



ChikitsakSamuha'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)

'REACCREDITED WITH 'A++ GRADE' BY NAAC (3RD CYCLE), WITH AN INSTITUTIONAL
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RUSA 2.0 AWARDEE.



WEEKEND CHRONICLE

BMS DEPARTMENT
INITIATIVE

Mail Id: bmseperiodical@gmail.com



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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SEPTEMBER 5- TEACHER’S DAY

ON TEACHER’S DAY, HERE
ARE INSPIRING STORY OF TEACHER WHO
REALLY MADE A DIFFERENCE

That shapes the character, calibre, and future of an individual. If the people remember me as a good teacher, that will be the biggest honour for me,” – Dr APJ Abdul Kalam

Savitribai Phule



At a time when grievances of women could hardly be heard, Savitribai Phule broke all the traditional stereotypes of the 19th century to boost a new age of thinking in British colonised India.

WHY IS SHE CALLED THE MOTHER OF MODERN GIRLS’
EDUCATION?

- Impressed by her thirst for learning, Savitribai’s husband, Jyotirao, taught her to read and write
- Becoming fond of teaching, Savitribai trained at Ms. Farar’s Institution in Ahmednagar and in Ms. Mitchell’s school in Pune to become the first female teacher who inspired young girls of her time to pursue education
- At a time when the rights of women were almost non-existent, she, along with her husband, started the first women’s school at Bhide Wada in Pune
- It was the year 1848 and the women's school had only eight girls belonging to different castes
- At the time, education for girls was considered a sin, and on her way to school, she was routinely harassed by orthodox men, who threw stones, mud, rotten eggs, tomatoes, cow-dung and dirt at her
- In the same year, she also founded other schools for women. For her, education was not simply alphabetical learning, but rather, an evolution of the mind itself Her innovative methods of teaching slowly attracted the common people, as the number of girls increased from 25 to 70 during 1849-50. By 1851, she was running three schools with around 150 female students.

Freelancer Reporter : Om Satelkar
Refrence link : <https://www.indiatoday.in/education-today/featurephilia/story/teachers-day-india-2018-1332320-2018-09-05>

TEACHERS’ DAY 2021: KNOW ABOUT DR
SARVEPALLI RADHAKRISHNAN,
FORMER PRESIDENT OF INDIA

On the occasion of Teachers’ Day 2021, know all about Dr Sarvepalli Radhakrishnan, who is known for his notable work as a teacher.



Teachers’ day is a joyous occasion as it celebrates the pure bond between a teacher and their pupil. Students look forward to teachers’ day every year as it gives them a chance to honour their teachers and make them realize their importance. Special activities are conducted in schools and colleges, to commemorate the educators of India on this day. Teachers’ day is celebrated each year on September 5, to mark the birth anniversary of Dr Sarvepalli Radhakrishnan, who is the former President of India. Dr Radhakrishnan served as the first Vice President of India and the second President of India. He was born on September 5, 1888.

Dr Radhakrishnan was best known for his amazing skills as a teacher, scholar and philosopher. Throughout his life, he motivated people to finish their studies and laid importance on the power of education for the development of our nation. To honour his life’s works and his efforts to spread literacy, teachers’ day is celebrated on his birth anniversary across the country. Here’s what you need to know about Dr Sarvepalli Radhakrishnan

Dr Radhakrishnan was born on September 5, 1888, in a middle-class family in Tamil Nadu. Though he came from humble beginnings, he grew up to be an ace student and was awarded scholarships throughout his life. Dr Radhakrishnan is known as the greatest philosopher in Indian history, but he had no plans of pursuing it during his student life. He just chanced upon the subject when his cousin handed him his old philosophy textbooks.

At the young age of twenty, Dr Radhakrishnan published his first-ever thesis, titled “The Ethics of the Vedanta and its Metaphysical Presuppositions”.

Dr Radhakrishnan started his career in teaching when he was appointed as a philosophy professor in Madras Presidency College. In 1918, he moved on to become a philosophy professor at the University of Mysore.

Dr Radhakrishnan was elected the chairman of UNESCO’s executive board due to his achievements and his drive to spread the power of education in the country. Some of his most recognized works are Gautama the Buddha, India and China, Philosophy of Rabindranath Tagore, The Hindu View of Life, An Idealist View of Life, Kalki or the Future of Civilisation, The Religion We Need, among many others.

Throughout the course of his life, he was nominated 16 times for the Nobel Prize in Literature and 11 times for the Nobel Peace Prize. He was also awarded the Bharat Ratna in 1954.

The renowned scholar passed away on April 17, 1975, in Tamil Nadu, at the age of 86.

Reference link: <https://www.dnaindia.com/lifestyle/report-teachers-day-2021-know-about-dr-sarvepalli-radhakrishnan-former-president-of-india-2909547>

BUSINESS

AZIM PREMJI

Azim Premji, in full Azim Hasham Premji, (born July 24, 1945, Bombay [now Mumbai], India), Indian business entrepreneur who served as chairman of Wipro Limited, guiding the company through four decades of diversification and growth to emerge as a world leader in the software industry. By the early 21st century, Premji had become one of the world’s wealthiest people.



In the year that Premji was born, his father founded Western Indian Vegetable Products Ltd., which produced vanaspati, a widely used hydrogenated shortening. Three years later, colonial India was partitioned into mainly Hindu India and Muslim Pakistan, but the Premjis, a Muslim family, chose to remain in India. In 1966, just before Premji was to complete his degree in engineering at Stanford University, his father died unexpectedly. Postponing his graduation, he returned to India to take the reins of the family business and immediately began to diversify, delving into consumer products such as soap, shoes, and lightbulbs, as well as hydraulic cylinders.

Premji renamed the company Wipro in 1977, and in 1979, when the Indian government asked IBM to leave the country, he began to steer the company toward the computer business. Wipro established a number of successful international partnerships in the 1980s to help it build computer hardware for sale in India. It was software development, however, that made the firm so lucrative. Premji built a reputation for hiring the best people and providing them with unparalleled training, and he took advantage of India’s large pool of well-educated software developers who were willing to work for much less money than their American counterparts. Wipro concentrated on developing custom software for export, primarily to the United States.

The success of both the company and its chairman was more than merely the result of outside forces’ inflating the value of the company, however. Premji had boldly broken with tradition by transforming Wipro into an information technology powerhouse with a solid footing in foreign markets at a time when most fortunes in India were based on ownership of land and factories used to produce domestically consumed goods. In 1999 Premji officially completed his degree from Stanford through a distance-learning arrangement.

Despite his vast personal wealth, Premji continued to be recognized for his modesty, lack of extravagance, and charity. In 2001 he established the non-profit Azim Premji Foundation, through which he aimed to improve the quality of elementary education in rural regions throughout India. By the end of the first decade of the 21st century, the foundation had extended computer-aided education to more than 16,000 schools, with child-friendly content increasingly available in local languages. Premji’s reputation remained that of a highly ethical entrepreneur whose operation served as a model for other Indian firms.

Newscaster : Gauri Chandanshive
Freelancer : Rohit pawar
Reference : <https://www.britannica.com/biography/Azim-premji>

IMPACT OF COVID-19 ON STOCK
MARKET

The rapid spread of the unprecedented COVID-19 pandemic has put the world in jeopardy and changed the global outlook unexpectedly. Initially, the SARS-CoV-2 virus, which caused the COVID-19 outbreak triggered in Wuhan city, Hubei province of China in December 2019, and with time it spread all over the globe.



In a study it has found that COVID-19 crashes the entire global share. Indian stock market also experienced sharp volatility due to the collapse of the global financial market. It has been analysed that the agony of the deadly pandemic on the Indian stock market. Findings reveal that BSE Sensex has witnessed the biggest single-day fall of 13.2% that has surpassed the infamous fall of April 28, 1992. Nifty also has a steep dive of 29%, overtaking the disaster of 1992. As people have compressed their consumption only to necessary products only the FMCG Company has shown a positive return whereas other companies face a sharp decline.

In another case study it was found that after comparing the pre-COVID-19 and during COVID-19 situation of the Indian stock market. His findings revealed that before COVID-19, that is, at the beginning of January, trade of NSE and BSE were at their highest levels hitting peaks of 12,362 and 42,273, respectively showing favourable stock market conditions. After the outbreak of the COVID-19, the stock market came under fear as BSE Sensex and NSE Nifty fell by 38%. It leads to a 27.31% loss of the total stock market from the beginning of this year. The stock of some other sectors such as hospitality, tourism, and entertainment has been dropped by more than 40% due to transport restrictions.

