

August 2015

# The Ruiaita Monthly E-Bulletin

## Independence Day Special



In Loving Memory  
of Dr. APJ Abdul  
Kalam

नमस्कार RUIaites !!

Exploring the unknown, introduces us to our own very potential. With this attitude and forbearance, the students of Ruia College present before you the very first issue of **THE RUIAITE MONTHLY E-BULLETIN**.

With an aim to provide a range of learning opportunities to choose from, an attempt has been made to incorporate all such avenues - right from Socio-Political awareness to Career prospects to building Developmental Technologies - that render premise for the betterment of every RUIaite. Also, the Bulletin does ideate to serve as a medium to initiate contemplation, structure opinions and communicate to the world, through effective and progressive expression.

With the goal of Excellence with Sustainability at the helm, we realise that it is essential to cultivate an innovative aptitude to develop efficient mechanisms.

Adhering to this ambition, we aspire to bring forth some sacred space for innovation through the first Issue of this Bulletin.

This novel initiative makes us one of the few colleges in Mumbai, who have a frequent and periodic E-Publication. Moreover, we are the first ones to be giving a direct account of events and programmes conducted in the college campus, through the Student Reporters of the Bulletin.

We seek inspiration from the words of Late President Dr.APJ Abdul Kalam, as his words echo in our minds -  
"All of us do not have equal talent. But , all of us have an equal opportunity to develop our talents."

Indeed we hope that, the Bulletin provides a platform and opportunity to the RUIAITES for nurturing and exploring their undiscovered potentials.

We dedicate the First Issue of the RUIaite Monthly E-Bulletin to the Teacher, Scientist and a Human Being par excellence, who is an inspiration for millions of Indians - Dr. APJ Abdul Kalam.

Editorial Team

## Freshers 2015

1st August, 2015



As the clock struck two, the quadrangle was emptied out and the classrooms were cleared. Silence chilled through the corridors of Ruia, only to be broken by the crowd gathered at the gates of the college, shouting their excitement for the much awaited FRESHERS – 2015!

The event had already registered a record of 2,200 students and the sight outside Ruia was not a disappointment. The enlightened faces, the excited jumps, the buzzing songs, all lit up as a festival. The college too was dressed well. In an hour, volunteers were shuffled in and the lines had begun to move. The first step into the college premises made you know – the party has begun! The college was adorned with bright paints,

colourful balloons and sparkling lights. The quadrangle echoed with music, the boys and girls dancing and hopping to the tunes. Every inch of the floor was occupied and thumped upon. Music throbbed and throbbed till our hearts did too.

The organisers, 'Vidyarthi Pratini-dhi Mandal', utilized this opportunity to introduce their thirteen volunteer teams. The annual 'Mr. & Miss Fresher' completed its final rounds on the stage with the crowd cheering for each participant. But the loudest cheers were heard when Leslie Louis came onto the stage to call out Ruia's chant 'R-U-I-A, RUIA-RUIA'. The chant continued even as the party ended.

## Being Mindful. 26th July, 2015

A session on 'Fear and Anger Management' had been organized by the Centre for Mindfulness on the 25th of July. It was conducted by Ranjanaji Gaur, a dignitary with immense knowledge in the field of spirituality.

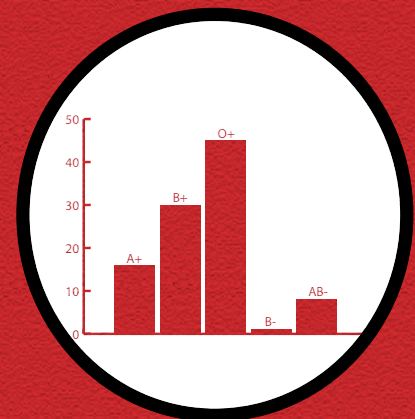
In the session, she focused on the significance of conviction and revealed the importance of talking to oneself in order to calm one's mind. She made the audience do a small exercise which involved focusing one's breathing. The

positive effects of this exercise were visible when two students among the audience shared their thoughts. A meditation session was also conducted and questionnaires for feedback from the participants, were handed out later. The main focus of this session was to help the audience learn the true meaning of fear and anger and also to calm and relax oneself. This session benefitted the audience immensely and inspired the students to delve deep within their hearts, to control their anger and fear.

## Every Drop Counted!

31st July, 2015

India has a population of 1.2 billion, yet, it faces a shortage of 3 million units every year. Health experts say, that if only an additional 2 percent of the population donated blood, this problem can be solved. Each pint of blood donated can save as many as 3 lives, say experts at UC Irvine's Blood Donor Centre. The act of giving something gives joy, if giving something can save lives, it gives immeasurable joy! The NSS unit of our college in association with King Edward Memorial hospital (KEM) took this noble initiative and organized a blood donation drive on 31st July, 2015 in the reading hall of Junior College. There was a long queue of blood donors who patiently waited for their turn. The queue included students from different classes, ranging from First Year Junior College to Masters in Science. When a few blind students were seen lined up to donate blood, it was indeed a matter of great pride for all Ruiuaites. Every blood donor donated 250ml of blood.



There were a total of 261 blood donors. On conducting a sample survey of 100 blood donors, it was observed that 45 blood donors had O+ve blood group, 30 had B+ve, 16 had A+ve, 8 had AB+ve whereas only one blood donor had B-ve blood group. There is always a dire need for donors with negative blood group. A few students also gave a sample of their stem cells. The NSS unit was happy with the response and hoped that their efforts would save lives of a few people.

## P.C. Ray- The Forgotten Hero

1st August, 2015

**"I have no sense of success on any large scale in things achieved...but have the sense of having worked and having found happiness in doing so."  
- P.C. Ray.**

Vijnan Bharati, along with the Ruia Science Association, held a ceremony in the remembrance of the Father of Modern Chemistry in India - Acharya Prafulla Chandra Ray (2nd August, 1861), to commemorate his 154th Birth Anniversary. The event was celebrated on 1st Aug, 2015 in G12, at 10 am. Ms. Chetana Iyer organized the ceremony under the supervision of Dr. Jyoti Patwardhan. Prof. Suhas Pednekar, the Principal of Ruia College, who is also the head of Vijnan Bharati Konkan division, graced the ceremony with his presence where he spoke about the roles and activities of Vijnan Bharati. The guest of Honour and speaker of the ceremony, Dr. B.N. Jagtap, is head of the atomic and molecular physics division at the Bhabha Atomic Research Centre (BARC) in India. In addition to this, he teaches at the Indian Institute of Technology, Bombay and the Homi Bhabha National Institute, Mumbai, and edits a quarterly magazine, Indian Nuclear Society News. Mr. Jagtap spoke about the life and times of P.C. Ray, his personal life, his thoughts, his contributions that played a major role in the trajectory of chemical research not only in India but also abroad.

P.C. Ray was a scientist, philanthropist, educationist, humanist, rationalist and a patriot at heart. He has 158 research papers to his name. His research work included the production of mercuric nitrite, alkyl nitrite, hyponitrites,

co-ordination compounds and sulfur compounds. He was the first to synthesize crystalline compounds of sulfur having high molecular weights which were unknown at that time. He wrote many books about freedom struggle and development of chemistry like, "India before and after mutiny", "Essay on India", his autobiography "Life and Experiences of a Bengali Chemist" and "History of Indian Chemistry (Vol 1 & 2)" which challenged the claim of Greeks as the pioneers of chemistry and reflected on the evolution of chemistry in India from the Vedic period to the modern times.

