



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

- ***WHAT IS A BUSINESS?***
- ***GOLD RATE TODAY: GOLD PRICES RISES ON SOFTER DOLLAR***

ADVERTISEMENT

PAGE 2

- ***MCDONALD'S INDIA RETURNS TO CORE 'FAMILY' POSITIONING WITH NEW ADS.***
- ***THINKING OF STARTING A DOMINO'S FRANCHISE? LOOK NO FURTHER AS WE TAKE YOU THROUGH THE PROCESSES***

IT & TECHNOLOGY

PAGE 3

- ***WHY ARTIFICIAL INTELLIGENCE ISN'T A SURE THING TO INCREASE PRODUCTIVITY***

SCIENCE & SPACE

PAGE 4

- ***'UNLIMITED RELEASE' OF NUCLEAR MATERIALS UNLESS A SAFETY ZONE IS ESTABLISHED.***
- ***FIRST DIRECT LOOK AT NEPTUNE'S RING IN MORE THAN 30 YEARS.***



TABLE OF CONTENTS



NATURE

PAGE 5

- ***ENDURING EARTH***



ACADEMICS

PAGE 6

- ***NEW CENTRE TO FOSTER ROBUST, INCLUSIVE ACADEMIC SYNERGIES BETWEEN INDIAN INSTITUTIONS & CITY UNIVERSITY OF US LAUNCHED***
- ***PURPOSE AND GRATITUDE BOOST***



MEDIA

PAGE 7

- ***HOW MEDIA INFLUENCES THE USE OF VIOLENCE IN PROTESTS: AN ANALYSIS OF THE BLACK LIVES MATTER AND #STOPTHESTEAL MOVEMENTS***



ARTS

PAGE 8

- ***ARCHITECTS ARTWORKS***

TABLE OF CONTENTS

HISTORY

PAGE 9

- ***IMPERIAL MUGHAL LITERATURE: A RICH SOURCE OF SCIENTIFIC INFORMATION***

LIBRARY

PAGE 10

- ***LIBRARY CIRCULATION***

FOOD & HEALTHCARE

PAGE 11

- ***FOOD AND HEALTH: INDIVIDUAL, CULTURAL, OR SCIENTIFIC MATTERS?***

CULTURE & CUISINE

PAGE 12

- ***WHAT FOOD TELLS US ABOUT CULTURE***
- ***NAVRATRI ONE FESTIVAL, MULTIPLE WAYS OF CELEBRATION, AND MOUTH-WATERING FOOD.***

TABLE OF CONTENTS

TRAVEL & TOURISM

PAGE 13

- *RAJASTHAN: A TRIP TO THE LAND OF MAHARAJAS.*
- *AULI, INDIA*

SPORTS

PAGE 14

- *DISCUS THROWER KAMALPREET KAUR BANNED FOR THREE YEARS FOR USE OF STEROID.*

SOCIAL ISSUE

PAGE 15

- *CHILD LABOR DURING THE TIME OF COVID: UN REPORT*

STUDENT'S SECTION

PAGE 16

- *CAN YOU FIND THE UNCOMMON ALPHABATE?*

BUSINESS

WHAT IS A BUSINESS?



The term business refers to an organization or enterprising entity engaged in commercial, industrial, or professional activities. The purpose of a business is to organize some sort of economic production (of goods or services). Businesses can be for-profit entities or non-profit organizations fulfilling a charitable mission or furthering a social cause.

KEY TAKEAWAYS

- A business is defined as an organization or enterprising entity engaged in commercial, industrial, or professional activities.
- Businesses can be for-profit entities or non-profit organizations.
- Business types range from limited liability companies to sole proprietorships, corporations, and partnerships.
- Some businesses run as small operations in a single industry while others are large operations that spread across many industries around the world.
- Apple and Walmart are two examples of well-known, successful businesses.

Hindavi Bhandari
(freelancer reporter)

Reference link:
<https://www.investopedia.com/terms/b/business.asp>

***GOLD RATE TODAY: GOLD
PRICES RISES ON SOFTER
DOLLAR***



Gold price rose on Friday helped by a dip in the dollar, but expectations of more interest rate hikes capped further gains as U.S. Federal Reserve Chair Jerome Powell reiterated the central bank's commitment to tame inflation. Spot gold rose 0.4% to \$1,713.62 per ounce as of 0110 GMT. U.S gold futures were up 0.3% at \$1,720.94. The dollar index was down 0.3%, having hits its lowest level in a week, making the greenback-priced bullion less expensive for those holding other currencies. The fed is “strongly committed” to fighting inflation and remains hopeful that can be done without the “very high social cost” involved in prior campaigns to control surging prices.

