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Sir Sitaram & Lady Shantabai Patkar College of Arts & Science
AND V.P.Varde College of Commerce & Economics
S. V. ROAD, GOREGAON (WEST), MUMBAI-400 104
(AN AUTONOMOUS COLLEGE AFFILIATED TO
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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.

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BUSINESS

HOW TO HIRE THE RIGHT PERSON



A typical job interview is little more than a social call with some predictable choreography. A conference-room meeting, pristine résumé and the standard questions: Where do you want to be in five years? What do you consider your biggest failure? What are your strengths and weaknesses?

Add in some small talk — maybe the candidate and the interviewer have something in common, like an alma mater or an acquaintance from an earlier job — and that’s largely it. The candidate seems good, and the references check out. So an offer is made, and fingers are crossed that everything works out.

Then, a month later, the new hire misses an important deadline or starts complaining about the work. Cue that sinking feeling: You start wondering if hiring this person was a mistake.

Naima Bhatta
(Department Editor)

Ref link:
<https://www.nytimes.com/guides/business/how-to-hire-the-right-person>

RECLAIM YOUR CREATIVE CONFIDENCE

Most people are born creative. As children, we revel in imaginary play, ask outlandish questions, draw blobs and call them dinosaurs. But over time, because of socialization and formal education, a lot of us start to stifle those impulses. We learn to be warier of judgment, more cautious, more analytical. The world seems to divide into “creatives” and “noncreatives,” and too many people consciously or unconsciously resign themselves to the latter category.



And yet we know that creativity is essential to success in any discipline or industry. According to a recent IBM survey of chief executives around the world, it’s the most sought-after trait in leaders today.

Clients work with IDEO, our design and innovation consultancy, for the same reason. But along the way, we’ve learned that our job isn’t to teach them creativity. It’s to help them rediscover their creative confidence—the natural ability to come up with new ideas and the courage to try them out. We do this by giving them strategies to get past four fears that hold most of us back: fear of the messy unknown, fear of being judged, fear of the first step, and fear of losing control.

Naima Bhatta
(Department Editor)

Ref link:
<https://hbr.org/2012/12/reclaim-your-creative-confidence>

ADVERTISEMENT

**CIGARETTE ADVERTISING
AGGRESSIVELY TARGETS KIDS IN
LOW- AND MIDDLE-INCOME
COUNTRIES, A NEW STUDY FINDS**



The world's largest multinational tobacco companies are advertising cigarettes to kids near playgrounds and schools in 42 majority low- and middle-income countries. That's the key finding of our recently published paper. collected data on how cigarettes are marketed and sold within 250 meters, or about 820 feet, of one or more schools and/or playgrounds in more than 100 cities around the globe. The locations included most capital cities and spanned Africa, Asia, Central America, Europe, North America and South America. Our findings correspond with similar research conducted in high-income countries. Taken together, our research and that of others suggests that in the absence of strong restrictions and enforcement, the tobacco industry is employing similar marketing strategies all around the world with what we believe is the specific intention to attract and addict children and youth. Many jurisdictions throughout the world have implemented laws prohibiting advertising of tobacco products on radio, television and billboards.

Nidhi Satam
(Department Editor)

Ref link:
<https://www.google.com/amp/s/theconversation.com/amp/cigarette-advertising-aggressively-targets-kids-in-low-and-middle-income-countries-a-new-study-finds-186628>

**DISTRIBUTORS CONDEMN HUL'S
HIRING MOVE**



All India Consumer Products Distributors Federation has expressed disappointment over Hindustan Unilever Ltd's move to appoint new distributors in Madhya Pradesh. Distributors working with the company for years across the state will submit mass resignations as the move has created a lot of uncertainties over their future," Dhairyashil Patil, national president, AICDF, said on Sunday. HUL, which has a huge distributors' network in Madhya Pradesh, sought new distributors for several of its popular brands across all major cities in the state. The company, in an advertisement issued locally, said the distributors should be willing to invest ₹1-3 crore in the business and should have wide distribution experience. AICPDF criticized the company's action and said that the move has led to a loss of confidence in the entire distribution system in the state for fast-moving consumer goods. Last year, AICPDF members had also raised concerns over issues faced by offline distributors on account of business-to-business retailers, that they claimed were distorting traditional distribution channels. In fact, members of the federation wrote to FMCG companies seeking pricing parity and similar margin that are offered to organized business-to-business distributors.

