



Chikitsak Samuha's
Sir Sitaram and Lady Shantabai Patkar College
of Arts & Science, and V. P. Varde College of Commerce &
Economics.
(An Autonomous college affiliated to University of Mumbai)



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AWARDEE.

WEEKEND CHRONICLE



Window to your knowledge

An Initiative by B. M. S Department



TABLE OF CONTENTS

Business

- *Stocks in news: tata steel, Adani group, axis bank, Bharti airtel and more.*

Advertisement

- *Teachmint ropes in Rajkummar Rao for new brand campaign.*
- *IPL 2021 : My team 11's new campaign depicts father - son bond over cricket.*

Information Technology

- *New early warning system for self-driving cars.*

Science & Space

- *Astronomers discover 12 rare quadruple quasars that can better tell rate of universe expansion.*

Nature

- *The Blissful Benefits of Rose!*

Research

- *The Race to develop a Plastic-Eating Bacteria.*

Academics

- *10 Facts About Education In India.*

Media

- *Instagram Tests New Sticker Feature in Effort To Generate Auto-captions for IG Stories*
- *Mental health status in COVID-19 : Media coverage.*

Arts

- *Indian museum brings artist M F Husain back from the dead using AI*

History

- *Chittorgarh Fort*
- *Benito Mussolini*

Library

- *The First Lady of Urdu Poetry – Ada Jafri*

Food & Healthcare

- *World Tuna Day*
- *Sunflower seeds: Health benefits*





Culture & Cuisine

- *Eating Like an Ancient Greek.*

Travel & Tourism

- *Gulmarg - The Skiing Paradise*
- *The Ghats of Varanasi*

Sports

- *Manchester City make offer worth £100m for Harry Kane.*
- *Serena Williams forced out of Wimbledon through injury.*

Social Issues

- *In 21st century, cyber bullying is a new form of social issue*

Student's Section

- *Quiz*
- *Fun fact*
- *Wordsearch Puzzle*
- *Student's Artwork*



Dr. Mala Kharkar
Chief Education Officer

A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

Dear Readers,

“Develop a passion for learning. If you do, you will never cease to grow.” We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is moving at such an enhanced rate and we as educationalists need to cause and reflect on the entire system of education. On-line learning provides new age technology to widen the educational scope. It prepares students to succeed in an increasing technology driven global economy. Technology makes life much easier, most of all it saves time and energy. It is one of the fastest growing field right now and there is no sign of stopping anytime soon. It is indeed a great moment for all of us to bring forth this weekly E-Periodical “Weekend Chronicle”. We are sure this E-Periodical will help to acquire knowledge and skills, build character and enhance employability of our young talented students to become globally competent. There is something for everyone here, right from the 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. Shrikant B Sawant
Principal

A MESSAGE FROM 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 that is online magazine drives us through varied genre containing- News related to Global affairs under departments like Business, Advertisement, IT and Science & Nature to intellectual news articles under Academics, Media and Library Departments. It also covers articles related to Food & Health care, Culture & Cuisine and Travel & Tourism which usually tops our “bucket lists” including article which address societal problems under Department of Social Issues. Lastly covering words and vision of our talented students as budding poets, writers and thinkers under Student's section Department.

Over all this vision of constructing E-Periodical by students will engage today's youth and the crafters of the youth (teachers) in their communities which is the necessity to overcome hurdles of present reality. We will strive to make a better world through our acts and thoughts. Rather it is a challenge to be met!

SUNDAY, 4TH JULY, 2021

BUSINESS

STOCKS IN NEWS: TATA STEEL, ADANI GROUP, AXIS BANK, BHARTI AIRTEL AND MORE.

Sensex and Nifty managed to close higher in volatile trading session on April 6. Sensex closed 42 points higher at 49,201 and Nifty gained 45 points to 14,683. On year-to-date basis, Sensex has gained 3.04% or 1,450 points and Nifty has risen 5.02% or 701 points. Here's a look at stocks that are likely to be in news today.



Tata Steel: The firm reached Rs 1 trillion in market capitalisation on Tuesday, with the stock hitting a record high of Rs 882.30 in early trade. S&P Global Ratings has upgraded its long-term rating to BB- from B+ and maintained the outlook stable.

Adani Group: The group has become country's third conglomerate to surpass \$100 billion market for the first time. Total market cap of five listed Adani group companies stood at over \$104 billion, according to BSE Data.

Mahindra Logistics: Flipkart has joined hands with Mahindra Logistics Limited to help fast track deployment of electric vehicles across its logistics fleet in the country.

Axis Bank: The private sector lender has become co-promoter of Max Life Insurance Company Limited, after completion of the acquisition of 12.99% stake collectively by the Axis Entities in the company, the bank said in a regulatory filing.

Bharti Airtel, RIL: The telco has agreed to transfer to Reliance Jio Info COMM Ltd the right to use its spectrum in the 800MHz band for Rs 1,037.6 crore, according to statements by the two companies.

Panacea Biotech: Panacea Biotech share rose 20% after the drug maker said it has inked pact with Russian Direct Investment Fund (RDIF) to produce 100 million doses per year of the Sputnik V COVID-19 vaccine in India. Share of the pharma firm rose 19.99% to Rs 220.85 against previous close of Rs 184.40 on BSE.

JSW Energy: Brickwork Ratings India Private Limited (BWR) has reaffirmed long-term rating of 'BWR AA- (Positive)' on the proposed Non-Convertible Debenture issue and short-term rating of 'BWR A1+' on the commercial papers of the company.

IDFC First Bank: The bank closed qualified investment placement of shares of face value of Rs 10 each. The board also approved the issue price of Rs 57.35 per Share (including a premium of Rs 47.35 per equity share).

-Preeti Parab
(Newscaster)

Ref: www.Businesstoday.in

SUNDAY, 4TH JULY, 2021

ADVERTISEMENT

TEACHMINT ROPES IN RAJKUMMAR RAO FOR NEW BRAND CAMPAIGN.

Ed-tech platform, Teachmint has announced actor Rajkummar Rao as the nationwide brand ambassador. As the face of Teach mint, Rao will lead the brand's latest #TeachmintPeTeachingAasanHai campaign. In the campaign, Rao plays the character of a Science tutor, Alok Sir, who has just started online teaching through Teachmint.

The series of ad films targeted at educators aims to highlight the ease of going digital for teaching through the Teachmint App. Tagline for the campaign is 'Chahe jaisi bhi zarurat ho, Teach mint pe...teaching aasan hai!'.



