



the
RUIAITE
monthly
MOVING BEYOND PAPERS

THE EDITORIAL

Greetings, Dear RUIaites!

With the ever refreshing torrential rain showers in Mumbai has arrived our very fresh edition of the RUIaite Monthly to mesmerize you with the assortment of topics you would enjoy reading in this refreshing weather!

As we plunge into our syllabus with the progressing time in the college classrooms, Op-eD presents to you the portrayal of college life in movies, something which is relatable, and close to the heart. Language lovers, it's your month! Behind the Scenes will be treating you with the very interesting

story of languages, which will leave you amazed.

Worried about your career? Don't be tensed! Careerwise offers some tips and tricks to make your mark in your field, while Insight is going to be 'Food for thought' with a novel topic of food psychology. It's going to rain colors in Open Forum with the story and culture of Origami and Safarnama will take you on a remarkable journey of literary gems.

Discover the idea of Destiny in Fictionally Yours, and take a scientific point of view on elongating the lifespan

with synthetic biology in Science of Everything. Take a note of the signs of progress man has made in the field of technology in Tech-Tricked, where you'll come across the exciting development of Voyager spaceships. Read about Ceasefire in Buzz Around, and finally, explore the relationship between colors and moods in Roaming Around the City section of Art Wall! As always, we hope you enjoy every piece and wallow in the aftertaste of this edition! Happy reading, and have a great time!

BUZZ AROUND

THE CEASEFIRE BACKFIRE IN KASHMIR AND ITS REPERCUSSIONS

A “ceasefire” or a “truce” accounts for a temporary stoppage of a war in which each side agrees with the other to suspend aggressive actions. It is a formal treaty or broader armistices in order to promote peace between two opposing forces.

On 15 June 2018, we had a ceasefire in Kashmir during the pious month of Ramazan. National Security Advisor Ajit Doval indicated that the offer was only for Eid. The ceasefire has triggered a spurt in terror activities and senior officers say that they will present the facts before Mr. Singh, who would chair the meeting on Amarnath Yatra in Delhi. Senior journalist and ‘Rising Kashmir’ editor Shujaat Bukhari and his PSO were shot dead by unidentified gunmen outside the newspaper’s office in the heart of this Jammu and Kashmir summer capital. Shujaat Bukhari, who was in his 50s, was leaving his office in Press Enclave in the city center Lal Chowk for an iftar party when he was shot, said the official. The other travesty that Kashmir encountered was the abduction of brave rifleman like Aurangzeb who was returning home in

the holy month of Eid when he was taken away unarmed. The next day his body was sent back to his residence which became the cause of the family’s grief on an auspicious day. There are many more such cases which go unnoticed every day and their families are waived off with some compensation.

“War is not just the shower of bullets and bombs from both sides, it is also the shower of blood and bones on both sides.”
-Amit Kalantri, *Wealth of Words*

It is equally unlikely that the Jihad-infused and ISIS/ISI inspired Kashmiri fighters will have any use for this ceasefire. With the enemy combatants having no obligation to reciprocate a unilateral ceasefire, asking the “security forces not to launch operations” is tantamount to switching them from an offensive mode to a defensive mode.

In other words, instead of the security forces pro-actively hunting down terrorists, the patriotic government of

India has forced them to become the hunted and retaliate only if attacked. The initiative will henceforth be with the terrorists rather than the security forces - a classic recipe for disaster.

For the government to say that it expects cooperation “to help Muslim brothers and sisters to observe Ramzan peacefully and without any difficulties” is akin to saying that the operations of security forces (which, for all intents and purposes, were against belligerents and their supporters) were actually against “peace-loving Muslims”. What were those who drafted the Home Ministry statement thinking?

Equally galling is the fact that the entire statement talks of “Muslims” and not Kashmiris. Strange, that a secular country is now deciding its security policy on the basis of religion, instead of national security imperatives.

“We, unlike Nazi Germany or Mussolini’s Italy, have never stopped being a nation of laws, not of men. But witness how men with motives and a majority can manipulate the law to cruel and unjust ends.” -Robert Byrd

-ADYA SHREYA, S.Y.B.Sc

SIMPLY PUT: MAHARASHTRA PLASTIC BAN

1. What is the plastic ban?

The Maharashtra state government issued a ban on all plastic products from 23rd June 2018. This ban is aimed at reducing the one time use plastic from the surroundings, keeping in mind its harmful effects on nature and public life. The Maharashtra government laid down this strict plastic ban after the state civic bodies started facing serious problems related to the garbage disposal and its management.

2. When and why was this ban implemented?

The ban was implemented on 23rd June 2018. The plastic ban was issued under the name of Maharashtra Plastic and Thermocol Products (Manufacture, Usage, Sale, Transport, Handling and Storage) Notification, 2018, under which it cited the rising several concerns by saying that ‘usage and disposal of plastic are diverse and include accumulation of waste in landfills, water bodies and in natural habitats, physical problems for

wild animals resulting from ingestion or entanglement in plastic, the leaching of chemicals from plastic products and the potential for plastics to transfer chemicals to wildlife and humans.’

3. What items are banned?

Plastic bags.
Disposable plastic items like spoons, forks, cups, glasses, containers.
Disposable thermocol items like plates, glasses, bowls, containers.
Non-woven polypropylene bags.
Plastic pouches for storing liquids.
Plastic wrap used for packaging or storing products.
Plastic packaging for food items.
Plastic and thermacol decorations.

4. Which items are exempted from the ban?

The Maharashtra government have exempted the following from the plastic ban:

Plastic bags or plastic used for packaging of medicines;

Compostable plastic bags or material used for plant nurseries, horticulture, agriculture, handling of solid waste.

Plastic and plastic bags for export purpose only, in the Special Economic Zone and export-oriented units.

The plastic used for handling of solid waste (for example garbage used at homes).

Plastic cover or plastic to wrap material used at the manufacturing stage or in an integral part of manufacturing.

Food grade virgin plastic bags not less than 50-micron thickness used for packaging of milk.

5. What is the penalty for violating the ban?

Fine for violating the ban will be Rs 5,000 for the first offense, Rs 10,000 for the second and Rs 25,000 for the third offense or a three-month jail term or both. Manufacturers, on the other hand, stand to lose their license.

-Pushkar

Top ten news and tweet:

1. J&K government collapses as BJP removes given support.
2. Plastic ban implemented in Maharashtra. Heavy fines on day to day use of plastic bags.
3. FIFA world cup ensures galore of entertainment, celebrations, and emotions in Russia and across the world.
4. Ceasefires and unrest in J&K continue. Multiple jawans and LeT militants killed in encounters.
5. Donald Trump meets his North Korean counterpart Kim Jong Un promises agreements regarding international peace.
6. Pranab Mukherjee attends the RSS event as a guest speaker, causes a stir in the political world.
7. Bank of Maharashtra CEO and MD arrested for suspected foul play, granted bail.
8. US Congress raises the issue of illegal immigration.
9. Rafael Nadal conquers French Open title for a record 11th time.
10. Rupee hits an all-time low of 69 for a dollar.



Tweet:

Hope @CitiznMukherjee now realizes from today’s incident, how BJP dirty tricks dept operates. Even RSS wouldn’t believe that u r going 2 endorse its views in ur speech. But the speech will be forgotten, visuals will remain & those will be circulated with fake statements.

-@Sharmishta_GK (Daughter of former President Pranab Mukherjee)

- Chinmay.

CAREER WISE

ACHIEVE YOUR CAREER GOALS

“You must either modify your dreams or magnify your skills”.

|| HARD SKILLS ||

Hard skills play a crucial role in shaping any career. Without them, it is impossible to grab a job in any field. From the beginning of our school days, we have been trained to learn as many hard skills as possible because they are the ones that complete our CV.

What are hard skills?

The abilities that can be taught, measured and defined easily are called hard skills. They are easy to prove through certificates. The main difference between soft and hard skills is that hard skills require specific knowledge. Most of the companies evaluate hard skills for selecting a candidate because soft skills can be measured only after a period of time.

The four important hard skills that can help an individual to have an edge over other candidates are:

1) Degree or Certificate :

Everyone is aware of the level of importance given to a Degree/ Certificate by companies as well as by the society. They help to understand the complete field in a detailed manner. The courses taught in colleges give a direction to our career. Right from the basics to advanced skills, we get knowledge about everything. This helps to build a base for our career. Every profession requires some distinct degree or certificate. There are several universities that provide these courses. Admission to colleges is based on merit or entrance exams. Depending on its type, the course duration also varies from one year to five years.

2) Learning Foreign Languages :

In today's competitive world, one must learn a foreign language along with English to excel in their career. Knowing a foreign language helps to interact with people from other countries in an easier way and also strengthens the relations between them. It is a big advantage to know different foreign languages.

3) Basics knowledge about Computers :

Computers are used in all professions. Today knowing how to handle a computer is a basic necessity for excelling in any career. All the work depends on it. Depending on someone else to help you access a computer is not always possible. Hence one must at least know the basics of operating a computer. Working on computers is taught in most of the schools. One can also get MS-CIT/ Tally or any other computer related Certificate to advance in computers and also to make their CV appear more impressive.

4) Planning:

Knowing how to plan tasks according to their priorities and executing these plans helps an individual to progress. Planning helps to maintain balance among different assignments. Most of the careers require effective planning and execution skills. One can develop the skill of planning by being a part of many activities in college and understanding how to handle work pressure. You can also start by making a simple every day to do list and completing it.

Hard skills are important to win any job. Certificates that are attached to your CV make a great first impression. The interview is also based on the hard skills. Hard skills and soft skills combined make a very successful career graph.

|| SOFT SKILLS ||

Are there people you admire who apart from being excellent at their job, are also easy to work with? They have such diverse skill sets that working with them is the easiest thing to do. Do people just automatically really, really like them or do they have a large set of soft skills?

What are Soft Skills?

Soft skills are the combination of people skills, social skills, communication skills, emotional intelligence, and personality traits that make it easy to get along and work harmoniously with other people.

Your hard skills are taught to you. They can be measured and clearly defined. You can get better at coding but how in the world do you measure how much progress you made in terms of empathy or your ability to communicate? You need hard skills to land a job, but you need soft skills to progress in your career.

One reason soft skills are so revered is that they help facilitate human connections. "Soft skills are the key to building relationships, gaining visibility, and creating more opportunities for advancement," says Kathy Robinson, founder of Boston career-coaching firm TurningPoint.

Important soft skills:

1) Team Player Attitude :

Whether you're an individual contributor or a people manager, you have to work with other people. A positive, can-do attitude when it comes to working with others is essential to team harmony, which means you need to be able to run an effective and inclusive meeting, be open to new ideas, and work respectfully with others.

2) Emotional intelligence :

Emotional intelligence is often referred to as the ability to recognize and manage your own as well as others emotions. Some factors included in emotional intelligence are self-awareness, motivation, empathy, and social skills.

3) Positive growth directed mindset :

A soft skill that's critical to your ability to persevere is having a growth directed mindset. Someone with a growth directed mindset might look at a failure to meet a quarterly goal as an opportunity to identify their strengths and weaknesses to tackle the next quarter's goal. Always identify, tackle and improvise while dealing with your problems. That's a growth directed mindset right there.

4) Leadership :

Having confidence and a clear vision can help influence your co-workers and get them on board with your ideas now and in the future. Displaying such leadership skills helps you gain visibility within an organization, which can lead to more opportunities for promotions or salary bumps.

5) Feedback and Adaptability :

Think about it: Constructive feedback helps you do the best job you can, and if you take it personally or react defensively, you aren't able to hear the feedback and adapt it to your current strategy. No matter what your role, and no matter what your industry, the ability to adapt to change -- and a positive attitude about change -- go a long way toward growing a successful career.

6) Work Ethic :

You can't succeed in a role without being willing to put in the time, effort, and companies are always looking for people who will put in the extra legwork to succeed without being asked.



|| DETERMINATION ||

To succeed in life you have to be determined and focused on what you want to achieve. Determination is being firm on the goal you want to achieve. A determined person knows exactly where he or she is on the road to success, knows where he or she wants to go and has developed a strategy of how and when to reach his or her goal.

Determination is a motivator:

Determination or firmness of purpose will motivate you to move forward to success as you clearly know where you are going. Determined people have a lot of faith: You have to have faith in your capacity to succeed.

Qualities of a determined person:

According to Dr. Carson, determined people have the following qualities: They focus on what they have rather than on what they don't have. They are realistically optimistic. They accept their present circumstances and they make the best of it.



Challenge and failures on the road to success:

You will be confronted with many challenges and failures as you march on your road to success. What will make a difference in your journey is your determination to succeed. In life, you can get what you want provided you have the determination to get it.

Why is determination important?