P.C. Ray setup the first pharmaceutical company in India named as "Bengal Chemicals and Pharmaceuticals" in Calcutta. After the tragic Bengal floods, he kept a minor part of his salary to himself and donated the rest. Mr. Ray emphasized on the need for technological development and education to rejuvenate the confidence of Indians. He wanted Indians to celebrate their scientific culture and their achievements. He believed that knowledge coupled with action is the only means of progress in the country.

P.C. Ray has set an example of ideal life to the world; he proved how a simple man could do extraordinary things.

Such forgotten heroes should be remembered by everyone more often.

## Error 404: Rotaract Begins

22nd of July marked a new beginning for the Rotaract Club of our college as the new President Rtr. Simran Sumbre accepted the president's collar with grace from the audience.

It was proposed by faculty members Mrs. Trupti Panicker and Mrs. Sangeeta Kamat that spreading awareness about the increasing number of suicides amongst youth and about mental illnesses should be the onus of this year's activities.

## NR Phatak Memorial Programme

रामनारायण रुईया महाविद्यालयाच्या मराठी विभागाने दिनांक २३ जुलै रोजी 'विंदांची त्रिपदी' हा प्राध्यापक न. र. फाटक स्मृती कार्यक्रम आयोजित केला होता. प्राध्यापक न. र. फाटक हे महाविद्यालयाच्या मराठी विभागाचे पहिले प्रमुख होते. विभागप्रमुख, प्राध्यापिका शिल्पा नेवे यांनी कार्यक्रमाची पार्श्वभूमी सांगताना म्हटले की, 'दरवर्षी विविध स्पर्धा किंवा चर्चासत्र, इत्यादींच्या माध्यमातून हा कार्यक्रम केला जातो'.

'विंदा' या टोपणनावाने प्रसिद्ध असलेल्या करंदीकरांना २००६ च्या ज्ञानपीठ पुरस्काराने गौरविण्यात आले होते. प्रस्तुत कार्यक्रम प्रख्यात मराठी साहित्यिक, कवी गोविंद विनायक करंदीकर यांच्या कवितांवर आधारित होता. विंदांचे सुपुत्र व प्रसिद्ध कवी आनंद करंदीकर आणि श्रीम. सरिता आवाड यांनी कार्यक्रम सादर केला. चार चरणांत विभागलेल्या या कार्यक्रमात विंदांच्या स्वतःच्या कविता सादर करत असतानाच्या चित्रफिती, छायाचित्रे इत्यादींच्या माध्यमातून विंदांचा आजच्या तरुणाईच्या मनात पुन्हा एकदा शिरकाव झाला.

# Heritage Walk

"For me, it was like being one step closer to heaven!" remarked Tejashwini Havanavar, one of the 40 students walking their way from CST to Crawford Market as a part of the Ruia College Heritage Walk. Tejashwini further noted that the walk, and the other visits undertaken by the club, have increased her love for History. Tejashwini's sentiments are echoed by all the other students who had the chance to take part and experience the walks that the club undertook. In its fifth year, the Heritage Walk limits itself to a total of 40 students annually. The club then plans visits to several historically important but neglected places across Mumbai. The visits are then documented on the club's official blog, Heritage of Mumbai. The theme of this year was Maritime History of Mumbai. The students were treated to various interesting talks on the subject conducted by guest lecturers- Dr. Chhaya Goswami, Dr. Kurush Dalal and Mr. Vikas

**"The course has been developed to create awareness about neglected heritage of Mumbai, which has been caused in large parts due to political apathy,"**

places. "What is unique about this course," said Aseema Karandikar, one of the participants when asked about what she found unique with the Heritage Walk, "is that all the places we visited are very much a part of this city, something that we are likely to come across if we are passing that place." However, these are the very places which remain, hitherto, neglected.

"The course has been developed to create awareness about neglected heritage of Mumbai, which has been caused in large parts due to political apathy," points out Professor Dr. Louiza Rodrigues, who heads the club. The club also aims to make history a lot more interesting than what they read in their books. The club also plans to conduct a trip to Jaipur and Ranthambhor later this year.

Dilawari coupled with visits to Sopara, Banganga and Chakreshwar Lake among other alluring

## French Day



On 14th July 2015, the Department of French celebrated International French Day. Mr. Bernadette, from the economics department of the French consulate & Mr. Christophe, the ACPF at the consulate, graced the event as the guests of honour.

Mrs. Varsha Deshpande's presented before the audience the various activities undertaken by the French Department, which include training workshops for the teachers, bilingual conferences, the B.G Hatakar interdisciplinary lecture, La Journee de Francophonie, Franc O Fun and student exchange programs. The department showed glimpses

of the Student Exchange Programme to France held last year.

Mr. Christophe in his address to the audience, marked that the French Department of Ruia college is one of the best department in Mumbai and applauded it for the activities held to help students learn more about French and its culture. The programme saw a number of presentations by students in the form of songs, skit and a Tongue Twister Competition. A skit performance by the Second year students, the French version of the english comedy show "Friends", became the highlight of the event.

Mr. Bernadette, in his speech appreciated the students for their enthusiasm in every activity and spoke highly of the close ties between France & India. He also pointed out the enormous amount of energy in the Mumbaikars, which according to him, helped them overcome many obstacles, comparing it with the laid back lifestyle followed by the French people.

Senior students of the Department, spoke about the job prospects in France and career avenues for Students of French.

## Kālidās Din

Kalidasa is widely acclaimed to be the master poet of Sanskrit. His name, through his works has gathered unstinted admiration for generations. To remember his poetic excellence, the first day of the bright half of the Aashadh month is celebrated as the Kalidasa Dina across the country.

On the 17th of July 2015, the Dept of Sanskrit, Ramanarain Ruia College celebrated the Kalidasa Dina. Dr. Madhavi Narasalay, Assistant Professor, University of Mumbai, had come to the department to deliver a lecture on, 'Animals and Birds in Kalidasa's Literature'.

The programme was held in G-12. It started with a benedictory verse- Nandi, which was melodiously sung by some of our students and our teacher Mrs. Anaya Govintri- kar.

Mrs. Swati Dravid, (I/C) H.O.D. Of Sanskrit department, explained the significance of Kalidasa Dina and also said that the programme stands for continuity of tradition of the department. Some students gave a dance recital on the selected verses from the Meghadoot of Kalidasa.

Dr. Madhavi Narasalay then spoke on the various aspects of animals and birds which are depicted by Kalidasa. She observed that although Kalidasa is regarded to be a Nature Poet as Wordsworth, he seems to have attained unification with the great nature. She mesmerized the audience with various apt examples from Kalidasa's literature. All were enthralled by this well-researched speech.

Miss Heena Dalvi from TYBA (Sanskrit) proposed a vote of thanks. The programme ended with a beautiful song.

# Buzz Around

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## One won't always hear what one wants to.

**"Honestly, what appears to exist, in reality, is the fact that amidst the intolerant minds, freedom is still slightly, a blur in the minds of a lot many."**

A couple of years ago, two Mumbai-based girls were taken into custody by police for expressing their opinion in the aftermath of the death of a prominent politician; a political cartoonist was arrested after his cartoons on corruption, which turned down and dismayed politicians. And, though the first two might be on record, the one which will follow, might not: an architecture student from a Mumbai-based institute was on the verge of getting rusticated from the institution as its authorities objected to a post the student had put up on her social media page.

Let's face the fact: there are those who honestly express themselves and land in trouble, and then there are those who purposely make nasty comments, pass malicious remarks in public and easily get away with them.