"My teachers have played an especially important part in shaping-up my life and I am glad that I could be of some help to all the teachers now through Teach mint. I am excited to launch this campaign alongside Teach mint and hope it reaches maximum educators so that they can also utilise the incredible benefits of online teaching," Rao said.

Shruti Amin
(Newscaster)

Ref: etbrandequity.com

IPL 2021 : MY TEAM 11'S NEW CAMPAIGN DEPICTS FATHER - SON BOND OVER CRICKET.

MyTeam11 has unveiled their campaign for the Indian T20 Season - "Ab Poora India Khelega"; aimed at bringing forth the narrative of how fantasy cricket is meant for all and brings every Indian household closer by binding them through the passion for their favourite sport, players and teams. The campaign was launched through three videos that depict the bittersweet relationship between a father and a son and how people in an Indian household bond over the game of cricket, especially, during the IPL season. The campaign also aims to target the fact that playing fantasy cricket on MyTeam11 is meant for everyone and how the user-friendly application makes learning fantasy cricket easy.



Manvendra Singh Rathore, chief marketing officer, MyTeam11 said, "A father and a son's relationship has evolved with changing times especially when it comes to our favourite sport of cricket. But what still remains exclusive and competitive is the knowledge of the sport." "Ab Poora India Khelega.

Abhishek Kanojiya
(Newscaster)

Ref: https://youtu.be/pRmsWR5on_A

SUNDAY, 4TH JULY, 2021

INFORMATION TECHNOLOGY

NEW EARLY WARNING SYSTEM FOR SELF-DRIVING CARS

To make self-driving cars safe in the future, development efforts often rely on sophisticated models aimed at giving cars the ability to analyse the behaviour of all traffic participants. But what happens if the models are not yet capable of handling some complex or unforeseen situations. A team working with Prof. Eckehard Steinbach, who holds the Chair of Media Technology and is a member of the Board of Directors of the Munich School of Robotics and Machine Intelligence (MSRM) at TUM, is taking a new approach. Thanks to artificial intelligence (AI), their system can learn from past situations where self-driving test vehicles were pushed to their limits in real-world road traffic. Those are situations where a human driver takes over -- either because the car signals the need for intervention or because the driver decides to intervene for safety reasons.



The technology uses sensors and cameras to capture surrounding conditions and records status data for the vehicle such as the steering wheel angle, road conditions, weather, visibility and speed. The AI system, based on a recurrent neural network (RNN), learns to recognize patterns with the data. If the system spots a pattern in a new driving situation that the control system was unable to handle in the past, the driver will be warned in advance of a possible critical situation. "To make vehicles more autonomous, many existing methods study what the cars now understand about traffic and then try to improve the models used by them. The big advantage of our technology: we completely ignore what the car thinks. Instead, we limit ourselves to the data based on what actually happens and look for patterns," says Steinbach. "In this way, the AI discovers potentially critical situations that models may not be capable of recognizing, or have yet to discover. Our system therefore offers a safety function that knows when and where the cars have weaknesses." The team of researchers tested the technology with the BMW Group and its autonomous development vehicles on public roads and analysed around 2500 situations where the driver had to intervene. The study showed that the AI is already capable of predicting potentially critical situations with better than 85 percent accuracy -- up to seven seconds before they occur. For the technology to function, large quantities of data are needed. After all, the AI can only recognize and predict experiences at the limits of the system if the situations were seen before. With the large number of development vehicles on the road, the data was practically generated by itself, says Christopher Kuhn, one of the authors of the study.

Ajay Lovekar
(Newscaster)

Ref: <https://www.sciencedaily.com/releases/2021/03/210330121234.htm>

SUNDAY, 4TH JULY, 2021

SCIENCE & SPACE

ASTRONOMERS DISCOVER 12 RARE QUADRUPLE QUASARS THAT CAN BETTER TELL RATE OF UNIVERSE EXPANSION

The first quadruples quasar image was captured in 1985 and since then, only 50 such quasars have been identified. The latest finding has now increased the total confirmed Einstein's crosses by 25 per cent

A group of international astronomers has discovered 12 rare quasars, each offering four distinct quadruple images, commonly called Einstein's cross. This discovery could help refine the existing understanding about our universe's rate of expansion and unravel mysteries surrounding dark matter.

Scientists from the Gaia Gravitational Lenses Working Group (GraL), which included PhD student Priyanka Jalan from India, combined multiple telescope observations to confirm this discovery.

The first quadruple quasar image was captured in 1985 and since then, only 50 such quasars have been identified. The latest finding has now increased the total confirmed Einstein's crosses by 25 per cent.

Quasars are distant galaxies with extremely luminous nuclei. They consist of black holes, measuring many million times larger than our Sun, surrounded by thick gaseous matter. Quasar observations are mainly used to study dark matter in determining the evolution of galaxies and to understand the rate of expansion of our universe, which is measured using the Hubble-Lemaître constant.



“There are two ways of calculating the Hubble-Lamaître constant, but both values do not match, thus creating a discord. More discoveries of such quasar quadruples can help resolve this, thereby helping accurately calculate the rate at which our universe is expanding,” said Jalan, who is a final year PhD student at Aryabhata Research Institute of Observational Sciences (ARIES), Nainital.

Along with senior scientist Jean Surdej, a Belgium-based visiting astronomer to ARIES, Jalan was involved in data analysis of a large number of images which were captured using multiple telescopes and during the European Space Agency's (ESA) sky surveys in the last 18 months. Big Data and Augmented Intelligence was applied to confirm this rare discovery.

Gravity causes massive objects like galaxies and emissions from them to bend over time and space. Similarly, emissions from a quadruple quasar are said to pass through such deflection causing ‘natural’ lenses. Some deflection is resultant of the presence of numerous galaxies acting as barriers located between a source and Earth, ultimately splitting it into four images.

“We needed to confirm that the four closely packed images were not a pure chance alignment of four independent sources, but really four images of a single, distant source, lensed by an intervening galaxy,” Gaia team member Christine Ducourant of the University of Bordeaux in France and co-author of the research published in The Astrophysical Journal, said in an ESA statement.

Mansi Sikchi
(Newscaster)

Ref: <https://indianexpress.com/article/technology/science/astronomers-discover-12-rare-quadruple-quasars-that-can-better-tell-rate-of-universe-expansion-7266812/lite/>

SUNDAY, 4TH JULY, 2021

NATURE

THE BLISSFUL BENEFITS OF ROSE!