1. DETERMINATION HELPS YOU OVERCOME THE UNEXPECTED.
2. DETERMINATION ENABLES YOU TO STAY FOCUSED.
3. DETERMINATION IS FED BY ENCOURAGEMENT AND SUPPORT.
4. DETERMINATION MAKES YOU DIG DEEP DOWN.

|| SELF CONFIDENCE ||

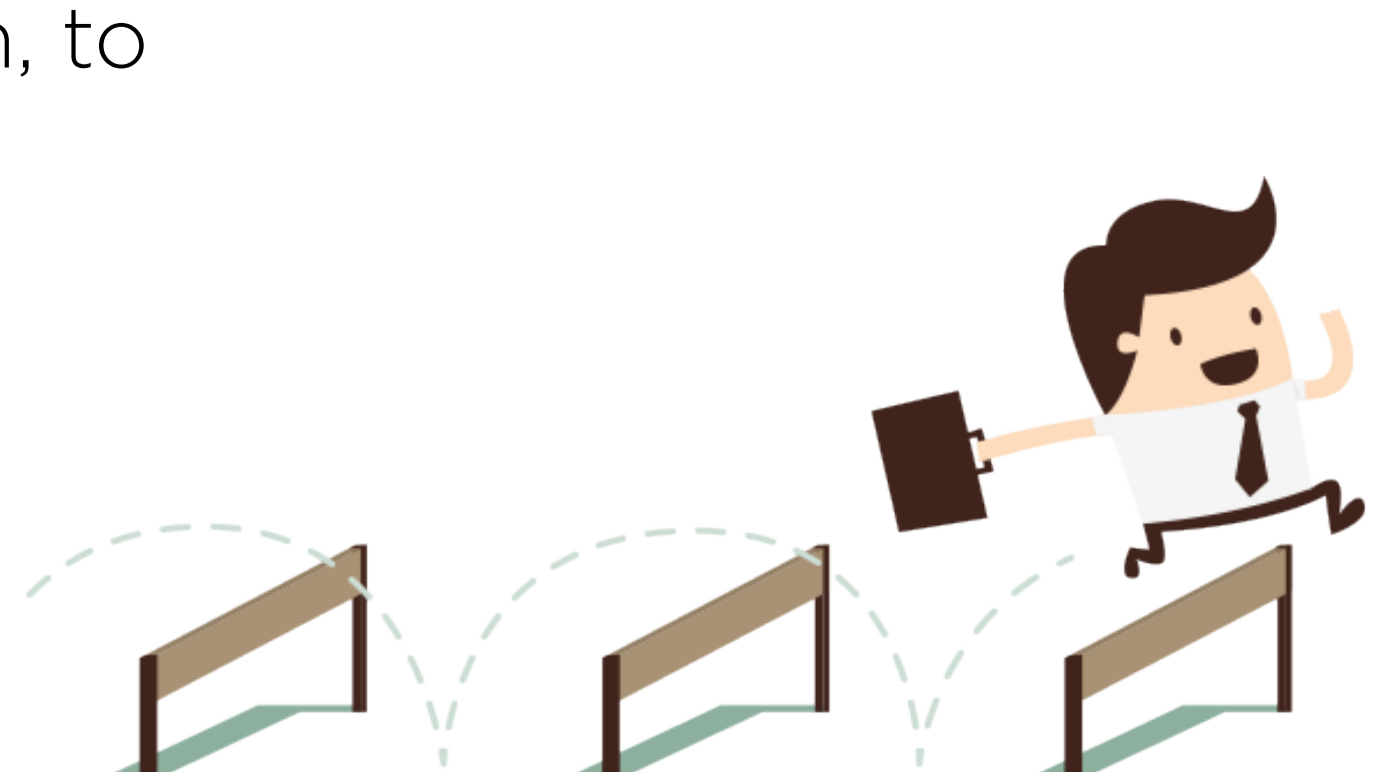
Lack of confidence leads to inaction. Less confidence does not lead to success. To the contrary, it causes you to hold back. It results in missed chances and it sets the bar too low. Believing in yourself is what allows you to rise up and reach your potential.

Confidence in yourself :

I am referring to the self-confidence needed to believe in one's own skills, goals, and ability to succeed. When you believe in yourself you are more likely to take action, to stand up and seize the moment. Doubt to persevere long after those who doubt themselves.

Here are reasons that Self-Confidence leads to success:

- 1) The Drive to Start Things - Confident people start things. They are not shy about starting out on a new idea even when those around them are still pondering over it.



- 2) The Ability to Stand Up for Oneself - Confidence allows you to stand up for yourself in a fair and consistent manner. Otherwise, you may find yourself being ignored or unfairly treated.
- 3) Confidence Overcomes Fear - Lack of confidence can lead to paralysis from fear. Fear of failure.
- 4) Believe In Winning - Confident people believe in success. They believe in their ability to succeed.
- 5) Stretch Your Limits - Confidence lets you know your limits and test them. By stretching your limits you increase them. You are stronger than you think.

Confidence leads to success. Believe in yourself. Believe in your skills. And most importantly, believe in your ability to succeed.



BEHIND THE SCENES

Gauge the Language

Dictionaries define language simply as a means of communication among humans and there really can't be a more gross understatement. Language is a complex, vital and beautiful aspect of the lives of all living things and not just humans. Whether spoken or written, articulated in words or communicated in gestures- language is what connects us to each other. It plays a huge part in contributing to our identity, gives us the means to understand each other and helps us to make sense of the world.

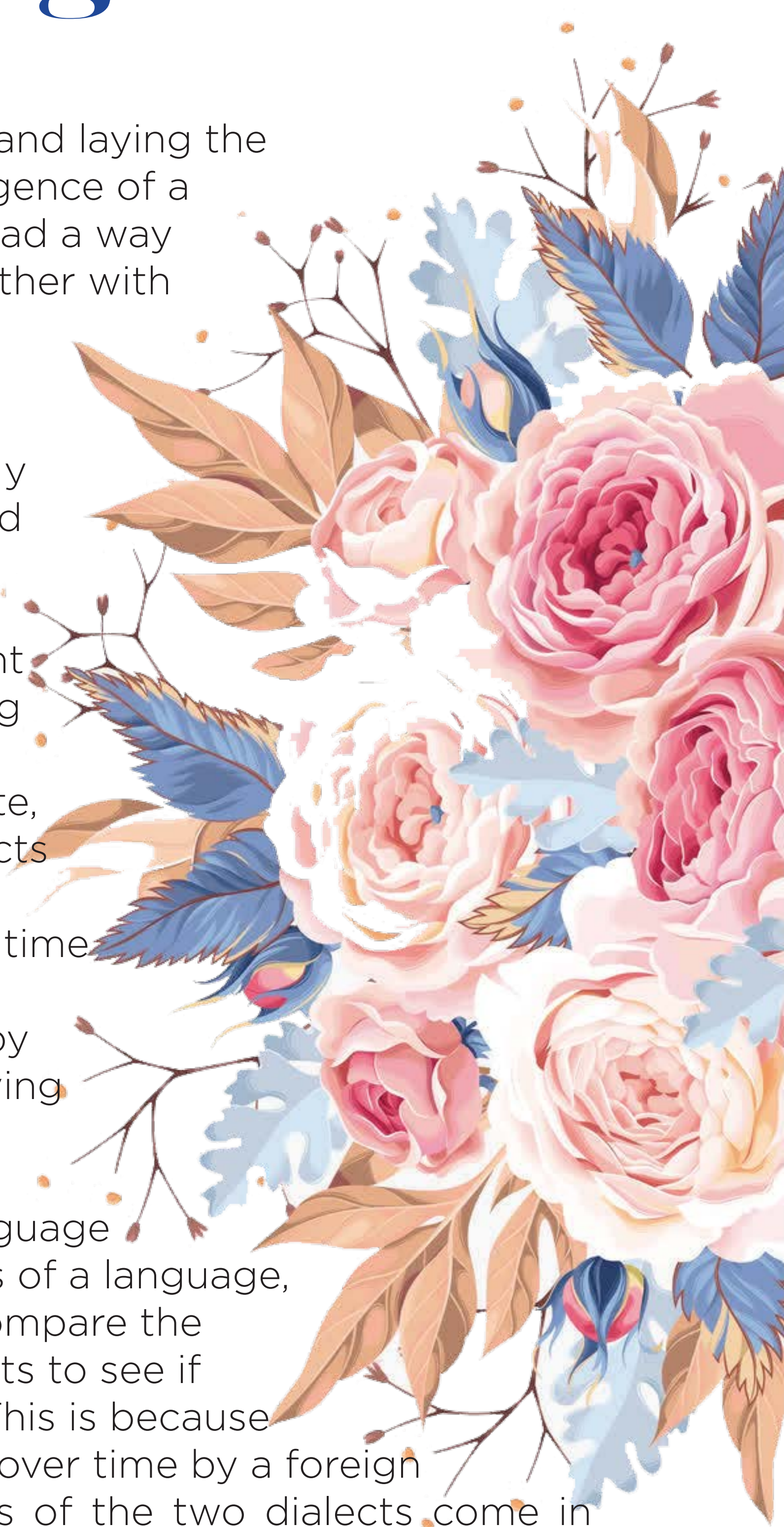
Language is interesting. Each one has innumerable quirks of its own. Some of them make no sense to a new learner, but they are what make it unique. Even nature has its own language. The invention of languages marks an important milestone in human history. But how well do we know about this everyday activity which we all partake in?

Though it is very important for expressing ourselves through both written and spoken media, language has a much higher significance than just the external expression and communication of internal thoughts. Language is an indispensable part of society and culture. The word 'culture' is used in the anthropological sense, referring to all those aspects of human life that are ingrained in individuals because of their belonging to a certain society. The culture of a society is the kind of food the people eat, the clothes they wear, the customs they have and of course; which language they speak.

A commonly spoken language is one the most deeply ingrained and vital aspects of belonging to any particular community. The development of structured languages with proper grammar rules, the study of languages from an academic point of view and their relevance in recording human history are all secondary to the initial purpose the languages were intended for. So much so that when people first started

settling down in groups and laying the foundation for the emergence of a full-blown society they had a way of understanding each other with the help of a common language.

And so societies were formed around a mutually understood language and people living in close geographical proximity but belonging to different communities began using variations of the same language to communicate, resulting in various dialects of a language. Language evolves and adapts with time and distance. Just as we learn about a language by studying a society, studying a language gives great insight into the society. When historians and language experts study the origins of a language, they don't necessarily compare the vocabulary of two dialects to see if they are related or not. This is because words can be borrowed over time by a foreign language when speakers of the two dialects come in contact. Grammar and sentence construction is a better indicator of the relatives of a dialect and gives experts a better idea of its origins. Also, pronouns, numbers or kinship terms are less likely to be borrowed, which also help experts map the language. Most of the languages that we see today can be traced back to fewer languages, which spread out and change over millennia.



One very interesting story is about the history of the English language. But before we get there, let's do a thought experiment. Carefully read the following two separate sentences and try to create an image in your head about it. What sort of people do you see, what are they wearing and how are they talking?

We gave them a hearty welcome.

We gave them a cordial reception.

Remember what you imagined, we'll get back to this. In the 400 CE, the land of Britain was inhabited by the Celts. Protected by the Roman Empire, the Celts were able to foil the Saxon invasions from northern Europe. When the Roman Empire fell, the helpless Celts were defeated and conquered by the Saxons, Angles, Jutes, and Frisians. They brought with them their Proto-Germanic language called Anglo-Saxon, which mixed a few of the Celtic vocabulary and formed what we know today as the Old English. In the 700s, the Vikings invaded Britain, splitting it into two territories: One ruled by the Saxons, and the other ruled by the Danes. The Danes were the Vikings, who brought in their own language: The Old Norse. As the Saxons and Danes started mixing together again, Old English grew more and more. When the Normans attacked and conquered in 1066 they brought with them their French language. They also brought with them some Greek and Latin words. Their new king and all the aristocrats spoke French, while the common folk spoke old English. As time passed by, people figured out that if they wanted to seem sophisticated, they needed to use French words as Old English was considered plain. Coming back to the two sentences mentioned above, the first sentence might have created a warm and humble setting, with people dressed in normal clothing, talking loudly and hugging each

other. This is because the words 'Hearty' and 'Welcome' come from the Saxons. The second sentence might have invoked a formal setting, with people dressed in suits and skirts, sipping wine and talking in a methodical manner. Here, the words 'Cordial' and 'Reception' have the Norman heritage, the language of the aristocrats. Even though we didn't know the story behind these words, our brains still invoked the same images, as the language that we use and the words that we speak, all have that inherent history and the story we might not always notice.

Language serves as a powerful marker of identity. In subtle and not so subtle ways we indicate something about ourselves when we speak, not just in what we say it but in how we say it. A common mistake is to confuse a dialect with an accent, muddling up the difference between words people use and the sounds they make, their pronunciation.

As human beings spread out into isolated communities, stresses and peculiarities develop into identifiable accents. The interaction of people from many ethnic backgrounds contributed to the formation of the different varieties of accents. An accent may be identified with the locality in which its speakers reside, the socio-economic status of its speakers, their ethnicity, their caste or social class, or influence from their first language (a foreign accent).

Slang, on the other hand, means an informal language that is more common in speech than in writing and is typically restricted to a particular context or group.

Thus "accent" has to do with the way one pronounces words, "slang" with some of the words one uses and "dialect" considers vocabulary and grammar alongside pronunciation.

Language varies on the level of an individual user. All people adjust their usage according to context, employing different registers or styles. Hence the use of slangs, different accents or even the dialects of various languages allows an individual to have their own unique voice.

Ever wondered what sort of a language do animals have? Well, as we humans have our languages, they too have similar techniques. Sounds aren't the only way animals communicate. Like human beings, they can convey messages in all sorts of non-verbal ways such as movements, scents, gestures, etc. Each individual animal/bird has the ability to produce sounds of different intensities, e.g. whales sing, wolves howl, birds tweet and chirp and frogs croak.

They communicate with each other to one degree or another in response to different stimuli such as hunger or fear. So, this communication plays a vital role in the case of danger. If they sense any kind of threat, they immediately send the signals to the entire community and stay safe. Thus, it becomes mandatory for their survival.

Communication systems used by other animals are closed systems consisting of a restricted number of possible things that can be communicated. On the other hand, human language is open-ended, meaning that it allows humans to produce an infinite set of utterances from a finite set of elements.

Animals also have different accents. Yes, you heard it right! A few studies have suggested that cows and monkeys have regional accents and that songbirds of the same species learn different songs based on where they were raised. There were several studies about how animals interpret human language. The brain showed, dogs processed words using the left side of their brains, just as humans do. They use the right side of their brains to understand tone and pitch. The study showed dogs understand words and how they're said... but those animals are not very interested in what humans have to say!

Humans can be called storytellers. We have been telling stories since the Stone Age. Stories about fire gods and lightning rods, from deer to monks and tyrants. The world is brimming with stories, and each individual might only know a portion of it.

To communicate it with others, the tool that comes in handy is language. It's like the highway of ideas between people. And also, as storytellers, it becomes even more important to learn the story behind the words used to make it. "Language is the dress of thought."

Dr. Samuel Johnson



INSIGHT

Thoughts for Food

“One cannot think well, love well, sleep well if one has not dined well.” - Virginia Woolf

Whether it's midnight hunger or lazy afternoon cravings, steamy mugs of coffee on a winter morning or that scoop of ice-cream, on a summer evening; if we're blessed to have it on our plates, we know that food has been there for us. Always. So, sit back and appreciate as Insight brings you some thoughts on food.