Newscaster: Jatin Bisht
Freelancer Reporter: Rohit Pawar
Reference:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7995228/>

ADVERTISEMENT

EXAMPLE OF ETHICAL
ADVERTISEMENT IN INDIA

In this rat race of collecting things, people neglect certain finer elements in life — spiritual pursuit, appreciation of nature, poetry, listening to music, being polite, and empathy. Companies that propagate such mentality through their unethical ads fail to understand that— “Good ethics is good business in the long run.” Yet not everything is lost. There is light at the end of the tunnel as several Indian marketing communications haven’t quite deserted us and the greater good. Over the years, India has produced some gems in terms of ads.



I have listed below top 15 favourite *examples of ethical advertisements in India!*

- Lifebuoy ~ use any soap
- The Hindu: Parliamentary Behaviour
- How Well-Informed Are Our Youths: The Hindu’s Likert Scale Case Study
- Abbott Shoes: Fly High
- Dove’s ‘Real’ Models
- Nestle: Good Food, Good Life
- Domino’s Pizza: Mom’s Don’t Forget
- Google Search Reunion
- The Red Label Tea of Communal Harmony
- Glam-up: Respect Your Skin Colour
- Surf Excel: Stains Are Good
- Vogue Empower: Boys Don’t Cry
- Airtel’ Boss’ Ad
- Birla Life Insurance: Safeguard Your Dreams
- Ziggy: We Understand Responsibilities
- Nescafe Ad: The Stammering Stand-Up

Freelancer Reporter Name : Seema Samantha
References- <https://icytales.com/15-examples-of-ethical-advertisements-in-india/>

BRITANNIA

Britannia Industries Limited is an Indian food and beverage company, part of the Wadia Group headed by Nusli Wadia. Founded in 1892 and headquartered in Kolkata, it is one of India's oldest existing companies and best known for its biscuit products. The company sells its Britannia and Tiger brands of biscuits, breads and dairy products throughout India and in more than 60 countries across the world. Beginning with the circumstances of its takeover by the Wadia Group in the early 1990s, the company has been mired in several controversies connected to its management. However, it does enjoy a large market share and is exceedingly profitable.



Britannia uses a mix of demographic & psychographic segmentation strategy considering the population variables such as age, social class, education level, income level, marital status, and occupation. To serve the different customer groups accordingly, it uses differentiated targeting strategy.

Keeping in mind the core message of Good Day biscuits, Britannia was quick to identify the immense potential that the digital universe imbibed in terms of building brand recall, salience, and reach. The Britannia Good Day digital advertising strategy follows a pattern backed by strong consumer insights and rich data to make an impactful social media campaign at a right time.

Brand Saga: The biscuit with a smile, spreading joy on social media.

Name : Shalaka Balkrishna Dhumale
Freelancer Reporter Name : Seema Samantha
Link : [https://En.Wikipedia.Org/Wiki/Britannia Industries](https://En.Wikipedia.Org/Wiki/Britannia%20Industries)

INFORMATION TECHNOLOGY

CYBERSECURITY

2020 has been a rough year for everyone, as the tremendous pandemic threat jeopardized many businesses’ plans and forced countless to rethink their strategies as they move their first (late)steps into the digital world.



With so many companies jumping in with both feet to the smart working revolution, it comes as no surprise to see how dangerous it could be to do that without adequate preparedness. Coronavirus, in fact, was linked to a 238% increase in cyberattacks on banks, and since the start of the pandemic in February, phishing attacks have increased by 600%. The digitized space is full of many cyber threats that require the strongest, most bullet-proof security strategies. Yet, not even the most experienced technology enterprises are safe from those attacks.

Since one global virus attack wasn’t enough in 2020, let’s have a look at the biggest cybersecurity threats that endangered digital companies this year and what they mean for cybersecurity.

Security is a constant worry when it comes to information technology. Data theft, hacking, malware and a host of other threats are enough to keep any IT professional up at night. In this article, we’ll look at the basic principles and best practices that IT professionals use to keep their systems safe.

•The 7 Basic Principles of IT Security

IT security professionals use best practices to keep corporate, government and other organizations' systems safe.

Security is a constant worry when it comes to information technology. Data theft, hacking, malware and a host of other threats are enough to keep any IT professional up at night. In this article, we’ll look at the basic principles and best practices that IT professionals use to keep their systems safe.

•The Goal of Information Security

Information security follows three overarching principles, often known as the CIA triad (confidentiality, integrity and availability).

Confidentiality: This means that information is only being seen or used by people who are authorized to access it. Appropriate security measures must be taken to ensure that private information stays private and is protected against unauthorized disclosure and prying eyes.

Integrity: This principle guarantees the integrity and accuracy of data and protects it against modifications. This means that any changes to the information by an unauthorized user are impossible (or at least detected), and changes by authorized users are tracked.

Availability: This principle ensures that the information is fully accessible at any time whenever authorized users need it. This means that all the systems used to store, process, and secure all data must be functioning correctly at all times.
So, armed with these higher-level principles, IT security specialists have come up with best practices to help organizations ensure that their information stays safe.

Freelance reporter:- Arsh shrivastav
Newscaster:- Sakshi Nitin Jangam
Reference:- <https://www.techopedia.com>

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

SCIENCE & SPACE

ASTRONOMERS SPOT 1ST MOON-FORMING DISK AROUND AN ALIEN WORLD.

The disk has the potential to form numerous moons. The PDS 70 system captured by the Atacama Large Millimetre/submillimetre Array (ALMA). The system features a star at the center and at least two planets orbiting it. PDS 70c is visible in this image surrounded by a circumplanetary disk (the dot to the right of the star in the center). (Image credit: ALMA (ESO/NAOJ/NRAO)/Benisty et al.) Astronomers have discovered the first disk surrounding a planet outside the solar system. The impressive circumplanetary disk is about 500 times larger than Saturn’s rings and encircles a Jupiter-like planet dubbed PDS 70c. Scientists have seen plenty of disks surrounding distant stars, and moon-forming disks around planets like this have been suspected before, but this is the first time such a system has been definitively identified, according to the researchers. “Our work presents a clear detection of a disk in which satellites could be forming,” Myriam Benisty, study lead author, an astronomer at the University of Grenoble and the University of Chile said in a statement. PDS 70c is one of two young gas giants located approximately 400 light-years away from Earth. This world and its counterpart, PDS 70b, are still in the early stages of formation and provide a unique research opportunity to study planets and moons in their infancy. More than 4,000 exoplanets have been found until now, but all of them were detected in mature systems,” Miriam Keppler, study co-author and researcher at the Max Planck Institute for Astronomy said in the same statement. Not so for the two planets observed by the current research. “PDS 70b and PDS 70c, which form a system reminiscent of the Jupiter-Saturn pair, are the only two exoplanets detected so far that are still in the process of being formed.”



