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Sir Sitaram and Lady Shantabai Patkar College of Arts &  
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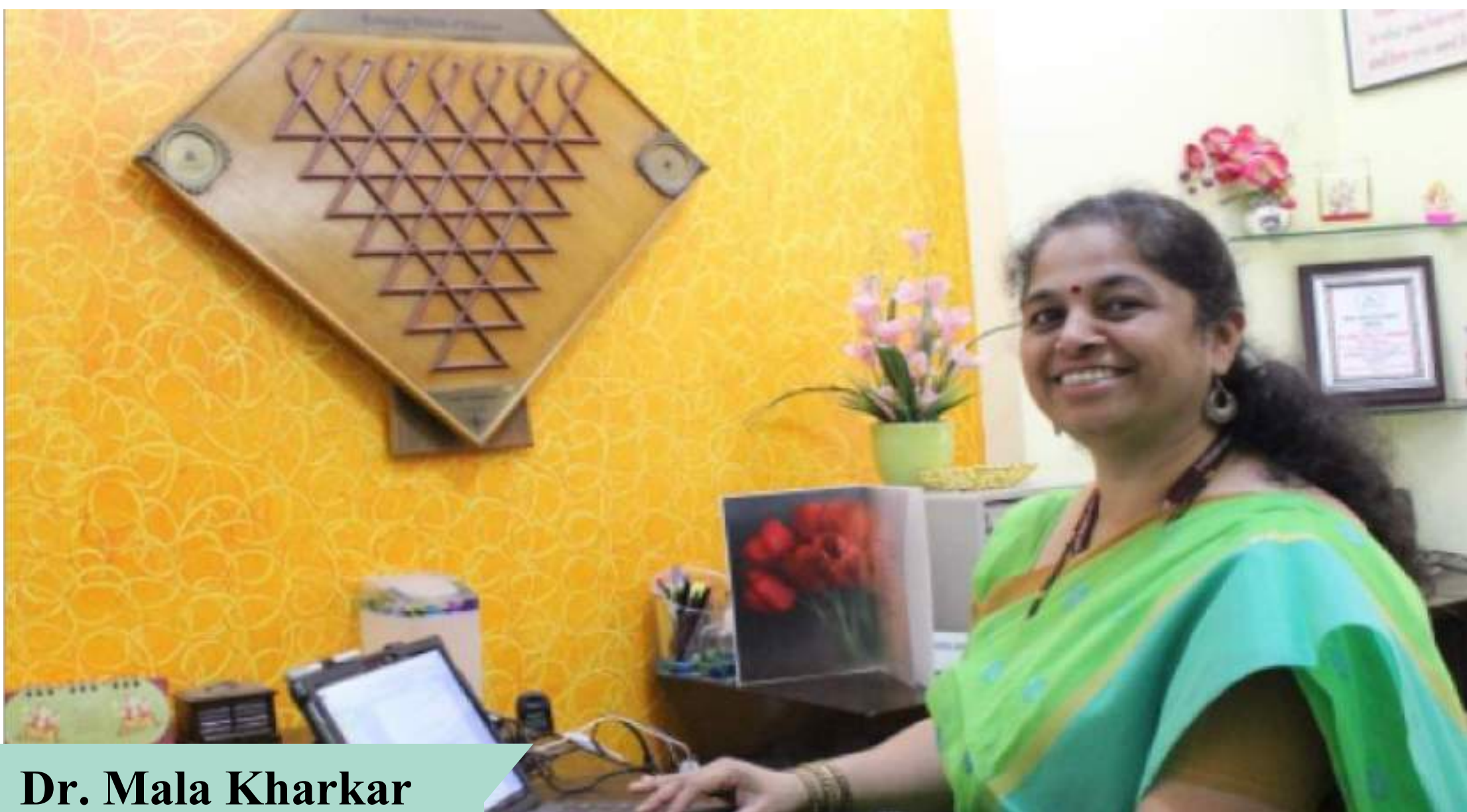


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RUSA 2.0 AWARDEE.

# 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!

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## INDEPENDENCE DAY SPECIAL

**INDEPENDENCE DAY 2021: INDIA SET TO CELEBRATE 75TH ANNIVERSARY OF FREEDOM STRUGGLE TOMORROW; CHECK HOW THE DAY WILL UNFOLD**

India is set to celebrate its 75th Independence Day this year. The occasion is being observed as a 75-week festival called 'Azadi ka Amrut Mahotsav'. It was launched on 12 March this year and will continue till 15 August 2023. While launching the programme, Prime Minister Narendra Modi had said, "The Azadi Amrit Mahotsav means elixir of energy of independence; elixir of inspirations of the warriors of freedom struggle; elixir of new ideas and pledges; and elixir of Aatmnirbharta. Therefore, this Mahotsav is a festival of awakening of the nation; festival of fulfilling the dream of good governance; and the festival of global peace and development." This year, the theme of the Independence Day celebrations is 'Nation First, Always First'.



Before the mega celebrations gain momentum let's find out what to expect on 15 August.

- Prime Minister Narendra Modi will lead the nation in celebrating the day from the ramparts of the Red Fort.
- Upon the arrival of the prime minister at the Red Fort, he will be received by Defence minister Rajnath Singh, minister of state for defence Ajay Bhatt and defence secretary Ajay Kumar. He will introduce the general officer commanding (GoC), Delhi Area, Lieutenant General Vijay Kumar Mishra, AVSM, to the prime minister.
- The GoC will then conduct Modi to the Saluting Base where a combined inter-services and Delhi police guard will present general salute to the prime minister.
- Thereafter, he will inspect the Guard of Honour. The Guard of Honour contingent will consist of one officer and 20 men each from the army, navy, air force and Delhi police. Indian Navy is the coordinating service this year. The Guard of Honour will be commanded by Commander Piyush Gaur. The naval contingent will be commanded by Lt Commander Sune Phogat, the army contingent by Major Vikas Sangwan and the air force contingent by Squadron Leader A Berwal. The Delhi police contingent will be commanded by Additional DCP (West District) Shri Subodh Kumar Goswami.
- Following this, the prime minister will proceed to the ramparts of the Red Fort. The GoC Delhi area will conduct him to the dais on the rampart to hoist the National Flag.
- The prime minister will hoist the National Flag and deliver the customary address to the Nation.
- Lt Commander P Priyambada Sahoo will assist the prime minister in hoisting the National Flag. It will be synchronised with the 21 Gun Salute fired by the valiant gunners of the elite 2233 Field Battery (Ceremonial). The ceremonial battery is commanded by Lt Col Jitendra Singh Mehta, SM and the Gun Position Officer will be Naib Subedar (AIG) Anil Chand.
- After being hoisted, the Tricolour will receive a 'Rashtriya Salute'.
- The National Flag Guard comprising five officers and 130 men from the army, navy, air force and Delhi police will present the Rashtriya Salute. Commander Kuldeep M Neralkar from the Indian Navy will be in command of this Inter-Services Guard and Police Guard. The navy contingent in the National Flag Guard will be commanded by Lt Commander Praveen Saraswat, the army contingent by Major Anshul Kumar and the air force contingent by Squadron Leader Rohit Malik. The Delhi police contingent will be commanded by Additional DCP (South West District) Shri Amit Goel.
- The navy band, consisting of 16 men will play the National Anthem during hoisting of the National Flag and the 'Rashtriya Salute'.
- For the first time ever, this year as soon as the National Flag is hoisted by the prime minister, flower petals will be showered at the venue by two Mi 17 1V helicopters of the Indian Air Force in Amrut formation. Captain of the first helicopter will be Wing Commander Baldev Singh Bisht. The second chopper is commanded by Wing Commander Nikhil Mehrotra.
- Thirty-two Olympic winners, including javelin thrower Subedar Neeraj Chopra, India's first ever Gold medallist in track and field,
- To honour the corona warriors who played a vital role in fighting the invisible enemy, COVID-19, a separate block on the south side of the rampart has been created.
- At the conclusion of the prime minister's speech, the cadets of National Cadet Corps (NCC) will sing the National Anthem. Five hundred NCC cadets (army, navy and air force) from different schools will be taking part in this festival.

## BUSINESS

## BUSINESS ARTICLES ENTREPRENEUR SHOULD READ

**1. AMAZON AND FLIPKART STORES**

Amazon and Flipkart are great resources for online shopping, and with so many users buying and selling goods on the portal every day, they also makes for a great business.

