



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

- ***ICICI BANK UPDATES***
- ***THINGS YOU KNOW ABOUT FRANCHISE BUSINESS***

ADVERTISEMENTS

PAGE 2

- ***GROW: AN INVESTING APP***
- ***COCA-COLA ADVERTISEMENT CAMPAIGN***

IT & TECHNOLOGY

PAGE 3

- ***WHAT IS KNOWN AS SEMI – CONDUCTOR AND HOW TO USE IT***

SCIENCE & SPACE

PAGE 4

- ***WHAT WE SEE IN MOOT AT DAYNIGHT***
- ***WIND TURBINES***



TABLE OF CONTENTS

NATURE

PAGE 5

- ***WHY RARE PLANTS ARE RARE?***

ACADEMICS

PAGE 6

- ***NCF***
- ***ACADEMICS CONCERN***

MEDIA

PAGE 7

- ***ANURAG THAKUR TALKS ON MEDIA INDUSTRY***
- ***ZEE- SONY MERGER***

ARTS

PAGE 8

- ***REASONS TO PAINT***
- ***RANGOLI***



TABLE OF CONTENTS



HISTORY

PAGE 9

- ***CHATRAPATI SHIVAJI MAHARAJ***
- ***HISTORY OF MARATHI NATYA SANGEET***



LIBRARY

PAGE 10

- ***TOP 45 MOST BEAUTIFUL QUOTATIONS ABOUT LIBRARIES***
- ***WHO'S WHO IN LIBRARY***



FOOD & HEALTHCARE

PAGE 11

- ***HEALTHY EATING***



CULTURE & CUISINE

PAGE 12

- ***CULTURE OF ODISHA***
- ***FOOD: AN IMPORTANT FEATURE OF OUR CULTURAL IDENTITIES***

TABLE OF CONTENTS



TRAVEL & TOURISM

PAGE 13

- *NORTHERN LIGHTS, NORWAY*
- *ST IVES, CORNWALL – PICTURE PERFECT*



SPORTS

PAGE 14

- *ETHICS IN SPORTS*



SOCIAL ISSUE

PAGE 15

- *INDIA'S UNWINNABLE BATTLE AGAINST SPITTING*



STUDENT'S SECTION

PAGE 16

- *GARDEN PUZZLE*

BUSINESS

ICICI BANK Q2 RESULTS: PROFIT RISES 37% YOY TO RS 7,558 CRORE; NII GROWS 26%.



NEW DELHI: Private sector lender ICICI Bank on Saturday reported a 37% year-on-year (YoY) rise in standalone net profit to Rs 7,558 crore as against Rs 5,511 crore a year ago.

India's second larger private lender reported a 26% YoY increase in the net interest income (NII) at Rs 14,787 crore during the July September 2022 period as against Rs 11,690 crore in the same period last year.

The lender's core operating profit grew 24% YoY to Rs 11,765 crore during the quarter ended September 30, 2022, whereas total deposits rose 12% to Rs 10.90 lakh crore.

The net interest margin (NIMS) stood at 4.31% in Q2FY23 compared with 4% in Q2FY22 and 4.01% in the quarter ended June 30, 2022. For the first half of the ongoing fiscal, NIMS stood at 4.16%.

Bushra bheri (Freelancer reporter)

Reference link-

https://m.economictimes.com/markets/stocks/earnings/icici-bank-q2-results-profit-rises-37-yoy-to-rs-7558-crore/amp_articleshow/95031294.cms

EVERYTHING YOU NEED TO KNOW ABOUT FRANCHISE BUSINESS



Starting a new business is one of the toughest decisions you can ever make. First, you need to find a good idea, then build a plan for marketing, branding, sales, hiring, etc. Then, you need to work on the product strategy and finally, raise capital to execute your plans. Sounds like a lot of work.. right? This is where Franchise Business can help you. In this article, I will cover what is Franchise Business, how it works, what do you need to start a Franchise and much more. Let's dive in to see how you can benefit from Franchise Business opportunity and how good this is as compared to starting a business on your own.

What Is A Franchise Business

A business system in which private group of individuals is sold the rights of business logo, model, and the name of a much larger company, usually an MNC or Multinational Company by the owners or franchisors to run it in a different location is called as Franchisee Business. In simple terms, Franchise business is the extension of an existing successful business. It's executed in an exactly similar way in which parent business works.