Using the Atacama Large Millimetre/submillimetre Array (ALMA), based at the European Southern Observatory (ESO) in the Atacama desert of northern Chile, scientists were able to measure the diameter of the disk to be roughly the same as the distance between Earth and the sun (1 astronomical unit, or approximately 92,955,807 miles or 149,597,870 kilometres). The researchers also found that the disk contained enough material to form up to three satellites about the size of Earth’s moon. Unlike its companion, PDS 70b is disk-less. The high-resolution ALMA observations indicate that the PDS 70b was probably starved of disk-building dust by PDS 70c during their early formation. TRENDING Blue Origin launch ,Full Moons 2021 ,Calendar ,Best Telescopes 2021 ,Reference ,Space.com Gear ,Magazine Deals Space is supported by its audience. When you purchase through links on our site, we may earn an affiliate commission. Learn more Astronomers spot 1st moon-forming disk around an alien world By Daisy Dobrijevic about 3 hours ago The disk has the potential to form numerous moons. The PDS 70 system captured by the Atacama Large Millimetre/submillimetre Array (ALMA) The PDS 70 system captured by the Atacama Large Millimetre/submillimetre Array (ALMA). The system features a star at the center and at least two planets orbiting it. PDS 70c is visible in this image surrounded by a circumplanetary disk (the dot to the right of the star in the center). (Image credit: ALMA (ESO/NAOJ/NRAO)/Benisty et al PDS 70c is one of two young gas giants located approximately 400 light-years away from Earth. This world and its counterpart, PDS 70b, are still in the early stages of formation and provide a unique research opportunity to study planets and moons in their infancy. “More than 4,000 exoplanets have been found until now, but all of them were detected in mature systems,” Miriam Keppler, study co-author and researcher at the Max Planck Institute for Astronomy said in the same statement. Not so for the two planets observed by the current research. “PDS 70b and PDS 70c, which form a system reminiscent of the Jupiter-Saturn pair, are the only two exoplanets detected so far that are still in the process of being formed.” Using the Atacama Large Millimetre/submillimetre Array (ALMA), based at the European Southern Observatory (ESO) in the Atacama desert of northern Chile, scientists were able to measure the diameter of the disk to be roughly the same as the distance between Earth and the sun (1 astronomical unit, or approximately 92,955,807 miles or 149,597,870 kilometres). The researchers also found that the disk contained enough material to form up to three satellites about the size of Earth’s moon. Close-up view of the newly discovered moon-forming disk surrounding PDS 70c Close-up view of the newly discovered moon-forming disk surrounding PDS 70c. (Image credit: ALMA (ESO/NAOJ/NRAO)/Benisty et al.) Unlike its companion, PDS 70b is disk-less. The high-resolution ALMA observations indicate that the PDS 70b was probably starved of disk-building dust by PDS 70c during their early formation. “These new observations are also extremely important to prove theories of planet formation that could not be tested until now,” Jaehan Bae, a co-author and an astronomer at the Carnegie Institution for Science, said in the same statement. Scientists theorize that planets establish themselves in dusty disks around young stars, clearing a path through their orbit and gorging on material as they go. As a planet grows it can then form its own circumplanetary disk that continues to feed the young planet with gas and dust. Within that disk, the gas and dust particles also collide and can form increasingly larger bodies, eventually resulting in the birth of moons. However, astronomers have yet to fully understand and witness these processes. “In short, it is still unclear when, where, and how planets and moons form,” Stefano Facchini, an astrophysics research fellow at ESO and co-author on the research said in the same statement. The latest observations of PDS 70b and PDS 70c are helping shed light on such formation processes.

Newscaster- Sanika Santosh Patil
Freelancer- Naima Bhatta
Reference Link. <https://www.space.com/science-astronomy>

NATURE

WORLD NATURAL CONSERVATION DAY

Observed on 28 July annually, world nature conservation day acknowledges that a healthy environment is the foundation for a stable and a healthy society. Earth's natural resources include air, minerals, water, soil, and wildlife. Conservation is the care and protection of these resources so that they can be preserved for future generations. It includes diversity of species, genes and ecosystems as well as functions of the environment such as nutrient cycling.



Conservation is similar to preservation, but while both relate to the protection of nature, they strive to accomplish this task in different ways. Conservation seeks the sustainable use of. Conservation seeks the sustainable use of nature by humans, for activities such as hunting, logging, or mining, while preservation means protecting nature from human use.

Human activities since the last century or so have had a devastating impact on natural vegetation and resources. The quest for rapid industrialization and cutting down of forest cover to make space for the ever-growing population brought climate change and other environmental implications. While awareness about environment conservation has grown in the past few years, we still have a long way to go before positive steps show their result. The day aims at promoting best practices to protect our environment. Any big wave of change starts off with small individual contributions and here are things you could do as your bit for conserving natural resources: CUT DOWN ON PLASTIC USE: Plastics products are non-biodegradable and leave their trace in our surroundings. So, the first step towards working for environment conservation is to cut down the use of plastic products in your life. SAVE ELECTRICITY: Turn off lights, fans, and other appliances when not in use. This way, you could check the waste of the electricity which in turn will reduce the impact on the environment. You should also opt for energy-efficient options like LEDs, instead of regular lightings. SAVE WATER: One of the biggest casualties of climate change has been the decreasing level of drinking water in the past few years. Taking simple steps like ensuring to turn off water taps and checking any wastage at home can save thousands of litres of water in a year. E-WASTE: One of the growing concerns for the environment has been the growing output of e-waste. With the fast-changing technological space, people switch to new electronic items like phones and laptops without thinking about recycling of old products. Most of the e-waste produced currently goes without any check and poses a big threat to the environment. You should check your e-waste product and look for recycling options before moving on to new products.

“Conservation means the wise use of the earth and its resources for the lasting good of mankind” – Gifford Pinchot

Newscaster: Nishita Mane
Freelancer: Aditya Nikam
Reference: <https://EconomicTimes.Indiatimes.Com>

GILOY’ A PLANT OF WELL BIENG.

GILOY (Tinospora cordifolia) is a herbaceous vine of the family Menispermaceae indigenous to tropical regions of the Indian subcontinent. It has been in use for centuries in traditional medicine to treat various disorders.



It is a large, deciduous, extensively-spreading, climbing shrub with several elongated twining branches. Leaves are simple, alternate, and exstipulate with long petioles up to 15 cm (6 in) long which are roundish and pulvinate, both at the base and apex with the basal one longer and twisted partially and half way around. It gets its name heart-leaved moonseed by its heart-shaped leaves and its reddish fruit.

Tinospora contains diverse phytochemicals, including alkaloids, phytosterols, glycosides, and mixed other chemical compounds. Columbine, tinosporaside, jatrorrhizine, palmatine, berberine, tembeterine, tinocordifolioside, phenylpropene disaccharides, choline, tinospora acid, tinospora, tinosporin, and tinosporide have been isolated from Tinospora cordifolia.

Benefits of Giloy:

While we have all been worried sick about our health as we try to stay safe from covid-19, here is another superfood that Ayurveda has on offers for better immunity. Popularly known in Ayurveda as ‘amrita’ translating into ‘root of immortality’, giloy can help fix most of our health woes.

- (1) Giloy can give your immunity the boost it needs.
- (2) It can help you manage diabetes.
- (3) It shall also help us fight off respiratory issues.
- (4) This heart-shaped herb can reduce stress and anxiety.
- (5) It can also possibly protect your heart.
- (6) Giloy might just delay the onset of osteoporosis in women.
- (7) It has antioxidant properties.
- (8) Giloy also has anti-ageing properties.

And many more are the health benefits of this plant. This plant is the most precious gift of ‘MOTHER NATURE’.

Newscaster- Sarvesh Shinde
Freelancer- Aditya Nikam
Reference link-Wikipedia and health shots.com

RESEARCH

MAJOR ATLANTIC OCEAN
CURRENT SYSTEM MIGHT BE APPROACHING CRITICAL
THRESHOLD

A major Atlantic ocean current -- the Atlantic Meridional Overturning Circulation, or AMOC -- may have been losing stability in the course of the last century, according to new research. A potential collapse of this ocean current system could have severe consequences.



The major Atlantic ocean current, to which also the Gulf stream belongs, may have been losing stability in the course of the last century. This is shown in a new study published in *Nature Climate Change*. The Atlantic Meridional Overturning Circulation, or AMOC, transports warm water masses from the tropics northward at the ocean surface and cold water southward at the ocean bottom, which is most relevant for the relatively mild temperatures in Europe. Further, it influences weather systems worldwide. A potential collapse of this ocean current system could therefore have severe consequences.

The Atlantic Meridional Overturning really is one of our planet's key circulation systems," says the author of the study, Niklas Boers from the Potsdam Institute for Climate Impact Research, Freie Universität Berlin and Exeter University. "We already know from some computer simulations and from data from Earth's past, so-called paleoclimate proxy records, that the AMOC can exhibit -- in addition to the currently attained strong mode -- an alternative, substantially weaker mode of operation. This bi-stability implies that abrupt transitions between the two circulation modes are in principle possible."

Loss of dynamical stability could ultimately lead to collapse

It has been shown previously that the AMOC is currently at its weakest in more than 1000 years. However, so far it has remained an open question whether the observed weakening corresponds to a change in the mean circulation state, or whether it is associated with an actual loss of dynamical stability. "The difference is crucial," says Niklas Boers, "because the loss of dynamical stability would imply that the AMOC has approached its critical threshold, beyond which a substantial and in practice likely irreversible transition to the weak mode could occur."

Long-term observational data of the strength of the AMOC does unfortunately not exist, but the AMOC leaves so-called fingerprints in sea-surface temperature and salinity patterns of the Atlantic ocean. "A detailed analysis of these fingerprints in eight independent indices now suggests that the AMOC weakening during the last century is indeed likely to be associated with a loss of stability," says Boers. "The findings support the assessment that the AMOC decline is not just a fluctuation or a linear response to increasing temperatures but likely means the approaching of a critical threshold beyond which the circulation system could collapse."