**2. MAKING HANDMADE ORNAMENTS**

Religious and cultural festivals are great business opportunities in India for people good at making handmade ornaments. With the number of festivals and parties happening around the various holidays throughout the year, handmade ornaments designed on those themes are always in demand.

**3. DESIGNING BOOK COVERS**

With the number of people writing books nowadays, book cover designers are very much in demand, as oftentimes, people do judge books by their cover. This is where students can make a decent amount of extra money through book cover-design gigs on freelance portals.

**4. ONLINE PERFUME AND COSMETICS STORE**

Perfumes and cosmetics are some of the hottest selling product categories in the world. This makes an online store focusing on perfumes and cosmetics a great business idea in India, especially if you connect with the manufacturers and purchase from them directly at discounted rates.

**5. TUTORING**

Offering online tuitions to people is another great side hustle. Not only are you helping people in your free time, you'll also end up making a significant amount of money depending on what you are tutoring them on.

**6. SMARTPHONE CASES**

Phone cases are a great way to change how your phone looks, and the added layer of protection for smartphones is always a good thing, right? People love that extra layer of personalization that phone cases offer. That's what makes this a very good business as well.

Newscaster- Sukhsham Bhatia

Freelance Reporter- Rohit Pawar

Reference Link- <https://www.flop2hit.com/business-idea/best-side-business-ideas-to-start-in-india/>



ADVERTISEMENT

P&G SHIKSHA INTRODUCES MUNNI & VIDYA – TWO SISTERS, KEEN TO GET AN EDUCATION



Video : [https://youtu.be/bErKJIWV\\_sU](https://youtu.be/bErKJIWV_sU)

The P&G Shiksha film has been conceptualized and created by Leo Burnett, showcasing the story of sisters Munni and Vidya who realize their dream of attending school and receiving education.

P&G Shiksha, the flagship CSR program of P&G India, unveiled its new heart-warming film that highlights the story of sisters Munni and Vidya who realize their dream of attending school and receiving education. The film inspired by true events, showcases two parallel worlds around us – one where the slightest disturbance in online schooling is a big matter of concern and the other world where children are still dreaming of going to school in remote parts of the country. The film has been conceptualized and created by Leo Burnett. The film has been launched across social media platforms YouTube, Facebook, Instagram, and Twitter.

Speaking about the new film, Girish Kalyanaraman, Vice President – Marketing Operations, P&G India said, “We know that education is essential for the development of children and society’s growth at large. Education is critical, now more than ever, given the prolonged closure of schools and the impact on children due to the pandemic. During this challenging time, we upgraded P&G Shiksha with online education so that thousands of children could continue learning from home. We hope the film builds an emotional connect with the audience and inspires them to do their bit towards Shiksha.”

Newscaster- Khushi Choudhari

Freelance Reporter- Seema Samanta

Reference : <https://www.socialsamosa.com/2021/06/pg-shiksha-film-munni-vidya/>

ONE STEP TOWARDS THE  
DESTINATION OF HEALTH

Unveils Two New Minute Maid Brands To Mark Its Entry Into Immunity-boosting Beverages.



Reiterating its commitment as a ‘Total Beverage Company with strong local roots’, Coca-Cola India continues to invest in the essence of India by advancing beverage localization, celebrating farmers and catering to the evolving needs of the Indian consumers. Today, the company under its master brand Minute Maid, introduced two new products delivering some of the daily essential nutrition requirements, made with fruits grown by Indian farmers. Minute Maid Nutriforce and Minute Maid Vita Punch offer much needed benefits of mental agility and immunity, demonstrating commitment to expand the company’s portfolio of delightful nutrition for everyday occasions. These beverages are crafted from Indian fruit recipes that provide 100% of daily requirement of Vitamin C to support immunity and are designed especially for Indian mothers, who are seeking nutritious choices for their growing children. Expansion of brand Minute Maid with introduction of the new beverages also underlines Coca-Cola India’s focus on the ‘Fruit Circular Economy’ initiative, enabling farmers to increase their yield by sourcing fruits to launch fruit-based beverages. Coca-Cola India has also committed an investment of \$1.7 billion towards creating a Fruit Circular Economy to aid the Indian Agri-ecosystem till 2023. Speaking at the launch, T. Krishnakumar - President, Coca-Cola India and Southwest Asia, said, “Coca-Cola remains grounded in its purpose to craft meaningful brands and offer its consumers a choice of drinks that refresh in body and spirit. Our long-term strategy entails offering more and more fruit-based beverages in line with consumer preferences. The expansion of our portfolio of nutritious juices under Minute Maid is in line with our aim to nourish every Indian and become India’s first choice in Fruit Nutrition. This also marks another step towards our commitment to the nation and its farmers.”

Newscaster- Ketaki Chavan

Freelance -Seema Samanta

Link:<https://www.coca-colaindia.com/newsroom/coca-cola-invests-in-the-essence-of-india-celebrates-its-farmer>



INFORMATION TECHNOLOGY

IT SECURITY AT HOME: HARD BUT NOT IMPOSSIBLE

You probably can't provide security for workers at home that matches that of your office, but you can come close. Here are some ideas. When the COVID-19 quarantine hit in mid-March, it created an unprecedented situation in which the number of remote workers skyrocketed beyond anything anticipated. "The only analogue of this scale I would say is 9/11, and that was fairly regional," says Sean Gallagher, a threat researcher at Sophos. "It wasn't a national thing like this is, and it wasn't nearly for this period of time." Gallagher was working remotely from Baltimore for a New York company. All his fellow employees in New York were displaced for several weeks. "We had to figure out how to operate without the office for nearly a month," he says. "But that was very regionally specific. This is a much broader problem."



The nearest thing most companies may have experienced to COVID-19 is something like a hurricane or other natural disaster, all of which are regional. This crisis has scaled beyond any plans companies had in place to deal with remote workers—and with that has come a level of insecurity that has also been unimaginable. "It's not something that might've been in most companies' disaster recovery continuity business plan," says Gallagher. "But it is certainly not unprecedented in terms of the need to be able to flexibly handle ongoing operations with employees not in the office." Moreover, the vast move to remote work is an exacerbation of the human element that "is often—frankly always—the most uncontrollable component of cybersecurity risk," says Bob Moore, director of server software and product security at Hewlett Packard Enterprise. All large organizations can arrange for some users to work from home, but until recently, few ever tried to have nearly everyone work from home. If existing security tools and procedures are inadequate, what do you really need to do to make the situation acceptable? Common instructions came from every computing security specialist we spoke with, starting with the need to equip your computer with a virtual private network (VPN) so that all of your activities are done on your company's network, not on your own, looser, more vulnerable one. This is just one difference between office security and remote security. "In a workplace environment, you typically have a well-structured, highly controlled work environment where there are tight measures and controls on the type of traffic that can flow, what type of authentication is used, and what type of data can be stored," says Tim Ferrell, cybersecurity architect at HPE. Others agree. "At most enterprise or business locations, there are firewalls and the network is monitored by a networking team," says Mick Wolcott, partner at Goldman Lockey Consulting in San Francisco. "Whereas at home, you're basically just either doing Comcast or AT&T or something like that, and you don't get the behind-the-scenes where we examine the traffic that's coming in. We can't tell if there's malware that's been downloaded or where it's been clicked, and we can't keep an eye on events in the background."

Newscaster:- Vedika Gavade  
Freelance reporter :- arsh Srivastav

Reference link:-<https://www.hpe.com/us/en/insights/articles/enterprise-it-security-at-home--hard-but-not-impossible-2006>.

ELECTRIC VEHICLES FALL INTO THREE MAIN CATEGORIES:

- **Battery electric vehicles** are powered by electricity stored in a battery pack.
- **Plug-in hybrids** combine a gasoline or diesel engine with an electric motor and large rechargeable battery.
- **Fuel cell vehicles** split electrons from hydrogen molecules to produce electricity to run the motor.

The largest source of climate pollution in the United States? Transportation. To solve the climate crisis, we need to make the vehicles on our roads as clean as possible. We have only a decade left to change the way we use energy to avoid the worst impacts of climate change. Emissions from cars and trucks are not only bad for our planet, they're bad for our health. Air pollutants from gasoline- and diesel-powered vehicles cause asthma, bronchitis, cancer, and premature death. The long-term health impacts of localized air pollution last a lifetime, with the effects borne out in asthma attacks, lung damage, and heart conditions. As the COVID-19 pandemic — a respiratory disease — continues to spread, a study by Harvard University found “a striking association between long-term exposure to harmful fine particulate matter and COVID-19 mortality in the United States,” explains Rashmi Joglekar, a staff scientist at Earthjustice’s Toxic Exposure & Health Program. One of the primary causes of fine particulate matter pollution (PM<sub>2.5</sub>) is combustion from gasoline and diesel car engines. An earlier study by Duke University underscored the health costs: each gallon of gasoline purchased at the gas station carries with it up to \$3.80 in health and environmental costs. The diesel in big rigs and farm equipment is worse, with an additional \$4.80 in social costs to our health and climate per gallon.



