



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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WEEKEND CHRONICLE

BMS DEPARTMENT
INITIATIVE

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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!

CONTENTS



BUSINESS

PAGE 1

- *Tips from successful business owners*
- *The truth behind what it means to chase your dreams as an entrepreneur.*



ADVERTISEMENT

PAGE 2

- *Dominos V/S Mc Donald's*



INFORMATION TECHNOLOGY

PAGE 3

- *Technology affects people all over the world*
- *Cloud Computing*



SCIENCE & SPACE

PAGE 4

- *No hope for life in Venus clouds*
- *White dwarf*



NATURE

PAGE 5

- *Why does nature calm us?*
- *By discovering nature, you discover yourself*



RESEARCH

PAGE 6

- *Research on anxiety and depression*
- *Digging into the molecules of fossilized dinosaur eggshells.*



ACADEMICS

PAGE 7

- *Data Scientist*
- *Importance of Education*



MEDIA

PAGE 8

- *How social media affects our mental health?*
- *Contribution of media in society.*



ARTS

PAGE 9

- *Folk art forms of India*
- *She-oak and sunlight: Must watch drama act*



HISTORY

PAGE 10

- *1971 war: The story of India's victory!*
- *Rani Mahal*



LIBRARY

PAGE 11

- *Biography.*
- *The Library of Pergamum*



FOOD & HEALTHCARE

PAGE 12

- *Healthy Food is Medicine*
- *Diet plan*



CULTURE & CUISINE

PAGE 13

- *What food tells us about the Culture?*
- *Humans learn to find foods: Hunting and Gathering.*



TRAVEL AND TOURISM

PAGE 14

- *3 best monsoon treks destinations in Maharashtra*
- *Coonoor - Top Attractions*



SPORTS

PAGE 15

- *Sustainability reaches the world of sports*



SOCIAL ISSUES

PAGE 16

- *Peer pressure*
- *Education of girl child in the country*



STUDENTS SECTION

PAGE 17

- *Facts*
- *Riddles*
- *Artwork*

BUSINESS

GOOD ADVICE:-
TIPS FROM SUCCESSFUL BUSINESS OWNERS

Over years of running a small business, owners inevitably gather many lessons about how to grow and run a business more effectively. Thankfully, many of these owners are more than happy to share their insights. Here are seven business tips from several successful small business owners that are worth paying attention to:-



1. Build a Support Network

Laura Kelly, being a business owner can be an isolating experience at times. “Especially if you’re a solo business owner, you can lose touch with other business owners,” says Kelly, who 15 years ago started The Handwork Studio, a Narberth, Pennsylvania-based company that runs needlework camps and classes for kids in 10 states along the East Coast. The crucial solution for Kelly has been to stay networked in the larger business community. That means meeting with her personal business coach for an hour every four weeks.

2. Be Very Specific With Your Goals:-

Another lesson Kelly has learned over the years: break big goals into smaller ones. “I have 10-year goals, I have 3-year goals and 1-year goals, and I have quarterly goals for my business,” she says. “When it comes to revenues, I will break them into smaller numbers so they’re easier to obtain. If I know I need to make a couple hundred thousand in revenue in the first quarter, I say, ‘What does that mean in terms of camp sales? How many campers do I need to obtain?’ If I know I need 800 campers to reach the revenue goal, then it’s easier to figure out how to achieve it. These kinds of really specific goals can drive your actions.

3. Delegate Whenever Possible:-

When the Marks Group, a technology consultancy, started in 1994, it was just Gene Marks and his dad. “He was doing sales and I was doing service,” Marks recalls. Then his dad died. “When he passed away, I took it over and realized I couldn’t do it all, and hired some new employees. I’ve learned that you can make a lot more money when you have other people doing it for you.

4. Keep Your Overhead Low:-

Eight years ago, it dawned on Marks that he was just sitting in an office costing nearly \$30,000 a year in rent, while his employees were out working with clients. So, Marks got rid of the office in suburban Philadelphia and made his workforce virtual. Along the way, he replaced the landline with an Internet-based phone that cost about \$10 a month, and he ditched computer servers for the cloud, too.

5. Find Your Best Niche—and Stick With It:-

Maybe diversifying isn’t always the best strategy. Sometimes, it’s good to replicate the magic if you have something that works really well. That’s been the successful strategy for Ace Apparel, says Marc Mathios, who along with his two brothers are the third generation to run the 78-year-old family business.

6. Keep Your Day Job Just a Little Longer:-

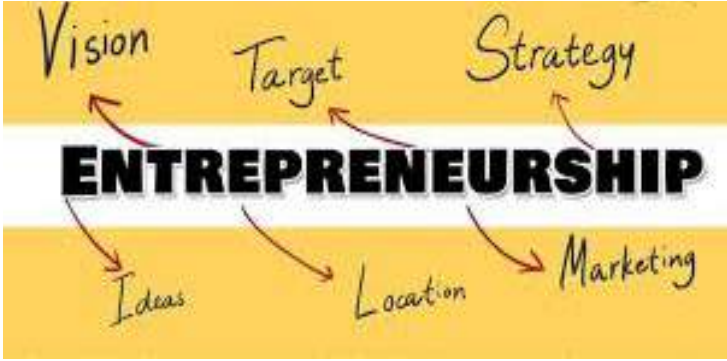
It is a common trap: A person gets excited by a small business idea, quits his or her day job—and then runs out of money and fails. Spanx founder Sara Blakely credits her success to the fact that she actually kept her day job as an office equipment salesperson for two years, learning to work with minimal sleep as she got her form-fitting shapewear company off the ground. Blakely did not want to resign from her day job until she was absolutely sure her small business idea would work, according to Forbes.

Newscaster :- Shreyas Bait
Freelancer :-Rohit Pawar
Reference:- <https://www.entrepreneur.com>

THE TRUTH BEHIND WHAT IT
MEANS TO CHASE YOUR
DREAMS AS AN ENTREPRENEUR.

Entrepreneurship for most of us is having the ability to live and work as flexible as we want to. Most of us think; if I can just get it right, find the right idea and launch it, things would be easier and I could finally live the dream.

Unfortunately, the reality can be so much different to that. In fact, it could hurt and it could lead us to places where we even reconsider the dream. Where we question whether the dream is worth the confusion, mood swings and the tears.



Although it can be a struggle, being an entrepreneur is more about the journey in the end of it all, than it is about the successes when we finally get there. You will find that most people ask successful entrepreneurs how they got past the procrastination or how they managed the dry periods and disappointments, more than they ask how they spend their hard-earned money.

That’s simply because as humans we all feel the strain, albeit in various capacities, the journey for each of us is more similar than it isn’t.

Along with the strain, we feel the stress of not doing enough or not achieving the same number of accolades as our peers; quite possibly also, even the pain of not achieving the success of Mark Zuckerberg or Oprah. With the very popular and addictive social media platforms, things can get even more depressing, as we look at someone else’s success. Forgetting that those are just the highs of quite possibly some of the craziest life challenging experiences.

Let’s talk about that, because I want you to know that feeling insecure or not enough is human nature, and as an entrepreneur, you will feel all these emotions and more within a 24-hour period.

Which leads me on to Tori, founder of KBD. She is an entrepreneur on her journey to achieving what success means to her. When I came across her video on YouTube, it struck me that this is the reality, but it’s the reality most of us are afraid to talk about. The journey isn’t easy and we all experience different highs and different lows, and sometimes all of that at the same time. That is entrepreneurship!

Before you hit play, this quote from Tori stood out to me:

“I see my end success; I see it so clearly and nothing is going to stop me from getting there.”