Well, those cited above and a lot more examples explicitly mirror how intolerant some in our society get towards the opinions they either dislike or detest. Besides, for the

simple fact, they forget that the right guaranteed by Article 19 of the Constitution of India – Right to Freedom of Speech and Expression, goes for each and every citizen of the country and not for a selected few.

Time and again, matters, issues and cases have come up, putting a weight on the debate on freedom of speech and expression – and how people make use of it and misuse it. When one criticizes something that the government comes up with, one gets a legal notice; another opines about a sensitive matter and stones are hurled at him; yet another audaciously expresses himself and his thoughts and ends up getting dragged into the court with a defamation suit slapped against him.

Honestly, what appears to exist, in reality, is the fact that amidst the intolerant minds, freedom is still slightly, a blur in the minds of a lot many. There is an existing confusion wherein people do not understand what this right of ours guarantees us, and

its limitations.

Under this right, one can express their opinion, irrespective of what it is, on anything – government, defense, administration, people around, leaders – political or religious, and of course, personalities. That kept on a side, it prominently restricts one from endangering the integrity and sovereignty of the nation, putting state security in danger, harming peace and public order and violating morality.

For things to not slip out of hand and for this right to sustain vigorously, we all need to turn tolerant towards opinions and viewpoints – they may or may not be parallel to ours – as a dichotomy in thoughts, opinions and outlooks will persist. We cannot change others outlook, but what we can change is our attitude towards others' opinion. One needs to be open to all sorts of diverse viewpoints, otherwise a dominance and sense of extremism will flow and be felt in the society, which will further spoil the stability. After all, we won't always hear what we want to.

### Paper Clip

A paper presented by a group of teachers in the June edition of Economic and Political Weekly points out the troubles faced by the modern education system in India. Amongst others, it points towards the recent intervention of state, language and autonomy of universities and offers solutions to the challenges presented by these factors.



## Simply Put!

### 1. What is Greece crisis?

Greece crisis is its government failure to pay off debts borrowed from its creditors.

### 2. When did it start?

It started in 2009, after 2008 financial crises that hit USA and other European countries

### 3. Who are the creditors?

There are many, but European Union, International Monetary Fund and European commission are the major ones.

### 4. What measures did government take to overcome this crisis?

Greece government took various measures. They requested the European Union, International Monetary Fund and European Central Bank to grant bailout loans for them. Also they are trying to reduce corruption, preventing tax evasion, Improving business climate in country i.e. granting permission to setup business as fast as possible.

### 5. Why Greece didn't overcome crisis, even after bailout loans?

Greece received bailout from European Union, International Monetary Fund and European Central Bank. But it failed to overcome the crises, because the loan received were spend in repaying the loan. Less than 10% of the loan was actually used by the government for reforming its economy and safeguarding weaker members of society

### 6. Only Greece suffered debt crises in European zone?

No. Along-with it Portugal, Italy, Greece, Spain also suffered debt crisis, but not as severe as Greece. These countries are collectively called 'PIGS' economy. Sometimes Ireland also added to this group therefore 'PIIGS' economy.

### 7. What next steps should be taken by Greece government?

Greece should ask for more bailout loans from Troika and that funds should be used for productive purpose rather than repaying loan. Also Greece should carry its pension reforms and prevent tax evasion.

## Quote

"If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter."  
By George Washington.

## The Sarcastic

"Freedom is the right to choose the only one option you are left with. - Indian Elections."

## Parliament News

### Monsoon Session

Monsoon session of parliament commenced from 21th July 2015 and is to culminate on the 13th August 2015.

As expected, this session of parliament was not as productive as the previous sessions of parliament. Opposition parties demanded resignation of External affairs minister and two Chief Ministers of the ruling party. In this session of parliament many important Bills were to be passed like Right to Fair compensation and transparency in Land acquisition Rehabilitation and Resettlement (Amendment), 2015, The constitution 122nd Amendment bill i.e. Goods and Services Tax (GST), The Whistle Blowers Protection (Amendment) Bill, 2015, etc. However after suspending 25 members of parliament of the main opposition party, there were some

bills passed such as:- Scheule Caste and Schedule Tribes Prevention of Atrocities (Amendment bill), 2014. Also, approved by the house were the demands for excess grants for Railways. Next, the government tried to pass Prevention of Corruption (Amendment) Bill in Rajya Sabha, but failed to do so. Even though MPs from the main opposition party were suspended, members of other parties raised slogans demanding for the suspension order of the MPs to be revoked. Meanwhile, the Joint Committee of Parliament examining the Land Acquisition Bill was granted extension till August 11 to submit its report. The panel was to submit its report on 7th of August.



# Career WISE

## Top-Job Crop

**India, the “Land of Villages”** is an agrarian economy and is blessed with a copious amount of natural resources. The marriage of India and agriculture is an old one. 3 out of every 5 Indians are dependent on agriculture for their daily expenses. And yet, for many Indian youngsters it is quite an unconventional career! In fact, the closest one may have come to agriculture is the game of Farmville on Facebook. There is more to agriculture than the usual cliché attached to it.

‘As you sow, so shall you reap.’ There are a plethora of seeds you can sow for being a proficient agriculturist. If one wishes to work in this field and not literally on it, here some highly rewarding career opportunities put forth.

### Science

B.Sc. Agriculture elaborates on the basics of agronomy, agricultural management, crop biochemistry, agricultural marketing, farm power and machinery, pest management etc. It is a course that covers almost all aspects of agriculture and subsidiary industries. If you don't opt for a specialized course such as B.Sc. in Horticulture, B.Sc. Soil Science, B.Sc. Water Management etc. A student can later pursue higher degrees such as M.Sc. or PhD in Agriculture and its specializations. Successful completion of these courses makes a student eligible for governmental posts such as agriculture officer, agriculture project managers, analysts etc. One can fetch for a highly decorative job in research organizations, be a farming consultant, economic botanist or a plant physiologist. Central Agricultural University (CAU), Mahatma Phule Krishi Vidyapeeth College of Agriculture (Pune), Indian Agricultural Research Institute (Delhi), Allahabad Agricultural Institute are some of the prominent colleges that offer these courses in India.

### Arts & Humanities

Students from humanities, BA in Agriculture and Rural Development can be a very stimulating course. Various economic, political and environmental theories form a part of the syllabus. Practical knowledge about rural economics, governance and the current state of Indian agriculture is also an intrinsic part. An MA in the same course can be pursued. MA in Natural Resources and Governance is an upcoming field of study which focuses on the notions of sustainable development. An MBA in agriculture and related field is also a noteworthy option covering areas like agricultural production, procurement and marketing systems. It can be followed by PhD in either agricultural financing, agribusiness or farm management etc. Innumerable job opportunities lie from international corporate companies to rural agribusiness, research foundations and agricultural retail chains. Tata Institute of Social Science, College of Agriculture (Pune), Amity University, National Institute of Agricultural Extension Management (Hyderabad) are some of the institutions that offer these courses.

Advances in agriculture have saved more lives than have been lost in wars. It's time to save your life from the tussle of streamlined careers and plant another seed of excellence on your path. It might take some time to decide on your interests and a suitable course but **each one of them is worth the shot.**



## " भारताचा क्रांतीसूर्य "

' डॉ. अब्दुल कलाम यांनी आपल्याला जी प्रेरणा दिली, त्या प्रेरणेची शिदोरी टिकावी, यासाठी त्यांनी सुरु केलेली चळवळ आपण पुढे न्यायला हवी. तीच कलाम यांना खरी श्रद्धांजली असेल.' असे प्रतिपादन ज्येष्ठ अणुशास्त्रज्ञ डॉ. अनिल काकोडकर यांनी रामनारायण रुईया महाविद्यालयात पार पडलेल्या शोकसभेत केले.