Ref:- <https://earthjustice.org/features/electric-vehicles-explainer>  
Newscaster:- 51.Sanjam Hanspal  
Freelance reporter:- Arsh shrivastav



SCIENCE & SPACE

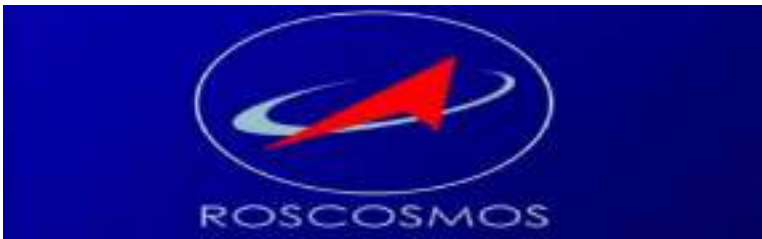
TOP 4 SPACE RESEARCH ORGANISATIONS IN THE WORLD

NASA – the National Aeronautics and Space Administration



The National Aeronautics and Space Administration or NASA, United States, no doubt holds the first position. It was established in October 1958 and has been involved in high profile space programmes since then. Project Apollo was the first exploration mission to the moon held by NASA. Currently NASA is engaged in a number of missions which study climate changes, freshwater resources, mystery behind the development of Sun, and life on other planets and so on.

RFSA – Russian Federation Space Agency



RFSA is one of the partners of the ISS or the international Space station. It is one of the leading agencies actively engaged in development of space vehicles, launchers and ground based infrastructure. Founded prior to NASA in 1922, it suffered financial problems in the initial years but later managed to launch many successful missions.

ESA – European Space Agency



ESA are one of the best in launching vehicles for space orbits. It was established in 1975 by ten member states. It now constitutes 22 member states. Together the nations handle space programmes far behind the reach of just a single nation.

ISRO – Indian Space Research Organisation



The ISRO became the first Asian Space agencies to reach the orbit of Mars. It is the world’s first agency to have achieved this mission on the very first attempt. Formed in 1969, ISRO has launched 75 spacecraft’s till date. It designs, manufactures satellites and launches programmes and space missions.

Reference: <https://mocomi.com/space-agencies-in-the-world>

Freelance Reporter: Naima Bhatta  
Newscaster: Tanmay khatate

SUPERMASSIVE BLACK HOLES COULD HOST GIANT, SWIRLING GAS 'TSUNAMIS'



Could gas escaping the gravitational grasp of supermassive black holes be forming "tsunamis" in space?

In a new, NASA-funded study, astrophysicists used computer simulations to model the environment around supermassive black holes in deep space. They found that there could be massive, tsunami-like structures forming near these black holes that are essentially massive, swirling walls of gas that have narrowly escaped the intense gravitational pull of the black hole. They even think that supermassive black holes could host the largest tsunami-like structures in the universe.

"What governs phenomena here on Earth are the laws of physics that can explain things in outer space and even very far outside the black hole," Daniel Proga, an astrophysicist at the University of Las Vegas, Nevada (UNLV), said in a NASA statement.

Gallery: Black Holes of the Universe

In this study, researchers took a close look at the strange environment around supermassive black holes and how gases and radiation interact there.

Supermassive black holes sometimes have large disks of gas and matter that swirl around them, feeding them over time in a combined system known as an active galactic nucleus. These systems, which often shootout jets of material, emit bright, shining X-rays above the disk, just out of gravitational reach of the black hole. This X-ray radiation pushes winds that stream out of the center of the system. This is called an "outflow."

This X-ray radiation could also help to explain denser, gaseous regions in the environment around supermassive black holes called "clouds," the researchers think.

"These clouds are 10 times hotter than the surface of the sun and moving at the speed of the solar wind, so they are rather exotic objects that you would not want an airplane to fly through," lead author Tim Waters, a postdoctoral researcher at UNLV who is also a guest scientist at Los Alamos National Laboratory in New Mexico, said in the same statement. The team showed with computer simulations how, far enough away from the black hole to be outside of its reach, the atmosphere of the disk spinning around the black hole can start to form waves of gas and matter. With the addition of the outflow winds that are pushed out by X-ray radiation, these waves can grow into massive tsunamis. These swirling waves of gas can stretch up to 10 light-years above the disk, the researchers found. Once these tsunami-like structures form, they are no longer under the influence of the black hole's gravity, according to the statement.

In these simulations, the researchers showed how bright X-ray radiation close to a black hole seeps into pockets of hot gas in the outer atmosphere of the disk. These bubbles of hot plasma expand into nearby, cooler gas at the edges of the disk, helping to spur the tsunami-like structures. The bubbles also block the outflow wind and spiral off into separate structures up to a light-year in size. These side structures are known as Kármán vortex streets, which are weather patterns that also occur on Earth (though on Earth, this pattern of swirling vortexes looks quite different.)

Kármán vortex streets are named for the Hungarian-American physicist Theodore von Kármán, whose name also marks the boundary between Earth's atmosphere and space.

Reference Link - <https://www.livescience.com/supermassive-black-hole-tsunamis-quasar.html>

Newscaster –Mansi Khavadkar  
Freelancer – Naima Bhatta

NATURE

NATURE AS BEAUTY

We all know the word “Nature” as a word but not all of us have seen the beauty of it. This word has many contexts such as animals, plants, mountains, seas, etc. The beauty of Nature is one of God's greatest blessings given to the planet earth.



Nature has become everything to the earth. Nature has beautiful smells of flowers, citrus fruits and when it rains the smell that is formed by the wetting of the ground is wonderful. Nature is a recreational spot for the artists, musicians, writers, etc. It helps them to keep calm, think out of the box and enjoy themselves. It is also a source of income for many countries like for tourist attractions which helps to increase the economic level.

All the things that we use are the assets of nature. As time has passed many bad activities are practiced so due to that nature has got disturbed. Nature has given us a healthy and clean life. So, let’s not damage or spoil the nature around us. If we keep our surroundings clean then people will see and follow.

“Nature is a gift to all of us, let its beauty not dull or be hidden”

Newscaster: - Nehal Naik  
Freelancer: - Aditya Nikam  
Reference: - <https://steemit.com/article/@mohammedfila/an-article-on-the-beauty-of-nature>

EARTH DAY

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EarthDay.org including 1 billion people in more than 193 countries.



In the decades leading up to the first Earth Day, Americans were consuming vast amounts of leaded gas through massive and inefficient automobiles. Industry belched out smoke and sludge with little fear of the consequences from either the law or bad press. Air pollution was commonly accepted as the smell of prosperity. Until this point, mainstream America remained largely oblivious to environmental concerns and how a polluted environment threatens human health.

However, the stage was set for change with the publication of Rachel Carson’s New York Times bestseller Silent Spring in 1962. The book represented a watershed moment, selling more than 500,000 copies in 24 countries as it raised public awareness and concern for living organisms, the environment and the inextricable links between pollution and public health.