ANUJ BAIT (Freelance reporter)

Ref link [10 Most Popular Business Articles From 2017 - ProfitBooks.net](https://www.profitbooks.net)

<https://www.profitbooks.net> > [Small Business Guides](#)

ADVERTISEMENT

GROWW: HOW IS IT AN ADVERTISEMENT ABOUT A PRODUCT IF YOU DON'T EVEN TALK ABOUT THE PRODUCT?



Founded in 2016, the Groww App is a simple and easy to use investment platforms in India. It is one of the highly-rated apps in the Play Store and App Store with a rating of over 4.4 and 4.5 stars respectively. With a safe and secure and a high level of encryption standards, the company allows Stocks, mutual funds, SIP and now IPO investments (IPO investments began from Feb 2021) via the Groww app and web platform . Groww app is one of the fastest-growing investment platforms in India with 90+ lakh customers.

Nuha Dadarkar (Freelancer reporter)

Reference :

<https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.chittorgarh.com/broker/groww/mobileapp/173/%23:~:text=3DCurrently%252C%2520the%2520Groww%2520app%2520allows,free%2520to%2520all%2520its%2520customers.&ved=2ahUKEwjGhJShu4L7AhV3tgGHXNeAJkQFnoECAoQBQ&usg=AOvVaw03FD7AWwGVdb-8AHhhvm0F>

THIS DIWALI COCA-COLA URGES FOR NON-VIRTUAL CELEBRATIONS IN LATEST CAMPAIGN



Coca-Cola has unveiled a new #MilkehiManegi Diwali ad campaign. Coke's new Diwali campaign urges its audience to not just 'greet', but 'meet' their friends and family this festive season.

Conceptualized by Ogilvy, the ad film attempts to foster a feeling of togetherness among people and encourages them to celebrate Diwali in-person. Over the past two years, the festive season has been missing the spark of physical connections, as people resorted to 'virtual wishes' amidst the pandemic. The ad film opens to a working individual wishing 'Happy Diwali' on his family whatsapp group. He later finds a coca-cola bottle tied to a ribbon. On following the bottle, he is reunited with his family where he continues to celebrate the festival.

The ad campaign will be amplified across television and digital touchpoints.

Kaushik Prasad, director of marketing, Coca-Cola, said, "Festivals are the perfect occasions to bond with the ones we love and so this Diwali, we want to encourage people to do just that, to meet and not just greet each other, and to create memories to cherish for years to come. We're excited to bring this invitation to people through a 360-degree campaign, which we hope will provide a positive nudge for people to come closer together."

Gracy choudhary (Freelancer reporter)

Reference

<https://brandequity.economictimes.indiatimes.com/amp/news/advertising/this-diwali-coca-cola-urges-for-non-virtual-celebrations-in-latest-campaign/94672258>

IT & TECHNOLOGY

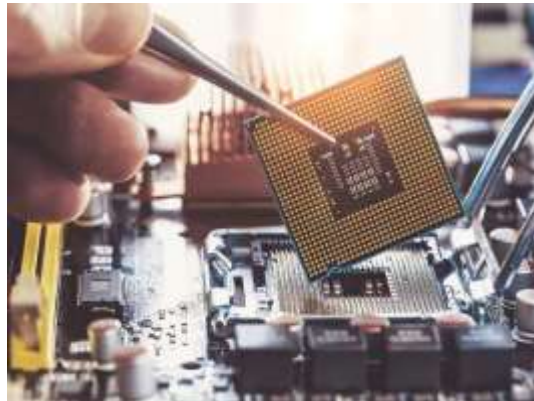
WHAT IS A SEMICONDUCTOR AND HOW IS IT USED?

What Is a Semiconductor?

A semiconductor is a material product usually comprised of silicon, which conducts electricity more than an insulator, such as glass, but less than a pure conductor, such as copper or aluminium. Also known as semis, or chips, semiconductors can be found in thousands of products such as computers, smartphones, appliances, gaming hardware, and medical equipment.

Understanding Semiconductors

Semiconductor devices can display a range of useful properties such as showing variable resistance, passing current more easily in one direction than the other, and reacting to light and heat. Their actual function includes the amplification of signals, switching, and energy conversion.



Types of Semiconductors

- An **n-type** semiconductor contains one or more impurities based on pentavalent atoms like phosphorus, arsenic, antimony, and bismuth
- A **p-type** semiconductor has dopants with five electrons in its valence layer. Phosphorus is commonly used for this purpose, as well as arsenic, or antimony.

Uses of Semiconductors

Memory

Memory chips serve as temporary storehouses of data and pass information to and from computer devices' brains.