रुईया कॉलेज आणि विज्ञान भारती यांच्या संयुक्त विद्यमाने आयोजित करण्यात आलेल्या कार्यक्रमात कलामांना श्रद्धांजली वाहताना त्यांच्यासोबत काम करतानाच्या आठवणींना काकोडकरांनी उजाळा दिला.

"पृथ्वी'चे परीक्षण सुरु असताना मी एका मित्राच्या मदतीने 'डी. आर. डी. ओ.' मध्ये गेलो. त्यावेळी, सर्वसामान्यांमध्ये मिळूनमिसळून काम करणाऱ्या डॉ. कलाम यांना जवळून पाहण्याची, त्यांच्याशी संवाद साधण्याची संधी मला मिळाली. त्यानंतर पुढे, त्यांच्यासोबत अनेक प्रकल्पांमध्ये एकत्र कामही केले. डॉ. कलाम यांच्यासोबत काम करण्याचा अनुभव अविस्मरणीय होता, अमर्याद उत्साह असलेल्या डॉ. कलाम यांच्या उर्जेचे मला नेहमीच अप्रूप वाटत राहिले', असेही काकोडकर म्हणाले.

'कलाम आपल्या भाषणात युवक आणि देशाची प्रगती याविषयी भरभरून बोलायचे. आपल्यासमोरील समस्या ओळखा आणि त्यातून मार्ग काढायला शिका, कधीही हार मानू नका, असा त्यांच्या मंत्र होता. कलाम यांनी फक्त स्वप्ने पहिली नाहीत, तर ती प्रत्यक्षात उतरवण्यासाठी अहोरात्र मेहनत केली. कलामांसारखे व्यक्तिमत्व पुन्हा होणार नाही', अशा शब्दांत काकोडकर यांनी भावना व्यक्त केल्या. डॉ. कलाम म्हणायचे, "आपल्या स्वप्नांना कळू देऊ नका की आपल्या अडचणी किती मोठ्या आहेत आणि आपल्या अडचणींना कळू देऊ नका की आपली स्वप्न किती मोठी आहेत."

देश प्रगतीच्या उंबरठ्यावर दिमाखात उभा असताना त्याला अजून उभारी येण्यासाठी कलामांनी वर्षभरात देशातील एक लक्ष विद्यार्थ्यांशी संवाद साधायचे ठरवले होते. राष्ट्रपतीपदाची जबाबदारी अंगावर आल्यानंतर लक्ष्य पूर्ण होण्याच्या काकोडकरांच्या चिंतेला त्यांनी अतिशय समर्पक असे उत्तर देऊन ध्येयाबद्दलची आस्था जोमाने पाळण्याचा धडा अवघ्या तरुणाईला दिला. ते म्हणाले, 'आता तर मी दोन लक्ष विद्यार्थ्यांना भेटणार, माझे काम आणखीनच सोपे झाले.' डॉ. कलाम सर्व कार्यक्रमांत विद्यार्थ्यांकडून ज्या शपथेचा उच्चार करून घेत, त्याच शपथेचा विद्यार्थी व तरुणवर्गाने पुन्हा पुनरुच्चार केला आणि भविष्यात प्रबळ कर्तृत्व गाजवण्याची आकांक्षा मनात बाळगून सभागृह दीर्घ शांततेत विलीन झाले. या शोकसभेत महाविद्यालयाच्या विद्यार्थ्यांने डॉ. कलामांना कवितेच्या रूपात आदरांजली दिली.

'अस्मानाच्या पल्याड ख्याती, प्रगती तुमची गुलाम,  
अभिमानी या देशाचा, सलाम अब्दुल कलाम

लाचारी तुडवून मिरवली जिद्दीची ज्वाला,  
निधडी छाती पुरून उरली, धसका पराभवाला

कोमल अगदी लोभसवाणी कांती तरणीताठी,  
दुष्टास काठी, सज्जनापाठी, हा देश जगवण्यासाठी

लहानंसवे लहान होऊन झाले आणिक महान,  
पुरे न झाली मातृभूमीच्या उन्नतीची तहान

अखेरचा तो शब्द-श्वासही भारत भू के नाम,  
देशाच तुमचा अल्लाह आणि देशाच तुमचा राम,  
सलाम अब्दुल कलाम... सलाम अब्दुल कलाम...'

## Paradigm Shift in Indian Cuisine Post-Independence

Today on the 68th Independence Day of our country, a sense of nationalism instils my mind and makes me wonder about the various paradigm shifts that occurred in India post-independence. In this edition of Op-Ed, the focus is towards the shift of paradigm in Indian Cuisine after 15th August, 1947.

Indian cuisine comprises a wide variety of regional cuisines native to India. Considering the range of diversity in soil type, climate, culture, ethnic group and occupations, witnessed in modern India, we can say that India today is rich in the department of culinary arts. Indian Cuisine has been and is still evolving, as a result of the nation's cultural interactions with other societies. Histori-

cal incidents such as foreign invasions, trade relations and colonialism have also played a role in introducing certain foods to the country. For instance, the potato, a staple of the Indian diet, was brought to India by the English who also introduced chillies and breadfruit. Historians also cite the spice trade between India and Europe as the primary catalyst for Europe's Age of Discovery. These incidents took place when foreigners were invading our country but amidst all the invasions, India did possess its unique identity. As the time passed, our gastronomy advanced and today we possess a wide variety of our own regional cuisine, the influenced, fusion cuisines and a sweet tooth for desserts.

## Paradigm Shift in Indian Cuisine Post-Independence (Continued...)

After the British Raj ended in our country and India was declared as a liberal nation, the geography of our country altered and India witnessed the formation of 24 states. These 24 states majorly constituted of people belonging to the same ethnic group. This formation of states hence led to sharing of ideas and food habits. A normal diet in early India consisted of legumes, vegetables, fruits, grains, dairy products, honey and sometimes fish, egg and meat. Over time, segments of the Indian population embraced vegetarianism as Hinduism and Jainism spread and splintered from Buddhism, while an equitable climate permitted a variety of fruits, vegetables and grains to be grown throughout the year. As India has always been rich in traditions, a food classification system that categorised any item as saatvic, raajsic or taamsic was developed in Yoga tradition. The Bhagvad Gita prescribes certain dietary practices and during this period, consumption of beef became taboo and even today Beef isn't consumed by ultra-orthodox Hindus.

With people sharing their ideas with each other and each state having its own unique culinary habit, the ingredients that built up the staple foods of Indian cuisine include pearl millet (bajra), rice, whole wheat flour and a variety of lentils such as masoor (red lentils), toor (pigeon peas), urad (black gram), etc and some pulses such as chickpeas, black-eyed peas and kidney beans came into prominence. Many dishes were cooked in vegetable oil but peanut oil became popular in northern and western India, mustard oil in eastern India and coconut oil along the western coast,

especially in Kerala. With all the prerequisites falling in line, India produced some savoury dishes that soon became popular all over the world. With each state of the country adding its own flavour, we produced many mouth-watering dishes. The cuisine of Andhra Pradesh is known for their heavy use of spices and Hyderabadi Biryani along with yoghurt is a great delight. Thupka (a kind of noodle soup) and boiled rice cakes wrapped in leaves are a popular snack in Arunachal Pradesh. Assamese cuisine has strong flavours from its use of endemic herbs, fruits and vegetables served fresh, dried or fermented. Bhuna Fish is widely eaten in Assam and is very popular. As one goes through an Assamese meal, one is taken through a range of pH, starting from acidic and ending in alkaline. Other states such as Punjab is famous for Tandoori chicken, Bihar for its roasted Litti Choka and Palak Paneer, Delhi for Rajma chawal, Goa for its seafood, Gujarat for Handwa, Undhiyo and Khaman, Jammu and Kashmir for Rogan Josh, Karnataka for Bisi Bele Bath (a delicacy in Karnataka made of rice, lentils, spices and vegetables), Kerala for its ceremonial meal Sadya, Spicy fish and for its unique coconut flavour in dishes, Maharashtra cuisine is extensively balanced with many different tastes ranging from Pav Bhaji and Batata Wada of Mumbai origin to Puran Poli, Modak, Masale Bhat, Bharli Wangi. Malvani food etc, Rajasthan for its unique thali and Daal Baati Churma, the seven sister states (North-East India) are famous for their Pork among other non-veg delicacies, and hence each of the state in our country has a unique delicacy to offer.