Newscaster :- Shreyas Bait
Freelancer :-Rohit Pawar

Reference:- <https://justentrepreneurs.co.uk/blog/the-truth-behind-what-it-means-to-chase-your-dreams-as-an-entrepreneur>

ADVERTISEMENT

DOMINO'S V/S MCDONALD'S

Pizza is one of Italy's greatest foods. Delicious, affordable, and easily customized to one's preference. Pizza is extremely popular and available far and wide. You know the feeling of a perfectly baked pizza? The right toppings, oozy cheese, and herbs, all beautifully assembled on a crunchy-chewy dough base. We have all been there. Pizza is one of Italy's greatest foods. Delicious, affordable, and easily customized to one's preference. Pizza is extremely popular and available far and wide.



Modern Italian Pizza: - However, the invention of modern-day pizzas took place in 18th-century Naples. It was spurred by the import of tomatoes from America to Europe in the 16th century. During the 18th century, fuelled by overseas trade and a steady influx of peasants from the countryside, Naples was becoming one of the largest cities in Europe. **Pizza Spreads Around the World:** - Italian migration and World War 2 led to the spread of pizza to the world. Pizza found its second home in America. In 1905, Lombardi's, the first pizzeria opened in New York City.

Domino's Pizza in India: -

The company opened the first Domino's Pizza outlet in New Delhi, India in 1996. In the Indian subcontinent, Domino's franchise is operated by Jubilant Food works Limited. **Quick service:** Company has judiciously and aggressively opened a large number of stores that has helped it serve a higher number of customers. The very popular "30 minutes or free" offer has worked wonders and generated huge credibility amongst customers. **World class customer service:** There has been no compromise in giving the best service to the customers. **Best use of technology:** Besides using their mobile app to order food online, Domino's has also adopted technologies that enabled it to improve supply chain management and customer service.

Newscaster: -Rohit Sugriv Dadas

Freelancer: -Seema Samantha

Reference: - <https://www.thenewsminute.com/article/history-pizza-how-domino-s-has-become-best-selling-brand-india-141244>

"Welcome to McDonald's what can I get for you today?" A very warm saying that might sound similar to many consumers, who attend fast food restaurants on a frequent basis. Have any one ever wondered why we keep on going back to McDonald's week after week? This is mainly because of McDonald's advertising and marketing. McDonald has an image that is more than just food; it is a place for the families. Over 9500 restaurants in nearly 45 countries are the strength of McDonalds. None of the single brand name has ever matched McDonald's marketing budget. McDonalds approximately spends more than \$800 million dollars each year on their marketing and promotion.

**Size Matters**

McDonalds has a strategy of uniform menu offerings that can be accumulation produced, lowering production costs.

Bargaining power with their suppliers reduces input costs with improved margins.

Large advertising costs mean lots of exposure towards domestic and international market.

International Expansion

McDonald's is well-established in Europe, the Middle East, Asia/Pacific Islands, and Africa. McDonalds have adapted its menu items to different local cultures, such as the Teriyaki Mac in Japan, Filet-O-Fish in China, and using lamb instead of beef in India. McDonald's starts selling its BTS Meal today in a marketing move that's sure to be a massive hit for the world's largest restaurant company. The BTS Meal debuts at a critical time for the chain, which has begun to open more of the dining rooms that were shuttered during the early months of the coronavirus pandemic and faces increased competition from other types of restaurants that were largely shut to in-person diners.

Newscaster: -Rohan Ravindra Desai

Freelancer: - Seema Samantha

Reference: - <https://www.marketingdive.com/news/campaign-trail-mcdonalds-brandless-ad-marketing/572696/>

INFORMATION TECHNOLOGY

INFORMATION TECHNOLOGY AFFECTS PEOPLE ALL OVER THE WORLD



Technology affects people all over the world. Advances in technology have made our countries safer and our lives easier, they have also negatively affected our lives. Technology has brought us online banking, smart cars, smart TVs, lightning-fast computers, and virtual reality. Also there include cyber warfare, hackers, identity theft, cyber stalking, and a host of other bad things.

Society has been changed with the evolution of technology. Life was burdensome and everyday chores consumed too much of our time, before the advent of modern-day technology. The access to education, medicine, industry, transportation etc. has been simplified due to development in modern day technology. Due to the convenience and efficiency provided by technology, our lives have improved. Information technology gives a new face to traditional libraries that include both digital collections and traditional, fixed media collections. We know that traditional libraries are limited by their storage space, but digital information requires little space to contain information, so digital libraries have the potential to store more documents. The use of information technology in digital libraries will increase the number of users and increase the expectations of the users. Technology has also brought about efficiency and quality in the manufacturing sector. Technological advancement has reduced the risk. Development is closely related with technology and the stage of development the human being has arrived at could have been possible without the advancement in technology.

Newscaster: Vishaka Ipte
Freelancer: Arsh Shrivastav

REFERENCE: <https://medium.com/@niyajohn9495/short-article-about-technology-bebdea8736e1>

SIMPLIFYING IT WITH “CLOUD COMPUTING”

INTRODUCTION:-

Cloud computing is the on-demand availability of computer system resources, especially data storage (cloud storage) and computing power, without direct active management by the user. The term is generally used to describe data centres available to many users over the Internet. Large clouds, predominant today, often have functions distributed over multiple locations from central servers. If the connection to the user is relatively close, it may be designated an edge server.



CHARACTERISTICS:-

Cloud computing exhibits the following key characteristics:
Agility for organizations may be improved, as cloud computing may increase users’ flexibility with re-provisioning, adding, or expanding technological infrastructure resources. Cost reductions are claimed by cloud providers. A public-cloud delivery model converts capital expenditures (e.g., buying servers) to operational expenditure.

LIMITATIONS & DISADVANTAGES: -

According to Bruce Schneier, “The downside is that you will have limited customization options. Cloud computing is cheaper because of economics of scale, and—like any outsourced task—you tend to get what you want. A restaurant with a limited menu is cheaper than a personal chef who can cook anything you want. Fewer options at a much cheaper price: it’s a feature, not a bug.” He also suggests that “the cloud provider might not meet your legal needs” and that businesses need to weigh the benefits of cloud computing against the risks.

SECURITY & PRIVACY: -

Cloud computing poses privacy concerns because the service provider can access the data that is in the cloud at any time. It could accidentally or deliberately alter or delete information. Many cloud providers can share information with third parties if necessary for purposes of law and order without a warrant. That is permitted in their privacy policies, which users must agree to before they start using cloud services.

Newscaster: -Rahul.S Gaykar
Freelancer: -Arsh shrivastav

REFERENCE: - <https://ieeexplore.ieee.org/document/9044834>

SCIENCE & SPACE

NO HOPE FOR LIFE IN VENUS
CLOUDS

The amount of water in the atmosphere of Venus is so low that even the most drought-tolerant of Earth's microbes wouldn't be able to survive there, a new study has found. The findings seem to wipe out the hope stirred by last year's discovery of molecules potentially created by living organisms in the scorched planet's atmosphere that were seen as an indication of the possible presence of life.

The new study looked at measurements from probes that flew through the atmosphere of Venus and acquired data about temperature, humidity and pressure in the thick sulfuric acid clouds surrounding the planet. From these values, the scientists were able to calculate the so-called water activity, the water vapor pressure inside the individual molecules in the clouds, which is one of the limiting factors for the existence of life on Earth.



