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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  
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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.

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***BUSINESS***

***MARK CUBAN SAYS THESE ARE  
THE DUMBEST THINGS  
ENTREPRENEURS DO***

One thing that drives Cuban crazy is when entrepreneurs lack the basics. A prime example, he says, is when entrepreneurs "don't know the difference between a product and a feature." Before an entrepreneur begins looking for investment money, starts producing a product, even before research and development, they need to have this fundamental understanding.



In other words, if a competitor sells only blue shirts, and your shirts are blue and red, you've merely created a feature. Products or services solve problems and people want to purchase them. Features are characteristics that add value to products.

Creating something from nothing is no easy feat. Convincing people that you're providing a valuable service and to buy your products sometimes requires a lot more. Cuban says it's a big mistake to think that a big competitor moving into your market validates your business.

Ref link: <https://www.entrepreneur.com/article/337115>

**Department Editor: Naima Bhatt**

***WHAT MAKES A LEADER?***

Every businessperson knows a story about a highly intelligent, highly skilled executive who was promoted into a leadership position only to fail at the job. And they also know a story about someone with solid—but not extraordinary—intellectual abilities and technical skills who was promoted into a similar position and then soared.



When asked to define the ideal leader, many would emphasize traits such as intelligence, toughness, determination, and vision—the qualities traditionally associated with leadership. Such skills and smarts are necessary but insufficient qualities for the leader. Often left off the list are softer, more personal qualities—but they are also essential. Although a certain degree of analytical and technical skill is a minimum requirement for success, studies indicate that emotional intelligence may be the key attribute that distinguishes outstanding performers from those who are merely adequate.

Ref :-

<https://hbr.org/2004/01/what-makes-a-leader>

**Department Editor: Naima Bhatt**



**ADVERTISEMENT**

**DOMINO'S STRENGTHENS BOND  
WITH CONSUMERS WITH 'DIL,  
DOSTI, DOMINO'S' CAMPAIGN**

Domino's Pizza has unveiled its new campaign with the aim of strengthening the emotional connect with consumers by creating memorable moments of togetherness while capturing it in the new tagline "Dil, Dosti, Domino's! Domino's has been a progressive brand. The promise of '30 minutes or free' a decade ago was well ahead of its time.



'All New Domino's' product improvement campaign, offering great value to consumer with the 'Everyday Value' campaign, offering best in class digital ordering experience on the 'Domino's App' or offering variety to the consumers through exciting launches like 'World Pizza League', Domino's has always attempted to stay relevant to new-age consumers. The TVC shows a newly married couple in the terrace all set for a pizza treat. The wife was surprised to see two different pizzas. The husband then reveals that he is a non-vegetarian and asks his wife to keep it a secret and not tell anyone downstairs. Both then burst into laughter, showing their bond of friendship

Ref:  
<https://brandequity.economictimes.indiatimes.com/news/advertising/dominos-celebrates-its-stores-and-customers-in-latest-campaign/89276054>

**Department Editor: Nidhi Satam**

**THE SECRET BEHIND NIKE'S  
"JUST DO IT" CAMPAIGN**

Whether you view it as an inspirational rallying cry or a bullying command, the slogan 'Just Do It' is hard to avoid in modern life. Accompanied by the familiar Nike swoosh, it appears on bags, T-shirts and billboards all over the world. As a statement it sums up the sports brand: it is competitive, forceful, direct, as lean and powerful as the athletes that appear alongside it in Nike's ads. It was created in 1987 by Wieden + Kennedy to accompany Nike's first major television campaign, which included commercials for running, walking, cross-training, basketball and women's fitness.



"Each spot was developed by a different creative team and was markedly different from the others," remembers Dan Wieden, founder of the agency and author of the Nike line. "In reviewing the work the night before the client presentation, I felt we needed a tagline to give some unity to the work, one that spoke to the hardest hard-core athletes as well as those talking up a morning walk." "Nike questioned it. I said, 'Look, I think we do. I believe we have too many disparate commercials that don't add up to anything without a tagline. I think that's why 'Just Do It' has had such an impact over the last 20 years and continues to. It's genuine and speaks to our core mission."

