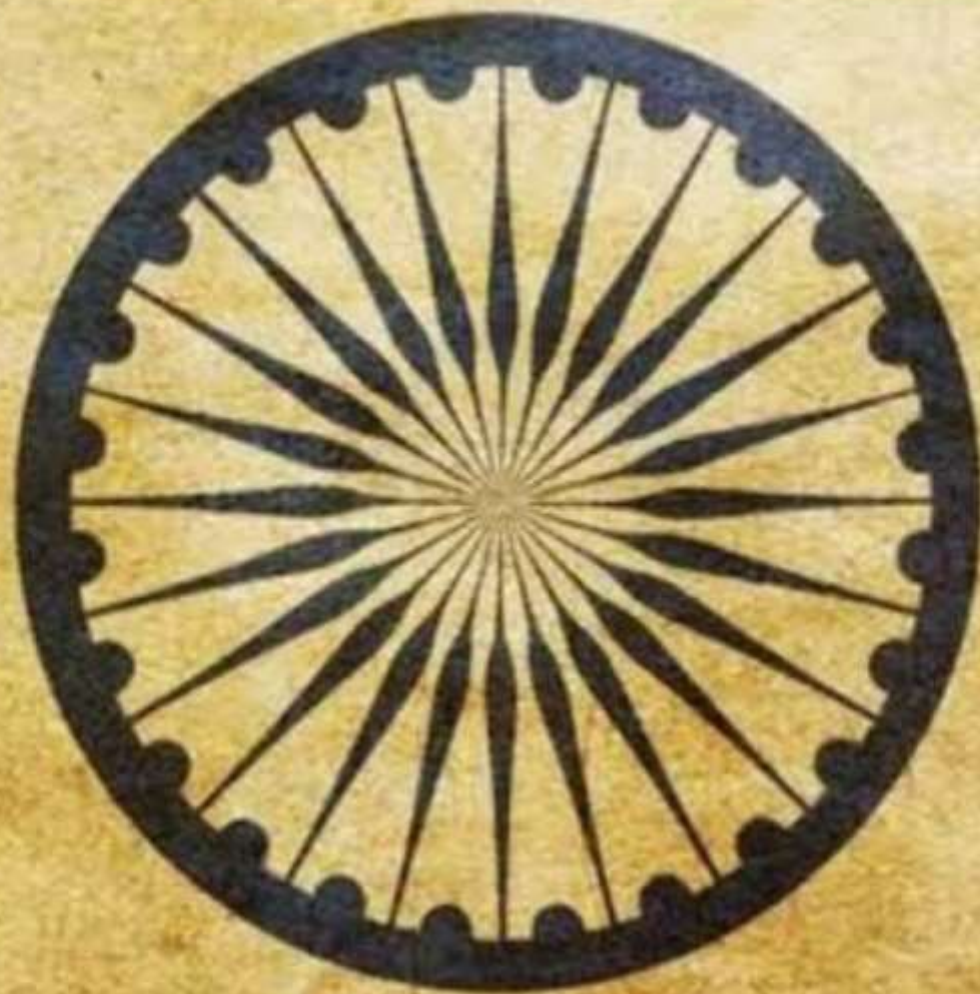




Chikitsak Samuha's
Sir Sitaram and Lady Shantabai Patkar College of Arts & Science, and
V. P. Varde College of Commerce & Economics.
(An Autonomous college affiliated to University of Mumbai)

'REACCREDITED WITH 'A++ GRADE' BY NAAC (3RD CYCLE), WITH AN INSTITUTIONAL SCORE OF 3.53, ISO 9001-2015, BEST COLLEGE 2016-17, DBT STAR COLLEGE SCHEME AND RUSA 2.0 AWARDEE.



INITIATED BY B.M.S DEPARTMENT

Email 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.

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DATE: 14TH AUGUST, 2022

**WEEKEND
CHRONICLE**

INDEPENDENCE DAY



India will be celebrating 75 years glorious years of its independence from British rule on August 15. India received freedom from the oppressive rule of the British Empire in 1947. For the first time, Prime Minister Pandit Jawaharlal Nehru hoisted the National Flag of Independent India above the Lahori Gate of Red Fort in Delhi and said, "At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom." The day marks the sacrifices of our brave leaders and freedom fighters who gave away their everything for the sake of their countrymen. As always, Red Fort will bear witness to the iconic celebrations of 75 years of Independence. As we commemorate the occasion, let us take a look at the history and significance of this date.

The Indian Independence Bill was introduced in the British House of Commons on July 4, 1947, and passed within 15 days. On August 15, 1947, the British rule over India ended and marked history. Prime Minister Jawaharlal Nehru unfurled the tricolour from the Red Fort in Delhi for the first time. Thereafter, every year on Independence Day, the national flag is hoisted at the Red Fort by the incumbent Prime Minister followed by an address to the nation.

It was not easy for the Britishers to give up power and accept the defeat, so they camouflaged it in the name of stopping the bloodshed. Mountbatten claimed that by advancing the date, he was ensuring that there will be no bloodshed or riot. Although he was proven wrong later. He tried to justify himself saying, "Wherever colonial rule has ended, there has been bloodshed. That is the price you pay."

The Indian Independence Bill was introduced in the British House of Commons on July 4, 1947, and passed within 15 days. On August 15, 1947, the British rule over India ended and marked history.

BUSINESS

***ADANI GROUP TO INVEST \$5.2
BILLION IN ODISHA TO SET
UP ALUMINA REFINERY***



Adani Enterprises Ltd. plans to invest \$5.2 billion in setting up an alumina refinery in the eastern Indian state of Odisha, as Gautam Adani, Asia's richest man, adds one more business to his rapidly-expanding empire.

