



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



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

- “RICHARD BRANSON TO YOUNG ENTREPRENEURS: ‘JUST DO IT’”
- “THE PSYCHOLOGICAL PRICE OF ENTREPRENEURSHIP”

ADVERTISEMENTS

PAGE 2

- IRCTC, NPCI, BANK OF BARODA ARM LAUNCH CO-BRANDED CREDIT CARD FOR RAILWAY CUSTOMERS
- TATA TEA PREMIUM LAUNCHES SERIES OF HYPER LOCAL CAMPAIGNS

IT & TECHNOLOGY

PAGE 3

- HOW AI IS SHAPING THE CYBERSECURITY ARMS RACE
- WITH THE INCREASE IN REMOTE WORK, BUSINESSES NEED TO PROTECT THEMSELVES AGAINST CYBERATTACKS

SCIENCE & SPACE

PAGE 4

- WHAT ARE SOLAR FLARES?
- ALIENS COULD SEND QUANTUM MESSAGES TO EARTH, CALCULATIONS SUGGEST



TABLE OF CONTENTS

NATURE

PAGE 5

- **THE WORLD IS WAKING UP TO THE IMPORTANCE OF MANGROVES**
- **FOREST PROJECTS WILL HELP REBALANCE EARTH'S CLIMATE**

ACADEMICS

PAGE 6

- **UK EDUCATION LEADERS' COLLABORATE WITH INDIAN ACADEMICS**
- **BENGALURU: ACADEMICS, AUTHORS DEMAND SCRAPPING OF NEW TEXTBOOKS**

MEDIA

PAGE 7

- **SNAPCHAT OFFICIALLY LAUNCHES ITS NEW 'SNAPCHAT+' SUBSCRIPTION PROGRAM**
- **ELON MUSK HAS OFFICIALLY FILED A MOTION WITH THE SEC TO TERMINATE HIS \$44 BILLION**

ARTS

PAGE 8

- **REDISCOVERED PORTRAIT BY INDIA'S MOST FAMOUS FEMALE PAINTER AMRITA SHER-GIL EXPECTED TO SELL FOR \$2.8M**
- **DELHI POLICE SHUT DOWN PROTEST-INSPIRED WORK AT INDIA ART FAIRNESS**



TABLE OF CONTENTS



HISTORY

PAGE 9

- **WHAT HAPPENED TO LIFE ON EARTH 66 MILLION YEARS AGO?**
- **THE NARRATIVE OF JULY 1914**



LIBRARY

PAGE 10

- **STANDING UP TO BULLYING: CHILDREN'S BOOKS TO BUILD SOCIAL AND EMOTIONAL SKILLS**
- **THE 5 LAWS OF LIBRARY SCIENCE**



FOOD & HEALTHCARE

PAGE 11

- **HEALTHY FOOD CHOICES ARE HAPPY FOOD CHOICES**
- **A HEALTHY DIET IS ESSENTIAL FOR GOOD HEALTH AND NUTRITION.**



CULTURE & CUISINE

PAGE 12

- **CULTURE OF KERALA - RICH CULTURE & TRADITIONS**
- **CULTURE OF NORTH KOREA**

TABLE OF CONTENTS



TRAVEL & TOURISM

PAGE 13

- **MAHARASHTRA TOURISM: MAHABALESHWAR TO GET DEVELOPED FOR TOURISM**
- **ODISHA TOURISM LAUNCHES DESTINATION WEDDING PACKAGE TO PROMOTE TOURISM**



SPORTS

PAGE 14

- **200M RUNNER DHANALAKSHMI YET TO COMPLETE US VISA FORMALITIES FOR JULY 15-24 WORLD C'SHIPS**
- **BAJRANG PUNIA OBTAINS UK VISA, WILL TRAVEL TO US FOR TRAINING AHEAD OF CWG**



SOCIAL ISSUE

PAGE 15

- **BEYOND THE COLD WAR : REINVENTING SOCIALISM IN 5 COUNTRIES**
- **THE TULSA MASSACRE: IS RACIAL JUSTICE POSSIBLE 100 YEARS LATER?**



STUDENT'S SECTION

PAGE 16

- **ABHISHEK RAHA**
- **TYBMS NSS TEAM**

BUSINESS

“RICHARD BRANSON TO YOUNG ENTREPRENEURS: ‘JUST DO IT’”



In Oscar Raymundo’s [Inc. article](#), famous entrepreneur Richard Branson explains why young wannabe entrepreneurs need to get over the inherent risk factor of starting a business.

You can sit on a great business idea for years, weighing the pros and cons of starting it. But according to Branson, a point in time comes when you have to just do it. If you fail, you fail and hopefully, you learned something valuable for your next business venture along the way.

“His message was very clear: It takes guts but you have to just do it. Feel the fear, but do it anyway,” says Darko Jacimovic, who says Branson’s article gave him the confidence to start his business his [WhatToBecome.com](#). “Over the course of the years, I have realized that this advice helped me stop overthinking and pushed me to start working. Now that I reflect on my experience, I realize how such simple advice is incredibly important for young entrepreneurs.” If you’re an entrepreneur who’s been poised to launch a small business for quite some time now, this is one of the best business articles to help you make the plunge

Ref link: <https://www.fundera.com/blog/business-articles>

Department Editor: Naima Bhatt

“THE PSYCHOLOGICAL PRICE OF ENTREPRENEURSHIP”



Working a traditional 9 to 5 can have its stress, and the stress, worry, and fear that comes along with the make or break atmosphere of being an entrepreneur can be even more intense. Entrepreneur and investor Kumar Arora explains the psychological impact being an entrepreneur can have on a person from his first-hand experiences in his Forbes article “The Psychological Price Of Entrepreneurship.”