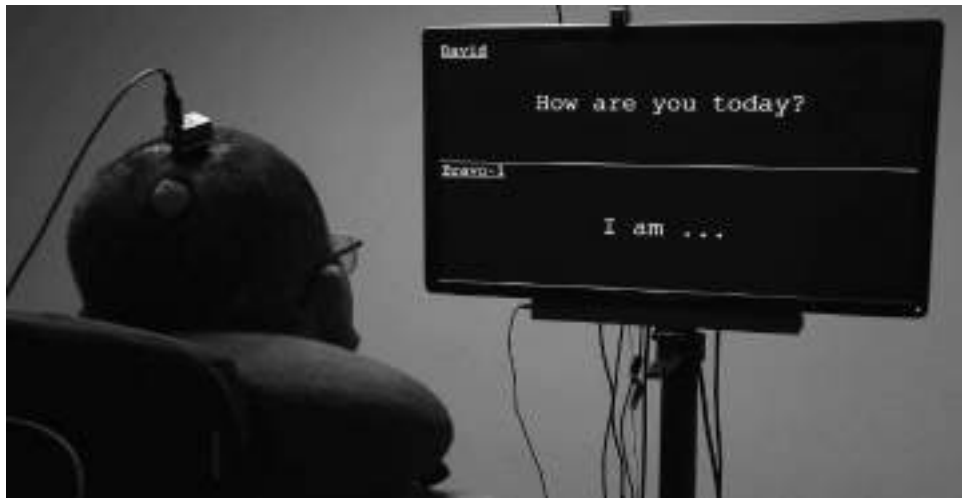
Senator Gaylord Nelson, the junior senator from Wisconsin, had long been concerned about the deteriorating environment in the United States. Then in January 1969, he and many others witnessed the ravages of a massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, Senator Nelson wanted to infuse the energy of student anti-war protests with an emerging public consciousness about air and water pollution. Senator Nelson announced the idea for a teach-in on college campuses to the national media, and persuaded Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair. They recruited Denis Hayes, a young activist, to organize the campus teach-ins and they chose April 22, a weekday falling between Spring Break and Final Exams, to maximize the greatest student.

News Caster Name- Arya Milind Gadade  
Free-lance: - reporter name- Aditya Nikam  
Reference Link- <https://www.earthday.org/>



RESEARCH

**'NEUROPROSTHESIS' RESTORES WORDS TO  
MAN WITH PARALYSIS**



Researchers at UC San Francisco have successfully developed a "speech neuroprosthesis" that has enabled a man with severe paralysis to communicate in sentences, translating signals from his brain to the vocal tract directly into words that appear as text on a screen.

The achievement, which was developed in collaboration with the first participant of a clinical research trial, builds on more than a decade of effort by UCSF neurosurgeon Edward Chang, MD, to develop a technology that allows people with paralysis to communicate even if they are unable to speak on their own. The study appears July 15 in the New England Journal of Medicine.

"To our knowledge, this is the first successful demonstration of direct decoding of full words from the brain activity of someone who is paralyzed and cannot speak," said Chang, the Joan and Sanford Weill Chair of Neurological Surgery at UCSF, Jeanne Robertson Distinguished Professor, and senior author on the study. "It shows strong promise to restore communication by tapping into the brain's natural speech machinery."

With speech, we normally communicate information at a very high rate, up to 150 or 200 words per minute," he said, noting that spelling-based approaches using typing, writing, and controlling a cursor are considerably slower and more laborious. "Going straight to words, as we're doing here, has great advantages because it's closer to how we normally speak."

But their success in decoding speech in participants who were able to speak didn't guarantee that the technology would work in a person whose vocal tract is paralyzed. "Our models needed to learn the mapping between complex brain activity patterns and intended speech," said Moses. "That poses a major challenge when the participant can't speak." In addition, the team didn't know whether brain signals controlling the vocal tract would still be intact for people who haven't been able to move their vocal muscles for many years. "The best way to find out whether this could work was to try it," said Moses.

Study known as "BRAVO" (Brain-Computer Interface Restoration of Arm and Voice).

Looking forward, Chang and Moses said they will expand the trial to include more participants affected by severe paralysis and communication deficits. The team is currently working to increase the number of words in the available vocabulary, as well as improve the rate of speech.

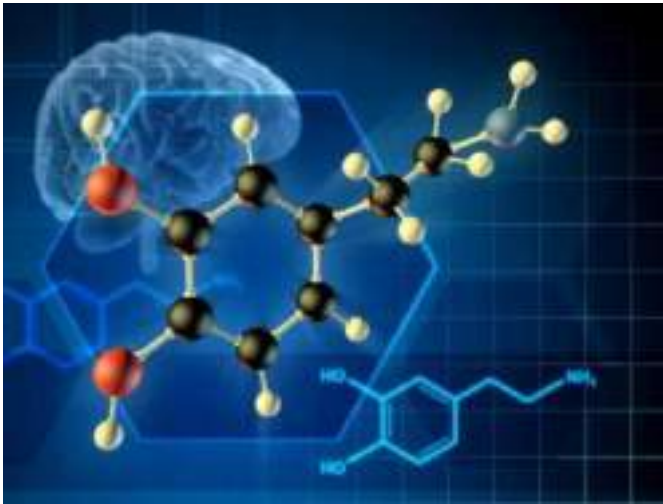
Newscaster- Sahil Nar

Freelance reporter- Aakash Bavdankar

Reference link-

<https://www.sciencedaily.com/releases/2021/07/210722113052.htm>

**'FEEL GOOD' BRAIN MESSENGER CAN BE  
WILFULLY CONTROLLED**



Researchers have discovered that spontaneous impulses of dopamine, the neurological messenger known as the brain's 'feel good' chemical, occur in the brain of mice. The study found that mice can wilfully manipulate these random dopamine pulses for reward.

A ubiquitous neurotransmitter that carries signals between brain cells, dopamine, among its many functions, is involved in multiple aspects of cognitive processing. The chemical messenger has been extensively studied from the perspective of external cues, or "deterministic" signals. Instead, University of California San Diego researchers recently set out to investigate less understood aspects related to spontaneous impulses of dopamine. Their results, published July 23 in the journal Current Biology, have shown that mice can wilfully manipulate these random dopamine pulses.

Working with colleagues at UC San Diego (Department of Physics and Section of Neurobiology) and the Icahn School of Medicine at Mount Sinai in New York, Foo investigated whether mice are in fact aware that these impulses -- documented in the lab through molecular and optical imaging techniques -- are actually occurring. The researchers devised a feedback scheme in which mice on a treadmill received a reward if they showed they were able to control the impromptu dopamine signals. Not only were mice aware of these dopamine impulses, the data revealed, but the results confirmed that they learned to anticipate and volitionally act upon a portion of them.

The researchers say the study opens a new dimension in the study of dopamine and brain dynamics. They now intend to extend this research to explore if and how unpredictable dopamine events drive foraging, which is an essential aspect of seeking sustenance, finding a mate and as a social behaviour in colonizing new home based. "We further conjecture that an animal's sense of spontaneous dopamine impulses may motivate it to search and forage in the absence of known reward-predictive stimuli," the researchers noted. This started as a serendipitous finding by a talented, and curious, graduate student with intellectual support from a wonderful group of colleagues," said study senior co-author David Kleinfeld, a professor in the Department of Physics (Division of Physical Sciences) and Section of Neurobiology (Division of Biological Sciences). "As an unanticipated result, we spent many long days expanding on the original study and of course performing control experiments to verify the claims. These led to the current conclusions."

Newscaster - Janvi narvekar.

Freelance reporter - Aakash Bavdankar

Reference link:

<https://www.sciencedaily.com/releases/2021/07/210723121512.htm>

ACADEMICS

THE COVID-19 PANDEMIC HAS  
CHANGED EDUCATION FOREVER

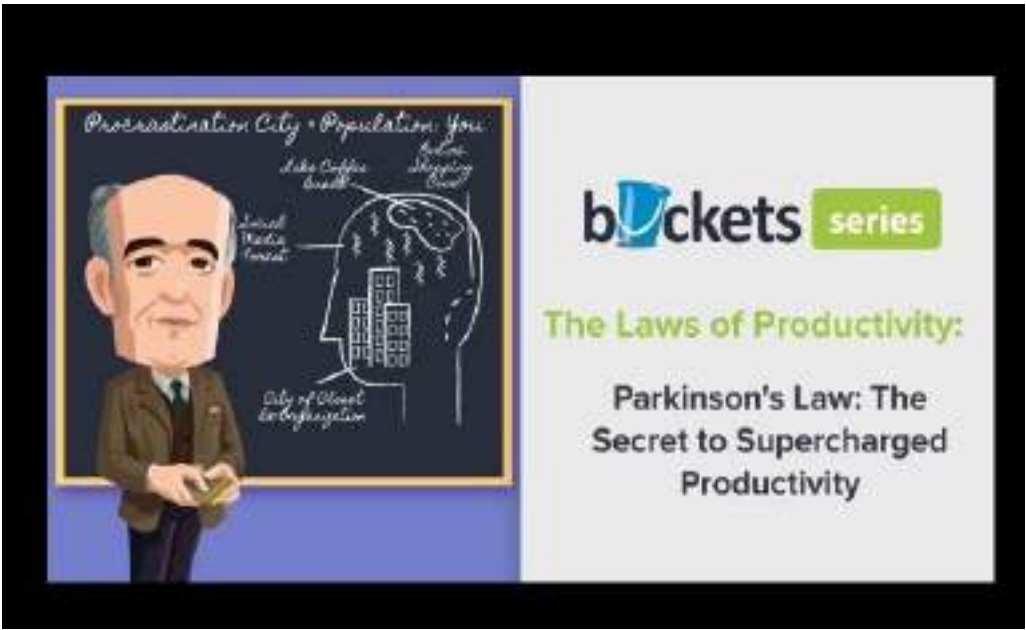
The COVID-19 has resulted in schools shut all across the world. Globally, over 1.2 billion children are out of the classroom.