Holdings of SPDR Gold Trust , the world's largest gold-backed exchange-traded fund, fell 0.30% to 968.15 tonnes on Thursday from 971.05 tonnes on Wednesday. Spot silver gained 0.5% to \$18.66 per ounce, platinum rose 0.1% to \$880.27.

Bushra Bheri
(Freelancer Reporter)

Refrence link-
<https://timesofindia.indiatimes.com/business/international-business/gold-rate-today-gold-prices-rises-on-softer-dollar/articleshow/94088590.cms>

ADVERTISEMENT

MCDONALD'S INDIA RETURNS TO CORE 'FAMILY' POSITIONING WITH NEW ADS.



McDonald's India's latest campaign is all about loving your family. The series of ads show the relationships between family members in three different contexts. One ad features a shared tender moment over a meal shared at home. The ads have been created by DDB Mudra Group. Arvind R.P., director – marketing and communication, McDonald's India, explains that the brief to the agency was to make family meal times synonymous with McDonald's. "While McDonald's has always been relevant for all age groups and occasions, post-COVID, we have seen a distinct shift in people wanting to spend time with their families. McDonald's faces competition from other QSR brands in India, like Wendy's, Burger King, Popeye's, etc. It also competes with QSR brands that sell different types of food items, such as Domino's Pizza, Taco Bell, KFC, Subway, Café Coffee Day, among others. McDonald's first set up shop in India in 1996. Some of its early ads portray young men and women – either college students or working professionals. The recent ads are the opposite – emphasising on the relationship that family members have with each other.

Samriddhi Debnath

(Freelancer Reporter)

Reference link :-

<https://www.afaqs.com/news/advertising/mcdonalds-india-returns-to-core-family-positioning-with-new-ads>

THINKING OF STARTING A DOMINO'S FRANCHISE? LOOK NO FURTHER AS WE TAKE YOU THROUGH THE PROCESSES



A business proposition can take you to several ups and downs. There can be moments when profits can seem to be appreciative of the time. Other times, business can be affected due to any unforeseen circumstances. But in all these loopholes, the franchise business can come out to be in your favor, if you curate a well-reputed brand to go. Business Outreach Magazine brings to you the perks of getting a domino's franchise and what are the key aspects you should consider while going forward. What is a franchise ? A franchise is a license that is being granted to a franchisee, who gets access to the business prowess of a franchisor. Any processes and trademarks. It is estimated that Domino's Pizza has more than about 17,000 units in almost 90 countries. The menu of Domino's Pizza is diverse with Veg Pizza, Non-Veg Pizza, Pizza Mania, Choco Lava cake and several beverages. It allows the customers to choose from a number of options. The company also has a '30 minutes delivery guarantee' which is interesting and if the time exceeds the number, the pizza goes free of charge.

Priyank Desavale

(Freelancer Reporter)

Reference link :-

<https://www.businessoutreach.in/thinking-of-starting-a-dominos-franchise/>

IT & TECHNOLOGY***WHY ARTIFICIAL INTELLIGENCE ISN'T A SURE THING TO INCREASE PRODUCTIVITY***

Choudhury realized there was scant research available on the skills needed by workers to use artificial intelligence-based tools to their full promise. And that's a key piece of information to have as companies consider investing what consulting firm Accenture estimates will be \$35 trillion into cognitive technologies in the United States by 2035. Just adding AI tools does not automatically increase productivity if the people using them can't use the technology correctly. "AI tools might be good at predictions, but, if they are not used properly, there is no value in investing in such tools," Choudhury says. Choudhury aims to fill that gap with a new working paper. The paper, written with Evan Starr and Rajshri Agarwal of the University of Maryland, suggests that firms must think carefully about the skills they'll need to hire for or train for in employees if they are going to get the most bang for the buck from their new AI.

