



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
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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 Education Officer

Greetings!

“The highest education is that which does not merely give us information but makes our life in harmony with all existence.” – Rabindranath Tagore

The advancement of Technology and Science by Man is impressive. We have enormous industrial facilities and produce ships, planes, trains, and even missiles, which is evidence of how far we have advanced as a civilized country. But not only scientific information is productive. To become a fully realized human being, spiritual understanding and self-knowledge are equally crucial.

The world is moving at such an accelerated pace these days and we as Educators need to create and reflect the entire education system. Online education offers new age technology to expand fields of study. It prepares students for success in the growing technology-driven global economy. Technology makes life much easier, above all it saves time and energy. It is currently one of the fastest growing field and shows no signs of stopping anytime soon.

We are all very excited to release this weekly online publication called "Weekend Chronicle." This E-Periodical, we are confident, will aid in the knowledge and skill acquisition, character development, and improved employability of young, talented students to become globally competent.

Everyone can find something here, including in the Business, Academic, Travel and Tourism, Science and Technology, and Media Fields, among many others. The E-Periodical's articles' diversity and creativity will undoubtedly broaden readers' knowledge.

The readers' minds will undoubtedly be stimulated and transported to a fantastic world of joy and pleasure by the optimistic attitude, perseverance, hard work, and creative ideas displayed by our Students and Teachers.



Dr. Pratibha Gaikwad
Principal

Dear Readers,

Welcome!

“Knowledge is nothing but finding unity in the midst of diversity.” – Swami Vivekananda

The E-Periodical “Weekend Chronicle” is crucial in giving our BMS Department students a platform to showcase their artistic talents.

Our E-Periodical, or online journal, takes us through a variety of genres, including news about international affairs under departments including Business, Advertising, IT, Science & Nature, and Academics, Media, and Libraries.

It also includes articles on topics like food, health, and travel, which are typically at the top of our "Bucket Lists." The Department of Social Issues also includes articles on social issues. Last but not least, we will cover the ideas and words of our gifted students as aspiring poets, authors, and philosophers under the Student's Section.

In conclusion, students' creation of a digital journal will include young people of today and those who shape them (such as instructors) in their communities, which is required to adopt a contemporary viewpoint and meet the difficulties we face today.

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BUSINESS

WHY IS JAIPUR KNOWN AS THE PINK CITY?



On almost every street in Jaipur, you'll find buildings painted a gorgeous shade of dusty pink. The reason? In 1876, Queen Victoria's son, Albert Edward, Prince of Wales (who would later become King Edward VII) visited India. At the time, pink was the symbolic colour of hospitality. As the people of Jaipur are known for their incredible hospitality, Maharaja Sawai Ram Singh I had the whole city painted pink to welcome the royals. It's said that Prince Albert nicknamed Jaipur the 'Pink City' and the name stuck.

The Maharaja also oversaw the construction of a grand concert hall, naming it Albert Hall, in honour of Prince Albert. Today, the building is the Albert Hall Museum and is the oldest museum in the state of Rajasthan. The building itself is a stunning display of Indo-Saracenic architecture. Venture inside and you'll find a collection of treasures including paintings, crystal sculptures and jewellery.

In 1877 The Maharaja Ram Singh took the pink obsession one step further. After the Queen of Jaipur declared herself a fan of the pink, he passed a law stating that any future buildings in the city must be painted the same colour. The law has remained, with almost all buildings, from bazaars to temples, adopting the same lovely shade of terracotta pink. And, while times have changed, the Pink City continues to open its arms to the world with the same generous hospitality it always has.

Department Editor: Archi Singh

Reference link: <https://www.insightvacations.com/blog/story-jaipur-pink-city/>

DATE: 29/10/2023

ADVERTISEMENT

HOW SINGAPORE TOURISM BOARD IS WOOING YOUNGER INDIAN TRAVELLERS



The partnership with Little Black Book aims to raise brand recall for young travellers thinking of their next holiday.

As part of the initiative, Chumbak, RSVP by Nykaa, and The Souled Store worked with STB and LBB to curate a line of accessories and clothing that showcases Singapore in a different light to potential Indian tourists.