There is a very good reason we use this saying when we want someone to pause, take a moment and look at the brighter side of things. Roses have health benefits that can play a very integral role in this process.

For thousands of years, Ayurvedic healers have been using the rose plant in herbal remedies, teas, oils and skincare formulations. It can be used as dried, preserved, juiced, distilled, or as a powder or tincture.

According to Ayurveda, rose primarily balances sadhaka pitta, the subdosha of pitta that governs the emotions and how it impacts the heart. It also allows for better communication between sadhaka pitta and prana vata, the subdosha of vata that governs the mind, breath, respiratory channels, lung and throat. Rose soothes the heart and emotions and can assist in healing from past griefs so that one can move on and enjoy the present moment.

Rose has cooling health benefits, yet also kindles agni, and in moderation is ideal for all three doshas – vata, pitta and kapha. It is especially beneficial during the hot summer months for those that tend to get pitta imbalance, however, can be used throughout the year to balance sadhaka pitta.



In addition, there are medicinal properties of the rose that have positive effects on bhrajaka pitta, the subdosha of pitta that governs the skin. It has a cooling effect on the blood which can help prevent skin issues like acne and rashes.

There are many ailments for which rose is recommended in the Ayurvedic tradition and there is now increasing science that backs up these claims.

Potential rose health benefits 1,2:

Balance's hormones (including amenorrhea)

Reduces inflammation of the eyes and skin

Soothes sore throats and coughs

Promotes restful and peaceful sleep

Cools the gastrointestinal tract

Soothes nervous, angry and sad emotions

May reduce wrinkles and slow down skin aging

May reduce pain due to its analgesic effects

Has strong antibacterial and antiseptic properties

Has neuroprotective properties

Has antioxidant activity

You can find rose in many types of products that can be used internally or externally such as:

Rose essential oil (great for aromatherapy and for use in beauty products)

Rose water (delicious in food and beverage recipes as well as to soothe the skin)

Rose hydrosol (a cooling and hydrating skin toner)

Rose tea (wonderful benefits for soothing the mind, heart and throat)

Rose powder (useful in herbal formulas, skin products and culinary recipes)

It's important to always look for organic rose products as toxins from pesticides can cause more inflammation in the body.

Disha Parab
(Newscaster)

Ref: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833>

SUNDAY, 4TH JULY, 2021

RESEARCH

THE RACE TO DEVELOP A PLASTIC-EATING BACTERIA

In Recent research, scientists in Japan published an extraordinary finding. After scooping up some sludge from outside a bottle recycling facility in Osaka, they discovered bacteria which had developed the ability to decompose, or “eat,” plastic.

The bacteria, *Ideonella sakaiensis*, was only able to eat a particular kind of plastic called PET, from which bottles are commonly made, and it could not do so nearly fast enough to mitigate the tens of millions of tons of plastic waste that enter the environment every year

The scientists working to find and develop plastic-eating organisms must contend with a basic reality: evolution. Microbes have had millions of years to learn how to biodegrade organic matter such as fruits and tree bark. They have had barely any time at all to learn to decompose plastics, which did not exist on Earth at any scale before roughly 1950. In order to make any of these naturally-occurring bacteria useful, they must be bioengineered to degrade plastic hundreds or thousands of times faster. Scientists have enjoyed some breakthroughs here, too. In 2018 scientists in the U.K. and U.S. modified bacteria so that they could begin breaking down plastic in a matter of days. In October 2020 the process was improved further by combining the two different plastic-eating enzymes that the bacteria produced into one “super enzyme.”



The first large-scale commercial applications are still years away, but within sight. Cabrios, a French firm, could break ground in coming months on a demonstration plant that will be able to enzymatically biodegrade PET plastic.

This could help companies such as PepsiCo and Nestle, with whom Cabrios is partnering, achieve longstanding goals of incorporating large amounts of recycled material back into their products. They’ve so far failed to succeed because there has never been a way to sufficiently break down plastic back into more fundamental materials. (Because of this, most plastic that is recycled is only ever used to make lower-quality items, such as carpets, and likely won’t ever be recycled again Besides plastic-eating bacteria, some scientists have speculated that it may be possible to use nanomaterials to decompose plastic into water and carbon dioxide. One 2019 study in the journal *Matter* demonstrated the use of “magnetic spring-like carbon nanotubes” to biodegrade microplastics into carbon dioxide and water The best way to beat the plastic waste crisis, experts say, is by switching to reusable alternatives, such as Notpla’s seaweed-derived materials, ensuring that non-recyclable plastic waste ends up in a landfill rather than in the environment, and using biodegradable materials where possible.

Shubham Patil
(Newscaster)

ACADEMICS

10 FACTS ABOUT EDUCATION IN INDIA

10 Facts About Education in India. Considering India has the second largest population in the world, it isn't surprising to find that India has the world's second-largest school system, after China. However, there is still a gap in participation rates despite the millions of enrolled students. These gaps are particularly evident among populations of lower castes, minorities, and rural regions. Education in India is on its way toward improving due to major increases in government funding in rural areas. Free and compulsory education in India is provided to children between the ages of 6 and 14. In August 2009, the Indian Parliament passed the landmark Right to Education Act that made education in India free and compulsory for children between the ages of 6 and 14. There have been tremendous increases and advances in access to education and because of this act. For example, literacy rates in India have increased in recent years. The student population in the school system grew by 5 percent between the years 2010 and 2015. India's improved education system is one of the main contributors to its growing economy. Over the past several years, India increased spending on education by 80 percent between 2011 and 2015, increased literacy rates to nearly 74 percent as of 2011, increased English-language speaking in classrooms giving more access to foreign studies and careers and has significantly increased primary education than ever before. This has to lead to a surge in youth working in some of the best technology-cantered jobs in the world. Subsequently, India has seen an increase in GDP.



One in 40 primary schools in India is conducted in tents or open spaces with unqualified teachers. Insufficient funds are allocated to rural regions and primary schools depriving children in rural areas of primary schooling in buildings. Often children are taught in tents or open spaces with little to no common resources, such as pencils, pens, paper, chalkboard, etc. Further, UNICEF and other global organizations have observed that one major problem with education in India is unqualified teachers. For example, according to WENR (World Education News + Reviews), the qualification requirements for teachers are low.