The flagship company of the Adani Group got the approval to build the refinery and a captive power plant in Rayagada for an investment of 416.53 billion rupees (\$5.2 billion), according to a Twitter post on Wednesday by the office of the state's Chief Minister, Naveen Patnaik. Adani had scaled up his nascent cement business overnight by acquiring Holcim Ltd.'s India units for \$10.5 billion in May, less than a year after setting up a cement subsidiary. He is now steadily building up his group's metals portfolio after announcing plans for steel and copper plants earlier in the year.

In June, Adani Enterprises raised 60.7 billion rupees in a syndicated club loan for a 500,000 tons new copper refinery complex in Gujarat. The company also announced a tie up with South Korean steel major Posco in January to explore business opportunities in India, including the setting up of a green steel mill.

Link: https://www.business-standard.com/article/companies/adani-group-to-invest-5-2-billion-in-odisha-to-set-up-alumina-refinery-122081100404_1.html

***3 WAYS TO INVEST IN
FOREIGN STOCKS FROM
INDIA***

There are many ways to invest in foreign stocks from India. And, it is absolutely legal to invest in international stocks including buying US stocks from India. Buying or investing in Nasdaq stocks, a popular index in the US stock market is catching up with Indian investors.



Here are 3 ways to invest in the US stock market:

International brokerages

Sitting here in India, you can buy US stocks in a similar manner by which you buy stocks listed on Nifty 50, Sensex or any other index. However, before you do so, you need to undergo some formalities of opening an international brokerage account, complete the RBI's LRS requirements etc.

International mutual funds

International mutual fund schemes are available that provides an access to go global and invest abroad. While some of these mutual fund schemes track Asia-pacific countries or Latin American indexes, most of the schemes track the US market.

India INX Global Access

The India International Exchange (IFSC) Limited (India INX), BSE's international arm, also provides access to international stock. You can trade in global stocks including shares of major US-listed companies via its wholly owned subsidiary India INX Global Access.

Ref link: www.financialexpress.com

ADVERTISEMENT

GOOGLE AD CUSTOMIZERS: THE HOW & WHY

Automation makes an advertiser's job easier down the road. Here's how to set up Google Ad Customizers and why they're worth your time. You know you need to break through the clutter. It was worth it then, and it's worth it now. If you learn to create ad customizers, it will be worth it for you, too. Here's how to set up ad customizers and why they are worth your time.



But, you also know you don't have the time to create all new campaigns, ad copy, and the new account structure that goes along with designing all new ads that are ultra-relevant to users. With a bit of extra time upfront now, you can have ultra-relevant ads that increase your Quality Score and engage your customer for months to come. Ultimately, conversions (and conversion costs) start at the search engine results page (SERP) and your ads. Without changing your price, product, landing page, marketing funnel, etc., you can still increase conversions and conversion rates, and lower conversion costs with ad customizers. While keeping all the data formatting straight can be complicated, there are three main steps to creating and launching customized ads. Set up your business data. Create a data feed. Set up your customized ad in Google Ads. In true Google fashion, setting up your business data is the most challenging part, as there are very specific rules about how your data must be formatted.

Ref link: <https://www.searchenginejournal.com/google-ad-customizers-how-why/459530/>

HOW TO RUN TWITTER ADS FOR LAW FIRMS



Many people are curious about promoting their firm on Twitter. Despite the current uncertainty surrounding the future of Twitter ads for law firms, there is no doubt that it's a great place to grow your following, build your reputation, and engage with your audience. Twitter's user base is huge – but how can law firms take advantage of the platform's functionality to achieve business goals? Before you begin setting up campaigns, you need to determine your budget and then set specific goals. So how much does it really cost to advertise on Twitter? The true cost of a Twitter advertising campaign will vary based on a few factors. One of the biggest elements is the type of ad being run. Every Twitter ad type has a different average cost range. You'll notice that Twitter Takeovers tend to have a fixed rate, but promoted and follower ads have a much broader budgeting twitter ads for law firms average cost range. What your firm actually spends will depend on the quality of your ad, how relevant they are to your audience and the amount that you bid. Additionally, you should note that Twitter takeover ads are priced by a 24-hour period, which means advertisers pay a set price per day. Some types of twitter advertising Twitter Promoted Ads, Image Ads, Follower Ads, Moment Ads, Text Ads and Takeover Ads. Twitter is a smart place to reach new prospects and build brand loyalty. With so many advertising formats, there are effective ways to accomplish every goal. If you're already on Twitter and want to incorporate advertising, now is a great time to do so.

Ref link: <https://www.jdsupra.com/legalnews/how-to-run-twitter-ads-for-law-firms-7561963/>

IT & TECHNOLOGY

FIRST FLIGHT OF INDIA'S NEWEST ROCKET, WHAT IT MEANS FOR ISRO

It was one of the most keenly-awaited launches of recent years. The maiden flight of the SSLV or the Small Satellite Launch Vehicle, India's newest addition to its rocket fleet, had been postponed several times in the last three years. The pandemic played its role, but there were delays from ISRO's side as well. It is a rocket that can be assembled within 72 hours by a team of just 5-6 people. A rocket that costs at least one-tenth of the those currently in use.



A rocket that can enable a space launch from India every week. And, a rocket that caters specifically to the small and micro satellites that constitute over 90 per cent of all satellites being launched these days. There is a reason why it is considered a gamechanger, and is seen as something that can truly transform the Indian space sector.

Several new players, both in the government as well as private sector, have begun to offer launching services. In India, where the space sector is fast being opened up for the private sector, at least three private companies are developing rockets that can launch small satellites into space. It is to cater to this demand, and to grab this business opportunity, that ISRO has also developed the SSLV.