Starting and running your own business can be an isolating and physically and mentally exhausting process and it’s important to keep your mental wellbeing in mind. This advice from Arora is one of the best pieces to help you prepare for life as an entrepreneur.

Ref Link: - <https://www.fundera.com/blog/business-articles>

Department Editor: Naima Bhatt

ADVERTISEMENT

**IRCTC, NPCI, BANK OF BARODA
ARM LAUNCH CO-BRANDED
CREDIT CARD FOR RAILWAY
CUSTOMERS**

With over six crore users booking railway tickets on the IRCTC website on a daily basis, the Indian Railways' catering and ticketing arm along with NPCI and BOB Financial Solutions a co-branded credit card to tap the huge potential the market offers. The 'IRCTC BoB RuPay Contactless Credit Card' is specially curated to offer the maximum savings to frequent travellers on the Indian Railways, the officials said at the launch here. Customers can also use the credit card for other shopping purposes like groceries as well as fuel buy. Cardholders can also use this card to transact at international merchants and ATMs through the JCB network. The card will also offer four reward points (per Rs 100 spent) on grocery and departmental stores and two reward points on other categories. Cardholders will be entitled to four complimentary visits per year at partner railway lounges. Besides, the users can also redeem the accrued reward points on the IRCTC website and mobile app, after linking their Loyalty Number (printed on the co-branded credit card) with their IRCTC login ID.

At the launch of the card, NPCI Chief Operating Officer Praveena Rai said there are more than 6.6 crore users on IRCTC and many of them are frequent travellers. "And, there are more than 7-7.5 lakh ticket bookings on a daily basis on IRCTC. This is an opportune time to launch this card as we come back to normal travel after two years of low travel. We are really looking significantly towards moving on to RuPay credit cards now.

Ref link:

<https://www.google.com/amp/s/www.outlookindia.com/business/bank-of-baroda-indian-railways-irctc-irctc-npci-bank-of-baroda-arm-launch-co-branded-credit-card-for-railway-customers-news-183384/amp>

Nidhi Satam (Department Editor)

**TATA TEA PREMIUM LAUNCHES
SERIES OF HYPER LOCAL
CAMPAIGNS**



Tata Tea Premium has launched two fresh films in its series of hyper-local campaigns in continuation of its strategy of celebrating India's rich cultural diversity and invoking regional pride. The new hyper-local commercials are rooted in region-specific insights that reflect not just the true spirit of a region, but also the unique traits of its people. The brand has previously released its hyper local campaigns in markets like Uttar Pradesh, Delhi, Punjab, Haryana, and Odisha. In continuation of its national restage campaign, Tata Tea Premium, Desh ki Chai, has made a revamped entry with separate advertisements for Maharashtra and Mumbai. Through the Maharashtra commercial the brand pays homage to the Sarv Guni aspect (multi-faceted) of Marathi women. Maharashtrian women are known to be the keepers of tradition and customs. However, this isn't the only facet of her. The film showcases a traditional homemaker who is family-oriented, taking care of her kids, elders, and her home. But is also unconventional, modern, and welcomes new thinking as she plays all these multiple roles to perfection. She is, in a sense, Sarv Guni just like Tata Tea Premium, a multi-faceted tea with great taste, strength and body, specially blended for Maharashtra. The Mumbai film goes on to celebrate the 'Kadak' (strong) spirit of Mumbai whose residents are perceived to be thorough professionals and at times detached or indifferent but are known to be equally kind and humane, showcasing a true 'Mumbaikar Spirit'.

Ref: <https://www.adgully.com/tata-tea-premium-launches-series-of-hyper-local-campaigns-106300.html>

Nidhi Satam (Department Editor)

IT & TECHNOLOGY

**HOW AI IS SHAPING THE
CYBERSECURITY ARMS RACE**



The average business receives 10,000 alerts every day from the various software tools it uses to monitor for intruders, malware and other threats. Cybersecurity staff often find themselves inundated with data they need to sort through to manage their cyber defences.

The stakes are high. Cyberattacks are increasing and affect thousands of organizations and millions of people in the U.S. alone.

These challenges underscore the need for better ways to stem the tide of cyber-breaches. Artificial intelligence is particularly well suited to finding patterns in huge amounts of data. As a researcher who studies AI and cybersecurity, I find that AI is emerging as a much-needed tool in the cybersecurity toolkit.

Helping humans

There are two main ways AI is bolstering cybersecurity. First, AI can help automate many tasks that a human analyst would often handle manually. These include automatically detecting unknown workstations, servers, code repositories and other hardware and software on a network. It can also determine how best to allocate security defenses.

Ref Link:- <https://theconversation.com/how-ai-is-shaping-the-cybersecurity-arms-race-167017>

Shaunak Parmar (Department Editor)

**WITH THE INCREASE IN
REMOTE WORK, BUSINESSES
NEED TO PROTECT
THEMSELVES AGAINST
CYBERATTACKS**



The COVID-19 pandemic and subsequent lockdown have forever changed how we socialize and conduct business. More and more, our personal and professional lives will be online.

Paradoxically, our office towers sit empty. However, the amount of traffic in the virtual world continues to increase exponentially. Our physical borders are closed, but the virtual ones remain wide open, and relatively undefended. Cybercriminals — callous opportunists of the worst kind — take advantage of crises to engage in even more attempts to penetrate computer networks and extract data.