- As a result, education has changed dramatically, with the distinctive rise of e-learning, on digital platforms.
- Research suggests that online learning has been shown to increase retention of information and take less time, meaning the changes coronavirus have caused might be here to stay.
- A gelearthat this pandemic has utterly disrupted an education system that many assert was already losing its relevance. In his book,21 Lessons for the 21st Century, scholar, how schools continue to focus on traditional academic skills androte learning, rather than on skills such as critical thinking and adaptability, which will be more important for success in the future. Could the move to online learning be the catalyst to create a new, more effective method of educating students? While some worry that the hastynature of the transition online May have hindered this goal, others plan to make e-learning part of their ‘new normal’ after experiencing the benefits first-hand. The challenges of online learning
- There are, however, challenges to overcome. Some students without reliable internet access and/or technology struggle to participate in digital learning; this gap is seen across countries and between income brackets within countries.
- In the US, there is a significant gap between those from privileged and disadvantaged backgrounds: whilst virtually all 15-year-olds from a privileged background said they had a computer to work on, nearly25%of those from disadvantaged backgrounds did not. While some schools and governments have been providing digital equipment to students in need, such as in New South Wales, Australia, many are still concerned that the pandemic will widen the digital divide.

Newscaster: Pradip Kadam  
Freelance Reporter: Om Satelkar  
Reference: weforum.org

PARKINSON’S LAW: THE SECRET  
TO SUPERCHARGED  
PRODUCTIVITY.



How Parkinson’s Law Works?

The idea that work expands to fill the time we have available means that if you give yourself 48 hours to complete a 2-hour task then the task will become more complex and time-consuming in order to fill those 48 hours. The extra time it takes may not even be filled with more work, but rather the panic and stress about having to get it completed.

Procrastination City = Population: You

However, if we assign the correct amount of time to each task, the task will instead revert back to its natural state. Parkinson’s law has been backed up by a number of studies which demonstrate that when given extra time to complete a task, people tend to take advantage of that time even when it isn’t necessary and doesn’t make any difference to performance or the final outcome of the task.

Understanding Parkinson’s Law WILL Make You More Productive.

To truly utilize Parkinson’s Law in your work, you need to start with these two steps:

- Identify the scope of each task
- Estimate how much time it will take to complete it (realistically)

The idea is to refrain from asking yourself how much time you have to complete the task and instead ask yourself how much time it should take you to finish, and work with that timeline as your primary goal. One way to accomplish this is by setting artificial deadlines, i.e., artificial time constraints you put in place for yourself rather than the actual deadline for the task. Research has shown that using these artificial time constraints can lead to higher outputs without quality of work taking a hit.

Newscaster: Sanika Rane  
Freelancer Reporter: Om Satelkar  
Reference link: <https://www.buckets.com>



MEDIA

CANADA PASSES CONTROVERSIAL  
LAW ON STREAMING, SOCIAL MEDIA



Canadian lawmakers have passed a controversial bill that aims to regulate content distributed by streaming services and social media platforms, a measure that critics warn could infringe on individual speech.

What’s the bill about? The legislation drafted by Justin Trudeau’s government, known as Bill C-10, is meant to subject tech giants to the same requirements as traditional media—effectively compelling companies like Netflix and TikTok to finance and promote Canadian content.

It’s among the most far-reaching plans by governments anywhere to regulate the algorithms tech companies use to amplify or recommend content.

And, in an age when everyone is a potential publisher, the Act to Amend the Broadcasting Act could affect individual expression on social media and other digital platforms that rely on user-generated content.

News Caster: Vinay Shetye  
Freelance Reporter: Piyush Vishwakarma  
Reference link:  
<https://m.economictimes.com/tech/newsletters/tech-top-5/media-moves-court-over-it-rules/articleshow/83779459.cms>

FOUR DIGITAL TRENDS RESHAPING THE  
MEDIA INDUSTRY

From buying a newspaper to opening a news app on your tablet, from renting a DVD to streaming your favourite television series on a smart TV, from buying a cookbook to getting customized recipe suggestions on your smartphone, it’s undeniable that the digital transformation of the media industry has already begun.

The digitalization of the media industry has been driven by changing consumer behaviour and expectations, especially among younger generations who demand instant access to content, anytime, anywhere.



- 1. Demographics**  
As we grow globally, demand for new media services focusing on convenience, education and premium content will grow. Meanwhile, the emergence of millennials is creating demand for technology services that offer convenience, memorable experiences and instant access to content.
- 2. New consumer behaviours and expectations**  
The changing consumer expectations and behaviours, advertising and propaganda, content curation and delightful experiences and the security, privacy & trust. These demographic shifts are having a dramatic impact on what consumers expect from media and how they consume it.
- 3. Ecosystem challenges**  
As the media industry adapts to the changing habits of its customer base, we have seen a number of significant changes to the landscape of the media sector. The challenges include start up disruptions, everybody is a content creator, access to financial resources, transformation of work, etc.
- 4. Technology trends**  
The increase in mobile and internet penetration has made being connected a way of life for younger generations of consumers. There are a number of technological trends that we believe will be central to the digital transformation of the media industry. Trends like data analytics and real-time content management, mobile & social and the industrialization of the media industry, etc.

Newscaster: Samruddhi Shewale  
Freelance reporter: Piyush Vishwakarma  
Reference link: <http://reports.weforum.org/digital-transformation/digital-trends-in-the-media-industry/>



ARTS

THE STORY OF VINCENT VAN GOGH



Vincent Van Gogh is one of history's most famous artists. Van Gogh was one of the first artists to put his personal feelings and ideas on a canvas. The Impressionist Movement allowed him to use light and color in his own creative way. He put his emotions into his paintings. Van Gogh's paintings reflected the way he chose to live. The way Van Gogh painted was affected because he lived with the common man, Theo, Paul, and at an institution. At the beginning of his adulthood, Van Gogh was influenced by his father to become a minister. He moved to a little coalminer's town and became the town minister. As he preached to the town, he realized that he was not getting through to his audience. He needed to become one of the common men in order to touch his worshipers. To become one of the townspeople, Van Gogh actually spent time in the coalmines and lived in a run down shack. He started changing his beliefs and became interested in new hobbies. His family and friends did not accept Van Gogh's idea to become a common man and became concerned. Van Gogh was upset because he was not accepted and became lonely. Theo came to make sure everything was all right and discovered the horrible way Van Gogh was living. Due to his deadly conditions Theo packed Van Gogh's bags for Paris. Van Gogh moved in with Theo and began to draw more and more. He thrived on new ideas and would draw all the time. Theo was in the art business and introduced Van Gogh to Mauve, a well-known painter to live with gogh.

Newscaster - Omkar Wagh  
Freelancer Reporter - Gauri Pawar

THE HISTORY OF GRAFFITI ART

The first drawings on walls appeared in caves thousands of years ago. Later the Ancient Romans and Greeks wrote their names and protest poems on buildings. Modern graffiti seems to have appeared in Philadelphia in the early 1960s, and by the late sixties it had reached New York. The new art form really took off in the 1970s, when people began writing their names, or 'tags', on buildings all over the city. In the mid seventies it was sometimes hard to see out of a subway car window, because the trains were completely covered in spray paintings known as 'masterpieces'.

In the early days, the 'taggers' were part of street gangs who were concerned with marking their territory. They worked in groups called 'crews', and called what they did 'writing' – the term 'graffiti' was first used by The New York Times and the novelist Norman Mailer. Art galleries in New York began buying graffiti in the early seventies. But at the same time that it began to be regarded as an art form, John Lindsay, the then mayor of New York, declared the first war on graffiti. By the 1980s it became much harder to write on subway trains without being caught, and instead many of the more established graffiti artists began using roofs of buildings or canvases. The debate over whether graffiti is art or vandalism is still going on. Peter Vallone, a New York city councillor, thinks that graffiti done with permission can be art, but if it is on someone else's property it becomes a crime. 'I have a message for the graffiti vandals out there,' he said recently. 'Your freedom of expression ends where my property begins.' On the other hand, Felix, a member of the Berlin-based group Reclaim Your City, says that artists are reclaiming cities for the public from advertisers, and that graffiti represents freedom and makes cities more vibrant.