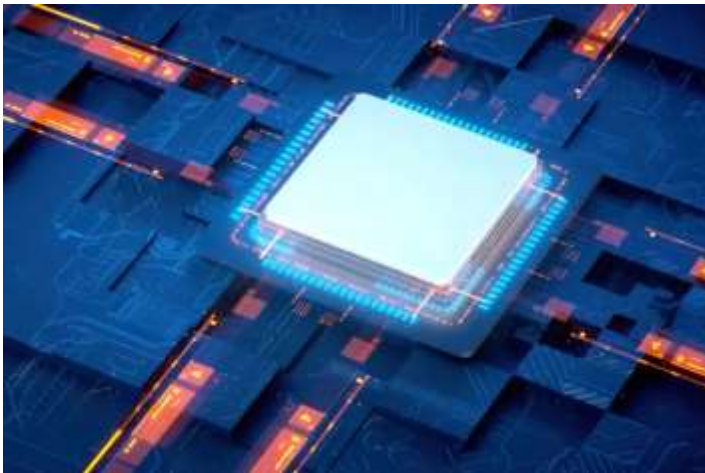
Ref: <https://www.creativereview.co.uk/just-do-it-slogan/>  
**Department Editor: Nidhi Satam**

## ***IT & TECHNOLOGY***

### ***WHAT IS THE HERTZBLEED COMPUTER CHIP HACK AND SHOULD YOU BE WORRIED?***

A new hack called Hertzbleed can read snippets of data from computer chips remotely and could leave cryptography algorithms vulnerable to attack

Hertzbleed, a newly identified attack that could be used to grab information from computer chips, has captured the attention of technology security researchers – and technology news websites. Here’s what you need to know about the story.



It is a new computer hack that takes advantage of a power-saving feature common to modern computer chips in order to steal sensitive data. It has been demonstrated in the lab and could be used by hackers in the wild.

Most chips use a technique called dynamic frequency scaling, or CPU throttling, to increase or reduce the speed with which they carry out instructions. Ramping the power of the CPU up and down to match demand makes them more efficient.

Ref.: <https://www.newscientist.com/article/2324748>

**Department Editor: Shaunak Parmar**

### ***MellowVans***

MellowVans are electric delivery vehicles that provide low cost, efficient, and emission-free utility services in cities. They are unique in a niche market segment, replacing both traditional motorcycle-based deliveries often used in the food delivery category and light van-based deliveries, used for e-commerce and parcels.



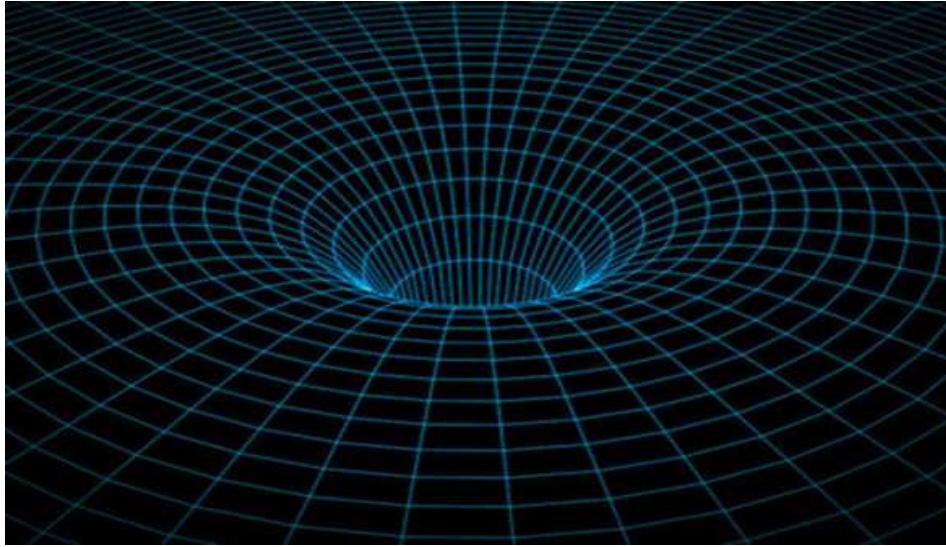
They are attractive and eye-catching, with class-leading range, acceleration, and safety features. Each vehicle runs at less than a dollar per day in operational costs, provides over 100 km of range, and features 2.4 cubic meters of space, which is more than enough for most urban deliveries. They have been developed with feedback from some of the world’s leading e-commerce and delivery companies. MellowVans are safe and feature full IoT functionality, combined with bespoke client-specific offerings like active cooling and security features.