Nidhi Satam
(Department Editor)

Ref link:
<https://www.google.com/amp/s/www.livemint.com/companies/news/distributors-condemn-hul-s-hiring-move/amp-11661705426379.html>

IT & TECHNOLOGY

***HDFC BECOMES 1ST BANK TO
DEPLOY ROBOTS FOR CUSTOMER
SERVICE***



HDFC Bank has become India’s first bank to deploy a robot inside their branch for customer service purpose. This interactive humanoid, christened as IRA or Intelligent Robotic Assistant will be able to greet customers, and then offer a list of banking services which that customer can get accomplished inside that branch.

HDFC has deployed this robot inside Mumbai’s Kamala Mills branch, and as per reports coming in, this interactive humanoid can guide the incoming customer towards these banking operations: Cash Deposit, Foreign Exchange, Loans. Once the customer selects ‘Take Me There’ option, the robot will actually take the customer to that particular counter, thereby saving time and human resources.

Country Head, Digital Banking, HDFC Bank said, “We’re excited to announce the deployment of our first humanoid, IRA in the Kamala Mills branch. IRA is quite unique and will serve as a technology demonstrator in the field of artificial intelligence and robotics.”

ADESH SHINDE
(Department Editor)

Ref link:
<https://trak.in/tags/business/2017/01/30/hdfc-bank-automation-humanoid-ira/>

***HOW TECHNOLOGY IMPACTS THE
FOOD INDUSTRY***

Technology in the food industry has become increasingly more prominent in recent years. And even though technology might not be the first thing that comes to mind when you think of the food industry, companies are constantly looking for new ways to improve and optimize their food production as well as start to adjust to a shift in consumer demands. Recently, more focus has been placed on sustainability, health, and freshness. People are becoming more interested in what their food is made out of and where it comes from.



Along with these concerns, a more efficient way of producing food for the 7.5 billion people in the world is needed, not only to be able to fight hunger around the world but also to help the environment. With 70% of freshwater being used for food systems and 20-30% of global greenhouse emissions coming from agriculture, the environment continues to be affected by the food industry. Technology will play a crucial role in optimizing the food industry as the world population is expected to grow another billion by 2030.

ADESH SHINDE
(Department Editor)

Ref link:
<https://peddlersson.com/how-technology-impacts-the-food-industry/>

SCIENCE & SPACE

SOME FACTS ABOUT THE TWINKLING STARS YOU NEED TO KNOW!



Twinkle Twinkle Little star...

The twinkling of stars takes place due to atmospheric refraction. In simple terms, the twinkling of stars is caused by the passing of light through different layers. These layers have different densities and temperatures. Due to this, light rays bent (refracted) many times in a random direction.

Star facts: -

Stars are luminous spheres made of plasma – a superheated gas threaded with a magnetic field. They are made mostly of hydrogen, which stars fuse in their cores. That process releases energy, pushing against the weight of the star's outer layers and keeping it stable. The energy is also released as heat and light, which are radiated out to space. Stars are the main components of galaxies and were among the first objects to form in the early universe. The closest star to Earth is the Sun.

Department Editor: - Latika Naik

Ref Link: - <http://www.astronautix.com/>

AROUND THE MOON AND BACK: A TEST DRIVE FOR SCIENCE



When gazing up at the Moon in the night sky, envision a future where humans can live and work on the lunar surface.

Creating a Path to the Moon and Beyond:

To pave the way for human exploration of the Moon, Mars, and beyond, NASA's Artemis missions are set up as a series of increasingly complex missions. The first, Artemis I, will be an uncrewed test flight of the Space Launch System (SLS) and the Orion spacecraft around the Moon. The primary goals for this test flight are to demonstrate Orion's systems and thus ensure a safe journey to the Moon and back for the first crewed flight on Artemis.