Choudhury has spent his career researching human capital, looking inside companies such as Microsoft, Infosys, and McKinsey to analyse what makes knowledge workers most productive. A few years ago, he began looking at the United States Patent and Trademark Office (USPTO), which has used innovative practices around employees working remotely. "I found the US patent office fascinating," Choudhury says. "It is not only a large organization with more than 10,000 people, but also an organization that shapes the innovation system. What they do matters for the entire US economy." In the course of writing a Harvard Business School [case on the patent office](#), he discovered the agency was implementing a sophisticated new machine learning program called Sigma-AI in an attempt to cut the time necessary to review patent applications.

In the past, employees have used a Google-like Boolean search tool in order to identify prior art, hunting for specific keywords to pull up past cases. The new machine learning tool automates this process, Choudhury says. "The document is fed into this tool, and then it spits out what it thinks would be the relevant documents for an examiner to look at."

Freelancer : Samiksha Teli.

Ref. link.: <https://hbswk.hbs.edu/item/artificial-intelligence-tools-won-t-automatically-increase-productivity>

SCIENCE & SPACE

***'UNLIMITED RELEASE' OF
NUCLEAR MATERIALS
UNLESS A SAFETY ZONE IS
ESTABLISHED***



The International Space Station is a large spacecraft in orbit around Earth. It serves as a home where crews of astronauts and cosmonauts live. The space station is also a unique science laboratory. Several nations worked together to build and use the space station. The space station is made of parts that were assembled in space by astronauts. It orbits Earth at an average altitude of approximately 250 miles. It travels at 17,500 mph. This means it orbits Earth every 90 minutes. NASA is using the space station to learn more about living and working in space. These lessons will make it possible to send humans farther into space than ever before.

How Big Is the Space Station?

The space station has the volume of a five-bedroom house or two Boeing 747 jetliners. It is able to support a crew of six people, plus visitors. On Earth, the space station would weigh almost a million pounds. Measured from the edges of its solar arrays, the station covers the area of a football field including the end zones. It includes laboratory modules from the United States, Russia, Japan and Europe.

Freelancer: - Sujal Irkar

Ref Link: - <https://www.livescience.com/un-calls-for-zaporizhzhia-nuclear-security-zone>

***FIRST DIRECT LOOK AT
NEPTUNE'S RING IN MORE
THAN 30 YEARS.***



Humankind is seeing Neptune's rings in a whole new light thanks to the James Webb Space Telescope. In an infrared image released on September 21, Neptune and its gossamer diadems of dust take on an ethereal glow against the inky backdrop of space. It is a huge improvement over the ring's previous close-up, which was taken more than 30 years ago.

Unlike the dazzling belts encircling Saturn, Neptune's ring appears dark and faint in visible light, making them difficult to see from earth. The last time anyone saw Neptune's rings was in 1989, when NASA's Voyager 2 spacecraft, after tearing past the planet, snapped a couple of grainy photos from roughly 1 million kilometers away. In those photos, taken in visible light, the rings appear as thin, concentric arcs. As Voyager 2 continued to interplanetary space, Neptune's rings once again went into hiding — until July. That's when the James Webb Space Telescope, or JWST, turned its sharp, infrared gaze toward the planet from roughly 4.4 billion kilometers away.

The enormity of the telescope's mirror also makes its images extra sharp. "JWST was designed to look at the first stars and galaxies across the universe, so we can really see fine details that we haven't been able to see before," Milam says.

Freelancer: - Aakanksha Jadhav

Ref Link: - <https://www.sciencenews.org>

NATURE

ENDURING EARTH



Driven by the mounting threats of climate change and global biodiversity loss, private philanthropists, public funders and conservation groups around the globe are racing to protect 30% of the Earth’s land, freshwater and oceans by 2030. Targets set by the Paris Climate Accords, the Convention on Biological Diversity and the U.N. Sustainable Development Goals outline a path forward, but governments will need to act fast. The past decade was the hottest in history and more than 1 million species may be threatened with extinction in coming years, so timing is critical—and the challenge formidable. “When you look at these 2030 goals, they are big: It’s an area twice the size of India,” says Jeff Parrish, The Nature Conservancy’s global managing director for nature protection. “There is no way anyone can do it alone.”

