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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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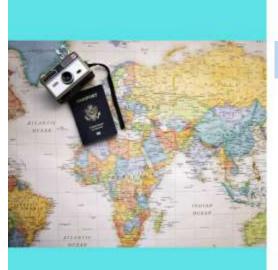


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## **BUSINESS**

#### ONE MORE WAY THE STARTUP WORLD HAMPERS WOMEN ENTREPRENEURS

Before launching new products, entrepreneurs are often filled with doubt: Will their ideas successfully take off in the marketplace—or will they fall flat? To cut down on uncertainty, creators can post their inventions on platforms such as Product Hunt, where early adopters examine and beta-test new apps and other products, offering feedback to help entrepreneurs refine their ideas



This gender gap is hardly limited to Product Hunt. Men also comprise 75 percent of visitors to Kickstarter, 67 percent to Indiegogo, and 79 percent to Y Combinator's Hacker News. And of course, they dominate the conference rooms of venture capitalists and tech companies that are making decisions on investing in new products. "When you are trying to grow a startup, the people you are getting advice and feedback from are overwhelmingly men," Koning says.

That phenomenon, known as "sampling bias," is likely less a result of active discrimination against women, Koning says, than it is a lack of representation in the sample of people giving feedback. Nevertheless, it could have potentially serious consequences for a product's success

Akash Atugade (Freelancer Reporter ) Link:-<u>https://www.fundera.com/blog/business-articles</u>

### WHAT'S THE MATTER WITH BUSINESS ETHICS?

Signs of the boom are everywhere. Over 500 businessethics courses are currently taught on American campuses; fully 90% of the nation's business schools now provide some kind of training in the area. There are more than 25 textbooks in the field and 3 academic journals dedicated to the topic. At least 16 businessethics research centers are now in operation, and endowed chairs in business ethics have been established at Georgetown, Virginia, Minnesota, and a number of other prominent business schools.



With the recent boom in business ethics comes a curious irony: the more entrenched the discipline becomes in business schools, the more bewilderingoff-putting—it and even appears to actual managers. The problem is that the discipline of business ethics has yet to provide much concrete help to managers in either of these areas, and even business ethicists sense it. "Business Ethics: Where Are We Going?" asks one title. "Is There No Such Thing as Business Ethics?" wonders another. professional management and suggest that business ethicists themselves may be largely responsible for this gap.

Tanisha athawale:(freelancer reporter)

Link : https://hbr.org/1993/05/whats-the-matter-withbusiness-ethics

## **ADVERTISEMENT**

What The Financials] Lenskart Turns Profitable In FY20, Revenue Nears INR 1000 Cr.



After widening its losses by 78% in the previous year, Delhi NCR-based eyewear company Lenskart has turned profitable in the financial year 2020 that ended in March last year. The company's primary India business — Lenskart Solutions Private Limited — has reported a profit of INR 17.7 Cr, with revenue almost doubling to INR 963.7 Cr in the same time period. Lenskart's expenses also grew a good 88%, from INR 515.2 Cr in FY2019 to INR 945.9 Cr in FY2020. The company's revenue had grown 56% to INR 485.5 Cr in FY2019, with losses booming 78% to INR 30.1 Cr. Its revenue was at INR 310.9 Cr in FY2018 with expenses worth INR 429 Cr, leading to a loss of INR 27.89 Cr.Lenskart was founded by Piyush Bansal, Amit Chaudhary and Sumeet Kapahi in 2010. The company manufactures, assembles, distributes and supplies its products across 700 stores across India. It is operated under parent company Valyoo Technologies and has other subsidiaries in India including Lenskart Eyetech. The eyewear retailer has grown to serve more than 400K customers on a monthly basis and claims to account for nearly 30% of India's organised evewear market.

Kaushal Bhosale :(Freelancer Reporter) Ref link: <u>https://inc42.com/buzz/what-the-financials-lenskart-turns-profitable-in-fy20-revenue-nears-inr-1000-cr/</u>

## ALLEN SOLLY'S NEW CAMPAIGN SPOTLIGHTS ON BODY POSITIVITY

The Idea behind 'Own Your Shape' campaign is to break away from the stereotype of clothing. Conceptualised by Ogilvy India, the film features three girls of different body types, trying different styles.Allen Solly unveils a new range of denims for women in diverse sizes with a brand new campaign 'Own Your Shape'.