Microprocessors

These are central processing units that contain the basic logic to perform tasks.

Commodity Integrated Circuit

Sometimes called "standard chips", these are produced in huge batches for routine processing purposes.

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

SCIENCE & SPACE

**WHY CAN WE SOMETIMES
SEE THE MOON IN THE
DAYTIME?**



If Earth had no atmosphere, the moon would be visible all the time. So why is it only sometimes visible in daylight?

The moon's presence in the night sky has transfixed people for millennia. But why is the moon sometimes visible during daylight? We sometimes see the moon during the day for the same reason we see it at night — it is reflecting light from the sun — and its closeness to Earth makes it brighter than the daytime or night-time sky. After the sun, the moon is by far the brightest celestial object we can see.

But the moon isn't always visible during the day. This is due to Earth's atmosphere and the orbital cycle of our natural satellite. If our planet didn't have an atmosphere, the moon would always be visible from Earth. Meanwhile, the phases of the moon mean that when it moves between Earth and the sun — such as during the new moon — the illuminated side faces away from us and the dark side of the moon faces Earth, making it basically invisible to skywatchers on Earth.

Latika Naik(Freelance Reporter)

Ref Link: - <https://www.livescience.com/why-moon-visible-daytime>

**WIND TURBINES COULD HELP
CAPTURE CARBON DIOXIDE
WHILE PROVIDING POWER**



Wind turbines could offer a double whammy in the fight against climate change. Besides harnessing the wind to generate clean energy, turbines may help to funnel carbon dioxide to systems that pull the greenhouse gas out of the air. Researchers say their simulations show that wind turbines can drag dirty air from above a city or a smokestack into the turbines' wakes. That boosts the amount of CO₂ that makes it to machines that can remove it from the atmosphere. The researchers plan to describe their simulations and a wind tunnel test of a scaled-down system at a meeting of the American Physical Society's Division of Fluid Dynamics in Indianapolis on November 21. Addressing climate change will require dramatic reductions in the amount of carbon dioxide that humans put into the air — but that alone won't be enough (*SN*: 3/10/22). One part of the solution could be direct air capture systems that remove some CO₂ from the atmosphere.

Latika Naik(Freelance Reporter)

Ref Link: - <https://www.sciencenews.org/article/wind-turbines-capture-carbon-dioxide-power>

NATURE

WHY RARE PLANTS ARE RARE

Rare plant species suffer more from disease than commoner species. The fact that rare species are more susceptible to attack by micro-organisms living in the soil, such as fungi and bacteria, may in fact be one of the reasons they are rare.

It has long been assumed that species are common because they can cope with a wide range of environmental conditions. Common species would therefore have a wide tolerance for different climates or soils and would be able to grow in many places, while rare species would only be able to grow under special conditions and in a few places. However, the way in which plants interact with other organisms, such as those in the soil, could also explain rarity, although few researchers have looked at this.



Climate change will make the problem worse

Plants use their roots to take up the nutrients they need to grow and at the same time they produce a number of "exudates" which they excrete into the soil. These are organic (carbon containing) compounds that in turn provide food for many different microbes. As different microbes prefer different exudates, plant species end up with different communities of soil organisms living around their roots. Some of these organisms (such as mycorrhizae) help the plants, but others (like pathogens) harm them.

To test if rare and common species differed in the soil communities they cultured, or in how they responded to them, the researchers did an experiment in a greenhouse comparing plants that are rare or common in Switzerland. They showed that rare plants suffered more than twice as much from soil organisms and, compared to common species, they also seemed to accumulate more pathogens around their roots. "Just as with people, some plants are more resistant to disease than others the first author of the study. It seems that being better able to cope with generalist pathogens allows common species to spread and colonise new habitats more easily. "A high susceptibility to pathogens prevents this and seems to make some species rare.

This may cause more problems for rare species in the future. This is especially bad news given the current changes in climate. The senior author of the study. Because of their susceptibility to disease, rare species might find it harder to find suitable new habitats as the climate changes.

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

ACADEMICS

NCF: STUDENTS WILL EARN CREDIT FOR VOCATIONAL STUDIES ALONG WITH ACADEMICS



The framework intends to create a single credit accumulation and transfer for general and vocational studies, as well as from secondary to higher education. Union Education Minister Dharmendra Pradhan also made plans to begin an "Aadhaar-enabled student registration" effort. This drive would be followed by the introduction of Academic Bank of Credits (ABC) accounts, where credits can be deposited.