Ref link: www.indianexpress.com

SAMUDRAYAAN MISSION: INDIA'S FIRST MANNED MISSION TO SEND HUMANS 6,000 METRES DEEP IN OCEAN

Samudrayaan Mission is aimed to develop a self-propelled manned submersible to carry three human beings to a water depth of 6,000 meters in the ocean with a suite of scientific sensors and tools for deep ocean exploration. It has an endurance of 12 hours of operational period and 96 hours in case of emergency.



Oceans, which cover 70 percent of the globe, remain a key part of our life. About 95 percent of the Deep Ocean remains unexplored. For India, with its three sides surrounded by the oceans and around 30 percent of the nation's population living in coastal areas and coastal regions play a major economic factor. It supports fisheries and aquaculture, tourism, livelihoods, and blue trade. Some of the critical subsystems of the manned submersibles are development of Ti Alloy Personnel Sphere, Human support and safety system in enclosed space, low density buoyancy modules, Ballast and Trim System. Pressure compensated batteries and propulsion system, control and communication systems and Launching and Recovery System.

Ref link: www.theprint.in

SCIENCE & SPACE

EARTH'S DAYS HAVE BEEN MYSTERIOUSLY INCREASING IN LENGTH – SCIENTISTS DON'T KNOW WHY



Earth's rotation has been slowing down over millions of years due to friction effects associated with the tides driven by the Moon. That process adds about 2.3 milliseconds to the length of each day every 100 years. A few billion years ago, Earth Day was only about 19 hours.

For the past 20,000 years, another process has been working in the opposite direction, speeding up Earth's rotation. When the last ice age ended, melting polar ice sheets reduced surface pressure, and Earth's mantle started steadily moving toward the poles.

Just as ballet dancers spin faster as they bring their arms toward their body – the axis around which they spin – our planet's spin rate increases when the mass of the mantle moves closer to Earth's axis. This process has been shortening each day by about 0.6 milliseconds each century.

Over decades and longer, the connection between Earth's interior and surface comes into play too. Major earthquakes can change the length of the day, although normally by small amounts. Apart from these large-scale changes, over shorter periods weather and climate also have important impacts on Earth's rotation, causing variations in both directions.

The fortnightly and monthly tidal cycles move mass around the planet, causing changes in the length of the day by up to a millisecond in either direction. We can see tidal variations in length-of-day records over periods as long as 18.6 years. The movement of our atmosphere has a particularly strong effect, and ocean currents also play a role. Seasonal snow cover and rainfall, or groundwater extraction, alter things further.

Ref Link: - <https://scitechdaily.com/earths-days-have-been-mysteriously-increasing-in-length-scientists-dont-know-why/>

NATURE

***ARE WHALE SHARKS NOW THE WORLD'S LARGEST
OMNIVORE?***

A new study finds that whale sharks are the biggest omnivore, disproving previous research on whale sharks' diets. Researchers were stunned when analyzing whale shark biopsy samples that contained lots of plant material as well as krill material.



Western Australia's Ningaloo Reef, whale sharks have historically been observed eating krill but this new biopsy has allowed scientists to rethink what sustains the superspecies. Dr. Mark Meekan, a fish biologist from the Australian Institute of Marine Science said, 'We've seen them coming to Ningaloo and we've seen them feeding on krill and we've thought, 'Boom there's the answer. But with sophisticated methods that look at the microchemistry of these animals, this story becomes much, much more complex.'

The team of scientists analyzed food sources like planktons and large seaweed to find amino and fatty acids that might match what was present in the skin samples from whale sharks. The study suggested that these fish are feeding on more than just krill. Meekan noted that the whale shark's large size has prompted an evolutionary response to start to consume more than just krill. With the whale shark's large size, it's not surprising that they've started to utilize the very common brown sargassum seaweed, very common on the Australian reefs, as food. As time has moved on, whale sharks have adapted to digest seaweed and even algae that they are ingesting into their mouth.

Ref link: [World's Largest Omnivore - The Whale Shark | Nature and Wildlife | Discovery](#)

ACADEMICS

MANCHESTER ACADEMICS AWARDED NATIONAL TEACHING FELLOWS 2022

Two University of Manchester academics have been named 2022 National Teaching Fellows (NTFs) by Advance HE for their outstanding contributions to teaching.



Professor Hannah Cobb and Dr Adam Danquah are among 54 new NTFs named at institutions across the country. The National Teaching Fellowship Scheme celebrates and recognises individuals who have made a tremendous impact on student outcomes and the teaching profession in higher education. The 2022 awards ceremony will take place on 29 September .. Hannah is a Professor of Archaeology and Pedagogy. Through her teaching, research, and leadership, she is a passionate advocate for inclusivity, equality and diversity in contemporary archaeological practice and higher education. Hannah said: “I am passionate both about my own teaching and learning and about supporting the teaching development of others, at the University of Manchester and within my field of archaeology, and I feel so honoured that this passion has been recognised with the award of a National Teaching Fellowship.”

Reference link-
<https://www.manchester.ac.uk/discover/news/manchester-academics-awarded-national-teaching-fellows-2022/>

OVERWORKED ACADEMICS QUITTING THEIR JOBS



Most academics and scientists, especially in public universities, have been overworked and do not have much work-life balance. - Pic credit Freepik
LETTERS: As universities around the world began to reopen after closures and disruptions due to Covid-19, the global academic community is bracing for another challenge — a tsunami of resignations. Globally, academics and scientists, even those with permanent positions, have resigned and left their academic and scientific jobs in universities. It was reported in the Careers Survey 2021 conducted by the reputable scientific journal, Nature, with responses from more than 3,200 respondents worldwide, that most respondents love what they do, yet job satisfaction recorded a new low. Uncertainty about the future, stagnating salary, discrimination, burnout and frustration with bureaucracy and administration were among the key reasons that pushed academics and scientists to walk away from what they love to do. This, it shapes a "mid-career malcontent" and pushes them to rethink their career path.