The campaign addresses the growing concerns– "onesize-fits-all", as women struggle to find the perfect fit denim. With the launch of new campaign 'Own your Shape', the brand aims to provide stylish denims for every body type. Allen Solly said, "At Allen Solly, we care about the right fit for all body types. The need to move beyond 'One Size Fit for all' was common during our customer outreach. Fashion is not only about developing the perfect product but also the right fit for each body type and through this 'Own Your Shape' campaign, Allen Solly aims to accentuate that beauty comes in all shapes and sizes. He further added, "The brand strongly believes that this campaign will bring positivity among women and encourage the brand to make more such products."

#### Gracy choudhary:(Freelancer reporter) Reference

link:<u>https://www.businessinsider.in/advertising/brands</u>/news/allen-sollys-new-campaign-spotlights-on-bodypositivity-to-promote-its-new-range-of-denims-forwomen/articleshow/87179616.cms?utm\_source=social \_sticky\_non\_amp&utm\_medium=social\_sharing&utm \_campaign=Click\_through\_social\_share

## IT & TECHNOLOGY

#### IMPACT OF TECHNOLOGY ON THE FUTURE OF HEALTHCARE

The future of the healthcare industry is dynamically changing in front of our eyes with a range of advanced digital technologies, including artificial intelligence (AI), 3D printing, robotics and nanotechnology. Although the sector has familiarised itself with the latest developments to control the technology, there is still a long way to go. Since the pandemic, it has become quite evident how technology can potentially play an important role in shaping healthcare facilities, enhancing their quality and embracing the new digital era.

The global healthcare and IT market size was remarked at a value of US\$74.2 billion in the year 2020. It is expected to grow at a rate (CAGR) of 10.7 per cent over the next few years. In line with this, there is a tremendous demand for the adoption of various preventive care measures that will contribute to the advancement of the healthcare division. Hence, this piece will explore how technology can play a dominant role in the healthcare industry and allow the amenities to diversify with its support and explores how technology can revolutionise this industry. The overall human genome project costs approximately a whopping US\$2.7 billion which is only expected to rise in the coming years.

#### Gade Sanjana Deepak: (Freelancer Reporter)

Referance : <u>https://insights.omnia-</u> health.com/technology/impact-technology-futurehealthcare?utm\_source=AdWords&utm\_medium= Paid+Search&utm\_campaign=AEL22OMA-RK-Insights-Dynamic&utm\_term=%7Bkeyword%7D&utm\_co ntent=Healthcare+technology&gclid=CjwKCAjwrOaBhA9EiwAUkLV4gryhX-

#### HOW IMPORTANT IS TECHNOLOGY IN EDUCATION?

BuiltIn reports that 92 percent of teachers understand the impact of technology in education. According to Project Tomorrow, 59 percent of middle school students say digital educational tools have helped them with their grades and test scores. These tools have become so popular that the educational technology market is projected to expand to \$342 billion by 2025, according to the World Economic Forum.



However, educational technology has its challenges, particularly when it comes to implementation and use. despite growing interest in the use of AR, artificial intelligence, and other emerging technology, less than 10 percent of schools report having these tools in their classrooms, according to Project Tomorrow. the effectiveness of teachers using the technology, and worries about technology equity.

Prominently rising from the COVID-19 crisis is the issue of content. Educators need to be able to develop and weigh in on online educational content, especially to encourage students to consider a topic from different perspectives. The urgent actions taken during this crisis did not provide sufficient time for this. Access is an added concern — for example, not every school district has resources to provide students with a laptop, and internet connectivity can be unreliable in homes Gavale Chetan Rajendra (Freelancer Reporter )

