

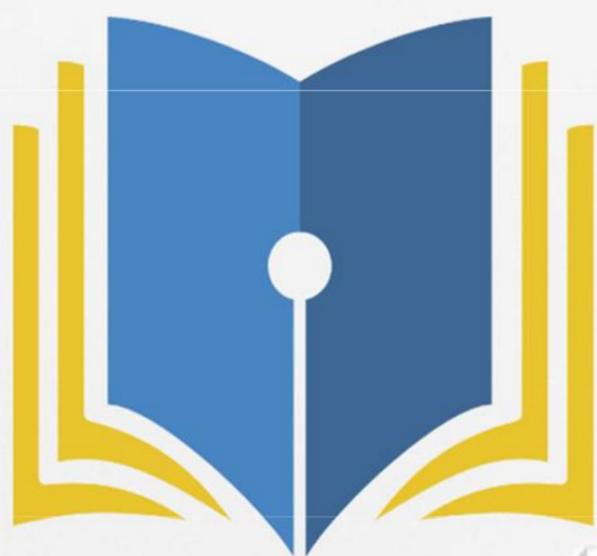


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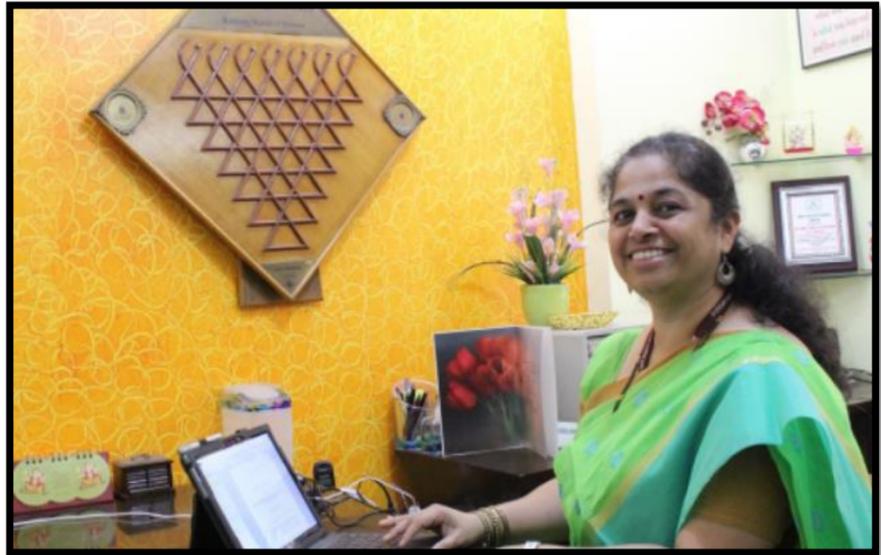
WEEKEND CHRONICLE

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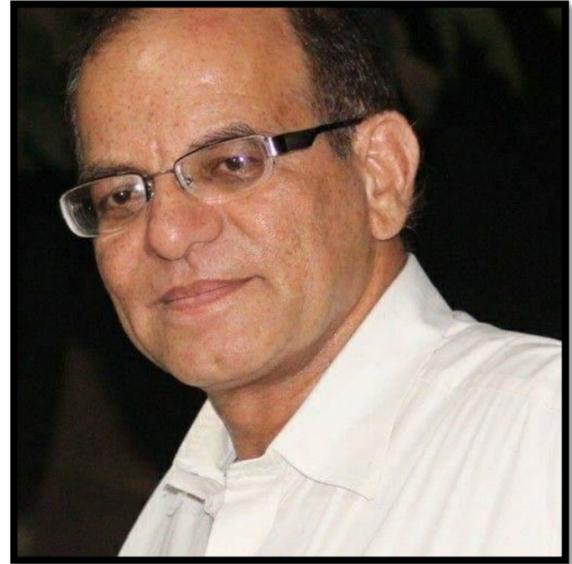
A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

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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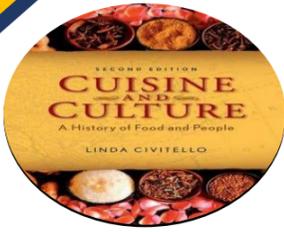
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BUSINESS

5 eco-friendly brands that are saving the world.

1) TOMS



While visiting Argentina in 2006, world traveler Blake Mycoskie was floored when he saw how many children were growing up without shoes, making life incredibly difficult for them and their families. That's when he had the idea to start a for-profit company that donated a pair of shoes to a child for every pair sold. Fast forward 11 years and TOMS has donated over 60 million shoes to children around the world. To increase their reach and help even more people, TOMS has since expanded to provide clean drinking water, eye services, and safe birth kits—all to communities-in-need around the globe.

2) Patagonia



For all you non-outdoorsy types, Patagonia is one of the world's most successful activewear retailers, selling everything from snow gear to fleece to sleeping bags that appeal to the all-things-adventure crowd. And because those folks typically also very eco-conscious, Patagonia's corporate philosophy is all about going green. They've built repair centers around the world to increase the longevity of their products and lower their carbon footprint. In 2016, they pledged \$10 million of their Black Friday sales to grassroots environmental groups dedicated to preserving and improving the planet. Patagonia's corporate philosophy is "100% For the Planet."

3. Wipro EcoEnergy



You might not have heard of them, but Wipro EcoEnergy is doing big things in the world of green business by providing "intelligent and sustainable solutions for enterprise-wide energy operations and efficiency management." In other words, they partner with companies to help them reduce their carbon footprints and energy wastage, which saves them a ton of money.

4. Apple



I know what you're thinking. When you hear the words "eco-friendly", the first thing that comes to mind isn't the largest technology company in the world. But just because they're not an outspoken company that champions environmental causes doesn't mean they're not doing their part. Apple may not say, "Hey look at me, I'm green!", but they've made some serious contributions to environmental change. In 2015, they signed a nearly \$1 billion deal with First Solar, the largest developer of solar farms in the US. Using their technology, Apple powers all of its California stores, offices, data centers and headquarters with solar energy, making it the largest solar procurement deal for a non-utility company in history.

5. Numi tea



Numi Tea has sustainability in their DNA. Their mission is to unite mind, body and spirit through tea, and they extend that holistic idea to helping protect our planet. Everything Numi Tea does ties back to their mission: from sustainable packaging to making donations to environmental nonprofits to tracking carbon emissions during the production process. They make sure every step in sourcing, making and selling their tea is environmentally sound. Numi Tea is also the brainpower behind OSC2 (One Step Closer to an Organic Sustainable Community), a group of CEOs and business leaders from the sustainably-focused, natural products industry that are dedicated to improving sustainability across all industries.

-Viren Rathod

(NEWSCASTER)

Ref: -(99designs.com)

7 Ways to Rebuild HR to Support Fast Growth and Happy Employees.

1. HR needs to get real

Authenticity has never been more important for leaders and managers. Everyone's hurting, with quarantines in place, schools closed and vacations canceled. Acknowledge the pain (theirs and your own). Treat everyone like adults - adults that can easily choose to work in an even larger number of other companies, since everyone's gone remote and can work from anywhere.

2. Suspend non-compete agreements

They're outlawed or ignored in many jurisdictions that are top labor destinations and too often unreasonably restrictive, especially to lower-level employees.

3. Give useful benefits rather than gimmicky perks

If not sure, survey your employees! Err on the side of strong health benefits, low co-pays for telemedicine, generous (but not unlimited) vacation days and robust mental wellness solutions (24/7 counseling, employee assistance programs, CareKits for pregnancy, paid fertility treatments, backup child and adult care), legal services, flex-days, generous parental leave.