Reference link-
<https://www.nst.com.my/opinion/letters/2022/08/818566/overworked-academics-quitting-their-jobs>

MEDIA

***‘HAR GHAR TIRANGA’:
CAMPAIGN THAT’S MAKING A
SPLASH WITH THE
TRICOLOUR***

India is entering its 75th year of independence and the government is celebrating ‘Azadi Ka Amritmahotsav’ to mark the glorious journey of the country post breaking out from the shackles of the British rule.



Under the aegis of ‘Azadi Ka Amritmahotsav’ the ministry of culture, a few days ago, released a soul-rendering anthem – a melodious tribute to the Tricolour. The campaign encourages people to bring the ‘Tiranga’ home and hoist it to mark the 75th year of India’s independence. The video anthem "Har Ghar Tiranga," sung by Sonu Nigam, Asha Bhosle, and Amitabh Bachchan, features celebrities such as Kapil Dev, Virat Kohli, Anupam Kher, Anushka Sharma, Prabas, Mirabai Chanu, Mithali Raj, Neeraj Chopra, MC Mary Kom, and others. It is interesting to note that the ‘Har Ghar Jhanda’ anthem is created by filmmaker Kailash Surendranath, who is also the person behind the ‘Phir Se Mile Sur’ (launched on Republic Day 2010) – a recreation of the iconic ‘Mile Sur Mera Tumhara’ campaign. This time, Surendranath has worked with his son Angadveer and wife Aarti Surendranath to complete this song.

Reference

Link: <https://www.exchange4media.com/advertising-news/har-ghar-tiranga-campaign-thats-making-a-splash-with-the-tricolour-121806.html>

***JUSTIN BIEBER SHARES
VIDEO OF INDIAN DRUMMER
PLAYING AT ‘JAGRATA’,
INTERNET SURPRISED***



A video of a man playing drum at a religious programme - also known as 'Jagrata' - has caught the attention of the popular Canadian Pop Singer Justin Bieber. The singer posted the man's video on his Instagram story on Monday.

In the now-viral video, the man stole the show at the programme with his unique way of playing the drums. The clip was originally posted on Instagram by a user named Rangile Haryanvi on July 8.

While sharing the viral video in his Instagram story, he wrote, "@stixxtaylor, I am expecting you to do this next show" and mentioned artist named Devon Taylor.

Since being shared, the video has received over 20.4 million views and 8.6 lakh likes so far. Numerous remarks in the comment section of the post prove that a lot of viewers watched the video from Justin Bieber's Instagram story.

"(Just Thinking) not justin gonna try this at tour," wrote a user while another said, "Seeing Justin's story, whoever has come, like it."

Bieber, who had cancelled some of the shows from his Justice World Tour after his Ramsay Hunt Syndrome diagnosis, returned to the stage recently.

Reference Link: <https://www.ndtv.com/offbeat/justin-bieber-shares-video-of-indian-drummer-playing-at-jagrata-internet-surprised-3216752>

ARTS

GUJARAT: TOI PRESENTS A GLORIOUS BRUSH WITH INDIAN ART

GANDHINAGAR: After the pandemic, we all need some colour in our lives. The Art of India (AOI), 2022, which was inaugurated by Gujarat chief minister Bhupendra Patel in Gandhinagar on Monday, attempts to do just that with art's healing touch.



The event, an initiative by The Times of India, is the country's biggest art showcase, with more than 400 works by over 250 artists, displayed in an area spanning 75,000 sq ft. Artists, art connoisseurs, politicians, and many other distinguished personalities were present to celebrate its opening.

Releasing the AOI catalogue for collectors and connoisseurs at the Helipad Exhibition Centre, the CM congratulated TOI for the endeavour and praised the curation by Priya Adhyaru that brought works by a diverse group of artists - stalwarts from Rabindranath Tagore to rising contemporary stars - on one platform. Many of these works will be masterpieces of tomorrow: CM Senior IAS officers including chief secretary Pankaj Kumar; principal secretary to the CM, K Kailashnathan; and ACS Rajiv Kumar Gupta were also present. Full coverage of the event will be published in the TOI edition dated April 13.

Reference

<https://timesofindia.indiatimes.com/city/ahmedabad/toi-presents-a-glorious-brush-with-indian-art/articleshow/90788590.cms>

Link:

AWARD-WINNING DANCE COMPANY FROM KOREA TO PERFORM AT INDIAN



CHENNAI: Inko Centre will present award-winning performance group from Korea, Second Nature Dance Company, in their production 'Sleeping Beauty', as part of the Attakkalari India Biennial 2021-22 held in Bengaluru.

Second Nature Dance Company (SNDC) was selected as an artistic organization of excellence by Korea Arts Management Service in 2015. In 2018, the company won the ministry of culture, sports and tourism award in recognition of its contribution as one of the leading dance companies to the development of contemporary dance in Korea.

SNDC rejects uniformity of body skills and ideas that are habitual and continuously challenges life with questions. Sleeping Beauty is a unique interpretation of the fairy tale and showcases it through an unconventional choreographic language. The audience is invited to specific spaces - they can hear the music and the lights come on at the entrance, backstage and on the main stage. Throughout, the theatre welcomes the audience to join the party.

