

Editorial Note

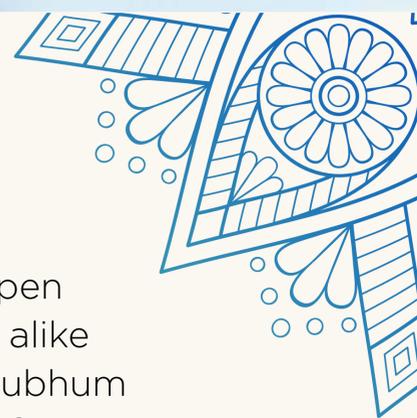
Ganpati Bappa's brief sojourn in our homes may have ended, but he continues to rest permanently in our hearts and has promised to come back next year too! But laden with ennui over the end of this ten-day long festival, coupled with the impending doom of the fast-approaching semester exams next month, just what should one do to cheer oneself up? Well, we bring to you a solution---the September edition of the Ruiaite Monthly!

This month, our readers have a colourful platter of diverse themes to choose from! 'OpEd' presents a beautifully constructed article discussing God and Religion, while 'Behind The Scenes' brings us the story of the people behind the spectacular Vidhyarthyancha Raja, the students' Ganpati idol in Ruia Naka. If you have been brooding and stressing about the upcoming exams, 'Insight' should help you restore your equilibrium with its wonderful take on exams while 'Tech-Tricked', we are sure, will successfully divert your mind from

exams albeit healthily! Also, don't miss 'Open Forum's' tribute to teachers and students alike and also, a visually challenged student Shubhum Mahajan's article in 'Buzz Around'. Lastly, if 'Pentactus' makes you curious and restless, pleasure your eyes with the breathtaking artworks in art wall!

These, we proudly declare, are our humble offerings to our readers this month. Apart from this, we would like to pay homage to the late Narendra Dhabolkar, one of the leading rationalists and activists of our country, who dedicated his life to humanity. We hope we can all inculcate his values and philosophies in our work and lead to the true development of our minds during the exams!

With this, we wish Ruiaites great luck for their exams, and hope that each and everyone of us passes with flying colours!



REPORTS

Monsoon Sports

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
- Michael Jordan

Ramnarain Ruia College's Vidyarthi Pratinidhi Mandal (VPM) hosted the Monsoon Sports yet again. This event was a two-day adrenaline rush with a definite goal of bringing all the sportspersons under one umbrella. Well, we had feared that the outdoor games would be washed out due to the rain, but the Monsoon Gods kept their calm. The event took place on 19th and 20th August. The indoor games were played inside the Ramnivas Junior College premises whereas the outdoor games were played in the College Quadrangle. We, at The Ruiaite Monthly E-Bulletin, congratulate all the participants and the winners for making Monsoon Sports a big success and VPM for maintaining the spirit of the game. In this edition, we present to you the list of winners.

A hearty congratulations to all of them!

August 19th

Badminton

Boys' Singles

Gold	Mihir Pednekar
Silver	Omkar Bhoraokar
Bronze	Kaustubh Gupta

Girls' Singles

Madhumita Kandalgaonkar
Vaishnavi Shetye
Archita Malgaonkar

Doubles

Smit Kadge & Archita Malgaonkar
Gaurang Shroff & Unnat Sangle
Vaishnavi Shetye & Mihir Pednekar

Table Tennis

Gold
Silver
Bronze

Sagar Rajpure
Nilesh Mandke
Sneha Tatkar



Carrom

Singles

Gold	Omkar Bolke
Silver	Lohit Gaikwad
Bronze	Mehul Mokhara

Doubles

Omkar Negulekar & Prathamesh Borade
Lohit Gaikwad & Omkar Bolke
Vinay Madhekar & Smitish Achrekar