New work spaces

In the past, knowledge workers might have been centralized into one, or a few locations, with controlled access to information. Now they are dispersed across thousands of sites that the enterprise has no control over. Face-to-face communications are taking place on open, web-based platforms like Zoom, bbCollaborate, BlueJeans, GoToMeeting, Google Meet and many others, all vying for market share in an attempt to become the industry standard.

Ref Link:-<https://theconversation.com/with-the-increase-in-remote-work-businesses-need-to-protect-themselves-against-cyberattacks-138255>

Shaunak Parmar (Department Editor)

SCIENCE & SPACE

WHAT ARE SOLAR FLARES?



A solar flare is an intense burst of electromagnetic radiation generated in the sun's atmosphere — the layers of sparse but hot gas that lie above its visible surface, or photosphere. The vast amounts of energy released by a typical solar flare are mostly radiated away in the ultraviolet and X-ray part of the electromagnetic (EM) spectrum, at shorter wavelengths with higher energies than visible light. Solar flares can heat nearby material in the sun's atmosphere, launching giant blobs of plasma at Earth in what's known as a coronal mass ejection. Earth's atmosphere filters out most of these wavelengths, so satellites and specialized instruments onboard spacecraft are the main ways scientists detect high-energy radiation from flares. However, the visible light component of a flare can be viewed from Earth using specialized solar-observing telescopes that filter out all but a narrow band of wavelengths. On rare occasions, powerful flares can even be spotted as intense, star-like points of light standing out against the disk of the sun when it is viewed by safe projection through a telescope.

Flares form in areas where loops of magnetic field run through the solar atmosphere. Generated by the churning of plasma inside the sun, these loops push out through the surface.

Ref Link: - <https://www.livescience.com/solar-flares>

Latika Naik (Department Editor)

**ALIENS COULD SEND QUANTUM
MESSAGES TO EARTH,
CALCULATIONS SUGGEST**



An intelligent alien civilization could beam quantum messages to Earth. Particles of light, or photons, could be transmitted over vast, interstellar distances without losing their quantum nature. That means scientists searching for extra-terrestrial signals could also look for quantum messages.

Scientists are currently developing Earth-based quantum communication, a technology that uses quantum particles to send information and has the potential to be more secure than standard, or classical, communication. Intelligent extraterrestrials, if they're out there, may have also adopted quantum communication.

A major obstacle to quantum communication is decoherence, in which a quantum particle loses its quantumness as it interacts with its surroundings. "Quantum states - you generally think of them as very delicate, and if there's any kind of external interaction, you kind of destroy that state," Berera says.

Since the average density of matter in space is much less than on Earth, particles could be expected to travel farther before succumbing to decoherence.

Ref Link: - <https://www.sciencenews.org/article/alien-quantum-communication-extraterrestrial-communication-signal>

Latika Naik (Department Editor)

NATURE

**THE WORLD IS WAKING UP TO
THE IMPORTANCE OF
MANGROVES**



Mangroves are threatened by sea level rise, lack of sediment, and human activity. So why should we care? They're found around both tropical and subtropical shorelines, everywhere from Miami to Indonesia. And, they have a lot of benefits for both the planet and people. In 2010, several mangrove species were in danger of going extinct, primarily due to coastal development, logging and agriculture, and climate change. Following a study by the Global Marine Species Assessment Unit (GMSU), 11 mangrove species were placed on The International Union for Conservation of Nature Red List of Threatened Species. "The potential loss of these species is a symptom of widespread destruction and exploitation of mangrove forests," Beth Polidoro, Research Associate of the GMSA at Old Dominion University and principal author of the study, said at the time.

According to the American Museum of Natural History (AMNH), less than 50% of the world's mangrove forests remained intact at the end of the 20th century, and half of those were in poor condition. The museum called mangrove forests "among the most threatened habitats in the world," and called losses "rampant" across the globe..

Reference link - <https://www.discovery.com/nature/the-world-is-waking-up-to-the-importance-of-mangroves>

Department editor - Waqar Wahid Parkar

**FOREST PROJECTS WILL HELP
REBALANCE EARTH'S CLIMATE**



Forests might be the best tool humanity has to tackle climate change. Trees give cooling shade, absorb and store carbon dioxide (CO₂), recycle water, and provide habitat for other plants and animals. Huge international projects like the Trillion Trees initiative believe planting forests will ultimately help to rebalance Earth's climate.

Plants naturally absorb CO₂ and emit oxygen as part of photosynthesis, but trees can process a lot more because of the size of their trunks, green leafy canopy, and root structures. This filtering and storage capacity is part of the United Nations 'Great Green Wall' initiative to plant an 8,000 km (5,000 mile) long tree belt across the African continent.

Meanwhile, the Great Green Wall for Cities project would create urban green areas linked to wider forest restoration across both Africa and Asia. Once complete the wall will capture an estimated 0.5-5 billion metric tons of CO₂ every year. And, if well managed, its urban forests could also reduce air temperature, lower flood risk, and improve air quality by filtering out pollutants.

Reference link - <https://www.discovery.com/nature/forest-projects>

Department editor - Waqar Wahid Parkar

ACADEMICS

**UK EDUCATION LEADERS’
COLLABORATE WITH INDIAN
ACADEMICS TO
QUALITATIVELY BOOST
PROFESSIONAL COURSES**

British Council in India is hosting UK higher education sector leaders to work with Indian higher education sector stakeholders for achieving the vision of India’s NEP 2020 and beyond

A delegation comprising 22 UK Universities education leaders from top universities in the United Kingdom is in India so as to provide a qualitative boost to the courses in Arts, Music, Literature, Design, Fashion, Science and Architecture by facilitating partnerships between UK and Indian universities.

