



Chikitsak Samuha's  
Sir Sitaram & Lady Shantabai Patkar College of Arts & Science  
AND V.P.Varde College of Commerce & Economics  
S. V. ROAD, GOREGAON (WEST), MUMBAI-400 104  
(AN AUTONOMOUS COLLEGE AFFILIATED TO  
UNIVERSITY OF MUMBAI)  
"REACCREDITED WITH 'A+' GRADE BY NAAC (3RD  
CYCLE) ISO 9001: 2015, BEST COLLEGE OF 2016-17 , DBT  
STAR SCHEME AWARDEE"



# WEEKEND CHRONICLE

WINDOW TO YOUR  
KNOWLEDGE



AN INITIATIVE BY  
B.M.S DEPARTMENT

MAIL ID:- [bmseperiodical@gmail.com](mailto:bmseperiodical@gmail.com)



**Dr. Mala Kharkar**

[Chief Executive 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. Trisa Joseph Palathingal**

[I/C PRINCIPAL]

## ***A MESSAGE FROM PRINCIPAL'S DESK***

Dear Readers,  
Greetings!

“There is nothing more beautiful than learning because you can't stop learning.”

Our E-Periodical Weekend Chronicle thus plays an important role in providing a medium for students of our BMS Department to express their creativity.

The E-Periodical i.e., online magazine drives us through varied genres containing- News related to Global affairs under departments like Business, Advertisement, IT and Science & Nature to intellectual news articles under Academics, Media and Library Departments.

It also covers articles related to Food & Health care, Culture & Cuisine and Travel & Tourism which usually tops our “bucket lists” including article which address societal problems under Department of Social Issues. Finally, we offer words and vision of our talented students as budding poets, writers, and thinkers under Student's section Department.

In conclusion, constructing a digital publication by students will engage today's youth and the crafters of the youth (e.g., teachers) in their communities, which is necessary to adopt a modern perspective and overcome the challenges we face today.

# TABLE OF CONTENTS

## ***BUSINESS***

**PAGE 1**

- ***INDUCTION OF NEXT GENERATION IN FAMILY BUSINESS***
- ***DUBAI SME ANNOUNCE THE LAUNCH OF CONCEPT& INCUBATOR***

## ***ADVERTISEMENTS***

**PAGE 2**

- ***ADVERTISEMENT AS A SOURCE OF INFORMATION***
- ***RESEARCH ON CHILDREN AND ADVERTISING THEN AND NOW***

## ***IT & TECHNOLOGY***

**PAGE 3**

- ***DIGITALIZATION***
- ***5G IS FINALLY HERE- THIS IS WHAT U NEED TO KNOW***

## ***SCIENCE & SPACE***

**PAGE 4**

- ***NEW GAIA DATA PAINT THE MOST DETAILED PICTURE***
- ***SAMPLES OF THE ASTEROID RYUGU ARE SCIENTISTS'***



# TABLE OF CONTENTS

## **NATURE**

**PAGE 5**

- ***TRANSITION TO RENEWABLE ENERGY***
- ***SOIL HEALTH IS AT RISK FROM GLOBAL WARMING***

## **ACADEMICS**

**PAGE 6**

- ***CAMBRIDGE UNIVERSITY PRESS & ASSESSMENT COLLABORATION***
- ***AS EDTECH FIRMS VENTURE***

## **MEDIA**

**PAGE 7**

- ***IPL MEDIA RIGHTS: MUKESH AMBANI OPTED OUT OF TV RIGHTS***
- ***BOMBAY HIGH COURT REJECTS DISH TV PROMOTERS'***

## **ARTS**

**PAGE 8**

- ***MISSING MASTERPIECE WORTH RS 2.5 CRORE***
- ***YARD SALE DRAWING BOUGHT FOR RS 2,000***



# TABLE OF CONTENTS



## **HISTORY**

**PAGE 9**

- ***WHY INDIAN HISTORY MUST BE WRITTEN AS PER HISTORICAL EVIDENCE***
- ***DECODING THE GREAT HISTORICAL CONSPIRACY***



## **LIBRARY**

**PAGE 10**

- ***THIS LIBRARY BOOK HAS BEEN RETURNED AFTER 51 YEARS IN CANADA.***
- ***PURNIA IS SET TO BECOME BOOK LOVERS' PARADISE***



## **FOOD & HEALTHCARE**

**PAGE 11**

- ***NUTRITION TIPS FOR BETTER HEALTH AND LONGEVITY***
- ***HEALTH TIPS FOR ADULT***



## **CULTURE & CUISINE**

**PAGE 12**

- ***SIKKIM: CULTURE AND CUISINE***
- ***CULTURE OF HARYANA***

# TABLE OF CONTENTS

## ***TRAVEL & TOURISM***

**PAGE 13**

- ***ANDAMAN AND NICOBAR ISLANDS***
- ***MUNNAR – KERALA***

## ***SPORTS***

**PAGE 14**

- ***ACE SHOOTER WINS MIXED TEAM PISTOL TITLE, DEDICATES MEDAL TO FATHER***
- ***RUTURAJ GAIKWAD FACES IRE FOR 'MISTREATING'***

## ***SOCIAL ISSUE***

**PAGE 15**

- ***ENERGY FOR A SUSTAINABLE DEVELOPMENT***
- ***TRANSPORT: STRUCTURES, INFRASTRUCTURES, AND MOBILITIES***

## ***STUDENT'S SECTION***

**PAGE 16**

- ***FASHION DESIGN COURSE***
- ***M.COM COURSE***



***BUSINESS***

***INDUCTION OF NEXT  
GENERATION IN FAMILY  
BUSINESS***

In many Cases, when the next generation member joins the business, family business leaders don't know how they should start. The next generation members just start going to the office with the family members and are told to find work initially to engage them. This creates ambiguity.