4. Create a more agile and internally mobile workforce

Encourage managers to list projects company-wide to get help from other departments and ambitious employees who want to prove themselves. Help people break out of narrow job descriptions and move forward in their careers. Coach them on career pathways within the company and follow up with managers and leaders to pave those paths proactively.

5. Hire a diverse staff

As a core principle (and profitability driver), work on creating a more diverse and inclusive workplace by actively hiring, promoting and opening seats at the table for People of Color. Then, hire for alignment with said, more inclusive, culture, rather than skills and experience only. Help diverse talent share their stories on camera.

6. Get employees coaches

Get employees coaching on benefits, professional and personal development, becoming new managers and leaders, improving performance, productivity. Get them LinkedIn Learning or other resources to constantly continue learning. Help people improve and reinvent themselves, then help your company benefit from it. Bake learning and group participation in performance reviews. Create an authentic, employee-driven employer brand. No more gaming Glassdoor reviews. Help your employees become your best ambassadors by consistently doing the right thing and treating them well.

7. Be flexible

An HR Tech Stack that's flexible as your company grows. Make sure your systems (ATS, on boarding, HRIS, payroll, benefits, intranet, Slack/Teams), are user-friendly, collect and report the right data for making business decisions and talk to each other.

-Rohit pawar

(NEWSCASTER)

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

ADVERTIMENT

This Onam, Parachute Advansed Gold salutes selfless dedication of nurses

Updated: Aug 24, 2020 3:07 PM

#ThankYouNurses campaign, led by a digital film, has been conceptualized by VMLY&R



Marico Limited's hair nourishment brand, Parachute Advansed Gold, has launched a heartening digital campaign, this Onam, honoring the unparalleled spirit of nurses across the country. The #ThankYouNurses campaign, led by a digital film, salutes the brave warriors and provides a platform for all Indians celebrating Onam to come forward and express their gratitude for the nurses through their Pookalams, a popular floor decoration with flowers which is an integral part of Onam celebrations.

As we continue to combat the COVID-19 outbreak, our nurses have selflessly devoted their time to serve the nation. It is due their commitment that countless COVID-19 patients have returned home to their families for Onam.

Thus, Parachute Advansed Gold has introduced its #ThankYouNurses campaign with an aim to bring the joy and happiness of Onam to these nurturers. It calls upon every individual to proudly dedicate their Pookalam to these heroes and their valiant efforts by designing it with thank you motif," the company said in a statement.



-Shruti Bhaskar Amin
(NEWSCASTER)

Ref:- (www.exchange4media.com/advertising-news)

Covid-19 Impact: 75 new categories of advertisers emerge in India during lockdown

New Delhi: The covid-19 led lock down has led to the emergence of over 75 new categories of advertisers in India according to TAM's Adex data.

Ranging from astrology services, hair removers, seed planting materials to veterinary products these advertisers took to mass media advertising in April this year TV, print and radio- only from April 2020, and were not advertising before that, according to TAM.

The lockdown phase also saw an unprecedented rise in advertising of some of the existing advertising categories. TV advertising for hand sanitizers as a category grew 128 times in April-June 2020 compared to previous year for corporate and it grew 126 times.

Household cleaners advertised 199 times more and household UPS and inverter batteries advertised 307 times more in the print media during April to June period compared to previous year. Sugar confectionery as a category Advertised 130 times more on radio during this period compared to last year.

-Bhakti Mhatre
(NEWSCASTER)

Ref:(brandequity.economicstimes.indiatimes.com)

**Dabur takes cultural insight of Onam in new Dabur Herbal toothpaste ad**

August 31, 2020

Dabur India has launched a new campaign for its Dabur Herbal family toothpaste in Kerala, to further strengthen the brand's regional connect by tapping into the strong 'rooted' ness in tradition especially for the upkeep of health and well-being.

In a first for the brand, this campaign has been shot in Kerala with local actors. The ad shows a traditional Kerala home, where a family is celebrating Onam in the traditional manner with an elephant show, a tradition that is believed to bring good luck and fortune.

The protagonist who is impressed by the strength and majesty of the elephant's tusks realizes that unlike the elephant, humans are only blessed with one set of teeth which needs proper care by using traditional ingredients like Tulsi, Babool and Akarkara for long-lasting dental protection and fresh breath.

The new campaign is intended to make a big splash in the toothpaste category giving a new impetus to the herbal segment and en-route to becoming a force in the market.

-Kshitija Chavan
(NEWSCASTER)

Ref:- (Brand Equity.com)

Video Link :- (<https://youtu.be/0nNj4VkXJuo>)

INFORMATION & TECHNOLOGY

HCL is hiring 800 techies through virtual recruitment drive



Indian IT services major, HCL Technologies has decided to take an innovative stab at hiring during COVID-19. The company has opted for a virtual mega-recruitment drive, for the first time. The virtual recruitment drive is for HCL's Nagpur location. The company plans to hire experienced techies at its campus in MIHAN, Nagpur. HCL will prefer candidates who are natively from Nagpur. The program invites those from Nagpur but working elsewhere and trying to return back to their hometown. In an official statement, HCL Technologies said, "This year, we are offering over 800 job opportunities for experienced professionals at HCL Technologies campus in MIHAN, Nagpur. It will be a great opportunity for working professionals with the desired skills and experience to apply for the virtual mega recruitment drive."

Candidates interested in the position had to apply online for this recruitment drive. The last date for submission of the applications was August 26, 2020. HCL's recruitment team will then screen the profiles and select eligible candidates for a virtual drive session that starts from August 29, 2020. The company has openings in departments including IT infrastructure services, application services, engineering and research services, and digital process outsourcing positions. HCL is specifically looking for those with 3 to 15 years of work experience. HCL's Nagpur campus has always been a strategic development center for the company. HCL has endeavored to reach out to the best talent across country. Sanjay Gupta, Corporate Vice President at HCL Technologies said, "After receiving an overwhelming response last year, we are again conducting HCL's Mega Recruitment Drive in Nagpur to bring in global career opportunities for the experienced IT professionals of the region."

-Nihar Mane

(NEWSCASTER)

Ref:- (content.techgig.com)

Japanese company successfully tests a manned flying car for the first time

A Japanese company has announced the successful test drive of a flying car. Sky Drive Inc. conducted the public demonstration on August 25, the company said in a news release, at the Toyota Test Field, one of the largest in Japan and home to the car company's development base. It was the first public demonstration for a flying car in Japanese history. The car, named SD-03, manned with a pilot, took off and circled the field for about four minutes. "We are extremely excited to have achieved Japan's first-ever manned flight of a flying car in the two years since we founded SkyDrive... with the goal of commercializing such aircraft," CEO Tomohiro Fukuzawa said in a statement. "We want to realize a society where flying cars are an accessible and convenient means of transportation in the skies and people are able to experience a safe, secure, and comfortable new way of life."

The SD-03 is the world's smallest electric vertical takeoff and landing vehicle and takes up the space of about two parked cars, according to the company. It has eight motors to ensure "safety in emergency situations." "In designing an unexplored, new genre of transportation known as the flying car, we chose the keyword "progressive" for inspiration," Design Director Takumi Yamamoto said. "We wanted this vehicle to be futuristic, charismatic and desirable for all future customers, while fully incorporating the high technology of SkyDrive. The company hopes to make the flying car a part of normal life and not just a commodity. More test flights will occur in the future under different conditions to make sure the safety and technology of the vehicle meet industry standards."

The success of this flight means that it is likely the car will be tested outside of the Toyota Test field by the end of the year. The company will continue to develop technologies to safely and securely launch the flying car in 2023, the news release said. No price has been announced.