The recently increased education budget is focused on research and higher education in India, rather than primary and rural education. Though a meagre amount of money will be spent on education in rural India, the state and central governments are working together by allocating approximately \$5.7 billion for improving rural school infrastructure and recruiting teachers. With more qualified teachers and better infrastructure, a better school environment will be in place for children in these areas. In addition to the issue of poor infrastructure of schools in rural areas, many children must travel far to attend school. Consequently, the government launched Samagra Shiksha, the first integrated scheme extending unified support to states from preschool to senior level. Under this program, preschool has a newfound priority. Girls from disadvantaged areas are also provided with more attention in terms of education. This is a step toward new programs that aim at improved education in India.

Kapil Pande
(Newscaster)

Ref - <https://borgenproject.org/10-facts-about-education-in-india/>

MEDIA

INSTAGRAM TESTS NEW STICKER FEATURE IN EFFORT TO GENERATE AUTO-CAPTIONS FOR IG STORIES

Social media platform Instagram is taking a step forward for accessibility as it is testing a new sticker for Stories that automatically generates captions.

Popular social media and photo-sharing platform Instagram is taking a step forward for accessibility as it is testing a new sticker for Stories that automatically generates captions. While taking to Twitter, social media consultant Matt Navarra shared a video of the feature in action and informed that a new sticker, called 'Captions', can be added to any story with a video just like one would add a normal sticker on Instagram stories. The feature will transcribe the audio and users will have the option to change the font of the captions. The latest feature is currently only showing up to select users. According to Engadget, Instagram said that the platform is exploring ways for people to better express themselves in Stories

Instagram's move is believed to be a big boost for accessibility, especially for hard of hearing users. The feature could come in useful for those who speak different languages too. Further, the Caption sticker will also enable a range of new content formats for creators on Instagram. The tools will help creators reach new audiences, enabling more users to enjoy Stories in which audio is turned off.

Meanwhile, Instagram had previously also introduced something similar to its camera-first Threads app. Released back in November, the app allowed users to automatically add captions to their videos. It, however, didn't do well for the company, but thousands of users did create videos with auto-generated captions in Threads and post the clips on TikTok. The app could also automatically censor curse words while generating captions, but the feature is not available to all Threads users.

Vishaka Ipte
(Newscaster)

Ref - <https://www.republicworld.com/technology-stories>.

MENTAL HEALTH STATUS IN COVID-19

During global pandemics, such as corona virus disease 2019 (COVID-19), crisis communication is indispensable in dispelling fears, uncertainty, and unifying individuals worldwide in a collective fight against health threats. Inadequate crisis communication can bring dire personal and economic consequences. Mounting research shows that seemingly endless newsfeeds related to COVID-19 infection and death rates could considerably increase the risk of mental health problems



- Perhaps the most problematic type of media coverage on COVID-19 involves content that is false and dishonest.
- While legacy media practitioners uphold the founding pillars of the industry, journalistic values and ethical standards, the prevalence of narratives referring to the "Wuhan virus," "Chinese virus," and "China virus" in legacy media reports on COVID-19 suggests that some outlets are fully capable of producing baseless, and sensational news.
- Directly associating a group of people, nation, and entire race to a virus will inevitably evoke substantial mental health concerns among those targeted
- Another irreversible negative effect of legacy media's instigation of "fake news" is the deterioration of public trust around COVID-19. It is challenging to predict what might happen if people decide to ignore COVID-19 information disseminated through legacy media outlets.

Akanksha Bhardwaj
(Newscaster)

Ref: Globalization and health

SUNDAY, 4TH JULY, 2021

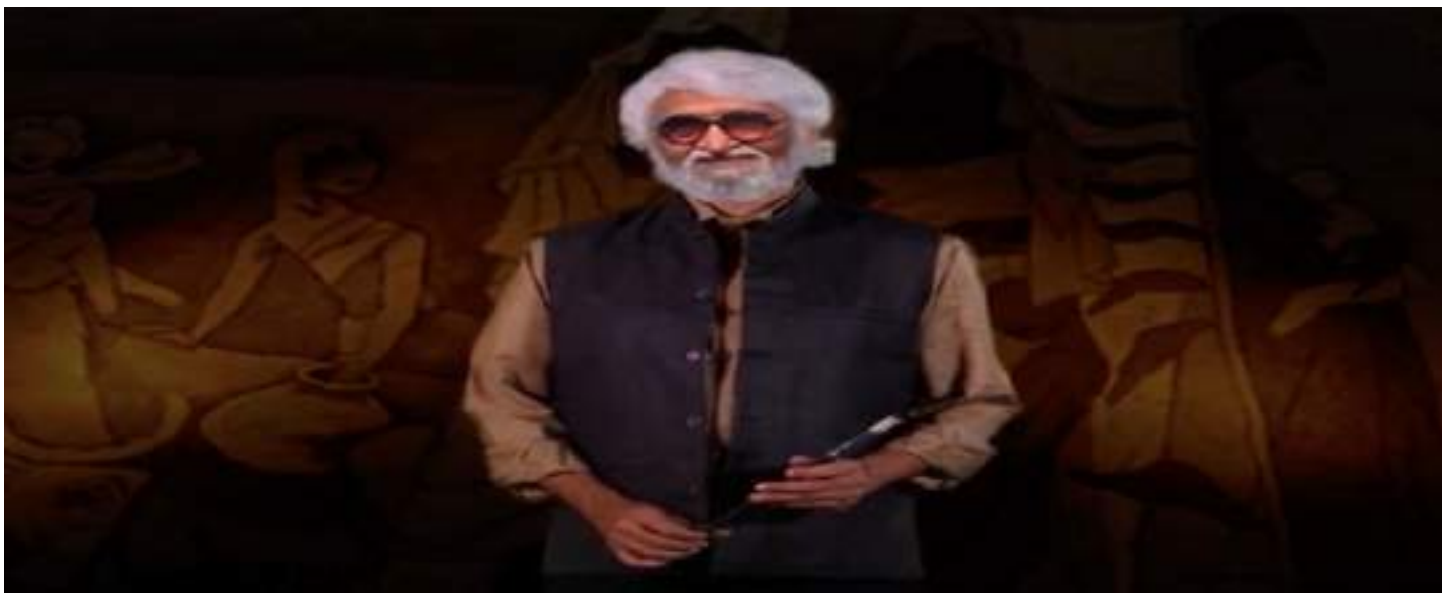
ACADEMICS

INDIAN MUSEUM BRINGS ARTIST M. F. HUSAIN BACK FROM THE DEAD USING AI

What would you say if you could speak to your favorite dead artist? Why did you choose that shade of blue? Did you really have to cut off your earlobe? Now fans of one of India's most prominent artists M F Husain, who died in 2011, need wonder no more after a museum has brought him back to life (well, sort of).