Growth and Perpetuation of family business depends on successful transition of business to the next generation.

Unsuccessful transitions often lead to the failure of both the business and the family. This article intends to focus on one of the reasons for this failure which is inability of family businesses to induct the next generation in the business or because of the errors made in this process.

Ref link:

<https://economictimes.indiatimes.com/news/company/corporate-trends/induction-of-next-generation-in-family-business/articleshow/92308510.cms>

***DUBAI SME AND DET  
ANNOUNCE THE LAUNCH OF  
THE CONCEPT AND BUSINESS  
INCUBATOR***

It's a certified incubator keen on attracting new talent and success stories to drive Dubai's economic prowess

Dubai is currently riding the crest of a new knowledge-based economy. The many reforms ushered in, such as the Golden Visa scheme and the creation of a digital infrastructure, has endeared Dubai to young millennial.



To further the ease of doing business for those who wish to set up or do business in Dubai, the Dubai Chamber of Digital Economy is now making amendments to the existing laws and economic policies to give a fillip to the emirate's digital business infrastructure.

It is at such a time that the Mohammed bin Rashid Establishment for Small and Medium Enterprises Development (Dubai SME), one of the agencies of the Department of Economy and Tourism (DET) in Dubai, has announced the launch.

"We are here to help young entrepreneurs set up all kinds of businesses in Dubai, whether small, medium or any other type of business idea you have," says Mohammed Al Mansours, founder, Concept + Incubator Centre. The idea is to encourage millennial entrepreneurs to reach their creative potential.

Ref Link:

[https://economictimes.indiatimes.com/tech/startups/dubai-sme-and-det-announce-the-launch-of-concept-business-incubator/articleshow/92280958.cms?utm\\_source=contentofinterest&utm\\_medium=text&utm\\_campaign=cpps\\_t](https://economictimes.indiatimes.com/tech/startups/dubai-sme-and-det-announce-the-launch-of-concept-business-incubator/articleshow/92280958.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cpps_t)



## **ADVERTISEMENT**

### **ADVERTISEMENT AS A SOURCE OF INFORMATION**

Advertisements play an important role in our day to day lives. We see them in our newspaper and magazine, watch them online and on television and listen to them on the radio. It is while watching T.V. that we generally dislike the commercial breaks because they are shown too often. On most instances, ads can seem annoying. Yet, a number of advertisements do add to our information.



The purpose of advertisement is to reach out to the mass in the shortest time possible, with a product or an idea, which may appeal to them. Some ads tell us about the price of a product, whether it is a new launch or its price has changed or it is on sale. Others tell us about the product itself, make, quality, use, unique value, etc. These factors influence our decision as we consider and reconsider all these factors before buying a product. Advertisements make us aware of what, why, when, where and how we should buy a product.

Ref Link: <https://www.thefreshreads.com/article-on-advertisement-as-a-source-of-information/>

### **RESEARCH ON CHILDREN AND ADVERTISING THEN AND NOW: CHALLENGES AND OPPORTUNITIES FOR FUTURE RESEARCH**

New forms of advertising to children (such as “unboxing videos” and “vlogs”) necessitate new studies and examinations of ethics, advertising literacy, and regulations. At the same time, it is useful to re-examine and question assumptions about traditional media and persuasion tactics. This special issue on children and advertising offers seven articles that question the status quo or present findings on new tactics and new interventions. The articles feature different methods (history, experiment, field experiment, survey), participants (children and adolescents from ages six to 17), and scholars or participants living in different countries (Australia, Belgium, France, Indonesia, South Korea, the United Kingdom, the United States). This editorial introduces the special issue on children and advertising by highlighting the contributions of each of the seven articles within the broader context of advertising and children. A brief review of past research on children in the *Journal of Advertising*, including a special issue in 1998, is presented, followed by specific suggestions for future research. Finally, the challenges of conducting research with children and



Ref Link:

<https://kids.britannica.com/students/article/advertising/272733>

## ***IT & TECHNOLOGY***

### ***DIGITALIZATION***

Developments in digital technologies, from advancement in data, robotics, 3D printing and artificial intelligence, is at the core of Sandvik. Read about we use technology and digitalization to secure innovation for the 21st century.

Software services in the metalworking sector are expected to quadruple by 2025, making the business potential for software just as big as for tools. That's good news for Sandvik, which is among the first to introduce a series of connected tools to the market.

The software solutions are basically a digitalization of tools and knowledge within Sandvik Cormorant, involving tool data, sensors, algorithms, and the cloud and data analysis to give manufacturers a greater understanding of the entire manufacturing process – from the designing of the component to the production process.



**PERNILLA LINDBERG, GLOBAL PRODUCT MANAGER, BUSINESS SOFTWARE, HAS HELPED TO DEVELOP NEW SOFTWARE SOLUTIONS.**

Ref link:

<https://www.home.sandvik/en/stories/articles/2017/04/sandvik-prepares-for-growth-in-software-services-sales/>

### ***5G IS FINALLY HERE- THIS IS WHAT U NEED TO KNOW***

The 5th generation of mobile networks, 5G is the evolution of the 4G networks of today. It has been created to meet and surpass the massive growth of data and connectivity of IoT, changing today's reality and paving the way for tomorrow.



Along with instantaneously connecting billions of devices and its exponentially faster connection speeds, capacity, and communication response times (known as latency). 5G will make an astonishing range of innovative new products and services possible.