Chess

Gold
Silver
Bronze

Nachiket Tejawat
Akshay Pawar
Madhur Rajadhyaksha



August 19th - 20th

Rink Football

Gold

Partha Maity
Rewati Kulkarni
Malhar Karmalkar
Vinay Rawool

Silver

Jigar Patel
Soham Parab
Sujoy Pal
Tamanna Saini

Bronze

Nikhil Verma
Rhutvij Chawan
Soham Chalke

Box Cricket

Gold

Rushikesh Murchavde
Pranay Murdav
Gaurav Jagtap
Swatej Chavan
Vikas Patekar
Aditya Ghadi

Arm Wrestling

Gold
Silver
Bronze

Omkar Parab
Siddesh Shinde
Hrishikesh Tendulkar

Tug of War

Gold
Silver
Bronze

Omkar Parab & Team
Manish Salunkhe & Team
Rohan Jage & Team

Volleyball

Gold
Silver
Bronze

Aaditya Ayare & Team
Shreyas Surve & Team
Omkar Parab & Team

Blood Donation Drive



It is a truth universally acknowledged that blood cannot be manufactured, the human body is its only source. With this in mind, the Senior NSS unit of our college, in collaboration with KEM Hospital, organized a blood donation drive on 2nd September 2016 in Ramnivas Ruia Junior College. Excited blood donors started rushing in from 9 am and the crowd continued pouring in till 3pm. Senior college Vice Principal Dr. Urmi Palan graced the event with her presence. Around 120 NSS volunteers took charge of organizing the event, assisting the doctors and taking care of the donors. Right from checking people's weight to engaging the donors in conversations as they donated blood, the NSS volunteers left no stone unturned in making sure that everyone was comfortable. 183 units of blood were collected in total, for which, the Ruia NSS unit received an appreciation certificate from KEM hospital. The list of donors

included some of the professors and outsiders along with the current and ex-Ruiaites. First time donors cherished the experience, and some even wished to donate blood in the future. It was a memorable event for everyone involved.



Dialogue with Elephants

On World Elephant Day - August 12 2016 - to help us understand the lives of the elephants and their role in our ecosystem, Ruia Science Association organized a talk with Mr. Anand Shinde, photographer and naturalist, commonly known as "The Elephant Whisperer". Through videos and pictures of himself approaching various elephants he encountered in his life, Mr. Shinde took the audience on a virtual journey to sanctuaries and reserves as he recounted stories

and anecdotes on different habits that he observed in different elephants. "Alone, each elephant has individual and unique behaviour, like a human," he remarked. He also mentioned the abuse that is inflicted upon them by the human society. Elephants are used in many occasions by humans, especially for festivities and entertainment. They are crucial in any ecological system; many smaller organisms depend on their dung, footprints and vibrations caused by

their movement to survive. "At this point, we are struggling to make these animals survive because one elephant dies every fifteen minutes. I want you to help them for your own survival," he said, proceeding to inform us about the NGO 'Trunk Call - The Wildlife Foundation' aiming for a sustainable future for elephants who are currently facing the danger of extinction.

Waste: The Hidden Wealth

August 13, 2016

A talk on 'Waste to Wealth' was organized by Ruia Science Association and Ruia Environmental Awareness Committee as an initiative to educate students on the opportunities that investing in proper waste recycling can bring. "Pollutants are the resource in the wrong place," believes Chitralekha Vaidya who was invited to enlighten us. Being the Head of SAWE division Origa Renting Pvt. Ltd., she informed us about the lesser known side of waste manage-

ment. It is considered as today's blooming business. E-waste management shows a silver lining, quite literally. Expensive, pure metals like gold, silver and silicon from computer chips and motherboards can be extracted and reused or sold, leading to huge profits. Apart from electronics recycling, other areas like sewage treatment, bio-drying, gasification, pyrolysis, waste autoclave, hold huge monetary potential if provided enough scientific and commercial at-

tention. Vaidya says, "There's always an opportunity wherever there's a problem." There are 78,893 businesses in the world dealing with pollution today. Mentioning instances where waste has led to flourishing wealth for society, take back policy for electronics and individual ventures like Raddiwala.com, Chitralekha Vaidya quotes, "Innovation has no limit," implying that with the help of today's youth, waste management could be a financial hotspot.