Referance :

https://soeonline.american.edu/blog/technology-ineducation

## SCIENCE & SPACE

#### **ECLIPSES**



Eclipses only occur when the Sun, Earth, and Moon are all in a straight line (termed "syzygy"). Solar eclipses occur at the new moon when the Moon is between the Sun and Earth. In contrast, lunar eclipses occur at full moon, when Earth is between the Sun and Moon. The apparent size of the Moon is roughly the same as that of the Sun, with both being viewed at close to one-half a degree wide. The Sun is much larger than the Moon but it is the vastly greater distance that gives it the same apparent size as the much closer and much smaller Moon from the perspective of Earth. The variations in apparent size, due to the non-circular orbits, are nearly the same as well, though occurring in different cycles. This makes possible both total (with the Moon appearing larger than the Sun) and annular (with the Moon appearing smaller than the Sun) solar eclipses. In a total eclipse, the Moon completely covers the disc of the Sun and the solar corona becomes visible to the naked eye. Because the distance between the Moon and Earth is very slowly increasing over time, the angular diameter of the Moon is decreasing.

For an eclipse to occur, the Moon must be near the intersection of the two orbital planes. The periodicity and recurrence of eclipses of the Sun by the Moon, and of the Moon by Earth, is described by the saros, which has a period of approximately 18 years.

Freelancer: - Shejal Jadhav Ref Link: https://solarsystem.nasa.gov/eclipses/safety/

### ARE THERE REALLY UFOS

#### FLYING OVER UKRAINE?



Recent reports of unidentified aerial phenomena (UAP) flying through the skies of Ukraine have been officially discredited by Ukraine's national science agency, citing "significant errors" in the report's methods and results. The report, released in mid-September by scientists at Kyiv's Main Astronomical Observatory (MAO), described "a significant number of objects whose nature is not clear," including multiple so-called "phantoms" which appeared completely black against the sky and seemed to zip through the atmosphere at up to 33,000 mph (53,000 km/h) — roughly twice as fast as an intercontinental ballistic missile..

Now, the National Academy of Sciences of Ukraine (NASU) has concluded an investigation into the UAP report, and officially discredited it as unprofessional and lacking scientific rigour. "The processing and interpretation of results were performed at an inappropriate scientific level and with significant errors in determining distances to the observed objects," a panel of NASU scientists wrote in a statement.

Freelancer: - Latika Naik

Ref Link: -<u>https://www.livescience.com/ukraine-uap-report-debunked</u>

## NATURE

## PROTECTING VERY OLD TREES CAN HELP MITIGATE CLIMATE CHANGE

"Ancient trees are unique habitats for the conservation of threatened species because they can resist and buffer climate warming," write the authors, including Gianluca Piovesan (@Dendrocene) and Charles H. Cannon (@ruminatus). Some of these trees, such as bristlecone pines in the White Mountains, USA, can live up to 5,000 years and act as massive carbon storage.

Ancient trees are hotspots for mycorrhizal connectivity, the symbiotic relationship with underground fungi that supplies plants with many of the nutrients they need to survive. This symbiosis with fungi also helps reduce drought in dry environments. Ancient trees play a disproportionately large role in conservation planning and yet are being lost globally at an alarming rate.

The researchers propose a two-pronged approach to protect ancient trees: first, the conservation of these trees through the propagation and preservation of the germplasm and meristematic tissue from these ancient trees, and second, a planned integration of complete protection and forest rewilding.



"Mapping and monitoring old-growth forests and ancient trees can directly assess the effectiveness and sustainability of protected areas and their ecological integrity," they write. "To carry out this ambitious project, a global monitoring platform, based on advanced technologies, is required along with public contributions through community science projects."

Currently, protecting ancient trees in forests, woodlands, historic gardens, and urban and agricultural areas remain limited by national policy levels. "The current review of the Convention of Biological Diversity and Sustainable Development Goal 15 'Life on Land' of Agenda 2030 should include old-growth and ancient tree mapping and monitoring as key indicators of the effectiveness of protected areas in maintaining and restoring forest integrity for a sustainable future," write the authors.

"We call for international efforts to preserve these hubs of diversity and resilience. A global coalition utilizing advanced technologies and community scientists to discover, protect, and propagate ancient trees is needed before they disappear."