Business area Sandvik Mining and Rock Technology has partnered with Nokia to develop solutions for private LTE and 5G technology at the company's test mine in Tampere, Finland. Hardware at the mine is already 5G capable and will be upgraded with 5G software as soon as it is ready.

It also increased computer ability, access to real time data faster, increased data and analysis, better response time for remote side instruments, and etc.

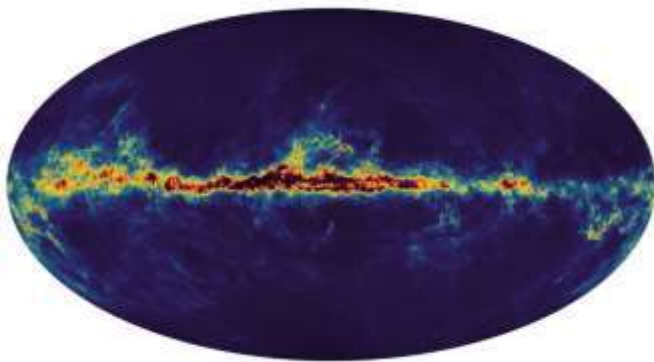
***Ref Link:***

<https://www.home.sandvik/en/stories/articles/2019/11/5g-is-finally-here-this-is-what-you-need-to-know/>

**SCIENCE & SPACE**

***NEW GAIA DATA PAINT THE MOST DETAILED PICTURE YET OF THE MILKY WAY***

The catalog includes asteroids, galaxies and the stuff between stars for the first time.



New data from the Gaia spacecraft were used to make this map of interstellar dust in the Milky Way, with high concentrations (black) diminishing (from yellow to blue) farther away from the galactic plane. The patterns here carry traces of billions of years of galaxy mergers, supernovas and new-born stars.

The European Space Agency's Gaia space observatory, which launched in 2013, has long surpassed its goal of charting more than a billion stars in the Milky Way (SN: 10/15/16). On June 13, the mission extended that map into new dimensions, releasing more detailed measurements of hundreds of millions of stars, plus — for the first time — asteroids, galaxies and the dusty medium between stars.

Ref Link:

<https://www.sciencenews.org/article/new-asteroid-gaia-map-milky-way-galaxy-stars>

***SAMPLES OF THE ASTEROID RYUGU ARE SCIENTISTS' PUREST PIECES OF THE SOLAR SYSTEM***

Analysis reveals the asteroid was evolving about 5 million years after the solar system's start



The 31 milligrams of dust and debris from asteroid Ryugu seen in this photo, along with several other samples, are the most pristine pieces of the solar system scientists have ever studied. Samples of the asteroid Ryugu are the most pristine pieces of the solar system that scientists have in their possession. A new analysis of Ryugu material confirms the porous rubble-pile asteroid is rich in carbon and finds it is extraordinarily primitive (SN: 3/16/20). It is also a member of a rare class of space rocks known as CI-type, researchers report online June 9 in *Science*. Their analysis looked at material from the Japanese mission Hayabusa2, which collected 5.4 grams of dust and small rocks from multiple locations on the surface of Ryugu and brought that material to Earth in December 2020 (SN: 7/11/19; SN: 12/7/20).

Ref Link:

<https://www.sciencenews.org/article/asteroid-ryugu-hayabusa2-meteorite-sample-carbonaceous->

**NATURE**

***TRANSITION TO RENEWABLE ENERGY AT ‘STANDSTILL’***

Fossil fuels are still dominating the energy market according to a report which said the world missed a prime opportunity for a green recovery following COVID-19 lockdowns.

The Renewables 2022 Global Status Report released by global renewable energy network, REN21, showed that while global energy consumption has risen by 4% in 2021, use of renewable energy has only grown minimally.

Continued reliance on fossil fuels has led to a 6% rise in carbon dioxide emissions, the equivalent of two billion tonnes, while renewables accounting for just 12.6% of total final energy consumption in 2020.

Despite 135 countries having net zero targets, it was discovered major investment still goes towards fossil fuels. Subsidies worth \$5.9tn were invested in the industry in 2020, while just \$366bn was invested in renewables the following year.



Ref Link:

<https://environmentjournal.online/articles/transition-to-renewable-energy-at-standstill-says-report/>

***SOIL HEALTH IS AT RISK FROM GLOBAL WARMING***

A new study has highlighted that rising temperatures are reducing microbial diversity, with devastating consequences for ecosystems and food security.

Research conducted by a team at the University of Oklahoma has identified a worrying link between soil health and global warming, with serious implications for plants, animals and people.

The results of an eight-year experiment have shown that as the planet becomes hotter, the diversity of microbial life is reducing. This is concerning given such organisms are essential for soil health, and losing them in turn places entire ecosystems at risk, potentially impacting food chains and security.

‘Climate change is a major driver of biodiversity loss from local to global scales, which could further alter ecosystem functioning and services,’ said Jizhong Zhou, P.hD., director of the Institute for Environmental Genomics at the University of Oklahoma, and lead author of the study. ‘Despite the critical importance of belowground soil biodiversity in maintaining ecosystem functions, how climate change might affect the richness and abundant distribution of soil microbial communities (bacteria, fungi, protists) was unresolved.’



Ref Link:

<https://environmentjournal.online/articles/soil-health-is-at-risk-from-global-warming/>

## ACADEMICS

### ***CAMBRIDGE UNIVERSITY PRESS & ASSESSMENT COLLABORATES WITH MASTER PREP TO LAUNCH IELTS CENTRES***

Cambridge University Press & Assessment India Private Ltd. and Master prep Education Ltd., a Canam group company, have announced a partnership to offer world-class IELTS learning experience to students aspiring to pursue education and career options overseas. The establishment of the official Cambridge Learning Partner centres will provide learners with the best opportunities to achieve their ambitions.