Ref.: <https://empowering-people-network.siemens-stiftung.org/solutions/mellowvans/>

**Department Editor: Shaunak Parmar**

**SCIENCE & SPACE**

***ASTRONOMERS MAY HAVE DETECTED A 'DARK' FREE-FLOATING BLACK HOLE.***



Black holes, by their nature, are invisible unless part of a stellar binary or surrounded by an accretion disk. Most stellar-sized black holes aren't, but astronomers have been searching for them through gravitational microlensing events, where the black hole brightens and distorts light from stars toward the galactic center. A UC Berkeley-led team may have found the first free-floating black hole, though more data is needed to rule out a neutron star. As astronomers believe, the death of large stars leaves behind black holes, there should be hundreds of millions of them scattered throughout the Milky Way galaxy. The problem is that isolated black holes are invisible.

The team, led by graduate students Casey Lam and Jessica Lu, a UC Berkeley associate professor of astronomy, estimates that the mass of the invisible compact object is between 1.6 and 4.4 times that of the sun. Because astronomers think that the leftover remnant of a dead star must be heavier than 2.2 solar masses in order to collapse into a black hole, the UC Berkeley researchers caution that the object could be a neutron star instead of a black hole. Neutron stars are also dense, highly compact objects, but their gravity is balanced by internal neutron pressure, which prevents the further collapse of a black hole. Whether a black hole or a neutron star, the object is the first dark stellar remnant -- a stellar "ghost" -- discovered wandering through the galaxy unpaired with another star.

Ref.: [https://www.sciencedaily.com/news/space\\_time/](https://www.sciencedaily.com/news/space_time/)

**Department Editor: Latika Naik**

**NATURE**

***HOPE FOR THE FUTURE OF  
POLAR BEARS THREATENED BY  
CLIMATE CHANGE***

Scientific researchers have recently identified a sub-population of polar bears in south eastern Greenland that survive by hunting on glacial slush. The discovery of their unique behaviours is helping scientists understand the future of this species whose habitats are threatened by climate change.



Polar bears, *Ursus maritimus*, rely on glacial ice to hunt, travel, rest, and mate. With the increased loss of their habitat due to climate change, scientists have become more concerned with understanding how polar bears might adapt their behaviours when their habitat and hunting patterns are threatened. In south eastern Greenland, scientists have started to understand the adapting habits of these ‘sea bears’ by studying a newly discovered subgroup of polar bears that hunt and live differently. This group of a few hundred bears is the most genetically distinct population that has been scientifically documented. Researchers believe that this group of polar bears are so genetically distinctive because of the isolation they face within their habitat.

Ref.: <https://www.discovery.com/nature/polar-bears-surviving-without-glacial-ice>

**Department Editor: Waqar Wahid Parkar**

***SAVING HAWAII'S NATIVE  
SPECIES***

Not so very long ago, Hawaii was a remote island, populated solely by endemic flora and fauna—and its native inhabitants. As Hawaii has opened up to the world, its native species have come under increasing pressure to survive. Invasive plants—and animals such as the mongoose and ordinary house cat—pose a serious threat to endemic birds and plants.



But one organisation, the US-based Nature Conservancy (TNC) is working with the archipelago’s indigenous population to restore native forests, with the hope of securing the future of these precious and endangered species. On Hawaii’s Big Island, TNC scientist Chris Balzotti has been overseeing a painstaking restoration project in the Ka‘ū district. Made up of four parcels of thick forested land, the 61,500-acre-forest features cragged mountain ridgelines with narrow plateaus, broken by steep valleys. The project began in 2002, with the aim to protect biologically rich and intact forests in 3,548 acres of land within the 61,500 acres of Ka‘ū Forest Reserve – a mighty task for a team of just a few TNC employees, although the organisation does work with neighbouring landowners, state agencies and local communities to protect the landscape.

Ref.: <https://www.discovery.com/nature/saving-hawaii-native-species>

**Department Editor: Waqar Wahid Parkar**

**ACADEMICS**

***UNDERFUNDING OF RESEARCH  
IN WOMEN'S HEALTH ISSUES IS  
THE BIGGEST MISSED  
OPPORTUNITY IN HEALTH CARE***

For far too long, the medical sciences have treated men and women as interchangeable subjects, favoring men's health for funding and the male body for study. This approach creates a problem, not just for women but everyone. Not only are we missing a large and critical slice of the population, we are leaving an unknown amount of science unexplored.

What's more, by underfunding the study of women's health issues, we've left a tremendous amount of money on the table. In fact, in nearly three-quarters of cases where a disease primarily affects one gender, the so-called "men's diseases" are overfunded, while the "women's diseases" are dramatically underfunded.