Reference Link:

<https://timesofindia.indiatimes.com/city/chennai/award-winning-dance-company-from-korea-to-perform-at-indian-arts-festival/articleshow/89661270.cms>

HISTORY

A BRIEF HISTORY OF THE INTERNET



Smithsonian image 73-03061

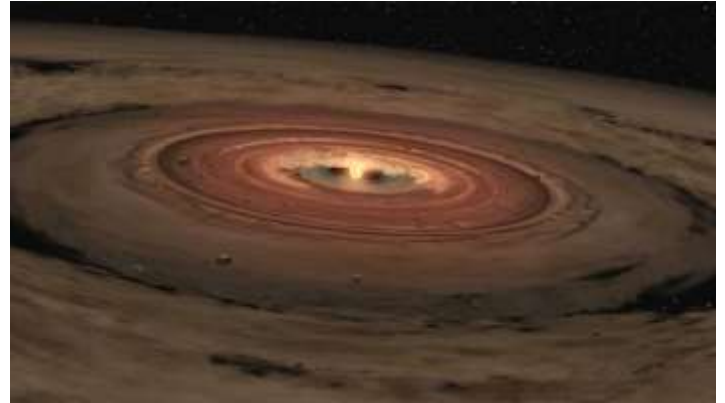
The Internet started in the 1960s as a way for government researchers to share information. Computers in the '60s were large and immobile and in order to make use of information stored in any one computer, one had to either travel to the site of the computer or have magnetic computer tapes sent through the conventional postal system.

This eventually led to the formation of the ARPANET (Advanced Research Projects Agency Network), the network that ultimately evolved into what we now know as the Internet. ARPANET was a great success but membership was limited to certain academic and research organizations who had contracts with the Defense Department. In response to this, other networks were created to provide information sharing. January 1, 1983 is considered the official birthday of the Internet. Prior to this, the various computer networks did not have a standard way to communicate with each other. A new communications protocol was established called Transfer Control Protocol/Internetwork Protocol (TCP/IP). This allowed different kinds of computers on different networks to "talk" to each other. ARPANET and the Defense Data Network officially changed to the TCP/IP standard on January 1, 1983, hence the birth of the Internet.

The first UNIVAC for business applications was installed at the General Electric Appliance Division, to do payroll, in 1954. By 1957 Remington-Rand (which had purchased the Eckert-Mauchly Computer Corporation in 1950) had sold forty-six machines.

Reference link- [LINK](#)

HOW DID THE EARTH AND THE MOON FORM?



The Earth, like all the other planets in the solar system, started out its life as a disc of dust and gas orbiting the young Sun. The dust particles were brought together by the forces of drag to form clumps of rock that grew into "planetesimals" tens to hundreds of miles across, and then to Mars-sized "protoplanets" by colliding with each other.

Earth grew to its final size through one last major collision with another Mars-sized object. This last collision, also known as the "moon-forming impact", was so large that—in addition to adding lots of material to the Earth—there was enough energy to vaporize some of the rock and metal from both the proto-Earth and the impacting object. This vapor formed a disc around the Earth that eventually cooled and clumped together to become the moon.

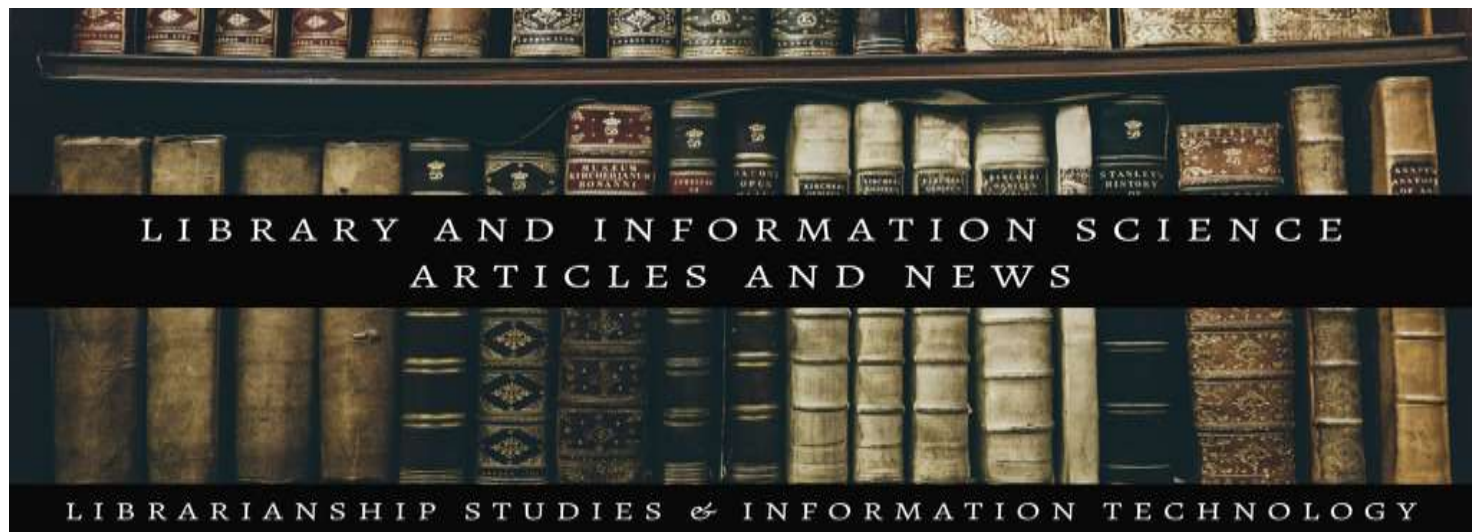
We know this thanks to rigorous studies of meteorites and rock samples, including at the University of Chicago, in the 20th and 21st centuries.