Cambridge University Press & Assessment brings its global experience in the IELTS domain with a range of internationally acclaimed content, tailor-made learning programs, teaching pedagogy, digital platforms, expert trainers, and training resources. Master prep adds value through its years of experience and expertise in providing test prep services to the student community through the best infrastructure. Cambridge Partner Learning Centres have been conceptualised and positioned.



Ref Link:

<https://economictimes.indiatimes.com/industry/services/education/cambridge-university-press-assessment-collaborates-with-masterprep-to-launch-ielts-centres/articleshow/92329494.cms>

### ***AS EDTECH FIRMS VENTURE INTO OFFLINE CLASSES, HIRING WAR FOR STAR TEACHERS IS INTENSIFYING***

Rs 10 crore per annum: it's the one figure that people can't stop talking about in the test-prep circles. This is the compensation package that edtech unicorn Unacademy allegedly offered star physics teacher Ashish Arora to come on board, as senior vice-president and national head-academics, from Allen Career Institute in Jaipur where he had spent close to a decade building the branch, according to multiple industry sources.

(Unacademy did not respond to ET's emailed queries on compensation.) It's a figure that is emblematic of the peak the scramble for "star teachers" has reached. This is driven by venture capital-funded edtech unicorns expanding into the lucrative, offline competitive exam or test-prep market as, post-pandemic, students return to physical classrooms and coaching hubs like Kota.



Ref Link:

<https://economictimes.indiatimes.com/industry/services/education/as-edtech-firms-venture-into-offline-classes-hiring-war-for-star-teachers-is-intensifying/articleshow/92308080.cms>

***MEDIA***

***IPL MEDIA RIGHTS: MUKESH AMBANI OPTED OUT OF TV RIGHTS CHASE IN BATTLE FOR CRICKET DEAL***

Mukesh Ambani's group ultimately dropped the pursuit of television broadcast rights to India's top cricket league that Walt Disney Co. secured for \$3 billion as the Indian conglomerate saw limited opportunity for long-term profit from the legacy platform. The joint venture between Ambani's Reliance Industries Ltd

NSE -2.19 %. And US media giant Paramount Global instead focused on winning the rights to digitally stream the lucrative Indian Premier League, betting its advertising revenue will be four-fold bigger than that for TV in five years, a person familiar with the group's strategy said. The view was that television would struggle to deliver double digit growth, according to the person, While Viacom18 Media Pvt., the Ambani-Paramount JV, bid for TV rights in the initial rounds of the auction, this person said the focus was always on ensuring it secured digital rights. A representative for Reliance Industries

Viacom18 paid 238 billion rupees (\$3.1 billion) for the rights to stream the IPL tournament, one of the world's most-watched sporting events, almost on par with what Disney shelled out. The decision gels with Ambani's ambitions for his digital unit

Reliance  
NSE -2.30 % Jio  
Infocomm Ltd

. The billionaire, currently India's richest man, wants to create a consumer ecosystem that marries entertain.



Ref Link:

<https://economictimes.indiatimes.com/industry/media/entertainment/media/ipl-media-rights-mukesh-ambani-opted-out-of-tv-rights-chase-in-battle-for-cricket-deal/articleshow/92283860.cms>

***BOMBAY HIGH COURT REJECTS DISH TV PROMOTERS' PLEA AGAINST YES BANK***

The Bombay High Court on Friday rejected Dish TV India

NSE -8.81 % promoter World Crest Advisors' plea to restrain YES Bank from voting at the company's extraordinary general meeting on June 24.

The development is the latest in the dispute between Dish TV chairman and managing director Jawahar Goel and YES Bank, a lender to the direct-to-home broadcaster, over corporate governance and fundraising plans.

Justice AK Menon rejected the petition as ad-interim relief seeking to restrain Catalyst Trusteeship and Yes Bank from participating in and/or exercising any right, including voting rights, at the EGM. Catalyst Trusteeship is the security trustee for the shares that were pledged to Yes Bank.



Ref Link:

<https://economictimes.indiatimes.com/industry/media/entertainment/media/bombay-high-court-rejects-dish-tv-promoters-plea-against-yes-bank/articleshow/92296095.cms>

**ARTS**

***MISSING MASTERPIECE  
WORTH RS 2.5 CRORE FOUND  
HANGING ON EMPTY  
BUNGALOW WALL IN LONDON***



After being lost for decades, a masterpiece oil painting was found hanging in an unoccupied bungalow of a 90-year-old woman in London. While the woman was oblivious of its value, the painting fetched nearly Rs 2.5 crore when it went under the hammer, reported The Independent. The valuable painting is the depiction of the Madonna and Child, painted by Italian painter Filippo Lippi in the 15th century. The oil painting remained missing for years before being accidentally found hanging on the wall of a bungalow in Enfield town. It turned out that the owner of the house, a woman in her 90s, was given the painting by her father more than 30 years ago.