The main focus is to improve the access of these courses to a wide range of students in India by upgrading the existing infrastructure related to these fields which is a major challenge. As part of this educational delegation visit from the UK, discussions on offering dual degrees, joint courses and twinning degrees will also take place. Education leaders from the UK will meet senior university leaders from 10 Indian states in New Delhi, Bengaluru, Ahmedabad and Kolkata.

Several scholarships have been announced for English teachers from India so as to enable them to complete Masters in English from universities in the UK. Emphasis would be laid on teaching the language through the use of educational technologies.

REFERENCE LINK:-

<https://timesofindia.indiatimes.com/home/education/news/uk-education-leaders-collaborate-with-indian-academics-to-qualitatively-boost-professional-courses/articleshow/92125209.cms>

NIDHI SUBRAMANIAM (DEPARTMENT EDITOR)

**BENGALURU: ACADEMICS,
AUTHORS DEMAND SCRAPPING
OF NEW TEXTBOOKS**



Writers and academics under the aegis of the All India Save Education Committee (AISEC), Karnataka, convened a conference in Bengaluru Wednesday, to demand the scrapping of new textbooks. The conference was also attended by authors who recently revoked permission to use their works in textbooks. Speakers like Niranjana Aaradhya, GS Siddaramiah, Mudnakudu Chinnaswamy and A Murgieppa also pointed out ‘distorted content’ in the revised textbooks during the conference.

Aaradhya, an academic, claimed that the mandate for the Rohith Chakrathirtha-led committee was to submit a report on the ‘misleading’ facts in one of the chapters on religion in Class VIII social science textbook.

Writers and academics under the aegis of the All India Save Education Committee (AISEC), Karnataka, convened a conference in Bengaluru Wednesday, to demand the scrapping of new textbooks. The conference was also attended by authors who recently revoked permission to use their works in textbooks.

REFERENCE LINK:-

<https://indianexpress.com/article/cities/bangalore/bengaluru-academics-authors-demand-scrapping-of-new-textbooks-7959548/>

NIDHI SUBRAMANIAM (DEPARTMENT EDITOR)

MEDIA

**SNAPCHAT OFFICIALLY
LAUNCHES ITS NEW
'SNAPCHAT+' SUBSCRIPTION
PROGRAM**



Snapchat has officially launched its new Snapchat+ subscription service, which will enable users to pay a monthly fee in order to gain access to exclusive in-app features, including custom app icons, new profile badges, data insights, display tools and more

As explained by Snap:

“Today we’re launching Snapchat+, a collection of exclusive, experimental, and pre-release features available in Snapchat for \$3.99/month. This subscription will allow us to deliver new Snapchat features to some of the most passionate members of our community and allow us to provide prioritized support.”

And also, make more money, which is a key concern for Snap, which has been hit hard by recent economic shifts, particularly in Europe, leading to reduced ad spend in the app.

As we reported recently, based on initial leaks of the Snapchat+ offering, the new subscription program will include: Access to exclusive Snapchat icons A new profile badge to show that you’re a Snapchat+ user New data insights, including the capacity to see your friends’ location history (over the last 24 hours) and info on who’s rewatched your Story The capacity to pin a user in the app as ‘your #1 best friend’

Reflink: <https://www.socialmediatoday.com/news/snapchat-officially-launches-its-new-snapchat-subscription-program/626337/>

Namrata singh (Department editor)

**ELON MUSK HAS OFFICIALLY
FILED A MOTION WITH THE SEC
TO TERMINATE HIS \$44 BILLION
TAKEOVER OF TWITTER.**



It seemed inevitable, and now, Elon Musk has officially filed a motion with the SEC to terminate his \$44 billion takeover of Twitter, based on Twitter’s failure to provide accurate information on the number of fake accounts on its platform.

In a letter filed on behalf of Musk and his investment partners at Morgan Stanley, Musk is seeking to cancel the acquisition due to a ‘material breach of multiple provisions’ of the original merger agreement.

As per the filing:

’[Twitter] appears to have made false and misleading representations upon which Mr. Musk relied when entering into the Merger Agreement, and is likely to suffer a Company Material Adverse Effect (as that term is defined in the Merger Agreement).”

“While Section 6.4 of the Merger Agreement requires Twitter to provide Mr. Musk and his advisors all data and information that Mr. Musk requests “for any reasonable business purpose related to the consummation of the transaction,” Twitter has not complied with its contractual obligations.”

“Sometimes Twitter has ignored Mr. Musk’s requests, sometimes it has rejected them for reasons that appear to be unjustified, and sometimes it has claimed to comply while giving Mr. Musk incomplete or unusable information.”

Reflink: <https://www.socialmediatoday.com/news/elon-musk-officially-seeks-to-terminate-twitter-takeover-deal/626909/>

Namrata singh (Department editor)

ARTS

REDISCOVERED PORTRAIT BY INDIA'S MOST FAMOUS FEMALE PAINTER AMRITA SHER-GIL EXPECTED TO SELL FOR \$2.8M



1932 painting of artist's close friend has been out of the public eye for over 90 years but now comes up for auction at Christie's in New York. It was thought that the Hungarian-Indian painter Amrita Sher-Gil, widely considered one of India's preeminent Modernist artists, made just three paintings of her close friend Denyse Prouteaux. Two of these hang in the National Gallery of Modern Art (NGMA) in Delhi, another was lost during the Second World War.