In response, The Nature Conservancy, The Pew Charitable Trusts, World Wildlife Fund and the philanthropic enterprise ZOMALAB have thrown their collective expertise and resources behind [Enduring Earth](#), a new joint effort to protect important habitats at the scale and pace necessary to effectively tackle climate change and biodiversity loss. The organizations will continue to act as their own entities, but they will collaborate on special large-scale projects through Enduring Earth. The effort marks a new approach—not just to financing environmental protection at a global scale, but also to working more closely with the people and communities that depend on ecologically important lands and waters.

Enduring Earth will model its projects similarly to how big-ticket infrastructure projects are managed: using a tool called “project finance for permanence” to put in place all the pieces necessary for success—like planning, funding, and long-term government and local community commitments—before a complex, large-scale protection project kicks off. Over the next decade, the team of organizations aims to raise more than \$1 billion in private and public funding alongside financial commitments from host country governments and locally developed sustainable-financing mechanisms—for a total of \$4 billion to launch a portfolio of 20 large conservation initiatives across the planet.

Freelancer : Samiksha Teli

Ref. link: <https://www.nature.org/en-us/magazine/magazine-articles/enduring-earth/>

ACADEMICS

PURPOSE AND GRATITUDE BOOST ACADEMIC ENGAGEMENT



I wondered if students were more likely to be academically engaged – and less likely to suffer academic burnout – if they had a strong sense of purpose. I specifically asked about three types of purpose: self-growth, others-growth and career-focused purpose orientations. I also wanted to know if being grateful for positive experiences made a difference.

I defined academic engagement as a motivational mindset that is characterized by students' enthusiasm for school-related activities. I also looked at three types of academic burnout: devaluation of schoolwork, reduced sense of accomplishment and mental exhaustion.

I found that only one type of purpose was directly relevant to engagement and burnout - career-focused purpose. When undergraduate students connect their life purpose with career aspirations, they tend to be engaged in their academic studies. They are also less likely to devalue their schoolwork or feel unaccomplished in their studies.

My study suggests that university advisers and faculty should recognize the role that sense of purpose plays for student success. They should also engage in practices that foster students' sense of life purpose. For example, faculty members can use assignments to encourage students to reflect on their life purpose and connect it with their future career aspirations.

Department editor - Rashmi kumar

Reference :-

<https://theconversation.com/purpose-and-gratitude-boost-academic-engagement-186623>

NEW CENTRE TO FOSTER ROBUST, INCLUSIVE ACADEMIC SYNERGIES BETWEEN INDIAN INSTITUTIONS & CITY UNIVERSITY OF US LAUNCHED

Dilip Chauhan, the New York City's Deputy Commissioner for International Affairs, said the centre will be a platform for further exchange of ideas both in the fields of academics and culture. On behalf of New York City Mayor Eric Adams, Chauhan presented a Proclamation that applauded IICCCI and its mission. The institution said that it has active academic partnerships in India since 2019.



Under the leadership of Prof Neal Phillip and Prof Paramita Sen, a sustainability focused study abroad programme to Maharashtra was undertaken with 15 BCC and other CUNY students where they installed a solar powered weather station and participated in other science and cross-cultural diplomatic activities. Phillip and Sen have received several grants for their work in India. Phillip noted how the 'Yatra' to Maharashtra began in 2019, when Sen had proposed a CUNY India study abroad programme , which was spearheaded in conjunction with the IBM Smart City of Townsville, Australia and with 15 BCC/CUNY students.

Freelancer - Priyanka Kunchikorve

Reference :- <https://theprint.in/world/new-centre-to-foster-robust-inclusive-academic-synergies-between-indian-institutions-and-city-university-of-us-launched/1126493/>

MEDIA

HOW MEDIA INFLUENCES THE USE OF VIOLENCE IN PROTESTS: AN ANALYSIS OF THE BLACK LIVES MATTER AND #STOPTHESTEAL MOVEMENTS



Over the course of the last year, the US has been a hotspot for protests organized by those from both the right and left of the political spectrum. These protests have occurred despite the coronavirus pandemic that has been causing sickness and taking lives all over the world. Of the many protests that have taken place over the last year, the most influential one from the left is likely the resurgence of the Black Lives Matter (BLM) movement that was reignited over the Summer of 2020, following the death of George Floyd. On the other side of the spectrum, some of the right's most influential protests relate to the #StoptheSteal (StS) movement that became more focused and widespread after claims from former President Trump, and some other prominent conservatives, that the 2020 US Presidential election was unfairly stolen from him by Joe Biden and the Democrats through the use of mail-in ballots.