Nihar Mane

(NEWSCASTERS)

Ref:- (edition.cnn.com)



SCIENCE & SPACE

STAR FACTORY- W51



The nebula known as W51 is one of the most active star-forming regions in the Milky Way galaxy. First identified in 1958 by radio telescopes, it makes a rich cosmic tapestry in this image from NASA's recently retired Spitzer Space Telescope.

Located about 17,000 light-years from Earth, in the direction of the constellation Aquila in the night sky, W51 is about 350 light-years - or about 2 quadrillion miles - across. It is almost invisible to telescopes that collect visible light (the kind human eyes detect), because that light is blocked by interstellar dust clouds that lie between W51 and Earth. But longer wavelengths of light, including radio and infrared, can pass unencumbered through the dust. When viewed in infrared by Spitzer, W51 is a spectacular sight: Its total infrared emission is the equivalent of 20 million Suns.

If you could see it with your naked eye, this dense cloud of gas and dust would appear about as large as the full Moon. The Orion Nebula - another well-known star-forming region and a favorite observing target for amateur astronomers - occupies about the same size area in the sky. But W51 is actually much farther from Earth than Orion and thus much larger, and it's about 75 times more luminous. While Orion contains four known O-type stars - the most massive stars in the universe - W51 contains over 30.

"Star factories" like this one can operate for millions of years. The cavernous red region on the right side of W51 is older, evident in the way it has already been carved out by winds from generations of massive stars (those at least 10 times the mass of our Sun). The dust and gas in the region are swept around even more when those stars die and explode as supernovas. On the nebula's younger left side, many stars are just beginning to clear away the gas and dust in the same way the stars in the older region have done.

Facts: The most massive stars in the universe are born inside cosmic clouds of gas and dust, where they leave behind clues about their lives for astronomers to decode.

-Bhumika Mhatre
(NEWSCASTER)

Ref:-(www.jpl.nasa.gov)

Invention of Verilux CleanWave Sanitizing Wand.

It effectively eliminates H1N1 and MRSA viruses on surfaces. During testing, MRSA and H1N1 culture organisms were exposed to the Clean Wave sanitizing light for 1 second at a distance of 22mm (0.86 inches) and showed a 99.99% reduction in MRSA and a 98.7% reduction of the H1N1 virus. The H1N1 culture organism showed an additional reduction of 99.98% after a 5 second exposure

Verilux, an innovator in healthy lighting products since 1956, has been in development on the CleanWave sanitizing system since 2006. CleanWave Sanitizing Wands utilize chemical-free UV-C light to eliminate up to 99.99% of viruses, bacteria and dust mite and flea eggs on otherwise difficult to sanitize surfaces.

"UV-C light technology is a proven and powerful means of eliminating biological contaminants," says Nicholas Harmon, President of Verilux, Inc. "We've taken a highly efficient technology that's been used for over 30 years in hospitals, food processing facilities and water treatment plants, and adapted it for easy and safe use by consumers." "Chemical-free, odourless UV-C light penetrates the membranes of biological pollutants and disrupts their reproductive capabilities. Used properly, the Verilux CleanWave Sanitizing Wands eliminates up to 99.99% of bacteria, viruses, dust mite and flea eggs, and other organisms on surfaces, without the use of cleansers and disinfectants.

"Our sanitizing wands eradicate harmful organisms without relying on potentially irritating cleansers and disinfectants, which is a boon to anyone who suffers from chemical sensitivities, allergies and asthma," says Harmon.

-Mansi Parag Sikchi
(NEWSCASTER)

Ref:- (www.biospace.com)

How Vaccines were discovered?

Vaccination is the administration of a vaccine to help the immune system develop protection from a disease. Vaccines contain a microorganism or virus in a weakened, live or killed state, or proteins or toxins from the organism. In stimulating the body's adaptive immunity, they help prevent sickness from an infectious disease. When a sufficiently large percentage of a population has been vaccinated, herd immunity results. The effectiveness of vaccination has been widely studied and verified. Vaccination is the most effective method of preventing infectious diseases; widespread immunity due to vaccination is largely responsible for the eradication of smallpox and the elimination of diseases such as polio and tetanus from much of the world



Vaccination and immunization have a similar meaning in everyday language. This is distinct from inoculation, which uses weakened live pathogens. Vaccination efforts have been met with some reluctance on scientific, ethical, political, medical safety, and religious grounds, although no major religions oppose vaccination, and some consider it an obligation due to the potential to save lives. In the United States, people may receive compensation for alleged injuries under the National Vaccine Injury Compensation Program. Early success brought widespread acceptance, and mass vaccination campaigns have greatly reduced the incidence of many diseases in numerous geographic regions.

Do you know?

Dr. Sabin from the USA was the 1st person to find a polio vaccine and in 1959 he saved 10 million children's life from the poliovirus.

-Mansi Sikchi
(NEWSCASTER)

Ref:-(wikipedia.org/wiki/Vaccination)



NATURE

DOGS CAN SEE THINGS WHICH WE CAN'T



The dog is a domesticated carnivore of the family Canidae. It is part of the wolf-like canids, and is the most widely abundant terrestrial carnivore. The dog was the first species to be domesticated, and has been selectively bred over millennia for various behaviors, sensory capabilities, and physical attributes. Dogs are your companion when you need a friend, they cuddle whenever you're feeling lonely, and they can make you smile the second you walk in the door. In addition to the five senses (sight, smell, taste, touch, hearing), dogs also possess a sixth sense — that “gut” feeling we get when something doesn't feel right. The difference though is that dogs are more open to trusting what they feel and acting on those feelings accordingly, while most people's minds analyze what's going on and deny the possibility that auras.

Dogs also have the ability to detect impending disasters before they happen, thanks to their powerful sense of smell. “Barometric pressure and all natural phenomena have odors associated with them. They are beyond the capacity of our noses to recognize, but dogs can sense these changes immediately. The level of a dog's hearing also surpasses a human's, and dogs possess the ability to hear higher-pitched noises from a much greater distance. Our top limit for audible sounds is at the 20,000 Hertz mark. According to akc.org some dogs can hear sounds as high as 65,000 Hz. “Dogs' auditory perception is another area where they perceive the world around them in a vastly different way from human beings.

A dog's field of vision is much wider than ours; they can see objects at a greater distance, and their ability to see in twilight, dusk, and dawn is far superior to ours, making it possible to pick up certain movements that are undetectable to the human eye. “It could be absolutely accurate that the dog is picking up on something we may not be able to see. Their senses are highly attuned, and it is obvious they are perceiving the world in a vastly different way than we do. It is estimated that a dog's sense of smell is up to 100,000 stronger than ours. Dogs can pick up many sounds and smells which we're not even aware of. Even the vibrations created by a passing lorry can be felt by dogs long before we can see the vehicle. Dogs can also be startled by tiny creatures such as a beetle.

Amazing facts:-

- Dogs can smell your feelings.
- Dogs noses are wet to help absorb scent chemicals

-Parab Disha.

(NEWSCASTER)

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

THE HEART OF THE SHRIMP.



Shrimp are decapod crustaceans with elongated bodies and a primarily swimming mode of locomotion – most commonly Caridea. Under a broader definition, shrimp may be synonymous with prawn, covering stalk-eyed swimming crustaceans with long narrow muscular tail(abdomens), long whiskers (antennae), and slender legs. Shrimp are widespread and abundant. There are thousands of species adapted to a wide range of habitats. They can be found feeding near the seafloor on most coasts and estuaries, as well as in rivers and lakes. To escape predators, some species flip off the seafloor and dive into the sediment. They usually live from one to seven years.