The Center on Wednesday introduced the proposed National Credit Framework, which will allow students to earn credits from both academic and extracurricular activities and deposit them in a credit bank, a system that is currently in place at the higher academic level.

The framework intends to create a single credit accumulation and transfer for general and vocational studies, as well as from secondary to higher education. In addition, the frameworks for skill education and higher education are not currently integrated, and the suggestion is to bring all frameworks, including the one at the school level, under one roof.

Kinalekar Yash Ramkrushna(Freelance reporter)

Reference

<https://www.telegraphindia.com/edugraph/news/ncf-students-will-earn-credit-for-vocational-studies-along-with-academics/cid/1893171>

“THE BEST OF PEOPLE OF THE COUNTRY ARE IN JAIL TODAY”: ACADEMICS, ACTIVISTS RAISE CONCERN



Campaign Against State Repression(CASR), a collective of over three dozen organisations, conducted a press conference on Friday at Gandhi Peace Foundation in New Delhi on, “Dangerous Brain: Saibaba and Others“ to scrutinise the Supreme Court judgement suspending Bombay High Court’s acquittal order of Prof. GN Saibaba, Hem Mishra, Prashant Rahi, Vijay Tirki and Mahesh Tikri.

Advocate Colin Golsalves talked about two judgements on human rights defenders G N Saibaba and Umar Khalid, explaining how the Indian courts are giving judgements politically and not legally. Pointing out the SC verdict, he said that no court has the right to reject acquittal without quashing the order. On Umar Khalid’s case, the lawyer said that he has been booked for making provocative speech. But in Rangrajan case, it has been established that unless violence is being done, any speech even against government is not a crime. Umar Khalid was arrested for Delhi pogrom under UAPA, but the MP and MLA who instigated violence in Delhi pogroms are free.

Kinalekar Yash Ramkrushna(Freelance reporter)

Reference <https://maktoobmedia.com/2022/10/29/the-best-of-people-of-the-country-are-in-jail-today-academics-activists-raise-concern/>

MEDIA

***MEDIA AND ENTERTAINMENT
INDUSTRY EXPECTED TO
GENERATE RS 7.5 LAKH
CRORE ANNUALLY BY 2030,
SAYS MINISTER ANURAG
THAKUR***



The media and entertainment ecosystem is a sunrise sector, which is expected to generate Rs 4 lakh crore annually by 2025 and grow to Rs 7.5 lakh crore by 2030, Union minister Anurag Singh Thakur said here in Sunday. The Minister for Information and Broadcasting also said that the rapidly expanding digital infrastructure in the country and the ongoing advancements taking place in the AVGC (animation, visual effects, gaming and comics) sector have the potential to make India the preferred post-production hub of the media and entertainment industry.

He was delivering the key-note address at the National Conference on 'Changing Landscape of Media and Entertainment 2022' organised by the Symbiosis Skill and Professional University in Pune.

Parth Nikhil Mandavkar(Freelancer Reporter)

Reference Link :-

<https://m.economictimes.com/industry/media/entertainment/media/media-and-entertainment-industry-expected-to-generate-rs-7-5-lakh-crore-annually-by-2030-says-minister-anurag-thakur/articleshow/92473364.cms>

***ZEE-SONY MERGER: GROUPS
AGREE TO SELL 3 HINDI
CHANNELS TO ADDRESS ANTI-
COMPETITION CONCERNS***



Media groups Sony and Zee have voluntarily agreed to sell three Hindi channels -- Big Magic, Zee Action and Zee Classic -- to address possible anti-competition concerns arising out of their proposed mega-merger deal. They submitted their proposal to the Competition Commission of India (CCI), which cleared the deal subject to certain modifications on October 4. More than three weeks after giving its nod for the transaction, the regulator on Wednesday made public its detailed 58-page order.

The two groups have agreed to divest Big Magic, which is a Hindi general entertainment channel, as well as Zee Action and Zee Classic, which are Hindi film channels, according to the order.

They voluntarily agreed to the modification to the proposed deal after CCI's prima-facie opinion that the deal was likely to cause an appreciable adverse effect on competition.

Soham Manojkumar mane (Freelancer Reporter)

Reference link :

https://m.economictimes.com/industry/media/entertainment/media/zee-sony-merger-groups-agree-to-sell-3-hindi-channels-to-address-anti-competition-concerns/amp_articleshow/95102295.cms

ARTS

"IF I COULD SAY IT IN WORDS THERE WOULD BE NO REASON TO PAINT."