Fundamentals of Thriving in Deep Space: Sending humans back to the Moon and eventually to Mars requires seeking answers to fundamental questions. Since humanity last stepped on the Lunar surface on December 19, 1972, scientists have been wondering how deep space impacts the human body and other life forms, like plants, which will sustain humans for long-duration space missions.

Department Editor: - Latika Naik

RefLink:- <https://science.nasa.gov/science-news/biological-physical/around-the-moon-and-back-a-test-drive-for-science>

NATURE

***THE ANCIENT MONKEY PUZZLE
TREE OUTLASTED DINOSAURS.
NOW IT'S FACING EXTINCTION.***



The monkey puzzle tree is a remnant of the Jurassic era, more than 145 million years ago, surviving way past its ancient dinosaur counterparts. Reaching heights of about 160 feet, the evergreen tree has a lifespan of up to 700 years and stiff scaly branches with rigid spiral leaves. Monkey puzzle trees' presence in the wild is shrinking and after million years, their very existence is now endangered. Monkey puzzle trees or araucaria araucana, are only known to grow in Chile and Argentina, along the slopes of Patagonia's volcanos. Due to increased human habitat encroachment, fires, and overgrazing, the forest habitat for the monkey puzzle tree grows has rapidly shrunk. The extinction of this ancient tree poses a threat to the austral parakeet, which rely on its large seeds as a food source. The monkey puzzle pine nuts are also a traditional food source for the Indigenous Mapuche people. The Mapuche people have a history of protecting the monkey puzzle tree that is intertwined with their lifestyles. The Mapuche demanded legal protection for the tree that was facing extinction due to logging.

Department Editor : Waqar Wahid Parkar

Reference link :

<https://www.discovery.com/nature/ancient-monkey-puzzle-tree-is-facing-extinction>

***GIANT PANDAS ARE NO LONGER
ENDANGERED***



After decades of work trying to save the giant panda, Chinese officials have announced the species is no longer endangered. The pandas will be reclassified in the country from endangered to vulnerable after efforts to boost the population saw numbers rise to 1,800 in the wild. "China has established a relatively complete nature reserves system," Cui Shuhong, director of the Department of Natural Ecological Protection of the Ministry of Ecology and Environment, said at a press conference on Wednesday. "Large areas of natural ecosystems have been systematically and completely protected, and wildlife habitats have been effectively improved. China considers pandas as a national treasure, but the country has also loaned them to other nations, a form of diplomacy that dates back to the 1950s. Bamboo makes up 90% of pandas' diets, and the animals would likely starve without the shoots. Experts believe China's efforts to replant bamboo forests have been key to the success of the pandas' resurgence.

Department Editor : Waqar Wahid Parkar

Reference link :

<https://www.discovery.com/nature/giant-pandas-are-no-longer-endangered--reveals-china>

ACADEMICS

‘LIFE IS MORE THAN ACADEMICS’: NEET RANK 1 HOLDERS SHARE LIFE AFTER TOPPING ENTRANCE TEST, JOINING AIIMS

“Life is beyond academics,” claim NEET toppers Mrinal Kutteri and Karthika G Nair who cracked the medical entrance exam in 2021 by scoring full marks and are now the first-year students in the top-ranking medical college in the country AIIMS, New Delhi.



After cracking the biggest entrance exam and getting admission to one of the most prestigious colleges in the country, both the top rank holders have taken on new interests. While Mrinal says he is open and takes part in cultural activities on the campus, for Karthika, joining AIIMS also means rekindling her passion for dance. What remains common for both is they are now looking beyond academics.

“Before cracking the exam, life was all about studies. Now, it is a balance of academics, basic duties of living alone and adult responsibilities,” said Karthika, who said living away from her parents for the first time is a lesson in itself.

DEPARTMENT EDITOR:-NIDHI SUBRAMANIAM

Ref link: <https://www.news18.com/news/education-career/its-more-than-academics-neet-rank-1-holders-share-life-after-topping-entrance-test-joining-aiims-5784031.html>

ACADEMICS, ALUMNI NETWORK PLACE SUSQUEHANNA AMONG ‘BEST 388’, AUGUST 24, 2022.

Surveyed students offered specific praise for the university’s strong alumni network, excellent programs in creative writing, music and science, and unique cross-cultural immersion experiences.