The Museum of Art and Photography in Bangalore (MAP), south India's first major private art museum, has used artificial intelligence software to create a "conversational digital persona" of the Bombay Progressive painter. Technologies such as facial recognition, speech synthesis and language processing based on deep learning networks allow a three-dimensional hologram of Husain to respond to questions in real time.

Created in partnership with Accenture Labs, the research and development arm of the global consulting firm Accenture, Husain's "digital twin" can discuss topics relating to his life and work and is even capable of quippy comebacks. When asked by a visitor in a promotional video why his voice sounded strange, the hologram responded that he was "nearly 100 years old after all". This virtual seance is one of many digital ventures that MAP, which is located in the "Silicon Valley of India", has organized ahead of its physical opening. After plans to launch its 42,000-sq. ft space were derailed by the pandemic, the museum instead decided to go ahead with a digital opening in November that consisted of a six-day programmed of guided collection tours, live-streamed performances and talks featuring notable South Asian cultural figures including the artist Jitish Kallat and the art historian B N Goswamy.



A rendering of the exterior of MAP Courtesy of Museum of Art & Photography (MAP), Bengaluru Touted by its founder-trustee Abhishek Poddar as a "museum of the future", MAP will devote a sizeable portion of its programmed to the confluence of art and technology, including a 40-ft interactive, multi-touch Micro Tile wall that displays all the museum's works on view in real time, holographic tables that display 3D version of works and virtual treasure hunts through the collection. Technological innovation on this scale is virtually unheard of within India's museum landscape, which is largely defined by low levels of visitor engagement or outreach and antiquated programming. "MAP looks to redefine what an Indian museum can be," Poddar says. Tayeb Mehta's Drummer (1988) Courtesy of Museum of Art & Photography (MAP), Bengaluru Poddar has donated the bulk of his collection to form most of MAP's 18,000 works of art and artefacts that tell the story of Indian culture stretching from the 12th century to today. It contains sections on photography, folk art, textiles and design as well as contemporary and 20th-century art, including works by major South Asian Modernists such as Tayeb Mehta. He hopes MAP's cutting-edge ideas will create a knock-on effect on other museums in the country and help revitalize a sluggish sector. MAP has a particular focus on street art and, according to its artistic director Kamini Sawhney, it is one of the only museums in India with popular culture as a central part of the collection. She adds that the museum's programmed will also feature Indian classical dance and performance. "Collapsing the hierarchies between art forms is key to ensuring we are an expansive institution that addresses all avenues of creativity," Sawhney says.

The museum hopes to open its doors later this year. Until then, visitors can experience the AI artist, as well as much of MAP's collection and programmed via its website.

Tejas Jayesh Kale
(Newscaster)

Ref: <https://Www.Theartnewspaper.Com/>

HISTORY

CHITTORGARH FORT

The Chittor Fort or Chittorgarh is one of the largest forts in India. It is a UNESCO World Heritage Site. The fort was the capital of Mewar and is located in the present-day town of Chittor. It sprawls over a hill 180 m (590.6 ft) in height spread over an area of 280 ha (691.9 acres) above the plains of the valley drained by the Breach River. Chittorgarh Fort is truly an embodiment of chivalry and pride of the Rajput's. The fort has a long story of romance, courage, determination and sacrifice.



A glimpse of the fort still makes one to think the glory of the Rajput's who once lived here. The imposing Fort boasts of well-designed palaces, magnificent cenotaphs and huge towers. The Fort of Chittorgarh has a colossal structure that is secured by its several strong gateways. It is an acknowledgement to the courage of the gallant Rajput rulers who sacrificed their life combating dominant rivals instead of surrendering before them. The history of this majestic fort can be traced during the time of Khilji's. Chittorgarh Fort is said to have been the capital of the Gahlot and Sisodia kings who ruled Mewar between the eighth and the sixteenth century. Talking about Vijay Stambh, literally it means 'the tower of victory'. It is the most impressive structure of the Chittorgarh Fort. It was constructed by Maharana Kumbha to commemorate his victory over Mohammed Khilji in the 15th century. This giant tower is nine-storied and offers a picture-perfect view of the down-town from its balconies. This huge tower extends to the height of 122 feet and width of 47 sq. ft. at the base. The circular stairs of this tower have 157 steps. This imposing tower took 10 complete years to construct. You can trace sculptures of the Hindu gods on the alcoves of this tower. In the evenings, Vijay Stambh is illuminated and looks all the more mesmerizing. Chittorgarh Fort welcomes many tourists around the world to its complex every year. Moreover, the history of this majestic fort makes the visit to this place more interesting.

*Nidhi Satam
(Newcaster)*

Ref: https://en.wikipedia.org/wiki/Chittor_Fort

BENITO MUSSOLINI

Mussolini was the first child of the local blacksmith. In later years he expressed pride in his humble origins and often spoke of himself as a “man of the people.” The Mussolini family was; in fact, less humble than he claimed—his father, a part-time socialist journalist as well as a blacksmith, was the son of a lieutenant in the National Guard, and his mother was a schoolteacher. A restless child, Mussolini was disobedient, unruly, and aggressive. He was a bully at school and moody at home. Because the teachers at the village school could not control him, he was sent to board with the strict Salesian order at Faenza, where he proved himself more troublesome than ever, stabbing a fellow pupil with a penknife and attacking one of the Salesians who had attempted to beat him. He was expelled and sent to the Giosuè Carducci School at Philippopolis, from which he was also expelled after assaulting yet another pupil with his penknife.



He was also intelligent, and he passed his final examinations without difficulty. At the age of 19, a short, pale young man with a powerful jaw and enormous, dark, piercing eyes, he left Italy for Switzerland with a nickel medallion of Karl Marx in his otherwise empty pockets. He lived from day to day, jumping from job to job. At the same time, however, he was gaining a reputation as a young man of strange magnetism and remarkable rhetorical talents. Mussolini's obvious pride in his achievement at becoming (October 31, 1922) the youngest prime minister in Italian history was not misplaced. He had certainly been aided by a favorable combination of circumstances, both political and economic; but his remarkable and sudden success also owed something to his own personality, to native instinct and shrewd calculation, to astute opportunism, and to his unique gifts as an agitator.