Newscaster - Purva Walanju  
Freelancer Reporter - Gauri Pawar  
Reference Link - <https://en.wikipedia.org/wiki/Graffiti>



HISTORY

THIRTY YEARS' WAR  
EUROPEAN HISTORY



Thirty Years' War, (1618–48), in European history, a series of wars fought by various nations for various reasons, including religious, dynastic, territorial, and commercial rivalries. Its destructive campaigns and battles occurred over most of Europe, and, when it ended with the Treaty of Westphalia in 1648, the map of Europe had been irrevocably changed.

Although the struggles that created it erupted some years earlier, the war is conventionally held to have begun in 1618, when the future Holy Roman emperor Ferdinand II, in his role as king of Bohemia, attempted to impose Roman Catholic absolutism on his domains, Ferdinand won after a five-year struggle. Sweden's Gustav II Adolf, having ended a four-year war with Poland, invaded Germany and won many German princes to his anti-Roman Catholic, anti-imperial cause. Meanwhile the conflict widened, fuelled by political ambitions of the various powers. The principal battlefield for all these intermittent conflicts was the towns and principalities of Germany, which suffered severely. During the Thirty Years' War, many of the contending armies were mercenaries, many of whom could not collect their pay. This threw them on the countryside for their supplies, and thus began the "wolf-strategy" that typified this war. When the contending powers finally met in the German province of Westphalia to end the bloodshed, the balance of power in Europe had been radically changed. Spain had lost not only the Netherlands but its dominant position in Western Europe. France was now the chief Western power. The United Netherlands was recognized as an independent republic. The member states of the Holy Roman Empire were granted full sovereignty. The ancient notion of a Roman Catholic empire of Europe, headed spiritually by a pope and temporally by an emperor, was permanently abandoned, and the essential structure of modern Europe as a community of sovereign states was established.

Newscaster: Anushka Bansode  
Freelancer Reporter: Ashutosh Keni  
Reference: <https://www.britannica.com>

COLD WAR (1947 – 1991)



The Cold War was a period of geopolitical tension between the United States and the Soviet Union and their respective allies, the Western Bloc and the Eastern Bloc, which began following World War II. Historians do not fully agree on its starting and ending points, but the period is generally considered to span the 1947 Truman Doctrine (12 March 1947) to the 1991 Dissolution of the Soviet Union (26 December 1991).[1] The term "cold" is used because there was no large-scale fighting directly between the two superpowers, but they each supported major regional conflicts known as proxy wars. The conflict was based around the ideological and geopolitical struggle for global influence by these two superpowers, following their temporary alliance and victory against Nazi Germany in 1945.[2] Aside from the nuclear arsenal development and conventional military deployment, the struggle for dominance was expressed via indirect means such as psychological warfare, propaganda campaigns, espionage, far-reaching embargoes, rivalry at sports events and technological competitions such as the Space Race. The Western Bloc was led by the United States as well as the other First World nations of the Western Bloc that were generally liberal democratic but tied to a network of the authoritarian states, most of which were their former colonies.[3][A] The Eastern Bloc was led by the Soviet Union and its Communist Party, which had an influence across the Second World. The US government supported right-wing governments and uprisings across the world, while the Soviet government funded communist parties and revolutions around the world. As nearly all the colonial states achieved independence in the period 1945–1960, they became Third World battlefields in the Cold War. The first phase of the Cold War began shortly after the end of the Second World War in 1945.

Newscaster: Sanket Bhandari  
Freelancer Reporter: Ashutosh Keni  
Reference:



LIBRARY

ROBERT FROST

Robert Lee Frost was an American poet. His work was initially published in England before it was published in the United States. Known for his realistic depictions of rural life and his command of American colloquial speech, Frost frequently wrote about settings from rural life in New England in the early 20th century, using them to examine complex social and philosophical themes.



Frost was honoured frequently during his lifetime and is the only poet to receive four Pulitzer Prizes for Poetry. He became one of America's rare "public literary figures, almost an artistic institution." He was awarded the Congressional Gold Medal in 1960 for his poetic works. On July 22, 1961, Frost was named poet laureate of Vermont.

In 1894, he sold his first poem, "My Butterfly. An Elegy" (published in the November 8, 1894, edition of the New York Independent) for \$15 (\$449 today). Proud of his accomplishment, he proposed marriage to Elinor Miriam White, but she demurred, wanting to finish college (at St. Lawrence University) before they married. Frost then went on an excursion to the Great Dismal Swamp in Virginia and asked Elinor again upon his return. Having graduated, she agreed, and they were married at Lawrence, Massachusetts on December 19, 1895. The poems in Frost's early books, especially North of Boston, differ radically from late 19th-century Romantic verse with its ever-benign view of nature, its didactic emphasis, and its slavish conformity to established verse forms and themes. Lowell called North of Boston a "sad" book, referring to its portraits of inbred, isolated, and psychologically troubled rural New Englanders. These off-mainstream portraits signalled Frost's departure from the old tradition and his own fresh interest in delineating New England characters and their formative background.

Newscaster: Omkar Dikshit  
Freelancer: Jatin Bisht  
Reference: [https://en.wikipedia.org/wiki/Robert\\_Frost](https://en.wikipedia.org/wiki/Robert_Frost) and <https://poets.org/poet/robert-frost>

ROBERT BINGHAM DOWNS

ROBERT BINGHAM DOWNS: A 1929 graduate of Columbia University school of library service, Mr. Downs was an outspoken opponent of Censorship. In 1953 he was president of the American Library Association. He was an American author and librarian. Downs was an advocate for intellectual freedom as well. Downs spent the majority of his career working against, and voicing opposition to, literary censorship. Downs authored many books and publications regarding the topics of Censorship, and on the topics of responsible and efficient leadership in the library context.



Endeavour  
While Downs looked to Abraham Lincoln and Thomas Jefferson for guidance when challenges were encumbered, it was the influences of his distant cousin, Mr. Louis Round Wilson, that formed Downs' librarian leadership foundation. During his tenure as President of the American Library Association, Downs became a strong force against what he viewed as suppressive forces of literature. Downs produced many publications during his life and is best known for his book titled Books That Changed the World. This publication enjoyed a great deal of success and was subsequently translated into many languages., Downs was also known for his accession talents and developed a proclivity for rare books regarding the topic of American folklore. Aided by Mr. Gordon N. Ray, Downs' talents would eventually facilitate realization of the private papers of noted authors H.G. Wells and Carl Sandburg. These collections are currently part of The Rare Books & Manuscript Library at the University of Illinois at Urbana-Champaign.

Honour's  
Lippincott Award for distinguished service to the profession of librarianship. 1964.  
Newscaster: Varsha Diware  
Freelancer: Jatin Bisht  
Reference: [https://en.m.wikipedia.org/wiki/Robert\\_B.\\_Downs](https://en.m.wikipedia.org/wiki/Robert_B._Downs)



FOOD & HEALTHCARE

HEALTHY LIFESTYLE FOR  
STUDENTS AND CHILDREN



It is said that it is easy to learn and maintain bad habits but it is very difficult to switch them back. The issue of a healthy lifestyle is very serious but the people take it very lightly. Often, it is seen that the people take steps to improve their lifestyle but due to lack of determination quits in the midway. Moreover, for a healthy lifestyle is it important that you take small and one-step at a time. Also, do not go overboard with it. Besides, this healthy lifestyle will help you in life in a lot of ways.

Habits That Keep You Healthy

For keeping your body and mind healthy you have to follow certain rules that will help you achieve your goal. Besides, there are certain measures that will help you to stay healthy. First of all, for being healthy you have to plan and follow a strict diet. This diet should contain all the essential minerals and vitamins required by the body. Also, eat only healthy food and avoid junk and heavily carbohydrate and fatty food. In addition, wake up early in the morning because first of all, it's a healthy habit. Secondly, waking up early means you can get ready for your work early, spend some quality time with your family. Besides, this decides time for your sleep and sleep early because it de-stresses body. Doing exercise regularly makes your body more active and it also releases the pent-up stress from the muscles.