Shrimp body is divided into 2 parts, the head and body section. The head fused with the chest called the cephalothorax. This section consists of 13 sections. 8 segment the chest and 5 segments on the head. Body and the abdomen consists of 6 segments, each segment has a pair of swimming feet that are also segmented. Whereas the heart of the shrimp is located in the head. Actually the heart of shrimp is located on its thorax region just after the head but it seems as situated in its head because the head and thorax is totally covered with a single exoskeleton only. This is because the shrimp's thorax can be mistaken as still part of the shrimps head. It doesn't mean that Shrimp's brain is located on its chest. It is actually located on the shrimp's true head, just after its eyes. For shrimps, having organs located in the head is much more advantageous and safer than having them located in the tail part. That's because the cephalic portion (the head) is covered with thick protective substances. It's much safer to protect their internal organ. Also, the shrimp's heart, located in its head, has three pairs of heart entrances. Through these entrances, blood comes to the heart. The arteries extend for many directions.

There is often confusion regarding the difference between a shrimp and a prawn. Physically, they look very similar but there is one sure way to tell them apart. In shrimps, the side plate of the second segment of the abdomen overlaps the segments in front and behind. But, on the other hand, prawns have all the abdominal side plates overlapping tile-like from the front.

INTERESTING FACTS:-

Over five billion pounds of shrimp are produced every single year.

There are 16 different stages of life found in shrimp from egg to full adult.

There are over 128 species of shrimp.

Every shrimp is actually born a male and then become females as they mature.

Parab Disha

(NEWSCASTER)

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

RESEARCH

A RESEARCH ON TELETHERAPY

In our increasingly digitally connected world, we're finding new ways to connect. Therapy is yet another area that has caught on to the power of digital connection and is already using it to help more people access the support they need.

What is Teletherapy?

Goode and Shinkle (2019) created the following definition of teletherapy:

"Teletherapy is the online delivery of speech, occupational, and mental health therapy services via high-resolution, live video conferencing." Teletherapy, also known as online therapy, e-therapy, or video therapy, is therapy delivered through a virtual platform via a computer



How Do Online Therapy Sessions Work?

Teletherapy sessions work much the same way as traditional therapy sessions with only one significant difference – the therapist and the client are not in the same room.

Sessions are scheduled at an appropriate and suitable time and day for each party, who then log-in via an agreed, secure video platform. The therapist and client can see and hear each other in real-time during the session via the use of webcams and headsets. Through this virtual environment, they can interact with each other, and the therapist uses the same traditional techniques and activities they would use in a face-to-face therapy session (Goode and Shinkle, 2019). As with face-to-face therapy, a client may only seek out the therapist for one session to deal with a current life situation, or they may agree to on-going sessions.

A Take-Home Message

There seems to be a false opinion that teletherapy isn't as good as traditional face-to-face therapy, but in our digital world, it seems it can be a very positive solution for many people. Therapy is a deeply personal and individualized process, and what works for one won't always work for another.

-Pooja Mishra
(NEWSCASTER)

Ref:-(<https://positivepsychology.com/teletherapy/>)

RESEARCH ON HEALTH AND HYGIENE!

Personal hygiene is essential to the current paradigm shift towards predictive, preventive, and personalized medicine, which enables the prediction and prevention of infectious disease outbreaks. Objective. The aim of this paper was to evaluate the personal hygiene practices among university students aiming at providing a basis for preventive and predictive medical interventions and to make future efforts improve target interventions for young people. Methods. The study was conducted using a cross-sectional study. Validated instruments that related personal hygiene practices were used to obtain quantitative data from 412 tertiary students from seven universities in Accra, Ghana. The resulting data were analyzed with IBM-SPSS, version 23. Results. There were more female respondents (54.4%) in the study than male respondents (45.6%). Respondents between the age group of 19-24 years constituted the majority (59.7%) of the respondents in the study. Respondents from urban areas exhibited good hygiene practice compared to those from urban residences. There was a significant association between residence and hygiene practice ($\chi^2=17.8, P\leq 0.001$). We also observed that those respondents within the upper class in society had a poor hygiene practice, compared to the Lower Class and Middle Class respondents. Lack of education (63.1%) was observed as the main barrier to personal hygiene among the respondents. Future of society depends on the health of its youth. Conclusion. A significant number of students are not actively practicing good hygiene. There is a need for deployment of preventive medicine interventions targeted at young people. It calls for improvement in methods of hygiene education for young people in tertiary institutions and the inclusion of hygiene in school curricula.



A significant number of respondents engaged in good hygiene practice for all the described activities. Respondents from urban areas exhibited good hygiene practice compared to those from urban areas. They also observed that hygiene practices were positively correlated with ethnicity, marital status, and residence.

-Pooja Mishra
(NEWSCASTER)

Ref:-(www.hindawi.com)

ACADEMICS

THE POWER OF APOLOGY



Apology is not just a social nicety. It is an important ritual, a way of showing respect and empathy for the wronged person. It is also a way of acknowledging an act that, if otherwise left unnoticed, might compromise the relationship. Apology has the ability to disarm others of their anger and to prevent further misunderstandings. While an apology cannot undo harmful past actions, if done sincerely and effectively, it can undo the negative effects of those actions.

Apology is crucial to our mental and even physical health. Research shows that receiving an apology has a noticeable, positive physical effect on the body. An apology actually affects the bodily functions of the person receiving it—blood pressure decreases, heart rate slows and breathing becomes steadier.

Emotional Benefits of Apology

- A person who has been harmed feels emotional healing when he is acknowledged by the wrongdoer.
- When we receive an apology, we no longer perceive the wrongdoer as a personal threat.
- Apology helps us to move past our anger and prevents us from being stuck in the past.
- Apology opens the door to forgiveness by allowing us to have empathy for the wrongdoer.

Apology Benefits the Receiver and the Giver

- The debilitating effects of the remorse and shame we may feel when we've hurt another person can away at us until we become emotionally and physically ill. By apologizing and taking responsibility for our actions we help rid ourselves of esteem-robbing self-reproach and guilt.
- Apology has the power to humble even the most arrogant. When we develop the courage to admit we are wrong and work past our resistance to apologizing, we develop a deep sense of self-respect.
- Apologizing helps us remain emotionally connected to our friends and loved ones. Knowing we have wronged someone may cause us to distance ourselves.
- From the person, but once we have apologized we feel freer to be vulnerable and intimate.
- And there is another little-talked-about benefit: Since apologizing usually causes us to feel humiliated, it can also act as a deterrent, reminding us to not repeat the act.

The Connection between Apology and Empathy

To forgive, most people need to gain some empathy and compassion for the wrongdoer. This is where apology comes in. When someone apologizes, it is a lot easier to view him or her in a compassionate way. When wrongdoers apologize, we find it easier to forgive them.

This is likely because when someone confesses to and apologizes for hurting us, we are then able to develop a new image of that person. Instead of seeing him through anger and bitterness, the person's humility and apology cause us to see him as a fallible, vulnerable human being. We see the wrongdoer as more human, more like ourselves and this moves us.

Michael E. McCullough, Ph.D., Steven J. Sandage, M.S., and Everett L. Worthington Jr., Ph.D., examined whether the effect of apology on our capacity to forgive is due to our increased empathy toward an apologetic offender. They discovered that much of why people find it easy to forgive an apologetic wrongdoer is that apology and confession increase empathy, which heightens the ability to forgive.

Intention and Attitude

There are also two important underlying aspects of an apology—intention and attitude. These are communicated nonverbally to the person to whom you are apologizing. If your apology does not come sincerely, it will not feel meaningful to the other person. For the person you have wronged to feel this sincerity, the desire to apologize must come from within. You should never attempt an apology because someone else tells you it is the right thing to do, because the other person is expecting it or because it will get you what you want. Apologies that are used as manipulations or mere social gestures will come across as empty and meaningless. Apology, when sincere and intentional, is a powerful, perhaps even life-altering, tool for both the giver and the receiver.