Painting is the practice of applying paint, pigment, color or other medium to a solid surface called the "matrix" or "support". The medium is commonly applied to the base with a brush, but other implements, such as knives, sponges, and airbrushes, can be used.



In art, the term painting describes both the act and the result of the action the final work is called "a painting". The support for paintings includes such surfaces as walls, paper, canvas, wood, glass, lacquer, pottery, leaf, copper and concrete, and the painting may incorporate multiple other materials, including sand, clay, paper, plaster, gold leaf, and even whole objects. Painting is an important form in the visual arts, bringing in elements such as drawing, composition, gesture as in gestural painting, narration as in narrative art, and abstraction as in abstract art. Paintings can be naturalistic and representational as in still life and landscape painting, photographic, abstract, narrative, symbolic as in Symbolist art, emotive as in Expressionism or political in nature as in Artivism.

PRANJAL MUNGEKAR (Freelancer Reporter)

Reference Link :-

<https://en.m.wikipedia.org/wiki/Painting>

RANGOLI



Rangoli, one of the most beautiful and most pleasing art forms of India, is comprised of two words, 'rang' meaning 'color' and 'aavalli' meaning colored creepers' or 'row of colors'. Rangoli basically comprises of the art of making designs or patterns on the walls or the floor of the house, using finely ground white powder along with different colors. Numerous households in the Indian subcontinent make use of Rangoli designs for decorating the courtyard of their house.

Origin of Rangoli

There are a number of legends associated with the origin of the Rangoli art in India. The earliest mention in regard to this art form is found in Chitrakavya, the earliest Indian treatise on painting. It is said that the death of a high priest's son in a particular kingdom led to widespread despair. The people of that particular kingdom prayed to Lord Brahma, asking Him to bring the boy back to life. Moved by their prayers, Lord Brahma asked the king to paint a portrait of the boy on the floor. Thereafter, He breathed life into the portrait and the boy became alive again. It is believed that this was how the first Rangoli painting got made

Shravani Nagvekar (Freelancer Reporter)

Reference link : <https://www.culturalindia.net/indian-art/rangoli/index.html>

HISTORY

CHATRAPATI SHIVAJI MAHARAJ



Indian history is full of the stories of valour of its men and women. One such hero was the Maratha king Shivaji Maharaj. Chhatrapati Shivaji Maharaj, was an Indian ruler and a member of the Bhonsle Maratha clan. Shivaji Maharaj carved out his own independent kingdom from the declining Adilshahi sultanate of Bijapur which formed the genesis of the Maratha Empire. In 1674, he was formally crowned the Chhatrapati of his realm at Raigad Fort. Shivaji Maharaj's legacy was to vary by observer and time, but nearly two centuries after his death, he began to take on increased importance with the emergence of the Indian independence movement, as many Indian nationalists elevated him as a proto-nationalist and hero of the Hindus. He forged an alliance with the sultans in the south, thereby blocking the spread of Mughal rule. His rule was noted for its religious tolerance. Shivaji Maharaj was descended from a line of prominent nobles. India at that time was under Muslim rule: the Mughals in the north and the Muslim sultans of Bijapur and Golconda in the south. All three ruled by right of conquest, with no pretense that they had any obligations toward those who they ruled. Shivaji Maharaj, whose ancestral estates were situated in the Deccan, in the realm of the Bijapur sultans, found the Muslim oppression and religious persecution of the Hindus so intolerable that.

Kunal Neharkar (Freelancer Reporter)

Reference link:

<https://www.britannica.com/biography/Shivaji>

HISTORY OF MARATHI NATYA SANGEET



Sangeet Natak in Marathi language literally means Musical Drama. As the name suggests, this form of drama combines prose as well as poetry in form of songs to convey the story. In a manner, they are very much similar to Musicals. Sangeet Natakas played a vital role in the development of Marathi theater and thus the Marathi cinema as well as Indian film industry. Sangeet Natak start with praise of Lord Natraja which is called as Naandi or Mangalaacharan or Suchakpad usually the famous one "Panchatunda Nararundamaldhar" from Sangeet Shakuntal. They are popular for use of Indian classical music. The "Dramatic Music" is called Natya Sangeet, one of the two popular forms of vocal arts in Maharashtra and surrounding states. The other is Bhavageet. Vishnudas Bhave is considered the founder of Marathi theater. In 1843, his group staged the first public performance of Marathi play Seeta Swayamvar (सीता स्वयंवर). The integration of music in the dramas took place quite late in 1879 when play writer and producer Trilokekar presented his musical play Nal-Damayanti (नल-दमयंती). It was the first musical play on Marathi stage. But only when Balwant Pandurang Kirloskar (popularly known as Annasaheb Kirloskar) staged his first musical play Shaakuntal, The recent play Katyar Kaljat Ghusli by Zee studios opened up a new era of musical cinemas.