In addition to global warming, freshwater inflow is a factor -- which is also linked to climate change

A number of factors are likely important for the phenomenon -- factors that add to the direct effect that the warming of the Atlantic ocean has on its circulation. These include freshwater inflow from the melting of the Greenland ice sheet, melting sea-ice, increasing precipitation and river run-off. Freshwater is lighter than saltwater and reduces the tendency of the water to sink from the surface to greater depths, which is one of the drivers of the overturning.

"I wouldn't have expected that the excessive amounts of freshwater added in the course of the last century would already produce such a response in the overturning circulation," says Boers. "We urgently need to reconcile our models with the presented observational evidence to assess how far from or how close to its critical threshold the AMOC really is." While the respective relevance of the different factors has to be further investigated, they're all linked to human-caused climate change.

Newscaster:- Mohammed Patel

Freelance Reporter- Aakash Bavdankar

Link:- <https://www.sciencedaily.com/releases/2021/08/210805115420.htm>

ENGINEER’S UNCOVER THE
SECRETS OF FISH FIN.

New research led by the University of Colorado Boulder has uncovered the engineering secrets behind what makes fish fins so strong yet flexible. The team's insights could one day lead to new designs for robotic surgical tools or even airplane wings that change their shape with the push of a button.



The researchers published their results Aug. 11 in the journal *Science Robotics*. Francois Barthelat, senior author of the study, noted that fins are remarkable because they can achieve feats of dexterity even though they don't contain a single muscle. (Fish move these structures by twitching sets of muscles located at the base of the fins)."If you look at a fin, you'll see that it's made of many stiff 'rays,'" said Barthelat, professor in the Paul M. Rady Department of Mechanical Engineering. "Each of those rays can be manipulated individually just like your fingers, but there are 20 or 30 of them in each fin."In their latest research, Barthelat and his colleagues drew on a range of approaches, including computer simulations and 3D-printed materials, to dive deep into the biomechanics of these agile structures. They report that the key to fish fins may lie in their unique design. Each ray in a fin is made up of multiple segments of a hard material that stack on top of much softer collagen, making them the perfect balance between bouncy and stiff.

You get this dual capability where fins can morph, and yet they're still quite stiff when they push water," he said.

But, Barthelat said, those layers of hemistich's aren't solid. They're divided into segments, as if someone had cut up the éclair into bite-sized pieces. "Until recently, the function of those segments hadn't been clear," he said.

Freelance reporter- Aakash Bavdankar

Newscaster - Anushka Patil

Ref: <https://en.wikipedia.org/wiki/ScienceDaily>

ACADEMICS

NEW AGE CAREER OPTIONS IN FINANCE

“Finance is the key when about strategy, because what are we all about? It’s about creating shareholder value.” Today’s finance professionals assume a broad range of responsibilities involving capital budgeting, risk management, project analysis and evaluation and long-term financial planning.



The finance career field includes:

Corporate finance

In corporate finance you would work for a company to help it find various sources to raise finance, grow the business, make acquisitions, plan for it’s financial future, manage any cash in hand and ensure future economic viability. Investment banking - Investment Banks help companies and governments issue securities, help investors purchase securities, manage financial assets, trade securities and provide financial advice.

Commercial banking

Commercial banks serve large corporations, small business, as well as the general public. Despite recent consolidation in commercial banking, the industry continues to provide more career options in finance than any other sector in financial services industry. Forex management
Indian companies have been increasingly attracting foreign capital either through listing on international stock exchanges or through private equity placements. Companies that wish to access markets for capital or that wish to become leading global suppliers to corporation in developed markets have to hedge forex exposure. Money management- Money managers purchase and carry corporate bonds, agency securities, asset-backed securities and other fixed –income investment products. Some specialize in small stocks, large cap funds, fledgling markets, and other equities.

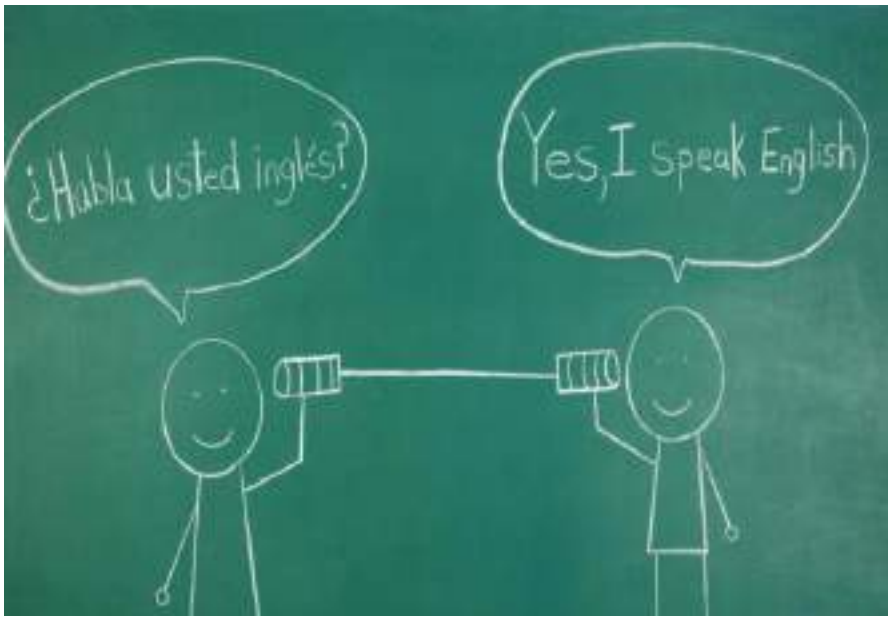
Financial planning

Financial planning helps people make advance provision for financial needs that may arise in future. You can draw parallels between the family doctor and a financial planner. The family doctor takes care of your physical health and the financial planner takes care of your financial health, ensuring orderly and systematic achievement of your financial goals.

Newscaster – Kanishka Salunkhe
Freelance Reporter – Om Satelkar
Reference Link – <https://www.met.edu>

BILINGUAL EDUCATION

Bilingual education is a term that refers to the teaching of academic content in two languages, in a native and second language. Varying amounts of each language are used depending on the outcome goal of the model.



Importance of bilingual education

Bilingual education is viewed by educators as the "pathway to bilingualism", which is the goal of understanding a second, or foreign, language. Bilingualism provides a multidimensional view of language learning that contains five categories individual, societal, family, school, and disciplinary. Not only does bilingualism introduce new linguistics, but it gives a perspective on cultural diversity.

Benefits of bilingual education

- 1.Increased cognitive development
Children that know a second language perform better in tasks that call for creative thinking, pattern recognition and problem solving. Young learners develop greater linguistic awareness and a more complex understanding of their native language.
- 2. Better academic achievement

Bilingual students’ brain function is improved as the mind is challenged to recognize, find meaning and communicate in multiple languages. A thirty-two-year study by Thomas and Collier from George Mason University indicated that students who had a bilingual education and that spoke multiple languages had greater achievements than their monolingual peers, especially in maths, reading and vocabulary.
- 3. Improved memory

Children who learn a second and third language have better memories and are more cognitively creative than single language speaking counterparts. Research has indicated that bilingual people are usually better at remembering names, directions and items than those who speak one language.
- 4. Resistance to dementia

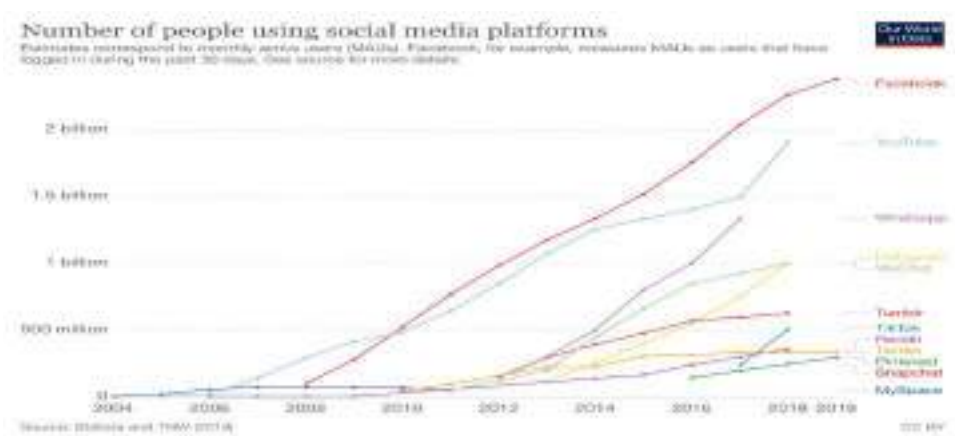
A recent study has shown that people who speak more than one language develop dementia symptoms an average of five years later and are able to cope with a greater level of brain dysfunction than their monolingual counterparts.