This movement would eventually culminate in the storming of the US Capitol building that occurred on January 6th, 2021. Despite both movements taking place in the same nation, within one year of each other, and during a global pandemic, they each ultimately had very different demographics, goals, and outcomes. However, one of the most striking differences is likely the way in which both movements used violence or force in an attempt to achieve their goals.

While the BLM movement remained mostly peaceful, or at least if violence did break out it was on a smaller scale and most of the people involved in the movement were quick to condemn it, the Stop the Steal movement's use of violence obviously escalated to the point that protestors stormed the US Capitol building which resulted in the deaths of five individuals and many more facing physical and psychological injuries of various natures, not to mention the untold amounts of property damage (Evelyn, 2021). This use of violence by the capitol rioters who were affiliated with StS goes against some pre-existing research about why peaceful protests turn violent.

Freelancer : Samiksha Teli.

Ref. link : <http://www.inquiriesjournal.com/articles/1957/how-media-influences-the-use-of-violence-in-protests-an-analysis-of-the-black-lives-matter-and-stopthesteal-movements>

ARTS

ARCHITECTS ARTWORKS

The architect uses watercolour as a medium to transfer his ideas to the paper. He uses the fluidity and flexibility of the brush strokes as his artistic muse which then manifests in the three-dimensional form. In a world that is fast embracing digital tools and simulation techniques, Holl's traditional yet unique style of visualization inspires young architects to learn how much you can do with the simplest of means.



Frank Gehry

In the works of this deconstructivity architect, the thin line between art and architecture disappears. The sketches of his buildings have a quality of immediacy to them. The dynamism in his loose and tangled mess of lines is reciprocated in the weightlessness of his structures. In addition to the architectural sketches, his creative genius can be witnessed in his sculptures, coloured fiberglass work, and lithograph prints, some of which he has produced individually and some in artistic collaboration with other studios.



Freelancer : Samiksha Teli

Ref. link : <https://www.re-thinkingthefuture.com/rtf-fresh-perspectives/a2011-8-interesting-artworks-by-famous-architects/>

HISTORY***IMPERIAL MUGHAL LITERATURE: A RICH SOURCE OF SCIENTIFIC INFORMATION***

The Mughal empire was founded in the year 1526 by Zahiruddin Muhammad Babur (1483-1530). Born in Akhsi in the Fergana valley, Babur traced his ancestry to Amir Timur (1336-1405) on the paternal side and Changez Khan (1162-1227) on the maternal side (Dale, 2018). Except for a brief period between 1540 and 1555 when the Afghans held power, the dynasty which Babur founded reigned uninterrupted for more than 300 years. The Mughals flourished and prospered in their new home, establishing trade links with Asia and Europe, and introducing major administrative reforms in India. The last hundred years of the Mughal dynasty were marked by dwindling fortunes and the ever-increasing dominance of the British East India Company. Ultimately, in 1857, following the Sepoy Mutiny when Indian troops revolted against the Company, Bahadur Shah Zafar (1775-1862), the last Mughal emperor, was finally dethroned and banished to live his last years in exile in Burma (now Myanmar). Queen Victoria (1819-1901) became the Empress of India and India the jewel in the British Crown.

Despite oscillating fortunes, Babur's successors eventually formed a stable empire. At the height of their power, Mughal presence was felt in a vast region of the South Asian subcontinent and neighbouring Central Asia. Their lasting impact is reflected in art and architecture such as the Taj Mahal in Agra and the stunning Friday mosques of Lahore and Delhi, as well as in the languages of the subcontinent.

In comparison, Mughal literature, dwarfed by the evident magnificence of the numerous Mughal forts, monuments, and tombs, suffers from neglect. Written work composed by the Mughal emperors and other members of the imperial family is even less appreciated. These intimate and personal records contain not only historic material, but also a wealth of information relating to the understanding and exploration of various sciences. This article explores the autobiographies of the Mughal emperors Babur and Jahangir (1569-1627), the biography of second Mughal emperor Humayun (1508-1556) by Humayun's half-sister, princess Gulbadan Begum (1523-1603), as well a book of narrative history by Babur's cousin, Mirza Muhammad Haider Dughlat (1499-1551). This paper explores the knowledge that the Mughals had acquired and how reading of their works improves our understanding of the present from the constructed narrative.