- Sanjeet Bhelekar
(NEWSCASTER)

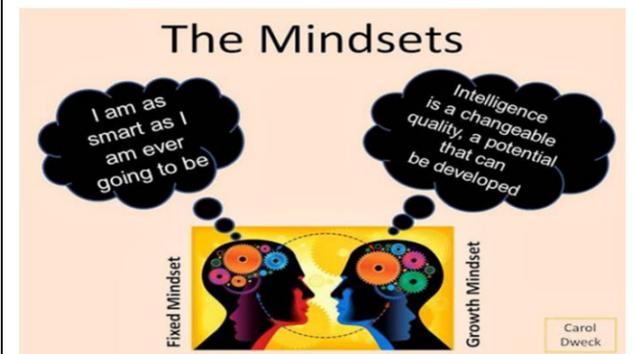
Ref:- (www.psychologytoday.com)

HOW YOUR BELIEFS CAN SABOTAGE YOUR BEHAVIOUR

Your mind is a powerful thing. The stories you tell yourself and the things you believe about yourself can either prevent change from happening or allow new skills to blossom.

HOW YOUR BELIEFS CAN HURT YOU OR HOLD YOU

A fixed mindset can often prevent important skill development and growth, which could sabotage your health and happiness down the line. As a result, people who have a growth mindset are more likely to maximize their potential. They tend to learn from criticism rather than ignoring it, to overcome challenges rather than avoiding them, and to find inspiration in the success of others rather than feeling threatened.



ARE YOUR BELIEFS HOLDING YOU BACK?

- “It's hard for me to lose weight.”
- “I'm not creative.”
- “I'm a procrastinator.”

How can you change the things you believe about yourself, eliminate your fixed mindset, and actually achieve your goals?

HOW CAN YOUR ACTIONS CHANGE YOUR BELIEFS

The best musicians practice every day. The best writers practice every day. Yes, their results are fantastic and they get to enjoy the fruits of their labor ... but it's not the result that set them apart, it's the dedication to daily practice.

WHAT YOU SHOULD DO NOW?

You can become more creative, more intelligent, more athletic, more artistic, and more successful by focusing on the process, not the outcome. It's not about the result, it's about building the identity of the type of person who gets to enjoy those results.

-Vishaka Gaikwad
(NEWSCASTER)

Ref:- (jamesclear.com)

MEDIA**Another valuable gem lost to the world**

So far, 2020 has been marred with bad news and tragedy with the deaths of several popular Black icons including Bryant, Lewis and recently Boseman, who died Friday. All three were viewed as leaders in their respective fields of sports, politics and film — places where people, particularly in the Black community, have often looked for inspiration during a year of racial tension and protests against the police brutality of unarmed Black people.

But for many, the loss of another major figure such as Boseman is taking a toll. The actor, who starred in the blockbuster superhero Marvel film “Black Panther,” shockingly died at the age of 43 in his home in Los Angeles after he privately battled colon cancer for four years.

Boseman was elevated to a stage that many Black actors don’t get the chance to occupy, said Los-Angeles Lakers star LeBron James. And his ability to be “transcendent” on that stage brought a comic book character to life for many in the Black community.

“It’s a lot to unpack,” said Oklahoma City Thunder guard Chris Paul. “Chadwick was a special guy.

I think everyone took it hard, especially the Black community. That was one of our black superheroes. I think ‘Black Panther’ was something so powerful, for myself along with my kids to see a superhero that looks like them and the way that he played it with

such class and elegance. That was tough.” Gil Robertson, the co-founder and president of the African American Film Critics Association, said Black people are at a critical crossroads of their survival in America. “We’re losing these strong men. These men who operated with a level of integrity. A level of authenticity. I find all of this alarming. I hope that our community can really come together. ... Not just for one cause. Just to make a consistent effort to rehabilitate our community.”

-Vedang Khopkar
(NEWSCASTER)

Ref:- (abcnews.go.com)

**ICSI ICAI exams are being conducted by using safe modes**

Today a very dangerous and a critical situation of COVID-19 is going on around the whole world and the number of deaths and cases are going on increasing day by day and this has thrown all the countries’ economies into a very much backward moving situation. In this timing there is a lot of career time waste for the growing generations.

There are many Global Institutes taking their exams in the form of fully MCQ based or major MCQs portion and some portion of Constructed Responses questions which includes the exams like CFA, CPA USA, CMA, CAIA, FRM, CIPM, etc. This all of the Global Institutes are having computer based examination patterns and so we should also upgrade to such a kind of paperless examination system and with the help of today technology we can get the results as soon as the examinations get over by having answer keys attached with the same.

As said by the Respected President of the ICAI that entry will be there with a proper care and security. It looks like that there will be a lot of time needed to check each and every one and so students will be gathering there before the entry time. If someone infected with corona, not knowing if his infection, comes there then that person can’t be traced till the entry checking and in the meantime he can pass on his infection to all the students present over there and also some checking staff also get infected.

There is one suggestion I got is that the ICAI should go one for the online exams. Also there can fully MCQ based papers with having certain time limit both for paper and also answering each question. Like if the experts feels that this question should be answered within this specific time then that much time limit should be set off for answering that question which would help in knowing the efficiency as well as the main thing is checking the knowledge level of students.

-Anushka More

(NEWSCASTER)

Ref:- (cma ca exams)

From luxury resort to pisciculture success

Amid pandemic, luxury resort in Kerala turns swimming pool into fish farm. Coronavirus pandemic has severely impacted the travel and hotel industry, however a luxury resort in southern Indian state has started a new economic activity to save the business sinking because of the crisis.

Aveda Resort in the state of Kerala has turned its 150-meter (500 feet) pool into a fish farm and the resort is planning to export the harvest to the Middle East.



The fish is fondly eaten in Southern India and the Middle East and southern claims the value of four tones of pearl spots growing in the pool could be worth \$40,000 on the market.

The general manager says that the money generated from the farm could not compensate for the losses they suffered due to the pandemic but he was hopeful that the money would help them keep the business running until tourists return.

The resort is generally packed with European travelers, but the pandemic has forced the owners to use its pool with 7.5 million liters of ester for pearl spot fish farming.

-Anushka More

(NEWSCASTER)

Ref:- (luxuryresort to pisciculturalsuccess)

ARTS & HISTORY

“By blood, I am Albanian. By citizenship, an Indian. By faith, I am a Catholic nun.”

-Mother Teresa

Early life

Teresa was born on 26 August 1910 into a Kosovar Albanian family the day after her birth. She later considered 27 her "true birthday".

According to a biography by Joan Graff Clucas, Teresa was in her early years when she was fascinated by stories of the lives of missionaries and their service in Bengal; by age 12, she was convinced that she should commit herself to religious life.

Teresa left home in 1928 at age 18 to join the Sisters of Loreto at Loreto Abbey in Rathfarnham, Ireland, to learn English with the view of becoming a missionary

Missionaries of Charity

She began missionary work with the poor in 1948, replacing her traditional Loreto habit with a simple, white cotton sari with a blue border.

On 7 October 1950, Teresa received Vatican permission for the diocesan congregation, which would become the Missionaries of Charity.

In 1952, Teresa opened her first hospice with help from Calcutta officials. She converted an abandoned Hindu temple into the Kalighat Home for the Dying, free for the poor, and renamed it Kalighat, the Home of the Pure Heart (Nirmal Hriday).

She opened a hospice for those with leprosy, calling it Shanti Nagar (City of Peace).the Missionaries of Charity numbered about 450 brothers and 5,000 sisters worldwide, operating 600 missions, schools and shelters in 120 countries. And many more including international charities.