Women, after all, make up more than half the U.S. population and about half the workforce. Women are more likely than men to be caregivers, and make 80 percent of all health care decisions. Yet the medical sciences continue to underfund studies focused on women, even among diseases that affect women most of all. This is, quite simply, inefficient science.

Ref.: <https://www.rand.org/blog/2022/02/underfunding-of-research-in-womens-health-issues-is.html>

**Department Editor: Nidhi Subramaniam**

***CAN SCHOOL BUSES IMPROVES  
ACCESS FOR STUDENTS WITHOUT  
DRIVING DOWN ACADEMIC  
OUTCOMES***



School buses are critical, though underappreciated, components of our school infrastructure. Nationally, over half of the nation's 49.5 million K-12 students use the school bus to get to school each day, at an average cost of about \$1,000 per pupil. While people may think of school buses simply as a way to transport students to and from school, this understates their role in U.S. schools and society. School buses facilitate reforms, such as desegregation and district consolidation, and enable students to access better-matched schools than their neighborhood zoned school. Yet there are also a broad range of concerns about school buses, including reliability, timing, and safety (i.e., no seat belts). One of the most common complaints is that bus rides are too long, with some news stories citing cases where students are on the bus for 4-5 hours each day. These long bus rides could equate to early morning pick-up times and less sleep, late afternoon drop-off times with less time for homework and other activities, or high absenteeism if students find.

Ref.: <https://www.brookings.edu/blog/brown-center-chalkboard/2022/06/22/can-school-buses-improve-access-for-students-without-driving-down-academic-outcomes/>

**Department Editor: Nidhi Subramaniam**

## ***MEDIA***

### ***SOCIAL MEDIA AFFECTING THE YOUTH***

Social media has grown so quickly over the last two decades that keeping track of all its impacts can be overwhelming. Social media use is costly for a start. While the sites themselves might be free, to be able to use them you have to invest in a device that is recent enough to support the applications, these aren't cheap. Yet, expenses that can range up to over US\$ 1000 for a single device are considered ordinary.



Social media sites are seen to be disruptive to our natural face-to-face, in person communication. In a survey for Elon Journal, they recorded that 74% of students use their phones when they are with their friends and family. But, the same study recorded that 92% of students believed “technology negatively impacted face-to-face communication”. Even while we recognise the flaws of social media and our devices, our addictions hold us in a pattern of use that continues to negatively impact our communication.

Beyond social and financial impact, there are the health concerns; like the impact screen time has on quality of sleep, visual fatigue from spending too long in front of a screen without adequate breaks, and the effect on overall eye health. But it has only been relatively recently that we have started to consider another aspect: mental health.

Ref.: <https://www.digitalmarketing.org>

**Department Editor: Namrata Singh**

### ***EARNING THOROUGH MEDIA***

How to Make Money on Social Media??

Expert advice on how to make money on social media. Why not take the opportunity to make a little extra cash? We know how important social media is for getting the word out about your business and connecting with your customers. But it's good for more than those connections. You can also make money on social media!

If you've never used social media for your business before, don't be deterred about learning a new skill. Even technology beginners can master and use social media platforms to maximize their small business income. Here are a few simple-to-implement, actionable tips for how your small business can make money on social media.

- 1 Earn Commissions through Sponsored Posts
- 2 Get Paid for Reviewing Affiliate Products
3. Sell Your Own Products or Services
4. Get Paid to Share Your Knowledge



Every little bit helps:

In general, social media isn't going to produce a huge amount of income. However, it's a low-cost and relatively low-effort way to build in some extra cash flow. And that's in addition to all of the less immediate benefits you get from connecting to your customer base, growing awareness of your brand, and building relationships with other brands in related industries. If you're on social media anyway, why not take the opportunity to make a little extra cash?

Ref.: <https://aofund.org/resource/make-money-social-media/>

**Department Editor: Namrata Singh**

ARTS

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



Visitors to the Museum of Art and Photography in Bangalore can pose questions to a "digital twin" of the late Bombay Progressive Group painter

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

The Museum of Art and Photography in Bangalore (MAP), south India's first major private art museum, has used artificial intelligence software to create a "conversational digital persona" of the Bombay Progressive painter. Technologies such as facial recognition, speech synthesis and language processing based on deep learning networks allow a three-dimensional hologram of Husain to respond to questions in real time. When asked by a visitor in a promotional video why his voice sounded strange, the hologram responded that he was "nearly 100 years old after all".