Lavanya Palande (Freelancer Reporter)

Reference link

http://www.kamat.com/indica/music/natya_sangeet.ht

LIBRARY

Top 45 Most Beautiful Quotations



Top 45 Most Beautiful Quotations About Libraries, Librarians, Cataloging, Classification, Catalogers, and Library and Information Science. Famous quotes describing why libraries and cataloging important and librarians and catalogers indispensable. Includes inspirational and motivational quotes from famous personalities for personality development, personal development, self-improvement, and achieving greater success in personal and professional life. Below some of these quotes, is included a section "My Take" which is my perspective, opinion, or idea(s) about that quote when its implications are seen with reference to the development of Library and Information Science, Librarianship Studies & Information Technology. management, circulation, and providing a range of services, such as reference, information, instruction, and training services, etc.

The increasing role of technology in libraries has a significant impact on the changing roles of librarians. A 21st-century librarian is required to be very much updated with technological changes. New age librarians are making greater use of emerging technologies in the library management and services to make it more popular and useful among the patrons.

Tanvi Rane (Freelancer Reporter)

Reference Link:

<https://www.librarianshipstudies.com/2018/05/quotes-libraries-librarians-library-information-science.html?m=1>

WHO'S IN LIBRARY



Who's Who in Library and Information Science and Services is a list of biographies of top famous librarians, catalogers, library science teachers, and library and information studies and services professionals. This is a list of notable librarians and people who have advanced libraries and librarianship. Also included are people primarily notable for other endeavors, such as politicians and writers, who have also worked as librarians. A highlight of this collection is the inclusion of videos on the life and contributions of the librarians. Libraries have always been essential in a process of provision of access to knowledge to the users. In the digital era Libraries are needed more than ever before, as they always strive to meet both the ends by making globally present information accessible to the globally present users. The Internet enables everyone to visit a library without leaving his/her home in order to get his/her book/information. Neil Gaiman perfectly describes what's happening in digital times: "Google can bring you back 100,000 answers, a librarian can bring you back the right one." In the backdrop of the aforesaid portrayal of the subject, the importance of Librarians in the present and future eras can hardly be overemphasized.

Tanvi Rane (Freelancer Reporter)

Reference Link:

<https://www.librarianshipstudies.com/2019/01/biographies-librarians-whos-who-library-information-science.html?m=1>

HEALTHY EATING!

MAY | ISSUE NO. 88

Healthy food choice

HOW TO JUMP
ON A HEALTHY
BANDWAGON
WITH EASE

Junk food makes us feel good and happy because of the sensory tastes that please us the most when we eat salty or sugary foods. But in the long run, we may end up suffering from obesity, heart diseases, diabetes, or cancer.



Breaking the habit

We crave sugary, fatty, or salty food quite frequently but these cravings become more fierce when we experience depression or simply feel a bit under the weather. These feelings are difficult to overcome as the addiction to junk food is similar to the addiction to drugs.

There is no way to get rid of them for good, but you can surely learn how to control them.

What is a healthy diet?

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. The cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

The fundamentals of healthy eating

Vaishrungi Shah (Freelancer Reporter)

Reference link:

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

CULTURE & CUISINE

CULTURE OF ODISHA



Odisha has a glorious tradition of music. The figures or dancers and musicians carved on ancient temple walls, speak of Odisha's rich musical heritage. Odissi Music is a classical form consisting of all the necessary ingredients common to Hindustani and Karnatic Music. Odissi sangita is a synthesis of four classes of music, i.e. dhruvapada, chitrapada, chitrakala and panchal, described in two treatises namely, Sangita Sarani and Sangita Narayana written in the early 19th century. It owes much to Jayadev, the saint-poet, the great composer and illustrious master of classical music.

In sync with the greatest music of Odisha, the Odissi dance is said to be an effort to come near God and experience true bliss. Therefore, this dance was a legacy kept alive by the devadasis who used to dance to the recitation of hymns and bols of talas.