Ref link: https://www.sciencedaily.com/releases/2022/10/221019111332.htm

## **ACADEMICS**

#### IRELAND: WORK AND ACADEMICS, UNIQUE EXPERIENCE FOR INDIAN STUDENT

A student at the Technical University of the Shannon, Yash has explored the aspects of studying and working in Ireland



Studying abroad for me was always a priority while growing up. The plan initially was to do my masters abroad but somehow, I managed to fly out for my bachelor itself. I do miss home but I have been able to adapt to everything here, as I enter my fourth year in college. It's a tough experience in the beginning as you have to manage time between your studies and extracurricular activities, alongside the constant need to be in touch with your parents.

I decided to pursue my bachelor's at the Technical University of Shannon (TUS) because it offered a Mechanical and Polymer Engineering course which was exactly what I was looking for. Ireland was not my first option but all my other choices required me to learn secondary languages which was getting a bit tough.

After weighing my options, I decided not to learn secondary languages and sent my application to those universities or institutes that conduct their courses taught in English.

I decided to pursue my bachelor's at the Technical University of Shannon (TUS) because it offered a Mechanical and Polymer Engineering course which was exactly what I was looking for.

Freelancer – Nupur Pramod Loke Reference link https://www.freepressjournal.in/education/irelandwork-and-academics-unique-experience-for-indianstudent NEW CENTRE TO FOSTER ROBUST, INCLUSIVE ACADEMIC SYNERGIES BETWEEN INDIAN INSTITUTIONS AND CITY UNIVERSITY OF US LAUNCHED.



The India Initiative for Research and Education Collaboration of CUNY CREST Institute (IICCCI) was officially launched on September 9 at the Bronx Community College and will be an apt platform for further exchange of ideas both in the fields of academics and culture.

A Memorandum of Understanding (MoU) was signed by President of Bronx Community College (BCC) Thomas Isekenegbe and President of The City College of New York Vincent Boudreau.

They also shared a Statement of Interests (SSI) signed between BCC and three state universities of Maharashtra.A statement issued here said that the IICCCI mission is to foster "robust and inclusive cultural-social-academic synergism between CUNY and Indian academic institutions, federal entities and private enterprise." Speaking on the occasion, Consul General of India in New York Randhir Jaiswal highlighted 75 years of diplomatic relations between India and the United States and expressed his strong commitment and support to IICCCI's collaborative work with Indian counterparts, the statement said. FREELANER :- VIRAJ MAHIDA

Reference link :-

https://www.devdiscourse.com/article/education/2176 519-new-centre-to-foster-robust-inclusive-academicsynergies-between-indian-instituti

## MEDIA

### MIB ORDER IN ZEE MEDIA CASE TO CREATE LEVEL PLAYING FIELD FOR SMALLER NEWS BROADCASTER



Smaller news broadcasters, especially those in the states of Madhya Pradesh, Uttar Pradesh, Punjab, Rajasthan, and Maharashtra, will now have a level playing field after a landmark order from the Information and Broadcasting Ministry (MIB), which withdrew permission granted to Zee Media for simultaneous uplinking of 10 TV new channels in Ku Band on GSAT- 15 Satellite through teleport of Dish TV. The order essentially stopped these channels from being available on DD FreeDish, the free-to-air service by public broadcaster, Prasar Bharati, without paying the carriage or slot fee. The matter dates to October 2019, when the ministry had permitted Zee Media to uplink 10 channels – Zee Hindustan, Zee Rajasthan, Zee Punjab Haryana Himachal, Zee Bihar Jharkhand, Zee Madhya Pradesh Chhattisgarh, Zee Uttar Pradesh Uttarakhand, Zee Salam, Zee 24 Kalak, Zee 24 Taas and Zee Odisha.

However, it was later observed that as transponders of both DD Free Dish and Dish TV were co-located on the same satellite, these channels were getting available on DD Free Dish, without the broadcaster paying any slot fee to the pubcaster.