Newscaster : Saurabh Rawat
Freelance Reporter : Om Satelkar.
Reference link:- www.https://en.m.wikipedia.

MEDIA

ADDICTION TO SOCIAL MEDIA

This image is enough to show how usage of social media has risen rapidly in recent years and became an integral part of our lives. So it is our very responsibility to know about a thing that has influenced our lives so much how it can be used judiciously and when misused how it can be a grave danger to its victims. As quickly as social media has insinuated itself into politics, the workplace, home life, and elsewhere, it continues to evolve at lightning speed, making it tricky to predict which way it will morph next.



Social Media has given endless opportunities to people who do not have enough resources but can perform great things. It gives people a right to express themselves irrespective of their stature and gives the power to impact lives to those who utilize it in the very right way to do great things. The story of Mark Zuckerberg is a clear example of what you can potentially extract from social media. BUT, A considerable percentage of youth get addicted to social media once they start using it and therefore waste a lot of their valuable time on social media. There have been thousands of incidents where they end up in some kind of trouble due to this over-usage. It kills a lot of time without their notice, making it more dangerous than a video game or a TV or any other form of entertainment. The infamous blue whale challenge which claimed the lives of many innocent children is an appropriate example. This addiction can also lead to many several psychological problems, including anxiety, depression, loneliness, Attention Deficit Hyperactivity Disorder(ADHD), and many more.

Newscaster: Arsh Shrivastava
Freelance Reporter: Piyush Vishwakarma
Reference Link: <https://technothlon.medium.com/social-media-expendable-or-irreplaceable-36fa8ee386e0>

MEDIA POLITICS

Media is playing a big role in the politics of our country, because of the media people are able to see the reality of our democratic society. New media have both expanded and undercut the traditional roles of the press in a democratic society. On the positive side, they have vastly increased the potential for political information to reach even the most disinterested citizens. They enable the creation of digital public squares where opinions can be openly shared.



They have created new avenues for engagement that allow the public to connect in new ways with the government, and to contribute to the flow of political information. The notion of the press as a political watchdog casts the media as a guardian of the public interest. The watchdog press provides a check on government transparency. New media have enhanced the capacity of reporters to fulfil their watchdog role, even in an era of dwindling resources for investigative journalism. Ideally, the media serve several essential roles in a democratic society. Their primary purpose is to inform the public, providing citizens with the information needed to make thoughtful decisions about leadership and policy. They set the agenda for public discussion of issues, and provide a forum for political expression. They also facilitate community building by helping people to find common causes, identify civic groups, and work towards solutions to societal problems. Media have the potential to satisfy these textbook functions. They provide unprecedented access to information, and can reach even disinterested audience members through personalized, peer-to-peer channels, like Facebook. The rise of new media has complicated the political media system. Legacy media consisting of established mass media institutions that predate the internet, such as newspapers, radio shows and television news programs, coexist with new media that are the outgrowth of technological innovation. Media have redefined the way elections are contested, and how citizens engage in politics.

Freelance reporter- Piyush Vishwakarma
Newscaster- Singh Mansi Sabhajit
Reference link- <https://www.bbvaopenmind.com>

ARTS

5 MOST FAMOUS PAINTINGS IN THE WORLD

Every year, billions of dollars' worth of art passes through international auction houses, while leading museums each hold tens of thousands, even hundreds of thousands, of artworks in their collections. But precious few ever achieve the fame required to truly be considered household names.

As "famous" is a subjective term, we turned to Google to see which paintings topped search results worldwide over the past five years.



1. 'Mona Lisa'
Artist: Leonardo da Vinci
Estimated date: 1503 to 1519
Where to see it: Louvre Museum (Paris)
It should come as no surprise that the most famous painting in the world is that mysterious woman with the enigmatic smile. But that's one of the few certainties about this work of art. The sitter in the painting is thought to be Lisa Geraldine, the wife of Florence merchant Francesco del Gioconda, but experts aren't sure. It did represent an innovation in art -- the painting is the earliest known Italian portrait to focus so closely on the sitter in a half-length portrait, according to the Louvre, where it was first installed in 1804.

2. 'The Last Supper'
Artist: Leonardo da Vinci
Estimated date: 1495 to 1498
Where to see it: Santa Maria delle Grazie (Milan, Italy)
Leonardo, the original "Renaissance Man," is the only artist to appear on this list twice. Painted in an era when religious imagery was still a dominant artistic theme, "The Last Supper" depicts the last time Jesus broke bread with his disciples before his crucifixion. The painting is actually a huge fresco -- 4.6 meters (15 feet) high and 8.8 meters (28.9 feet) wide, which makes for a memorable viewing.

Leonardo da Vinci's enduring legacy
3. 'The Starry Night'
Artist: Vincent van Gogh
Date: 1889
Where to see it: Museum of Modern Art (New York City)
The comparatively abstract painting is the signature example of van Gogh's innovative and bold use of thick brushstrokes. The painting's striking blues and yellows and the dreamy, swirling atmosphere have intrigued art lovers for decades.

4. 'The Scream'
Artist: Edvard Munch
Date: 1893
Where to see it: National Museum (Oslo, Norway -- opening in 2020) and Munch Museum (Oslo -- through May 2020)
First things first -- "The Scream" is not a single work of art. According to a British Museum's blog, there are two paintings, two pastels and then an unspecified number of prints. The paintings reside in the National Museum and the Munch Museum, and in 2012, one of the pastels sold for almost \$120 million at auction. Much like the case of "Mona Lisa," daring thefts (1994 and 2004) of the two painting versions of "The Scream" helped elevate the public's awareness of the artworks. (Both were eventually found).

5. 'Guernica'
Artist: Pablo Picasso
Date: 1937
Where to see it: Museo Reina Sofia (Madrid)
This is the most recent painting on this list, and it depicts the German aerial bombing of the town of Guernica in the Basque region during the Spanish Civil War. The painting has that distinctive Picasso style, and its unflinching examination of the horrors of war made it an essential part of 20th century culture and history.

Newscaster: Divya Ghadigaonkar
Freelancer - Gauri Pawar.
Ref : <https://edition.cnn.com/style/arts>

WHY ART AND CREATIVITY
ARE IMPORTANT

Paula Bernstein emphasizes Why Art and Creativity Are Important and the importance of children being allowed to be imaginative and creative. Paula proposes ideas of what parents can buy for their children to encourage their artistic.

Your pre-schooler is having a blast finger-painting with a mix of colours. Trying to be encouraging, you ask her, "What are you making?" and she shrugs. Until you mentioned it, she hadn't given it any thought. Little kids are masters of the moment — they love the way it feels when they smear paint on paper, how it looks when they sprinkle glitter, and even the soft sound a brush makes as it crosses the page, says Amy Yang, founder of Brooklyn Design Lab, an art school for children. Unlike older kids and adults, most toddlers and pre-schoolers aren't self-conscious about what they're doing or focused on creating a finished product. That can be hard for parents to accept, says Lisa Ecklund-Flores, cofounder and executive director of Church Street School for Music and Art, in New York City. But letting go and allowing kids to enjoy the process of creation can reap big rewards. "Children will be better off in the long run if they're allowed just to be in the moment and express themselves,"



Why Art?
Fostering creativity won't just increase your child's chances of becoming the next Picasso. You're also helping him develop mentally, socially, and emotionally, says Ecklund-Flores. Creating art may boost young children's ability to analyse and problem-solve in myriad ways, according to Mary Ann F. Kohl, author of Primary Art: It's the Process, Not the Product. As kids manipulate a paintbrush, their fine motor skills improve. By counting pieces and colours, they learn the basics of math. When children experiment with materials, they dabble in science. Most important perhaps, when kids feel good while they are creating, art helps boost self-confidence. And children who feel able to experiment and to make mistakes feel free to invent new ways of thinking, which extends well beyond the craft room.