Tip: Make sure you have something to munch on as you enjoy them!

A Story of Food and Culture



Food has a multifaceted nature. Over the ages, it has divided people, made them hunt each other, united them over mutual understanding, and taught them the magic of sharing. It has been a crucial part in survival and existence, not just of the human race, but also of its individual cultures. It won't be an exaggeration to say that, food has influenced culture and vice versa. It has sowed the grains of individual identity amongst cultures. And living in India gives one the complete benefit of enjoying this varied flavourful buffet.



Be it the steaming, authentic South Indian Sambar, or the mouth-watering aromatic Hyderabadi Biryani, all these delicacies lead us to their glorious cultures. So, starting from the very basic - How do these food cultures prosper? Well, our dietary habits and choices are formed as early as infancy, long before we fall into the 'Cultural Bubbles'. Children pick up their eating habits by observing others' behavior. That's how culture passes on from generation to generation. They spread along the global horizons with people, and undergo exchange, adaptation, and fusion. And that's exactly what our current Food Culture is- Fusion.

Talking about India, a survey states that Indians spend the majority of their income on food and groceries, compared to other countries. Since most of our national population falls under the age group of 18-30 years, the nature of spending has changed over the past 50 years.

Some of these developments are:

1. Restaurant Hopping

Indian youth have found a new pastime - eating out. The market for restaurants, cafes, street kiosks, etc is blooming. But what's new is that, since more people are becoming health conscious, opting for organic or vegan diets, the restaurants and cafes are adapting their menu to suit their consumers.

2. Health Consciousness

In spite of high pricing and irregular availability, people are opting for organic fruits and vegetables. They now also make sure to check the nutritional value while choosing packaged food products.

3. Travel for food

As many young enthusiasts take up traveling to explore different cities, they are keener on knowing the food culture and even to study its intricacies. No doubt, food tourism is gaining momentum.

4. Exploring the Roots

With the addition to traveling for food, people are even preferring authentic healthy foods, with original spices and ingredients.

A peculiar thing about our generation is that, along with fashion trends, we also take food trends seriously. With such rapid developments in this field, it's hard to distinguish trends from fads, be it superfoods to dragon fruit, we just run behind the buzzword.



Here are a few Food Trends to look for in 2018:

1. Gut-health boosters

Fermented, pickled foods will get a helping hand from kimchi, miso, kefir and other probiotics.

2. Non-Alcoholic Drinks

Though India is the largest consumer of whiskey worldwide (gulped 1.5 billion liters in 2014), non-alcoholic drinks, flavored water and spirits will gain high.

3. Hawaiian Cuisine

Poke Bowls in particular.

4. Infused Teas

Green tea lovers will be getting more variety with infused teas - cinnamon, jasmine, lavender, chamomile being well-known.

5. Heme

Pronounced as 'Heem'; it is Vegetarian Meat, an alternative for vegans.

6. Plant protein

It's not a new concept, but our food would be getting the virtual high as leading restaurants and companies are using media to promote food.



International cuisines are partaking a major share in the growing food culture which has given rise to foreign restaurant franchises, fast foods, increased trends and cultures of cafés, themed restaurants and our frequent visits to them. A delightful experience, cultural exchange, gainful knowledge, an almost teleported experience to its origin of cuisine itself, this novel food culture is quickly emerging in India. Our Indian adapted versions of it through experiments with local foods are not far behind. A mixed viewpoint on the Indian touch of it would be - it is healthy, innovative but at the same time fusions are not always the best representations of cultures which have sentimental values and reactions to it.

Talking about Food and Culture, it won't be fair to exclude the negative influence of culture on food. Constant standards of beauty, bombarding weight loss products, slim women, muscular men, perfect shape along with obsession over food and health consciousness to maintain a figure, all of this which is indeed the gift of culture, has giving rise to eating disorders. Cases of anorexia nervosa, bulimia, binge-eating, etc. are not taken too seriously, though they are some of the most fatal psychological disorders.

Lastly, food is all to be enjoyed, loved, shared, and cherished. Whatever is your philosophy behind food, enjoying it matters. After all, it would be foolish, trying to rationalize food! So just bite in!

Fusion bowls, appeal to the taste pallets, should be appreciated for their innovation and adaptable techniques, but not for the purpose that it sells or is a form of entertainment, simply to appreciate, exchange, value, think and thank.

-Sara Chavan & Tanvi Padia, SYBA

Spice it Up!

Be it chocolate or a cup of masala chai, food can be a savior! Here's how it can save you from your mundane life.

Potluck - 'Wake up, wake up, wake up it's a brand new day' your alarm screams and the clock sets in motion. Tick Tock, Tick Tock. Freshen up, buckle your shoes, go to work, work-work-work, come back, eat, sleep, repeat! Amidst all this, even your alarm tone seems more happening than your life. Except for weekends. If you have the energy to get up and get-together. But, why wait? A simple way to add fun to your life is by organizing a pot lunch or potluck as it is formally known during your lunch breaks. It is simply a gathering where each member of the group brings something unique to the table and the meals are shared. This can be a great activity to break the ice and know each other's culture well.

Community Cook-Ups- Eating the same food, at the same place, cooked by the same person, using the same passed down recipes can get a bit monotonous, right? (Don't worry, we won't tell your mother or father about your silent agreement to this!). Community cook-ups can spice up your food life from time to time. Too many cooks can spoil the broth? Well, where's the fun if there isn't a bit of hustling or busting in the kitchen. So, get your neighbors together, the young and the old and start cooking!

Sharing food always has its own gains. After all, it surely brings people closer.



-Himani Joshi, TYBA

What is your Food Philosophy?

When it comes to cooking, eating, feeding or sharing, everyone has their own food philosophy. We all know that 'JOEY DOESN'T SHARE FOOD!'. We took this question to the table and here are the amazing responses we received.

विठोबाच्या आधी नेहमी पोठोबा असतो
एवढेच आम्हाला ठाऊक...
- Shrinath Gurav, SYBA

Cooking is the best stress buster
Eating is a delight
Feeding is a service to the God
Sharing is a responsibility
And loving food is choice.
- Kaustubh Bambarkar

Food goes to the stomach, dessert goes to the heart.
-Gayatri Thapar, TYBA

Just the right amount of seasoning and the fact that no one eats from my plate and I'm happy.
- Aditi Bhanushali, FYBA

I think cooking, eating, sharing food is a very meditative way of calming mind.
It takes things off your mind.
- Reechi Tatkare, SYBA

Pizza fixes everything.
-Manasi Chindarkar, TYBA

You can eat whatever you want to as long as it is not Veg. Biryani because Veg. Biryani does not exist.
-Tanisha Mayekar, TYBA

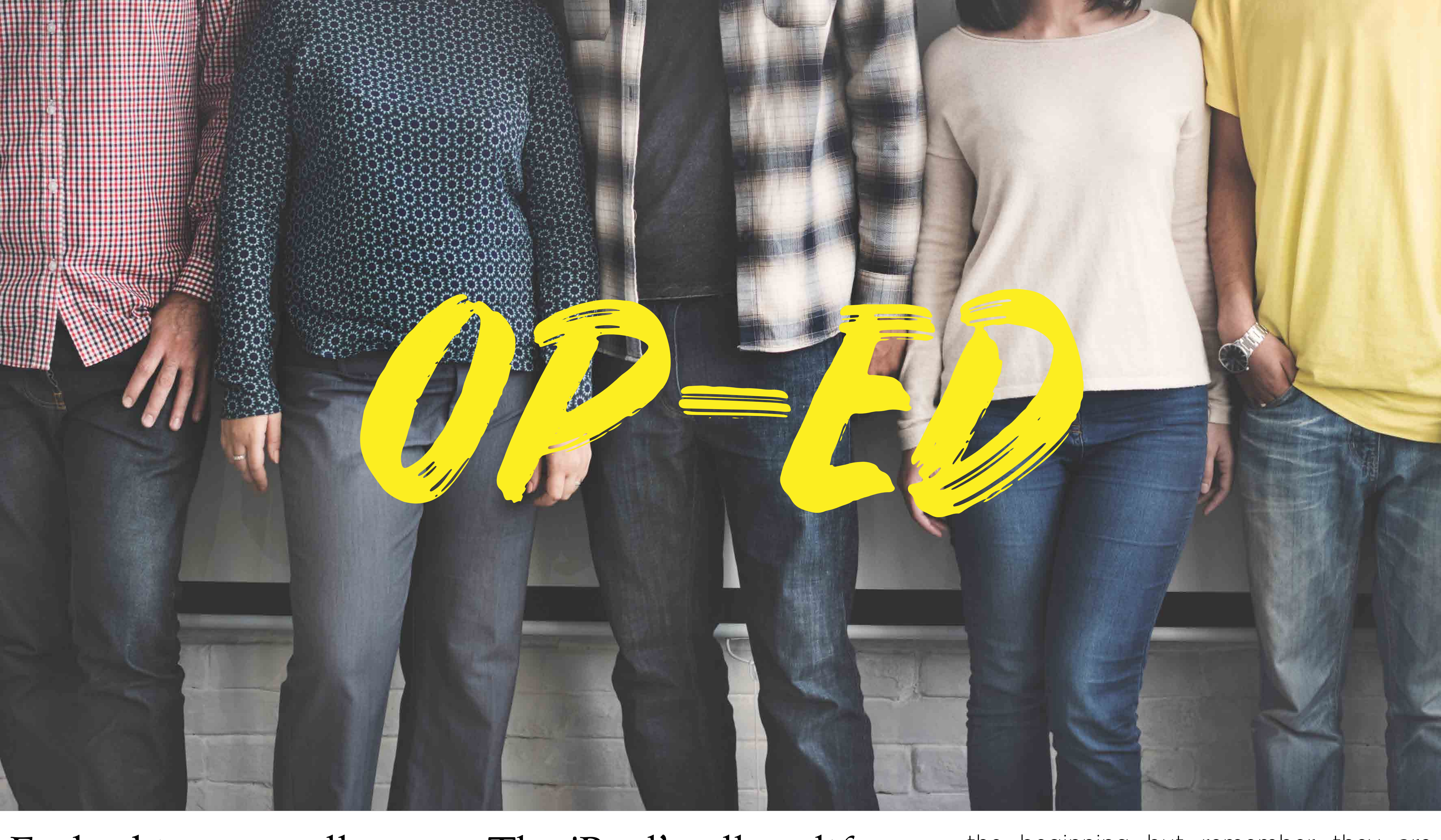
Did You Know?

1. The Maya and the Aztecs used chocolate as their currency. Cocoa beans to be precise!
2. In the 1930s, ketchup was sold as medicine.
3. Chicken Tikka Masala was invented in Britain for the Scottish people.
4. Diamonds can be made from peanut butter because they contain high levels of carbon.
5. An eleven-year-old invented popsicles. No wonder it's so popular amongst kids!

Mind-blown? Now we can say, 'What the Food!'

AMAZING

FACTS



Embarking on college life

You get down from the expensive car your dad just gifted you. Entering the college you are greeted by a huge group of people that you befriend instantly. Chatting with them, you realize you are late for the lecture. You enter a highly furnished air-conditioned classroom and bump into the love of your life. What's more, you have hours after college to spend arguing with queen bees, have a relationship, get to party all night and still manage to score well.

This is what every aspiring collegian is lured with. But the reality is, nothing like this happens, not even remotely close to this. If you are a college student, you'll relate to this article. If you are new to college life, this is your 'caution board'. Read it carefully.

The 'Real' college life.

When you travel to college, it will mostly be by public transport so forget the expensive car that Hrithik Roshan entered the college campus with, in Kabhi Khushi Kabhi Gum. You won't arrive at the college gate all fresh with your clothes ironed crisp. It's rainy season, so either you'll either be drenched or flustered by the crowded trains.

There won't be music playing in the background and people dancing for your entry nor will you end up with the future love of your life on day one. You will be caught in the middle of a crowd and will have to find your way through. But you know what's great? The students on campus will be very helpful and you'll end up with a couple of really good friends you can cherish for your whole life.

There won't be a crazy faculty as shown in many of the Bollywood movies neither will you get to see divas for teachers. They are real human beings with a kind heart, aimed at making sure you understand the topic. Some may give you a tough time in

the beginning but remember they are always there to help you.

You will have to follow few rules regarding your clothing in context of maintaining decency in the college but other than that you get to celebrate freshers, traditional day, saree day, rose day and many more where you can experiment with your clothing. And guess what? You'll have a bunch of crazy friends to do that with.

The canteen may not serve burgers and sizzlers but you will fall in love with our Chinese bhel, schezwan rice, biryanis and the humble lunch menu which you can devour sitting in the quadrangle while it pours.

You can join various teams and clubs and be a part of organizing festivals. There won't be a disco dance as shown in Student of the Year but you'll have your very own DJ night to groove to.

You will be submitting projects, writing exams and giving presentations the entire year but at the same time, you will be working with your team and creating memories.