Reference link :

https://m.economictimes.com/industry/media/entertain ment/media/mib-order-in-zee-media-case-to-createlevel-playing-field-for-smaller-newsbroadcaster/articleshow/94451107.cms Freelancer Reporter : Kashish Ghosh





Rohit Gupta has stepped down from his role as the advisor to the management and the board of Sony Pictures Networks India (SPN), after spending over 20 years with the organisation. A media industry veteran, Gupta was advising the senior management on major industry trends and developments and providing his expertise and support at key junctures. In his previous role, Gupta played a crucial role in contributing to the organisation's growth under different profiles including as chief revenue officer – ad sales and international business.

Rohit is an industry veteran who has witnessed not just the evolution of SPN but has seen the media and entertainment industry evolve over the last two decades," said NP Singh, MD and CEO, SPN.

"A thorough professional and expert, Rohit has been a trusted advisor to the management and board. He has guided the revenue function towards excellence, resulting in a superlative performance by the organisation even during unprecedented times.

We wish him the very best for the next chapter of his life. Gupta was pivotal in driving the organisation's revenue streams through network sales and international business before transitioning to an advisory role to the board in July 2021. Through his deep understanding of the industry and sharp business acumen, he drove a significant expansion of the company's revenues.

Reference link :

https://m.economictimes.com/industry/media/entertain ment/media/rohit-gupta-retires-from-sony-picturesnetworks-india/amp\_articleshow/93477140.cms Department Editor : Piyush Vishwakarma

## ARTS

## WESTERN ART AFTER 1770

Many art historians place the origins of modern art in the late 18th century, others in the mid-19th century. Art historian H. Harvard Arnason stated "a gradual metamorphosis took place in the course of a hundred years." Events such as the age of enlightenment, revolutions and democracies in America and France, and the Industrial Revolution had far reaching affects in western culture. People, commodities, ideas, and information could travel between countries and continents with unprecedented speed and these changes were reflected in the arts. The invention of photography in the 1830s further altered certain aspects of art, particularly painting. By the dawn of the 19th century, a long and gradual paradigm shift was complete, from the Gothic when artists were viewed as craftsmen in the service of the church and monarchies, to the idea of art for art's sake, where the ideas and visions of the individual artist were held in the high regard, with patronage from an increasingly literate, affluent, and urban middle and upper class population that had been emerging for 200 years (particularly in Paris and London). A dichotomy began in the late 18th century between neoclassicism and romanticism that subdivided and continued to run through virtually every new movement in modern art: "Spreading like waves, these "isms" defy national, ethnic, and chronological boundaries; never dominant anywhere for long, they compete or merge with each other in endlessly shifting patterns.



. Modern art has consistently moved toward international influences and exchanges, from the exotic curiosity of Orientalism, the deeper influence of Japonisme, to the arts of Oceania, Africa, and the Americas. Conversely modern art has increasingly extended beyond western Europe

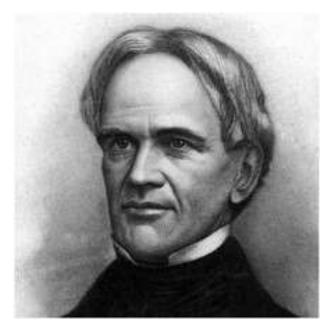
Ref link: https://en.wikipedia.org/wiki/History\_of\_art#Western\_art\_after\_1770

## WEEKEND CHRONICLE

## HISTORY

## WHO INVENTED SCHOOL

**Horace Mann** is considered as the inventor of the concept of school. He was born in 1796 and later became Secretary of Education in Massachusetts. He was a pioneer in bringing educational reforms into society. He believed that public education where students would follow a curriculum was necessary to impart education in an organized way. He also stressed that the aim of education must be character and civic virtue rather than learning to advance society. Mann's method of education soon became popular and was adopted by other states. However, it was not until 1918 that students had to complete their elementary education. **Mann is also known as the 'Father of Modern Education.'** 



In ancient times, education was focused on hunting, pottery making, and communication, unlike today. Later, people began teaching individually to their children; knowledge was passed on from the elders. Thus, education first started from families, then became public. Before Horace Mann proposed modern education in schools, many already began teaching clusters of students. People thought that education could be imparted efficiently if some teachers teach a large group of students rather than teaching individually. Subsequently, leading to the invention of schools. Formal education prevailed in many countries, including India, from ancient times. Earlier schools focused on reading, writing, and mathematics. Soon specific purposes such as educating the military became part of it. Nowadays, schools pass on history, philosophy, and mathematics to the students through these formal schools. Back then, education was not mandatory but significantly made a difference in the lives of people.