Sadly, today India is often criticized as a westernizing country and with Globalization attaining a green signal, the set-up of foreign food chains have increased. The foreigners have now invaded our cuisine and with the set-up of food courts at malls, it is a common sight to see the International food chains like KFC, McDonalds, Pizza Hut and Subway dominate over the local ones. Despite the fact that Indian cuisine is considered to be a wholesome cuisine, many resort to the fancy junk served in attractive locations. There has been a paradigm shift in eating habits of an urban Indian citizen, one who used to visit an Iranian café and feel elated is now a victim of junk food and luxury. The word "Junk" food didn't exist in our country post-independence but with influence from the western countries the current generation resort to Junk food disguised as fast food. Gone are the days, when the youth used to savour Bun Maskal! Today the youth prefers eating on Chinese stalls often. Firstly, that's not authentic Chinese and secondly, it contains Monosodium Glutamate (MSG) which can cause liver enlargement. Mexican, Lebanese, Mughlai, etc are some of the cuisines that have interfered with the traditional Indian cuisine. Chinese, Thai and Italian cuisines are gradually taking over the Indian food options at Indian wedding receptions and becoming a hit. With the people's mind-set bending more towards western culture, it is only appropriate to end this Op-Ed with an open ended question- Are we on the verge of losing our own culinary identity due to this trend of getting influenced by western culture?

## "अथांग सागराची यशोगाथा "

'लहरों से डरकर नौका पार नहीं होती,

कोशिश करनेवालों की कभी हार नहीं होती'



परिस्थितीच्या विरोधात माणूस पाय रोवून उभा ठाकला की परिस्थितीलाच झुकावे लागते. परिस्थितीमुळे व्यक्तीचा स्वभाव बदलतो हे जरी खरे असले तरी जगण्याची दिशा बदलल्यावर आपला कणखर स्वभाव परिस्थितीलादेखील बदलू शकतो आणि जिद्दी वर्तमानाच्या जोरावर आपण भविष्याचा कायापालट करू शकतो.

रायगड जिल्ह्यातील मुरुड गावच्या सागर नारायण महाडिक या तरुणाने वयाच्या १४ व्या वर्षापासून स्वतःच स्वतःच्या आयुष्याचा मार्ग काढत आज सर्वापुढे एक आदर्श ठेवला आहे. घरची गरीब परिस्थिती असतानाही शिकण्याची बेभान जिद्द बाळगून सागरने मुंबई गाठली.

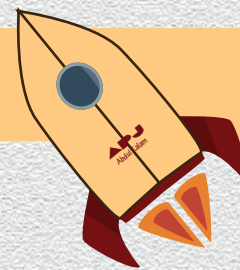
' काळोख कितीही गर्द असला तरी रात्रीनंतर दिवस येणारच आहे

कुणाचा लवकर तर कुणाचा उशिरा, प्रत्येकाचा सूर्योदय होणारच आहे.'

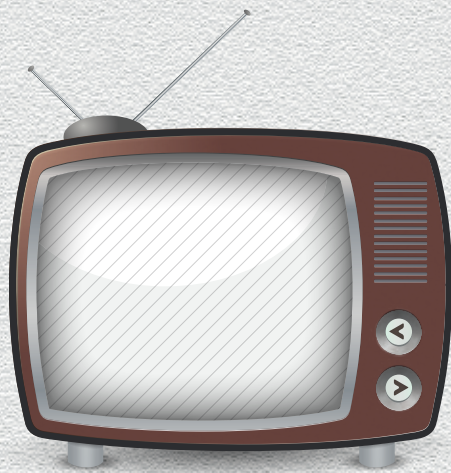
हे सागरने पुरेपूर जाणला होतं आणि याच जाणिवेच्या जोरावर येणाऱ्या अडचणींवर मात करत तो आज प्रगतीच्या उंबरठ्यावर उभा आहे.

नववीत मुंबईला आल्यानंतर हॉटेलमध्ये पडेल ते काम करून दहावीपर्यंतचं शिक्षण पूर्ण केलं. पुढच्या शिक्षणाचा प्रश्न आणि धावण्याची आवड जोपासण्याची चिंता भेडसावत असताना काही होतकरू आणि दिलदार हातांची सागरला खूप मदत झाली. रुईया महाविद्यालयातून अकरावी-बारावीचं शिक्षण घेत असताना त्याने आपल्या फीचा खर्च भरून काढण्यासाठी कॉलेज कॅन्टीनमध्ये उरलेल्या वेळात काम केलं. शिवाय पगारातली ठराविक रक्कम तो न चुकता गावी घाम गाळत असलेल्या आपल्या आई-वडिलांना पाठवत असे.

शिक्षणाबरोबरच खेळातही विशेष प्राविण्य मिळवत सागर मॅरॅथॉन स्पर्धांमध्ये चमकू लागला. आजवर अनेक मानाच्या स्पर्धांमध्ये पदके मिळवून सागरने स्वतःबरोबरच आपल्या आई-वडिलांचं आणि रुईया महाविद्यालयचं नावही मोठं केलं आहे. राज्यस्तरीय पातळीपर्यंत अव्वल असणारा सागर राष्ट्रीय स्पर्धांमध्येही झेप घेण्याची आकांक्षा ठेऊन जोमाने सराव करत आहे. सागर या सान्याचे श्रेय प्रशिक्षक श्री. ब्रिजलाल बिंद यांना देतो. त्याच्या आजपर्यंतच्या प्रवासात त्याच्या मोठ्या भावानेही त्याला मोलाची साथ दिली.



## Hooked Onto the Tele?



**“People think that Hindi TV Serials have been the same since ages.”**

“I am a season a day kind of guy.’ This is a sentiment which echoes amongst many college students today. It is also one of the observations drawn in the survey regarding television watching habits and TV shows carried out in the junior as well as the senior college. A total of 50 students from BA, BMM, BSC, JC (Arts and Science) classes were interviewed.

On an average, it was observed that a student watches around 2 to 3 hours of television a day; following about 3 to 4 TV shows on average at a time. Although only a minority, there were students who stated that they didn’t watch TV at all. While, on the other hand a student was spotted who followed 8 shows at the time. Friends, Sherlock Homes, Game of Thrones, House M.D, Dil Dosti Duniyaadari, Indian Idol, Ye Hai Mohabbatien, etc being some of the most viewed serials. American Rom-Com series ‘Friends’ based on unconditional friendship and fun, was recorded to be the one of most viewed. Most of the interviewees admired characters like, Chandler, Joey and Rachel. Amongst the 50 people conversed with, almost half of them have watched all the seasons of the

series. The popularity of ‘Game of Thrones’ has been remarkable as well. The serial spectrum in the poll varied from situation comedies like Modern Family to horror shows like Supernatural. The detective favourite being Sherlock Homes; teenage drama Pretty Little Liars also features amongst the likes.