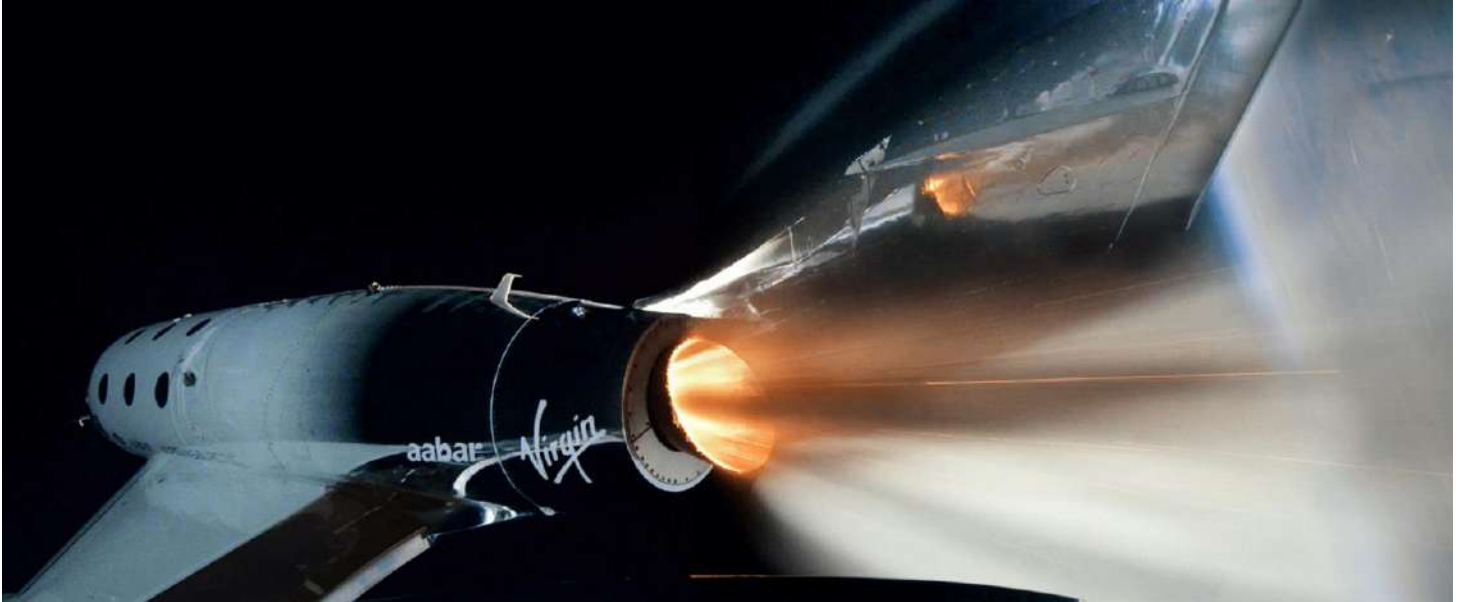
Campaign India caught up with GB Srithar, regional director, India, Middle East and South Asia, Singapore Tourism Board and Juliana Kua, assistant CEO, international group, Singapore Tourism Board, to discuss marketing plans, objectives behind its second partnership with LBB, and their measures to promote Singapore as a tourist destination.

Freelancer: Gracy Choudhary

Reference link: <https://www.campaignasia.com/article/how-singapore-tourism-board-is-wooing-younger-indian-travellers/484046>

IT & TECHNOLOGY

VIRGIN GALACTIC



On the occasion of World Tourism Day, let's look into the tourism aspect of space which has been recently introduced to the world.

Virgin Galactic is the world's first commercial spaceline. The company is developing commercial spacecraft and aims to provide suborbital spaceflights to space tourists.

The company's purpose is to connect people across the globe to the love, wonder and awe created by space travel. They believe that spaceflight has the unique ability to shift our perspectives, our technology, and even our trajectory as a species. As the spaceline for Earth, they aim to transform access to space for the benefit of humankind; to reveal the wonder of space to more people than ever before.

They believe they can inspire future generations and make it possible to experience our planet from a different perspective. Together the company seeks to drive a positive change for young people by channelling their collective energy and resources – working to ensure that future generations are equipped to apply the space perspective to Earth's greatest challenges.

Virgin Galactic achieved a major milestone on June 29, 2023, by launching its first commercial spaceflight. The upcoming mission, called Galactic 04, will send three paying customers to suborbital space and back on Virgin Galactic's VSS Unity space plane.

Department Editor: Dia Lenka

Reference Link: <https://www.virgin.com/virgin-companies/virgin-galactic>

SCIENCE & SPACE

IISC RESEARCH UNCOVERS LINK BETWEEN CELL BIOMECHANICS AND WOUND HEALING

Inefficient wound healing results in tissue fibrosis, a process that can cause scar formation and may even lead to conditions like cardiac arrest, said IISc

The Indian Institute of Science, Bengalur

An interdisciplinary team of researchers from the Indian Institute of Science have uncovered how the stiffness of a cell's microenvironment influences its form and function. The findings are expected to provide a better understanding of what happens to tissues during healing of wounds.

Scar formation

"Inefficient wound healing results in tissue fibrosis, a process that can cause scar formation and may even lead to conditions like cardiac arrest. Changes in the mechanical properties of tissues like stiffness also happen in diseases like cancer," IISc said.