Understanding how the Earth and moon formed is important for piecing together the history of the solar system and answering questions like how long planets take to form, what planets are made of, and what makes a planet suitable for life. This also guides planetary scientists in their search for other habitable (or inhabited!) worlds in our solar system and beyond!

Reference link- [LINK](#)

LIBRARY

LIBRARY AND INFORMATION



Librarianship Studies & Information Technology is divided into the following broad categories. Categories are listed on the top left side of the blog. These categories or labels group blog posts on a specific topic of Library & Information Science.

ACQUISITIONS & E-RESOURCES

SCOPE: On acquisitions or books, serials, e-resources, etc. in libraries in information centers. Collection Development--Books, Serials, Non-book Materials--Selection, Acquisition, Maintenance; ISBN, ISSN, Cataloguing-in-Publication (CIP), E-documents, E-books, E-journals, Etc.

CATALOGING & METADATA

SCOPE: On cataloguing and metadata. Library Cataloguing Codes--RDA and AACR-II. Library Cataloguing--Cannons and Principles. Bibliographic Records--International Standards--ISBD, MARC21, BIBFRAME, and CCF. Etc. Indexing--Pre-coordinate, Post-coordinate.

CLASSIFICATION & SHEFLISTING

SCOPE: Theory and practice of library classification and shelf listing. Classification schemes like Dewey Decimal Classification (DDC), Library of Congress Classification (LCC), Universal Decimal Classification (UDC), and Colon Classification (CC). Organization of knowledge/Information. Modes of formation of subjects. Library Classification--Cannon and Principles.

REF LINK: [Library and Information Science Articles and News \(librarianshipstudies.com\)](http://libraryandinformationsciencearticlesandnews.librarianshipstudies.com)

FOOD & HEALTHCARE

HEALTHY FOOD CHOICES ARE HAPPY FOOD CHOICES

Healthy foods not only keep our tummy happy but also protects us from various diseases and infections. A life free of health issues is indeed a happy life. In recent days, we hardly get any time from our busy schedule to take care of ourselves. In such a scenario, a healthy and balanced diet ensures an equal distribution of various nutrients in our body, essential to improving the immune system. Along with choosing healthy foods, you need to drink plenty of water to lead a healthy life. Apart from that, some food items can be beneficial to maintain a healthy and happy life.

Cruciferous Vegetables:

Vegetables are one of the healthy foods that one should include in their daily diet. Cruciferous vegetables are green leafy vegetables such as cabbage, cauliflower, broccoli, etc. They are high in fiber content and contain a good proportion of proteins as well. If you want to lose weight, the cruciferous vegetable should be included in your diet as its high fiber, and low energy density helps in fat cutting.

Lentils

Lentils are considered one of the healthiest foods ever as it has multiple nutrients in it. It is a type of pulse that is prominent in the food cultures of Pakistan, Bangladesh, Nepal, India, and Sri Lanka. Lentils are rich in fiber, potassium, and magnesium. It can be used as a pulse, and the seed sprouts serve as a ready-to-eat snack.

Eggs

Eggs are only known for its protein content, but it has other advantages too. Eggs are rich in vitamin B-2 and B-12, which effectively generate red blood cells. They are also a source of amino acid leucine which plays an important role in helping muscle protein synthesis. Choline present in eggs is essential for our cell membrane. The yolk is the source of fat and cholesterol. So, it is advised by the doctor only to concentrate on the albumin part as it is more beneficial than the yolk.

Reference

<https://www.helpguide.org/articles/healthy-eating/choosing-healthy-fats.htm>

Link:

CHOOSING HEALTHY FATS

Think all fat is bad for you? Here's everything you need to know about dietary fat, including how to choose good fats over bad fats and the power of omega-3s. Closeup of section of cutting board with halved avocado, broad wedge of coconut in shell with scoop, macadamia nuts, and walnuts

What are dietary fats?

Fat is a type of nutrient, and just like protein and carbohydrates, your body needs some fat for energy, to absorb vitamins, and to protect your heart and brain health. For years we've been told that eating fat will add inches to your waistline, raise cholesterol, and cause a myriad of health problems. But now we know that not all fat is the same.

"Bad" fats, such as artificial trans fats and saturated fats, are guilty of the unhealthy things all fats have been blamed for—weight gain, clogged arteries, an increased risk of certain diseases, and so forth. But "good" fats such as unsaturated fats and omega-3 fatty acids have the opposite effect. In fact, healthy fats play a huge role in helping you manage your moods, stay on top of your mental game, fight fatigue, and even control your weight.

By understanding the difference between good and bad fats and how to include more healthy fat in your diet, you can improve how well you think and feel, boost your energy, and even trim your waistline.

Dietary fat and cholesterol

Dietary fat plays a major role in your cholesterol levels. Cholesterol is a fatty, wax-like substance that your body needs to function properly. In and of itself, cholesterol isn't bad. But when you get too much of it, it can have a negative impact on your health. As with dietary fat, there are good and bad types of cholesterol.

Reference Link;

<https://www.helpguide.org/articles/healthy-eating/choosing-healthy-fats.htm>

CULTURE & CUISINE

INDIAN CULTURE

"Unity in diversity" - these are not just words, but something that are highly applicable to a country like India that is incredibly rich in culture and heritage. A few quotations or statements cannot describe the pedestal that India holds on to the world map because of its colorful and unique culture.