Susquehanna is one of only 17% of the nation’s more than 2,000 four-year colleges profiled by The Princeton Review, based on surveys of 160,000 college students who rate schools on dozens of topics and share their campus experiences.

In their survey responses, Susquehanna students pointed to a variety of academic offerings that make Susquehanna stand out, including the university’s “top-notch” creative writing program, “outstanding” music education program and “strong” science departments. Students noted Susquehanna’s “fantastic” professors who “take a personal interest in their students.”

Students praised the cross-cultural immersion they receive through the Global Opportunities program, which offers off-campus educational programs in both domestic and international locations. Susquehanna was among the first in the nation to require every student to have a meaningful cross-cultural experience followed by scholarly reflection.

DEPARTMENT EDITOR:-NIDHI SUBRAMANIAM

MEDIA

AFTER WINNING IPL TV RIGHTS, DISNEY STAR WINS ICC MEDIA RIGHTS FOR INDIAN MARKET



International Cricket Council

Disney Star has won the rights to broadcast all ICC events for the Indian market from 2024 to 2027, the International Cricket Council (ICC) announced on Saturday.

"As per information, Disney Star is paying around USD 3 billion for the rights," a senior ICC Board member told PTI on the condition of anonymity.

Disney Star won following a single round sealed bid process which has yielded a significant uplift to the rights fee from the previous cycle, continuing the impressive growth and reach of cricket, the apex body said.

The decision followed a robust tender, bidding and evaluation process, which started in June 2022.

"They will play a crucial role in the future of our sport and connecting and engaging with more fans than ever before."

K Madhavan, Country Manager & President of Disney Star said: "With the acquisition of the ICC Digital and TV broadcast rights, Disney Star has further strengthened its status as the premier destination for marquee cricket events in the country."

Name: Parth Nikhil Mandavkar

Reference link

<https://m.economictimes.com/industry/media/entertainment/media/after-winning-ipl-tv-rights-disney-star-to-broadcast-icc-cricket-action-in-india-till->

TAPE OR CHEWING GUM: TWITTER'S LAPSES ECHO WORLDWIDE.



A recent bombshell whistleblower report from Twitter's former head of security alleges that the social media company has been negligently lax on cybersecurity and privacy protections for its users for years. While worrisome for anyone on Twitter, the revelations could be especially concerning for those who use it to reach constituencies, get news out about emergencies and for political dissidents and activists in the crosshairs of hackers or their own governments.

"We tend to look at these companies as large, well-resourced entities who know what they're doing — but you realize that a lot of their actions are ad hoc and reactive, driven by crises," said Prateek Waghre, policy director at the Internet Freedom Foundation, a digital rights nonprofit in India. "Essentially, they're often held together by cello tape or chewing gum."

"Once that personal information is leaked, it could be used to trace your identity," he said. Badiucio said he regularly receives death threats and propaganda from what appears to be bot or spam accounts.

Name: soham mane

Reference link

<https://www.usnews.com/news/business/articles/2022-08-28/tape-or-chewing-gum-twitters-lapses-echo-worldwide>

ARTS

***FAMOUS MASTERPIECES OF ART EVERY INDIAN SHOULD
RECOGNISE***

Self Portrait – Amrita Sher-Gil



This is a 1931 self-portrait by Amrita Sher-Gil, depicting one of India's most important modern artists at the age of 18. This is the also first painting by the artist ever to be offered in Christie's London, and one of only eight canvases by Sher-Gil to be offered at auction globally. Sher-Gil's self-portraits are painted with an intensity that is almost hypnotic, drawing the viewer into the innermost psyche of the artist, where one discovers a sea of melancholy.

Ref link: <https://www.thebetterindia.com/80747/indian-art-paintings-masterpieces/>

HISTORY

WHO INVENTED THE EXAMS?

Henry Fischel, invented the concept of exams in the late 19th century he was an American Businessman and a philanthropist. And China was the first country to implement this concept nationwide and conducted the first-ever exam, namely the Imperial Examination.

Besides, some experts also attribute the invention of standardized assessments to another expert by the same name, i.e., Henry Fischel. He was a professor of religious studies at Indiana University during the early 20th century.