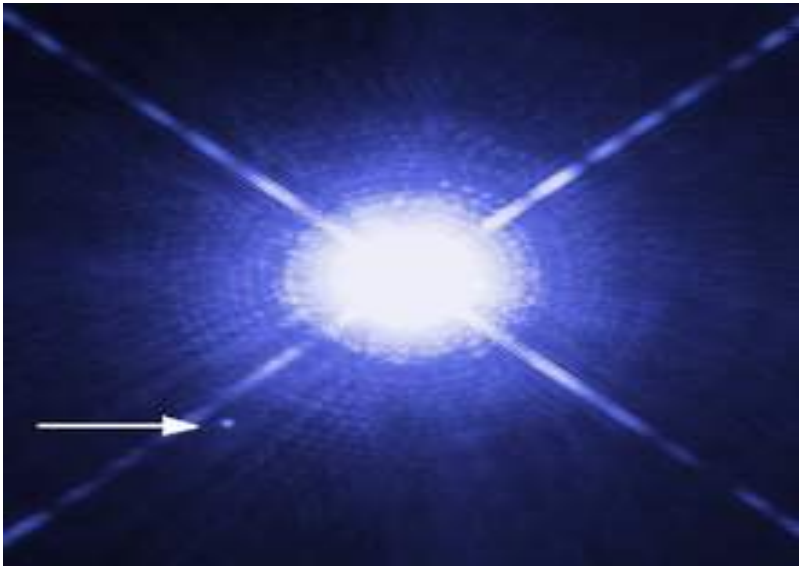
"When we looked at the effective concentration of water molecules in those clouds, we found that it was a hundred times too low for even the most resilient Earth organisms to survive." John Hallsworth, a microbiologist at Queen's University in Belfast, U.K., and lead author of the paper, said in a news conference on Thursday (June 24). "That's an unbridgeable distance." The findings are likely a disappointment for the Venus research community, which was invigorated last September by the discovery of phosphine, a compound made of atoms of phosphorus and hydrogen that on Earth can be associated with living organisms, in Venus' atmosphere. At that time, researchers suggested the phosphines may be produced by microorganisms residing in those clouds. On Earth, Hallsworth said, microorganisms can survive and proliferate in droplets of water in the atmosphere when temperatures allow. However, the findings of the new study, based on data from several Venus probes, leave zero chance of anything living in the clouds of Venus, he said. "Living systems including microorganisms are composed mainly of water and without being hydrated, they can't be active and are unable to proliferate," Hallsworth said. Studies on microorganisms living in extreme conditions on Earth found that life can exist at temperatures as cold as minus 40 degrees Fahrenheit (minus 40 degrees Celsius). For water activity, which is measured on the scale from 0 to 1, the lowest survivable value is 0.585. The water activity level found in the molecules in the Venusian clouds was merely 0.004. NASA Ames astrobiologist Chris McKay, one of the co-authors of the paper, said in the news conference that the findings of the study were conclusive and the new fleet of space missions currently being prepared for Venus will not change anything about the hope for life on Earth's closest neighbour. "Our conclusion is based directly on measurements," McKay said in the briefing. "It's not a model, it's not an assumption. The missions that NASA just selected to go to Venus will do the same measurements again — temperature, pressure — and they are going to come to very much the same conclusions because Venus is not changing on that type of time scale." However, the researchers looked at data from other planets too and found that the clouds of Jupiter do provide sufficient water activity to theoretically support life. Data collected by the Galileo probe at altitudes between 26 and 42 miles (42 and 68 kilometres) above the surface of the gas giant suggest the water activity value to sit at 0.585, just above the survivable threshold. Temperatures in this region are also just about survivable, at around minus 40 degrees F. "Jupiter looks much more optimistic," McKay said. "There is at least a layer in the clouds of Jupiter where the water requirements are met. It doesn't mean that there is life, it just means that with respect to water, it would be OK." High levels of ultraviolet radiation or lack of nutrients could, however, prevent that potential life from thriving, the researchers said, and completely new measurements would be needed to find whether it actually could be there or not. Hallsworth added that the technique used to calculate the water activity could also help determine the habitability of exoplanets. "What excites me the most is that we can go down to the scale of water molecules for these distant planets and pinpoint their potential habitability," Hallsworth said.

Newscaster- Aryan Kapdi
Freelancer- Naima Bhatta

Reference: <https://www.space.com/venus-clouds-life-not-enough-water>

WHITE DWARF

A white dwarf, also called a **degenerate dwarf**, is a stellar core remnant composed mostly of electron-degenerate matter. A white dwarf is very dense: Its mass is comparable to that of the Sun, while its volume is comparable to that of Earth. A white dwarf's faint luminosity comes from the emission of stored thermal energy; no fusion takes place in a white dwarf. The nearest known white dwarf is Sirius B, at 8.6 light years, the smaller component of the Sirius binary star. There are currently thought to be eight white dwarfs among the hundred star systems nearest the Sun. The unusual faintness of white dwarfs was first recognized in 1910.^(p1) The name *white dwarf* was coined by Willem Luyten in 1922. White dwarfs are thought to be the final evolutionary state of stars whose mass is not high enough to become a neutron star or black hole. This includes over 97% of the other stars in the Milky Way.^{§1} After the hydrogen-fusing period of a main-sequence star of low or medium mass ends, such a star will expand to a red giant during which it fuses helium to carbon and oxygen in its core by the triple-alpha process. If a red giant has insufficient mass to generate the core temperatures required to fuse carbon (around 1 billion K), an inert mass of carbon and oxygen will build up at its center. After such a star sheds its outer layers and forms a planetary nebula, it will leave behind a core, which is the remnant white dwarf. Usually, white dwarfs are composed of carbon and oxygen (**CO white dwarf**). If the mass of the progenitor is between 8 and 10.5 solar masses (M_{\odot}), the core temperature will be sufficient to fuse carbon but not neon, in which case an oxygen–neon–magnesium (**ONeMg** or **ONe**) white dwarf may form. Stars of very low mass will not be able to fuse helium, hence, a helium white dwarf may form by mass loss in binary systems.



The material in a white dwarf no longer undergoes fusion reactions, so the star has no source of energy. As a result, it cannot support itself by the heat generated by fusion against gravitational collapse, but is supported only by electron degeneracy pressure, causing it to be extremely dense. The physics of degeneracy yields a maximum mass for a non-rotating white dwarf, the Chandrasekhar limit—approximately 1.44 times M_{\odot} —beyond which it cannot be supported by electron degeneracy pressure. A carbon–oxygen white dwarf that approaches this mass limit, typically by mass transfer from a companion star, may explode as a type Ia supernova via a process known as carbon detonation; SN 1006 is thought to be a famous example. A white dwarf is very hot when it forms, but because it has no source of energy, it will gradually cool as it radiates its energy. This means that its radiation, which initially has a high color temperature, will lessen and redden with time. Over a very long time, a white dwarf will cool and its material will begin to crystallize, starting with the core. The star's low temperature means it will no longer emit significant heat or light, and it will become a cold black dwarf. Because the length of time it takes for a white dwarf to reach this state is calculated to be longer than the current age of the known universe (approximately 13.8 billion years), it is thought that no black dwarfs yet exist. The oldest white dwarfs still radiate at temperatures of a few thousand kelvins

Newscaster – Swaraj Kasle
Freelancer – Naima Bhatta

Reference: https://en.wikipedia.org/wiki/White_dwarf

NATURE

***“BY DISCOVERING NATURE, YOU
DISCOVER YOURSELF.”***

Everything we see around us, right from the moment we step outside our home is part of nature. The trees, animals, landscape, flowers, trees, breeze, sunlight, everything that makes our surroundings so beautiful and mesmerizing are part of nature. Nature does not arise spontaneously but needs years and years to bloom and blossom.



Nature we see today has developed in 4.5 billion years. Initially, the earth was not sustainable for any kind of living thing. The atmosphere had very little oxygen, and the same was the case with water. The land was made of molten magma and the atmosphere was toxic to survive. Slowly, the earth cooled down, and life started blooming on it. It began to rain, and nature, as we see today, was formed. This nature then gifted the earth with living creatures like animals, birds, and finally, humans. It is Mother Nature who never harms us but always nurtures us.