Ref link:

<https://www.news18.com/news/buzz/missing-masterpiece-worth-rs-2-5-crore-found-hanging-on-empty-bungalow-wall-in-london-5331841.html>

***YARD SALE DRAWING  
BOUGHT FOR RS 2,000 TURNS  
OUT TO BE GERMAN ART  
WORTH RS 74 CRORE***



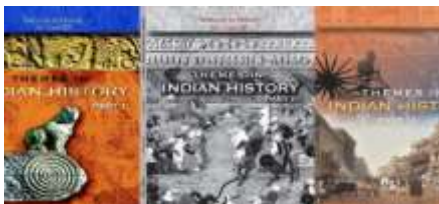
A drawing bought for \$30 (Rs 2000) from a Yard sale in 2017 was later discovered to be a German Renaissance art valued at more than \$10 million (Rs 74 crore). As per Agnes Gallery, the London art gallery currently in possession of this artwork, the drawing titled 'The Virgin and Child' was created by Albrecht Dürer who is regarded as the greatest German artist in history. But Durer's works were not just limited to such artworks and he also counted among the most significant and intellectual figures of the European Renaissance, reported CNN. This particular painting was discovered in 2019 by a Boston-based art collector and consultant for the gallery, Clifford Schorer who stumbled upon this piece during a bookstore visit in Massachusetts. The bookstore owner told Schorer that his friend had a 14th century Durer drawing and asked if he would like to see it. "caliber" by the artist was discovered was more than 100 years ago.

Ref link:<https://www.news18.com/news/buzz/us-yard-sale-drawing-bought-for-rs-2000-turns-out-to-be-german-art-worth-rs-74-crore-4744235.html>

## HISTORY

### ***WHY INDIAN HISTORY MUST BE WRITTEN AS PER HISTORICAL EVIDENCE AND NORMS, AND NOT IDEOLOGICAL AGENDAS***

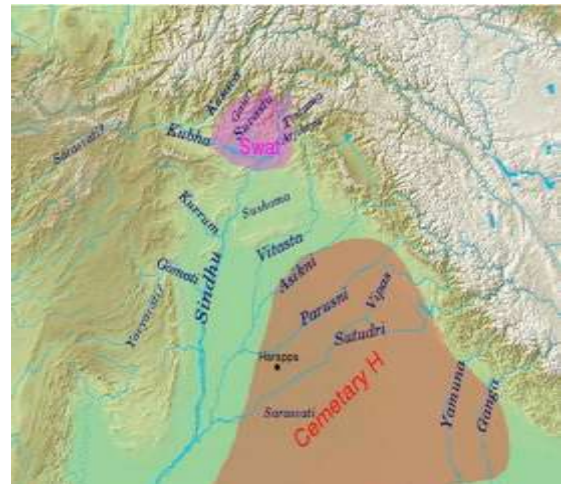
Our 'eminent' historians and social scientists argue that the nature of history is static and there is not enough new evidence that could warrant the rewriting or revision of history and history textbooks. There is a lot of noise being made on the new education policy and rewriting of history and social sciences textbooks. Demands for rewriting history and removing distortions are becoming stronger, and voices turning shriller and shriller. In order to understand this, let us revisit the history of this issue itself. In the Indian context, history textbooks and history writings first became a matter of media attention when during the Vajpayee government, NCERT took up the revision of the National Curriculum Framework and the textbooks of all subjects prepared almost four decades ago. While there was no problem with the revision of textbooks in any other subject, all hell broke loose when it came to history and social sciences textbooks. The 'eminent' historians/social scientists who were involved in writing history/social sciences textbooks and their students and supporters began a campaign that history/social sciences books cannot be rewritten or revised. They argued that the nature of history was static and there was not enough new evidence that could warrant the rewriting or revision of history and history textbooks.



**Ref link:**

<https://www.firstpost.com/india/why-indian-history-must-be-written-as-per-historical-evidence-and-norms-and-not-ideological-agendas-10281261.html>

### ***DECODING THE GREAT HISTORICAL CONSPIRACY TO TURN SARASWATI INTO A MYTHICAL RIVER***



Recent scientific research, British era documentations by geologists and other experts, and our ancient texts speak of a mighty river that originated in the Himalayas and reached the Arabian Sea. Saraswati is among the most discussed rivers in the context of Indian history, the waters of which once flowed from the Himalayas to the Arabian Sea, separate from the other historically famous Indus river. Besides the river being mentioned repeatedly in the Vedas, Puranas, and the epics, in the first half of the 19<sup>th</sup> Century James Tod, an officer with the British East India company while documenting his extensive travels and explorations of Rajasthan called it the "lost river of the desert", and detailing its route said the river originated somewhere in the Siwalik Himalayas, passed through Hansi, Hisar, Hanumangarh, Rangmahal, Anupgarh, and Phulra, moving towards Derawar and Uch, where it was part of the dry bed of the 'Khaggar' between Jaisalmer and Rohri, and later "united with the branch from Dara... enlarging the eastern branch of the Delta of the Indus."

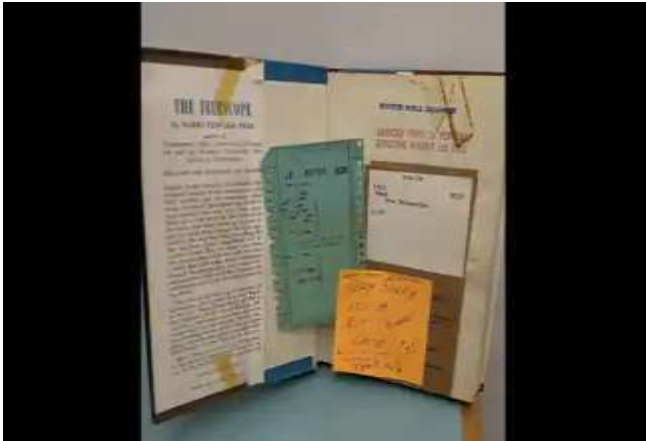
Ref Link:

<https://www.firstpost.com/india/decoding-the-great-historical-conspiracy-to-turn-saraswati-into-a-mythical-river-10213591.html>