Genetic Disorders

The Ruia Science Association and Ruia Biotechnology Department organized an event on the 20th of August, where a lecture was delivered by Mr. Umakant Nadkar on genetic disorders. Mr. Nadkar is associated with an NGO called Shubhalahari Pratishthan, which helps people that are affected by genetic disorders. He enlightened us with detailed information regarding various genetic dis-

orders. We came to know how little the society, government and even the medical staff know about these disorders. He gave us examples where families of affected children were not even aware of what is happening to their child, and saw them succumb to the disorder. There are 50-60 common cases of genetic disorders in India, affecting 1 in 1000, which is a huge number. Also, not many know about newborn screen-

ing. A major problem is the high cost of screening and treatment. In the final phase of the session, he urged us to acknowledge the problems which affect the survival of these children. In conclusion, the interactive session gave a very clear and important message, which is: Genetic disorders cannot be cured but can be prevented if screened at the right time.

Guest Lecture: The Alumni Series

The French Department organized its 2nd Guest Lecture of this annual year on 3rd September, 2016. This Guest Lecture, entitled "The Alumni Series", was delivered by two ex-Ruiaites, who have pursued their Masters in France, along with a current student who has recently returned from a cultural exchange trip to France.



The first invitee was Ms. Richa Gupte, currently in her second year of Masters in International Relations, Lille University. She spoke extensively about the course that she is currently pursuing, followed by her socially, culturally and academically rich life at Lille. Further on, she ex-

plained the potential perks of choosing this course, like global internships, career opportunities in corporates and MNC's, and much more. She also made the young audience aware of the various scholarships available for applying for Masters in France, including the Charpak Scholarship, the J.N. Tata Endowment, and the K.C. Mahindra Scholarship.



The next guest, Ms. Anupama Rodrigues, recently completed her masters in FLE (French As A Foreign Language) recently, also from the Lille University. After speaking about her course, she highlighted how this degree has benefitted her; for in-

stance, she can now work as a translator from home, while also working as French teacher in various educational institutions. She also gave the audience an insight into her happening life in France through various photos.

And the final invitee to speak at the event was Ojas Chaudhari, currently in the second year of BA, Ruia College. He was invited to speak about an exchange programme for which he was selected by Lions' Club. It was a one-month programme, organized in Eastern France with an objective to bring French speakers from around the world together, and to improve their understanding of the French culture and language. While showing many souvenirs from his trip, he transported the audience to France through various pictures from the trip. He also stressed on the advantages and the disadvantages of programmes like these, while explaining the process of registration to the students. And thus, yet another event organized by the French Department was successfully concluded.

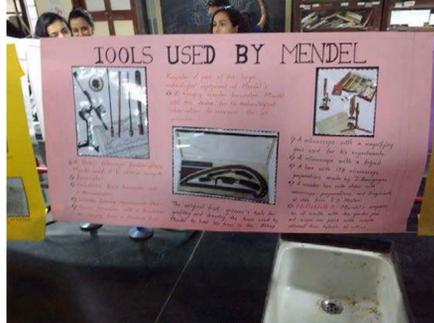
Unknown Facts about Gregory Mendel



The Department of Life Science had organized an open exhibition on meteorologist Gregor Mendel, on 27 August.

Students of FYBSc Life Sciences worked as a team and compiled the tremendous work done by Mendel. The students had sent a special invitation to the Vice Principal of Ramnarin Ruia College. The exhibition highlighted the early life and education of Mendel and garden records, his work as a farmer, meteorology, his work on beekeeping, tools used

by Mendel, tree breeding, jumping genes, heterosis and his honours and awards. The main purpose of this project was to highlight the other great work done by Mendel apart from pea plants. Teachers, Professors and the Head of Department graced the exhibition with their presence.