But now a fourth has been rediscovered after more than 90 years out of the public eye and will be the star lot at Christie's South Asian Modern and contemporary art sale in New York on 17 March.

Sher-Gil met Prouteaux, an art writer and critic, when she was studying at the École des Beaux-Arts in Paris and their friendship was well documented in Prouteaux's correspondence to her husband Philippe Dyvorne. Using this epistolary evidence, Christie's has ascertained that the rediscovered work is most likely the "Russian style" painting that Prouteaux made reference to and that it was executed around 1932, when Sher-Gil was barely 19-years-old.

Reference Link:

<https://www.theartnewspaper.com/2021/03/02/rediscovered-portrait-by-indias-most-famous-female-painter-amrita-sher-gil-expected-to-sell-for-dollar28m>

Harshal Prajapati(Department Editor)

DELHI POLICE SHUT DOWN PROTEST-INSPIRED WORK AT INDIA ART FAIRNESS



The work, which was painted live at the event, featured Urdu calligraphy and images of women in hijabs. A "live community artwork" referencing India's anti-government protests was shut down by police at the India Art Fair (IAF) in New Delhi yesterday evening. The Wall: Community Art Building Mural (2020), which was painted by a group of invited artists live at the booth of the Italian Embassy Cultural Centre at the fair, was inspired by the protestors of Shaheen Bagh, a New Delhi neighbourhood around 4km from the event that is the site of an ongoing women-led demonstration against the 2019 Citizenship Amendment Act (CAA). The Citizenship Amendment Act, pushed through parliament by the BJP Party in December, offers Indian citizenship to migrants from neighbouring countries but not if they are Muslim. Critics say the law is part of a wider strategy to marginalise India's 200 million Muslims and establish a Hindu theocracy in the country. The new law has sparked widespread and ongoing protests.

Reference Link:

<https://www.theartnewspaper.com/2020/02/03/delhi-police-shut-down-protest-inspired-work-at-india-art-fair>

Harshal Prajapati(Department Editor)

HISTORY

WHAT HAPPENED TO LIFE ON EARTH 66 MILLION YEARS AGO?



Millions of years ago, dinosaurs ruled the Earth. From the chicken-sized *Compsognathus* to the towering *Apatosaurus*, these prehistoric reptiles roamed all around the globe during the Mesozoic Era. So then, what killed the dinosaurs in such a sudden fashion? Whatever it was, it also destroyed 75 percent of all plants and animals on the planet, according to London's Natural History Museum

Ever since the first dinosaur fossil was identified in the early 19th century, scientists have put forth theories as to what could have killed some of the largest creatures to ever walk the Earth. They discussed everything from starvation to evolutionary disadvantages, but none of their hypotheses ever fully answered the question.

Then, a giant crater was discovered in Mexico.

Today, most scientists agree that an asteroid strike sparked the mass extinction event that wiped out the dinosaurs. However, it's likely that more than one factor attributed to the beasts' demise. What is certain is that 66 million years ago, something big happened — and it was not favorable to life on Earth.

Reference link- <https://www.theartnewspaper.com/>

Maaz Shaikh(Department editor)

THE NARRATIVE OF JULY 1914

Following the assassination of the Archduke and his wife in Sarajevo, Austria-Hungary's policymakers quickly grasped the significance of the event and the golden opportunity which it posed for Vienna to rid itself of the Serbian threat once and for all. Not only would the Dual Monarchy appear justified in punishing Belgrade for its supposed sponsoring of the assassins, a claim which remains hazy in the historiography, but a firm response to the murders would demonstrate Austro-Hungarian resolve at a time when the Monarchy believed it would soon become the next 'sick man of Europe'. However, although the Common Ministerial Council and military high command were in favour of a swift confrontation, two key issues emerged which prevented any immediate steps against Serbia. The first was domestic: Hungarian prime minister Tisza was a key opposition figure to an aggressive policy vis-à-vis Belgrade, as he feared that an immediate military confrontation would lead to the annexation of Serbia; with the subsequent influx of Slav subjects exacerbating nationalist issues within the empire. The second reason for the Austro-Hungarian delay was foreign: Vienna had to secure the support of its Dual Alliance partner – Germany – in adopting an aggressive policy over the matter. To this end, chef de cabinet Count Hoyos was dispatched to Berlin on the night of 4 July, and the so-called "Hoyos mission" resulted in the infamous 'blank cheque' from the Kaiser and his ministers on 6 July. This was a critical development in the conflict's escalation: by granting the blank cheque to Austria-Hungary, Germany would now be expected to stand by its ally on the Danube if Russian intervention became a possibility – a risk that the decision-makers in Berlin seemed to be fully aware of at the time.

Reference Link- <https://www.theartnewspaper.com/>

Maaz Shaikh(Department editor)

LIBRARY

STANDING UP TO BULLYING: CHILDREN'S BOOKS TO BUILD SOCIAL AND EMOTIONAL SKILLS



Children tease and can sometimes play roughly, and caring adults can guide children towards kindness. But bullying is different. It is deliberate, done with the intention of hurting someone. It is repeated — a child who bullies often targets the same child again and again. And it involves a power imbalance, where the child who bullies usually chooses a classmate thought to be vulnerable in some way.