## ***LIBRARY***

### ***THIS LIBRARY BOOK HAS BEEN RETURNED AFTER 51 YEARS IN CANADA.***



For anybody who has ever borrowed a book from their local library, the due date often becomes a problem. Many people don't finish reading the book on time and even incur some late fees when it comes to returning the book to the library. Some even renew the book if they have not finished reading it just yet. And that might just have been the case with this book that was borrowed from the Vancouver Public Library in Canada. You might have a good laugh when you will get to know what exactly happened with this particular book. The Vancouver Public Library that functions under the City of Vancouver in Canada, recently took to their Instagram page in order to share about a book that had been borrowed from them. A patron recently returned a book with a message apologising for the book's 51-year overdue status. The book, *The Telescope* by Harry Edward Neal, was just returned with a sticky note apologising for its lateness, according to the Vancouver Public Library.

Ref Link:

<https://www.hindustantimes.com/trending/this-library-book-has-been-returned-after-51-years-in-canada-see-photo-101655288369931.html>

### ***PURNIA IS SET TO BECOME BOOK LOVERS' PARADISE WITH LIBRARIES IN 190 PANCHAYATS***

In preparation for competitive and other examinations, youth and students from Purina's remote regions have been coming to libraries to study books and browse journals.



Bihar's Purnia district has taken the initiative to be the first district to build libraries in every panchayat. The initiative aims to instill the love of reading in students and stop students from migrating from rural to urban regions. Purnia, a central district in Bihar's Seemanchal region, seems to have a low literacy rate of 52.09 % and yet has evolved into a book paradise, with 237 rural panchayat libraries and 230 rural panchayat libraries, as well as seven city Nagar Parishad libraries. In January, a district-wide scheme named "Kitab Daan" was initiated to build libraries in each of Purnia's panchayats, the state's first of its kind. The efforts were led by District Magistrate Rahul Kumar, who worked with officials from the district department of education and villagers to build libraries in each panchayat.

Ref Link:

<https://www.hindustantimes.com/trending/bihars-purnia-is-set-to-becoming-a-book-lovers-paradise-with-libraries-in-190-panchayats-101632559307967.html>

***FOOD & HEALTHCARE***

***NUTRITION TIPS FOR BETTER  
HEALTH AND LONGEVITY***

Good nutrition is a critical part of health and development. According to the World Health Organization (WHO), better nutrition is related to improved health at all ages, a lower risk of diseases, and longevity.

- Include protein with every meal
- Eat oily fish
- Eat whole grains
- Include healthful fats
- Use extra virgin olive oil
- Eat nuts
- Get enough fiber



Ref Link:

<https://www.healthline.com/nutrition/27-health-and-nutrition-tips>

***HEALTH TIPS FOR ADULTS***



Here's a quick overview of some ways to eat better and be more active.

Choose whole grains more often. Try whole-wheat breads and pastas, oatmeal, or brown rice.

Select a mix of colourful vegetables. Vegetables of different colours provide a variety of nutrients. Try collards, kale, spinach, squash, sweet potatoes, and tomatoes.

At restaurants, eat only half of your meal and take the rest home.

Walk in parks, around a track, or in your neighbourhood with your family or friends.

Make getting physical activity a priority.

Try to do at least 150 minutes a week of moderate-intensity aerobic activity, like biking or brisk walking.

If your time is limited, work in small amounts of activity throughout your day.

Learn more ways to move more and eat better—for yourself and your family!

Ref Link:

<https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-adults>

**CULTURE & CUISINE**

**SIKKIM: CULTURE AND CUISINE**

Sikkim is a beautiful land of manifold tribes and races of people living together. All these diverse tribes and communities have their unique features in addition to their particular dance forms, festivals, languages, culture, and craft forms. The miscellany of ethnic groups, religion, and languages is seen all over Sikkim.



The food of the people of Sikkim indicates the culture of this state which is a m lange of India, Nepal, Bhutan, and Tibet. Sikkim food mainly comprises noodles, Gundruk and Sinki soups, thukpas, tomato achar pickle, traditional cottage cheese, fermented soybean, Bamboo shoot, fermented rice product and some other fermented dishes owing to its very cold climate. Rice is, however, the staple food of the state. Momos, also known as dumplings and wantons are favorites among the Sikkimese people as well as the tourists. When it comes to non-vegetarian food, they prefer fish, beef, and pork. People coming to explore Sikkim would never miss the great opportunity to taste the very famous and delicious momos here which have different fillings from beef to chicken to pork. Steamed and boiled food items are mainly found here with not so much utilization of masalas but other local spices and herbs. And the people of Sikkim mostly prefer some drinks along with the food such as local beer, whiskey, and rum.

Ref link: <http://www.gosikkim.in/>

**CULTURE OF HARYANA**

Haryana's culture is reflective of its folklore. Submerged in the rich cultural heritage of the Vedic Period, the mystical state of Haryana stands out from the crowd. The rich Haryanvi culture is characterised by the hookahs and the charpoys, the vivid fairs and the swaying paddy fields; Haryana is one of the wealthiest states in India and is one of the most economically developed regions in South Asia. Popularly known as 'The Home of Gods', this vibrant state has a bountiful culture, heritage, festivals, folklores and a vibrant landscape.

**Cuisine**

The authentic cuisine of Haryana offers finger licking delicacies namely- Kachri ki Sabji, Churma, Malpuas, Bathua Raita, Meethi Gajar, Singhri ki Sabji, Meethe Chawal, Rabri and much more. It will surely woo your heart and leave you with a lingering aftertaste, asking for more. The people of Haryana give a lot of importance to milk products like curd and lassi, and hence incorporate them in all their meals.