They loved the exhibition and gave a thumbs up to the efforts taken by the students. Refreshments were provided to the students and professors. After going through the exhibition students and teachers were asked to write their feedback. The feedback was generally positive. The exhibition was informative and many people corrected their facts. The event successfully concluded at the designated time, 12 pm.



मटाचा मदतीचा हात

दिनांक १९ ऑगस्ट रोजी रूड्या महाविद्यालयाच्या सभागृहात 'बळ द्या पंखांना' हा महाराष्ट्र टाईम्सने आयोजित केलेला कार्यक्रम पार पडला. हा कार्यक्रम दहावीच्या उत्तीर्ण गरजू विद्यार्थ्यांना मदत करण्याच्या हेतुने घेण्यात आला होता.

महाराष्ट्र टाईम्सने चालवलेल्या या उपक्रमात चार कोटी ऐंशी लाख रुपये वाचक व इतर मान्यवरांकडून जमा झाले. जमलेल्या पैशांचा वाटप विस विद्यार्थ्यांमध्ये करण्यात आला. कार्यक्रमात मान्यवर म्हणून अशोक पानवलकर महाराष्ट्र टाईम्सचे संपादक, केंद्रीय मनुष्यबळ विकास मंत्री प्रकाश जावडेकर व शिक्षण मंत्री विनोद तावडे लाभले होते. कार्यक्रमात रूड्या महाविद्यालयाचे प्राचार्य डॉ.सुहास

पेडणेकरही सहभागी होते. कार्यक्रमातील विद्यार्थ्यांच्या कथा मनाला भिडणाऱ्या होत्या. घरची गरिबीची परिस्थिती, घरच्यांची आजारपणे व भावंडाची काळजी घेत, प्रसंगी कर्ज काढून हे विद्यार्थी शिक्षणासाठी झटत होते. आई आजारी असताना, वडील मुकबधीर असताना व घराला हातभार लागावा म्हणून काम करत असून देखिल श्रुती बापट या विद्यार्थीनीने दहावीच्या परिक्षेत ९६ टक्के मार्क मिळवले. या कार्यक्रमातर्फे अंध विद्यार्थ्यांनाही मदत करण्यात आली. कार्यक्रमाच्या शेवटच्या भागात विद्यार्थ्यांनी त्यांचे मनोगत व्यक्त केले. गौरव पांगरे या विद्यार्थ्यांनी

आपले मनोगत व्यक्त करताना असे म्हंटले की 'मी पुढे कुठेही गेलो तरी मटाला विसरणार नाही कारण त्यांनीच मला घडवले'. विद्यार्थ्यांनी महाराष्ट्र टाईम्स बद्दल कृतज्ञता व्यक्त केली. कार्यक्रमाचा शेवट मान्यवरांना प्राचार्य सुहास पेडणेकरांच्या हस्ते शाल श्रिफळ व स्मृतीचिन्हे देउन गौरव करण्यात आलं. दोन्ही मान्यवरांनी आपापले मनोगत व्यक्त केले. त्यांनी शिक्षण क्षेत्रातल्या होणाऱ्या सकारात्मक बदलांबद्दल सांगितले. महाराष्ट्र टाईम्सच्या या उपक्रमामूळे गरजू विद्यार्थ्यांना खऱ्या अर्थाने बळ मिळाले.

Mehfil



13th of August marked the beginning of a new forum for discussion. The message that was circulated, read out the words "vintage misfit", and hence, as rightly pointed by Amrita Shenoy, gathered in the room were people who considered themselves as misfits in this fast paced world, a time to wait, breathe, talk and discuss; a beginning of true human communication - Mehfil.

The venue that would see the beginning of this cult in our college was the BMM English department, hosting a decent crowd of misfits. It all started with an introductory statement by Amrita Shenoy, followed by a Google ad being shown, which totally captured the essence of the partition, targeting the emotions attached and the suffering of those who had to face forced separation.