Ref.: <https://www.theartnewspaper.com/2021/04/30/indian-museum-brings-artist-m-f-husain-back-from-the-dead-using-ai>

Department Editor: Harshal Prajapati

**ARTIST DISCOVERS LOOTED  
STATUE IN CANADIAN MUSEUM  
AND RETURNS IT TO INDIA**



The 18th-century work was stolen by the museum's namesake from an active temple over 100 years ago

An artist's research has prompted the MacKenzie Art Gallery in Regina, Canada to return an 18th-century stone statue that was stolen by the museum's namesake from a shrine in India over 100 years ago.

The statue in question has been identified as depicting the deity Annapoorna, the Hindu goddess of food, holding a spoon and a bowl of kheer, a South Asian rice pudding. However, when the Canadian lawyer Norman MacKenzie looted the statue from an active temple during a 1913 trip to the ancient holy city of Varanasi, he mistook it as depicting the god Vishnu and labelled it accordingly.

Ref.: <https://www.theartnewspaper.com/2020/11/25/artist-discovers-looted-statue-in-canadian-museum-and-returns-it-to-india>

Department Editor: Harshal Prajapati

***HISTORY***

***EMERGENCY 1975: THE DARKEST  
PHASE OF INDEPENDENT INDIA***



Indira Gandhi had won the 1971 Lok Sabha election from Rae Bareilly Lok Sabha seat in Uttar Pradesh convincingly defeating socialist leader Raj Narain, who later challenged her election alleging electoral malpractices and violation of the Representation of the People Act, 1951. It was alleged that her election agent Yashpal Kapoor was a government servant and that she used government officials for personal election related work. While convicting Indira Gandhi of electoral malpractices, Justice Sinha disqualified her from Parliament and imposed a six-year ban on her holding any elected post. The June 12, 1975 verdict of the Allahabad High Court convicting then Prime Minister Indira Gandhi of electoral malpractices and debaring her from holding any elected post was one of the factors that led to the imposition of the Emergency. On June 25, 1975 Fakhruddin Ali Ahmed, the then president of India, announced a state of emergency across the country on the recommendation of the Indira Gandhi-led Congress government at the Centre. The Emergency remained in effect from June 25, 1975, to March 21, 1977, and is, to this date, one of the highly-debated chapters in academic and political circles when talking about modern Indian history.

Ref.: <https://youtu.be/nw-84LXi7Go>

**Department Editor: Maaz Sheikh**

***HISTORY OF NUCLEAR INDIA***

India emerged as a free and democratic country in 1947, and entered into the nuclear age in 1948 by establishing the Atomic Energy Commission (AEC), with Homi Bhabha as the chairman. Later on the Department of Atomic Energy (DAE) was created under the Office of the Prime Minister Jawahar Lal Nehru. Initially the AEC and DAE received international cooperation, and by 1963 India had two research reactors and four nuclear power reactors. In spite of the humiliating defeat in the border war by China in 1962 and China's nuclear testing in 1964, India continued to adhere to the peaceful uses of nuclear energy.



On May 18, 1974 India performed a 15 kt Peaceful Nuclear Explosion (PNE). The western powers considered it nuclear weapons proliferation and cut off all financial and technical help, even for the production of nuclear power. However, India used existing infrastructure to build nuclear power reactors and exploded both fission and fusion devices on May 11 and 13, 1998. The international community viewed the later activity as a serious road block for the Non-Proliferation Treaty and the Comprehensive Test Ban Treaty; both deemed essential to stop the spread of nuclear weapons. India considers these treaties favoring nuclear states and is prepared to sign if genuine nuclear disarmament is included as an integral part of these treaties.

Ref: <http://ui.adsabs.harvard.edu/abs/2000APS..APRP22002C/abstract>

**Department Editor: Maaz Sheikh**



***LIBRARY***

***HOW GRAPHIC NOVELS HELP  
BUILD CHILDREN'S LITERACY  
SKILLS***



**Reading motivation:**

Graphic novels are very popular, and especially appealing to readers who may not pick up a more traditional book on their own. They can be a “welcoming door” for reluctant or struggling readers (especially boys) who are drawn to the lively storylines and illustrations, and the smart but limited text. Quick, fun reads build confidence!

**Visual literacy:**

The pictures in graphic novels are expressive, simple, and rich all at the same time. The images provide big clues about character and plot and encourage readers to look closely. Some graphic novels (such as *Owly* and *The Adventures of Polo*) are wordless, so the pictures must carry the full story.

**Story structure:**

Most graphic novels for young readers have easy-to-follow plots. This can help children learn about how a story is stitched together. After sharing a graphic novel together, ask your child to tell you the basic plot of the story: “First this happened, then this ... and at the end ...”