The Odissi dance is evolved from the millennium old dance form called Mahari that used to be performed at the temple of Lord Jagannath at Puri by devadasi dancers called maharis. Later on, it was promoted as the classical dance form of Odisha. The gurus who raised the dance form to the level of international eminence are late Kavichandra Kalicharan Patnaik, Padma bhusan Kelu Charan Mahapatra, Padmashree Pankaj Charan Das and Deba Prasad Das to name a few Apart from the classical Odissi, Chaau is also a prominent dance form in the world of Odisha music and dance. It is the dance of warriors to the accompaniment of indigenous music instruments.

Shinde Manasvi Anil (Freelance reporter)

Reference:

<http://sm.gov.in/content/tourism/en/cultural-heritage.html#:~:text=Odisha%20is%20a%20confluence%20of,remains%20unique%20to%20a%20region>

***FOOD: AN IMPORTANT
FEATURE OF OUR CULTURAL
IDENTITIES***



From our distinct way of dressing to our language and our spiritual belief, food is one neglected yummy aspect of life that forms part of one's cultural identity ruling out the most evident of them all; clothes and language as the only cultural identity.

Like many other aspects of life, food is a deeply rooted expression of identity, values, and way of life. Food and eating food is a universal experience, an element of common ground in terms of human existence. It is an experience that brings people together. It is said that "people who love to eat are always the best people" so often, we see the sprightly atmosphere in a gathering with food as a centerpiece of it all.

Foods are family treasures in the ways recipes are passed on from one generation to another, thereby maintaining family connection and cultural and geographical ancestral links. In the gathering of preparation of meals and its devouring, people tend to exchange complexities of their realities through a bite, a sip, and a listening ear.

An Expression

What we cook is an expression of who we are and where we come from. This is evident in how, for instance, seafood is popular among people who live by the sea or riverine areas. The traditional meals of a place touch on identity and ancestry. Every destination has a dish or cuisine associated with it, that is fixed on culture and identity.

Freelancer - bushra

Reference link-<https://editor.guardian.ng/life/food-an-important-feature-of-our-cultural-identity/>

TRAVEL & TOURISM

NORTHERN LIGHTS, NORWAY



Adventure seekers hoping to catch a glimpse of the Northern Lights should consider a trip to Norway, one of the best places on earth to experience one of nature's coolest phenomena. The Northern Lights, also known as the aurora borealis, are electrically charged particles from the sun that smash into Earth's magnetic field. They're funneled down to the magnetic poles of the northern and southern hemispheres, creating a horseshoe shape of excited green (and occasionally brown and red) particles that swivel and shape-shift over the Arctic Circle, making the dark skies of Northern Norway a prime place to witness the aurora borealis. November through February is the absolute peak season for Northern Lights viewing because the nights are the longest, but a visit anytime between September and March should give you a good chance to see them, with March offering the best chance of clear skies.

Dev Solanki (Freelance reporter)

Reference link: <https://www.travelandleisure.com/trip-ideas/nature-travel/norway-when-to-see-northern-lights#:~:text=Northern%20Lights%20season%20in%20Norway&text=November%20through%20February%20is%20the,best%20chance%2>

***STIVES, CORNWALL –
PICTURE PERFECT***



I'm staying in an artist's cottage in St Ives, well I'm not actually staying with an artist, you understand, but renting Guillemot cottage (a place that used to belong to a famous artist (Sir) Terry Frost 1915–2003. I very much doubt he lived in such comfort back in his day, though.

Like Barbara Hepworth and Ben Nicholson, Frost came for the ever-changing light, and his abstract use of colour and shape helped start a new art movement in England, the St Ives' School.

Today I like to think our top-floor attic bedroom might have been his studio; not many bedrooms have four large windows on three sides, plus two skylights and a vaulted ceiling. Up here, just a crab's throw from the quay, you can feel the area's energy and how it fired up the artists that assembled here in the 1940s to 1960s. In fact so many came that the railway had to often add an extra carriage for the London to St Ives run. The next morning, waking to clear skies brings on a fierce desire for a big breakfast. You could make your own with some delicious bread from the local shops and ingredients from your welcome hamper, but it's best to walk around the corner in the other direction from the harbor to a 'secret' small beach.

St Ives is well worth a wander after. The cobbled streets are home to all kinds of shops, nearly all dog-friendly, some cheerfully twee and classic, others outposts of stylish seaside brands such as Seasalt, Superdry and Crew.

Dhanashree Singh (Freelance reporter)

Reference link:

<https://www.thetravelmagazine.net/st-ives/>

SPORTS

WHAT ROLE DOES ETHICS PLAY IN SPORTS?

To understand the role ethics plays in sport and competition, it is important to make a distinction between gamesmanship and sportsmanship.