Newscaster :- Akshata Avi Gonde
Freelancer :- Gauri Pawar
Ref: <https://www.parents.com/toddlers-preschoolers/development/intellectual/why-art-and-creativity-are-important/>

HISTORY

BAL GANGADHAR TILAK

“Swaraj is my birth right; I will accept it.” Bal Gangadhar Tilak was born on 23 July 1856. Tilak was a prominent leader of India, social reformer, and freedom fighter. He was the first popular leader of Indian freedom struggle. He was the first leader to raise the demand for full swaraj in India. “Swaraj is my birth rights, and I will accept it” announcement was very popular. With respect, people started calling it “Lokmanya” .Tilak criticized British government’s cruelty and inferiority towards Indian culture.



He claimed that due to the articles published in your church by the British Government immediately giving full autonomy to the Indians, you have to go to jail many times. In order to protect the public awareness of Lokmanya Tilak, Ganesh sources of Maharashtra and Shivaji celebrated the festival. Through this festival, the courage of struggle for injustice against the people’s patriotism and the people is fulfilled. The British were liberated from Tilak’s revolutionary activities and cases of sedition were filed against them and ‘country for six years’ was given and sent to Mandela prison in Burma. At the same time, Tilak studied Geeta and also wrote an account called Geeta Mystery. After release from Tilak Prison, his Gita was published very quickly. He died on 1 August 1920 in Mumbai. Tilak criticized the British government’s cruelty and inferiority towards Indian culture. He demanded that the British Government immediately give full swaraj to the Indians Due to his articles published in Kesari, he had to go to jail many times. Tilak said, "I regard India as my Motherland and my Goddess, the people in India are my kith and kin, and loyal and steadfast work for their political and social emancipation is my highest religion and duty".

Freelancer Reporter - Ashutosh Keni
Newscaster - Kunal Bhone
Ref No: https://En.Wikipedia.Org/Wiki/Bal_Gangadhar_Tilak

THE GREAT DEPRESSION

During the economic boom of the Roaring Twenties, the traditional values of rural America were challenged by the Jazz Age, symbolized by women smoking, drinking, and wearing short skirts. The average American was busy buying automobiles and household appliances, and speculating in the stock market, where big money could be made. Those appliances were bought on credit, however. Although businesses had made huge gains — 65 percent — from the mechanization of manufacturing, the average worker’s wages had only increased 8 percent.



The imbalance between the rich and the poor, with 0.1 percent of society earning the same total income as 42 percent, combined with production of more and more goods and rising personal debt, could not be sustained. On Black Tuesday, October 29, 1929, the stock market crashed, triggering the Great Depression, the worst economic collapse in the history of the modern industrial world. It spread from the United States to the rest of the world, lasting from the end of 1929 until the early 1940s. President Herbert Hoover, underestimating the seriousness of the crisis, called it “a passing incident in our national lives,” and assured Americans that it would be over in 60 days. A strong believer in rugged individualism, Hoover did not think the federal government should offer relief to the poverty-stricken population. Focusing on a trickle-down economic program to help finance businesses and banks, Hoover met with resistance from business executives who preferred to lay off workers. Blamed by many for the Great Depression, Hoover was widely ridiculed: an empty pocket turned inside out was called a “Hoover flag;” the decrepit shantytowns springing up around the country were called “Hooverville’s.”

New Caster - Tejas Bibvekar
Freelancer Reporter - Ashutosh Keni
Ref:
<https://www.pbs.org/wgbh/americanexperience/features/dustbowl-great-depression/>

LIBRARY

THE HISTORY OF LIBRARIES II. – MIDDLE AGES AND RENAISSANCE

As Christianity became more and more widespread, monastic communities and monastery libraries started to develop in the early Middle Ages. unities and monastery libraries started to develop in the early Middle Ages. These were religious institutions that also functioned as learning centres, encouraging monks and nuns to study and pray. The monks took an active role in creating and collecting different texts. The main role of the libraries was to preserve the collected knowledge and to provide it to the people in the monastery.

The libraries of these institutions began to provide a space for studying and books besides the monastery libraries. After the depression of the dark ages, the late Middle Ages brought advancements in various aspects of life. The medieval towns were reborn, more and more institutions were established, and an improvement on general literacy took place as well.



It was also in the late Middle Ages (around the 11th-12th century) when the foundation of the first universities started throughout Europe. The libraries of these institutions began to provide a space for studying and books besides the monastery libraries. They were frequently used, because the books and the knowledge on their pages were extremely valuable and expensive, so it was highly uncommon to obtain a private collection.

With the rise of the renaissance, private collections became more and more general too. The most significant humanist reformer poets and writers were Petrarch, Boccaccio and later also Shakespeare. And although Leonard da Vinci was not primarily a litterateur, his achievements had a major impact on the advancement of education and libraries as well.

Newscafter - Vishaka Gaikwad
Freelancer - Jatin Bisht
Reference Link - <https://Princh.Com/The-History-Of-Libraries-Middle-Ages-And-Renaissance>

THE IMMORTALS OF MELUHA

The Immortals of Meluha is the first novel of the Shiva Trilogy series by Amish Tripathi. It is set in 1900 BC., in what the modern Indians mistakenly call the Indus Valley Civilization. The inhabitants of that land called it Meluha-a near perfect empire created many centuries ago by Lord Ram, one of the greatest monarchs that ever lived. The story takes place in the imaginary land of Meluha, and how they are saved from their wars by a tribal chief named Shiva.???



Meluha is a near perfect empire, created many centuries earlier by Lord Ram, one of the greatest monarchs that ever lived. The present king of Meluha, Daksha, sends his emissaries to North India in Tibet, to invite the tribes that live there to Meluha. One of those invited are the Gunas, whose chief Shiva is a brave warrior and protector. Shiva accepts the proposal and moves to Meluha with his tribe. They reach the city of Srinagar and are received there by Ayurvati, the Chief of Medicine of the Meluhans. Shiva and his tribe are impressed with the Meluhan way of life. On their first night of stay at Srinagar, the Gunas wake up amid high fever and sweating. The Meluhans, under Ayurvati’s orders, carry on the healing process. However, Ayurvati finds out that Shiva is the only one devoid of these symptoms and that his throat has turned blue. The Meluhans announce Shiva as the Neelkanth, their fabled savior.

Newscafter - Siddharth Gaikwad
Freelancer - Jatin Bisht
Ref: https://en.wikipedia.org/wiki/The_Immortals_of_Meluha

FOOD & HEALTHCARE

THE ROLE OF FOOD IN HEALTHCARE

They say food and health go hand-in-hand, so it makes sense that the food offerings in the health care industry would receive especially tough scrutiny from consumers. It’s not enough to simply have dishes that are nutritious – consumers increasingly expect healthy foods to taste good, too. As chefs throughout the industry continue to innovate in health-related areas such as plant-based eating and functional foods, those trends are making their way into health care institutions as well, leading to a wave of fresh, on-trend offerings at hospitals, senior living and long-term care facilities. Healthy food cannot be defined by nutritional quality alone.

Our industrial food system poses environmental and human health risks through reliance on synthetic pesticides, fossil-fuel-based fertilizers, antibiotics, and hormones, as well as low-wage laborers who face unsafe working conditions. We know that with dietary changes and reduced food waste we can feed a growing global population in a sustainable way that supports human and environmental health.



We also need to identify sustained funding streams to ensure equitable access and availability for patients. In general, health care consumers’ preferences tend to align with those of the general population, meaning well-loved foods like pizza, ice cream and garlic bread have high appeal. At the same time, according to the report, consumers who dine at hospitals are also more likely to love a wide range of items compared to the general population. Lesser-known concepts such as bubble tea, cashew cheese and soy protein, for example, tend to be more well-liked by hospital visitors than the general population. This means that while meaning classic dishes like pizza or burgers can be a safe option (and provide comfort and a source of familiarity during the COVID-19 pandemic), there’s also opportunity to experiment with more niche, trend-forward ingredients.