The research team was led by Prof. Namrata Gundiah from the Department of Mechanical Engineering and Prof. Paturu Kondaiah from the Department of Developmental Biology and Genetics.

Change in stiffness

In the study, published in *Bioengineering*, the team cultured fibroblast cells, the building blocks of our body's connective tissue, on a polymer substrate called PDMS with varying degrees of stiffness.

They found that a change in the stiffness altered the cell structure and function. Fibroblast cells are involved in extensive remodelling of the extracellular matrix (ECM) surrounding biological cells.

The ECM, in turn, provides the mechanical tension that cells feel inside the body. The team found that fibroblasts cultured on substrates that had lower stiffness were rounder and showed accompanying changes in the levels of cytoskeleton proteins such as actin and tubulin. Moreover, fibroblasts grown on such substrates showed cell cycle arrest, lower rates of cell growth and cell death.

Regulator that drives changes

To pinpoint the master regulator that drives changes in the cell when substrate stiffness changes, the team focused their attention on an important signalling protein called Transforming Growth Factor- β (TGF- β). Previous work has shown that the activity of fibroblasts and the downstream ECM architecture is regulated by TGF- β .

"The thing is, people talk about the chemical changes but not about biomechanical changes. For example, while the TGF- β signalling cascade has been studied extensively in cancer, the influence of mechanical forces such as substrate stiffness has not been studied so far," said Brijesh Kumar Verma, first author of the study. In the future, the researchers seek to understand how other mechanical factors, such as surface properties and cell stretch, can also influence TGF- β activity.

Department editor - Mahek Shaikh

Reference link - <https://www.thehindu.com/sci-tech/science/iisc-research-uncovers-link-between-cell-biomechanics-and-wound-healing/article67457835.ece>

NATURE

ROUGH-STRICKEN AMAZON RIVER AT LOWEST RECORDED LEVEL, AND OTHER NATURE AND CLIMATE STORIES YOU NEED TO READ THIS WEEK



Drought-stricken Amazon River at record-low level [Brazil's Amazon River fell to its lowest-ever recorded water level](#) as a record drought threatens hundreds of thousands of people and has damaged delicate jungle ecosystems. Drying river tributaries along the world's second-longest river left boats stranded and cut off essential supplies of food, water and medical provisions to remote village communities. High water temperatures pose a serious threat to marine life and are suspected of killing more than 100 endangered river dolphins, Reuters reports. Water levels in Manaus, a port city with the region's largest population, fell to 13.59 metres, compared to 17.60 metres at the same time last year. This represents the lowest levels in more than a century since records began in 1902.

2. EU targets 74% cut in microplastic waste [A European Union \(EU\) proposal to curb plastic pollution aims to reduce the use of microplastics in most plastic products by 74% by 2030](#). Success would result in a 7% reduction in Europe's microplastics pollution, the European Commission says. The move targets the tiny plastic pellets that are deliberately added to plastic products as raw material. [Also known as nurdles, nibs and resin pellets, these non-biodegradable small particles of plastic find their way into the environment](#), where they accumulate in animals and seafood and into the human food chain. “The most important thing is to cut pollution at the source,” Virginijus Sinkevičius, EU commissioner for the environment, oceans and fisheries, told *The Guardian*. “What we are looking to do is basically ensure we drastically cut, at the source, pollution of microplastics.” Globally, [plastic waste is forecast to triple by 2060](#), increasing from 353 billion tonnes in 2019 to 1 billion tonnes, according to the OECD's Global Plastics Outlook

Department editor - Vaishruni Shah

Reference link : <https://www.arabnews.com/node/2397561/entertainment>

ACADEMICS

SCHOOL ELECTRICITY AUDIT AN OPPORTUNITY TO TEACH ENERGY CONSERVATION



Today, schools in India are creating opportunities to help students develop a sense of responsibility towards the environment. In New Delhi, one such school renowned for its green initiatives is Birla Vidya Niketan.

Principal Minakshi Kushwaha informed Teacher that Birla Vidya Niketan has been conferred the Green Award 2023, presented by the Directorate of Education (DoE), Government of Delhi. The school has already been recognised as a green school by the Centre for Science and Environment (CSE).

With more than 4,000 students enrolled, Birla Vidya Niketan is situated on 6.5 acres of land. It has a strong focus on environmental sustainability.

Kushwaha says the school runs on solar energy, and the produce from its kitchen garden is used in the midday meals served to students. Birla Vidya Niketan was reportedly the first school in the country to introduce millet in their midday meals this year (Chettri, 2023).