Gayatri ma'am then took the podium and spoke a few words, narrating paragraphs from 'India after Independence' by Ramchandra Guha. The essence of her narration was how the costs of independence were high, not only nations but even hearts were divided; another part of her narration concerned with Sir Radcliffe's job of partitioning India, quoting W.H. Auden's poem 'Partition':

"Unbiased at least he was when he arrived on his mission, Having never set eyes on this land he was called to partition Between two peoples fanatically at odds, With their different diets and incompatible gods."



Being a forum for open discussion, the crowd present also engaged in the discussion, one of them stating her own family history and the horrors they had to see;

first hand stories being passed on

Session on Neuroscience

August 4, 2016

The Science Association of Ramnivas Ruia College organised a lecture on Neuroscience - then and now (formerly known as Early life experience and programming psychiatric diseases). This interactive session was conducted by eminent Scientist Dr. Vidita Vaidya, Biological Sciences, Tata Institute of Fundamental Research (TIFR). The lecture started with an interesting quote by Walter Cannon, "Only when we know what has been done by earlier contributors can we judge the present." This quote, in a nutshell, describes the essence of 'Research'. The lecture could have taken a monotonous route, but turned out to be an interactive session where Dr. Vaidya chose to answer our queries. The G12 classroom was filled with science enthusiasts, teachers and the members of organizing committee. Some really funny yet intriguing questions like, why do we follow when someone yawns? Why do we dream? Why can't we tickle our own self? What effect does the placebo have on our

body? **The exact answers to these questions are still unknown.** This sentence left the audience startled. Dr. Vaidya frequently used the term 'gharanas' for describing various phases of neuroscience. In her words, the first gharana was '**Grave-digger gharana**', ancient researchers here drew the brain and the modern day neurons by excavating corpses and extracting the brain. They drew a detailed illustration of the brain. The Transverse section of the brain in this period of Renaissance led to the inception of Neurology. Ramon Cajal (1852-1934) also known as the father of modern neuroscience used the tool of anatomy to distinguish functions. Camillo Golgi developed a stain that only stained certain neurons. The reason for this is still unknown. Joshua Sanes, Jeff Lichtman (2007) came up with the idea of Brainbow Mouse. Brainbow is the process by which individual neurons in the brain can be distinguished from neighbouring neurons using fluorescent protein. Dr.

Vaidya soon introduced the second gharana, known as the '**Refugee Gharana**', it consisted of Jew Scientists struck in World War II. Stanley Cohen, Victor Hamburger and Rita-Levi Montacini tried answering the fundamental question - How is the brain built? Physicists and Electrical Engineers also joined hands and one such Physicist, Walther Nernst tried to decipher the working of brain. In 2013, Joshua Jennings was successful in tweaking the working of brain (Optogenetics). The third gharana, '**Map maker gharana**', doyen of this gharana was Vilder Pinfield who mapped the entire brain! Finally, Dr. Vaidya spoke about her specialization in TIFR, 'How does experience shape your brain' (Epi-genetics). She concluded the lecture by saying, 'Widen the purview of possibilities, there is a wide range of horizon out there'. This one and a half hour long session was mesmerizing and very informative.

Sanskrit Day Celebration



The Sanskrit day event, which was organized by the Department of Sanskrit on 3rd September 2016, was celebrated with great zeal and enthusiasm. The theme of the programme was "प्रतिमा - एकः नाट्यानुभवः।" It began with a melodious rendition of 'Shivashtaka Naandi' by a couple of Sanskrit students, followed by an analy-

sis and a stand-up show by Dr. Prasad Bhide and Mrs. Ananya Govitrikar on the play "प्रतिमा", written by renowned Sanskrit writer Bhaasa. The event was graced by Dr Varada Godbole, an Ex-Ruiaite who is a gold medalist in BA Sanskrit and is also a professional singer. She spoke on the topic 'Sanskrit ne mala kay dile' and enlightened the students on the importance of Sanskrit.