Avoid the mobile- the biggest drawback of this generation is that they are obsessed with their mobile phones. Moreover, these phones cause many physical and mental problem for them. So, to avoid the negative effects of mobile the usage volume of them should be reduced.

Connecting with positive minds because the more you indulge with these people then less you will go to the negative side.

The things that should be avoided for a healthy lifestyle: We knew that there are several bad habits that affect our healthy lifestyle. These habits can cause much harm to not only to the body but to the society too. In addition, these habits are also the cause of many evils of society. The major healthy lifestyle destroying habits are smoking, drinking, junk food, addiction, meal skipping, and overuse of pills. All these activities severely damage body parts and organs which cannot be replaced easily. Besides, they not only cause physical damage but mental damage too.

Newscaster: Siddharth Gite  
Freelance Reporter: Shreyas Bane  
Reference: <https://www.aplustopper.com/healthy-lifestyle-essay/>

MONSOON DIET TIPS: FEELING  
TIRED? TRY THESE 7 IRON-RICH  
FOODS TO BOOST ENERGY



Monsoon Diet Tips: Iron helps cure anaemia, boosts immunity and elevates energy levels. So this rainy season, load up on some iron-rich foods and enjoy your days the healthier way!

With the pitter-patter on your window panes, you feel like slumping more often these days, right? You could say you feel sluggish today because of the droning rains outside and the soothing cold weather. But, are you sure? Fatigue can sometimes suggest a tad bit of shortage of iron in your body.

7 Iron-Rich Foods To Load Up On This Monsoon:

Green Vegetables:

Spinach is in season and it's time to bring it on your plate. Dark green vegetables are one of the richest sources of iron.

Nuts And Dry Fruits:

You should hoard cashew nuts, apricots, almonds, walnuts, raisins and dates if you want to snack on some iron-rich food. They are never out of season.

Legumes:

When mom serves you lentils, don't say no. Lentils are a good way to intake iron. You can also try soybean. Tofu, made of soybeans, is a good way to get the nutrients.

Chicken:

Lean poultry meat, especially the chicken liver, is rich in heme iron, which is more readily absorbed by our body than iron.

Dark Chocolate:

The darker it gets, the better for your health. Dark chocolate, with at least 55% cocoa, can provide you with a good dose of iron and antioxidants. So, what are you waiting for? Munch on these nutritious foods and enjoy the monsoons in a healthier way.

Facts:

Iron can cure you of anaemia and elevate your energy levels.  
Iron can boost your immune system, help the gastrointestinal processes.

Newscaster: Yashhashree Godbolle  
Freelance Reporter: Shreyas Bane  
Reference: <https://food.ndtv.com/food-drinks/monsoon-diet-tips-feeling-tired-try-these-7-iron-rich-foods-to-boost-energy-2488605>



## CULTURE &amp; CUISINE

## FOOD CULTURE OF GOA

Food and drinks are an integral part of marking Goa's vibrant culture. Meals bring families together, and a staple is the combination of Goan fish curry and rice. Apart from this staple, Goa is also famous for its mixed bag of freshly caught seafood. Prawns, crabs, kingfish with their traditional spicy marination are a delectable delicacy for the locals. Another festive favourite for the Goans is their beef and pork roasts that are a must-try during Christmas which is best paired with Goa's famous brew Feni, made with fermented cashews. Other dishes like the Bebinca (a multi-layered sweet dish) and the Khatkhate are essentials when friends get together or during festivities.



Since Goa is located on the west coast of India, along the shore of the Arabian Sea, Goan cuisine is dominated by spices and flavours. The staple food of Goa is rice and fish curry. Most of the dishes incorporate coconuts, rice, fish, pork, meat and local spices like kokum. The cuisine of Goa is mostly dominated by seafood which includes shark, tuna, pomfret, and mackerel fish.



Goan fish curry or the Xitti Kodi is the staple diet of every Goan making it a famous food of Goa. The Goan fish curry is loaded with various spices along with coconut. Raw mango is also used to give the dish a tangy flavour. The main ingredients of the dish are a decent-sized Pomfret and raw mango.



Samarachi Kodi is a dish prepared during the monsoons. It is a dry prawn curry. Dry prawns, onion, coconut, tamarind and tomatoes are the main ingredients which a friend with a spicy, tangy masala. Coconut milk is added to give it the typical flavour and texture.

Newscaster- Anuja Katwate  
Freelancer- Adesh Shinde  
Reference- <https://www.holidify.com/pages/culture-of-go-344.html>  
<https://www.holidify.com/pages/goan-food-132.html>

SHORT HISTORY OF STREET  
FOOD

Street food consists of readymade food items that are sold by a vendor in markets or open places. They may include the solid food items, various drinks or juices. Street food has become a very important business nowadays. And people have always admired and loved street food and street food markets.

You walk across the street and you will see many vendors selling the food items. These are the delicious, traditional food items. They have a unique aroma and flavor attached with them that makes every passer-by to stand, and taste it.

Every culture and region has a history that shows the love of people for street food. It dates back to the ancient Greece time period. They used to serve fried fish as their most common street dish. For people of ancient Rome street food was their main source of food. The 'chickpea soup' was a commonly sold item. China has a similar history.

During colonial time of America, the vendors used to sell 'roasted oysters and corn'. Oysters remained as a popular street dish due to its cheap price and delicious taste till 1910. After that there came a little set back to it. New York had a bit different history. The government put many restrictions on vendors and then actually completely banned this business by 1707. In Africa, many women and children get their earnings from selling street meals. Another example, during 19th century in Transylvania, vendors used to sell 'ginger bread' and 'corn mixed with cream' on the streets. 'French fries' emerged in Paris as the most selling street meal by 1840.

In Thailand, initially this business couldn't gain much popularity. In Japan, street food business started 100 years back where it was provided to students and laborers.

Newscaster: Atharva Keer  
Freelancer: Adesh Shinde  
Reference link: <https://www.indicostreetkitchen.com/blog/love-street-food-indico>



TRAVEL & TOURISM

BEAUTY OF VIETNAM



With over 3000 kilometres of coastline, pristine beaches, dynamic growing cities, mountainous highlands, and diverse cultural and historic sites, Vietnam’s tourism industry continues to rank amongst the fastest-growing tourist destinations in the world. Vietnam owns its charm of a vast beauty from the natural landscape to historical attractions, plus a variety of activities in many enchanting destinations. Vietnam is as rich in environmental wonders as it is in cultural expressions. From its complicated history to its inviting cities, Vietnam has a variety of attractions to satisfy any inquisitive traveller. This country will captivate you with its intriguing culture, unique cuisine, distinct geography, and so many more interesting characteristics.

Major attraction:

**Ba Be National Park** - jungle, tropical forest, limestone mountains, natural and fresh water lake, 4 hours from Hanoi.

**Ban Gioc Waterfall** - one of 4 largest waterfalls on the frontier area after Iguazu, Victoria and Niagara, 6 hours from Hanoi.

**Dong Van (Đồng Văn)** - Dong Van Karst Plateau Geo Park is unique combination between Geoheritages and cultural heritages.

**Ha Long Bay (Vịnh Hạ Long)** - famous for its unearthly scenery

**My Son** - ancient Hindu ruins which are a UNESCO World Heritage Site

Culture Edit

Due to its long history as a tributary state of China, as well as several periods of Chinese occupations, Vietnamese culture is heavily influenced by that of Southern China, with Confucianism forming the basis of Vietnamese society. The Vietnamese language also contains many loan words from Chinese, though the two languages are unrelated. Buddhism remains the single largest religion in Vietnam, though like in China but unlike in the rest of northern Southeast Asia, the dominant school of Buddhism in Vietnam is the Mahayana School.

Nevertheless, Vietnamese culture remains distinct from Chinese culture as it has also absorbed cultural elements from neighbouring Hindu civilizations such as the Champa and the Khmer empires. The French colonization has also left a lasting impact on Vietnamese society, with baguettes and coffee remaining popular among locals.

Newscaster-Shivani Mishra  
Freelance Reporter- Payal Solanki  
Ref: <https://www.vietnam-briefing.com/>

ECO-TOURISM IN INDIA: “A REFRESHING  
JOURNEY THROUGH A HIGHLY  
DIVERSIFIED NATURE”

Top 4 ecotourism places to add to your bucket list

India is one of the most diverse countries in the world, and that spells magic. Ecotourism in India is a thriving industry owing to the fact that the country has managed to save its resplendent natural beauty.