The school has numerous other initiatives to educate students on the importance of sustainability. Kushwaha strongly believes that it's important to instil a culture of sustainability from the early years. Here, she shares the electricity audit initiative for students at her school.

Kushwaha says that today students need to learn a variety of skills during their school years, and it is not possible to allocate a period to teach every skill.

She suggests, 'So it [energy conservation values] has to be incorporated, included into the routine teaching. I don't believe that there has to be a life skills period...everybody should be part, should be involved into it at all the times.' The leader adds teachers need be conscious of making this effort, irrespective of what they teach, so that children value sustainability.

Department Editor: Bushra Bheri

Reference link: https://www.teachermagazine.com/in_en/articles/school-electricity-audit-an-opportunity-to-teach-energy-conservation

MEDIA***HELP FOR DISSERTATION: ACHIEVE ACADEMIC EXCELLENCE WITH
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Department Editor--Bushra Bheri

Reference link:<https://www.hindustantimes.com/brand-stories/help-for-dissertation-achieve-academic-excellence-with-helpfordissertationcom-101698324680716.html>

DATE: 29/10/2023

ARTS

SAUDI EDM FESTIVAL FREAKS OF NATURE DEBUTS IN AMSTERDAM

AMSTERDAM: Freaks of Nature, Saudi Arabia's homegrown boutique electronic music festival series, made its first appearance at the Amsterdam Dance Event (ADE) this week. Originating in Riyadh, the creators of Freaks of Nature organized this event, named "querencia," with the vision of creating a dreamlike place for free expression and unity among "fabulous freaks."

The Amsterdam showcase featured a lineup of Saudi talents including Sound of Yaz, Rash, DJ Igniter, Bigg3, Yazeed and DJ Hannah, who presented back-to-back sets with international artists such as Toby Romeo and Lucaz, as well as Dutch artists like DJ Basicz, Brooks, WeDamnz, Seth Hills.

Every October, Amsterdam becomes the epicenter of the world's electronical music industry during the Amsterdam Dance Event (ADE). It features a mix of music festivals, warehouse raves, boat parties, hundreds of panels, conferences, business sessions, and many other adjacent events. The city comes alive with non-stop energy throughout the five-day event, spanning over 200 clubs and cultural institutions hosting over 1,000 activities.

Freaks of Nature's organizers said that their mission is to connect international DJs, industry professionals and booking agencies with Saudi artists. They want to provide them with a platform and boost their presence beyond the Kingdom.

Dutch DJ Basicz, who has performed in Riyadh twice, said, "Saudi Arabia is not really on the map right now in the event scene, so it's great that they (they organizers) are bringing it to ADE, it will gain more recognition now." He unexpectedly discovered the Saudi music scene when he met Yazeed Al-Hashim, the festival's CEO, in Amsterdam. DJ Basicz explained, "he liked my vibe and invited me to be part of the new music scene in Saudi." In an earlier interview with Arab News, Al-Hashim talked about ADE, mentioning, "for us, it was really essential to show the international music community the Saudi entertainment scene as well as Saudi local artists."

Saudi talent Bigg3 said that ADE is also an opportunity to learn about new music technologies and industry trends. He emphasized ADE's importance, saying "it's almost necessary for all the event makers, DJ's and producers to be at ADE; everyone is here."

Department editor - Vaishruni Shah

Reference link <https://www.arabnews.com/node/2397561/entertainment>

HISTORY

NAVRATRI

When is Navratri 2023? Why it is celebrated? Story, history, importance and significance



Navratri is one of the most significant festivals of the Hindus celebrated all across the world. This is also one of the most ancient festivals dating back to the times immemorable. This year the nine-day festival would be observed from October 15 to October 24. The word Navratri is derived from two Sanskrit words—'nava' meaning nine and 'ratri' meaning night.

The legend associated with Navratri speaks about the great battle that took place between the powerful demon Mahishasura and Goddess Durga. Mahishasura was blessed with immortality by Lord Brahma under one condition that the powerful Mahishasura could be defeated only by a woman. Armed with the blessing of immortality and confidence, Mahishasura attacked the Trilok--earth, heaven and hell. Since only a woman could defeat him, even the Gods didn't stand a chance against him. The worried Gods prayed to Lord Brahma, Lord Vishnu and Lord Shiva to help them defeat their worst enemy.

After the three powerful Gods—Brahma, Vishnu and Mahesh (Shiva)—created Goddess Durga, she fought with Mahishasura for 15 long days. It was a fight that shook the trilok—earth, heaven and hell. During the fight, the clever Mahishasura kept changing his form to confuse his opponent Goddess Durga. Ultimately, when the demon took the form of a buffalo, the Goddess Durga pierced his chest with her 'trishul' (a forked weapon) killing him instantly.