Later, the meritorious students of Sanskrit were felicitated for their achievements and the efforts taken by the students could be seen through their singing and dance performances on popular songs based on rain, which were translated into Sanskrit by a TYBA Sanskrit student. Mrs. Ananya Govitrikar wound up the programme by presenting a 'Bharatvakyā' which signifies the end

Teachers' Day Celebration

It is said that, 'being a teacher is the highest privilege but having a teacher is the greatest blessing'. Teachers' day is celebrated across the country every year on 5th September as a mark of respect for the teachers and gurus in our lives. Coincidentally, the 5th of September this year was scheduled to be a holiday, as it would be the first day of Ganesh chaturthi, so the Teachers' day was celebrated on 3rd September in our college. The programme was conducted in

the college auditorium, which was organized by the Vidyarthi Pratinidhi Mandal(VPM) of our college. The chief guests included the vice principals of the senior college, Dr. Urmi Palan and Dr. Sucheta Ketkar, vice principal of the junior college Dr Nilan Rane and Phadke sir. The programme began at 12 pm and continued till 3:30 pm. The teachers of senior as well as the junior college were entertained by the Hindi skit, one act play, Marathi play, folk orchestra and mime performances

which were performed in the 'Youth festival' as well by the students of our college. They were engaged in various games as well like guessing the Hindi retro songs which were translated into English, naming any five movies of the King Khan within ten seconds, naming any five countries starting with A etc. This event surely managed to show the different side of our teachers and helped them enjoy their D-Day.

युथ फेस्टिवल

कॉलेजविश्वाची जान असलेल्या युथ फेस्टिवलमध्ये यश मिळवणे हे कॉलेज विद्यार्थ्यांसाठी स्वप्न असत. त्यासाठी विद्यार्थी-शिक्षक मेहनत घ्यायला तयार असतात.

रुईया कॉलेजने यंदा युथ फेस्टिवल मध्ये नृत्य विभागामध्ये- लोकनृत्य, सोलो डान्स; फाइन आर्ट्स विभागामध्ये- कोलाज, पोस्टर, रांगोळी, कार्टूनिंग. संगीत विभागामध्ये- ताल वाद्य, बासरी वाद्य, शास्त्रीय संगीत, वेस्टर्न ग्रुप, सोलो वेस्टर्न; नाट्य विभागात- एकांकिका, मूकाभिनय, माडम, स्किट, एकपात्री अशा स्पर्धेत यंदा सहभाग घेतला होता.

रुईया कॉलेजने यंदा जोरदार तयारी केली. या स्पर्धेत एकूण ३६ इवेंट्स मध्ये उत्तम कामगिरी करण्याचे ठरवले होते, पण झोन एकच्या

प्राथमिक फेरीमध्ये रुईया कॉलेजचे १४ स्पर्धेत निवड होऊन अंतिम फेरीत दाखल झाले. अंतिम फेरीच्या चुरसदार लढाईत रुईया कॉलेजने एकूण ९ इवेंट्स मध्ये आपल वचस्व गाठले.

याची फळ म्हणून अंतिम फेरीमध्ये ५ स्पर्धेत पदके मिळवली. युथ फेस्टिवल जोरदार आणि त्याच आत्मविश्वासाने पार पाडण्यात CL: तृषला नायक व ACL: अमेय नारकर आणि युथ टीम, विद्यार्थी वर्ग, शिक्षक, कर्मचारी वर्ग या सगळ्यांची मेहनत महत्वाची होती अंतिम फेरीत स्थान पक्के करून रुईया कॉलेजने मिळवलेली पदके.