Declining health and death

Teresa had a heart attack in Rome in 1983. Following a second attack in 1989,. In 1991, after a bout of pneumonia in Mexico, she had additional heart problems

On 13 March 1997 Teresa resigned as head of the Missionaries of Charity, and she died on 5 September.

-Shubham Shelar
(NEWSCASTER)
Ref:- (Wikipedia.in)

Paul Cézanne *the father of art.*

Early years

Paul Cézanne was born on 19 January 1839 in Aix-en-Provence. On 22 February, he was baptized in the Église Madeleine, with his grandmother and uncle Louis as godparents, and became a devout Catholic later in life. He also had two younger sisters, Marie and Rose, with whom he went to a primary school every day.

Artistic style

In Paris, Cézanne met the Impressionist Camille Pissarro. initially the friendship formed in the mid-1860s between Pissarro and Cézanne was that of master and disciple, in which Pissarro exerted a formative influence on the younger artist. Throughout his life he struggled to develop an authentic observation of the seen world by the most accurate method of representing it in paint that he could find. To this end, he structurally ordered whatever he perceived into simple forms and colour planes.

Exhibitions and subjects

Cézanne's paintings were shown in the first exhibition of the Salon des Refusés in 1863, which displayed works not accepted by the jury of the official Paris Salon. The Salon rejected Cézanne's submissions every year from 1864 to 1869. He continued to submit works to the Salon until 1882.

Cézanne's paintings were not well received among the petty bourgeoisie of Aix. The public in Aix was outraged, and for many days, copies of L'Intransigeant appeared on Cézanne's door-mat with messages asking him to leave the town "he was dishonouring".

Death

One day, Cézanne was caught in a storm while working in the field. After working for two hours he decided to go home; but on the way he collapsed. He was taken home by a passing driver on 22 October 1906, he was buried at the Saint-Pierre Cemetery in his hometown of Aix-en-Provence.



-Shubham Shelar
(NEWSCASTER)
Ref:- (Wikipedia.in)

LIBRARY

Om and it's scientific benefits

What is om?

Om or Aum is a sacred sound and a spiritual symbol in Indian religions. It signifies the essence of the ultimate reality, consciousness or Atman. In Hinduism, Om is one of the most important spiritual symbols. It refers to Atman (soul, self within) and Brahman ultimate reality, entirety of the universe, truth, divine, supreme spirit, cosmic principles, knowledge

More about om-

The Sanskrit word Om is pronounced like "Aum," and is said to represent the threefold division of time (waking state, dreaming state, and deep sleep) According to yogic texts, Hinduism, and Buddhism, Om is also the mantra related to the third eye chakra, as chanting Om can help cleanse and balance your third eye.

Scientific benefits of om are as follows-

1.Helps to Improve Concentration

When you chant Om, you sort of detach yourself from the whole world putting aside all your worries and tensions. With regular chanting, your mind becomes focused on this small Sanskrit word. As you keep on practicing, you become more attentive in whatever you do and you're level of concentration improves.

2.Reduces Stress and Anxiety

Chanting Om

According to a recent medical report, chanting Om has been associated with reducing stress. One of the biggest health benefits of Om chanting is that it brings down stress levels.

It provides relief from anxiety and tension. Regular chanting ensures that you feel peaceful from within and are less distracted while doing any form of work. A person practicing Om chanting regularly feels serene and pious from within. It is a form of meditation which helps you to know more about your inner self and add more meaning to everything that you do.

3.Rejuvenating & Pacifying

Tensions are a regular part of life. But too much anxiety and stress produce toxins in the body leading to harmful physical and mental diseases. And Om chanting eliminates the possibilities of toxin production by reducing stress and making you feel rejuvenated whenever you start chanting.

Thus, one of the health benefits of Om chanting is that it makes you feel happy, rejuvenated and pacifies your troubled heart.

Regular Om chanting also helps to reduce your mood swings and thus improve your work capacity and performance.

So, it indicates that with regular Om chanting practice you can improve your personal as well as professional life as well.

4.Gives Strength to Spinal Cord

Research suggests that Om or AUM chanting creates a significant impact on the spinal cord of a person.

The vibrations created during chanting improve the efficiency of the spinal cord. But for that, you must practice it regularly under proper guidance.

5.Detoxifies Body

Chanting of Om is a type of meditation. And when you regularly perform this meditation, it contributes to improving the detoxification process of your body.

Improvement in blood circulation and oxygen enriched supply to the body cells are the two most important health benefits of Om chanting. When you chant Om, you have to breathe deeply. This deep breathing process helps to get rid of toxins.

These were the five biggest benefits of chanting om. We can conclude by saying that Chanting om regularly is very beneficial and should be incorporated in our daily lives



-Ayushman Pandey
(NEWSCASTER)
Ref:- (yogisurprise.com)

FOOD & HEALTHCARE

KEEP CALM AND HAVE ICE CREAM

Whenever you dig into a bowl of ice-cream, you may feel guilty and feel that your evening workout at the gym just went into vain. However, when you read the following health benefits of ice cream, you may not feel the same



It Is Loaded With Vitamins and Minerals- Ice-cream contains milk and milk solids, which means whenever you eat ice cream, your body obtains the goodness of vitamin D, vitamin A, calcium, phosphorus and riboflavin. Apart from this, the different flavours add extra nutrition quotient to it.

2. It Gives You Energy- If you are wondering why ice cream is good for health, its because it gives you instant energy. This is because it contains ample amount of sugar in it, which instantly makes you feel pepped up and energized .

3 .It Helps in Strengthening Your Bones - Calcium is one of the most important minerals that is required by our bodies to maintain our bone health. However, this mineral is not produced by our bodies, which means we have to consume food that is rich in calcium to meet our bodys requirement of calcium. Ice cream is loaded with calcium and can be included in the diet to meet up for the calcium requirements.

4 . It Prevents Breast Cancer- Lack of calcium in the body is one of the culprits of breast cancer in women. Therefore, if you wish to keep the deadly ailments like breast cancer at bay, include more calcium-rich food in your diet – ice cream can be one of them. Ample calcium intake can lower or reduce the chances of breast cancer in women.

5 . It Improves Your Fertility- In a study, it has been proven that women who consumed high-fat dairy products (like ice cream) had better fertility rate in comparison to women who consumed skimmed or non-fat dairy products

-Seema Samanta

(NEWSCASTER)

Ref:- (parenting.firstcry.com)

What are the nutritional benefits of polenta (khichdi)?

Polenta is cooked cornmeal that can be eaten as a side or used in a variety of recipes. Polenta is a healthful food choice with several nutritional benefits.

What is polenta?

Traditionally, polenta was associated with Italy and used in a variety of dishes from that country. Now, however, it is also commonly eaten in many parts of the world, including elsewhere in Europe and the United States.

Benefits

1. Source of fiber and protein

Polenta contains both protein and fiber to help a person feel full. Fiber is also recommended to keep the digestive system functioning properly, to feed healthy gut bacteria, and to prevent constipation.

2. Polenta is gluten-free

For people looking for gluten-free dishes, polenta is a good option. Many sources of fiber, such as wheat, couscous, and rye, contain gluten. Polenta is usually safe to be eaten by people with celiac disease or a gluten sensitivity.

3. Contains vitamin A

Although it does not contain large amounts of vitamins and minerals, polenta does contain some vitamin A. According to the National Institutes of Health, vitamin A is necessary for the proper functioning of the kidneys, lungs, and heart.

4.Low in fat

Polenta is naturally low in fat and can be eaten as part of a heart-healthy diet. A person looking to reduce their saturated fat intake should cook polenta with water, plant milk, or broth instead of dairy milk, and avoid adding cheese or butter.