Gamesmanship is built on the principle that winning is everything. Athletes and coaches are encouraged to bend the rules wherever possible in order to gain a competitive advantage over an opponent, and to pay less attention to the safety and welfare of the competition. Some of the key tenants of gamesmanship are:

- Winning is everything
- It's only cheating if you get caught
- It is the referee's job to catch wrongdoing, and the athletes and coaches have no inherent responsibility to follow the rules
- The ends always justify the means



Some examples of gamesmanship are:

- Faking a foul or injury
- Attempting to get a head start in a race
- Tampering with equipment, such as corking a baseball bat in order to hit the ball farther
- Covert personal fouls, such as grabbing a player underwater during a water polo match
- Inflicting pain on an opponent with the intention of knocking him or her out of the game, like the Saint's bounty scandal
- The use of performance-enhancing drugs.

A more ethical approach to athletics is sportsmanship. Under a sportsmanship model, healthy competition is seen as a means of cultivating personal honor, virtue, and character. It contributes to a community of respect and trust between competitors and in society. The goal in sportsmanship is not simply to win, but to pursue victory with honor by giving one's best effort.

Reference Link: - <https://www.scu.edu/>

SOCIAL ISSUE

COVID-19: INDIA'S UNWINNABLE BATTLE AGAINST SPITTING.

India's battle against spit on its streets has always been half-hearted. Mumbai city has tried the hardest, with voluntary "nuisance" inspectors who scold people to not spit, litter or urinate in public. But the offence of spitting has long been largely ignored.

Then came Covid, its airborne danger coupled with Indian men's love of spitting wherever they choose. Officials swung into action, penalising spitting with steeper fines and even jail time, all under the Disaster Management Act. Even Prime Minister Narendra Modi advised his countrymen not to spit in public places - something "we always knew was wrong".



This was a sharp contrast to 2016, when the health minister, replying to a question about the spitting menace, told parliament: "Sir, India is a spitting country. We spit when we are bored; we spit when we are tired; we spit when we are angry or we spit just like that. We spit anywhere and everywhere and we spit at all times and at odd hours." He is right too. Spitting is a given-on India's streets: men lounge on the side of the road, casually move their head a few inches, and let loose their saliva; men driving cars, bikes and auto-rickshaws don't hesitate to stick their heads out at traffic lights and spew. The act often comes with a warning - a uniquely guttural sound as they summon the offending sputum.

It turns out, there was a time when people everywhere were spitting everywhere. In India, spitting was celebrated in royal courts, and grand spittoons were a centrepiece in many homes. Health experts have warned that merely punishing people, without attempting to understand why they spit, will not win the war against the habit. And two years into the Covid-19 pandemic, the zeal for curing this particular addiction is waning. But Raja and Priti Narasimhan are undeterred in their street battle. Most people remain unaware it could contribute to the spread of Covid-19, they say - and that is something they can at least change a little, if not fix.

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

STUDENT'S SECTION

GARDEN PUZZLES

Five friends have their gardens next to one another, where they grow three kinds of crops: fruits (apple, pear, nut, cherry), vegetables (carrot, parsley, gourd, onion) and flowers (aster, rose, tulip, lily).

1. They grow 12 different varieties.
2. Everybody grows exactly 4 different varieties
3. Each variety is at least in one garden.
4. Only one variety is in 4 gardens.
5. Only in one garden are all 3 kinds of crops.
6. Only in one garden are all 4 varieties of one kind of crops.
7. Pear is only in the two border gardens.
8. Paul's garden is in the middle with no lily.
9. Aster grower doesn't grow vegetables.
10. Rose growers don't grow parsley.
11. Nuts grower has also gourd and parsley.
12. In the first garden are apples and cherries.
13. Only in two gardens are cherries.
14. Sam has onions and cherries.
15. Luke grows exactly two kinds of fruit.
16. Tulip is only in two gardens.
17. Apple is in a single garden.
18. Only in one garden next to Zick's is parsley.
19. Sam's garden is not on the border.
20. Hank grows neither vegetables nor asters.
21. Paul has exactly three kinds of vegetable.

Who has which garden and what is grown where?

SOLUTION:

Hank: pea apple cherry rose

Sam: cherry onion rose tulip

Paul: carrot gourd onion rose

Zick: aster rose tulip lily

Luke: pear nut gourd parsley

REF LINK: <https://www.mathsisfun.com/puzzles/gardens-solution.html>

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
Mr. Shaunak Parmar

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.Aadesh 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