By providing us with fruits and vegetables, it nurtures our body. By providing us water hydrates our body, and by providing oxygen, it cleanses our body. It is usually seen that people who live close to nature, especially the villagers live a somewhat happy life as compared to the people living amidst the high hovering skyscrapers. Nature provides our ears with the sweet sound of birds, rejuvenates us with fresh air, the breeze fills our soul with joy, and inspires us to flow like the river. Nature provides the raw material for economic development as well.

By taking small steps like planting trees, using biodegradable materials, stopping water pollution, animal conversation, and keeping our surroundings clean, we can help Mother Nature to breathe again and rejuvenate in the same way it helps us.

**Newscaster – Ishita Parab
Freelancer – Aditya Nikam**

Reference link :- <https://www.ncertbooks.guru/essay-on-nature/>

WHY DO NATURE CALM US?

Great lengths of mountains, thriving ecosystems, the ever-spreading sky together with the lithosphere, hydrosphere and atmosphere create a saga called “Nature”. Rich both in terms of its scenic beauty and replenishing resources, nature accounts for supporting life in different shapes and forms on our planet.

Every member of the living world obtains its life support from nature. Nature guides the cycling of air, water and life between the different constituents or spheres on Earth. The treasures in nature not only provide for our basic requirements of survival but also fuel the raw materials to support factories and industries on which the modern world primarily runs.

Since the population is increasing at an exponential rate largely in India and many parts of the world, the “use” of resources has now turned to depletion. Adding to this, are the excessive levels of atmospheric and environmental pollution. Industrial wastes, unchecked use of vehicles, illegal cutting of trees, poaching of animals, nuclear power plants and many more are contributing to the disruption of the natural systems and global warming.

Student clubs, organizations and the government have taken measures to curb the exhaustion of nature and extinction of the life it supports. Some of these include:

- Adapting sustainable modes of survival
- Conserving all forms of energy
- Limiting the use of vehicles that release pollutants
- Mass afforestation in different areas
- Implementing methods to meet the minimums tree cover required
- Switching to organic agriculture as much as possible
- Reusing and recycling goods

**Newscaster- Prarthna Shirsat.
Freelancer- Aditya Nikam
Reference- Book: - Calmness of Nature.**

RESEARCH

ANXIETY AND DEPRESSION

Depression and Anxiety is an open access, peer-reviewed, multidisciplinary journal focusing on effective treatments for those patients experiencing panic attacks, anxiety attacks, phobia, and social phobia. The journal gathers various key symptoms of depression and anxiety and tries adapting new conventional methods in the rehabilitation of the diseases.



Journal focus on the clinical and management aspects of anxiety and depression, the two of the most common mental health concerns in our society. The Journal publishes all types of articles such as research, reviews, cases, communications, etc., in the field of depressive, mood and anxiety disorders and their management. The journal is invited for contributions including but not limited to the topics of anxiety disorders, arithmomania, atypical depression, bipolar disorder, catatonic depression, depressive disorder, dysthymia, feeling, gerontophobia, hepatitis C, interferon therapy, interpersonal rejection, melancholia, mental and behavioural disorders, mood, nutritional deficiencies, panic disorder, postpartum depression, psychomotor retardation, sadness, upset, etc.

Pseudo depression as an Anticipatory Symptom of Frontal Lobe Brain Tumours



November 16, 2018

Frontal brain tumours often cause psychiatric disorders related to the functions of the prefrontal cortex. The prefrontal cortex expresses cognitive functions, which are superior functions concerning personality, conception, planning, ability to manage social relations. The dorsolateral part of the prefrontal cortex, if damaged, causes a depressive symptomatology, consisting of apathy, mood reduction and other symptoms. Kleist defined depression secondary to brain tumours, pseudo depression syndrome

December 07, 2018

The purpose of this study was to evaluate the possible relation between dental patient's state anxiety, demographic factors and past experience of treatments with their trait anxiety in patients undergoing root canal treatments (RCT). 60 patients participated in this study. A single molar was treated in every patient. At their first visit, patients were asked to fill out a questionnaire about their demographic and educational status as well as a Persian version of STAI-T

Newscaster :- Chaitali Ghadi.

Freelance :- Aakash Bavdankar

Reference link:- <https://clinmedjournals.org/international-journal-of-depression-and-anxiety.php>

DIGGING INTO THE MOLECULES
OF FOSSILIZED DINOSAUR
EGGSHELLS.



Dinosaurs roamed the Earth more than 65 million years ago, and palaeontologists and amateur fossil hunters are still unearthing traces of them today. Current research indicates that all dinosaurs laid eggs, though most haven't survived the test of time. And because whole eggs and shell fragments are very rare fossils, their mineral composition has not been widely investigated. Previously, Abel Moreno and colleagues reported the micro-architectures of eggshells from several species of dinosaurs found in Baja California. Although other teams have shown that some dinosaur eggshells contained calcium carbonate, carbohydrates and other compounds, no one has done similar analyses on the shells of species that Moreno's team had collected. So, as a next step, these researchers wanted to look at the mineral and organic carbon-based components in fossilized eggshells from species that hatched in the Late Cretaceous.

The researchers collected five fossilized eggshells from dinosaurs in the Theropod (bipedal carnivores) and Hadrosaurid (duck-billed dinosaurs) families and an unidentified ootaxon. They found that calcium carbonate was the primary mineral, with smaller amounts of albite and quartz crystals. Anhydrite, hydroxyapatite and iron oxide impurities were also present in the shells, which the researchers suggest replaced some of the original minerals during fossilization. Then, with Fourier transform infrared spectroscopy (FT-IR), the team found nine amino acids among the five samples, but only lysine was in all of them. In addition, they identified evidence of secondary protein structures, including turns, helices, sheets and disordered structures, which were preserved for millions of years by being engrained in the minerals. The FT-IR bands corresponding to amino acids and secondary structures could be indicative of ancestral proteins that have not been characterized before, the researchers say.

Newscaster :- Latika Naik

Freelance :- Aakash Bavdankar

Reference link :-

<https://www.sciencedaily.com/releases/2021/06/210630125423.htm>

ACADEMICS

DATA SCIENTIST



Have you noticed, when you go to a retail outlet or Hospital or to buy any product the first thing that company does is collect your data. What do companies do of this data?

This is a very critical data for companies to take decisions. They use this data to analyse customer requirements, launch new products, customer satisfaction and offer discounts.

Data science is probably the most promising and in-demand career path for skilled professionals. A data scientist takes the data, analyses it and uses it for decision making. Building predictive models are the most important aspect for the data scientist.

So if you are planning to choose this career path you need to have basic knowledge in excel. If the company is dealing in a huge amount of data you need to have knowledge in coding and be aware of tools and software like SAS, R, Python etc.

The job of a data scientist is growing 6.5 times a year. It has been rightly said that data science is the real game changer for business as it solves business problems.

That’s where data scientist steps into the spotlight.

Learning data science can revolutionize your career. Data is the new oil. This saying is so true. Data science adds value to any business which utilizes their data well.

Understanding the importance of data science can help many sectors to analyse the challenges and address them in an effective way.

Example of Data Science: Search engines make use of data science algorithms to deliver the best results for search queries in a fraction of seconds.

Example of Big Data: Credit card companies, retail banks use big data for their financial services.

Data scientists are the future of the world today.

Newscaster : Anchit Puthran
Freelance : Om Satelkar
Reference link : <https://www.edumilestones.com>

IMPORTANCE OF EDUCATION

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits. Educational methods include storytelling, discussion, teaching, training, and directed research.