Bullying can express itself in these ways:

Physical: using physical actions to hurt, including hitting, pushing, kicking, and beating up

Verbal: using words to hurt, including yelling, name-calling, taunting, insulting, and threatening to harm

Social: using friendships to hurt, including excluding, spreading rumors, and turning friends against each other.

Cyberbullying: using cell phones, social media, and online gaming to send and widely share hurtful messages or images.

Bullying is a growing problem, affecting our schools and our communities. Increasingly (especially for older children), it is happening online, expanding the number of kids who get bullied and bully others. The internet can provide a shield for bullies to hide behind, but it certainly does not protect the targets of bullying.

Reference link:

<https://www.readingrockets.org/article/standing-bullying-children-s-books-build-social-and-emotional-skills>

Riddhi Tanavde (Department Editor)

THE 5 LAWS OF LIBRARY SCIENCE



The 5 Laws of Library Science is a theory proposed by S. R. Ranganathan in 1931, detailing the principles of operating a library system. Five laws of library science are called the set of norms, percepts, and guides to good practice in librarianship. Many librarians worldwide accept them as the foundations of their philosophy. Dr. S.R. Ranganathan conceived the Five Laws of Library Science in 1924. The statements embodying these laws were formulated in 1928. These laws were first published in Ranganathan's classic book entitled Five Laws of Library Science in 1931.

These laws are:

1. Books Are For Use
2. Every Reader His/Her Book
3. Every Book Its Reader
4. Save The Time Of The Reader
5. The Library Is A Growing Organism

These laws of Library Science are the "fundamental laws" of Library Science. These are applicable to any problem in the areas of library science, library service, and library practice. These laws are like pot containing oceans. Prior to their enunciation, the subject of Library Science had no philosophy. These laws gave a philosophical base, guaranteeing an everlasting future to the subject of library science, the profession of librarianship, and the use of libraries. These laws have provided a scientific approach to the subject of library science.

Reference Link:

<https://www.librarianshipstudies.com/2017/09/five-laws-of-library-science.htm>

Riddhi Tanavde (Department Editor)

FOOD & HEALTHCARE

**HEALTHY FOOD CHOICES ARE
HAPPY FOOD CHOICES:
EVIDENCE FROM A REAL LIFE
SAMPLE USING SMARTPHONE
BASED ASSESSMENTS**

Research suggests that “healthy” food choices such as eating fruits and vegetables have not only physical but also mental health benefits and might be a long-term investment in future well-being. This view contrasts with the belief that high-caloric foods taste better, make us happy, and alleviate a negative mood. To provide a more comprehensive assessment of food choice and well-being, we investigated in-the-moment eating happiness by assessing complete, real life dietary behaviour across eight days using smartphone-based ecological momentary assessment. Three main findings emerged: First, of 14 different main food categories, vegetables consumption contributed the largest share to eating happiness measured across eight days. Second, sweets on average provided comparable induced eating happiness to “healthy” food choices such as fruits or vegetables. Third, dinner elicited comparable eating happiness to snacking. These findings are discussed within the “food as health” and “food as well-being” perspectives on eating behaviour.

Supporting this perspective of “food as well-being”, recent research suggests that “healthy” food choices, such as eating more fruits and vegetables, have not only physical but also mental health benefits^{6,7} and might be a long-term investment in future well-being⁸. For example, in a nationally representative panel survey of over 12,000 adults from Australia, Mujcic and Oswald⁸ showed that fruit and vegetable consumption predicted increases in happiness, life satisfaction, and well-being over two years. Similarly, using lagged analyses, White and colleagues⁹ showed that fruit and vegetable consumption predicted improvements in positive affect on the subsequent day but not vice versa. Also, cross-sectional evidence reported by Blanchflower et al.

Reference link:

<https://www.nature.com/articles/s41598-017-17262-9>

**A HEALTHY DIET IS ESSENTIAL
FOR GOOD HEALTH AND
NUTRITION.**

It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet.

A healthy diet comprises a combination of different foods. These include:

Staples like cereals (wheat, barley, rye, maize or rice) or starchy tubers or roots (potato, yam, taro or cassava).

Legumes (lentils and beans).

Fruit and vegetables.

Foods from animal sources (meat, fish, eggs and milk).

Here is some useful information, based WHO recommendations, to follow a healthy diet, and the benefits of doing so.

Breastfeed babies and young children:

A healthy diet starts early in life - breastfeeding fosters healthy growth, and may have longer-term health benefits, like reducing the risk of becoming overweight or obese and developing noncommunicable diseases later in life.

Feeding babies exclusively with breast milk from birth to 6 months of life is important for a healthy diet. It is also important to introduce a variety of safe and nutritious complementary foods at 6 months of age, while continuing to breastfeed until your child is two years old and beyond.

Eat plenty of vegetables and fruit:

They are important sources of vitamins, minerals, dietary fibre, plant protein and antioxidants.

People with diets rich in vegetables and fruit have a significantly lower risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

Reference link:

<https://www.who.int/initiatives/behealthy/healthy-diet>

CULTURE & CUISINE

**CULTURE OF KERALA - RICH
CULTURE & TRADITIONS**



When we hear someone say 'Kerala', so many beautiful sights cross our mind. Famed as God's Own Country, Kerala is indeed an ideal vacation spot and has also been called as one of the paradises of the world. Kerala is well known for its scenic locations, the Kerala architecture which is used to design its majestic temples, festivals like Onam, its variety of food and also its vast and rich Malayalam literature.