Ref link: https://www.javatpoint.com/who-invented-school

## WEEKEND CHRONICLE

## LIBRARY

## ARE LIBRARIES STILL RELEVANT IN A DIGITAL WORLD

Preserving the books, providing information and space for reading has been the very purpose of libraries for ages. But today, at a time when information is at the disposal of the users around the clock through digital modes - are libraries still relevant and should resources be spent on libraries.One cannot debate the fact that a visit to the library is on a decline.Libraries are undergoing transformation and are now a hybrid of traditional print library resources, says Elavazhagan K, librarian and chief knowledge officer, IIM-Trichy, who stresses at the need for the libraries to evolve further to keep pace with times and save themselves from getting obsolete.

"Even Though information dissemination is not restricted due to the internet, the challenge is that there is an overload of information and its authenticity cannot be guaranteed. So, libraries will be needed by students, academicians and researchers alike to receive quality information," he says.

To pursue a Bachelor in Library and information science (BLISC or BLIB) the eligibility is to graduate in any discipline from a recognized university. For certificate and diploma courses the eligibility is 10 + 2.

Freelancer: Raj Pawar

Reference Link: https://m-timesofindia-

<u>com.cdn.ampproject.org/v/s/m.timesofindia.com/educ</u> <u>ation/news/new-trends-are-libraries-still-relevant-in-a-</u> <u>digitised-</u>

world/amp\_articleshow/67537397.cms?amp\_gsa=1&a mp\_js\_v=a9&usqp=mq331AQKKAFQArABIIACAw %3D%3D#amp\_tf=From%20%251%24s&aoh=16653 304105524&referrer=https%3A%2F%2Fwww.google. com

#### A BRIEF HISTORY OF LIBRARIES BY DON VAUGHAN



Back in the day, before the advent of online search engines, people with questions commonly turned to the most reliable source they knew: their local library. All you had to do was ask, and a reference librarian would answer your question directly or point you toward a book containing the information you sought.

The Internet has replaced this important service for many, yet brick-and-mortar libraries remain extremely popular, even in our ever-evolving plugged-in world. They are essential bastions of knowledge and much, much more.

Many of the works were archival documents and scholarly texts, but there were also works of literature, including the ancient Epic of Gilgamesh. Like many bibliophiles, Ashurbanipal was very protective of his library. As the centuries went on, people started to realize the benefits of having publicly accessible hubs of knowledge, and libraries became commonplace in cities and towns all over the globe.

But history has proved otherwise. Community libraries still flourish, more popular than ever.

Public libraries have a rich ongoing history as societal equalizers, offering patrons, past and present, opportunities to read, learn, and advance themselves. Without libraries, who knows where we would be as a society and what advances might never have been made?

Freelancer: Tanvi Rane

Reference Link: <u>https://www.britannica.com/story/a-brief-history-of-</u>

libraries#:~:text=The%20library%20concept%20dates %20back,cuneiform%20tablets%20assembled%20by %20topic.

## FOOD & HEALTHCARE

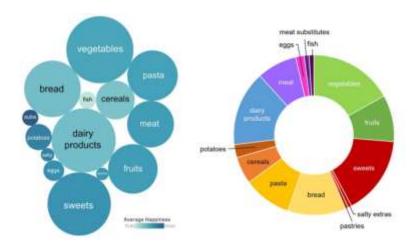
## HEALTHY FOOD CHOICES ARE HAPPY FOOD CHOICES

Research suggests that "healthy" food choices such as eating fruits and vegetables have not only physical but also mental health benefits and might be a long-term investment in future well-being. This view contrasts with the belief that high-caloric foods taste better, make us happy, and alleviate a negative mood.