The importance of education in life is immense. It facilitates quality learning to people throughout their life. It inculcates knowledge, belief, skill, values and moral habits. It improves the way of living and raises the social and economic status of individuals.

- Four ways to stay motivated, achieve success during online classes:
- Stay organized: Of course, one of the best ways to stay motivated is to stay organized in order to maximize your efficiency. It’s easy to feel unmotivated when you don’t have a set schedule or plan in place for completing assignments and studying for exams.
 - Lean on friends, classmates and professors: We’ve heard it time and time again, but we really are all in this together, and online classes are impacting each of us in different ways. Although it’s best not to hold gatherings during this time, it’s still possible to stay connected and lean on them for motivation.
 - Keep a healthy balance between school and free time: Although social gatherings are at a standstill right now, it’s still important to have a healthy balance between schoolwork and free time. It can feel overwhelming to work on school too much, so try to give yourself some free time in order to avoid burnout.
 - Keep your goals in mind: One of the most important aspects in staying motivated is remembering goals, both short-term and long-term. Remind yourself why you’re in school, why you’re in your major and why you’re working towards a degree.

Newscaster: Parag Paresh Rahatwal
Freelance: Om Satelkar
Reference: <https://www.utdailybea.com>

MEDIA

HOW SOCIAL MEDIA AFFECTS OUR MENTAL HEALTH

The world is using social media now more than ever, with over 2.45 billion people actively using many social platforms. Social media usage is intrinsically linked to our mental health. This article is about some of the negatives and positives of social media that are important to keep in mind.



- It’s addictive:** Social media feeds our need for social validation and causes a feeling of missing out if we’re not logged in. According to research from Michigan State University, even short engagement with a Facebook related image can result in a pleasurable response, which may activate social media cravings. The addictive nature of it is not helped by how easily we are able to continuously tune into social media. We can log into our accounts through our smart TVs, phones, iPads, computers, laptops, etc. It’s everywhere.
- It lowers self-esteem:** When you’re constantly exposed to idealized versions of other people’s lives, it can be difficult not to compare your life to theirs (even when they aren’t realistic depictions). We judge ourselves in comparison to others, and it’s terrible for our mental health. Psychologists have found evidence linking social media usage to body image concerns.
- It provides a creative outlet:** Social media is not all bad, though. It can be a fantastic way to express yourself. It’s a great place for creative souls to share their work and build a following. Many people have become successful by showcasing their talents over social media. Make sure you fill your social media feed with the right types of people who inspire you and fill you with joy. Creativity is positive and social media can encourage this. It’s important to step back from the digital world every now and again so that when you do log back in, It’s a positive experience.

Newscaster: Sakshi Shigvan.
Freelance Reporter: Piyush Vishwakarma.
Reference Link: <https://www.forbes.com/sites/theyec/2020/01/09/how-social-media-affects-our-mental-health/>

CONTRIBUTION OF MEDIA IN SOCIETY



Media is very important to the society. People are using the media to get the news or information from television, radio and video. For example, television is a source of media that has strong influence on society today. According to the survey, people mostly spend their time on television and internet for getting news and for entertainment.

But the impacts of television and computer have both positive and negative. For the advantages of television and internet, we can get the news and information quickly and more convenient. And some time, we also can have some entertainment for relax. We also can keep connect to our friend from another place by internet. Media also can help us keep up with the trend of the society. Most company will use the media to promote their company product. With the impact of media, their product will soon be all well known. We also can use media to promote the health awareness to the society to help the people gain the knowledge to know what will affect their health.

Furthermore, we also can use media to teach the people about the knowledge of self-defenses. For example, we can see the video of self-defenses on television in our home or the small television on the train. The video will teach the female how to protect themselves when they facing a robber. The media play an important role to tell us the truth of everything that happens in our society. Besides that, media is not only delivering the information to us. It also will affect our thinking patterns.

Newscaster: Aaryan Shinde
Freelancer: Piyush Vishwakarma
Reference link: <https://www.ukessays.com/essays/media/contribution-of-media-in-society-media-essay.php>

ARTS

FOLK ART FORMS OF INDIA

India is a land of rich cultural heritage, which is enriched by myriad forms of folk arts as well. These folk art forms are an embodiment of the diverse cultures within the country and each one is different and unique from the rest. Every Indian state has its own folk art form, which are all beautiful and breath-taking.



1. Warli

Warli is an art form indigenous to the tribal natives of Thane and Nashik situated in Maharashtra, which involves wall paintings done by the men and women of Warli, Malkhar kholi, Dhodi, Kathodi and Kokana tribes. These tribes are residents of the northern outskirts of Mumbai, mainly in the Western India.

2. Madhubani

Madhubani art is mainly practiced in the state of Bihar and Mithila region of Nepal. These paintings are mainly done on handmade paper or cloth with nib-pens, twigs, brushes and sometimes matchsticks. This art is mostly practiced by the women of the regions and has been practiced for centuries.

3. Chittara

Chittara art form is practiced by a community named Deewaru in Shimoga the houses are covered in red mud and upon the mud white paintings are drawn beautifully with rice paste and white mud. Like all other folk arts, the materials used are completely natural including barks of trees, seeds, coal, rice flour and berries to name a few.

4. Pata Chitra

Pata Chitra is a type of folk art largely followed in the states of Odisha and West Bengal. The Bengal version of the art is called “Pata Chitra” and the paintings have an identifying feature of vibrant colours. These colours were extracted from spices, soot, earth, flowers and a variety of other natural things.

Newscaster: Janvi Ashok Wadmare
Freelancer: Gauri pawar

Reference : <https://www.caleidoscope.in/art-culture/folk-art-forms-of-india-defining-our-cultural-diversity>

SHE-OAK AND SUNLIGHT: ‘THE BEST FEELGOOD SHOW I HAVE SEEN SINCE COVID’

She-Oak and sunlight is a visually stunning exhibition that brings together some of Australia’s most famous and much-loved paintings and presents them within a radically different context.

She also argues in her exhibition the idea this was a purely “blokey” orientation in art, with Tom Roberts, Arthur Streeton, Charles Conder and Frederick McCubbin as the only serious members, needs to be revised.

They shared the limelight with a number of talented women artists including Jane Sutherland, Clara Southern, Iso Rae, May Vale, Jane Price and Ina Gregory, all of whom are present in considerable numbers in this exhibition.



Ethel Carrick, Australia, 1872-1952, Flower market, 1907. Oil on wood panel. National Gallery of Victoria, Melbourne. Presented through The Art Foundation of Victoria by the late Major B. R. F. MacNay, and Mrs D. Mac`Nay, Fellow 1994 Finally, Gray contextualises the narratives presented by these painters with older co-existing narratives by contemporary Australian Indigenous artists, especially William Barak.

The title of the show, She-oak and sunlight, is derived from the title of a small painting by Tom Roberts, recently acquired by the NGV, exhibited in one of Australia’s most famous/notorious exhibitions of all time, the 9 by 5 Impression Exhibition that opened August 17, 1889 at Buxton’s Art Gallery, Swanston Street, Melbourne.



Tom Roberts, Australia 1856–1931, She-oak and sunlight, 1889. Oil on wood panel, 30.4 × 30.1 cm. National Gallery of Victoria, Melbourne. Jean Margaret Williams Bequest, K. M. Christensen and A. E. Bond Bequest, Eleanor M. Borrow Bequest, The Thomas Rubie Purcell and Olive Esma Purcell Trust and Warren Clark Bequest, 2019. Roberts’s She-oak and sunlight appeared as no. 19 in the catalogue and perfectly epitomises the mood of the exhibition. The she-oak, or Casuarina, is native to Australia. The show celebrates the “Australianness” of the vegetation and topography, and stresses the quality of the intense, bleaching light in this country.