Freelancer : Samiksha Teli.

Ref Link : <http://www.inquiriesjournal.com/articles/1942/imperial-mughal-literature-a-rich-source-of-scientific-information>

LIBRARY

LIBRARY CIRCULATION



Library Circulation is the function of lending library materials (books, serials, sound recordings, moving images, cartographic materials, etc. that are owned by a library) to the users of the library.

Library Circulation includes checking out library materials to library users, renewing the borrowed items, reserving checked out items for the patron, checking in materials returned, checking the materials for damage at the time of return, if found damaged then giving that to responsible staff for repair and when repair is not possible then replacement, renewal of materials, receiving payment of fines for damaged and overdue materials and payment for subscription to the library and other charges, maintaining order in the stacks by re-shelving the library materials by call number given by classification system, such as Library of Congress Classification (LCC) or Dewey Decimal Classification (DDC) system. There is a Circulation Desk, a long counter usually located at the main entrance of the library to carry out library circulation activities. It is the service point to register for the library card, check out, renew, and return library materials. Library staff at circulation desk also provides basic search and reference services in the use of library and placement of information resources. Circulation Statistics refers to the checkout count of the items of the library for some given period of time. Books with high circulation statistics may be ordered in multiple copies and items showing low circulation rate may be referred for weeding out. This analysis of circulation statistics is termed as Circulation Analysis. Results of circulation analysis are used in various library functions, for instance at the time of budgeting, collection development etc. In modern libraries circulation activities is performed through the circulation module to the used library software, Integrated Library System (ILS), or Learning Management System (LMS).

Freelancer : Samiksha Teli.

Ref Link: <https://www.librarianshipstudies.com/2015/06/library-circulation.html>

FOOD & HEALTHCARE**FOOD AND HEALTH: INDIVIDUAL, CULTURAL, OR SCIENTIFIC MATTERS?**

Nutrition and Oral Health

Introduction Nutritional genomics studies the interaction between nutrition and the genome, and it seeks “to provide the scientific basis for improved public health through dietary means” (Bergmann et al. 2008, p. 448). As an emerging application of nutritional genomics, personalized nutrition encompasses the vision to improve individual health control by offering access to an improved understanding of “the functional interaction between bioactive food components with the genome at the molecular, cellular, and systemic level in order to understand the role of nutrients in gene expression and...how diet can be used to prevent or treat disease” (Castle et al. 2007, p. 3).

Consequently, in the context of personalized nutrition, food may be understood as a tool for good health. This implies an instrumental relationship between food and health, where food is ascribed a secondary value and health appears to be a descriptive biological concept. However, food plays a more significant role in human life; food is connected to social contexts, cultural values, and identities. Likewise, health is not necessarily a descriptive concept; it may be seen as instrumental in relation to individual life plans—a perspective that turns health into a more complex, value-laden concept. This article gives an introduction to cultural understandings of food and health. The wider definition of food and health is explored in relation to the commonly used scientific approach that tends to take a more reductionist approach to food and health.

The different discourses on food and health are being discussed in relation to ethical aspects of personalized nutrition, leading to the following questions: What kind of ethical challenges may be identified for personalized nutrition in relation to concepts of food and health, which include cultural and value-laden aspects? And how are social and cultural concepts of food and holistic concepts of health related to the aim of individualization in personalized nutrition?

Freelancer : Samiksha Teli.

Ref. Link :

https://www.researchgate.net/publication/236048921_Food_and_health_Individual_cultural_or_scientific_matters

CULTURE & CUISINE

NAVRATRI ONE FESTIVAL, MULTIPLE WAYS OF CELEBRATION, AND MOUTH- WATERING FOOD



India is a land of culture, tradition, and festivities. The beauty of it lies in how diverse it is. The season of festivities that last nine nights start on the 17th of October this year and culminates on the 25th. These nights and ten days are dedicated to the nine forms (avatars) of Goddess Durga and commemorates the victory of good over evil.