Department Editor: Iqra Shaikh

Reference Link:

https://m.timesofindia.com/life-style/events/when-is-navratri-2019-why-it-is-celebrated-story-history-importance-and-significance/amp_articles/71295511.cms

LIBRARY***"TAMIL NADU ON A MISSION TO INCULCATE BOOK READING HABIT AMONG CHILDREN"***

CHENNAI: With gadgets dominating our lives, the only form of entertainment for seven-year-old Logeshwari, of Tamil Nadu Urban Habitat Development Board (TNUHDB) K P Park tenements, were phone and television, until she was introduced to reading by the Tamil Nadu Reading Movement.

Many children like her in TNUHDB tenements and across the state are drawn to the world of words, and all thanks to the Tamil Nadu Reading Movement. The idea, to create an awareness on the importance of reading by putting in place a systematic and coordinated approach, has glued many kids to reading short stories and performing the skits inspired by those stories in Tamil and English.

The movement is a collaborative effort of Society for the Advancement of Library and Information Science (SALIS), Tamil Nadu Children Writers, Artists Association, Madras School of Social Work (MSSW) and Information Resource Centre for the Deprived Urban Community (IRCDUC).

The initiative was launched on Monday at K P Park and Perumbakkam tenements. The movement aims to inculcate reading habit among children and raise a knowledgeable society. "Libraries will set up in learning centres run by IRCDUC in the tenements. A teacher who has been appointed there will ensure the children read books. Besides more than 60 colleges, who have tied up with us they will also be spreading the message in their respective institutions, government schools etc," said Sakthi Rekha, librarian, MSSW. Pooja, a 10th standard student said that she drew inspiration from a story she had read. I. Paranthamen, MLA, Egmore Constituency, who inaugurated the movement in K P Park, motivated the children and promised to create an opportunity for the children to meet the chief minister.

Department Editor: Mitali Yadav

Reference link: <https://m.timesofindia.com/city/chennai/tamil-nadu-on-a-mission-to-inculcate-book-reading-habit-among-children/articleshow/99774188.cms>

FOOD & HEALTHCARE

FOOD IS MEDICINE



A global epidemic of diet related chronic disease has prompted experimentation using food as a formal part of patient care and treatment. One of every five deaths across the globe is attributable to suboptimal diet, more than any other risk factor including tobacco.¹ Individual interactions with the healthcare system are an important opportunity to offer evidence based food and nutrition interventions. An emerging but compelling body of research indicates that such interventions delivered in the healthcare system might be associated with improved health outcomes and reduced healthcare usage and costs.

These data point to the potential for food and nutrition interventions to play a prominent role in the prevention, management, treatment, and even in some cases reversal of disease.¹¹ When broadly deployed, interventions that are effective for individual patients have the potential to affect population health and shape broader food and health policy reform. Realisation of health benefits is, however, hampered by lack of investment in research, low levels of clinician nutrition knowledge and awareness of interventions, and narrow access to appropriate services and programmes. Tackling each of these challenges is critical to achieving a healthcare system in which nutrition and food are a routine part of evidence based disease prevention and treatment.

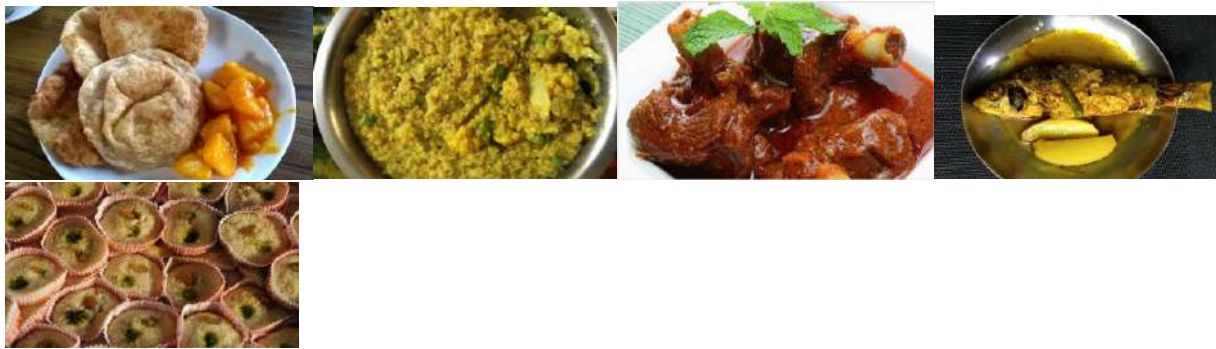
Reference Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3689889/>

CULTURE & CUISINE

DURGA PUJA 2023 BENGALI CUISINE: FROM LUCHI AND ALUR DOM TO SANDESH, 5 RECIPES FROM THE BENGALI TRADITION THAT YOU MUST ENJOY DURING THE FESTIVAL DEDICATED TO GODDESS DURGA

From the iconic sweets like rasgulla and sandesh to savoury delights like kathi rolls and spicy curries, Bengali cuisine during Durga Puja offers a mouth-watering experience that perfectly complements the cultural vibrancy and joy of the occasion. It's a time when the streets come alive with the aromas of street food vendors, and every meal becomes a flavourful tribute to the goddess Durga.