Newscaster : DHARMIK VAJA
Free Lancer : GAURI PAWAR

Reference : <https://theconversation.com/she-oak-and-sunlight-the-best-feelgood-show-i-have-seen-since-covid-158311>

HISTORY

1971 WAR: THE STORY OF INDIA'S VICTORY, PAK'S SURRENDER, BANGLADESH FREEDOM



December 16 is a significant day for India and its neighbours Bangladesh and Pakistan. In 1971, India won the war against Pakistan that resulted in the birth of Bangladesh (then East Pakistan). The war started when Pakistan launched air strikes on 11 Indian airbases. It was perhaps the first time in which India's all three forces fought in unison. India quickly responded to Pakistan Army's movements in the west and captured around 15,010 kilometres of Pakistan territory. General A K Niazi signed the Instrument of Surrender on 16 December 1971 in Dhaka, marking the formation of East Pakistan as the new nation of Bangladesh. Pakistan also lost half of its territory with the birth of Bangladesh. The Indian Army brought Pakistani army to its knees, took 93,000 Pakistani prisoners and gave 75 million people of Bangladesh their independence. Over 3,800 soldiers of India and Pakistan lost their lives in this war to end the genocide Pakistan had been conducting against the Bengali population of East Pakistan. The conflict was a result of the Bangladesh Liberation war, when Bangladesh (then East Pakistan) was fighting to seek freedom from (West) Pakistan. In 1971, Pakistani Army began to commit the barbaric genocide on innocent Bengali population; particularly the minority Hindu population in East Pakistan. It is estimated that between 300,000 and 3,000,000 civilians were killed in Bangladesh. Rape, torture, killings and conflicts followed due to which eight to ten million people fled the country to seek refuge in India. Indira Gandhi was reluctant to launch a full-scale war against Pakistan as the country was already facing the burden due to the continuous flow of refugees from East Pakistan and entering a war meant inviting more burdens.

Newscaster: - Ishan Bansode
 Freelancer: - Ashutosh Keni
 Reference- www.business-standard.com

RANI MAHAL



The Rani Mahal is a royal palace in the city of Jhansi, Uttar Pradesh, India. The palace was built by Raghu Nath-II of the Newalkar family (1769-96), subedar of Jhansi. This palace later formed one of the residences for Rani Lakshmibai (1853-58).

Architecturally, it is a flat-roofed, two-storeyed building having a quadrangular courtyard with a small well and one fountain on opposite sides. The palace consists of six halls and parallel corridors with multi-foiled arches and a number of small rooms. The Darbar Hall, approached by a flight of steps, is beautifully decorated with paintings in bright colours exhibiting various floral, faunal and geometrical motifs. The arches are embellished with peacock and rosette patterns. A major part of it was damaged by British bombardment during the siege of Jhansi in 1858. The ground floor of the palace houses stone sculptures collected from Madanpur Barua Sagar, Dudhai and Chandpur dating from the Gupta to Medieval periods (9th to 12th centuries).In 1887 General Khadga Samsher Rana was forced to drop his royal titles and was sent to Palpa-Gauda as the western commanders in chief of Nepal. At Palpa-Gauda in 1892 Khadga Shamshir's youngest wife Tej Kumari Devi died, within a year Khadga built a palace that is named after his wife as *Rani Mahal* (Literary translates as Queens Palace). He also named the nearby forest as Rani Ban along with naming the Ghats as Rani Ghat. In 1902, Khadga Samsher Rana along with his family fled to India abandoning Rani Mahal after which the Mahal went into disrepair. At present, the Government of Nepal has recently finished the reconstruction and restoration program and rebuilt the palace to its original state. This has preserved the national historical properties, increased the possibilities of tourism in the area and resulted in various developments

Newscaster: - Purvi Balkawade
 Freelancer: - Ashutosh Keni
 Reference:- <https://en.wikipedia.org>

LIBRARY

BIOGRAPHY...!!

When we enter the world of books the one of the most important section of a book is a **biography**. Every library we enter contains a different section of biography of well-known people who have written it long back describing their life.....!!

A biography, or simply bio, is a detailed description of a person's life. It involves more than just the basic facts like education, work, relationships, and death; it portrays a person's experience of these life events. Unlike a profile or curriculum vitae (résumé), a biography presents a subject's life story, highlighting various aspects of their life, including intimate details of experience, and may include an analysis of the subject's personality. Biographical works are usually non-fiction, but fiction can also be used to portray a person's life. One in-depth form of biographical coverage is called legacy writing. Works in diverse media, from literature to film, form the genre known as biography.



An authorized biography is written with the permission, cooperation, and at times, participation of a subject or a subject's heirs. An autobiography is written by the person themselves, sometimes with the assistance of a collaborator or ghost-writer.

In the Middle Ages, Einhard’s the Life of Charlemagne (around 817 AD) stands out as one of the most famous biographies of its day. Einhard clearly fawns over Charlemagne’s accomplishments throughout, yet it doesn’t diminish the value this biography has brought to centuries of historians since its writing.

Types of Biographies

- 1) Contemporary Biography: Authorized or Unauthorized
- 2) Historical Biography
- 3) Biography of a Group
- 4) Autobiography

Newscaster: Aditya Cheulkar
Freelance Reporter: Jatin Bisht
Reference link: <https://celadonbooks.com/what-is-a-biography/>

THE LIBRARY OF PERGAMUM

The Library of Pergamum in Pergamum, Turkey, was one of the most important libraries in the ancient world.
The Library of Pergamum



Pergamum was home to a library said to house approximately 200,000 volumes, according to the writings of Plutarch.^[3] Built by Eumenes II between 220 and 159 BC and situated at the northern end of the Acropolis, it became one of the most important libraries in the ancient world. The cultured Pergamene rulers built up the library to be second only to the Great Library at Alexandria. Flavia Matilene, who was a distinguished citizen of Pergamum and wife of a town councilor, was instrumental in supplying the library. She also presented a statue of Hadrian to the library as a gift.^[5] It is known that a certain Artemon was employed in the library during the second century B.C. though his personification is obscure. No index or catalogue of the holdings at Pergamum exists today, making it impossible to know the true size or scope of this collection.

The library consisted of four rooms, the largest of which was the main reading room (44.5 feet x 50 feet), lined with many shelves. An empty space of approximately 50 centimeters (20 in) was left between the outer walls and the shelves to allow for air circulation, intending to prevent the library from becoming overly humid in the warm climate of Anatolia, an early attempt at library preservation. A 3-meter (10 foot) statue of Athena, modelled after her statue in the Parthenon, stood in the main reading room.

Newscaster: Sahil Dhanawade
Freelancer: Jatin Bisht
Reference: - <http://www.allaboutturkey.com/pergamum.html>

FOOD & HEALTHCARE

HEALTHY FOOD IS MEDICINE



“Respect your body, it’s the only one you get”

Global epidemic of diet related chronic disease has prompted experimentation using food as a formal part of patient care and treatment. One of every five deaths across the globe is attributable to suboptimal diet, more than any other risk factor including tobacco.

Individual interactions with the healthcare system are an important opportunity to offer evidence-based food and nutrition interventions. An emerging but compelling body of research indicates that such interventions delivered in the healthcare system might be associated with improved health outcomes and reduced healthcare usage and costs

When broadly deployed, interventions that are effective for individual patients have the potential to affect population health and shape broader food and health policy reform. Realisation of health benefits is, however, hampered by lack of investment in research, low levels of clinician nutrition knowledge and awareness of interventions, and narrow access to appropriate services and programmes. Tackling each of these challenges is critical to achieving a healthcare system in which nutrition and food are a routine part of evidence based disease prevention and treatment.