1) Coorg, Karnataka



Home to the Kodava tribe, which is one of the indigenous tribes of India, Coorg is definitely a place of complete bliss, delight and peace that is profusely supplied with plant and animal species and is popular for hosting several spice and coffee plantations. It comprises three wildlife sanctuaries and one national park.

2) Andaman



The archipelagos of Andaman in the Bay of Bengal are an invigorated treasure trove of exotic flora bedded by verdant and lush green tropical plants. With the canopied forests themselves having an amazing variety of timber, foliage and blooms, the Andaman padauk, the yellow hibiscus, the while lily, the pandanus, the exotic array of orchids.

3) Sundarbans National Park, West Bengal



Home to the world’s largest mangrove forest, the Sundarbans National Park covers an approximate area of 1,330 square kilometres. Some of the endangered species, other than the Royal Bengal Tiger, which are found here are the Saltwater Crocodile, River Terrapin, Olive Ridley Turtle, Gangetic dolphin, Ground Turtle.

Newscaster- Radhika Mistry  
Freelance Reporter- Payal Solanki  
Re: [tourmyindia.com](http://tourmyindia.com)



SPORTS

TEAMWORK MAKES THE DREAM  
WORK!



Cricket is never simply a game; it is an array of emotions; it is a basket of love. The passion for it is very much contagious. Cricket is a bat-and-ball game played between two teams of eleven players on a field at the centre of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps. The batting side scores runs by striking the ball bowled at the wicket with the bat (and running between the wickets), while the bowling and fielding side tries to prevent this (by preventing the ball from leaving the field, and getting the ball to either wicket) and dismiss each batter (so they are “out”).

Means of dismissal include being bowled, when the ball hits the stumps and dislodges the bails, and by the fielding side either catching the ball after it is hit by the bat and before it hits the ground, or hitting a wicket with the ball before a batter can cross the crease in front of the wicket. When ten batters have been dismissed, the innings ends and the teams swap roles. The game is adjudicated by two umpires, aided by a third umpire and match referee in international matches. Forms of cricket range from Twenty20, with each team batting for a single innings of 20 overs, to Test matches played over five days.

Traditionally cricketers play in all-white kit, but in limited overs cricket they wear club or team colours. In addition to the basic kit, some players wear protective gear to prevent injury caused by the ball, which is a hard, solid spheroid made of compressed leather with a slightly raised sewn seam enclosing a cork core layered with tightly wound string.

Ref - <https://wiki/Cricket>  
Newscaster – Chirag Patel  
Freelancer – Maithili Parate

THE 2020 TOKYO OLYMPICS



The Olympic and Paralympic Games are among the world's largest sporting events. This impact is not limited to sport, but also on society, the economy and the environment. We aim to ensure that the positive impacts of the Tokyo 2020 Games will extend far beyond the parameters of Tokyo, the host city, to encompass the whole of Japan and the world.

The United Nations adopted “The 2030 Agenda for Sustainable Development” and 17 Sustainable Development Goals (SDGs) in 2015, which specified that "Sport is also an important enabler of sustainable development." Tokyo 2020 has been implementing various sustainability initiatives with the participation and cooperation of the stakeholders and citizens. Our efforts will continue during the Games as we aim to deliver a sustainable Games with the cooperation of all the spectators who attend the Games.

The Tokyo 2020 Games set five main sustainability themes, which Tokyo 2020, the Tokyo Metropolitan Government, the Government of Japan and other delivery partners work on in preparations for and operations of the Games.

In addition, Tokyo 2020 formulated the Tokyo 2020 Sustainable Sourcing Code as a tool to ensure sustainability throughout the supply chains of products and services Tokyo 2020 procures as well as licensed products.

This sourcing code was created to ensure the sustainability as well as economic rationality of all products, services, etc. procured by the Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020 Organising Committee) during the preparation and operating phases of the Tokyo 2020 Olympic and Paralympic Games. It also clarifies the criteria and operating methods by which such products, services, etc. shall be procured. The sourcing code also defines the individual criteria for the sourcing of timber, agricultural products, livestock products, fishery products, paper, and palm oil.

Newscaster reporter :- Aniket Pradhan  
Freelance reporter:- Maithili Parate  
Reference link:-<https://olympics.com/tokyo-2020/en/games/sustainability/>



SOCIAL ISSUES

CHILD LABOUR



Child labour refers to the employment of children in any work that deprives them of their childhood, interferes with their ability to attend regular school, and that is mentally, physically, socially or morally dangerous and harmful. In villages, it is a common sight to see children of poor families working in fields or elsewhere to contribute to the family income. Such children are deprived of opportunities of education and are also prone to health risks.

In a sense, child labour is open exploitation as it deprives children of education and pushes them into exploitative situations. The side-effects of working at a young age are: risks of contracting occupational diseases like skin diseases, diseases of the lungs, weak eyesight, TB etc.; vulnerability to sexual exploitation at the workplace; deprived of education. They grow up unable to avail development opportunities and end up as unskilled workers for the rest of their lives

It has been observed that in villages especially, representatives of various industries lure children with promises of jobs and wealth and bring them to the city where they are employed as bonded labour in factories. Many children are also employed as household help where they are paid minimum wages and are made to do maximum physical work.

Role of panchayat members in mitigating child labour

- 1. Generate awareness about the ill-effects of child labour,
- 2. Encourage parents to send their children to school
- 3. Create an environment where children stop working and get enrolled in schools instead
- 4. Ensure that children have sufficient facilities available in schools
- 5. Inform industry owners about the laws prohibiting child labour and the penalties for violating these laws
- 6. Activate Balwadis and Aanganwadis in the village so that working mothers do not leave the responsibility of younger children on their older siblings
- 7. Motivate Village Education Committees (VECs) to improve the conditions of schools.

Newscaster - Abhishek Sawalkar  
Freelance Reporter - Aayush Sinha  
Ref- <https://Vikaspedia.in>

WHAT ARE THE MAIN PROBLEMS  
WE FACE DUE TO THE CASTE  
SYSTEM?

Brahma and the origins of caste



The caste system resulted in a lot of evils because of its rigid rules. Society was divided into strict compartments and those belonging to higher castes exploited the lower-caste people. A person born in one caste was doomed to remain in it forever. The Shudras and untouchables had to perform all the menial tasks. They could not do anything to make things better for themselves. Worse, they could not even think of anything better for their own children who remained slaves or bonded labourers. This rigidity affected all the sections of society. A Brahmin with the qualities of a warrior could not take up the profession of a Kshatriya and vice versa.

As for a Shudra, even if one was intelligent and aspired to study there was no scope for him or her at all. They could not even touch a holy book or enter a temple. Thus, there was no freedom of choice for anyone. Initiative and enterprise was suppressed and the progress of the country was severely hampered. People could not marry out of their caste or even eat with people belonging to lower-castes as social mixing was severely restricted.

These caste prejudices still plague our society and even become influential factors at the time of elections. Politicians encourage and exploit these attitudes for their own gains. Discrimination against lower-castes is widely prevalent and has kept a large percentage of our population backward. In this way, the development of our country has been hampered.

Newscaster - Shubham Shelar  
Freelance Reporter - Aayush Sinha  
Ref- <https://www.hart-uk.org/blog/india-education-caste-system-today/>

STUDENT’S SECTION

SCIENCE FACTS

Wild Souls’ explores what we owe animals in a human-dominated world  
The book grapples with the ethical dilemmas of saving Earth’s animals  
polar bear  
Polar bears, including this one in Hudson Bay, Canada, need sea ice to flourish. In its exploration of what we owe nonhuman animals, the book Wild Souls asks whether we should feed polar bears, given that human-caused climate change is steadily melting their habitat.

Newscaster-Rachana Taralkar  
Freelance reporter - Anushka patil

RIDDLES:

1. What can you break, even if you never pick it up or touch it?

Answer: A promise
2. What goes up but never comes down?

Answer: Your age
3. A man who was outside in the rain without an umbrella or hat didn’t get a single hair on his head wet. Why?

Answer: He was bald.
4. What gets wet while drying?

Answer: A towel
5. What can you keep after giving to someone?

Answer: Your word
6. I shave every day, but my beard stays the same. What am I?

Answer: A barber
7. You see a boat filled with people, yet there isn’t a single person on board. How is that possible?

Answer: All the people on the boat are married.

Reference: <https://parade.com/947956/parade/riddles/>  
Newscaster- Rutuja Surve  
Freelance reporter - Anushka patil

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Vanoff Sarah  
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