Dil Dosti Duniyadari, a popular Marathi TV serial depicting non-ending journey of lifelong friendship, has a wide following and is enormously famous; the characters are loved by all. A question relating the monotony of Hindi TV serials was asked. 90% of the responses were positive; people think that Hindi TV serials have been the same since ages, filled with the same content. The favourite reality shows are Dance India Dance and Indian Idol. Approximately 75% of the students have opined that many reality shows aren’t real!

Despite numerous contradictions on varied aspects, the shows are still liked for a ton of reasons like the plot, correlation, characters and the beauty of having given a **human touch to the dialogues.**

## TRUE STORY

### Train journeys

Mumbaikars have to face many hassels daily, just like Mumbai bears its noisy populace. Everyone here faces a different set of challenges everyday. Especially women, they have to be up early at dawn every day, prepare tiffins for their children, husband; then get ready and leave for work. The striking similarity between every Mumbaikar is their compatibility to life line of Mumbai- the local trains. Everyone is accustomed to the “yatri kripaya dhyaan de” announcement although no one really listens to it. How people don’t get tired of the crowd? The heat? And the major problems of all: “Aaj baithne ko jaga nahi mili yaar!”?? However short the journey may be, the ‘baithne ko jaga’ is the most important factor in it. And also, the WINDOW SEAT! If you get a window seat to sit in an overloaded compartment of the local train, then you are the luckiest person of the moment. In spite of all this; there is a beauty in train journeys. The smile which you give to the unknown person sitting in front of you; the moment when a cool breeze touches your face and refreshes you- these are the small things that give you great joy. These factors make Bombay a brave city. She has the strength to overcome all the problems and take care of everyone. Going by the llegend: “Jara Hatke, Jara Bachke, Ye Hai Bombay Meri Jaan!”



## The Diary speaks out

#Experiencing Life  
#Understanding Life

For my Eternal Companion,  
Dear Writer,

Having a new smile, I feel a brand new feeling rushing inside me! There is a crowd of thoughts hustling and bustling in my mind. Today, it's our 10th anniversary. I feel blessed that he actually even thought of sharing his thoughts and stories to me. And he is doing it for so many years without leaving a single day.

This lazy little evil has been putting up his feelings and stories in front of me from the time he was merely 10 years old! That was a time when his English and handwriting used to be pathetic at the same time. His stories of happiness and regrets used to be so childish and pointless that I actually used to pity myself. However, some stories are still pointless and hopeless. Today, he uses other codes, languages and signs along with English to keep his stories a secret.

I wonder if it actually helps him when he tells me his problems and asks so many questions at the same time. But, God knows how he actually gets hopes and solutions to his disastrous issues when he discusses them with me. It makes me feel obliged that more than anyone else I know all his stories of happiness, regrets and heartbreaks! His first best friend in school, his first love, and apparently everything.

From a kid to an adult now, he has seen so many roller coaster rides in his life. However, today, many things in his life are coming into place. Many a times I really fear that these things should not get lost in their way. While sometimes his tears and complains are so intense that I myself cannot handle them. At times, I feel like why only I should listen to the stories of happiness and storms in his life. It sometimes makes my head to toss and turn all around. Life is all about experiencing the storms and still dancing in the rain. It's about having great stories with many subtitles!

Today on our 10th year of togetherness, I want to thank him for giving a 'Life' to a 'Non-Living Thing' like me. I want to wish luck to his destiny and hopes and always keep on listening to whatever he keeps on telling me...

I am blessed to be the Mirror of your life, **the Diary**.

## Quick Fix

Ingredients

2 tablespoons curd,  
2 teaspoons coconut powder,  
Few chopped coriander leaves,  
Bread slices,  
Butter,  
Mustard seeds,  
Salt,  
Black pepper.

Time required: Around  
15 minutes



Crispy Triangles With  
Curd

Method:

1. In a bowl, make a mixture of curd, coconut powder, coriander leaves, salt and black pepper.
2. Now, take a bread, cut it diagonally. On the two triangular bread pieces apply the mixture on one side of each piece.
3. Place the two layered pieces one above the other in such a way that the curd mixture, which is the filling of the sandwich, is nestled between the two.
4. Put on a pan on the stove and plop a blob of butter onto it when it gets hot enough.
5. When the butter starts melting, sprinkle a few mustard seeds onto it and when they start crackling, place your sandwich on it. Let it cook on medium flame until it seems crispy enough or is golden brown (or both). Do the same for the other side of the sandwich.
6. Enjoy your hot and crispy homemade sandwiches with chutney or sauce or just as is!

## Must Listen

1. **'Satrangi Re'** from Dil Se (1998).  
Sonu Nigam's amazing singing and the spectacular production arrangements make the song something special. The use of Arabic instruments is brilliant.
2. **'He Chandane Phoolani'** (1982).  
This gem of a song in Marathi, is played to the melody of piano and tabla. Sung by Anuradha Paudwal beautifully, it plays a dreamlike tune to Prabhakar Jog's music.

# Is Fear Real?

'An unpleasant emotion caused by the threat of danger, pain or harm.' That's the first definition we stumble upon when we google the word 'FEAR'. A good number of research has shown that fear has helped the human species to survive since ancient times. But what we forget is that, overcoming this fear has helped us develop and become successful as specie. It is undeniable that fear of the right things can help us make better decisions in our lives. But, here's where the problem begins! Too many people in today's world end up fearing the wrong things, and to such an extent, that they finally end up fearing their very own lives! Researchers suggest that the fear of failure, future and rejection are some of the most prominent fears experienced by humans. Provided these fears exist in a person, how can she expect herself to lead a good, joyous and successful life?

**"The fears we don't face become our limits" -Robin Sharma**

We all experience failures and rejections at some or the other point of our lives. The problem arises only when we give them a much higher position than they deserve. Fear, being an abstract

concept, is a part and parcel of our mind, and just like any other abstract concept, it can exist only when we allow it to do so! No doubt, that problems are real, but whether to fear them or to overcome them is a conscious decision we all have the ability to make!

**"Fears are the lies we sell ourselves. Embrace your fears and they will run away!" -Robin Sharma**

Too many people look at fear as an easy way out. They cling to the shores of the known, as they don't have the guts to sail the seas of the unknown. The fact to be understood here is that, it is this 'unknown' where most of our development lies, waiting for us!

We all very well know that 'the darkest hour is followed by the rising of the sun.' It's such a fascinating fact! If the Earth stops rotating as the darkest hour arises, fearing the unknown that would follow, we would never see a sunrise again! If Mr. Amitabh Bachchan would have given up after being rejected in an interview as a Radio Jockey, he wouldn't be the 'Big B' that he is today! Had Thomas Edison not persevered even after failing more than 1000 times at inventing the light bulb, he wouldn't have been

successful in inventing one, and in being a prolific inventor! Had Dhirubhai Ambani, fearing the uncertain future, not taken up all the opportunities and risks that came in his way, we wouldn't know 'Reliance' as we do today! Innumerable such examples show us that 'fear is nothing but a Disguised Opportunity.' If we confront it, we open the doors to limitless possibilities! And if we don't... Well, you pretty much know what follows.

So, coming back to the title of this article- is fear real? Well, the power to say a "Yes!" or a "No!" is totally in your hands! surely Henry Ford would state this point in these words-

**"Whether you think fear is real, or it's not, you're right!"**

The point to be remembered here is that irrespective of the fear being real or not, YOU are the creator of that fear. And 'a creator is always above his creations!'

