spots amidst the luxury of nature, Mussoorie offers you numerous trekking and hiking trails. Although the place itself is soothing, the trails like Naag Tibba and Har ki Dun offer you a chance to get closer to nature. These trekking trails also attract a lot of trekkers and you can follow in their footsteps and find your own little spot in the mountains.

Recommended Itinerary :-

Day 1: Begin from New Delhi to Mussoorie; lunch on the way and dinner at Mussoorie

Day 2: Mussoorie – Hiking and nature walks at Camel’s Back Road, bathing at Kempty Falls, View from Gun Hills, Lal Tibba, Happy Valley and Company Garden. Tibetan Temple visit.

Ropeway ride at Snow Point

Day 3: Mussoorie – Mall Road in the morning, Zip lining and rock climbing in the afternoon.

Relax at the hotel in the evening

Day 4: Begin from Mussoorie to New Delhi, check out after breakfast and reach the railway station or airport at Dehradun. Onward to New Delhi.

-*Tanvi Kendule*
(NEWSCASTER)

Ref :- (www.holidify.com)



JAIPUR :- The Pink City

Jaipur is a vibrant amalgamation of the old and the new. Also called the Pink City, the capital of the royal state of Rajasthan, was ruled by the Rajputs for many centuries and developed as a planned city in the 17th century AD.

How to Reach Jaipur:

Since people from all over the World visit Jaipur, connectivity is not an issue at all. Jaipur (Sanganer) Airport is well connected to Mumbai, Delhi and other main cities. Jaipur Railway Station is connected to many cities by direct Train connections. The place holds a good network of roads, and hence the luxury buses will conveniently connect you to almost all the places.



THE PINK CITY

CITY PALACE JAIPUR HAWA MAHAL

Places to visit in Jaipur

3 Day Jaipur Itinerary:

Day 1 - Hawa Mahal – Jaipur City Palace – Jantar Mantar – Shopping/Jal Mahal Start your first day of Jaipur Itinerary by visiting Kota Kachori. It is one of the best places in Jaipur to try .



Hawa Mahal

Day 2 : Amer Fort – Jaigarh Fort – Nahargarh Fort Start your 2nd day of Jaipur itinerary with breakfast at Rawat Miththan . Lip-smacking Kachoris with some flavored milk will be a perfect way to start



Jaipur City Palace

Day 3. Post breakfast, you can visit all the 3 beautiful places to visit in Jaipur. I am referring to the 3 forts in Jaipur; Nahargarh fort, Jaigarh Fort & Amer Fort. Your Jaipur itinerary will remain incomplete without these forts.

Day 4- Bhangarh Fort & Birla Mandir

Once you reach Bhangarh fort, explore and imagine the grandeur of this ruined fort. The place is really spooky. Next, you can visit Birla Temple which is also referred to as the Laxminarayan temple. This temple is an architectural marvel. The intricate carvings will amaze you.

- *Rhea Devadiga*
(NEWSCASTER)

Ref :- (www.holidify.com)

SOCIAL ISSUES

What does china really want? To dominate India.

A large number of Indian and Chinese troops have been engaged in an eyeball-to-eyeball situation in Galwan Valley and certain other areas of eastern Ladakh for the last five weeks, including in Pangong Tso, Galwan Valley, Demchok and Daulat Beg Oldie in eastern Ladakh.

In the biggest military confrontation between India and China in over five decades, at least 20 Indian Army soldiers were killed in a violent clash with Chinese troops in Galwan Valley. Although no shots were fired, stones were thrown, and fistfights broke out. US President offered to mediate but this was rejected.



While China said it does not want more clashes with India, Prime Minister Narendra Modi made it clear that although India wants peace but it is capable to give a befitting reply if instigated. This is not the first China-India border conflict. They commenced the Sino-Indian War in 1962. China claims to the Indian state of Arunachal Pradesh as Southern Tibet. On the other hand, India sees the China-controlled Aksai Chin as its territory. Since 1962, both sides have signed a series of agreements and agreed to respect the Line of Actual Control that separates the countries.