-Ankana Mitra

(NEWSCASTER)

Ref:- (www.medicalnewstoday.com)

CULTURE & CUISINE

DRIED FISH IS MUCH-LOVED ALTERNATIVE TO FRESH FISH ACROSS THE COUNTRY

During lockdown, many have turned to dried fish as an alternative to the fresh variety. Borne out of necessity, at a time when consumption depended on local catch, fish has traditionally been dried for no-fishing months. “Easy access to fish has changed all that, dried fish has now become infra dig.

With the pandemic making it more challenging to go to the market, people are once again turning to dried fish. “The process of drying involves enzymatic or microbial activity in the presence of salt. When packed and stored properly, dry fish has a shelf life of more than two years,” says Pradeep Kalidindi, who runs a seafood firm in Andhra Pradesh. Dried fish is a much-loved alternative to fresh fish across the country. Dried fish has a strong flavour and an overpowering smell, which makes it an acquired taste. While smaller fish such as prawn/shrimp and anchovy are sundried, the process is different for fleshier fish such as king fish. Traditionally, cleaned fish would be rubbed with salt, packed in palm leaf baskets and hung to dehydrate; now machines do this job. Everyday, three to four tonnes of dry fish is produced on average in the region, which is enough for local consumption. During the season, the production goes up to 10 tonnes per day. The process, after salting fresh fish, takes three to four days to dry. Conclusion: Hence Dried fish is a much-loved alternative to fresh fish across the country.



-Varsha Bag
(NEWSCASTER)
Ref:- (www.thehindu.com)

The traditional attires of Sikkim

Emerging from the ethnic soil of Sikkim and accentuating its culture is the traditional attire known as Kho, as per Bhutia and Bhaku according to the Nepalese dialect. This attire has a loose appearance almost like a cloak garment which needs to be tightened around the neck area and needs to be belted towards the waist portion. The belt is made of either Cotton or silk in texture and fabric. Men, as well as women, add grace to this outfit by adding more elegance and beauty in their own signature styles.



Origin and History

The traditional attire in Sikkim traces its historical emergence centuries aback when it was ruled by the dynasty of Bhutia Namgyal. It was during his era, that this Sikkim traditional attire was promoted and embraced by the elite classes of the Sikkimese society. This outfit brought status, class, and position among the communities which kept them apart from the rest.

Influences over the years

Previously, a pure traditional attire in Sikkim showcased bakhu which was escorted with cotton or silk belts and leather boots. But over the years, more additions have refined the essence of the outfit in form of a waistcoat popularly known as JyaJya, shambo which is an embroidered cap and a jacket called Kushen. With these new enhancements, the overall look has become more elegant and poised, while retaining the original crust of the attire

Innovations

More variations in colors and patterns have enriched the entire look and feel of the traditional attire in Sikkim in the last several years and among today's trendier generations. Different varieties in blouses like Chaubandi Cholo and Tharocholo have emerged, which makes the outfit classier. These blouses are intrinsically printed and embroidered with flowery patterns and designs. Urbanized colors have upgraded the entire outlook of the outfit towards advanced fashion levels.

Today's generation Sikkimese women wear jeans with the bakhu outfit which gives a western twist to the entire tradition. Besides, even shawls that are popularly known as 'Majetro have been added to the entire attire, which has produced and created fashionable trends. Owing to the comfortable feel of the fabric and its creative finesse, international markets have started to embrace the creativity of design in their own techniques and creations, which has managed to steal the hearts and minds of people all over the world.

To enhance the look of this traditional attire in Sikkim, men generally go in for embroidered hats and boots to compliment the look. Women to complete the attire, accessorize themselves with gold plated neck pieces are known as Lyak, Gyar which are bracelets, pearl ornaments called Diu, Khalli which are thick and silver coated anklets and Namchok which are ethnic and traditional ear drops and rings. It is universally known that Sikkimese women prefer heavy and chunky gold ornaments and jewelry to complete the entire traditional fashion experience. Traditionally, crediting to the coarse texture of this outfit, men wore this traditional garb while working in forests and fields. But when the outfit was introduced to finer fabrics like Cotton and Silk, it acquired a more stately appeal which made it fit for wedding ceremonies, folk festivals, harvest festivals, religious rituals and other gatherings.



Sikkimese Dress

-Ruchi Soni
(NEWSCASTER)

Ref:- (www.utsavfashion.com)

TRAVEL & TOURISM

Uttarakhand - THE LAND OF GOD

INTRODUCTION :-

Uttarakhand formerly known as Uttaranchal is a state in the northern part of India. It is often referred to as the "Devabhumi" (literally 'Land of the Gods' due to numerous Hindu temples and pilgrimage centres found throughout the state. Uttarakhand is known for the natural environment of the Himalayas, the Bhabar and the Terai regions. It borders the Tibet Autonomous Region of China to the north; the Sudurpashchim Pradesh of Nepal to the east; the Indian states of Uttar Pradesh to the south and Himachal Pradesh to the west and north-west. The state is divided into two divisions, Garhwal and Kumaon, with a total of 13 districts. The winter capital of Uttarakhand is Dehradun, the largest city of the state.



PLACES TO VISIT IN UTTARAKHAND :-

RISHIKESH -

Rishikesh, also known as Hrishikesh, is a city governed by Rishikesh Municipal Corporation (since October 2017), and a tehsil in Dehradun district of the Indian state Uttarakhand. Located in the foothills of the Himalayas in northern India, it is known as the 'Gateway to the Garhwal Himalayas' and 'Yoga Capital of the World'

DEHRADUN -

Dehradun also rendered Dera Doon, is the winter capital and most populous city in the Indian state of Uttarakhand. It is the administrative headquarters of the eponymous district. Part of the Garhwal region, it lies along National Highway 7 with the distance of 236 kilometers (147 mi) north of India's capital New Delhi and is served by Dehradun railway station and Jolly Grant Airport. Dehradun is located in the Doon Valley on the foothills of the Himalayas nestled between the river Ganges on the east and the river Yamuna on the west.

HOW TO REACH THERE :-

Uttarakhand is gradually developing its connectivity with all three means of transport, however, roadways still remain the best means to explore this hilly state. There is efficient road connectivity both intrastate and interstate, making it easy for people to visit Uttarakhand anytime of the year and that too comfortably. The state at the moment has two operational airports and a few railway stations as well.

ITINERARY :-

Day 1 : Mumbai – Mussoorie

Day 2 : Mussoorie Sightseeing

Day 3 : Mussoorie - Dehradun – Rishikesh

Day 4 : Rishikesh Sightseeing

Day 5 : Rafting in Rishikesh & Travel Rishikesh

-Rachna Yadav
(NEWSCASTER)

Ref: – (www.wikipedia.org)

"The French Riviera of the East"

Pondicherry, officially known as Puducherry, and commonly referred to as just Pondy, is one of the seven Union Territories of India. This former French colony is a perfect amalgamation of the traditional Indian sensibilities and French architecture, making it a dreamy escape that offers the best of both worlds. The streets of the French Quarter of Pondicherry, also known as White Town, are dotted with charming mustard-yellow colonial structures with bougainvillea laden walls. These are interspersed with cosy cafes and chic boutiques that offer delectable French cuisine and beverages. Simply strolling down these streets, can give the traveller an insight into the fairytale charm of Pondicherry.

BEST TIME TO VISIT :-

Pondicherry is best visited during the months of October to March as the temperature usually ranges between 15 - 30 degree celsius. Summers (April-June) are quite hot and the temperature touches 40 degree Celsius occasionally. Monsoons (July-September) is also a good time to visit Pondicherry despite the rainfalls.