Many households refrain from consuming onion and garlic and follow a satvik diet. Simple food with very little masala and considerable emphasis is given to the forgotten grains like buckwheat, finger millet and water chestnut flour. This becomes a delicacy during this time of the year! Potatoes, colocasia, lotus seeds, raw papaya, raw banana and seasonal fruits are made use of in the most beautiful ways. Though a vegetarian, home-cooked meal is regarded ideal, Bengalis consider Durga Pooja as the time for eating out. There are hardly any restrictions on what they eat, community bhogs (meals) form a big part of their celebration and Khichdi, Baigun Bhaja (fried brinjal), tomato-date chutney, Lucchi and more embellish the feast.

Freelancer :- Sanjana Shetty

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

WHAT FOOD TELLS US ABOUT CULTURE



On an individual level, we grow up eating the food of our cultures. It becomes a part of who each of us are. Many of us associate food from our childhood with warm feelings and good memories and it ties us to our families, holding a special and personal value for us. Food from our family often becomes the comfort food we seek as adults in times of frustration and stress. When I was sick as a kid, I couldn't eat rice because I was too weak, so my mother would cook soup and bring it to bed for me. The smell and taste of the soup became something very familiar to me. Now, whenever I feel tired or stressed, I remember the soup my mom used to make for me and I feel hungry for that soup.

As the world becomes more globalized, it is easier to access cuisines from different cultures. We should embrace our heritage through our culture's food but we should also become more informed about other cultures by trying their foods. It's important to remember that each dish has a special place in the culture to which it belongs, and is special to those who prepare it. Food is a portal into culture, and it should be treated as such.

Freelancer - Vrushali shelke

Reference link-

<https://freelymagazine.com/2017/01/07/what-food-tells-us-about-culture/>

TRAVEL & TOURISM

RAJASTHAN: A TRIP TO THE LAND OF MAHARAJAS

Situated in the Aravalli ranges, Rajasthan is the biggest state in India and without a doubt, the state also holds the biggest place in people's hearts. From majestic havelis to breathtaking lakes, and exquisite food, from melodic folk music to adventurous sandy safaris, Rajasthan truly is a one-stop shop.



Udaipur, which is located in the southernmost part of Rajasthan, is known by many names - the 'City of lakes', the 'Venice of the East', and rightly so. Udaipur brims with natural beauty as the city is surrounded by seven lakes and is also known as the 'White City', due to the prevalence of Rajput-style palaces that are made out of white marble. Experience the rich culture and heritage of the city by visiting the Jagmandir Palace, situated in the middle of Lake Pichola, the Sajjangarh Monsoon Palace, built on the Aravalli hilltop, overlooking a breathtaking view of Lake Fateh Sagar, and the City Palace of Udaipur. Enjoy the sunset at the bank of the Fateh Sagar Lake or the Badi lake and if you're someone who loves history, head to Bagore Ki Haveli - a piece of architecture built in the 18th century which is now converted into a museum. Experience the hustle and bustle of the Udaipur streets while shopping at the Chetak Circle; find a decorative and aesthetic assortment of handicrafts.

Freelancer – Sneha Suthar

Reference

Link-
<https://english.mathrubhumi.com/features/travel/rajasthan-a-trip-to-the-land-of-maharajas-india-travel-rajasthan-tourism-1.7925068>

AULI, INDIA

Auli is in Chamoli district in the Himalayan mountains of Uttarakhand, India. Auli, also known as Auli Bugyal, in Garhwali, which means "meadow", is located at an elevation of 2,800 metres (9,200 ft) above sea level. Between June and October, the valley has one of highest numbers of flower species found anywhere in the world, with 520 species of high altitude plants, 498 of which are flowering plants with significant populations of endangered species.



Auli is a hiking and ski destination and after the creation of the state of Uttarakhand, formerly part of Uttar Pradesh, Auli was marketed as a tourist destination. It is surrounded by coniferous and oak forests, with a panoramic view of the peaks of the Himalayas. The slopes are intended for both professional skiers and novices. The Garhwal Mandal Vikas Nigam Limited (GMVNL) a state government agency which takes care of this resort, and Uttarakhand Tourism Department conduct winter sports competitions at Auli to encourage skiing in India. It has a 4 kilometres (2.5 mi) cable car, a chairlift and a ski lift, along with a maintained trek route. There is a training facility of Indo-Tibetan Border Police. A small Hindu temple connected with the Hindu epic the Ramayana is also present.