The country's liveliness and generosity attract a number of tourists to its vibrant culture which is an amalgamation of religions, festivals, food, art, crafts, dance, music and many other subtle things. Everything, from the culture and values to customs, rituals and traditions, is 'special' in this 'Land of Gods'. In Punjab, there are a number of pilgrimages for Sikhs like Harmandir Sahib in Amritsar, Tarn Taran in west of Amritsar, Takht Sri Keshgarh Sahib in Anandpur, Talwandi Sabo in Bathinda and Dera Baba Nanak in west of Gurdaspur. Hemkund Sahib, which is situated at an altitude of 4329 meters, is the highest Gurudwara in the world. The tenth guru, Guru Gobind Singh, mediated here for years in the mountains and ultimately left his body here to get united with the Almighty. In India, you can also find a number of churches in every state. If you are in south, you can visit Medak Church and Gundala Church in Andhra Pradesh, Santa Cruz Basilica in Kochi, Kerala. Northern India also has famous churches like St. Joseph's Church in Uttar Pradesh and Church of the Sacred Heart in New Delhi.

REFERENCE LINK -
<https://www.mapsofindia.com/culture/>

MUMBAI VADA PAV



Vada Pav was invented by the locals of Mumbai to counter the cheap and healthy south Indian food. A man called Ashok Vaidya in Dadar started selling a Vada with a Pav as an alternative to snacks like Idli and Dosa. Today more than two million Vada Pavs are sold in Mumbai every day. One Vada Pav costs around Rs 15. If you do the math, the Vada Pav economy makes Rs 3 crores in a day!

The chances are that you will come across a Vada Pav shop as soon as you are in Mumbai. This snack is also called a Bombay burger or Indian burger. It is made from potato paste mixed with spices and fried into a patty. And it is served with Pav, an Indian bread. Some spicy groundnut chutney or green chutney and salted fried chilies make it complete.

REFERENCE LINK -
<https://breathdreamgo.com/guide-mumbai-street-food-recipes/>

TRAVEL & TOURISM

**MYANMAR TOURISM
ANNOUNCES NEW TOURISM
DESTINATIONS IN THE
COUNTRY**

In a bid to increase the number of travellers visiting the destination, Myanmar Tourism Marketing has announced new tourist attractions in the country. Among the newly launched tourism sites, one of the biggest highlights is the Secretariat building, which is considered to be one of the biggest colonial buildings in Southeast Asia. The building has now been opened to the public, and guided tours are being offered in it four times a day.

Revealing more details about this historical building, a tour operator said, "Visitors get to see historically significant sites such as Myanmar's very first parliament, the flagpole where the Myanmar flag was raised for the first time on Myanmar Independence day (1948), and the Martyrs' room where General Aung San and other martyrs were assassinated".

Talking about the wildlife destinations in Myanmar, new resorts have been opened in Bago Yama forests, which are known for their elephant population. Also, a new resort has come up on the pristine Zikhone village beach, thus making it a new destination that is primed to attract tourists.

The Myanmar Ministry of Hotel & Tourism have also done their bit in giving this boost to the destination's tourism by once again allowing permits for travelling overland from Inle Lake to Keng Tung through highway No 4, which is famous for being one of the most scenic drives in Myanmar, and is also known for offering opportunities to travellers for overland road trips to Thailand, Laos, Vietnam, and China.

The introduction of these new tourist attractions comes at a time when the number of tourist arrivals at the Yangon airport is showing a seven per cent increase as compared to the figures of 2016.

**KERALA'S NEW TOURISM
POLICY 2017: KERALA
TOURISM ROOTS FOR
RESPONSIBLE TOURISM
MISSION!**

PhotosKerala's new Tourism Policy 2017 has good news in store for the discerning tourists and travellers. It features designing new custom-made products for luring young tourists, professionals, students and artists to Kerala. The new policy lays stress on aiding the participation of the transgender community and differently-abled.

The tourism policy was lately revealed by Mr. Kadakampally Surendran minister for co-operation, tourism and Devaswom, the government of Kerala. In order to deliver good quality service to the tourists and check unfair trade practices in tourism, the Kerala's Department of Tourism has put forth a proposal to create a Kerala Tourism Regulatory Authority (KTRA). In addition, plans are being made to establish an investment cell to support potential investors, more so, the NRIs.

Sharing the objective of the new tourism policy, Kadakampally Surendran said, "There is an immediate need to improve the infrastructure facilities across various destinations of the state. The new policy aims to address the key issues of the tourism industry in cooperation with the local bodies such as waste management and renovation of roads. The state has immense tourism potential to attract travellers from all corners of the world."

Reference	Link	-
	https://timesofindia.indiatimes.com/travel/destinations/keralas-new-tourism-policy-2017-kerala-tourism-roots-for-responsible-tourism-mission/articleshow/61766628.cms	
	https://timesofindia.indiatimes.com/travel/destinations/myanmar-tourism-announces-new-tourism-destinations-in-the-country/articleshow/62083877.cms	

SPORTS

**40 AND GOING STRONG:
SHARATH KAMAL WINS CWG
SINGLES GOLD AFTER 16
YEARS**

Sharath Kamal showed age is just a number as the 40-year-old capped his best ever performance at the Commonwealth Games by winning the men's singles gold here on Monday.

After losing the first game that he should have closed, Sharath beat a much younger yet experienced Liam Pitchford of England 11-13, 11-7, 11-2, 11-6, 11-8 at the NEC arena.

Sharath, who had first won the singles gold back in 2006, had already claimed two golds here in the team and mixed doubles event alongside Sreeja Akula.

With this yellow metal, he increased his tally to a staggering 13 medals across five CWG appearances.

In the final, he was at his finest, firing winners from both sides. Long rallies away from the table was the order of the day and Sharath won majority of them. He was also brilliant in cutting the points short with perfectly placed backhand winners.

He thought he had converted his second match point but the umpires awarded the point to his opponent as the ball was close to Sharath's body at the time of his retrieve.