*Nidhi Satam
(Newcaster)*

SUNDAY, 4TH JULY, 2021

LIBRARY

THE FIRST LADY OF URDU POETRY – ADA JAFRI



Ada Jafarey (Urdu: ادا جعفری: Adā Ja‘frī) (PP, TI), often spelled Ada Jafri (22 August 1924 – 12 March 2015), was a Pakistani poet who is regarded as the first major female Urdu poet to be published and has been called "The First Lady of Urdu Poetry". She was also an author and was considered a prominent figure in contemporary Urdu literature. She received awards from the Government of Pakistan, the Pakistan Writers' Guild, and literary societies of North America and Europe in recognition of her efforts. Ada Jafarey (Urdu: ادا جعفری: Adā Ja‘frī) (PP, TI), often spelled Ada Jafri (22 August 1924 – 12 March 2015), was a Pakistani poet who is regarded as the first major female Urdu poet to be published and has been called "The First Lady of Urdu Poetry". She was also an author and was considered a prominent figure in contemporary Urdu literature. She received awards from the Government of Pakistan, the Pakistan Writers' Guild, and literary societies of North America and Europe in recognition of her efforts.

The first female poet

Ada Jafarey was part of a traditionally conservative society where women were not allowed to think and express independently. But she was bold enough to express herself. Despite having traditionality ingrained in her personality, she took part in modern art. As early as 1950, she was recognized as the First Lady of Urdu Poetry. Her mother, and her husband Nurul Hasan Jafarey, encouraged her to keep on her literary activities in spite of social difficulties. She was the student of great poets like Akhtar Sheerani and Jafar Ali Khan Asar Lakhnavi and used to get her poetry checked and corrected by them.

Style

Ada Jafarey writes in a gender-neutral mode, though her works include feminist themes like discrimination and dehumanisation of women and of them being viewed as sexual objects. Her personality seems absent from her **poetry**. Ada Jafarey wrote of her experiences as a wife and mother in a modified traditional idiom, but also noticed the lack of fulfillment that accompanied these relationships.

Genre

Ada Jafarey's works are mostly Ghazals, but she also experimented with āzād nazm, as well as Urdu Haiku. She had mastered both genres of Urdu poetry, nazm and ghazal. In her ghazals, she took the pen name, ‘Adā’. She has also written a few mazāmīn.

Works

Ada Jafarey's first ghazal was published in Akhtar Sheerani's magazine, Romān, in 1945. Ada Jafarey published her first collection of poems, “Main Sāz Dhūṇḍtī Rahī” in 1950. Her book, ‘Ghazal Numā’, containing short essays with short biographies and brief commentaries on the work previous Urdu poets was published in 1987. Besides, she published five collections of Urdu poetry (‘Shahr-i Dard’, ‘Ghazālān, Tum to Wāqif Ho!’, ‘Harf-i Shanāsā’ī’, ‘Safar Bāqī’, and ‘Mausam, Mausam’), in addition to her autobiography (“Jo Rahī so BeKhabrī Rahī”), and forty research papers.

Neha Bhadekar
(Newscaster)

SUNDAY, 4TH JULY, 2021

FOOD & HEALTHCARE

WORLD TUNA DAY

World Tuna Day is observed globally on 2nd May every year. This day is established by the United Nations (UN) to raise awareness about the importance of tuna fish. It is observed for the first time in 2017. According to the UN, an outsized number of nations worldwide depend upon tuna for both food security and nutrition. At the same time, more than 96 countries have tuna fisheries, and their capacity is constantly growing.



History of World Tuna Day:

The World Tuna Day was officially proclaimed by the United Nations General Assembly (UNGA) by adopting resolution 71/124 in December 2016. Its aim was to spotlight the importance of conservation management and make sure that a system is required in place to prevent tuna stocks from crashing. The primary internationally recognized World Tuna Day was observed on 2 May 2017.

Aishwarya Pathare
(Newscaster)

Ref: <https://www.google.com/amp/s/currentaffairs.adda247.com/world-tuna-day-observed-globally-on-2-may/amp/>

SUNFLOWER SEEDS: NUTRITION, HEALTH BENEFITS

Sunflower seeds are one such type of seeds that is loaded with high-quality nutrients. They are rich in healthy fats, beneficial plant compounds and several vitamins and minerals. Sunflower seeds can even help reduce inflammation, heart disease and type 2 diabetes. They are part of the sunflower plant. In general, there are two main types of sunflower crops- one is grown for the seeds and the other is grown for the oil. They generally have a mild, nutty flavour and a firm but tender texture.



Here are some health benefits of sunflower seeds:

Cuts down the risk of developing heart disease: Sunflowers seeds contain a compound that can block an enzyme that causes blood vessels to constrict. This can lower down your blood pressure by relaxing the blood vessels and can also cut down the risk of stroke.

Good for people who have diabetes: People who have diabetes always have to keep their blood sugar level in check, and sunflowers seeds can even help in that.

Supporting the immune system: They also contain selenium and other vitamins, which can fight infection and boost immunity. Building internal immunity is important to protect oneself from chronic diseases.

Good for the skin: The antibacterial and antifungal properties of these seeds also prevent infections, keeping your skin clear and acne-free.

Diksha Singh
(Newscaster)

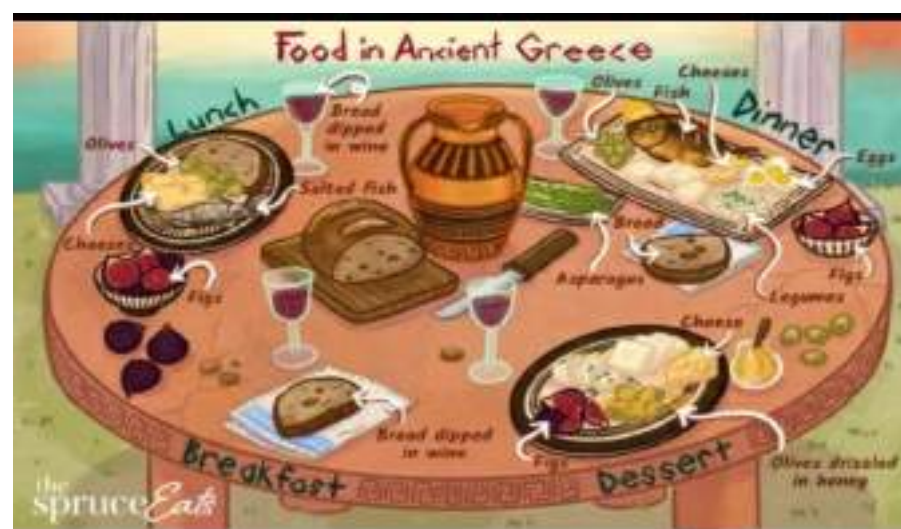
Ref: https://m.timesofindia.com/life-style/health-fitness/diet/sunflower-seeds-nutrition-health-benefits-them/amp_articleshow/81276802.cms

SUNDAY, 4TH JULY, 2021

CULTURE & CUISINE

EATING LIKE AN ANCIENT GREEK: HOW THIS CIVILIZATION ENJOYED ITS MEALS

There are many things that have carried on in civilization from the time of the ancient Greeks; they contributed literature, philosophy, democracy, theatre, and the Olympics. But how much of what they ate and how they dined has continued into current-day Greece?