Bengali cuisine during Durga Puja is a tantalizing journey into the rich and diverse flavours of West Bengal, India. It's a celebration of culinary artistry and tradition that accompanies the grand festivities of the festival. As you celebrate Durga Puja 2023, we at LatestLY have brought together a collection of recipes from Bengali cuisine that you must relish during the celebrations.



1. **Luchi and Alur Dom:** Luchi is a deep-fried, puffed bread made from refined flour. It is often paired with Alur Dom, a spicy potato curry cooked with aromatic spices like cumin, ginger, and garam masala.
2. **Khichuri:** Durga Puja is incomplete without a hearty serving of Khichuri. It's a comforting one-pot dish with rice, lentils, and vegetables flavoured with spices and ghee (clarified butter).
3. **Mutton or Chicken Curry:** Spicy mutton or chicken curry is a staple during Durga Puja. The meat is cooked in a rich gravy made with onions, tomatoes, and aromatic spices.
4. **Macher Jhol:** This is a classic Bengali fish curry prepared with different varieties of fish, including Rohu or Katla. It's a light curry cooked with spices, ginger, and green chillies.
5. **Sandesh:** Sandesh is a popular Bengali sweet made from fresh paneer (cottage cheese). It's often flavoured with cardamom or saffron and shaped into various delightful forms.

These dishes capture the essence of Bengali cuisine and add to the festive spirit of Durga Puja. They are enjoyed with family and friends, making the celebration a culinary delight as well as a cultural one.

Reference Link: <https://www.google.com/amp/s/www.latestly.com/lifestyle/food/durga-puja-2023-bengali-cuisine-from-luchi-and-alur-dom-to-sandesh-5-recipes-from-the-bengali-tradition-that-you-must-enjoy-during-the-festival-dedicated-to-goddess-durga-5463906.html/amp>

TRAVEL & TOURISM

INDIA'S FAMOUS GOLDEN TRIANGLE AND THE PERFECT ITINERARY TO IT

Those planning their first trip to India cannot possibly skip its famous Golden Triangle. The route has been named so as it covers the three cities of Delhi, Agra and Jaipur, making a triangular shape if you look at a map. All the three cities are rich in culture, history, traditions, cuisine and a lot more and are surprisingly different from each other too. While Delhi is a blend of centuries-old architecture and more with all things contemporary, and Agra still looks old-school as being home to the Taj Mahal and street markets, Jaipur takes one back to the days of royal clans in India, straight to the world of Rajput rules and their massive forts and bastions. With such an interesting diversity, there is little wonder in the fact that India's Golden Triangle is where all first-time international travellers land, and rightly so. Here, our detailed Golden Triangle itinerary for you.



- Delhi : International flights to Delhi are available from almost all the major cities across the world, making it a great choice to start your Golden Triangle tour. You can explore the city for around 2 days before moving forward; there's plenty to explore here, from the city's many street markets, eateries, clubs, monuments (keep 3 days for just these if you want to visit them all), plush malls and more. Delhi is around 3 hours (by road) away from Agra, a city that is home to more than just the rightly famous Taj Mahal. You can explore Fatehpur Sikri and the Agra Fort for an easy first day in the city.
- Agra, the day of Taj : Keep an entire day reserved to visit the Taj Mahal, one of the seven wonders of the world, for the place is breath-taking and majestic to explore. It supports an entire tourists' economy in the state and is the pride of the country. Once you have soaked it all in, head out to Agra's street markets for some shopping (the shoes here!) and a lot of street food bingeing.
- Jaipur : We recommend at least a 3-day stay in Jaipur, which could just as well be your introduction to the wonderful state of Rajasthan. The city is replete with forts and places, and is also home to the world-famous Amber Palace, City Palace, Jaigarh and Nahargarh forts, Jal Mahal, Hawa Mahal and more. Follow your sightseeing time in Jaipur with some hearty meals at its many restaurants, especially famous for desserts and traditional Rajasthani meals. You should also explore the markets here for great deals of souvenirs and some must-have stuff from Rajasthan.
- Head Back to Delhi : You can head back to Delhi by air or road for your flight back from India. When here, take a day out to explore both Old and South Delhi and revel in the contrasts that this city is home to. While Old Delhi is famous for its street food and wholesale markets (spices to books), South Delhi is where art exhibitions, art cafes, art districts and more.