He converted the next one to complete a memorable run in Birmingham. G Sathiyam secured the bronze after a marathon battle against England's Paul Drinkhall.

Sathiyam bagged his maiden CWG singles medal after beating home-favourite Drinkhall 4-3 in front of a packed crowd.

On Sunday, Sathiyam paired up with the Sharath to claim the men's doubles silver after going down to the English duo of Drinkhall and Pitchford.

Reference link

https://m.timesofindia.com/sports/commonwealth-games-2022/indiabirmingham/cwg-2022-sharath-kamal-wins-gold-in-mens-singles-tt/amp_articleshow/93433746.cms

**INDIA SETTLE FOR SILVER IN
MEN'S HOCKEY, LOSE 0-7 TO
AUSTRALIA IN FINAL**

In one of its worst performances in recent times, the Indian men's hockey team suffered an embarrassing 0-7 drubbing at the hands of defending champions Australia to settle for a silver medal at the Commonwealth Games on Monday. Australia blew away India with their whirlwind speed and relentless attacks, extending their dominance of the CWG stage.

Since hockey's introduction at the Games in 1998, Australia has always stood on top of the podium.

This is India's third defeat against Australia in a CWG final, having lost to them in the 2010 and the 2014 editions of the Games.

Nathan Ephraums and Tom Wickham scored a brace each while Blake Govers, Jacob Anderson, and Flynn Ogilvie also found the net in the lop-sided contest.

It was a far cry from what was expected in a gold medal clash as a dominant Australia pumped in five goals in the first half to take the game away from India. The other time India suffered such a heavy defeat in CWG was in the 2010 edition in New Delhi, where Australia hammered the hosts 8-0.

The Indians looked rusty and clueless as they conceded too much space to the Australians in the mid-field, which allowed the Kookaburras to make inroads

The structure which the Indians are known for was nowhere to be seen. The defence looked shaky, while there was no coordination between the midfield and forward-line.

An injury to Manpreet Singh after a collision with an Australian player in the second quarter made life more difficult for the Indians as the skipper didn't take the field in the last two quarters. In the 42nd minute, Ephraums scored his second goal with a neat deflection before Ogilvie added another four minutes later.

Reference

link

https://m.timesofindia.com/sports/commonwealth-games-2022/indiabirmingham/cwg-2022-india-settle-for-silver-in-mens-hockey-lose-0-7-to-australia-in-final/amp_articleshow/93434264.cms

SOCIAL ISSUE

ISSUES

Health issues, which arise due to the increase in number of people detected with life-threatening diseases like cancer and AIDS every year. This social issue can be handled only if another issue i.e. health care reform, is dealt with appropriately.

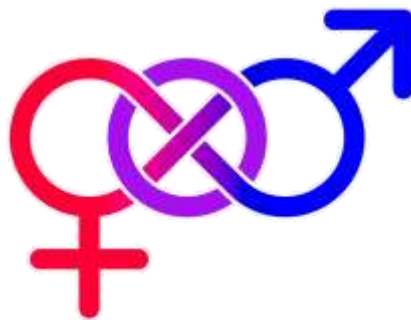
Teen Issues

There are plethora of teen issues which society is facing today, right from increase in alcohol abuse, to eating disorders, to high stress levels amongst teens. According to the “Mothers against Drunk Driving website”, around eight teens die every day due to drunk driving in America. Violence faced by teens is startlingly high too, with as many as one in every two rape victims being under the age of eighteen (statistics courtesy Department of Justice).



Gender Issues

Women’s issues, such as equality of rights, privileges, and pay-packages similar to those of men, are some of the gender-specific social issues which are faced by American women. According to department of labor, USA, 46.8 percent of the total U.S. labor force consisted of women and it is projected that by the year 2018, 46.9 percent of the labor force will be women.



Ref link: [Social Issues in Today's Society - Opinion Front](#)

STUDENT'S SECTION

- If a giraffe has two eyes, a monkey has two eyes, and an elephant has two eyes, how many eyes do we have?
 - a. 3
 - b. 4
 - c. 1
 - d. 2

ANS: b

REASONS BEHIND THE ANSWER:

4 eyes.

Here in the question, it is asked how many Eyes We have so that means here the person who has asked the question is also including the person who is supposed to give the answer. In a clear understanding, the Conversation is happening between 2 people 1st who asked the question and 2nd to whom it has been asked, which means there are 4 eyes.

Exam prep: CAT, BANK EXAM, OTHER COMPETITIVE EXAMS

CRACK THE CODE & UNLOCK THE KEY?

CRACK THE CODE

CODE

A NUMERIC LOCK HAS A 3 DIGIT KEY

HINT

4 8 2 One number is correct and well placed	4 1 6 One number is correct but wrong placed	2 0 4 Two numbers are correct but wrong placed
7 3 8 Nothing is correct	7 8 0 One number is correct but wrong placed	

- A. 062
- B. 602
- C. 042
- D. 204

ANS: C

REASON BEHIND THE ANSWER:

042 Is only code which able to satisfy and justify the above hints.

Exam prep: CAT, BANK EXAM, OTHER COMPETITIVE EXAMS

Ref link:
<https://www.bing.com/ck/a?!&&p=d697f1186dd40dfcJmltdHM9MTY2MDM3MTYyNiZpZ3VpZD05OGZiM2QwOC05OTY1LT-RmN2UtYjVkJmY0xNjQ5NGI0OTAxNjYmaW5zaWQ9NTIxMA&ptn=3&hsh=3&fclid=055895ce-1ad0-11ed-b338-dbeeba51979e&u=a1aHR0cHM6Ly93d3cuc2F3YWFlsLmNvbS9wdXp6bGVzLmh0bWw&ntb=1>

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