After that clash govt has issued a ban on 59 Chinese apps. Since then the biggest tech companies in China have lost the largest market of internet users in the world. India has strictly confirmed that these apps were involved in activities that are prejudicial to the sovereignty and integrity of India. This is perhaps the bravest move India has executed. Here are few lines for our soldiers



“Take your place of honor,
Among those who have gone before,
And you will be remembered
For now, and evermore.”

- **Aakanksha Vadvalkar**
(NEWSCASTER)

Ref- (https://en.wikipedia.org/wiki/China%E2%80%93India_relations
<https://hbr.org/2007/12/china-india-the-power-of-two>)

A light of hope!

Oxford University coronavirus vaccine safe, induces immune response, says lancet study. A potential covid-19 vaccine developed by Oxford University in collaboration with pharmaceutical giant AstraZeneca has produced a strong immune response in a large, early-stage human trial, according to newly released data published Monday in the medical journal The Lancet. The phase 1/2 trial results found that vaccine generated two “strong” immune system.



Whereas, ICMR defends August 15 Covid vaccine deadline, says process ‘as per global norms,

Covaxin, India’s first indigenous vaccine against the novel COVID-19, has already started its clinical human trial across the country. Developed by Bharat Biotech International Limited along with Indian Council of Medical Research and National Institute of Virology.

According to the researchers, the immune responses could be even greater after a second dose of the vaccine, as found in a sub-group of 10 participants. This should not be done at the cost of efficacy and safety,” said Dr Shashank Joshi, Dean of the Indian College of Physicians.

While vaccine trials can be fast-tracked, it still takes over a year to launch the product, experts said. In a pandemic, emergency-use approval can be given if data from the first two trial phases is compelling enough, said an expert on condition of anonymity. This would allow the launch without the third phase being conducted, but this approval would likely be given with riders to submit additional data and adverse event reports.

Over 45,000 cases are found in India in every 24hours. Day by day increasing numbers of coronavirus are devastating our minds, in this situation, Vaccine is the only hope which can bring a better change, throughout the world. Remember, threat is in the virus, not the people!

Stay safe, and hope for better!

-**Samakhiya Sahu**
(NEWSCASTER)
Ref:(economictimes.com)



STUDENT'S SECTION

Interesting Fun Facts

1. Bandra Worli Sealink has steel wires equal to the earth's circumference
It took a total of 2,57,00,000 man hours for completion and also weighs as much as 50,000 African elephants.
A true engineering and architectural marvel
2. Water on the moon was discovered by India
In September 2009, India's ISRO Chandrayaan- 1 using its Moon Mineralogy Mapper detected water on the moon for the first time.
3. Science day in Switzerland is dedicated to Ex-Indian President, APJ Abdul Kalam
The father of India's missile programme had visited Switzerland back in 2006. Upon his arrival, Switzerland declared May 26th as Science Day.

-Sarthak Patil
(NEWSCASTER)

Ref :- (www.scoopwhoop.com)

Environment word search puzzle

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

POLLUTION	ENERGY	NATURAL	
TRANSPORTATION	SOLAR	GAS	
RESOURCES	REDUCE	PAPER	LIGHT
PLASTIC BAG	FUEL	GARBAGE	WASTE
CLIMATE	BOTTLE		
METAL	RECYCLE	REUSE	PLANET

-Sarthak Patil
(NEWSCASTER)

Ref:- (iscollective.com)

Art By Student



-Anushka Bansode
(SYBMS)

Previous week's crossword answers

1	S		2	T	Y	3	A	G	A	R	A	J	A								
	I			H																	
4	M	A	L	A	V	I			5	S	6	A	V	E	R	I					
	H			R					N												
	A			7	D	V	I	J	A	V	A	N	T	I							
	N								A						8	S					
	A			9	M	R	10	D	A	11	N	G	A	M		A					
	N				H				E							R					
	D				R				R						12	G	A				
	A				U				A							A	M				
					V				V				14	T	A	M	P	U	R	A	
				13	N	I	S	H	A	D	A								L	T	
															15	J	A	V	A	L	I

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