Supporting this perspective of "food as well-being", recent research suggests that "healthy" food choices,

such as eating more fruits and vegetables, have not only physical but also mental health benefits and might be a long-term investment in future well-being. associated with well-being afer adjusting for demographic variables including age, sex, or race. Of note, previous research includes a wide range of time lags between actual eating occasion

and well-being assessment, ranging from 24 hours9,12 to 14 days, to 24 months. Tus, the findings support the notion that fruit and vegetable consumption has beneficial effects on different indicators of well-being, such as happiness or general life satisfaction, across a broad range of time spans.



Left side: Average experienced eating happiness (colour intensity: darker colours indicate greater happiness) and consumption frequency (size of the cycle) for the 14 food categories. Right side: Absolute share of the 14 food categories in total experienced eating happiness.

#### Reference:

https://www.nature.com/articles/s41598-017-17262-9 Free Lancer Sujal sawant

## WEEKEND CHRONICLE

## **CULTURE & CUISINE**

### RELATIONSHIP BETWEEN FOOD AND CULTURE



Food is not just something we eat to fill our stomachs. It is consciousness. The love, attention, and toil with which it is shopped for, prepared hours or even days before, cooked with patience, and served with love have a huge impact on how it turns out and how it affects us. People bond over cooking, ingredients, shopping markets, produce, recipes, restaurants, farming, and so much more.People do not just bond while eating and sharing a meal, they also connect when cooking or preparing it together.

People do not just bond while eating and sharing a meal, they also connect when cooking or preparing it together.

Food recipes passed down from one generation to another have become the identity of families and their lineages.

Foods cooked for celebrating rituals, traditions, and occasions have now become a part of rich history. It shapes their identity. It becomes important to the culture. It becomes their culture.

Reference linkhttps://study.com/learn/lesson/different-food-culturesrelationships-importance.html Freelancer - Vishakha Yadav

## INDIAN CULTURE: CUSTOMS AND TRADITIONS



Indian culture is built upon centuries of history and heritage, making it one of the oldest in the world.Indian culture is among the world's oldest as the people of India can track their civilization back as far as 4,500 years ago.

Many sources describe it as "Sa Prathama Sanskrati Vishvavara" — the first and the supreme culture in the world, according to the All World Gayatri Pariwar(opens in new tab) (AWGP) organization.Western societies did not always see the culture of India very favorably, according to Christina De Rossi, an anthropologist at Barnet and Southgate College in London. Early anthropologists once considered culture as an evolutionary process, and "every aspect of human development was seen as driven by evolution," she told Live Science. "In this view, societies outside of Europe or North America, or societies that did not follow the European or Western way of life, were considered primitive and culturally inferior. Essentially this included all the colonized countries and people, such as African countries, India, and the Far East."

Sanskrit, an ancient Indo-European language, came from Northern India. How the language started has been a point of argument amongst linguists. It shares many similarities with English, French, Farsi and Russian languages.

Reference link:- <u>https://www.livescience.com/28634-indian-culture.html</u>

Freelancer-PRADUM SHARMA

## WEEKEND CHRONICLE

## TRAVEL & TOURISM

### LOFOTEN ISLANDS, NORWAY



One of the most remote places in Norway, the Lofoten Islands, is also one of the most beautiful places on earth. paradise for landscape photographers А and astrophotographers, an adventure for hikers and cyclists, the Lofoten Islands boasts of rugged coasts and tall mountain peaks that are home to different birding colonies and traditional fishing villages. The Lofoten islands weather stays mild throughout the year. The fjord land experiences mild winters and warm summers. The Lofoten islands in Norway have a unique geography, which makes the place worth exploring. Anyone who's intrigued by the beauty of nature will find this place an experience of a lifetime. The places Vågan, Vestvågøy, Værøy, Flakstad, Moskenes, and Røst – all fall in the Lofoten Islands region.

The Lofoten Islands territory has changed many times in the past. The Lofoten islands map has been modified over and over again. Between the mainland and the archipelago lies the open sea called the Vestfjorden. To the north is the district and archipelago – Vesterålen. Vesterålen is also the northernmost part of the Norland county. Svolvær and Vestvågøy in Vågan are two of the most important cities in the region.

Reference link https://traveltriangle.com/blog/lofoten-islands/

Freelancer - Harsh Shukla

#### 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".

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.