- Jui Mande

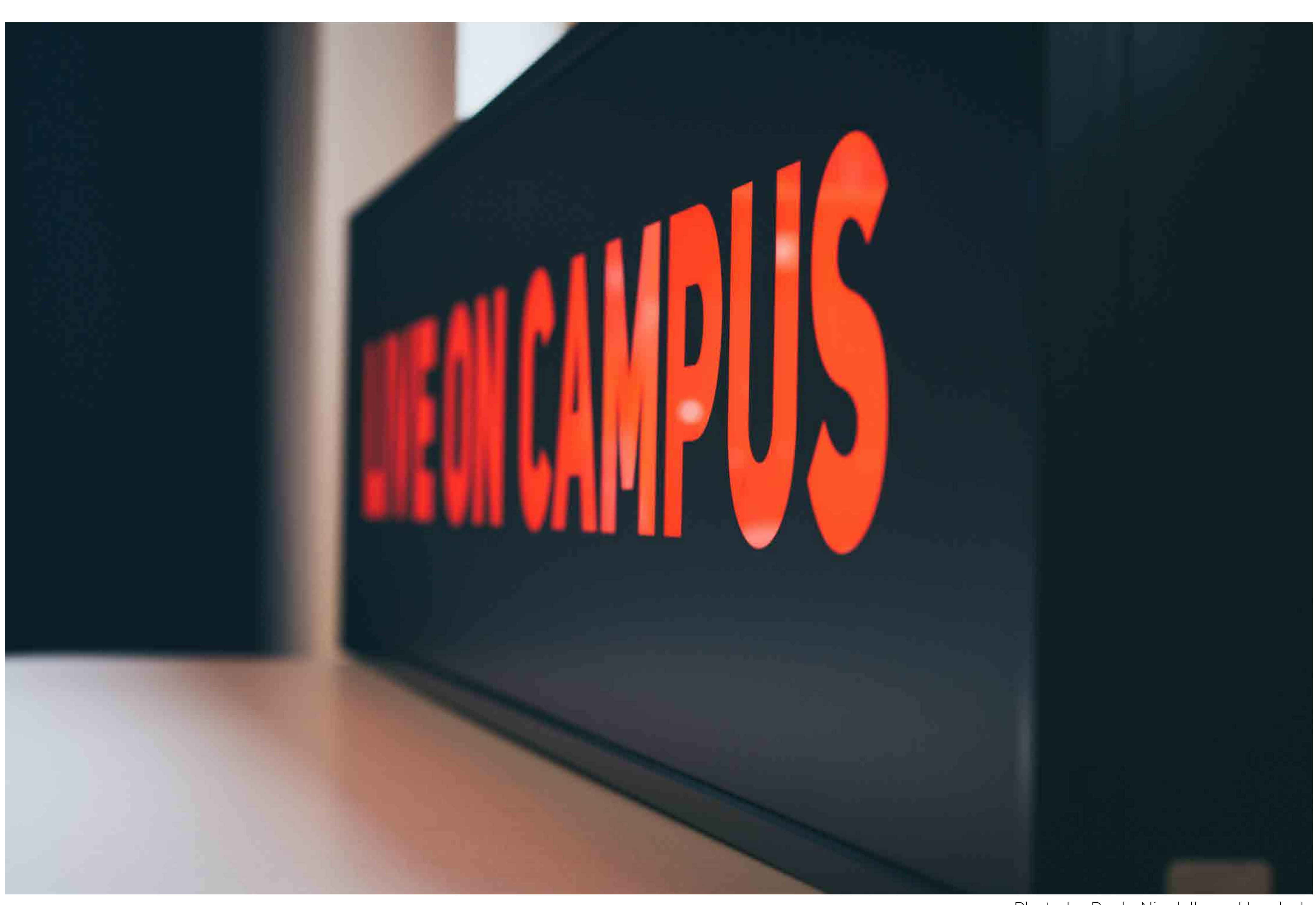


Photo by Paolo Nicoletto on Unsplash

From our fellow Ruiaites...

We asked our fellow Ruiaites about their experiences as college newcomers. When they came to Ruia they had a bag of expectations from the college and why not? Our college is highly acclaimed. They were excited to make lifelong friends here and many claim that they have in fact made them! Memories made on the college campus are the best ones, aren't they?

One of the best things about Ruia is the very thing that gives the college its personality: the students! The culture here is very welcoming and newcomers start to feel at home right away. The nervous freshers who worry that they would never be able to fit in find that their worries are redundant since Ruia makes everyone feel at home. The other thing we found people really liked was the college library. It is well stocked with all kinds of books that you would want to read.

Then, of course, there are friends! We all have our favorite hangouts in and around college, be it in the garden or the quad or

at the Chai Tapri or at Mama Ji's! Our friends are what make the college feel like home after all.

Yet some people found the admittedly small campus rather displeasing. Or the way you could do laps in the quad at the slightest hint of rains. A surprising chunk of people disliked the lines at the college counters the most. Well, we can't really blame them, no one likes to stand in line for railway concession.

Coming back to the good part because firstly, it out-numbers the displeasing facts and secondly, we love our college so much!

As freshers, we can all agree that we were nervous about the new atmosphere or whether we would fit in with the crowd. And we're pretty sure the freshers this year reading this issue would be faced with the same fears too. So guys here's some advice. Take college seriously. Attend your lectures and pay attention to your teachers. Real life isn't like movies where you would get to hang out with

your friends on campus all day. While we, of course, get those opportunities it's usually between the lectures. At the same time, enjoy the experience. Explore your talents. Participate in co-curricular activities. Ruia has a lot to give to everyone and you will take a lot away from here.

So welcome to the family guys! You'll feel like you're right at home soon enough because we sure did! All the best!

- Shabduli Shinde



Photo by Karolina Szczur on Unsplash

TREND ZONE

College life won't be a cakewalk. But who says you can't flaunt some fashionable clothing as you embark on your new college life?

Here's a guide that will make your fashion game easier! Let's take a look!



Scarves

Whether it's an Indian outfit or a western one, scarves can add a pinch of smartness to the entire get up and thus they deserve to be a part of wardrobe essentials of every college girl.



Jackets

Over the years, the style has moved from confining coats and jackets to just formals to our casual looks as well. There are a plethora of choices of coats that maintain that refined look.



Cold shoulder tops

They are the highlight of the current trend. From formals to casuals to party wear, they have made their mark everywhere.



Crop Tops

Crop tops are the latest trend and you can pair them with skinny jeans or even with long skirts or palazzos.



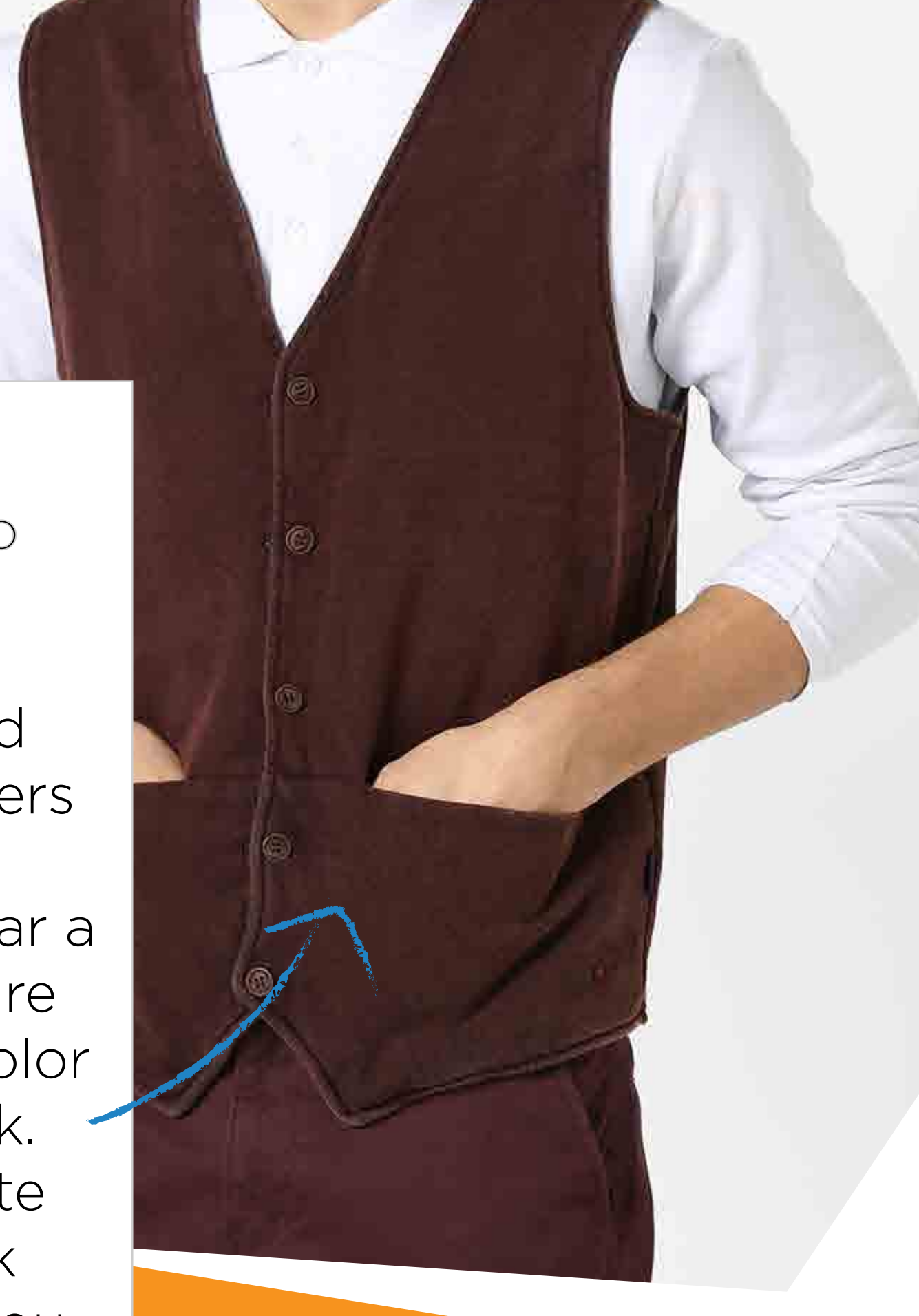
Skinny jeans

When you are ready to hit college make sure that you have at least two nice pairs of skinny jeans which you can carry off with any kind of top.



Wide leg trousers

These comfortable trousers are here to stay. Ranging from high waist trousers to wide-leg cropped ones, they look stylish with crop tops or even full-sleeved shirts.



Waistcoat

For the guy who dresses sharp.

Wear a well-fitted waistcoat that covers your waist. If you decide to wear a colored vest, ensure that it is the only color in your entire look. Do not pair a white shirt with a black waistcoat unless you want your look like a waiter.

And while we list out fashion trends for our girls in Ruia, it would be unfair if we don't help our boys. So here's a list of tips for outfits that you can rock on your freshers' party.

Nehru jacket

For the guy who likes fusion.

The folded pocket square must fill the width of the jacket pocket. Choose the material of your Nehru jacket in accordance with the weather conditions. Avoid polyester material as the fabric does not cling to the body properly which results in a bad fit.



Casual wear

Experiment with printed shirts; be it checks or graphic prints. Mono-color t-shirts paired with light jackets and dark wash jeans. Hoodies and polo necks won't mind a comeback either!



- Lekshmi Prakash

Ruiaites, new and old, this is our edition to welcome all of you to the new world and new year of college life. It is as real as the first drop of the rainy season and as memorable as the last tear you will shed at the end of your college life. Remember there's no one directing this movie about college life, it's all yours. Feel free to change the script, improvise, sing songs and dance along. Come, take a ride with us, create memories about your life in Ruia, memories that you can cherish, always!

OPEN FORUM

Behind the Folds

Origami is the art of paper folding, often associated with Japanese culture. In modern usage, the word "origami" is used as an inclusive term for all folding practices. Origami was initially known as orikata (folded shapes). In 1880, however, the craft became known as origami. The term origami comes from the Japanese words oru (to fold) and kami (paper). The goal is to transform a flat square sheet of paper into a finished sculpture or model through folding and sculpting techniques.

History and Origin:

Since paper degrades as it ages, the history of paper folding is very murky, and no consensus exists as to when or where it was first practiced. It is said that the Japanese first used paper during the sixth century and discovered the possibilities associated with using paper as a medium for art. However, others consider its origins to lie in Chinese art, because of the belief that paper itself was first invented in China, during the era of Han Dynasty art, 206 BCE - 220 CE. In addition, the practice of burning folded paper was a part of the traditional ceremonies in China and Japan. Origami butterflies, for instance, were used in Shinto weddings to depict the bride and groom (Heian period, 794-1185). Origami also is said to have emerged in East Asia. Finally, other historians think that paper folding developed from the craft of folding cloth and as a result may have started in Europe rather than Asia. The details remain uncertain regarding the timeline where Origami began.

Origami in Japan:

Handmade paper was a luxury item only available to a few, and paper folding in ancient Japan was strictly for ceremonial purposes, often religious in nature. By the Edo period (1603-1868), paper folding in Japan had become recreational as well as ceremonial, often featuring multiple cuts and folds. It came to be regarded as a new form of art that became more affordable. One reason why some art critics believe Japan to be the original source of origami is that by 1680, writings by the novelist and poet Ihara Saikaku suggested that paper-folding had already become fully integrated into Japanese culture. Written instructions for paper folding first appeared in 1797, with Akisato Rito's Sembazuru Oriката, or "thousand crane folding." In 1845, Adachi Kazuyuki published a more comprehensive compilation of paper folding with Kayaragusa.

Evolution & Modern Origami:

Origami did not initially allow any cutting or gluing, but rules have loosened considerably over the years. Today, Origami models involve some form of cutting or gluing to provide increased stability to the final design. Another way in which origami has evolved is that figures are no longer folded exclusively with origami paper. Wrapping paper, typing paper, scrapbook paper, and various forms of handmade paper is also used by artists. An emerging crafting trend that involves making origami out of waste paper such as old newspapers and junk mail inserts to be more environment-friendly. Traditional origami included open-access folding patterns and sequences passed down from generation to generation. Modern origami often features models created by designers. Many of these models are considered copyrightable material or intellectual property.

Techniques and Types:

Origami books typically begin with an outline of basic origami techniques. This features diagrams of basic folds including valley and mountain folds, reverse folds, squash folds, pleats, and sinks. There are also a number of standard "bases", which can be used to make a wide range of models, such as the square base, bird base, fish base, and frog base. A few types are:

Modular Origami: This involves fixing a number of pieces together in order to form a complete model. Chinese paper folding features a style known as "Golden Venture Folding" in which large numbers of individual pieces are combined to make elaborate models.

Wet-Folding: This is used in order to create models with gentle curves (e.g. animal models) rather than geometric creases and flat surfaces. The paper is first dampened to allow it to be molded more easily, and the completed model retains its shape when it dries.

Origami Tessellations: A tessellation is formed when shapes are arranged side by side to create a pattern with no gaps or overlaps in between. Origami tessellations are not made from separate pieces of paper arranged side by side, but consist of a single sheet of paper folded so that it has a tessellated pattern.