## HAIKU IQ

I will always ask  
If a decision I made  
Changed your life and death

- Chrissie Finney

## THE OTHER SIDE OF MIND

**"I worry there is something broken in our generation; there are so many sad eyes on happy faces." - Atticus.**

The above is a profound quotation that reveals the plain truth. There truly are so many sad eyes on happy faces. Our state of happiness or unhappiness colours everything. When your mood is gloomy, life as a whole seems depressing and meaningless - you think more sceptically and react more critically to your surroundings.

Now, here is a story. The protagonist of our story is a young boy of 17. He's popular in college, has tons of friends and is from a decent family. One day, it strikes him that he is stuck, without hope, inside a dreadful world. The air feels like a big

weight to him, pressing in from all sides, choking him slowly but steadily. He can't shake off the feeling and he can't ignore it. There is nothing he can do to make it go away.

It starts with thoughts of running away from home, then suicidal tendencies surface, but fortunately his good sense prevails and he decides to resort to the help of his parents. It is a thought that makes one shudder that if it wasn't for the boy's sensible thinking, how different this story could have turned out

!Happy people perceive the world as safe and feel confident. They make decisions, cooperate easily, and are tolerant.

## The Other Side of Mind(Continued.)

They live healthy, energized and satisfied lives. On the other hand, depressed people live with hopelessness in their being, the misery and dread of an aimless life. Happiness doesn't just feel good, it does good.

Although majority of teenagers weather the search for their identity and other challenges presented during their adolescence without major issues, some find this particularly stressful. Some, in fact, develop severe psychological problems. One of the most serious of these issues is adolescent depression.

No one is immune to periods of sadness and bad moods, and adolescents are no exception. The end of a relationship, failure at an important task, the death of a loved one - all may give rise to profound feelings of sadness, loss and grief. In situations such as these, depression is a fairly typical reaction.

Want to be happier? Your happiness, like your cholesterol level, is genetically influenced. Yet, as cholesterol is also influenced by diet and exercise, happiness, too, is partly under your control. Here are some simple suggestions (personally recommended by me) for improving your mood, increasing your satisfaction with life and, to put it plainly, being happy.

**1.** Realise that enduring happiness may not come from financial success: It is true, money can't buy happiness. What money CAN buy doesn't even come close to it. We adapt to change by adjusting our expectations. Neither wealth, nor any other circumstance we long for, will guarantee happiness.

**2.** Seek work and leisure that engage your skills: - Happy people are often in the zone of flow - absorbed in tasks that challenge but don't overwhelm them. The most expensive forms of leisure often provide less flow to our lives than simpler forms of it, such as gardening, socialising or craft work. Money also buys more happiness when spent on experiences that you can look forward to, enjoy and remember than when spent on material stuff. - Art Buchwald once said, "The best things in life aren't things."

**3.** Join the "Movement" movement: - Aerobic exercise can relieve mild depression and anxiety as it promotes health and energy. Sound minds reside in sound bodies. Dance to those boisterous Bollywood item numbers, jump up and down on the bed to the music of your favourite rock band.

Off your duffs, couch potatoes!

**4.** Give your body the sleep it wants: - Happy people live active lives yet reserve time for renewing sleep and solitude. Many people suffer from sleep debt, resulting in fatigue, diminished alertness, and gloomy moods.

**5.** Give priority to close relationships: - Intimate friendships can help you weather difficult times. Confiding is good for soul and body. Compared with unhappy people, happy people engage in less superficial small talk and more meaningful conversations. So, resolve to nurture your closest relationships by not taking your loved ones for granted. This means displaying to them the sort of kindness you display to others, affirming them, playing together, and sharing together.

**6.** Focus beyond self: - Reach out to those in need. Happiness increases helpfulness (those who feel good do good). But doing good also makes one feel good.

**7.** Count your blessings and record your gratitude: - Try pausing each day to savour good moments, and to record positive events and why they occurred. Express your gratitude to others.

**8.** Nurture your spiritual self: - For many people, faith provides a support community, a reason to focus beyond self, and a sense of purpose and hope. This helps explain why people active in faith communities report greater-than-average happiness and often cope well with crisis.

The surprising reality is that we overestimate the duration of our emotions and underestimate our resiliency and capacity to adapt.

To conclude and hoping that this discussion would be of help to all the teenagers out there in need of a little light and cheer. Don't worry guys; you'll get through just fine. And if someone asks you what you are going to do with all that darkness that you carry inside of you? You tell them that you're going to find a way to glow in it. When you're depressed and you are down in the dirt struggling to get back on your feet, find a glimmer of light and hope and hold onto it with dear life.

**"Weeping may tarry for the night, but joy comes with the morning."**

Psalm 30:5



### Ask Yourself

Would You Choose to live in a computer simulation if it will make you a lot happy?

If you happen to meet yourself would you like to be friend with a person like you?

How do you classify something as non-existing when it does not exist at the first place?

If at all you meet god would you address him as your creator or would he address you as his?

## The Moodle Platform



**“Many departments in our college have their courses on Moodle.”**

Our generation wants everything on the go; nearly everything which is crucial in our daily life is now online. You can even order food online! With the rapid advancement in technology, why should education lag behind, here comes in the concept of online learning. Online learning gives the opportunity to willing and enthusiastic students to learn from the very best teachers from around the world. Students can do so by just sitting in the comfort of their homes without stretching a muscle and by logging on to the web, they can access hours and hours of learning content at the click of a button.

The Moodle platform is an online learning platform designed to help students. This platform is like the ironman of the education system. This platform helps merge the gap and overcome challenges faced by both the educators and the students. It acts as a bridge between online learning and physical learning .It also helps teachers and students to build websites for interactive learning. Moodle is an acronym for ModularObject-Oriented Dynamic Learning Environment ,the platform is completely free and is open source licensed, which means anyone could go and edit and modify content in the platform which plays a crucial role in receiving valuable inputs from thousands of enthusiastic learners and teachers alike. They also help add new courses

and materials. This website is a PHP coded platform and is completely cross platform! The website has features such as a grade book to keep track of your progress and even a planner to keep you informed about your learning schedule, if your course demands submission of assignments it has a portal to do so too! You can get lecture notes and even your lectures are recorded so that you can access it whenever you want! The platform was conceptualized and owned currently by Martin Dougiamas and is developed by Moodle HQ, an Australian based company and is financed by 60 Moodle platform associates worldwide.



Martin Dougiamas

Our college witnessing the huge success of the Moodle platform has also decided to implement Moodle and integrate it with our college website. Many departments in our college have their courses on Moodle. The ready availability of courseware on the Ruia Moodle website helps the students revise for their upcoming exams. **To check what Moodle actually is scan the QR code on the right with a Smartphone to visit the site.**

## Things That Matter

### Security Tips while using Public Wi-Fi

Using Public Wi-Fi networks poses a huge threat to the security of your device. Follow these simple steps to better prevent your device from being 'hacked.'

- 1.Always verify the access point you are connected to.
- 2.Set the option to automatically connecting to Wi-Fi network to off.
- 3.Keep your device updated with the latest security patches, antivirus and firewalls.
- 4.Passwords and transaction details must be provided only over 'https:' servers.
- 5.Protect important files on your device with passwords.
- 6.Always turn off your Wi-Fi when not in use.
- 7.Always use VPN (Virtual Private Network) if possible.