Although individual words in a graphic novel can be sophisticated, the side-by-side illustrations and text provide strong clues to their meaning.

Ref: <https://www.readingrockets.org/article/graphic-novels-kids-classroom-ideas-booklists-and-more>

**Department Editor: Riddhi Tanavde**

***SCIENCE VS. SCIENCE FICTION***

Science fiction is a type of fiction where the stories revolve around science and technology of the future. As exciting as these books can be, it's good to remind your child that while science fiction may be based loosely on scientific truth, it is still fiction. Over time, young readers choose lots of different types of reading materials. Readers with an interest in fiction often stumble upon fantasy books, and a particular type of fantasy writing called science fiction. Science fiction is a type of fiction where the stories revolve around science and technology of the future.



As exciting as these books can be, it's useful to remind your child that while science fiction may be based loosely on scientific truth, it is still fiction. Because the content of the book may be unfamiliar, it's important to keep the conversation flowing when talking about what's happening in the story. "Could that really happen in today's world?" "Does what's happening seem real or make believe?"

- Commander Toad and the Big Black Hole
- Alistair and the Alien Invasion

Science books, in contrast, are an important way for young children to learn about the real wonders of the natural world outside of their neighbourhood. Science books for young children often integrate science, technology, engineering and mathematics.

- B Is for Blue Planet
- Bug Shots: The Good, the Bad, and the Bulgy

Ref: <https://www.readingrockets.org/article/science-vs-science-fiction>

**Department Editor: Riddhi Tanavde**

**FOOD & HEALTHCARE**

***FOOD IS MEDICINE: ACTIONS TO  
INTEGRATE FOOD AND  
NUTRITION INTO HEALTHCARE***

A global epidemic of diet related chronic disease has prompted experimentation using food as a formal part of patient care and treatment. One of every five deaths across the globe is attributable to suboptimal diet, more than any other risk factor including tobacco.<sup>1</sup> Individual interactions with the healthcare system are an important opportunity to offer evidence based food and nutrition interventions. An emerging but compelling body of research indicates that such interventions delivered in the healthcare system might be associated with improved health outcomes and reduced healthcare usage and costs.



These data point to the potential for food and nutrition interventions to play a prominent role in the prevention, management, treatment, and even in some cases reversal of disease.<sup>11</sup> when broadly deployed, interventions that are effective for individual patients have the potential to affect population health and shape broader food and health policy reform. Realisation of health benefits is, however, hampered by lack of investment in research, low levels of clinician nutrition knowledge and awareness of interventions, and narrow access to appropriate services and programmes.

We argue for increased integration of specific food and nutrition interventions in—or closely coordinated with—the healthcare system, an initiative often known as “food is medicine.” The traditional medical nutrition interventions such as those that focus on vitamin or other nutrient supplements or medical foods.

Ref.: <https://www.bmj.com/content/369/bmj.m2482>

**Department Editor: Mayuri Redkar**

***FOOD AND HEALTHCARE  
ACCESSIBILITY DURING COVID-19  
PANDEMIC***



The pervasive effects of the novel coronavirus (COVID-19) have put the world to test. Its effects permeate all facets of life including healthcare services and food supplies. However, most empirical studies failed to investigate its effects on the prices of food and healthcare services, which by all standards, are essential commodities. On this background, this study evaluates the impact of COVID-19 reported cases and lockdown stringency measures on the food and healthcare prices in the six (6) worst-affected countries. For empirical purposes, daily prices of food and healthcare services between 22nd January and 31st December 2020 were regressed against daily cases of COVID-19 and lockdown stringency measures within the dynamic autoregressive distributed lag procedure. Empirical evidences reveal that prices of healthcare and food are integrated with COVID-19 cases and lockdown measures in all the selected countries except Italy. Equally, healthcare and food prices reinforced itself in the long-run in the US, the UK and France. Meanwhile, healthcare and food prices in the other selected countries remained unaffected even as the pandemic.

Ref.: <https://www.sciencedirect.com/science/article/pii/S2405844021027596>

**Department Editor: Mayuri Redkar**

## CULTURE & CUISINE

### KONKAN: INDIA'S BEST KEPT GASTRONOMIC SECRETS! ...



“There is no sincerer love than the love for food” - George Bernard Shaw...