Origamic Architecture: This branch involves the creation of three-dimensional architectural models, using cutout paper, usually thin paperboard and is normally cut out of a single sheet of paper.

- Riddhi Jadye

Animal Antics

Animals have been fascinating humans since long before cat memes became famous. Be it, someone who can paint, someone who can predict the future, or someone who is plain intelligent- animals have been known throughout history by their relationship with humans and their ability to help, protect, baffle, and stun us. Birds aren't an exception to this, as was proved by Alex, the Grey Parrot, who was part of a 30-year experiment on avian learning. Here are some of the animals that became famous for their quirks.



Paul, the Octopus: The most famous of all animals would be Paul, the octopus, who gained worldwide fame for his accurate predictions in the 2010 FIFA World Cup. During 'divinations', his keepers presented him with two identical boxes of food. The only difference was that they were adorned with different team flags of the competitors in upcoming matches. The box he ate from first was considered his prediction for which team would win the match. And he predicted correctly for 12 out of 14 matches!

Congo, the Chimpanzee: Congo was born in 1954, and became one of the highest-selling painters of all times. Desmond Morris, a zoologist, and surrealist painter, first recognized his talent after he started drawing lines. He drew more than 400 pictures with a vague, radiating fan pattern, and knew when his pictures reached completion. Although his work provokes scorn and skepticism, he won many hearts, including that of Pablo Picasso.

Beautiful Jim Key, the Horse: In early 20th century America, Beautiful Jim Key became one of the biggest celebrities on the promotional circuit because he could do extraordinary tricks. His trainer, Dr. William Key, first took this Arabian horse on the road to market veterinary medical cures. Eventually, their act together involved recognizing numbers, arithmetic, and spelling the names of audience members.

-Sayli Mayekar.



DEAD MEN WALKING - IN MUMBAI TRAFFIC?

The year is 20XX. This mild morning finds you sipping chai while listening to your friends bicker about the last football match. The trains are crowded, the streets are full, and people are perpetually busy - a normal day for Mumbai. Suddenly, your phone lights up with an onslaught of messages. Your friends pull out their beeping devices with confused expressions. The good news: it's not a mutual acquaintance sending everyone one of those silly joke forwards. The bad news? Zombies have invaded the city - and they're coming for those brains. Don't panic. Grab that buddy who screamed and bolted, and think! That is your biggest advantage over the undead: they literally don't have minds. That also reveals your biggest advantage: it's your city, which means you've been handed a (hopefully alive) know like the exercise of your grey cells, and work out a plan for survival. Here's a skeleton design for you to improvise and execute to the best extent when the time comes. (While I am aware that a zombie apocalypse is an unlikely scenario, I'd rather we be prepared for all eventualities. Would

you rather panic, run blindly and be caught between two hordes at King's Circle? We all know that's not going to end well.)
Step 1: Assess surroundings. Are you in an open area like Azad Maidan or Shivaji Park? Probably best to stick near one of the exits in case you need to move, but you're still safer than you would be in the narrow lanes of Crawford Market or west Mulund. If you're at Girgaun Chowpatty, moving away from the sea might be a better bet if you don't want to be caught between the waves and the undead. And if you're stuck in Andheri traffic - well, on the bright side, I don't think even zombie hordes can defeat that.
Step 2: Arm yourself. It's zombies; not like you can cause much damage, but surely you can fend them off long enough to escape; don't go looking for the actual weapons. A glass of piping hot filter coffee straight to the face would deter anyone - even a dead one. Umbrellas, newspaper rolls, mirchi-limbu grabbed off the nearest rickshaw, briefcases, all that stuff architecture students use (looks deadly enough) - any of these could buy you

enough time to escape. Use those abandoned cars for offense and defense. If you do happen to be bare handed, grab the nearest brick/iron rod. Mumbai logic states one of these things will be present within 10 meters of you at any point in the city.
Step 3: Strength in numbers. You may be a student, a chai wallah, a harried office worker, or a traffic warden wondering why there are a lot more people shuffling around cars with no regard for safety (they look oddly grey, too) but everyone has something in common: we're all Mumbaiers through and through. Team up - ask the vadapav-wallah to lend his frying equipment, use those lovely formal suitcases to whack some undead out of the trains, or help organize an impromptu marathon to a safe zone (lose calories and save lives- literally). It may be the apocalyptic no one prepared for, but one thing's for sure: with everyone's fighting spirit and survival instincts (climbing up Antilla - not such a crazy idea anymore?), Mumbai and its citizens will make it through just fine. Probably.

- Natasha Desai

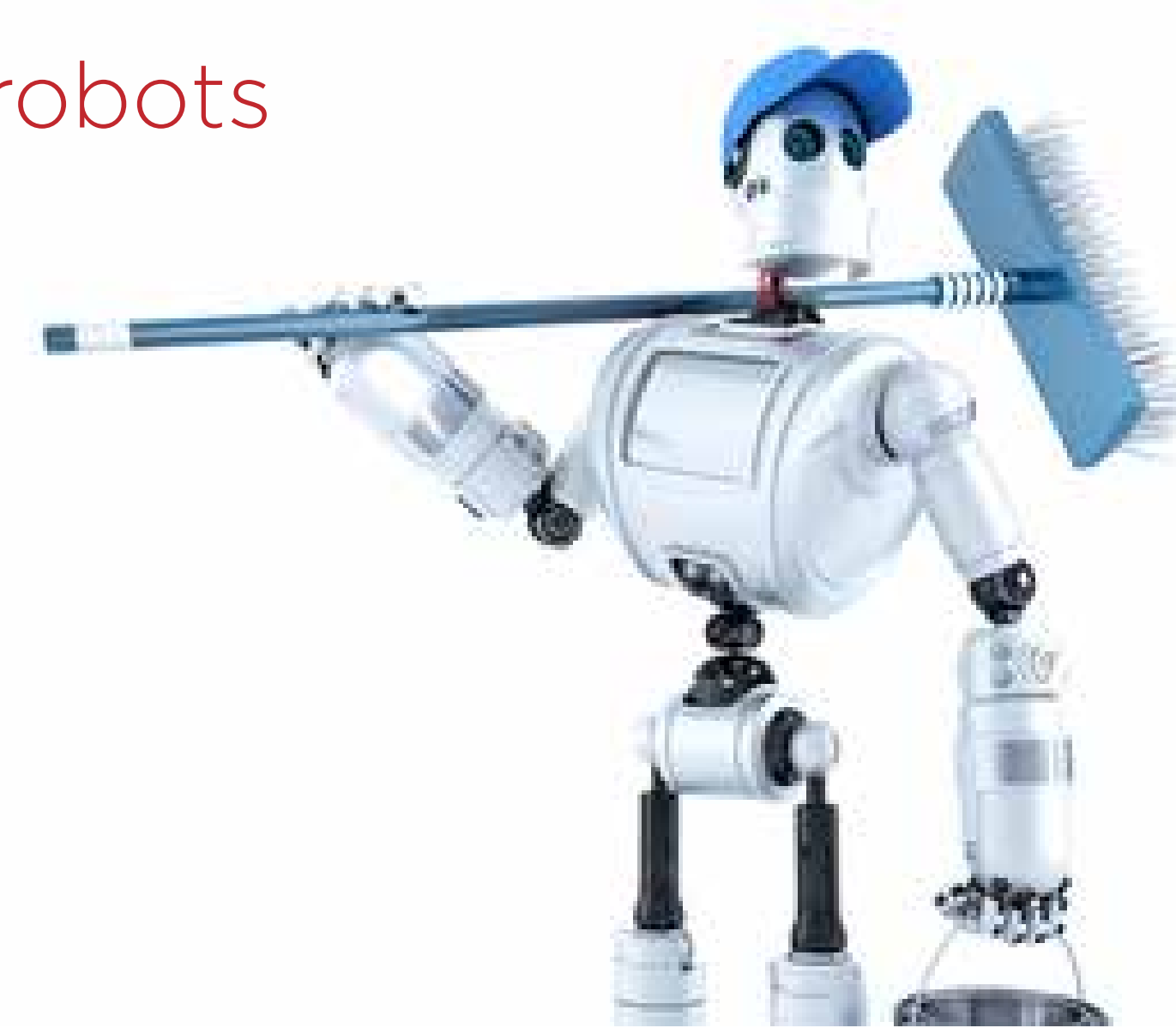
TECH-TRICKED

Genrobotics rolling out sewer cleaning robots

A startup that has developed a Robot to CLEAN SEWAGE, a nd is on a mission to the end manual scavenging..

A group of nine engineers in Kerala have manufactured a robot that will eventually end the barbaric and dehumanizing practice of manual scavenging. Although, manual scavenging is outlawed in India, it continues to be practiced rampantly across the country due to lack of alternatives and casteism. Despite the two laws: the Employment of Manual Scavenging and Construction of Dry Latrines (Prohibition) Act, 1993; and the Prohibition of Employment as Manual Scavenging and their Rehabilitation Act, 2013; manual scavengers clean sewers in spite of the great risk to their lives caused by the overflow of liquid filth and toxic gases. 'Bandicoot', a robot developed by Genrobotics provides a solution to this problem. The engineers at Genrobotics have, therefore, become leaders and will ensure that life of cleaners will become better.

Genrobotics was founded in 2017 and its co-founders are Vimal Govind (CEO), Nikhil NP, Rashid K, and Arun George. Before making a prototype, the nine engineers studied various manholes and spoke to many manual scavengers to understand the cleaning methods involved. Their robot, Bandicoot weighs 80kg, is pneumatic powered, remote-controlled and through its magnetic mechanism, lifts the heavy manhole cover on its own. When it goes down into a manhole, the expandable limbs spread over and scoop out the waste that blocks sewers with the help of its bucket system.



The robotic arm, in a 360-degree motion, can sweep the floor of the manhole to collect debris in that bucket. It is equipped with Wi-Fi and Bluetooth. Bandicoot can clean a manhole in 20 minutes whereas it would take 2 hours to clean manually. COO Rashid K said that they have a plan to train existing workers to operate the robot with a remote-controlled toy car. All the commands in the user interface were in English and can be translated in any local language for easy understanding of the workers. The team took 7-8 months to design the robot and to perform necessary trials.

Genrobotics is funded by Kerala Startup Mission, Kerala Water Authority, and angel investors. Earlier this year, Unicorn India Ventures invested close to \$200,000. Kerala Water Authority has ordered 50 units; Genrobotics has also received inquiries from Cochin International Airport, Tamil Nadu, and Andhra Pradesh; besides countries like Canada, UK, and Sharjah (UAE). This technology by Genrobotics is scalable and can be sold to all municipalities in the world.

-Smeet Poladia

Are humans living in 'The Matrix'?



What if you, me and every person and thing in the cosmos were actually characters in some giant computer game? What if you are not a real person, but an extremely sophisticated computer simulation of some real person? What if the world around you and nature as you perceive it is just fragments of code? All this may sound like the plot of "The Matrix" but it is actually a legitimate scientific hypothesis.

The simulation hypothesis was suggested by Nick Bostrom in 2003 when he suggested that the members of an advanced civilization with enormous computing power might decide to run simulations of their ancestors to better understand them and we might be just one of those simulations. At first, this hypothesis seems absurd, as it is just the technological version of solipsism, but it is unfalsifiable which means anything we say against the theory can, in turn, be used to solidify the theory even more and the more we think about it, the more sense it makes. Confused? Take a deep breath (if you're actually breathing), and let's explore.

There are many reasons to think we might be virtual. For instance, the more we learn about the universe, the more it appears to be based on mathematical laws. It all fits perfectly as if someone has coded all the details in a meticulous manner and weaved all of them in the mathematical

equations we see. Even statistics are against us, with the probability of the world being a simulation being as high as 90%. The equations of physics pertaining to quarks and supersymmetry are exactly like the ones used for error correcting codes in browsers.

Even historical events can be explained by the simulation theory. For eg., All the 5 big extinctions could just be reboots of the system. All the wars and catastrophes could just be a strategic game plan to neutralize the playing field for all players. All the advancements that we have made in artificial intelligence push us more and more towards the realization that even we might be an artificial intelligence in some higher order beings computer program.

However, we have one trick in our bag which could prove that our world might not be a simulation and that is something as simple as irrational numbers like pi or e or the golden ratio. Irrational numbers are infinite numbers that don't follow any specific pattern and do not repeat themselves, they are pretty random. So if our world really was a computer simulation it would take an infinite amount of memory to store them as they don't follow any pattern and even if the simulation could somehow solve the problem of storing them, it couldn't ever keep on producing them forever and after sometime it would have to repeat the digits because no computer can ever be completely random.

So, we have the infinite digits of pi to thank for our real world. Although this argument seems very plausible, there is one catch and that is...

What if we aren't really thinking for ourselves and our thought processes are just functions of the simulation code that is making us think that maybe irrational numbers are the thread for proving that our world is real and that we don't live in a simulation.

-Rishabh Vishwakarma

VOYAGER MISSIONS : Beyond solar



The twin Voyager 1 and 2 spacecraft are exploring areas that nothing from Earth has ever flown before.

Continuing on their over 39-year long journey since their 1977 launches, they are both much farther away from the Earth and the sun than Pluto. In August 2012, Voyager 1 made a historic entry into interstellar space, the region between stars, filled with material ejected by the death of nearby stars millions of years ago.

The primary mission was the exploration of Jupiter and Saturn. After making a string of discoveries there — such as active volcanoes on Jupiter's moon Io and intricacies of Saturn's rings — the mission was extended. Voyager 2 went on to explore Uranus and Neptune and is still the only spacecraft to have visited those outer planets. The adventurers' current mission, the Voyager Interstellar Mission (VIM), will explore the outermost edge of the Sun's domain and beyond.

The mission objective of the Voyager Interstellar Mission (VIM) is to extend the NASA exploration of the solar system beyond the neighborhood of the outer planets to the outer limits of the Sun's sphere of influence.