#### **Reference link-**

https://timesofindia.indiatimes.com/travel/destinati ons/myanmar-tourism-announces-new-tourismdestinations-in-thecountry/articleshow/62083877.cms

## **SPORTS**

## INDIA WASIA CUP.

India romp to seventh Women's Asia Cup title with easy win over Sri Lanka



India maintained their dominance in the Women's Asia cup with an eight wicket demolition of a self-destructing Sri Lanka in the final here on Saturday for their seventh title in eight editions.

Sri Lanka, who were playing their first tournament final in 14 years, imploded after opting to bat on a slow and turning pitch. They could only manage 65 for nine which India knocked off in 8.3 overs. Smriti Mandhana struck a sublime 51 not out off 25 balls.

It was a procession after Sri Lankan skipper Chamari Athapaththu got run out in the third over following a mix up with Anushka Sanjeewani who too got run out six balls later. Rajeshwari Gayakwad got her first wicket after Nilakshi de Silva played on to her stumps while trying to cut a ball close to her body. At 32 for eight, being bowled out for a sub-50 total was very much on the cards, but Ranaweera saved them from that ignominy with an unbeaten 18 off 22 balls.

The Indians bowled with discipline but poor shot selection contributed more to Sri Lanka's steep slide. After a memorable win over Pakistan in the semifinals, it seemed the occasion got the better of Sri Lanka.

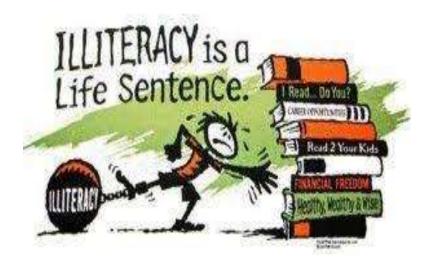
Reference: <u>https://www.business-standard.com/article/sports/india-romp-to-seventh-women-s-asia-cup-title-with-easy-win-over-sri-lanka-122101500574\_1.html</u>

DEPARTMENT EDITOR: GAURI PAWAR

## SOCIAL ISSUE

## ILLITERACY

Illiteracy is the state of being unable to read or write. India is home to the largest population of adults who are illiterate in the world. There are 287 million people who are illiterate and they account for 37% of the global total. Even though the literacy rate has increased six times since the British rule, from 12% to 74%, still the population of the illiterates is highest. Although there is an achievement of increasing the literacy rate given the large population, however, it cannot be ignored that 1 in every 4 people in the country is illiterate and he/she cannot read or write. Commercialization of education is also one factor that has led to the declining state of education With the ever growing population, reducing illiteracy in India continues to be a challenge for our nation. Level of literacy and ability to attain education is the backbone of development in a country like India. It enhances the quality of life, awareness amongst the population and skill levels in the society. There are steps taken by the government.



UNESCO has defined a literate person as "one who can with understanding both read and writes a short simple statement on his everyday life". Following UNESCO, the Census Commission in India in 1991 also defined a 'literate' person as one who can read and write "with understanding" in any Indian language, and not merely read and write. Those who can read but cannot write are not literate. Formal education in a school is not necessary for a person to be considered as literate.

Freelancer- Aayush Sinha

Reference - https://indiancc.mygov.in/activity/preethi-ezhil/article-on-illiteracy

## **STUDENT'S SECTION**

### HOW MUCH WATER DO DATA CENTRES USE? MOST TECH COMPANIES WON'T SAY

As more data centres are being built to meet growing demand, their water use is coming under scrutiny – particularly in regions of the US affected by the ongoing mega drought

TECHNOLOGY 14 October 2022

By Jeremy Hsu



Cooling towers pump large amounts of water through data centres

Shutter stock/WaitForLight

Most tech companies have water management programs that are rated as weak, and many won't even disclose how much water they use, according to a new analysis. This comes as much of the world has experienced sweltering heat waves and dried-up rivers amidst the growing impacts of climate change – and the western US is in the 22nd year of its worst drought in more than a millennium.

FYBMS - Bhavesh Vilas Naik

Reference link - <u>https://www.newscientist.com/article/2342490-how-much-water-do-data-centres-use-most-tech-companies-wont-say/</u>

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