The word 'examination' can mean two things. It could imply a deep observation, inspection, or study of a particular subject or phenomenon. These 'examinations' are usually conducted by researchers, scientists, and scholars across various disciplines. The other meaning for the word 'examination' represents a formal test where a person's knowledge and understanding or proficiency in a particular subject is assessed.

Academic or governmental institutions conduct these 'examinations' as a screening test for a candidate's eligibility to:

- Qualify for a seat in an educational or government institution
- Get promoted to the next grade/ level in an academic institution.
- According to historical data, exams as a concept were invented in Ancient China. The Sui Dynasty introduced what is known as the Imperial Examination System or the 'Imperial Review' in 605 AD to recruit candidates for specific government posts. The system was considered to select people based on merit rather than by birth. Candidates, if qualified, would become part of a prestigious group of government officials under the leadership of Emperor Yang of Sui.
- The Tang Dynasty introduced the concept of written examinations to select candidates under Empress Wu Zetian. In addition, she introduced reforms to the imperial review wherein members of the elite bureaucracy came from humble beginnings.

Ref link:

[oogle.com/search?q=henry+fischel&rlz=1C1CHBD_enIN945IN945&sxsrf=ALiCzsb2QqfaRXIO9mE7UjUwB01ZjxeIMA:1662136078010&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiz3P2zw_b5AhVEAqYKHTzMD80Q_AUoAXoECAIQAw&biw=1242&bih=568&dpr=1.1#imgrc=gYDFZQcwrins_M](https://www.google.com/search?q=henry+fischel&rlz=1C1CHBD_enIN945IN945&sxsrf=ALiCzsb2QqfaRXIO9mE7UjUwB01ZjxeIMA:1662136078010&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiz3P2zw_b5AhVEAqYKHTzMD80Q_AUoAXoECAIQAw&biw=1242&bih=568&dpr=1.1#imgrc=gYDFZQcwrins_M)



LIBRARY

BEINECKE RARE BOOK & MANUSCRIPT LIBRARY



The Beinecke Rare Book & Manuscript Library is the rare book library and literary archive of the Yale University Library in New Haven, Connecticut. It is one of the largest buildings in the world dedicated to rare books and manuscripts. Established by a gift of the Beinecke family and given its own financial endowment, the library is financially independent from the university and is co-governed by the University Library and Yale Corporation.

Situated on Yale University's Hewitt Quadrangle, the building was designed by Gordon Bunshaft of Skidmore, Owings & Merrill and completed in 1963. From 2015 to 2016 the library building was closed for 18 months for major renovations, which included replacing the building's HVAC system and expanding teaching and exhibition capabilities.

A six-story above-ground glass-enclosed tower of book stacks is encased by a windowless façade, supported by four monolithic piers at the corners of the building. The exterior shell is structurally supported by a steel frame with pylons embedded 50 feet (15 m) to bedrock at each corner pier.

Ref link: https://en.wikipedia.org/wiki/Beinecke_Rare_Book_%26_Manuscript_Library

FOOD & HEALTHCARE

FOOD INSECURITY AND HEALTH OUTCOMES

Almost fifty million people are food insecure in the United States, which makes food insecurity one of the nation's leading health and nutrition issues. We examine recent research evidence of the health consequences of food insecurity for children, non-senior adults, and seniors in the United States. For context, we first provide an overview of how food insecurity is measured in the country, followed by a presentation of recent trends in the prevalence of food insecurity. Then we present a survey of selected recent research that examined the association between food insecurity and health outcomes. We show that the literature has consistently found food insecurity to be negatively associated with health. For example, after confounding risk factors were controlled for, studies found that food-insecure children are at least twice as likely to report being in fair or poor health and at least 1.4 times more likely to have asthma, compared to food-secure children; and food-insecure seniors have limitations in activities of daily living comparable to those of food-secure seniors fourteen years older. The Supplemental Nutrition Assistance Program (SNAP) substantially reduces the prevalence of food insecurity and thus is critical to reducing negative health outcomes.