The twin spacecraft Voyager 1 and Voyager 2 were launched by NASA in separate months in the summer of 1977 from Cape Canaveral, Florida. As originally designed, the Voyagers were to conduct close up studies of Jupiter and Saturn, Saturn's rings, and the larger moons of the two planets.

To accomplish their two-planet mission, the spacecraft's were built to last five years. But as the mission went on, and with the successful achievement of all its objectives, the additional flybys of the two outermost planets, Uranus and Neptune, proved possible and irresistible to scientists and engineers at the Voyagers' home at the Jet Propulsion Laboratory in Pasadena, California.

As the spacecraft flew across the solar system, remote-control reprogramming was used to endow the Voyagers with greater capabilities than they possessed when they left the Earth. Their two-planet mission became four. Their five-year lifetimes stretched to 12 and are now nearing thirty-seven years.

Eventually, between them, Voyager 1 and 2 would explore all the giant outer planets of our solar system, 48 of their moons, and the unique systems of rings and magnetic fields those planets possess.

Had the Voyager mission ended after the Jupiter and Saturn flybys alone, it still would have provided the material to rewrite astronomy textbooks. But having doubled their already ambitious itineraries, the Voyagers returned to Earth information over the years that have revolutionized the science of planetary astronomy, helping to resolve key questions while raising intriguing new ones about the origin and evolution of the planets in our solar system.

-Atharva Bidwalkar



SCIENCE OF EVERYTHING

Science of Everything hopes to provide an insight into the science of all things in the universe. So, this month we bring you a new way of learning sciences; a ride through the experiences of students representing Ruia on various forums. We hope to articulate such unique findings. And one more thing... enjoy, because science is never boring.

LET'S ADD SOME YEARS TO YOUR LIFE!



Following the events of the International Yoga Day, that took place on 21st of June, we discuss the popular and sometimes misunderstood YOGA. India has gifted the world with the ancient physical, mental, and spiritual practice of Yoga which brings about the union of the body and the consciousness of the surroundings. It is a holistic approach to well being. It has proved to be a powerful set of exercises which can be practiced by all - from children to youth and even the elderly.

People say-do yoga regularly and most of your mental and physical health problems will be solved. Consistent yoga practice results in an increase in the levels of serotonin: a neurotransmitter in the brain which is believed to elevate the mood; in turn helping to treat depression. Also, a recent study claimed that a type of Yoga could control the brain's Theta waves whose increase is associated with anxiety and depression. Yoga also has a direct effect on our essential bodily systems. It is like an internal massage to your muscles in the digestive tract, including the stomach area, liver, pancreas, both the intestines and even the uterus. It also ensures the supply of blood and oxygen to every muscles and cell. Some asanas in yoga that can be practiced easily, increase the efficiency of filtration done by the kidneys. Also, breathing exercises like Pranayam

help to keep our respiratory system healthy. Practicing certain asanas like the Lotus posture (Padmasana) helps to calm the mind.

The sleeping or dead posture (Shavasana) is known to lower blood pressure. In old age, some people may face difficulty in balancing their bodies. Yoga can help them to maintain their body posture. Today, Yoga is popularized all around the world. Many educational institutes have made Yoga a part of the curriculum. Many organizations have been formed which give training for the same. In certain places, however, Yoga also has commercial value. Sometimes people believe it to be a religious practice of mantra and tricks.

Yoga is not about any tricks or games, but a good and easy form of exercise which gives you the best results in the minimum input. Thus, when practiced with proper guidance, Yoga affects every cell of your body and improves the strength of the body increasing the optimum functioning. It brings tranquillity, equanimity and positive attitude to the practitioner, thus adding some happier, healthier and purposeful years to your life!

Prajakta Velankar, and Sanika Upadhye, SYBSc Bioanalytical

ENVISIONING THE FUTURE WITH SYNTHETIC BIOLOGY

It's no secret that for decades now, with every milestone achieved, biology keeps proving it has long encompassed the limitations of merely studying life. From 'Ghost in The Shell' to 'Jurassic Park', concepts of engineering inspired by biological systems, are received with tremendous appreciation in the fictional world, but in reality, how far away are we from creating life?

“What I cannot create, I do not understand.”
Richard Feynman

The exchange of technology between living forms and machinery plays to our potential as a society to approach problems faced by global medicine: depleting energy resources and environment. Editing genes started off with the idea of selective breeding, branched into hybridization, grafting, cloning, deliberate mutation, and with 20th-century discoveries, evolved into the recombinant DNA technology. With every advancement we find ourselves in higher positions of power, facing newer complications. Bionics, synbio or synthetic biology is one step ahead of what we know as a genetic modification; instead of cutting, copying and pasting genes of interest, genes in this field are created from scratch.

Hence this is an approach to build, not to improvise. Engineers treat the genome as a program; using DNA as a programming language to code for functional biological components, running cells instead of software, designing living systems to behave in our own interests. Hence, standardized working components are listed on online inventories, researchers can order the ones of their requirement and reprogram entire sequences. The DNA sequenced thus is sent to and processed by a synthesizer, using raw material like sugar, 25\$ of which can buy enough to make a copy of every human genome on the planet. When it's prepared, the DNA is shipped from the synthesis company to the researcher's door, like any other online delivery. The individual DNA sequences used to program the cell are called "bio-bricks". Once they are strung together and run inside the organism and it

attains new, predicted traits. One of the notable examples is E. chromi, a bacteria enabled to be a sensitivity tuner and color generator, made to turn one of five colors when it interacts with a particular environment toxin. This was developed by undergraduate students from Cambridge University, who won the Grand Prize in 2009 Internationally Genetically Engineered Machine competition (iGEM). The team discussed various ways of incorporating this foundational technology into other fields such as the food industry, personalized medicine, disease detection, bioterrorism and determining weather, and levels of pollution. It was proposed that by combining other bio-bricks, an organism turning a certain color when tested upon a sample of water to indicate potability might be programmed sometime in the near future.



A start-up called 'Muufri' is making animal-free-milk; community labs calling themselves "biohackers" are making vegan cheese; companies Evolva and Solazyme are developing saffron, vanillin, stevia, algal "butter" and vegan protein-rich foods. The advantage of recreating genes is that billions of genetic variations can be generated and screened to test whether the end result is desirable and safe for use and/or consumption. Ruia College also is not behind to explore these dimensions of advances in biology. To know more wait for the next article in August edition.



Sreeja Mitra and Maithili Sawant, TYBSc Microbiology

FACTS

Eau de cosmos

Though it is impossible to smell space directly, astronauts report that upon returning from a spacewalk their gear smells like hot metal and arc welding fumes which could be from dying stars.

The Apollo astronauts' footprints on the moon will probably stay there for at least 100 million years.

You can cry in space but your tears don't fall.

Tears start to form bubbles around your eyes as the weightless environment is not causing your tears to fall.

Neha Raut, SYBSc Bioanalytical



DO YOU KNOW?

Plastic can be converted into polyfuel, which is used as industrial fuel. This uses approximately 85% of plastic. The remaining 15% is mixed with Bitumen and used in the construction of roads.



SAFARNAMA

“Not all those who wander are lost.”

-J.R.R. Tolkien

Traveling is not necessarily done by stepping out of your house and taking to the road; J. R.R. Tolkien became the first man to run, ride, fly and swim across the beautiful meadows, mountains, and forests of the middle earth without moving an inch.

The human brain is a very curious thing; it can take us to lands unknown, beyond the human realm, where the sky meets the earth, where humans can walk on the fluffy bed of clouds, where time has no relevance. For many years, authors have been penning down their stories and adventures letting all of us be a part of it, so we welcome all the readers to this edition of Safarnama where we talk about authors, books, and stories.

A night to remember

It was 03:00 hrs and it was freezing. I was head deep in my sleeping bag, shifting constantly to get into a comfortable position for the past hour. All my attempts had gone in vain and perhaps it was this shifting that protected me from the snow below my tent and the chill in the air. I couldn't hear any sound outside the tent; everything was silent, yet there were a certain anticipation and fear that grabbed hold of my heart as I lay there. It was the evening before the summit and we were at our fourth camp. It was barely as big as two classrooms and there were 10 tents pitched in that space to accommodate about 30 people. I had put away my sack and was removing all my gear when I first looked at the beauty that was Junargali; there she was in all her glory standing tall, clad in white against the backdrop of a beautiful blue sky. Never had I ever set my eyes upon such beauty so up close, yet there I was standing in the snow watching to my heart's content and enjoying every moment that I got with her.

The night came earlier up in the Himalayas and I was inside my sleeping bag by 20:00 hrs. It was one of the coldest nights of my life, yet it had a certain kind of warmth to it; a warmth that spread through my body. I was fast asleep before I could count to ten. It

seemed as if it had only been a couple of minutes since I had gone to sleep that I woke up; it must have been -10 degrees centigrade for I could feel the cold of the night cutting for my lips and my face. The cold from the snow below the tent was freezing me from below as I lay there in my sleeping bag wondering how it would feel to be back home, sleeping under a roof and in a warm bed.

It must have been an hour, lying there, when I heard the whistle; I was so glad to know that we had to start moving soon, that it was the day of the summit. I came out of my sleeping bag and moved my fingers which seemed to have frozen in the cold of the night, I was glad to feel the blood rushing through my fingers and body. I gathered my stuff and came out of the tent to put on my shoes, they were cold and stiff but I somehow managed to put my feet through them and tie the laces. I got up and looked at the sky; it is what I saw then that changed my life.

The beauty of the night sky was unparalleled to any other. I could see millions and millions of stars, far too many to see with a single glance, twinkling from places far away and yet it felt like they were watching me, smiling at me. The sky had lost its usual black and had donned a green-turquoise jacket, the sight of which filled me with joy beyond comprehension. I stood there overwhelmed



and humbled by the sight, it almost felt unreal, out of some book, yet the biting cold reminded me. I heard laughter, so I looked around to see who it was but couldn't see anyone, I realized that it was I who was laughing due to the euphoria I was feeling. I stood there that night, mesmerized, and I sit here now, writing, as a tear freezes on my cheek. Life is like an empty book, write it before the ink runs dry; write your own story for everyone to read. Let everyone live the night that you lived, with you.

Chinmay Patwardhan

The name is Bond, Ruskin Bond

“And when all the wars are over, a butterfly will still be beautiful.” – Ruskin Bond

As a college student, traveling by a local train is an everyday activity. It was an average day when the compartment had triple the amount of people it was built for. I was trapped between two aunties who had decided that their building gossip must be heard by everyone on the train while the locals had decided to move at a snail's pace. Oh, such joys of life. I, like a normal teenager, whipped out my copy of 'The Blue Umbrella' on an extremely sunny day (though it is the monsoon season) and dived right into Ruskin Bond's writing. I was instantly transported to a land of mist-laden mountains and lush greenery. With the sun on my back, I could feel the soothing drops of raindrops falling on a small village in Himachal Pradesh.

Ruskin Bond, one of the most cherished and traveled authors has always found inspiration in his surroundings. He says that stories emerge from the most unsuspecting places, be it a journey through a village train or a visit to a dusty town's post-office or a walk around the small towns like Chhutmalpur and Najibabad. Every nook and corner breathes, he says, come to seize it. Bond who will turn 85 this year visits Cambridge Book Depot in Mussoorie every Saturday. He interacts with fans, tells them about his travel expeditions

and signs books too. His most memorable travel experiences consist of the numerous treks he has taken to the Himalayas and the peaks around it. 'A Book of Simple Living: Brief Notes from the Hills', is a diary-like collection of short pieces from Ruskin Bond's travels. He recounts living in the mountains just outside Mussoorie, walking through misty valleys and his camaraderie with nature.

Bond has often repeatedly mentioned in his travels the importance of having an open mind and lots of time at hand. He says the essence of traveling is lost if you are checking your watch all the time. He believes that the journey gives greater pleasure than the destination, however, having a destination is also sometimes very essential as it motivates you to complete the journey. Ruskin Bond thinks he has invented zigzag walking. Taking lesser traveled paths and not a straight road is what has led him to discover the hidden gems- a ravishing peacock on a bank of a canal, a rundown inn or a field of mustard. The enjoyment of traveling resides in surprises. He says, "It's like drawing lines from star to star in the night sky, not forgetting many dim, shy, out-of-the-way stars, which are full of possibilities. The first turning is the left, the next to the right... I am still on my zigzag way, pursuing the diagonal between reason and the heart."

Ruskin bond's simplistic writing style has won him a lot of praise among readers

who believe that Bond doesn't hide behind a veil of flowery language. He derives this simplicity from nature. "Nature is so simple yet so intricate. That's how I want to portray my stories", he says. He uses his travel experiences for sketching the setting of his stories. The narration of 'The Blue Umbrella' is set against a quaint town in Himachal Pradesh and of 'The Room on the roof' in a European colony situated in Dehradun. Ruskin Bond is truly an inspiration for travelers who wish to conquer the mountain and the nuances of the pen. He advises young writers to be like water. Soft and limpid, it finds its way through, over or under any obstacle, sometimes traveling underground for great distances before emerging into the open. It does not quarrel; it simply moves on.

Priyanka Tibrewal



Places in India that churn the creative wheels!

Sitting by the window, sipping a hundred cups of coffee, putting those headphones on, going to your favorite place and favorite table, taking a break, drinking wine – nothing is working and you are stuck in a big black hole of writer's block. I would suggest something that almost always works – going to a new refreshing place for some time and rejuvenating your thoughts.

Here are some peaceful and serene places that are just what you're looking for!

1. The silence you need in Silent Valley National Park, Kerala

Kerala is known for its calm and wide spreads of green lands. It's the best combination of serenity with culture. I believe there can be no place better than a place in the wild surrounded by greenery and solitude for a writer. As the name suggests, this park is that silent place where you hear your own breath. Your next article will be your most memorable time spent if it's written in Silent Valley National Park, Mannarkkad, Kerala.

2. The serene Nubra Valley, Ladakh

Whenever I see pictures or read blogs about Ladakh, I always see it as a place where I can lay back and forget about everything for some time. Going to Nubra valley in Ladakh is like zooming in onto the end of the map of the country and reaching that silent and peaceful valley along the Nubra river. When you reach there, you feel like have landed in heaven and what could be a better place to write in than heaven itself.