Breakfast

Most ancient Greeks had the same thing for breakfast—bread dipped in wine. The bread was made from barley, the main source of all bread in ancient times. It was probably hard, which is why the Greeks would dip it in the wine, to soften it up and make it easier to eat.

The Greeks also ate something called a *teganites* (τηγανίτης), which resembles a pancake. These were made with wheat flour, olive oil, honey, and curdled milk, and usually topped with honey or cheese.

Lunch

Bread and wine made an appearance at this midday meal as well, but the Greeks would drink a bit more of the wine versus simply dunking bread into it. Lunch was considered a midday snack, so it was common for the Greeks to dine on relatively light foods like figs, salted fish, cheeses, olives, and more bread.

Dinner

Dinner was and still is the most important meal of the day in Greece. In ancient times, it was when everyone would gather with friends—not family—and discuss things like philosophy or maybe just daily events.

Men and women normally ate separately. In some homes, enslaved people would serve the men dinner first, then the women, then themselves. If the family didn't have enslaved laborers, the women of the house served the men first, and then they ate when the men were finished.

Dinner was when most of the foods were consumed. The ancient Greeks would eat eggs from quail and hens, fish, legumes, olives, cheeses, bread, figs, and any vegetables they could grow, which might include arugula, asparagus, cabbage, carrots, and cucumbers. Meats were reserved for the wealthy.

Wine and Water

Besides water, wine was the main drink of the ancient Greeks. (Fetching the water was a daily task for the women of the house.) The Greeks drank wine at all meals and during the day. They made red, white, rose, and port wines, with the main areas of production being Thasos, Lesbos, and Chios. But the ancient Greeks didn't drink their wine straight—it was considered barbaric to do so. All wine was cut with water.

Dessert

Dessert was a simple enjoyment during ancient Greek times; there weren't elaborate confections as seen today. Raw sugar was unknown to the ancient Greeks, so honey was the main sweetener. Cheeses, figs, or olives drizzled with honey provided a typical ending to an evening meal.

Rashi Walinjar
(Newscaster)

Ref: <https://www.thespruceeats.com/eating-like-an-ancient-greek-%20meals...%20More%20>

SUNDAY, 4TH JULY, 2021

TRAVEL & TOURISM

GULMARG – A SKIING PARADISE.-

With rolling green meadows carpeted by bushes of wild flowers blending into snow-clad mountains, whose peaks peep into the clouds, and mountain streams rushing by, Gulmarg is sheer poetry in nature. The scenic valley of Gulmarg is a little piece of paradise cocooned by the mighty snow-clad mountains of the Pir Panjal range. Located only 52 km from Srinagar, Gulmarg sits at an altitude of 2,730 m above sea level, and gets completely covered in snow during winter. This makes it a hub of winter adventure sports like snowboarding, heli-skiing, off-piste skiing etc. Its slopes have been declared as the 7th best for skiing in Asia. Gulmarg lies in the lap of the towering Apharwat peak, which is accessible via the Gulmarg Gondola – the second highest cable car ride in the world. A ride on this gondola is a unique experience as it glides above hills and valleys and seems to get lost in mist and clouds!



What to do: -

1. Shopping
2. Wildlife Safari
3. Golf Course
4. Gondola Ride
5. Skiing
6. Gulmarg Snow Festival

How To Get There: -

By Air: -The nearest airport is located in Srinagar, about 57 km from Gulmarg. Regular flights connect Srinagar with the other major cities in India.

By Road: -Gulmarg is well connected by road to Srinagar, Pahalgam, Sonamarg, Jammu and Kashmir

By Rail:-The nearest railway station is located in Jammu, which is connected to other cities of India.

Latika Naik
(Newscaster)

Ref: - <https://www.incredibleindia.org/>

THE GHATS OF VARANASI

1. Assi Ghat

One of the biggest ghats that is also furthest south to the main ghats. This place is particularly important as it is here that River Ganga meets the Assi river. The evening arti, held here is a spectacular sight when mantras are chanted, conches are blown and even the air feels heavy with a spiritual fervour. This ghat is also a starting point for boating rides and one can come here to enjoy early-morning yoga sessions and devotional music.



2. Dashashwamedh Ghats

One of the oldest and the most sacred ghats in the holy city of Varanasi is Dashashwamedh. This place is most famous for its Ganga arti. Amid blowing of conch shells, ringing of bells, clanging of brass cymbals and chanting chorus of mantras. Priests venerate the Ganga, the lifeline of Varanasi, with brass lamps that rise several tiers. The priests performing the arti are all draped in similar clothing - a kurta and dhoti.

3. Harish Chandra Ghat

Harish Chandra ghat is one of the two cremation ghats. Hindus come from distant places to this ghat to have their dead cremated here as many believe that they would get moksha. This is one of the oldest ghats in the holy city of Varanasi and has been named after mythological king Harish Chandra.

4. Manikarnika Ghat

One of the most auspicious and sacred ghats of the Hindus, Manikarnika is a significant ground for cremation. There is a pond nearby Manikarnika Ghat that is believed to have been dug by Lord Vishnu so that Lord Shiva and Goddess Shakti could bathe.

Latika Naik
(Newscaster)

Ref: - <https://www.incredibleindia.org/>

SUNDAY, 4TH JULY, 2021

SPORTS

**MANCHESTER CITY MAKE
OFFER WORTH £100M FOR
HARRY KANE.**

Manchester City make offer worth £100m for Harry Kane after striker told Tottenham he wants to leave this summer; City also open to including players in deal; Spurs expected to reject bid; Manchester United and Chelsea have also expressed an interest to sign the England captain. City are open to including players in addition to the cash offer, but Tottenham are expected to reject the bid. Sky Sports News exclusively reported last month that Kane had told Spurs he wanted to leave this summer with Man City, Manchester United and Chelsea interested. The England captain is said to be fully focused on the Euros, with a decision on his club future not expected before the conclusion of the tournament.