FOOD OF PONDICHERRY:-

The food in Pondicherry is outlined with a dominant influence of the French cuisine, especially in its elements and styles. A lot of restaurants serve authentic French food - definitely the best place in India for French cuisine. Some of the popular items here are Baguettes, Croissants, Italian Baked Beans, Stuffed Cabbage and many more. The Union Territory also derives flavours from the neighbouring South Indian states and you can find countless South Indian preparations (especially Tamil) in the city.

PONDICHERRY ACTIVITIES :-

Full Day Sightseeing Tour Of Pondicherry

Scuba Diving With Snorkeling In Pondicherry

Paintball in Pondicherry

Fishing With The Locals, Pondicherry

Private Midnight Cruise With Dinner, Pondicherry

Day Out at Auroville in Pondicherry

Cycling Tour in Pondicherry

Rejuvenating Yoga Experience in Pondicherry

Monumental Walk in Pondicherry

Shopping in Pondy Bazaar

-RHEA DEVADIGA
(NEWSCASTER)

Ref :- (www.holidify.com)

SPORTS***Tokyo Olympics Will Start on July 23 Next Year With or Without Covid-19, Says IOC Vice President***

Tokyo's postponed Olympics will go ahead next year regardless of the coronavirus pandemic, IOC vice president John Coates told AFP Monday, saying they would be the "Games that conquered Covid".

The Olympics have never been cancelled outside of the world wars and Coates, speaking in a phone interview, was adamant that the Tokyo Games will start on their revised date.

"It will take place with or without Covid. The Games will start on July 23 next year," said Coates, who heads the International Olympic Committee's Coordination Commission for the Tokyo Games.

"The Games were going to be, their theme, the Reconstruction Games after the devastation of the tsunami," he added, referring to a catastrophic earthquake and tsunami in north-eastern Japan in 2011.

"Now very much these will be the Games that conquered Covid, the light at the end of the tunnel."

In an historic decision, the 2020 Olympics were postponed because of the global march of the pandemic and they are now set to open on July 23, 2021.

But Japan's borders are still largely closed to foreign visitors and a vaccine is months or even year's away, feeding speculation about whether the Games are feasible at all.

Japanese officials have made clear they would not delay the Games a second time beyond 2021.

A recent poll found just one in four people in Japan want them to go ahead next year, with most backing either another postponement or a cancellation.

Gayatri Kelkar

(NEWSCASTER)

Ref:- (www.news18.com)

Disqualification Is Worst Moment Of Djokovic's Career, Says Becker

Novak Djokovic's stunning disqualification from the U.S. Open on Sunday for striking a line judge with a ball is the most difficult moment in his career, said his former coach Boris Becker.

World number one Djokovic was defaulted at 5-6 down in the first set of his match against Pablo Carreno Busta after a ball he swiped in frustration struck a female official in the throat, leaving her in distress.

"I'm as shocked as anybody. Novak and me go way back. We call each other family," Becker, working as an analyst for broadcaster Eurosport, said. "This is probably the most difficult moment in his entire professional life. He did break the rule, the decision is correct."

Djokovic, a huge favourite to win his fourth U.S. Open title, was becoming exasperated after failing to convert three set points and then falling heavily and requiring treatment on his shoulder.

The 33-year-old, bidding to claim an 18th Grand Slam title and move within two of Roger Federer's men's record, then had his serve broken at 5-5 by the Spaniard.

"Thankfully there were no people, no spectators, but he has a habit sometimes of hitting the ball in the stands. Frustrations started boiling up," Becker said.

Gayatri Kelkar

(NEWSCASTER)

Ref:- (www.news18.com)

SOCIAL ISSUES**AQUATIC LIFE REBORN, BUT FISHERMAN'S STANDSTILL!**

Human life comes to a standstill as many countries shut themselves off from the work due to COVID-19 that hit the world severely in the first quarter of 2020. All types of industries, vehicle movement, and people's activity suddenly halted, perhaps for the first time in modern history. Since the industries and people's activities have been shut off for a month, it has seen discernible positive impact due to reduction in pollution.



As per the Delhi Pollution Control Committee, the river GANGA'S and YAMUNA'S water quality has improved with the increase in dissolved oxygen & reduced nitrate concentration.

It's also a hard time for fisherman and their business because, with large numbers of fishing days lost because of cyclones in 2019, and now the pandemic, fishermen have been looking for support to run their daily lives.

Women are usually seen on the streets selling fish, but all of them have disappeared. "Even though some fishing happens, the women are not able to sell because they cannot ride a cycle like some male vendors do, and there's no public transport," says Pradip Chatterjee.

But, now CIFT is also in touch with various stakeholders in fisheries to understand their needs. "We had a session with fishermen, exporters and processors on what they need from the government," Ravishankaran says. The Institute has also recommended that initiatives be taken to promote online fish marketing, as fresh fish markets are mostly non-operational now.

Everything is getting usual with time. These all are temporary effects for a short period of time, but this short period of time can be utilized to learn a lesson from mother nature so that these temporary effects may stay permanent.

Earth is healing, let it stay healed!

Samakhiya Sahu
(NEWSCASTER)

Ref:- (www.thehindu.com)

**2020 BEIRUT
EXPLOSION**

On the evening of 4 August, a powerful explosion had sent a huge orange fireball into the sky, followed by a massive shock wave that overturned cars, damaged buildings and shook the ground across the Lebanese capital. More than 100 people were killed and nearly 4,000 injured in explosion. Could this year be any more worse?

The Beirut explosion has caused damage worth \$3 billion, with the country's collective loss estimated at \$15 billion. Large parts of the capital city have been devastated. The below shown image is an after image of explosion. Yes, it is true. It's not from any Hollywood film this was the real condition of Beirut.

Now, what are the possible causes for the blast?

According to the Lebanon government, the recent explosion was caused by 2,700 tonnes of ammonium nitrate stored for six years in a warehouse in the city's port. A similar amount of the chemical arrived on a cargo ship, the MV Rhosus, which docked in Beirut in 2013 after suffering technical problems while sailing from Georgia to Mozambique. The Rhosus was inspected, banned from leaving and was shortly afterwards abandoned by its owners, according to Shiparrested.com. Its cargo was reportedly transferred to Warehouse 12 following a court order, and should have been disposed of or resold. But the cargo wasn't disposed or resold, from 2013 to 2020 the cargo was still there at warehouse 12. A fire appears to have triggered the explosion of the ammonium nitrate in Beirut. As you can see it's clear case of negligence by the officials which led to this big blast. This negligence by officials has sparked widespread public anger, which had already been stoked over the past year due to serious economic woes.

-Aakanksha Vadvalkar
(NEWSCASTER)
Ref:- (indianexpress.com)

STUDENT'S SECTION

RIDDLES

- 1)What three numbers, none of which is zero, give the same result whether they're added or multiplied?
- 2)Two fathers and two sons are in a car, yet there are only three people in the car. How?
- 3)What five-letter word becomes shorter when you add two letters to it?
- 4)You see me once in June, twice in November and not at all in May. What am I?
- 5) What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
- 6) What can fill a room but takes up no space
- 7) : If you drop me I'm sure to crack, but give me a smile and I'll always smile back. What am I?

Sarthak Patil
(NEWSCASTER)
Ref :- (parade.com)

Fun Facts

- 1. OSTRICHES HAVE THE LARGEST EYES OF ANY LAND ANIMAL.
- 2. SOME DUCKS SLEEP WITH ONE EYE OPEN
- 3. BUDGIES CATCH EACH OTHER'S YAWNS.

Sarthak Patil
(Newscaster)
Ref :- (www.mentalfloss.com/)

Art by Student



-Bhumik Mhatre
SYBMS

Previous week's What comes on the top of pyramid

Answers : 37 and 23

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