Freelancer: **Vedant sutar**

Reference

link:https://en.m.wikipedia.org/wiki/Auli,_India

SPORTS

DISCUS THROWER KAMALPREET KAUR BANNED FOR THREE YEARS FOR USE OF STEROID.



Top Indian discus thrower Kamalpreet Kaur, who achieved stardom for her exploits at the Tokyo Games, was on Wednesday banned for three year for using prohibited substance Stanazolol, the Athletics Integrity Unit (AIU) has announced.

Her ban will be effective from March 29, 2022. Kamalpreet was handed a provisional suspension in May this year after testing positive for the steroid, which was found in her sample that AIU collected at Patiala on March 7. "The AIU has banned Kamalpreet Kaur of India for 3 years for the Presence/Use of a Prohibited Substance (Stanazolol), starting from 29 March 2022. DQ results from 7 March 2022," the AIU said in a statement.

Kamalpreet had finished sixth at the Tokyo Games in a splendid show. Kaur had made a rapid rise last year when she set a national record of 65.06m in the lead-up to the Tokyo Olympics.

Freelancer : Samiksha Teli.

Ref. link: <https://economictimes.indiatimes.com/news/sports/india-lose-second-warm-up-game-to-western-australia-by-36-runs/articleshow/94841345.cms>

SOCIAL ISSUE

CHILD LABOR DURING THE TIME OF COVID: UN REPORT



According to UN bodies, ILO, and UNICEF the child labour has swelled for the first time in two decades. The number in child labour stood at 160 million at the start of 2020 an increase of 8.4 million in 4 years. The hike began before the pandemic hit and marks a dramatic reversal of a downward trend that had seen child labour numbers shrink by 94 million between 2000-2016. Nearly 1/10 children globally were stuck in child labour with Sub-Saharan Africa the worst affected. If the latest projections of poverty increase due to the pandemic, another 9 million children will be pushed into child labour by the end of 2022 as per the report. If social protection coverage slips from the current levels because of austerity measures and other factors the number of children falling into child labour can go up to additional 46 million. Boys were significantly more likely to be affected accounting for 97 of the 160 million children toiling in labour at the start of 2020. Gender gap narrows by half when household chores performed for at least 21 hours per week are counted. There is also significant increase in the children between the ages of 5-17 years who are doing hazardous work. This includes toiling in dangerous industries like mining or with heavy machinery and working for more than 43 hours a week which makes schooling next to impossible. Unless urgent actions are taken to help ballooning number of families plunging into poverty, nearly 50 million more children could be forced into child labour over the next two years.

Freelancer : Samiksha Teli.








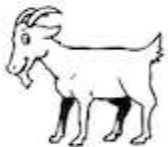


Ref.: Link : <http://www.azadindia.org/social-issues/view-soc-news.php?id=16>

STUDENT'S SECTION

CAN YOU FIND THE UNCOMMON ALPHABATE?

Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____
2. Find a letter that is in  but not in  _____
3. Find a letter that is in  but not in  _____
4. Find the letter that is in  but not in  _____
5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

Answer: The "happy word" is SMILE.

Freelancer : Samiksha Teli.

Ref link : <https://www.prodigygame.com/in-en/blog/brain-teasers-for-kids/>

Chief Editor
Ms. Shruti Soparkar

Creative Designer
Ms. Lysandra Monterio

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

Picture Editor
Ms. Prajakta Nakashe

Copy Editor
Ms. Pranjali

Proof Reader
Ms. Sanika Kadam

Production Manager
Ms. Sanjana Goli

Content Editor
Ms. Bhakti Margaj

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.Sanika Salvi
Ms.Riddhi Tanavde
Ms.Mayuri Redkar
Ms. Gauri Pawar
Ms. Vishakha Yadav
Ms.Adesh Shinde
Mr.Piyush Vishwakarma
Mr. Aayush Sinha

CREDITS

ADVISORY

Dr. Mala Kharkar
(Chief Education Officer)

Dr. Trisa Joseph
(Principal)

Ms. Ruchita Dalvi
(Chief Co-ordinator)

CONVENER

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**