The Konkani belt, dotted with beautiful beaches and ancient forts, stretches from Thane in Maharashtra right up to Mangalore in Karnataka. With influences from Maharashtra, Goa and Karnataka, the region is known to offer some of the best mouth-watering delicacies in the country! Though Konkani food is popularly known for its non-vegetarian dishes, its lesser known vegetarian dishes are equally noteworthy and are gaining in fame and popularity. What's noteworthy is that vegetarian dishes [influenced by the Konkani Brahmin style of cooking] tend to be less spicy than the non-vegetarian ones. Konkani food is usually prepared in two different styles- Karwar and Malvani.

The Malvani style of Konkani cuisine also uses coconut liberally. However, the use of kokum, tamarind and raw mango is what differentiates it from the Karwar style of cooking.

Ref.: <https://www.onmanorama.com/food/features/2021/02/26/konkan-cuisine-best-kept-gastronomic-secrets.html>

Department Editor: Prajakta Nakashe

### CULTURE OF KONKAN

Holi, Ganapati, and Diwali are the most popular festivals celebrated in Konkani. Holi, also known as “shimga” in Konkani, is one of the most enjoyed festivals in the Konkani region. Family members who are settled in other states come back to Konkani to greet each other and celebrate the festival.



During this time everyone in Konkani renovates their houses. Everyone believes that in the Holi festival God visits their house and showers blessings on them. Holi is celebrated in between the months of March and May. The villagers ride the god and goddess in a Palkhi, which is held on the shoulders of people. People dance and sing traditional songs.

Gauri & Ganapati is another major popular festival in Konkani. Ganapati festival which is also known as Ganesh Chaturthi in Konkani and Maharashtra. This is the hugely celebrated festival in Konkani, people here decorate attractive stages and lights during this festival.

Ref.: <https://www.konkan.me/konkan-festivals/>

Department Editor: Prajakta Nakashe

## **TRAVEL & TOURISM**

### ***KERALA TOURISM INTRODUCES CARAVAN TOURISM PACKAGE FOR TOURISTS.***

Tourists visiting Kerala can now enjoy all comforts while travelling in a luxury caravan. As per news reports, the Kerala Tourism Development Corporation (KTDC) has announced the launch of Kerala's first Caravan Tourism package, under which tourists will be able to avail all comforts while travelling on a luxury caravan by paying INR 3999 plus tax per person per night. Plus, the ride fare has been fixed at INR 40 per kilometre, whereas the caravan will be able to accommodate up to two children and four adults.



Initially, safari circuit as per the package will cover Kumarakom - Vagamon - Thekkady route, which will start in the morning from lakeside in Kumarakom, then reach Vagamon in the afternoon, thereby travelling a distance of 80 - 100 km via the breathtaking settings of central Kerala. Reportedly, the package comes with a bonfire and free parking experience for tourists.

The next day, the caravan will take the travellers to the eco-tourism hub Thekkady, where they will get the chance to stay at one of the KTDC's beautiful properties. As regarding the packages, tourists can either opt to travel the entire route or opt for a single-day journey.

Ref: <https://timesofindia.indiatimes.com/travel/>

**Department Editor: Pranjali**

### ***ECO TOURISM PARK***

Eco Tourism Park is an ecological garden that spreads over 480 acres of land and is surrounded by 104 acres of waterbody. Commissioned by the West Bengal Housing Infrastructure Development Corporation Limited (WBHIDCO), the park was inaugurated on 9th December 2012 and opened to public on 1st January 2013. Officially known as the Prakriti Tirtha, the park is the latest entrant to the list of popular attractions of Kolkata.



This beautifully landscaped garden in the heart of Rajarhat features ecological zones, recreational areas as well as theme gardens and open spaces. While the lake is one of the highlights of the Eco Tourism Park, it also boasts of a variety of other attractions. These include an island named Sabuj Sathi on the lake, Rabi Aranya, rose & fountain garden, tropical rainforests, garden & flower meadow, boating and entertainment facilities, artist's cottage, food kiosks and others.

Primarily, the garden has been divided into five areas—active zone, theme area (north), theme area (south), lake zone and eco zones. Take a walk along the promenade, sit on the benches overlooking the lake or simply relax at the Eco Tourism Park. You can even indulge in a number of leisure activities, such as zorbing, boating and birdwatching. Hence, there is a lot that the park offers to keep you entertained during your visit.