# E-Attendance in Ruia?

Technology and computers have infiltrated into every aspect of one's life and education is no exception to that. In today's world where staying up to date with information is so critically important that basically anyone not following this practice is left behind; technology and education have to go hand in hand. Technology plays important role in simplifying education and making it easier for everyone. Another reason why technology should be incorporated into education is for protection of sensitive information. One such piece of information which is sensitive and needs to be protected is attendance record. Some of the best examples of technology being incorporated into the logistics side of things would be the conversion of written journals to e-journals which not only reduces the load on the students physically but also widens the scenario as there are innumerable things that can be added to it in order to make the journals more interactive and informative at the same time.

What is older in a classroom? The teaching standards or the attendance rituals; following the age old practice of "signing" your attendance on a piece of parchment while technology has forged ahead is an understatement. It is an undeniably accepted fact that this has to be rethought and implemented afresh. The college has taken a step forward in this direction by envisioning imprinting our ID cards with RFID; till its implementation, we have pondered and contemplated on some of our own techniques to ease out the process. The most common, easily available resource that everyone has is a smart phone. This led us to think about creating an app that could substitute as an

attendance sheet. The app asks for your course name and then based on a database it displays the classes that you should attend and displays the timetable and the professor's name. As the timing for the class approaches, the app alerts you of the timing and as the class starts it generates a unique QR code in the professor's phone which needs to be scanned by the student's phone in order to mark his attendance for the lecture. So this involves a great deal of coding, not on the client side but on the server side, because in the end the app will have to maintain a constant connection with a server and keep the database up to date. It might be a bit tedious at first but in the end it is what the college has tried to implement in its quest for achieving the status of college of excellence and that is making the institution a "green" institution. This will inevitably and undoubtedly be a huge step forward in making itself green. A pretty simple idea but effective because it does not require any amount of hardware manufacturing. The reason we chose the idea of developing an app was because of the accessibility towards it. An app is the best way to reach out to this generation as smart phones are not only an integral but in all due honesty an inseparable and core part of their lives. This is the solution to the age old problem of proxy signatures which is essentially what keeps many students from being denied their examination seats and this is truly in my opinion the swan song to the proxy problem. Exploiting this fact and in this case resource is an elegant way of reaching out to today's generation who are as many columnists quote "born with a smart phone".

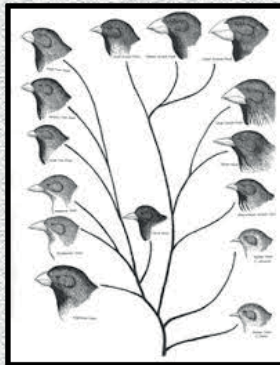
## Theories Made Simple

### Theory of Evolution

#### *Darwin's Finches*

Darwin's finches are a group of about fifteen species of passerine birds. The birds vary in size from 10 to 20 cm and weigh between 8 and 38 grams. The most important differences between species are in the size and shape of their beaks; finches colonized the Islands from mainland South America, and then diverged in form. The distance between the islands meant

that the finches on different islands could not interbreed, so the popula-



with thin, sharp beaks eating insects and birds with large, sturdy beaks eating nuts. Due to a random mutation the birds having specialized beaks island tended to become were healthy to reproduce. This meant distinct. the birds passed on their genes and Different slowly the birds having non-specialized beaks died. Thus nature selected also became the fittest for the survival. This is specialized for Darwin's theory of evolution. different food sources, birds

# Art Wall

## The Story of the Sky



**Everything is beautiful because it is doomed !**

Harshad Kangane, TYBA



**Link With Nature!**

Gayatri Godbole, SYJC



**National Flag**

Raksha Pangam, SYBA



**Lata Mangeshkar**

Gayatri Kulkarni, SYBSC

## Upcoming Events

### " Increase your global competence"

Foreign Language Centre of Ramnarain Ruia College offers certificate courses in following languages:  
German, Japanese, Chinese and Spanish

Courses are open for all..  
Duration: 20 sundays  
Time: 9:00 to 11:00 am  
Fees: Rs. 8000/-  
(Spl discounts for Ruia and Podar students)

Courses will begin from 9th August 2015..

Admission forms are available in SMAF, Ruia college office, ground floor main building...

For further details contact:  
Mr. Sachin Palekar  
Coordinator,  
Foreign Language Centre,  
Ruia College

### 'Rediscovering the City of Dreams'

Department of History organizes 'Rediscovering the City of Dreams' an event showcasing history of Mumbai through dance, drama and music.  
Date: 15 September 2015  
For further details contact  
Mukund- 8097473662  
Vishakha- 8652119441

### Trip to Jaipur

Heritage Voyagers Club, Ruia College is back this year with a trip to Jaipur and Ranthambhor from 28th Oct to 2nd Nov 2015. Detailed itenary to be declared on Friday. Approx cost including all travel, stay, food, 2 safaris in the park will be around Rs. 7500

### Numismatics Workshop

Department of History is organising one day Numismatics Workshop. It will be conducted by Mahesh Kalra, a well-known numismatist.  
Fees: Rs 250.  
Date-2nd September  
If interested kindly register your name with Vishakha Kulkarni from TYBA.

Vishakha- 8652119441

## Results/ Announcements

### Hunting for Treasure

The Public Relations team of Rotract Club of Ruia headed by Rtr. Reena Nikharge along with her team organized the SCAVENGER HUNT - a Treasure Hunt spreading across Five gardens to Matunga station, on 8th July, 2015

The Winners were:

Rtr. Revati Sawant (Leader)

Rtr. Kunal Kate

Rtr. Janhavi Khadye

Rtr. Rucha Chavan

Rtr. Deepal Shethia

Rtr. Slesha

In Team Leader Revati Sawant's words, "The treasure hunt was not a typical one. It was a team of 6 people and my team members were very enthusiastic and energetic throughout the hunt. It was an adventurous experience which I enjoyed a lot"

# The RUIAITE Team

## Teachers In Charge

Prof. Devyani Ganpule  
Prof. Gayatri Lele

## Co-Ordinators

Pankaj Ghuge  
Purnima Nair  
Raj Kamble

### Tech-Tricked

#### Ojaswi Rao

Rajas Godbole  
Tamim Sangrar  
Tejas Mahadevan  
Sarath Warriar

### Insight

#### Aletta Pereira

Mitali Parulekar  
Savri Madkaikar  
Prabha Thampi  
Kushal Chheda  
Aishwarya Vishwanathan

### Open Forum

#### Prachi Shah

Sakshi Gupta  
Sawru Madkaikar  
Gayatri Sudhir Godbole  
Radhika Raghupathy

### Behind the Scenes

#### Neha Sawant

Nilaja Kamble  
Dhanraj Shetye  
Pranay Chavan

### OP-ED

#### Ankita Deole

Siddharth Gupta  
Chinmayee Bagul  
Samprikta Dutta

### Career WISE

#### Namrata Shah

Amrita Shenoy  
Amrutha Warriar  
Sarath Warriar

### Buzz Around

#### Mudita Joshi

Aniruddha Inamdar  
Atharva Pandit  
Sahil Parsekar  
Shreya Naik  
Suyash Karangutkar

### Art Wall

#### Deepali Chavan

Amrita Shenoy  
Gayatri Godbole  
Gayatri Kulkarni  
Raksha Pangam  
Taneesha Iyengar

### PR

#### Soham Patil

Rashi Kale  
Yashika Doshi  
Lavanya Sarkar  
Dhanraj Shetye  
Dhruv Rathod  
Pooja Shah  
Sarath Warriar

### Reporters

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Atharva Pandit  
Dhanraj Shetye  
Lavanya Sarkar  
Rashi Kale  
Sahil Parsekar  
Shreya Naik

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Design & **Layout:** Sarath **Warriar**

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