We argue for increased integration of specific food and nutrition interventions in—or closely coordinated with—the healthcare system, an initiative often known as “food is medicine.” We focus on interventions such as medically tailored meals and prescriptions for produce that incorporate food strategies to improve health in the structure and funding of the healthcare system rather than traditional medical nutrition interventions such as those that focus on vitamin or other nutrient supplements or medical foods.

Newscaster- Arjun Gaykar
Freelancer – Shreyas Bane
Refreance:-

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)30041-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)30041-8/fulltext)

HEALTHY DIET



Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it’s about feeling great, having more energy, improving your health, and boosting your mood.

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

MAKING A SWITCH TO A HEALTHY DIET

Switching to a healthy diet doesn’t have to be an all or nothing proposition. You don’t have to be perfect; you don’t have to completely eliminate foods you enjoy, and you don’t have to change everything all at once—that usually only leads to cheating or giving up on your new eating plan. A better approach is to make a few small changes at a time. Keeping your goals modest can help you achieve more in the long term without feeling deprived or overwhelmed by a major diet overhaul. Think of planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day.

Newscaster :- Prathamesh Ghadi
Freelancer:- Shreyas Bane

Reference:- <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm#>

CULTURE & CUISINE

WHAT FOOD TELLS US ABOUT CULTURE



Have you ever wondered what the food you eat everyday can tell you about where you come from? Have you ever wondered why people from different parts of the world eat different types of food? Do you ever ask yourself why certain foods or culinary traditions are so important to your culture? There is more of a connection between food and culture than you may think.

On an individual level, we grow up eating the food of our cultures. It becomes a part of who each of us are. Many of us associate food from our childhood with warm feelings and good memories and it ties us to our families, holding a special and personal value for us. Food from our family often becomes the comfort food we seek as adults in times of frustration and stress. When I was sick as a kid, I couldn't eat rice because I was too weak, so my mother would cook soup and bring it to bed for me. The smell and taste of the soup became something very familiar to me. Now, whenever I feel tired or stressed, I remember the soup my mom used to make for me and I feel hungry for that soup.

On a larger scale, food is an important part of culture. Traditional cuisine is passed down from one generation to the next. It also operates as an expression of cultural identity. Immigrants bring the food of their countries with them wherever they go and cooking traditional food is a way of preserving their culture when they move to new places.

Continuing to make food from their culture for family meals is a symbol of pride for their ethnicity and a means of coping with homesickness.

Newscaster : Shefali Kamble
Freelancer : Adesh Shinde

Reference Link : <https://freelymagazine.com/2017/01/07/what-food-tells-us-about-culture/>

HUMANS LEARN TO FIND FOODS: HUNTING AND GATHERING



Scientists believe that humans evolved for millions of years before they learned to use fire about 500,000 to one million years ago. The oldest fossils so far, excavated mainly in Africa, put the beginning of humanlike creatures—hominids—at between six and seven million years ago.² From the jaws and teeth of these hominids, scientists deduce that they were primarily plant eaters—herbivores. Our back teeth, the molars, are flat like stones for grinding grain and plants and that is what we still use them for when we chew. Scientists think that over millions of years, First Course 1 7 MIL BC 1.5 MIL BC 221 BC 500,000 500,000 BC c01.qxd 12/20/06 11:19 AM Page 1 2 FIRST COURSE: FROM RAW TO COOKED early humans developed two survival advantages: (1) between 4 million and 1 million B.C., human brain size tripled, growing to what it is today, approximately 1,400 cubic centimetres; and (2) they stood upright on two feet—became bipedal—which allowed them to see farther and left their hands free to use weapons for protection and to kill animals for food. Food historians speculate that early humans learned to like the taste of meat from small animals that could be caught and killed easily, like lizards and tortoises, and from scavenging the leftover carcasses of large animals killed by other large animals.³ These early humans were hunter-gatherers, nomads who followed the food wherever it wandered or grew. Between 40,000 B.C. and 12,000 B.C., Asian peoples went east and crossed into North and South America. The Ice Age had dried up the seas, creating dry land between Asia and Alaska, making it possible to walk from one continent to the other.

Newscaster: Yash kamble
Freelancer: Adesh Shinde

Reference:- <http://repository.ottimmo.ac.id/36/1/COUSINE%20AND%20CULTURE.pdf>

TRAVEL & TOURISM

3 BEST MONSOON TREKS DESTINATIONS IN MAHARASHTRA

“On earth, there is no heaven but surely there are pieces of it”

And monsoon treks in Maharashtra will make you feel this quote.

Ask any trekker about his memorable experience while trekking, and going through the dense jungle, following the path, chasing waterfalls will be there in the list. With the rains, they are greener, cooler, and more vibrant than at any other time.

1) Peb Fort / Vikatgad:

“Of all paths, you take in life, make sure few of them are dirt” Peb fort comes in the beautiful Matheran hill station range. It is an easy to moderate level trek through a lush, green forest with few rock patches. Peb Fort is a combination of thrill and fun. There are 3 different routes through which you can complete this trek. The view of the base village, as well as the adjacent hills from atop the fort, are uniquely beautiful.



- Difficulty Level of Peb Fort – Moderate
- Height of Peb Fort – 2100 ft
- Base Village Peb Fort – Anandwadi, Neral
- Peb Fort Trek time – 2 hours.

2) Kalavantin Durg:

” If it scares you, it might be a good thing to try” Kalavantin Durg is famous for its scary-looking stairs. It is considered one of the most difficult treks in Maharashtra in monsoon as these narrow stairs get a bit slippery. And this adds more thrill to our adventures.

Although you should avoid getting there in heavy rain as it becomes riskier in heavy rain.

- Difficulty Level of Kalavantin Durg – Moderate – Difficult
- Height of Kalavantin Durg – 2250 ft
- Base Village of Kalavantin Durg– Thakurwadi, Panvel
- Kalavantin Durg Trek duration – 1-2 hours.



3) Korigad / Koraigad Trek:

“One with nature one with soul” Korigad is also known as Koraigad comes in the Lonavala region. It is one of the easiest treks in Maharashtra. You can start your monsoon trek journey from this trek. In addition to Korigad fort, you can visit Tiger points and Lions point in Lonavala which offer the best views in the monsoon. It is a must-do trek in Lonavala.

- Difficulty level of Korigad: Moderate – Difficult
- Base Village of Korigad Trek: Peth Shahpur
- Height of Korigad Trek: 3028 ft.



Newscaster :-Vidisha Mapuskar
Freelance:- Payal Solanki

Reference: <https://thatindianbackpacker.com/best-monsoon-treks-in-maharashtra/>

COONNOOR: - TOP ATTRACTIONS

1. Sim’s Park

Sim’s Park is one of the unforgettable Places to visit in Coonoor. It is a well-maintained botanical hub of Coonoor where you can easily find hundreds and thousands of trees and flowering plants. Homing to some of the adorable hills to gaze through, Sim’s Park has a lot of rarest exotic species and a bright, colourful garden to soothe your eyes.

Be careful that you do not carry any eatables as it is highly prohibited here. Photographers are there to click pictures on your behalf, and you can quickly get prints on the spot at reasonable rates. To engage their visitors, the park authorities have boating facilities.



2. Railla Dam

Rallia Dam is a beautiful, serene escape of Nilgiris. Coonoor where you need to trek at least for a distance of around 1 km. It homes to some astounding bird species and gives a pleasing and an engaging look of surrounding natural beauty.