Although the literature has grown considerably in the past few years, there are still some important gaps in our knowledge base. We therefore suggest future research directions. We conclude with policy recommendations for alleviating food insecurity, with a particular emphasis on the current and potential roles of the federally funded Supplemental Nutrition Assistance Program (SNAP, formerly known as the Food Stamp Program) in reducing food insecurity and with recommendations for health care professionals.

<https://www.healthaffairs.org/doi/10.1377/hlthaff.2015.0645>

CAUSES, EFFECTS AND SOLUTIONS TO FOOD INSECURITY (LACK OF ACCESS TO FOOD).

Food insecurity has been defined as a lack of consistent access to enough food for an active and healthy life. In other words, there are millions of people all over the world who suffer from a shortage of food and cannot tell if they will be able to feed themselves the next day or at the end of the day. This is the basis of defining food insecurity.

In 2018, for example, it was reported that 1 in 9 Americans suffered from food insecurity. That is equivalent to 37 million people, more than 11 million of whom are children. Hunger and food insecurity are closely related, and it is possible to say that when one is food insecure, they will be hungry. Hunger will lead to poverty and diseases, although not all people living below the poverty line experience food insecurity because those living above the poverty line could also experience food insecurity.

<https://www.conserve-energy-future.com/causes-effects-solutions-food-insecurity.php>

Department editor - *Mayuri Redkar*

CULTURE & CUISINE

**THE GLOBALIZATION OF INDIAN
FOOD!!!**

“Food in India is an identity marker of caste, class, family, kinship, tribe affiliation, lineage, religiosity, ethnicity, and increasingly, of secular group identification.”



Food (Sanskrit—bhojana, “that which is to be enjoyed,”Hindi—khana,Tamil—shapad) presents a way to understand everyday Indian culture as well as the complexities of identity and interaction with other parts of the world that are both veiled and visible. “India has several thousand castes and tribes, sixteen official languages and several hundred dialects, six major world religions, and many ethnic and linguistic groups. Food in India is an identity marker of caste, class, family, kinship, tribe affiliation, lineage, religiosity, ethnicity, and increasingly, of secular group identification. How one eats, what one eats, with whom, when, and why, is key to understanding the Indian social landscape as well as the relationships, emotions, statuses, and transactions of people within it.”

The cultures of contemporary Indian cuisine, including the politics, food processes, production, and consumption, are simultaneously changing and exhilarating.

Department Editor : Vishakha Yadav

Reference

link: <https://www.asianstudies.org/publications/ea/archives/exploring-indian-culture-through-food/>

**“TRULY PUNJABI: CUISINE
RELIES MORE ON FRESHNESS,
QUALITY OF INGREDIENTS THAN
MASALAS & COMPLICATED
RECIPES”**

Punjab, the land of the five rivers—Beas, Satluj, Chenab, Ravi and Jhelum, is also called the *land of milk and honey*. Perhaps it would be appropriate to call it the land of plenty!! Punjabi cooking and eating are just like the Punjabis themselves. It is simple and forthright. Punjabis are a hardworking and fun-loving community by nature with food and merriment, very much a part of their lives.



In fact, here is one Indian cuisine that relies more on freshness and quality of ingredients than overt masalas and complicated cooking processes. I always think of Punjabi food as akin to Italian food, influenced by the land, water and air — the aab o hawa, as an older generation would say. That is why getting a true taste of Punjabi food is almost impossible outside the region and restaurants in other places overcompensate by bastardizing flavors so often.

Department Editor: Vishakha Yadav

Referencelink:

https://economictimes.indiatimes.com/magazines/panache/truly-punjabi-the-cuisine-relies-more-on-freshness-and-quality-of-ingredients-than-overt-masalas-and-complicated-recipe/articleshow/73101715.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst

TRAVEL & TOURISM

PARO VALLEY, BHUTAN



The main street has many examples of traditionally decorated buildings.

The Duntse Lhakhang (a 15th-century temple) and the Ugyen Perli Palace are near the new bridge. Members of royal family lodge in the palace when in Paro. Nearby is the old bridge and the Rinpung Dzong. Notable hotels include the Olathang Hotel built in an ornate style.