Reference link: https://www.google.com/amp/s/timesofindia.indiatimes.com/travel/destinations/indias-famous-golden-triangle-and-the-perfect-itinerary-to-it/amp_photostory/104646545.cms

SPORTS***INDIA VS NEW ZEALAND HIGHLIGHTS, CRICKET WORLD CUP 2023: SHAMI TAKES 5 WICKETS; KOHLI SLAMS 95; JADEJA POWERS INDIA TO 4-WICKET WIN OVER NEW ZEALAND AT HPCA, DHARAMSALA***

India Vs New Zealand, IND VS NZ Highlights, Cricket World Cup 2023: First Mohammed Shami took 5 wickets for 54 runs in his first 2023 ICC Men's World Cup match, then Virat Kohli slammed 95 runs off 104 balls as Rohit Sharma-led [India](#) beat Tom Latham-led New Zealand in their 50-over Men's Cricket World Cup match at the Himachal Pradesh Cricket Association (HPCA) stadium in Dharamsala on Sunday (October 22). From India, Rohit scored 46 runs off 40 balls, while Ravindra Jadeja played a pivotal innings of 39 not out in 44 balls at No. 7 position to guide the team to their fifth 2023 World Cup victory in a row.

Earlier, India skipper won the toss and invited New Zealand skipper Tom Latham to bat first in the match. Shami took five wickets for 54 runs in 10 overs, while Kuldeep Yadav took two wickets for 73 runs in 10 overs as India bowled out New Zealand for 273 runs in 50 overs. From New Zealand, Daryl Mitchell hit a ton (130 runs off 127 balls) while Rachin Ravindra scored 75 runs off 87 balls as their team recovered from early jitters to score a fighting total. New Zealand could have gone for a bigger total but the Indian bowling attack dismantled their middle and lower batting orders as the last six wickets fell for just 30 runs.

India suffered a blow before the match as all-rounder Hardik Pandya was ruled out with an ankle injury. Suryakumar Yadav replaced him in the team while Shami replaced Shardul Thakur.

In New Zealand, in the absence of injured regular captain Kane Williamson, Latham continues to lead the team from the front. He had a strong team in batsmen Davon Conway, Will Young, Ravindra, and Mitchell. Kiwis star bowler Tim Southee couldn't make a comeback after an injury against England in the 2023 World Cup.

Reference Link : <https://www.google.com/amp/s/www.zeebiz.com/trending/sports/live-updates-india-vs-new-zealand-live-score-updates-icc-odi-cricket-world-cup-2023-21st-match-today-ind-vs-nz-full-scorecard-from-hpca-stadium-in-dharamsala-pitch-report-rohit-sharma-virat-kohli-kane-williamson-tom-latham-260725/amp>

SOCIAL ISSUE***STUDENTS WITH STRONG SELF-BELIEF ARE HAPPIER AND MORE SUCCESSFUL –***

In a study with 763 students at Xi'an Jiaotong-Liverpool University in China, we found that students with high self-belief performed well in their final year project and were more satisfied with their learning experience even if they were not assigned their preferred project or teacher. On the other hand, students with low self-belief were less happy and performed poorly, although they had access to good resources. The students we worked with were studying a range of subjects, such as mechatronics, robotics, computer science, electrical and electronic engineering. In their final year, they worked on a particular project, developing research questions and putting together a research method, as well as carrying out data collection, analysis and results reporting. Each student had a supervisor to provide guidance on the project.

Measuring self-belief : We developed a five-point scale to measure students' self-belief about their work on this project. Students were given a score on the scale according to their answers to questions, such as: "I am able to identify and formulate a substantial research problem, and produce a plan to address the problem". We also asked the students their opinion on how the projects were allocated as part of the survey, and interviewed ten students to gain further insight into their learning. Students with lower self-belief had less confidence in their ability to accomplish a complex project.

Thinking about thinking : We found that students with lower self-belief had lower metacognition – the ability to "think about thinking". For instance, one student did not think about the value of reading the project details before they made project choices. Instead, they relied on luck. However, students with higher self-belief showed higher metacognition. They appreciated the opportunities for them to access the project information before they could make rational choices. They focused more on short-term results, complained about the external conditions and did not pay enough attention to areas for self-development. On the other hand, students with higher self-belief were more likely to engage in deeper reflection. They admitted that equal opportunities had been provided for students to get specific support.