Kane is valued at upwards of £120m and Tottenham are keen to keep him despite the 27-year-old believing he has a gentleman's agreement with Daniel Levy. Levy, who has appointed Juventus' former football officer Fabio Paratici as the club's new managing director of football, said earlier this month he sympathizes with Kane's frustrations about the lack of silverware at Spurs, but hinted a deal could be difficult to do.

"All I will say is his frustrations in not winning are shared by me and all the fans and players. We all want to win," Levy told the club's official website. "One of the items that Fabio will have to deal with when he comes in is which players are going to be retained, which will be asked to look for other clubs. "There is a market out there. What we want and what other clubs want is not always possible to achieve. We will do whatever is right for the club."

Omkar Wagh
(Newscaster)

**SERENA WILLIAMS FORCED
OUT OF WIMBLEDON THROUGH
INJURY.**

A bad landing on her left ankle, a medical break, a limping return to court, a valiant attempt to continue After 34 minutes of her opening match in her 20th Wimbledon, an agonising scream pierced the air. Serena Williams was on her knees, head down on the grass, forced to concede her dreams to an injury.



The seven-time Wimbledon champion, and four-time runner-up – who had been gunning for an extraordinary 99th singles win here – had walked so purposefully on to Centre Court for her match against Aliaksandra Stanovich in a statement one-sleeved confection of a dress but hobbled off down the tunnel after a tearful, emotional retirement.

With Williams leading 3-1 in the first set, the 39-year-old American appeared to slip and hurt herself during a return. Williams left the court to receive medical attention. After returning, with the match now tied at 3-3, Williams buckled at the baseline midpoint before gingerly walking off the court in tears, acknowledging the fans as she departed. "I was heartbroken to have to withdraw today after injuring my right leg," said Williams in an Instagram post. "My love and gratitude are with the fans and the team who make being on centre court so meaningful.

The forfeit marks her first ever first-round loss at Wimbledon. Her attempt to get her latest potential Grand Slam-winning campaign underway – as she edges closer to her 40th birthday – ended with the very opposite of a carefree walk-through: a laboured limp back to the locker room.

Omkar Wagh
(Newscaster)

SUNDAY, 4TH JULY, 2021

SOCIAL ISSUES

IN 21ST CENTURY, CYBER BULLYING IS A NEW FORM OF SOCIAL ISSUE

Once upon a time, bullying was an issue that primarily lived on the schoolyard. That is no longer the case. Enter "cyberbullying" — a growing problem for many individuals.

In many ways cyberbullying has democratized bullying because you don't have to be able to physically overpower your victim—a person can simply log on, create a new identity, and bully away. Instead of whispers behind teens' backs, the insults are posted for everyone to read.

Common forms of cyberbullying involve mobile phones (bullying by phone calls, text messages, picture/video clip bullying including so-called 'happy slapping') or using the internet (bullying by emails, chat room, through instant messaging and via websites, including blogs)

Name-calling and rumour-spreading have long been an unpleasant and challenging aspect of adolescent life. But the rise of social media has transformed where, when and how bullying takes place. While texting and digital messaging are a central way teen build and maintain relationships, this level of connectivity may lead to potentially troubling and non-consensual exchanges.



Key factors in being perceived as a bully were associations with aggressive and popular peers. Social isolates were the most likely to be bullied. For the victims, the effects of bullying in any form may range from feeling hurt and angry to hated and suicidal. It is not uncommon for those targeted in these barbarous acts to develop low self-esteem, anxiety, depression, and other issues that could potentially compromise their mental and emotional health.

Some 42% of teens say they have been called offensive names online or via their phone. Additionally, about a third (32%) of teens say someone has spread false rumours about them on the internet, while smaller shares have had someone other than a parent constantly ask where they are, who they're with or what they're doing (21%) or have been the target of physical threats online (16%).

Here are some tips to prevent cyber bullying –

1. Educate yourself
2. Protect your password
3. Raise awareness
4. Set up privacy controls
5. Never open messages from people you don't know

Cell phones and the Internet have helped us connect and learn from each other in ways that most of us never imagined. We have only begun to explore the benefits that these, and future technologies, will bring to our lives. As with many things, it is not the technology, but the misuse of it, that creates problems.

Cyberbullying is an unfortunate phenomenon that has the potential to hurt people's feelings, degrade their bodies, subject them to violence, and embarrass an individual with their own, personal information. The effects of these actions can have incredibly tragic repercussions for the youth they target. In order to assist the people with the social pressures and significant effects of cyberbullying it is ever-so important to actively participate in their lives, ask questions about what they are doing on-line and keep the lines of communication open. Only then, when we have an understanding of the significant influence that technology has on our youth, can we take the steps necessary to pull the plug on cyberbullying.

Akanksha Vadvalkar
(Newscaster)

Ref: <https://www.kaspersky.com/resource-center/preemptive-safety/cyberbullying-and-cybercrime>

SUNDAY, 4TH JULY, 2021

STUDENT'S SECTION

QUIZ

1. What colour is found on 75% of the world's flags?
2. How many bones in the adult human body?
3. What is the chemical symbol for gold?
4. Which animal is genetically closest to humans?
5. How many people have walked on the moon?
6. Vanilla comes from what flowers?
7. What is the tallest building in the world and in which city is it located?
8. What is the name of the final book in the Harry Potter series?

Varad Pawar
(Newcasters)

Ref:- <https://www.quiz>

FUN FACT

1. The world's smallest reptile was first reported in 2021.
2. The heads on Easter Island have bodies.
3. Humans are the only animals that blush.
4. A chef's toque contains 100 folds.
5. The "M"s in M&Ms stand for "Mars" and "Murrie."

Varad Pawar
(Newcasters)

Ref:- <https://fun-facts>

WORDSEARCH PUZZLE

Science Word Search



Acoustics
Anatomy
Anthropology
Astronomy
Biology
Chemistry
Ecology
Embryology
Entomology
Gemology

Geology
Histology
Hydrology
Ichthyology
Kinetics
Lithology
Meteorology
Metrology
Mycology
Oceanology

Ornithology
Paleontology
Parasitology
Physics
Physiology
Phytology
Toxicology
Virology
Vulcanology
Zoology

Radhika Mistry
(Newscaster)

Ref: - www.sciencenotes.com

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