About 10 kilometres (6 miles) outside Paro is the famous Paro Taktsang (Tiger's Nest) Buddhist monastery and hermitage. Some Bhutanese believe that Padmasambhava (Guru Rinpoche) flew on the back of a tigress to this location from Tibet. The trek to Tiger's Nest monastery takes about three hours one way. A scenic view of the town of Paro can be seen from the Tiger's Nest. A 16-kilometre (10-mile) road passes up the valley to the ruins of another fortress-monastery, Drukgyel Dzong, which was partly destroyed by fire in 1951.

Paro is home to Bhutan's tallest building, the Ta-Dzhong, which is 22 meters (72 feet) high, and has 6 floors. It was completed in 1649.

Paro Airport has been described as "the most difficult commercial airport in the world", The airport has only one runway. Airplanes on approach pass by 5,500m Himalayan mountain peaks, and the 1,980m runway length presents a double challenge, due to the extremely high density altitude at the site. As a result, only a handful of airline pilots (8 as of December 2014) are certified to operate commercial aeroplanes there. About 30,000 persons arrive at the airport each year.

Ref link: https://en.wikipedia.org/wiki/Paro,_Bhutan

SPORTS

***EVERYONE WILL REMEMBER
THIS WAS THE TEAM WHO
STARTED THIS JOURNEY:
HARDIK PANDYA***

Five-time IPL winner Hardik Pandya on Sunday said his latest triumph, while leading first-timers Gujarat Titans, is something the coming generations will talk about.

Hardik's team capped off a dream campaign in its maiden season by lifting the Indian Premier League title with a seven-wicket win over Rajasthan Royals in the final at Ahmedabad's Narendra Modi Stadium.

"This title is going to be a special one because we talked about creating a legacy. The coming generations will talk about it," Hardik said.

"Everyone will remember this was the team who started this journey and to win the championship first year is very special." The Gujarat Titans' triumphant skipper said he knew he was going to bat at number four for the first-timers after they got done with the mega auction ahead of IPL-15.

"When the auction finished, I knew I would have to bat at No. 4," Hardik said at the presentation ceremony.

Hardik has won four IPL titles with Mumbai Indians.

Gujarat's highly-rated bowling attack, led by skipper Hardik (3/17) himself, limited a formidable Rajasthan Royals batting unit to 130 for nine after losing the toss.

Asked about his bowling, he said, "Wanted to show at the right time what I've worked hard for. Today was the day from the bowling point of view I saved the best for the best.

"We believe quality bowlers win you the tournament. So we invested in them. With Jos playing throughout 20 overs, my role was a bit different. It was a decent season for me, nice 30s and 40s and 20s. But there is a lot to learnt. And huge congratulations to Gujarat Titans," he added.

Department editor-Adishthi narvankar

Reference link

<https://indianexpress.com/article/sports/ipl/gt-vs-rr-everyone-will-remember-this-was-the-team-who-started-this-journey-hardik-pandya-7943160/>

***NOBODY CAN FILL JHULAN
GOSWAMI'S SHOES, HER
PASSION FOR CRICKET IS
UNMATCHED: HARMANPREET
KAUR***

India skipper Harmanpreet Kaur on Tuesday paid a glowing tribute to Jhulan Goswami, saying the veteran pacer's passion for the sport is unmatched and "nobody can fill her shoes".

The 39-year-old, who is leading wicket-taker in international cricket in a career spanning more than two decades, is set to retire after the third and final ODI against England at Lord's on September 24."She goes to every game with the same kind of passion which is unmatched, nobody can beat that," Harmanpreet said in a media interaction here on the eve of their departure for their white-ball series in England.

Having made her debut under the captaincy of Jhulan in a match against Pakistan in the 2009 World Cup, Harmanpreet has some vivid memories of the legendary Indian pacer who has a world record 252 wickets to her name from 201 ODIs — the only bowler with more than 200 wickets in the format.

"When I made my debut she was the captain, it's a great opportunity for me that I would be leading the side when she would be playing her last ODI. When I entered the team, she was the one who was leading from the front. I've learnt a lot from her. Nobody can fill in her shoes.