The lush greenery that spreads all your way around makes you fall in love with this place. Do not forget to buy the home-made chocolates from locals here. Monsoon is by far the best season to visit this beautiful landscape and seek some calm time with nature.



3. Law’s Falls

Law’s Falls is the next to go in the list of favourite Coonoor tourist places worth seeing. The falls are gorgeous and please the eyes of visitors all across the globe. The height of this waterfall is around 180 feet which creates a water pool at its base.

This place is located at a distance of approximately 7km from the outer border of Coonoor and claims itself as a lovely place to visit by naturalists. The cascade of this waterfall appears extremely beautiful in monsoons.



Newscaster-Latika Naik

Freelance -Payal

Reference: <https://www.thrillophilia.com/cities/coonoor>

SPORTS

SUSTAINABILITY REACHES THE WORLD OF SPORT



THE ENVIRONMENTAL IMPACT OF SPORTING EVENTS Far from Everest, the major sporting events — like the Olympic Games and the Football World Cup — leave a deep environmental footprint that is difficult to erase, with the almost always hurried construction of infrastructures — stadiums, sports halls, complexes, etc. — and the environmental impact of the spectators. According to the estimates of three researchers from the University of Cardiff (Wales), during these events, this impact is seven times higher than normal, as journeys, the creation of rubbish and the consumption of energy, food and water all spiral.

HOW TO ORGANISE SUSTAINABLE SPORTS ACTIVITIES

As an organisation

- Make sure all the applicable environmental requirements and standards are met.
- Promote the saving of energy and water, and the use of re-usable receptacles like refillable bottles, fabric bags, wooden cutlery, etc.
- Inform participants that they cannot disturb animals or deviate from the paths.

As an athlete

- Put your waste in a waste bin. If there isn't one nearby, carry it with you in your backpack or in your hand until you find one.
- Avoid routes through sensitive ecosystems and don't take short-cuts through crops whether you are on foot, bicycle or horseback.
- If you are riding a bicycle, use ecological glues to mend punctures and avoid skidding. If you are climbing, minimise your use of magnesium.

EXAMPLES OF SUSTAINABLE INITIATIVES AND EVENTS

Some of the biggest competitions in the world are making changes and turning themselves into sustainable sporting events. Here are some examples according to the United Nations' Environmental Programme (UNEP):

Olympic Games: the International Olympic Committee (IOC) has undertaken to eradicate single-use plastics at its headquarters, at the Olympic Museum and at all its events.

Volvo Ocean Race: one of the yachts taking part in this round-the-world regatta — the Turn the Tide on Plastic — also compiles information on the microplastics in the ocean.

Major League Soccer (MLS): the clubs of the US football league celebrated Earth Day playing with shirts made from ocean plastics.

Indian Premier League (IPL): the cricket stadium Chinnaswamy in the Indian city of Bangalore has implemented a zero-waste policy for its spectators.

Twickenham Stadium: the legendary home of English rugby has made a commitment to sustainable sport with a deposit and return system for beverages sold at matches.

Newscaster :-Dhanashree Patil
Freelance reporter:- Maithili Parate
Ref: www.iberdrola.com

SOCIAL ISSUES

PEER PRESSURE

While peer pressure isn't a new issue, social media brings it to a whole new level. Sexting, for example, is a major cause for concern as many teens do not understand the lifelong consequences that sharing explicit photos can have on their lives. But sharing inappropriate photos is not the only thing kids are being pressured into doing.

More and more kids are being pressured into having sex, doing drugs, and even bullying other kids.²⁰ To keep your kids from falling victim to peer pressure, give them skills to make healthy choices, and to resist peer pressure. Also, talk to teens about what to do if they make a mistake.



How does peer pressure affect teenagers?
You may associate peer pressure with negative outcomes such as your child trying alcohol, smoking or drugs. However, peer pressure can also allow certain groups to have positive influences on your child. There's no way of knowing exactly how your child will be affected. Peer pressure can influence any area of your child's life, from their taste in music to their choice of school subjects. Positive effects of peer pressure include: a sense of belonging and support, increased self-confidence, introduction to positive hobbies, interest's reinforcement of positive habits and attitudes.

Negative effects of peer pressure include: pressure to use alcohol, cigarettes or drugs pressure, to engage in risk taking behaviours, distraction from school work, distance between family and existing friends, drastic changes in behaviour and attitudes

Sometimes, kids can make poor choices and may be too afraid to seek help. Make sure your kids are not afraid to come to you when they make a mistake. Demonstrate that you can listen

Newscaster - Sakshi Rikame
Freelance Reporter - Aayush Sinha
Ref - <https://www.verywellfamily.com/>

EDUCATION OF GIRL CHILD IN THE COUNTRY



In many countries, including India, the girl child is discriminated against from the early stages of her life. It is because of this discrimination, girls are not allowed education either in their childhood or after a certain age. In rural parts of India, one of the reasons why girls are deprived of education is that they would leave the parents' house post marriage. Poor parents do not consider it to be an economical investment. Since boys are the bread earners, their education is given the maximum importance. Often girls themselves choose not to study, usually due to financial crisis at home, domestic responsibilities and even lack of aspiration. However, education for girls is extremely necessary because they too play an important role in a country's economy and society. Also, women are the primary caregivers in the family. Proper education would enable them to improve their lives and others' as well. Educated girls can share the burden of earning a livelihood, which would eliminate child labour. Education will also make girls aware of family planning, health and sanitation. As a result, there will be low infant mortality rates and less numbers of deaths of women in childbirth. Fortunately, government schemes, such as Sarva Shiksha Abhiyaan, CBSE scholarship to single girl child and the policy of giving free education to girls have come as a boon to our society. One can say there is still hope for the betterment of the country. In today's time, it is really difficult to meet both ends in a middle-class family. After the marriage, an educated girl can work and help her husband in bearing the expenses of the family. She can also earn if in case her husband expires and there is no helping hand in the family. Education also broadens the thought of the women, thus it helps in the good upbringing of her children. It also gives her the freedom of thought to decide what best is there for her and the family.

Newscaster - Sanket Sakpal
Freelance Reporter - Aayush Sinha
REF: <https://www.thefreshreads.com>

STUDENT’S SECTION

FACTS

Amazing facts about the environment.

Here are some things that you may or may not have known about the environment. ok, some of them are fun but some of them are scary. What did you expect??

1.Recycling one aluminum can saves enough energy to run a TV for three hours.

2.During the time it takes you to read this sentence, 50,000 12-ounce aluminum cans are made.

3.An aluminum can may be recycled ad infinitum (forever!).

4.We consume over 80 trillion aluminum cans every year.

5.The world's tallest tree is a coast redwood in California, measuring more than 360 feet or 110 meters.

The world's oldest trees are 6.4,600-year-old Bristlecone pines in the USA.

Every day, American businesses generate enough paper to circle the earth 20 times!

7.Each year, Americans throw away 25 trillion Styrofoam cups.

8.Only 1% of the world's water supply is usable, 97% are the oceans and 2% is frozen.

Name -Kartik wadikar
Freelance Reporter - Anushka Patil
Refer- <https://www.earthecho.org/news/did-you-know-some-interesting-facts-about-the-environment>

RIDDLE

- 1. What has 13 hearts, but no lungs or stomach?
- 2. Two fathers and two sons are in a car, yet there are only three people in the car. How?
- 3. A man shaves many times during the day, but at the end of the day, he still has a beard. How is this possible?
- 4. You throw away my outside, eat my inside, then throw away the inside. What am I?
- 5. What eight-letter word remains a word as you keep removing one letter from it?

Name - Deep Tandel
Freelance Reporter - Anushka Patil

ARTWORK



Name- Janvi Narvekar
Freelance Reporter - Anushka Patil

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