3. The French connection with Pondicherry, Tamil Nadu

Pondicherry can prove to be your best choice for a place if you're looking for a break from the crowded city life. Good food, scenic places, quiet, and solitude- Pondicherry is the best combination of all these.

The nearby City of Dawn, Auroville is a spiritual hub hosting people from all over the world who came there in search of peace and spirituality. It offers just what a writer is looking for, a serene, quiet environment with no one to disturb.

4. Peace in the Royal land, Jaisalmer, Rajasthan

Just sitting by the bank of Gadisar Lake, or somewhere in the corner of Jaisalmer fort, or maybe in the serene premises of the Jain Temple, the golden city has peace in every nook and corner, and everything that a writer needs.

(Ps - I wrote my first article of Safarnama when I was in Rajasthan)

5. Serene Lansdowne, Uttaranchal

If you are looking for a place where you can hear nothing but the sweet sound of birds, the cool breeze, and the whispers of amazingly peaceful atmosphere, Lansdowne cantonment is the place for you. Rathi point and Tip-N-Top are amongst few of the quietest and most serene places in the town you can ever find.

So grab your pen and paper and start traveling!
And trust me, you are going to write one of your best pieces.

-Rashi Gulati

AROUND THE WORLD IN 80 DAYS

“The more that you read, the more things you will know. The more that you learn, the more places you'll go.”

Reading a book allows you to visit somewhere new, all the while sitting in your armchair in the comfort of your home. It transports you to the past, an imagined future, or entirely new worlds.

The best books are set in locations that are so vivid, they feel like another character in the story. Many books that are written by local authors tell the unspoken history of a place.

Whether you are looking to revisit a favorite country or learn about someplace new, our list of the most iconic books set in foreign locales has something for everyone. With this list, you can tour the entire world—without ever leaving home. Get ready to travel someplace new without even putting on your shoes. Sit back, get comfortable, and read your way through our list of books.

Afghanistan - 'The Kite Runner' by Khaled Hosseini:
An unlikely friendship forms between a well-to-do boy and the son of his father's servant in the years leading up to the Soviet-Afghan War.

Colombia - 'One Hundred Years of Solitude' by Gabriel García Márquez:
The multi-generational story of the Buendía family that founded the fictional town of Macondo.

Pakistan - 'I Am Malala' by Malala Yousafzai:
The Malala of the girl who was shot by the Taliban for advocating for girl's education.

India - 'The Palace of Illusions' by Chitra Banerjee Divakaruni:
In this reimagining of a classic Sanskrit epic, Draupadi aids her five husbands as they try to reclaim their stolen birthright.

Italy - 'The Name of the Rose' by Umberto Eco:
Accusations of heresy and seven mysterious deaths prompt Brother William of Baskerville to investigate in fourteenth-century Italy.

Saudi Arabia - 'Girls of Riyadh' by Rajaa Alsanea:
Four upper-class young women from Riyadh are exposed to the Western world through travel and school, but are still deeply affected by the oppressive atmosphere in their home country.

Iran - 'Reading Lolita in Tehran' by Azar Nafisi:
A memoir about a secret Western literature class the author taught in her home.

**Happy Reading!
-Shreya Nair**

FICTIONALLY YOURS

The suicide note.

Life is a misery, my constant companion, for I don't know how long. It has given me nothing but pain and suffering. There has not been a single happy day in my life. It's all bitter and some sweet. After the demise of my beloved father, it has worsened. He was a lighthouse in the darkness of my life. He's been there for me all the time. Whenever my classmates troubled me, I went home to cry in his lap. He would assure me that everything will be fine. Now there's no one to do that.

What is my age? I guess it's 16 or am I 17? Doesn't matter. I'm not old enough to take responsibility for the remaining family. Uncle is there to take care of aunt and grandma. I don't have to be there, I don't even want to. They expect me to start working and earn for the sake of the family, the family that isn't really mine.

I went to the hill. This is the only place I could call mine. It gives me a full view of this city called Mumbai. I could even see the slums underneath: the brutal truth of our lives. Whenever I wish to run away

from it, maybe just for some time, I come here. I can get lost here and no one would notice. I could die here and no one would know. I.... I can die. I don't even have to bear this weight of my pitiful life. I can simply end it.

The morning sunshine woke me up. Today's the day. This is my last day in this misery. Afterward, I'll be free. No one will ask me to earn, no one will taunt me at my orphanage.

With this thought in mind, I ran up the hill. I pulled out a piece of paper from my pocket, my suicide note. When they find my body, they should know who I am and why I did this. I put the note back inside and stood closer to the edge.

I took one last breath before I decided to jump. This is it. 1....2.... Wait!! There's a little girl there, by the hanging branch of a tree. A slight slip of foot and she'll die. I need to save her, she has her whole life waiting for her. Look at me! I'm giving importance to

life, something I was just about to end. I ran towards the tree. It had grown on the steep downhill with visibly weak roots. "Hey there! What are you doing?" I climbed the broken rocks making sure I get a good grip before I climb up the tree. I tried reaching for her.

"Give me your hand, I'll save you." "Wait. I need to save the kitten." I was dumbstruck. She is stupid. Saving the kitten while she risks her own life. That's not even her family, a mere cat! But then, why am I taking the risk of saving the girl I know nothing about?

I managed to bring her to safety. The kitten, still in her hands. "Why were you saving it? You could've died!", I asked. "My teacher said that each life is important, however small or big."

I can't keep on listening to a little girl blabbering about some stupid philosophy of life. I need to give her in safe hands before I return to the hill.

"Where are your parents?"

She looked at me. "They're not there anymore." Her face was supposed to be pale or haunted, considering her age. However, she showed a sense of mature acceptance of the situation.

"Where do you stay?"

"In an orphanage."

One word, orphanage, but it has two distinct meanings for both of us. She took me to that orphanage. There were around forty children there, from infants to young teenagers. They had two things in common, they didn't have parents to live with and they were all happy. They didn't waste time whining over the wrongdoings of fate, they had embraced it and then there's me, doing the exact opposite.

I was being stupid. There are so many reasons for me to live! I could help this orphanage, learn and then earn for them. They need me. I need them. They will become my new family, giving my life a purpose.

I went atop the hill, once again. I wanted to tell the whole of Mumbai that I'm not going to die. I want to live, live to etch a smile on each orphan's face.

I pulled out the suicide note and crumbled it into a ball of paper. Going closer to the edge, I screamed 'I swear to live my life till the end!!' I swung my arm to throw the paper ball. But before I realized what was happening, my foot lost its grip and I was accompanying the paper ball in its journey down the hill. My aspirations evaporated into the speeding air as it passed by my body.

This is it, the end is here. When I wanted to die earlier, destiny didn't let me. Now that I want to live, destiny plotted otherwise. All I'm left with is the regret of ever having thought about suicide. Destiny, in its own peculiar way, is punishing me, taking away my desire to live, forever.



- Jui Mande



Photo by Manish Mansinh

AMISH'S MODERN DAY SITA – A REFLECTION OF THE PRESENT (OR IS IT)?

"Don't be afraid of the dark, my child. Light has a source. It can be snuffed out. But darkness has no source. It just exists. This darkness is a path to That, which has no source: God. Wise"

- Amish Tripathi, *Sita: Warrior of Mithila*

Sita: Warrior of Mithila is a fantasy or what we may popularly call a mythological fiction book by Indian author Amish Tripathi which was released on 29th May 2017. It is deemed to be the second book of 'The Ramchandra' series. Amish has adopted a new style of storytelling in this book, called hyperlink wherein the story is told through and about many characters and by creating a link which brings all of them together. The writer has introduced a female protagonist with zero emphases on her conventional 'beauty'. It's a book to be read in that keeps you in a constant state of amazement at how deftly Amish melds rich mythological detail without loss of credibility to the modern mind. However, this being as per the surroundings to suit the background. The characterization is superb, allowing Ram and Sita to appeal to a cynical, questioning reader without losing any of the divinity that

the stories springing from Tulsidas's version have conferred on them. His Sita was obligated to follow orders of Ram, who in spite of all the hardship he imposed on Sita, remained her beloved. Ram's duty-boundedness, which caused lots of hardships for his family, was idealized in those times. Believe it or not, it continues till date. However, among the younger generation, this fact is rather disturbing. It has rightly been mentioned in one of the Instagram quotes, "Today's Sita does not need a Ram to rescue her from Raavan. The skill that she has honed is a defense mechanism that will help her fight evil. If she is the plausible victim of the society, she is also her own defender." Amish successfully involves the reader in the amazing world of mysticism and magic; a world that is intricate and dramatic and most of all, infused with humanity. It is a reflection of Valmiki's Sita, who dares to ask her husband the validity of his actions.

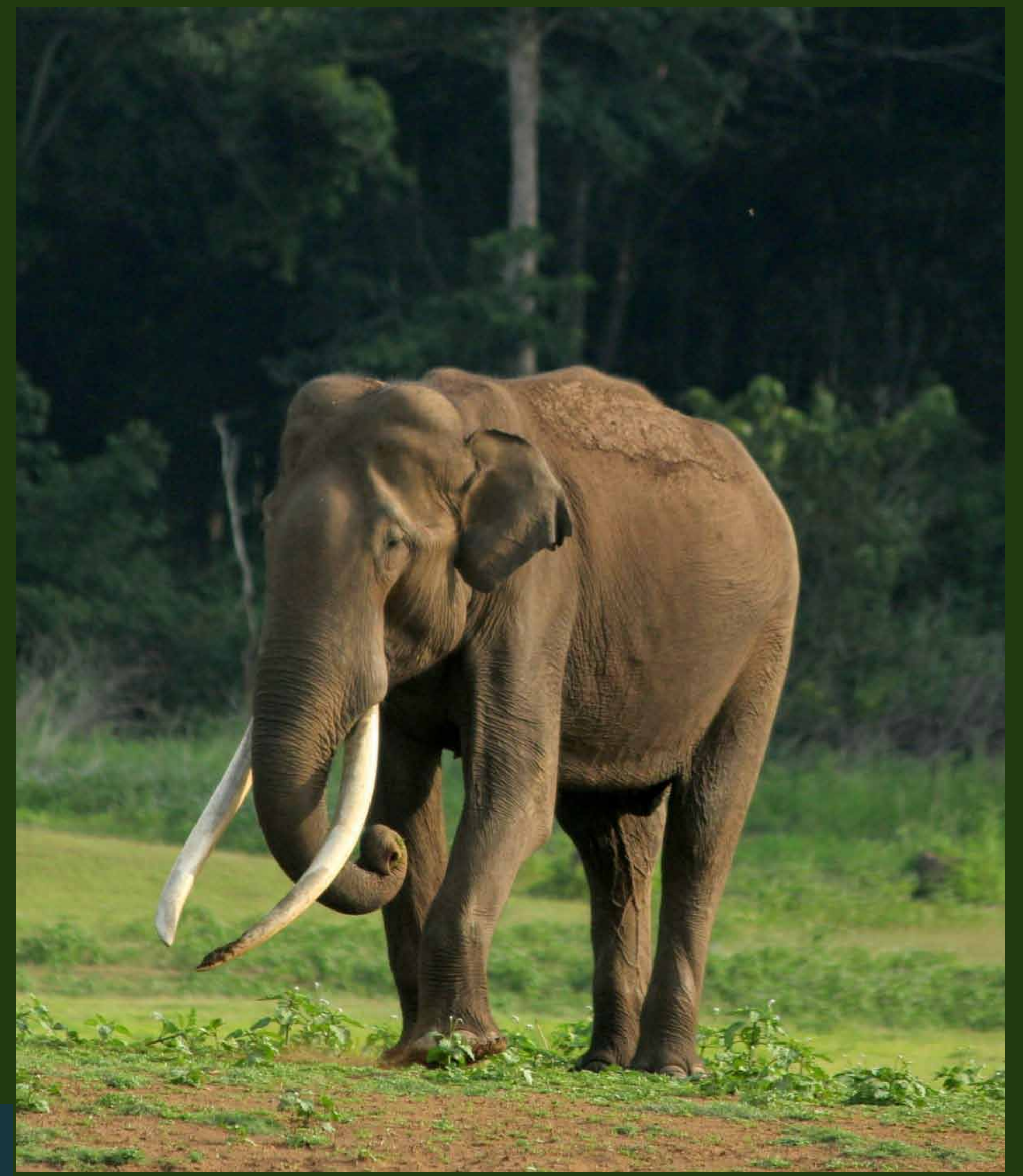
It discusses the need for feminist voices to raise their heads amongst the chaotic unbalanced society of prevailing social evils. He has not only portrayed Sita to be duty bound to her husband but also at times stronger than him to handle practical situations in the surroundings. It opines that women should raise voices against the tyranny of being oppressed. It shows Sita, as snatching empowerment within the frame of fixed circumstances she finds herself in and wishes the readers to be opportunistic in all the situations they come across. India has a tradition of idealizing Sita, teaching girls to be like her. Amish gives us, an upgraded version of Sita that suits our society. However, the major concern that haunts the critics is of forgetting the main crux of history by the newer generations as this book will make an impact on the minds of the young readers to consider this as the history.