New Caster-Vijaylaxmi Gurav
Freelancer-Shreyas Bane
References- <https://www.smartbrief.com/original/2020/04/role-food-health-care>
<https://noharm-uscanada.org/issues/us-canada/healthy-food-health-care>
<https://www.bmj.com/content/369/bmj.m2482>

FOOD SYSTEMS, NUTRITION, HEALTH AND THE ENVIRONMENT

Nutritionists are classically concerned with the associations between nutrients and diets and nutrition and health outcomes. Understanding these associations is important. Insufficient and poor-quality food, especially during pregnancy and in early childhood is a major contributor to the high burden of undernutrition: globally, 159 million children younger than 5 years are stunted (too short for their age), 50 million children globally are wasted (dangerously thin), and more than 3 million children die every year from causes associated with undernutrition. Simultaneously, nutrition-related chronic diseases such as obesity, diabetes, cardiovascular disease, and some forms of cancer are major contributors to the global burden of disease. Ambitious goals have been set by the international community to eliminate malnutrition in all its forms, and 2016 saw the start of a UN Decade of Action on Nutrition designed to reinvigorate national and international efforts for nutrition. In this context, the food system—encompassing the production, processing, marketing, and purchase of food and the related consumer behaviours, resources and institutions—appears to be struggling to deliver nutritious and healthy diets in an equitable manner. And the world is changing: the global population is increasing, migration to cities is accelerating, and transitions in dietary habits towards more processed and animal-source based foods are becoming commonplace, putting the food system under ever-increasing pressure.

Worryingly, the situation seems likely to deteriorate further, largely as a result of increasing pressures on land-use and environmental change. For example, global and national modelling studies suggest that yields of major cereals will decline under scenarios of increased temperature, especially in tropical countries. Water scarcity threatens the ability of large parts of the world to continue its present agricultural growth, and agricultural land is increasingly in conflict with infrastructure development and with protected areas. Biodiversity loss, including of critical crop pollinators, and loss of soil quality will both have substantial impacts on global fruit and vegetable supply and thereby on population health. The costs for people and governments are also becoming clearer: recent spikes in the price of food, resulting from poor harvests and speculation on world cereal markets led to major riots in more than 20 countries. Although agriculture is a major contributor to environmental impacts (food production generates up to 30% of global greenhouse gas emissions, and accounts for substantial proportions of land-use change and global water consumption), there are many opportunities to mitigate or reduce these impacts that will become increasingly important as the demand for food continues to rise. Historically, studies by nutritionists and others working in public health have not been designed to address these new problems that span environmental change, food system activities, and health outcomes within specific socioeconomic, societal, and political contexts . In this new, more complex arena, traditional research and policy that engages across narrowly aligned sectors is limited and typically fails to take on board potentially key underlying changes in the broader food system.

Newscaster:- Delna Hotelwala
Freelancer:- Shreyas Bane
REFERENCE:- <http://www.ifpri.org/publication/global-nutrition-report-2016-promise-impact-ending-malnutrition-2030>

CULTURE & CUISINE

ALL TYPES OF ‘CHEESY’.

The COVID pandemic has made a lot of people cultivate new hobbies while they were at home due to the lockdown. Among these new-found past-times was cooking. Even teenagers started to learn about cooking to prepare their own takes on the fast-food that we all love.



Among the many recipes, one ingredient was a frequently recurring one- Cheese. So, let's get to know a bit about the different types of cheese around the world and how they affect our palettes.

American: American is a creamy, smooth cheese made from blending natural cheeses. It comes in several forms including individually wrapped cheese slices, small pre-sliced blocks and large blocks. It melts well.

Blue cheese: Blue is a general name for cheeses that were made with Penicillium cultures, which creates “blue” spots or veins. Blue cheese has a distinct smell and, what some consider, an acquired taste.

Brie: Brie is a soft, white cheese. It comes in a wheel, sometimes in a small wooden box, and is considered a great dessert cheese. Experts recommend enjoying it at room temperature.

Camembert: Fresh Camembert cheese is bland, hard and crumbly, but becomes smoother with a runny interior as it ages. It has a rich, buttery flavor with a rind that’s meant to be eaten.

Cheddar: This popular cheese comes in many variations. Its flavor can range from creamy to sharp, and its color can run between a natural white to pumpkin orange. A Cheddar’s texture changes as it ages, becoming drier and crumblier.

Fresh Mozzarella: Fresh mozzarella is a fresh cheese made by stretching its cheese curds before rolling them into balls. To keep them fresh, they’re packed in water.

Parmesan: Parmesan has a hard, gritty texture and tastes fruity and nutty. It can be grated over pastas, used in soups and more.

Newscaster: Vedang Khopkar
Freelance:Adesh Shinde
Ref: <https://www.usdairy.com/news-articles/cheese-types-what-you-need-to-know-about-cheese>

THE NATIONAL CUSTOM OF INDONESIA..

The national costume of Indonesia is the national costume that represents the Republic of Indonesia. It is derived from Indonesian culture and Indonesian traditional textile traditions. Today the most widely recognized Indonesian national costumes include batik[1]and kebaya, although originally those costumes mainly belong within the island of Java and Bali, most prominently within Javanese, Sundanese and Balinese culture.[2]Since Java has been the political and population center of Indonesia, folk costume from the island has become elevated into national status.



Formal family portrait of former Indonesian's President B.J. Habibie. Women wear kain batik and kebaya with selendang (sash), while men wear jas and dasi (western suit with tie) with peci cap.

Indonesia Museum depicting traditional dresses of Indonesia. The picture shows the traditional wedding dress of Bali (left) and East Java(right) with other dresses from other provinces depicted in the background

As a multi-diverse country, Indonesia having more than 30 provinces, each has its own representation of traditional attire and dress from each province with its own unique and distinguished designs.

Other than national costumes, each of the provinces of Indonesia — more precisely every ethnic group of Indonesia, have their own regional traditional costumes. These regional costumes in Indonesian is called baju adat or pakaian adat, and derived from traditional Indonesian textile traditions and crafts. The best chance to see an example of Indonesian traditional costumes is by attending a traditional wedding ceremony. The traditional costumes differ according to its function and occasion; the most elaborate and extravagant ones usually reserved for bride and groom only, while a more common traditional costumes are worn by local people during traditional ceremonies. Some examples of Indonesian regional costumes.

Newscaster-Akanksha Kirte
Freelancer: Adesh Shinde
Ref:[https://en.wikipedia.org/wiki/National costume of Indonesia#:~:text=The%20kebaya%20is%20the%20national,brocade%20or%20floral%20pattern%20embroidery.](https://en.wikipedia.org/wiki/National_costume_of_Indonesia#:~:text=The%20kebaya%20is%20the%20national,brocade%20or%20floral%20pattern%20embroidery.)

TRAVEL & TOURISM

TRAVEL AND TOURISM IN INDIA

India is known for its rich flora and fauna, beautiful landscapes, glorious past and varied cultural trends. All this makes India a major attraction for tourists from all over the world. However, tourism in India has been constantly suffering setbacks due to the various inefficiencies in its tourism industry. Bad and filthy roads, rickety buses, overpriced taxis and delayed trains make travelling a nightmare in India. Moreover, the absence of decent and hygienic accommodations at a reasonable cost adds to the distraction of tourists visiting India.



Besides, unsuspecting tourists are often exploited by guides, tour, tourist operators, etc. Foreign tourists become victims of theft, kidnapping, etc. which not only ruins their trip, but also ruins the reputation of the country. The growing menace of terrorism is a huge deterrent for tourists. The government of India needs to put concerted efforts in place to revamp tourism in the country. Utmost emphasis should be given to infrastructure development and in beefing up the security. Such efforts will certainly make India a leader in the world of tourism.

Tourism has turned out to be a very important industry in the modern age. In almost all the countries of the world there are separate ministries of tourism. Tourist spots are being developed all over the world to attract the tourist people. Tourism is, indeed, a good source of earning foreign exchange for every country that can manage it efficiently. All over the world there is a great interaction between People of different countries, races, communities, regions and religions. Business magnates visit other countries to promote their business. Several newspaper agencies, journalists, scribes, radio and T.V. reports and others connected with mass media have to roam from place to place to trace out the essential and interesting matter for reporting purposes.

Freelance Reporter -Payal Solanki
Newscaster -Sayali More
Ref: <https://www.thefreshreads.com/article-on-tourism-in-india/>

"THE BLUE CITY" - JODHPUR

The former capital of Marwar, Jodhpur is one of the most enchanting cities of Rajasthan, with its mighty Mehrangarh fort overlooking the city. The city is called the "Blue City" as it looks completely blue in colour from an aerial view because of its blue walls and blue houses. Nearby Jaswant Tada and Umaid Bhawan Palace are also among the top attractions in Jodhpur. However, the magic lies in the old city itself with hundreds of shops, guesthouses, eating joints and vendors that make it a chirpy bustling city, especially near the landmark clock tower and Sardar Market.