Here are some of the elements of Kerala Culture:

- Food of Kerala
- Clothing and Traditional Dresses of Kerala
- Architecture of Kerala
- Folk Dance and Music
- Literature of Kerala
- Art and Craft in Kerala
- Festivals of Kerala
- Religion in Kerala
- Occupation of Kerala
- Rituals of Kerala
- Importance of Elephants
- Modern society
- Tourism in Kerala

Reference Link:

<https://www.holidify.com/pages/kerala-culture-137.html>

Prajakta Nakashe (Department Editor)

CULTURE OF NORTH KOREA



The Democratic People's Republic of Korea, usually known as North Korea, is a state that occupies the northern half of the Korean peninsula. North Korea is a new state, founded in 1948 as a result of the postcolonial settlement handed down by the United States and the Soviet Union (USSR). The United States and the USSR replaced the Japanese in 1945 and divided the peninsula into the American south and the Soviet north. For much of its short history, North Korea was regarded as a Soviet satellite state. With the fall of the Soviet Union in 1991, however, North Korea's unique socialism has stood out in the post-Cold War world.

Little is known about North Korea in the United States, or in the world for that matter; except for the rare but striking news story about its international terrorism, the nuclear arms threat, and the devastating famine of recent years, nothing substantial is known about North Korea. This is due to the nation's strict closed-country policy: not many outsiders have visited there and not many North Koreans have traveled to the outside world.

Reference Link: <https://www.everyculture.com/Ja-Ma/North-Korea.html#ixzz7YHJoOaMI>

Prajakta Nakashe (Department Editor)

TRAVEL & TOURISM

MAHARASHTRA TOURISM: MAHABALESHWAR TO GET DEVELOPED FOR TOURISM

Maharashtra Chief Minister Uddhav Thackeray has directed the state tourism department to develop Mahabaleshwar into a key tourist destination. The hill station in the lap of Western Ghats is a mesmerising travel destination, and deserves a lot more attention from tourists.

The Chief Minister has also asked the tourism department to develop the Venna Lake, and to increase the height of the Venna dam. The water storage capacity of the Venna dam, which supplies water to Mahabaleshwar, is also to be increased.

It has also been suggested by the Chief Minister that Mahabaleshwar be developed into an adventure, nature, religious, heritage, and agricultural tourism spot. The scope of tourism here needs to be expanded, and the department of tourism has been asked to complete this work on priority.

Amidst thick forests, and a misty air, you find Mahabaleshwar in all its glory. There are some interesting places of interest for tourists, such as the aforementioned Venna Lake, then there is Kate's Point, Wilson's Point, and Elephant's Point. Even though it is quite a popular destination among visitors, its potential has not been expanded as of yet. Mahabaleshwar used to be the summer capital of the Bombay Presidency during the British rule.

Reference link-
<https://timesofindia.indiatimes.com/travel/travel-news/maharashtra-tourism-mahabaleshwar-to-get-developed-for-tourism/articleshow/80396339.cms>

Pranjali Nasnodkar (Department editor)

ODISHA TOURISM LAUNCHES DESTINATION WEDDING PACKAGE TO PROMOTE TOURISM

Odisha Tourism Development Corporation (OTDC) recently made a move to promote tourism in the region, launching the innovative Destination Wedding Package. As per the latest news developments, the said package will be available at six Panthanivas (a chain of hotels) of Rambha, Gopalpur, Chandipur, Puri, Konark, and Barkul. Development work on these places would be started during the first phase.

Referring to this development, OTDC Chairperson Shreemayee Mishra stated that apart from the wedding package, the newly-wed pair would also get a complimentary honeymoon as well as packages for their first two marriage anniversaries. Elaborating further on the same, she said that since people are interested in destination weddings, it is expected that this new initiative is likely to become a trendsetter.

The OTDC Chairperson also mentioned that as per the wedding package, one will have to shell out INR 2.17 lakh, which will cover the cost for two days and would include 25 rooms, the main wedding meal, three principal meals for 50 persons, basket snacks, cocktail snacks, mineral water in the rooms, and the wedding drum. However, the price of the said package might go up if people want more facilities.

Reference link-
<https://timesofindia.indiatimes.com/travel/destinations/odisha-tourism-launches-destination-wedding-package-to-promote-tourism/articleshow/73120853.cms>

Pranjali Nasnodkar (Department editor)

SPORTS

**200M RUNNER DHANALAKSHMI
YET TO COMPLETE US VISA
FORMALITIES FOR JULY 15-24
WORLD C'SHIPS**

Ace Indian 200m runner Dhanalakshmi Sekar is yet to complete her US visa formalities, which was the reason why her name was not there in the list of Indian participants released by the international track and field governing body for the upcoming World Athletics Championships in Eugene, USA.

Dhanalakshmi was on June 30 named in the 22-member Indian team for the July 15-24 World Championships in Eugene, USA. But now, it could be difficult for her to take part in the showpiece as she is yet to complete visa formalities.

"My visa is yet to be done. My first visa appointment got cancelled, so I am trying to get it done," she told PTI from Thiruvananthapuram where she is currently training.

The Tamil Nadu athlete could not breach the automatic qualification standard of 22.80s but made the cut for the World Championships through world rankings.

On June 26, she had run her personal best time of 22.89s to win 200m gold at the Qosanov Memorial Athletics Meet in Almaty, Kazakhstan and become only the third Indian woman to run sub-23s after national record holder Saraswati Saha (22.82s) and Hima Das (22.88s). Dhanalakshmi had won a 200m gold at the national Inter-Sate Championships in Chennai in mid-June with a time of 23.27s.