Ref: <https://timesofindia.indiatimes.com/travel/>

**Department Editor: Pranjali**

**SPORTS**

***BOXERS SIMRANJIT, ANANTA OFF TO WINNING STARTS; MOVE TO QUARTERFINALS IN KAZAKHSTAN***

Indian boxers Simranjit Kaur (60kg) and Ananta Chopade (54kg) registered contrasting victories on the opening day to progress to the quarterfinals of Elorda Cup on Wednesday. The 2018 World Championships bronze medallists Simranjit lived up to the favourite's tag with a dominating start to her campaign by pulling off a comprehensive win against local boxer Ischanova Nazym by an unanimous decision in the women's 60kg bout.



Ananta, on the other hand, faced a stiff challenge from Mongolian pugilist Dorjnyambuu Ganbold. However, the Indian kept his cool during an intensely fought men's 54kg thriller and eventually managed to tilt the result in his favour by a narrow 3-2 verdict.

World Championship medallists Simranjit, Sonia Lather and Jamuna Boro are leading the Indian challenge in the women's section alongside 2021 Youth World champions Gitika and Alfiya Pathan.

Later in the day, Kirti, representing the second Indian women's team, will fight against Japan's Rinka Tanaka in the 60kg. The finals will be played on July 4.

The champion boxer will receive \$700 while the silver and bronze medal winners will take home \$400 and \$200 respectively.

Ref: <https://m.timesofindia.com/sports/boxing/>

**Department Editor: Adishthi Narvankar**

***INDIA VS ENGLAND: JASPRIT BUMRAH TO LEAD INDIA, ROHIT SHARMA RULED OUT OF FIFTH TEST AFTER TESTING COVID POSITIVE AGAIN***



Jasprit Bumrah is set to become first fast bowler in 35 years to lead Indian Test team in the rescheduled 'fifth Test' against England as regular captain Rohit Sharma has been ruled out of the game after testing positive for COVID-19 for the second time on Wednesday.

The last pacer-captain that India had was the great Kapil Dev, who was removed from captaincy in 1987. Since then India has never had a speed merchant leading the team in traditional cricket.

"Rohit is out of this Test match, starting July 1, as his RT-PCR test has come positive again. He is still in isolation. Jasprit Bumrah, who is one of the vice-captains in absence of KL Rahul, will lead the team," a senior BCCI official told PTI on conditions of anonymity.

Bumrah will be the 36th cricketer to lead India in the longest-format since the country first played in 1932. The Gujarat pacer, who has 123 wickets in 29 Tests, has grown into world's best fast bowlers.

The Chairman of selectors Chetan Sharma had already said that he is being groomed as a future leader.

Ref -<https://m.timesofindia.com/>

**Department Editor: Adishthi Narvankar**

***SOCIAL ISSUE***

***WHY NEW EDUCATION POLICY IS FLAWED***

The new education policy (NEP) following approval from Indian Union Cabinet was announced by Govt of India. This NEP 2020 will replace the 1986 policy when the TSR Subramanian Committee submitted its report to the Union Govt. In June 2017, the Govt of India constituted the K. Kasturiranjana Committee that submitted its draft NEP in 2019 based on the inputs in the Subramanian Committee.

The draft 2019 was open to public feedback where it received more than 2, 00,000 (two lac) suggestions from the academicians, CSO, activists and others who are working in the field of education in the country. The final NEP intends to bring sweeping changes to the existing education system in India through number of new measures. There is an emphasis on foundational literacy and numeracy in a mission mode through National Mission on Foundational Literacy and Numeracy to be attained by 2025. Another of the changes would be to rename the Ministry of Human Resource Development as Ministry of Education

Ref : <http://www.azadindia.org/social-issues/view-soc-news.php?id=13>

Department Editor: Sanika Rane

***IMPACT OF COVID ON WOMEN WORKFORCE***

In many countries, the economy is beginning to recover but not for women. ILO data shows that while men as a group have already regained all the jobs they lost since Covid19 struck, women are still losing theirs. 2 million more women will lose their jobs adding to the 9 million unemployed since 2019.

New research from the Eurasia Group found that redesigning government cash transfers program to more directly benefit women would lift up to 100 million out of poverty with ripple effects that last for generations. Providing access to childcare could mean an increase of up to \$ 3 trillion in global GDP. According to McKinsey, centring women in recovery efforts could grow global GDP by an estimated \$13 trillion or by 16% by 2030 because when women thrive, so do their families and communities. Gender equality is an economic necessity. The world's prospects for an enduring recovery from Covid19 depend on whether we seize this opportunity to end the marginalization of girls and women.

Ref: <http://www.azadindia.org/social-issues/view-soc-news.php?id=18>

Department Editor: Sanika Rane

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