Building self-belief : Students could form a habit of reflecting on their learning experiences, and self-assess their metacognition and confidence to build self-belief. Our research suggests that focusing on building self-belief may lead to better study results and happier students. Teachers can focus on building students' confidence. Explaining the value of different learning activities and giving feedback can help develop students' metacognition and belief in themselves. Exercises that help students think about their learning – such as self-evaluation questionnaires – can also help them to build their sense of control over their learning and their self-belief. Teachers and parents cannot always help students when they face difficulties. But building students' self-belief can help increase their confidence in themselves to tackle challenges and problems.

Reference link: <https://theconversation.com/students-with-strong-self-belief-are-happier-and-more-successful-as-our-study-shows-199645>

ARTIFICIAL INTELLIGENCE

WHO'S MOVE FOR REGULATION OF AI IN HEALTHCARE HIGHLIGHTS RISK

The World Health Organization's (WHO) recent considerations for the regulation of artificial intelligence (AI) in healthcare, highlights the potential challenges associated with using AI tools in the sector. The WHO recognises the potential of AI in healthcare, as it could improve existing devices or systems through strengthening clinical trials, improving diagnosis and treatment, and aiding the knowledge and skills of healthcare professionals.



The report by Global Data, a data and analytics company, notes that AI technologies are and have been deployed quite quickly, and not always with a full understanding of how they will work in the long run, which could be harmful to healthcare professionals or patients. AI has already improved several devices and systems, and there are so many benefits of AI. However, there are risks too with these tools and the rapid adoption of them,” said Alexandra Murdoch, Senior Analyst at Global Data, in a statement.

AI systems in medical or healthcare often have access to personal and medical information, so there should be regulatory frameworks in place to ensure privacy and security. There are a number of other potential challenges with AI in healthcare, such as unethical data collection, cybersecurity risks, and amplifying biases and misinformation.

The WHO has released six areas for regulation of AI for health, citing a need to manage the risks of AI amplifying biases in training data. The six areas for regulation are transparency and documentation; risk management; validating data and being clear about the intended use of AI; a commitment to data quality; privacy and data protection; and fostering collaboration.

“With these areas for regulation outlined, governments and regulatory bodies can follow them and hopefully develop some regulations to protect healthcare professionals and patients, and also use AI to its full potential in healthcare,” Murdoch said.

Reference link: [WHO's move for regulation of AI in healthcare highlights risks: Report – The Shillong Times](#)

STUDENT'S SECTION

7 HEALTH-IMPROVING FACTS

When it comes to being healthier, you've probably heard the same advice over and over lose weight, eat healthier foods, exercise more, quit smoking, sleep better and reduce stress. These are some of the most obvious tips for improving your physical and mental health.

- **Enjoying some sunshine in the mornings may help you lose weight** : Can a healthy weight be achieved simply by taking a stroll on a sunny morning? Well, that's not the only thing you need to do to keep your weight in check, but one study found that exposure to sunlight in the morning had a positive effect on body mass index (BMI).
- **A cup of coffee may make you less depressed** : While your morning caffeine fix can't solve all mental health issues, a 2016 study found that each cup of caffeinated coffee consumed daily lowered a person's depression risk by 8 percent.
- **The average person spends more time on the toilet than they do exercising** : While you can't control how long you spend going to the bathroom on any given day, you can control how long you spend exercising. Being more physically active is good for almost every aspect of your health, giving you a good incentive to get things moving in more ways than one.
- **Having a dog may lower your risk of heart disease** : As if you need another good reason to love your four-legged companion, it turns out that they may be good for your heart literally and figuratively. Not only do pets make us happier, but dog owners typically have lower blood pressure and cholesterol levels, according to the American Heart Association®.
- **Being stressed at work may increase your risk for type 2 diabetes** :As if work stress wasn't bad enough, a study in the journal Diabetes Care found that stress at work was associated with a higher risk for type 2 diabetes, independent of other lifestyle factors. This association may be due to the fact that stress causes the secretion of cortisol, a hormone which has been shown to increase blood glucose levels.
- **Saying thank you may improve your mood** : You may think that expressing gratitude to someone only makes the recipient feel good, but it may also be the key to your own happiness. Researchers have found that gratitude helps you recognize the good in your life, which reduces the likelihood that you'll be sad or depressed.
- **Exercising when you're young can keep bones stronger when you're old** : Although everyone loses some bone mass as they age, being physically active as a child, teen and young adult can fortify your bones, making them stronger throughout your life. This makes you less prone to broken bones and diseases like osteoporosis when you're older.

Reference link: <https://www.mckenziehealth.org/news-blog/2023/january/interesting-health-facts-that-can-save-your-life/>



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- B.Sc. Aviation
- B.Sc. Actuarial Science & Quantitative Finance
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- B.Sc. Hospitality & Catering
- B.Sc.

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- B.Com. (Banking & Insurance)
- B. Com

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