Reference link-
https://m.timesofindia.com/sports/more-sports/athletics/200m-runner-dhanalakshmi-yet-to-complete-us-visa-formalities-for-july-15-24-world-cships/amp_articleshow/92770136.cms

Adishthi narvankar (Department editor)

**BAJRANG PUNIA OBTAINS UK
VISA, WILL TRAVEL TO US FOR
TRAINING AHEAD OF CWG**

Star Indian wrestler Bajrang Punia has received his UK visa for the upcoming Commonwealth Games. The 28-year-old will now leave for a training stint in the United States ahead of travelling to the Birmingham CWG, the Sports Authority of India (SAI) informed on Saturday. Since, he will go for the CWG directly from his training base in the United States, it would have been difficult for Bajrang to complete the UK visa formalities later. Now that he has obtained the same, Bajrang can train in the US without any anxiety on the matter.

The Tokyo Olympics bronze medalist was supposed to travel to the Michigan University in the US last month for training ahead of the Birmingham CWG but was forced to stay back in India due to a delay in getting his UK visa.

"The Sports Ministry, through the Ministry of External Affairs (MEA), got in touch with the British High Commission to seek the UK Visa for Bajrang, which has now been obtained," a SAI media release said.

On several occasions, the MEA has helped the Sports Ministry in obtaining visa of athletes travelling abroad for competitions and training ahead of the CWG. Bajrang, who won gold in the 2018 Commonwealth Games, and fellow wrestler Deepak Punia will leave for US this weekend from India. They will train at the Michigan University until July 30, following which both will leave for Birmingham.

The Sports Ministry's Target Olympic Podium Scheme (TOPS) has facilitated the exposure trip.

Reference link-
<https://indianexpress.com/article/sports/sport-others/bajrang-punia-obtains-uk-visa-will-travel-to-us-for-training-ahead-of-cwg-bajrang-punia-birmingham-commonwealth-games-sports-authority-of-india-8019260/lite/>

Adishthi narvankar (Department editor)

SOCIAL ISSUE

**BEYOND THE COLD WAR:
REINVENTING SOCIALISM IN 5
COUNTRIES**



Although many view socialism through the rigid lens of Soviet orthodoxy, it has always been a work in progress and an evolving and adaptable ideology on a global scale, says Harvard Business School Associate Professor Jeremy Friedman.

In his new book, *Ripe for Revolution: Building Socialism in the Third World*, Friedman traces the history of socialism over a 40-year period in five countries: Indonesia, Chile, Tanzania, Angola, and Iran. These states didn't strictly follow the path of the Soviet bloc, but instead created new socialist models through their own trial and error, and in doing so, demonstrated that socialism can be pragmatic and variable, Friedman writes.

"To understand how socialism changes and where it is today, and to grasp its evolution and potential horizons, we must do more than read manifestos," Friedman says. "We must attend to history." During the Cold War, the nature of this international process of constructing socialism was obscured to a degree by the bipolar structure of geopolitics. As the quest for allies and political support became a zero-sum game in Moscow and Washington, DC, it became easier to view states as falling on one side or the other of the Cold War divide based on alliances, United Nations votes, or foreign policy positions.

Reference Link - <https://hbswk.hbs.edu/item/beyond-the-cold-war-reinventing-socialism-in-five-countries>

Sanika Rane (Department editor)

**THE TULSA MASSACRE: IS
RACIAL JUSTICE POSSIBLE 100
YEARS LATER?**



Early on the morning of June 1, 1921, more than 5,000 white residents of Tulsa, Oklahoma, invaded the African-American neighbourhood of Greenwood. They came armed with guns, sticks, and other weapons—some supplied by the city's police department—and set fire to homes and businesses in a 35-block area. When residents tried to flee burning buildings, they were shot and killed in the street.

THE TULSA MASSACRE: IS RACIAL JUSTICE POSSIBLE 100 YEARS LATER?

An estimated 300 people died, 1,000 families lost their homes, and \$1.8 million in property was destroyed, equal to \$26.1 million today.

The Tulsa Massacre remains one of the most shameful episodes in American history, yet descendants of residents harmed by the attack note that government officials have never made reparations for those killed or for homes and businesses that were destroyed.

The killing of George Floyd by a police officer last summer and the subsequent Black Lives Matter protests forced many people to acknowledge the systemic racism that pervades American society.

Reference link – <https://hbswk.hbs.edu/item/the-tulsa-massacre-is-racial-justice-possible-100-years-later>

Sanika Rane (Department editor)

STUDENT'S SECTION

BADMINTON



**MR. ABHISHEK RAHA
TYBMS
BMS DEPARTMENT**



**WON THE GOLD MEDAL IN NATIONAL
LEVEL BADMINTON TOURNAMENT.**

NSS TEAM



**BEACH CLEANING ACTIVITY
TYBMS
BMS DEPARTMENT**

Chief Editor

Ms. Shruti Soparkar

Creative Designer

Ms. Lysandra Monterio

Designers

Ms. Divya Ghadigaokar

Ms. Yukta Narkar

Mr. Maaz Shaikh

Picture Editor

Ms. Sujal Logavi

Copy Editor

Ms. Samiksha Jalui

Proof Reader

Mr. Anish Matkar

Production Manager

Ms. Jennifer Karkada

Department Editor

Ms. Naima Bhatt

Ms. Nidhi Satam

Mr. Shaunak Parmar

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

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