Mehrangarh Fort



Mehrangarh, also known as Mehran Fort was built by Rao Jodha in 1459 in Jodhpur, is one of the largest forts in the country. It is situated at the top of a 410 feet elevated hill and guarded by massive walls. One of the most easily recognisable forts in Jodhpur, it has appeared in many Hollywood and Bollywood productions such as The Lion King, The Dark Knight Rises. The entrance of the fort, atop a hill, is majestic and has seven gates.

Jaswant Tada



In the royal state of Jodhpur lies Jaswant Thada, a splendid marble cenotaph monument that is also a mausoleum for the kings of Marwar. The memorial was built in the honour and memory of Maharaja Jaswant Singh II by his son Maharaja Sardar Singh in 1899 and is still used by the Marwar Royal Family as cremation grounds. The beautiful edifice is made out of intricately carved marble that is offset vibrantly against the red steps that lead up to the entrance.

Umaid Bhawan Palace



Built in 1943, Umaid Bhawan Palace in Jodhpur is a wonderful amalgamation of a fascinating past and a luxurious present. It is, at the same time - a heritage hotel, a museum and the residence of the Royal Family of the present owner, Raja Gaj Singh. In addition to being a historical landmark, the palace was commissioned in 1929, was built in order to provide employment to the drought and grief-stricken farmers of the area and thus took longer to complete.

Freelance Reporter -Payal Solanki
Newscaster -Latika Naik
Ref: <https://www.holidify.com/places/jodhpur/>

SPORTS

ITS AN HISTORICAL DATE FOR INDIA : 07/08/2021

From an athletics gold to fencing debut: India’s many firsts at the Tokyo Olympics
India’s campaign at the Tokyo Olympics ended on a high on Saturday, August 7 with Neeraj Chopra winning India’s first-ever Gold medal in Athletics in the Javelin Throw .seven medals, including one Gold, two Silvers and four Bronze medals, this edition was India’s best in terms of the medal tally. The previous best medal haul came at the 2012 London Olympics when India won two Silvers and four Bronze medals.
The Tokyo Olympics also witnessed many “firsts” for India at the Summer Olympics. Here is a look at few such instances:
Neeraj Chopra (Gold medallist) :
The 23-year-old won India’s first-ever Gold in Athletics after finishing on top of the podium in the Javelin Throw on Saturday, August 7. He also became only the second individual Gold medallist for the country at the Summer Olympics. Abhinav Bindra had won the country’s first individual Gold after winning the 10m Air Rifle event at the 2008 Beijing Olympics.



Prime Minister Narendra Modi led the nation in congratulating both of them. “History has been scripted in Tokyo! What @Neeraj_chopra1 has achieved today will be remembered forever. The young Neeraj has done exceptionally well. He played with remarkable passion and showed unparalleled grit. Congratulations to him for winning the Gold.
Bajrang Punia (Bronze medallist) :
Bajrang Punia defeated Kazakhstan’s Daulet Niyazbekov to take bronze in the men’s freestyle 65kg category.



The 27-year-old wrestler put in a commanding performance against Kazakhstan’s Daulet Niyazbekov in a one-sided contest 8-0 to clinch a bronze medal in the men’s 65kg freestyle category. This was the country’s second wrestling medal in Tokyo 2020, where Indian wrestlers gathered two medals in an Olympics after London 2012.

Newscaster reporter :- Yukta Chandrakant Patil
Freelance reporter:- Maithili Parate

SOCIAL ISSUES

UNEMPLOYMENT

Unemployment has often been described as the most significant social issue in society. This is because an individual is dependent on their work for both their livelihood and their status. Sociologically, unemployment is defined as the inability to find remunerative work in the face of both potential and -desire to earn. The three elements of unemployment are that the individual must be capable, willing and making an effort to be gainfully employed.



Types of Unemployment :

There are three major classifications of unemployment, namely, seasonal, cyclical and technological.

- 1. Seasonal unemployment is a characteristic of the agricultural sector. Any cultivator in India is unemployed for almost four to six months every year. Workers at some manufacturing units like ice or sugar factories are also seasonally unemployed due to the nature of the work.
- 2. Cyclical unemployment is a result of the ups and downs in business. For example, an entrepreneur earning high profits might invest them in a start-up thus creating employment. But when they start suffering losses, they might reduce the number of workers present in their industries.
- 3. Technological unemployment is caused because of the introduction of new technologies that displace manual labour. The adoption of automation in almost every industry has resulted in a loss of economic security for the average man (Ahuja 2014).

Causes of Unemployment :

Sociologists have suggested that unemployment is a result of both economic and social factors.

- 1. Degrading social status
- 2. Geographical immobility
- 3. Population explosion
- 4. The defective education system

Newscaster : Siddhesh Shelar

Freelance Reporter - Ayush Sinha

Ref : <https://www.sociologygroup.com/social-issues-in-india/>

SOCIOLOGY OF MOB LYNCHING

Since the last few years, India is witnessing an unusual rising trend in crimes related to mob violence in the name of religion, caste or colour etc. It spread in the form of vigilantism against cow slaughter, taking a communal colour with members of minority communities attacked and lynched based on rumours and false propaganda through social media. According to unofficial estimates so far around 120 people have been killed throughout the country.



If we look up the definition of lynching (Britannica.com), it is a form of violence in which a mob, under the pretext of administering justice without trial, executes a presumed offender, often after inflicting torture and corporal mutilation. The term lynch law refers to a self-constituted court that imposes sentence on a person without due process of law.

The imposition of ban on the sale and purchase of cattle for slaughter at animal markets across India, under Prevention of Cruelty to Animals statutes (26th May 2017) by Government of India sparked a new wave of cow vigilante in the country. Even after the Supreme Court suspended the ban on the sale of cattle in its judgment in July 2017, giving relief to the multi-billion-dollar beef and leather industries and several states where beef is one among the primary foods, there was a rise in attacks on Muslims accusing them as cow smugglers. Several dozen innocent Muslims were killed in such a mob attack just on suspicion of possessing beef.

In a common pattern, mob lynching is being instigated by some organizations or group of vicious individuals to communalize the society. These incidents are usually appearing to be sporadic in nature and often a spontaneous response from some people who are furious over the reports of cow smuggling and slaughter.

Newscaster - Nontobeko Shezi

Freelance Reporter - Aayush Sinha

Ref : <https://www.sociologyguide.com/more-news.php?id=61>

STUDENT’S SECTION

TOP 10 FACTS OF CRICKET

- 1. Shahid Afridi used Sachin Tendulkar's bat to hit the fastest ever ODI century
- 2. Chris Gayle is the only batsman to hit a six off the first ball of a Test match
- 3. Abbas Ali Baig was the first Indian cricketer to be kissed during a Test match
- 4. Vinod Kambli's Test match average is better than his childhood friend Sachin Tendulkar
- 5. Sunil Gavaskar was out of the first ball of a Test match thrice in his career
- 6. ML Jaisimha and Ravi Shastri are the only Indians to bat on all five days of a Test
- 7. The only cricketer to play Test cricket for India and England is Saif Ali Khan’s grandfather, Iftikhar Ali Khan Pataudi
- 8. Lala Amarnath is the only bowler to dismiss Don Bradman hit wicket in Test cricket
- 9. There's an uncanny similarity between the Indo-Pak match at the Australasia Cup of 1986 and Asia Cup 2014
- 10. India won the 1983 World Cup and won their first ever Test at Lord’s three years later in 1986.

Newscaster - Sahil Tokekar
Freelance Reporter - Anushka Patil

Quiz on our Freedom Fighters

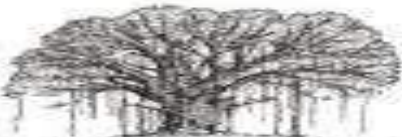
- 1. What was the real name of Chandrashekhar Azad ?
- 2. Who gave the slogan “Swaraj is my birth-right and I shall have it” ?
- 3. when was goa liberated from Portuguese?
- 4. "Quit India" and "Simon Go Back" slogans were coined by whom ?
- 5. Who gave Jai Hind slogan?

Newscaster- Deepak Ramashray Yadav
Freelance Reporter - Anushka Patil


WORD SEARCH

Word Search National Symbols


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




National Tree-Banyan




National Flower-Lotus




National Bird-Peacock




National Game-Hockey




National Flag-Tricolour




National Animal-Tiger



National Fruit-Mango



National Emblem



National Currency-Rupee Symbol

Newscaster- Deepak Ramashray Yadav
Freelance Reporter - Anushka Patil

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