Ref ink:

<https://www.holidify.com/pages/haryana-culture-80.html#:~:text=Source-.Cuisine,lingering%20aftertaste%2C%20asking%20for%20more.>

**TRAVEL & TOURISM**

**ANDAMAN AND NICOBAR  
ISLANDS (35°C)**



A group of nearly 570 islands, this exotic location has amazing wildlife, thrilling water sports in Andaman, pristine silver sand beaches, mountains, breath-taking natural beauty and tribal tour. This place will never cease to amaze you and you are sure to fall in love with its incredible beauty. It has to be a must on your list of best **monsoon destinations in India**.

**Ideal for:** Beach lovers, nature lovers, adventure enthusiasts

**Things to do:** Jet skiing, sightseeing, scuba, snorkelling, trekking

**How to reach:** Regular passenger ship services are available from Chennai, Kolkata, and Visakhapatnam. There is a direct or connecting flight to Port Blair airport which is the capital city.

**Attractions:** Experience and know the history at the Cellular jail, Havelock island for scuba diving, snorkelling and other water sports and surfing at little Andaman.

**Land package:** INR 15,675

**Hotels to stay:** Hotel De Pebbles, Munjoh Island House

**Souvenirs:** Shell ornaments and bamboo goods

**Weather in Andaman in monsoon:** The climate stays pleasant with medium to high rainfall and an average temperature of 35°C.

Ref Link:

<https://traveltriangle.com/blog/places-to-visit-in-monsoon-in->

**MUNNAR – KERALA (20°C)**



If you're looking for ideal **places to visit in monsoon in South India**, then this one's for you! Munnar is truly a paradise in God's own country. With silvery mist, incredibly vast tea gardens, lush green hills, romantic atmosphere and pleasant climate, this hill station is truly one of the favourite tourist places in India during monsoons.

**Ideal for:** Nature lovers

**Things to do:** Trekking, plantation tours, sightseeing, bird watching

**How to reach:** 3 hours 40 minutes (130.1 km) via road from Cochin if you take the NH49. The nearest railway station is Aluva and Ernakulam which are the major cities in Kerala. The nearest airport is Cochin at 110 km and Madurai international airport which is 140 km away.

**Attractions:** Spot some exquisite wildlife at Anamudi which is also the highest peak in the Western Ghats, enjoy some nature walk at beautiful lakes in Devikulam and visit the Attukal waterfalls.

**Land package:** INR 7,344

**Hotels to stay:** The Panoramic Getaway, Fragrant Nature Munnar

**Souvenirs:** Spices and tea

**Weather in Munnar in monsoon:** The climate stays pleasant with medium to high rainfall and an average temperature of 20°C.

Ref Link:

<https://traveltriangle.com/blog/places-to-visit-in-monsoon-in->

## SPORTS

### **ACE SHOOTER MANU BHAKEER WINS MIXED TEAM PISTOL TITLE, DEDICATES MEDAL TO FATHER**



India's ace shooter Manu Bhaker and Shiva Narwal on Sunday clinched the gold medal in the 10m air pistol mixed team event at the 20th Kumar Surendra Singh Memorial Shooting competition in Bhopal, Madhya Pradesh.

The duo defeated the experienced pair of Amanpreet Singh and Shweta Singh of ONGC 16-8 in the summit clash.

It was double delight for Bhaker, as she celebrated Father's day by dedicating the gold medal to her father. She tweeted a photo of her standing at the podium and wrote: “आज का गोल्ड पापा के नाम”, which translates to “today's gold is dedicated to my father”.

Ref Link:

<https://www.hindustantimes.com/sports/others/aaj-ka-gold-papa-k-naam-india-s-ace-shooter-manu-bhaker-wins-mixed-team-pistol-title-dedicates-medal-to-father-101655706498256.html>

### **RUTURAJ GAIKWAD FACES IRE FOR ‘MISTREATING’ GROUNDSMAN DURING INDIA VS SOUTH AFRICA 5TH T20**



If rain grabbed the headlines during India's fifth and final T20 against South Africa at the Chinnaswamy stadium in Bengaluru on Sunday, India opener Ruturaj Gaikwad faced the ire of the fans on social media for allegedly ‘disrespecting’ a grounds man in the dugout.

With the series locked 2-2, South Africa captain Keshav Maharaj won the toss and sent India to bat first on Sunday. But as soon as the players made their way out in the middle, heavy rains came down forcing a delayed start.

In a video that surfaced during that time on social media, Ruturaj Gaikwad was sitting at the dugout with all his cricketing gears on when a grounds man came to him asking for a picture. The grounds man sat beside the Chennai Super Kings star trying to get a selfie with him.

Ref Link:

<https://www.outlookindia.com/sports/>

***SOCIAL ISSUE***

***ENERGY FOR A SUSTAINABLE  
DEVELOPMENT***

This societal issue is directly linked to the French and European policies related to the energy transition. One has to define the future energy mix which will lead to a lower environmental footprint and a better quality of life. Problems link to energy production (resources, environmental im- pact) will be minimized if the energy consumption is limited. Thus, the challenge for Research is to propose solutions allowing to produce clean energy but also to reduce the energy needs. This energy transition requires basic research which is the source of technological developments (e.g. combustion engines, steam engines at the beginning of the industrial era, nuclear energy, hydroelectricity, solar energy, wind energy, green fuel...) and economic development. INSA's laboratories contribute to this energy transition through research work to meet those needs.