- Uma Kabe (TYBA)

ARTWALL



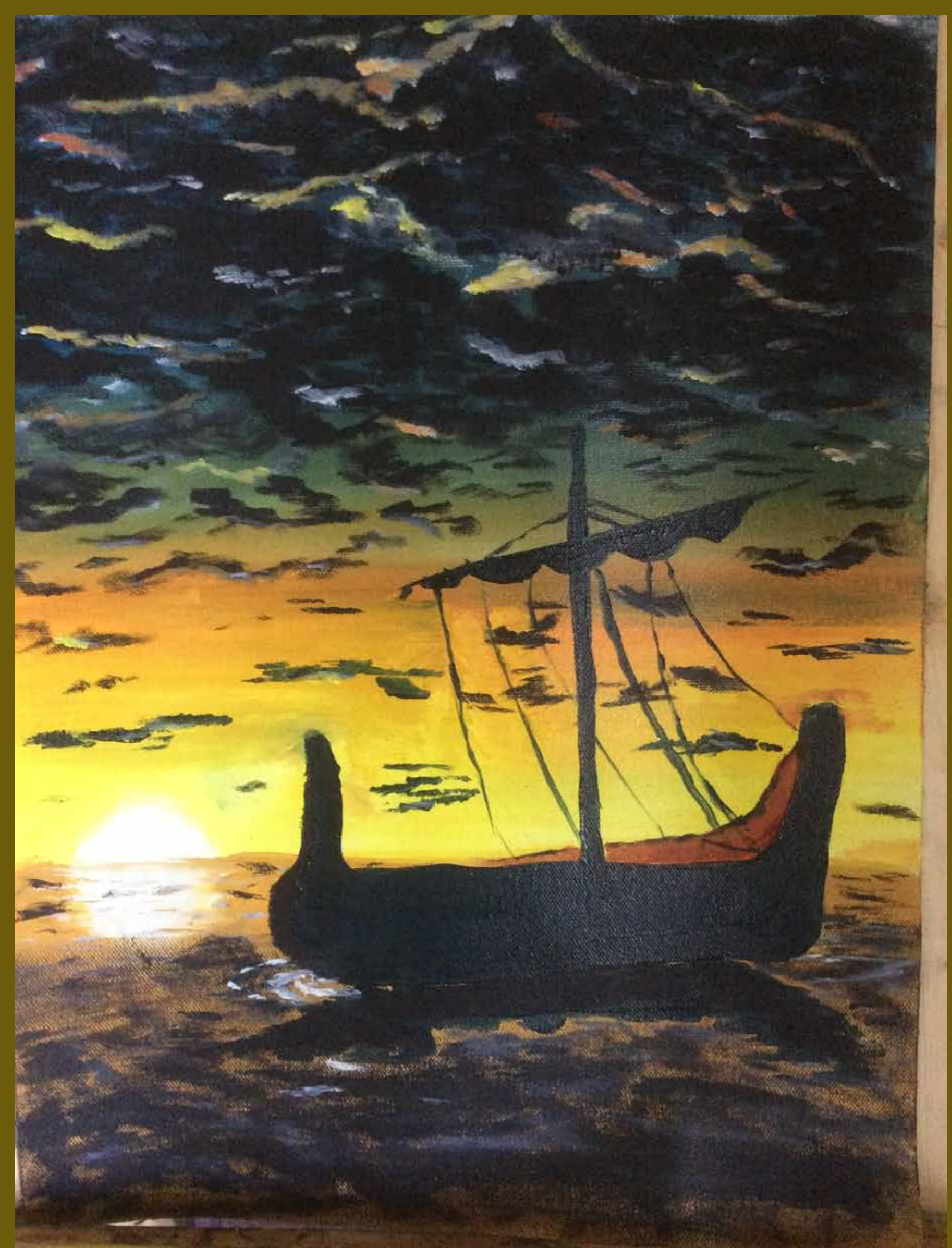
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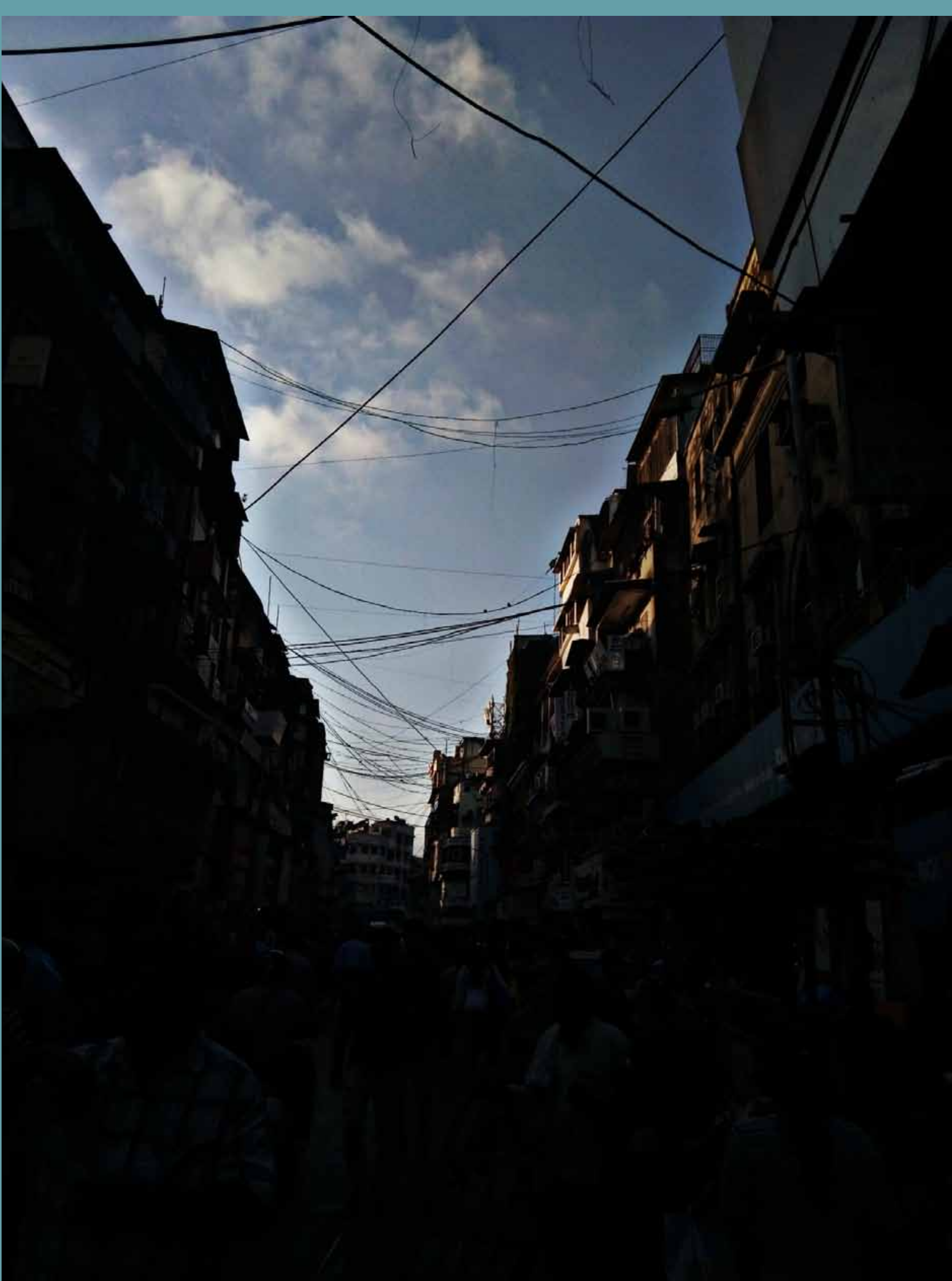
Rutaja Kedare



Gayatri Godbole



Chinmay Patwardhan



Shubhangi Pingulkar



Rahul Premkumar

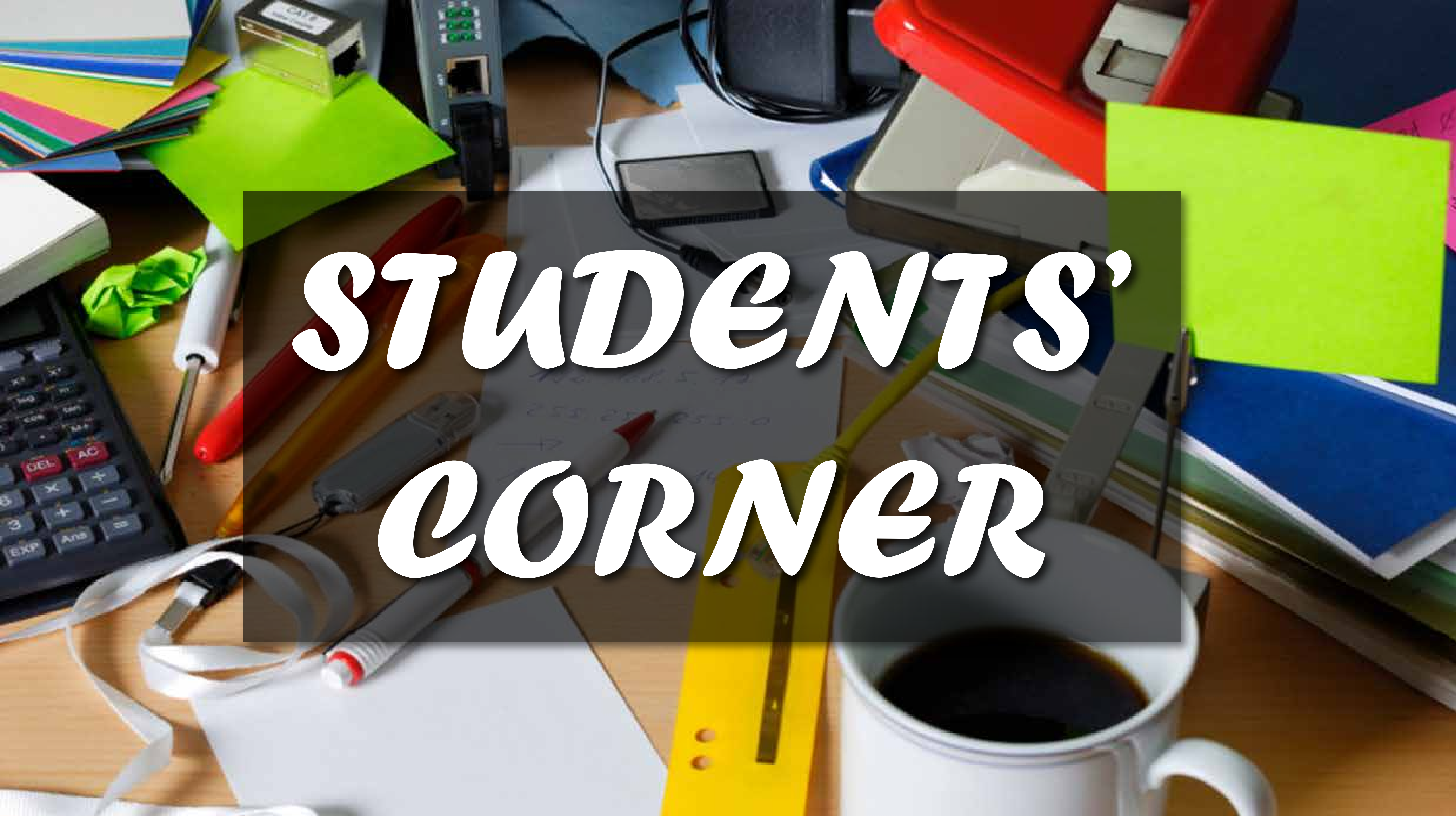
RATC

Colours, Moods and Art. RAINS!

Gloomy? Dark? Depressing? NO!
It's soothing, it's beautiful and it's a blessing! It transforms landscapes into a completely new world! Looks like mother nature is joyfully wearing a green saree, isn't it? Rain is an external occurrence that's reliably able to give a measure of internal peace to a lost and lonely soul. Rain brings us together. A storm is the perfect chance to get close with someone special. That someone or something special need not always be a person but it could be anything else, like music, books, a cup of tea/coffee or bhajiya!
Colours have an association with emotions, like red generally represents the emotions of anger, embarrassment and passion whereas blue depicts shyness, sadness and



calmness. The main colour spectrum of monsoon consists of green, which depicts stability, balance and amazement, and grey, which evoke neutral emotions, which together breed artistry. It inspires creativity; be it a singer who gets inspired to write a new song, a painter who wants to paint what he sees outside the window, a photographer who wants to capture that moment or a writer who wants to describe how he feels at that very moment.
The next time it rains, step outside and try to use all five senses to experience it: see it, hear it, taste it, smell it, and feel it falling on your skin. No one else can experience it for you! Can we all be pluviophiles now?



STUDENTS' CORNER

Monsoon, come soon

I was waiting
For the day we become one
I was waiting for you
To return
I was waiting with my heart still
open for you


It's been a year
Since we parted
But we've been
Together since all these years

I always waited to catch you if you
fall,
In my sleep, I waited for you,
In my dreams,
I wondered where you are.
Waited for the leaves to turn golden
Waited during the summer heat

Sitting near the window
Looking for your shadow
Making a wish to a shooting star
Once more.....

But dear rains..
You were always worth my wait.

-Priyanca



we live in a society
where you are expected to make 500 people
happy
who are unknown to you
but its ok if you hurt the ones
who are close to you

we live in a society
where rape is a crime
and marital rape is totally fine

we live in a society
where a girl with 5 boys is a slut
and a boy with 5 girls is a stud

we live in a society
where judgments are delayed
but looking at the bra strips
judgment at once are made

we live in a society
where we believe in
"Precaution is better than cure"
but using the word condom in public is like
acting totally immature

we live in a society
where Indian aunties are faster then google uncle
here there and everywhere where
there are family crumbles

no one believes in being humble
not even being humble with the ones
whose face is now full of wrinkles

but my dear society
to my dear youth
no one can run back from this bitter truth

Dear youth,
we are the future ones
we could bring in the change
we can think for a while
and then rearrange
the thought of living together first
and getting married later
which might become an ordinate later

-MAHIMA ALEKAR

TEAM RUIAITE

INSIGHT

Column Head

Himani Joshi

Columnists

Sara Chavan

Tanvi Padia

TECH-TRICKED

Column Head

Vaishnavi Dabholkar

Columnists

Atharva Bidwalkar

Rishabh Vishwakarma

Smeet Poladia

OPEN FORUM

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BEHIND THE SCENES

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OP-ED

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CAREER WISE

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Tapasya Iyer

Columnists

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Ananya Satarkar

SAFARNAMA

Column Head

Chinmay Patwardhan

Columnists

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Shreya Nair

BUZZ AROUND

Column Head

Riddhi Solanki

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Chinmay Parulekar

Pushkar Bhatlekar

ARTWALL

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SCIENCE OF EVERYTHING

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