Fresh from their silver medal winning show at Commonwealth Games Birmingham, India will begin their tour with three T20s starting from September 9. Thereafter India will play three ODIs at Hove (September 18), Canterbury (September 21) before the marquee ODI at the Lord's, their first at the hallowed venue since their 2017 Cricket World Cup final defeat. Harmanpreet said they would do their best to make it a special occasion for her.

Department editor-Adishthi narvankar

Referencelink:

<https://indianexpress.com/article/sports/cricket/nobody-can-fill-jhulans-shoes-her-passion-for-cricket-is-unmatched-harmanpreet-8121211/>

SOCIAL ISSUE

BASIC SANITATION

Sanitation is yet another problem, but one of the biggest, in India. There are about 700 million people who have no access to toilets at home. Slum areas do not have toilets. People are thus forced to defecate in the open, which causes numerous diseases like diarrhea, cholera, dehydration etc. Many rural schools also have no toilets, because of which parents do not send their kids, especially girls, to school. Due attention was drawn towards this problem by Gandhiji but nothing much was done. A growing population is the biggest challenge causing these problems. For example, the sewage system in Delhi was designed to meet the needs of a population of three million people. But Delhi now has more than 14 million of population. This is not just the case of Delhi; every state and region in India is the same.

Though 12 million toilets claim to have been built under Swachh Bharat Abhiyan in the last five years, as per a UN report, 44% of the population continues to defecate in the open. Sanitation, solid waste management, and drainage continue to pose challenges in India.

However, according to Swachh Bharat Mission website a total of 100 Million toilets were built in India, and all the States, Union Territories, Gram Panchayats, and Districts declared themselves Open Defecation Free (ODF).

HEALTHCARE SYSTEM

It is true that the world's most populous democratic country cannot provide proper healthcare facilities to its entire population. India is becoming a hub for medical tourism but all these facilities are not available to local residents, who happen to be poor. Healthcare is a neglected issue in India, as major attention drawers are agriculture, infrastructure and IT. Lack of resources in rural India is a major concern of the day, leading to most of the problems. 50% of all villagers have no access to healthcare providers; Infant Mortality Rate (IMR) is 34 per 1000 live births; lack of nutrition caused stunning growth in 50% of all the babies, and 36% people in India have no access to toilets.

Despite the country's medical tourism bringing in \$2.8 billion in 2020 and being the fourth largest medical devices market, the healthcare system for the Indian citizen has been a disappointment. According to a report by NITI Aayog, the country has 1.3 hospitals bed per 1000 population with almost 50% of it concentrated in states like Karnataka, Telangana, Uttar Pradesh, Kerala, Tamil Nadu, and Maharashtra

Ref Link: <https://www.mapsofindia.com/my-india/society/current-major-issues-in-india>

STUDENT'S SECTION

- A male and a female person are sitting on the bench.

"I'm a male," says the person with brown hair.

"I'm a female," says the person with black hair.

If at least one of them is lying, who is male and who is female?

Solution & Explanation:

A simple analysis shows that the persons either have to be both lying or both telling the truth. Since we are told that at least one of them is lying, the person with brown hair is the female person and the person with black hair is the male person.

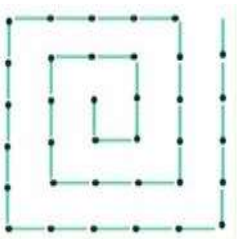
(At least one means one or more than one)

- Four cups are placed upturned on the counter. Each cup has the same number of sweets and a declaration about the number of sweets in it. The declaration are: Five or Six, Seven or Eight, Six or Seven, Seven or Five. Only one of the declaration is correct. How many sweets are there under each cup?

Solution & Explanation:

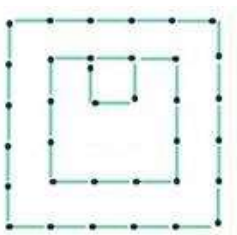
As it is given that only one of the four declaration is correct, the correct number cannot appear in more than one declaration. If it appears in more than one declaration, then more than one declaration will be correct. Hence, there are 8 sweets under each cup.

Move 4 matchsticks to make 3 squares of different sizes.



Solution & Explanation:

The following is the image after moving 4 matchsticks:



Ref link: <https://www.hitbullseye.com/puzzle/hard-logic-puzzles.php>

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