Environmental issues relate to various scales: products with low environmental footprints and respectful to the users, increasing urbanization, natural and industrial risks, climate change, etc. Education and research activities at INSA Lyon contribute to develop relevant and innovative technical and economical solutions allowing to combine well-being of people and reduced pressures on the environment. Such solutions result from the combination of scientific expertise in multidisciplinary research projects and the development of unique facilities like technological platforms.

Ref Link:

<https://www.insa-lyon.fr/en/5-current-social-issues>

***TRANSPORT: STRUCTURES,  
INFRASTRUCTURES, AND  
MOBILITIES***

The INSA Lyon expertise in the field of transport was developed in close collaboration with the Industry at the local, national, and European levels. Today, the research in this field is very challenging and diverse for all the partners in the Society. In particular, the reduction of the environmental footprint of transport, the goal to maintain the competitiveness of the transport industry as well as the mobility policies need to be taken into account for development of relevant researches.

Transport combines very different trans-disciplinary approaches for which the technological and management advances will be issued from strong interactions between scientific disciplines. INSA Lyon offers well-recognized expertise in engineering which could allow to bring additional scientific value from the components and technologies to the management of the transport systems. These competences could be sketched as a triptych: vehicle – infrastructure – uses, illustrating both excellence in scientific disciplines and innovative multidisciplinary approaches.

The main objectives of the researches performed at INSA Lyon in this field are the development of a welfare scheme efficient at different levels (patient care, organization, etc.) and accessible for everybody.

Ref Link:

<https://www.insa-lyon.fr/en/5-current-social-issues>

**STUDENT'S SECTION**

**CHIKITSAK SAMUHA'S  
PATKAR - VARDE COLLEGE OF FASHION**

**Admission Open**

**Programme**

**Fashion Design Programs**

- ❖ Diploma in Fashion Design/  
Clothing Technology- One year (Full Time)

**Fashion Tailoring Programs**

- ❖ Diploma in Ladies &  
Gentlemen fashion tailoring (12 Months)
- ❖ Certificate Course in  
Ladies Basic tailoring (3 Months)
- ❖ Certificate Course in  
Ladies Advance fashion tailoring (6 Months)
- ❖ Certificate Course in  
Gentlemen Clothing (6 Months)

**For More Details  
Contact : 7021145934  
Email ID : [sfc.office@patkarvardecollege.edu.in](mailto:sfc.office@patkarvardecollege.edu.in)**

Chikitsak Samuha's  
Sir Sitaram & Lady Shantabai Patkar College of Arts & Science  
AND V.P.Varde College of Commerce & Economics (Autonomous)

**Admissions Open  
M. COM. 2022-23**

M. Com (Advanced Accountancy)	M. Com (Banking and Finance)	M. Com (Business Management)
-------------------------------------	------------------------------------	------------------------------------

**Limited Seats  
Available! Hurry Up!**

**HIGHLIGHTS:**

- Two years full time Post Graduate Program for  
Commerce Graduates
- Bright Career Opportunity in Finance,  
Commerce and Management sectors.
- Expertise Teaching Faculty - Guest lectures  
by industry expertise
- Sound base for Professional Courses and  
exams such as CA, CS, CMA, NET, SET etc.
- Well equipped Library facility
- Campus Placement Assistance and Career  
counseling

**For More Details Contact Us:**  
Phone Number: 022- 28781188, +91 9769308542,  
+91 9870353915, 9833320233 +91 9833320233  
Email ID : [admission@patkarvardecollege.edu.in](mailto:admission@patkarvardecollege.edu.in)  
Website- [www.patkarvardecollege.edu.in](http://www.patkarvardecollege.edu.in)

*Chief Editor*  
*Ms. Shruti Soparkar*

*Creative Designer*  
*Ms. Lysandra Monterio*

*Designers*  
*Ms. Divya Ghadigaokar*  
*Ms. Yukta Narkar*  
*Mr. Maaz Shaikh*

*Picture Editor*  
*Ms. Vishakha Yadav*

*Copy Editor*  
*Ms. Gauri Pawar*

*Proof Reader*  
*Ms. Sanika Salvi*

*Production Manager*  
*Ms. Sanjana Goli*

*Department Editor*  
*Ms.Naima Bhatt*  
*Ms,Nidhi Satam*  
*Ms.Aakansha Jadhav*  
*Ms.Latika Naik*  
*Mr.Waqar Wahid Parkar*  
*Mr.Mihir Patil*  
*Ms.Nidhi Subramaniam*  
*Ms.Namrata Singh*  
*Mr.Harshal Prajapati*  
*Mr.Maaz Shaikh*  
*Ms.Riddhi Tanavde*  
*Ms.Mayuri Redkar*  
*Ms.Prajakta Nakashe*  
*Ms.Pranjali*  
*Ms.Adishthi Narvankar*  
*Ms.Sanika Rane*  
*Mr. Tejas Kale*

# **CREDITS**

## **ADVISORY**

*Dr. Mala Kharkar*  
*(Chief Education Officer)*

*Dr. Trisa Joseph*  
*(Principal)*

*Ms. Ruchita Dalvi*  
*(Chief Co-ordinator)*

## **CONVENOR**

*Ms. Swati Takkar*  
*(BMS Co-ordinator)*

## **ORGANISING COMMITTEE**

*Ms. Pooja Chodankar*

*Ms. Nisha Gupta*

*Ms. Sonal Hippalgaonkar*

*Ms. Prachi Parab*

*Suggestions, queries, comments and even  
criticism are welcome.*

*Please feel free to write us at  
[bmsperiodical@gmail.com](mailto:bmsperiodical@gmail.com)*