- १) क्लासिकल सोलो डान्स : सिल्वर पदक
- २)सोलो वेस्टर्न इन्स्ट्रुमेंटल : सिल्वर पदक
- ३)हिंदी स्किट : कांस्य पदक
- ४)क्विज : सुवर्ण पदक

५)फोक ऑर्केस्ट्रा : कांस्य पदक तर अंतिम फेरीत वेस्टर्न ग्रुप song, रांगोळी, पोस्टर मेकिंग, फोक डान्स, ऑन द स्पॉट पेंटिंग, या इवेंट्सची चुरसदार स्पर्धा रंगली होती





Buzz Around

निमित्त असेल इरोम शर्मिलाचे...

गेल्या काही दिवसांपासून देशात चर्चिला जाण्या अश्या काही घडामोडी घडून गेल्या. ज्यानी देशातील राजकीय, सामाजिक, व सांस्कृतिक वातावरण ढवळून निघाले. अशातच हे वातावरण ढवळून निघण्यास कारण ठरले ते इरोम शर्मिलाचे तब्बल १६ वर्षांनी सोडलेले उपोषण व मुख्यमंत्री बनण्याची व्यक्त केलेली इच्छा. यास निमित्त म्हणजे Armed Forces Special Power Act (AFSPA).

“मी या अहिंसेच्या मार्गावर चालत आहे. त्याची माझ्याकडे लिखित अशी कुठलीही तत्वप्रणाली नाही. माझा सत्यावर विश्वास आहे. हा प्रवास

जर का योग्य वाटत असेल तर कोणीही माझ्या सोबत येऊ शकतो...". या महात्मा गांधींच्या विचाराने कदाचित इरोम शर्मिला प्रभावित झाल्या असाव्यात म्हणून तर त्यांनी गांधीजींचे उपोषणाचे अस्त्र वापरले. पण हे अस्त्र वापरात असताना वरील विचारातील राजकारणी गांधी विचारात घेतले नसावेत. अन्यथा त्या लोकशाहीच्या तिन्ही आधारस्तंभ असलेल्या राजपथावर उपोषणाला बसले असते, पण त्यांनी मणीपुरची निवड केली. ते एका दृष्टी ने बरेच झाले. त्या निमित्ताने का होईना तमाम भारतीयांसाठी केवळ नकाशपुरतेच राहिलेले

मणिपूर इरोमच्या निमित्ताने काही काळासाठी देशभर चर्चिले गेले.

शर्मिलानी गांधींच्या असचा उपयोग करून २१व्या शतकातील गांधी विचार व त्यांचे मार्ग अवलंबिले जाऊ शकतात हेच दाखवून दिले. ह्यात भारतीय लोकशाहीचा विजय म्हणावा लागेल जिने १६ वर्ष उपोषण चालू राहू दिले. पण यास दुसरी बाजू देखील आहे. ती म्हणजे ह्याच लोकशाहीच्या मार्गाने त्यास दुर्लक्ष केले गेले. पण इतके वर्ष गांधींच्या मार्गाने लढा चालू शकतो हे ७० वर्ष गांधी तत्वे पायदळी तुडविणाऱ्या देशवासियांना दाखवून दिले. १६ वर्षा पूर्वी वृद्ध,

मुले, व इतर प्रवाशांवर झालेल्या गोळीबाराची चिल्ले बघून या इरोमचे कोमल हृदय गहिवरले असावे. व तिने तत्कालीन AFSPA कायदा विरोधात उपोषणाचा गांधी मार्ग निवडला पण उपोषणाच्या थोड्या दिवसातच तिला आई. सी. यु. मध्ये हलवावे लागले. दुसऱ्या शब्दात समाजासाठी स्वतःच त्याग केला.

इरोमने उपोषण सोडल्यावर मुख्यमंत्री बनण्याची इच्छा व्यक्त केली व काहीनी अविवाहीपणे तिच्यावर अप्रत्यक्ष टिका केली हे अयोग्य असले तरी तिला नाकारता येणार नाही. कारण आपल्या समाजात एखाद्या व्यक्तीला एका जागी बसवले की, तेथून त्यास हलण्याची जागाच नाही. त्यात तर समाजासाठी जगडणाऱ्यांनी राजकारणात उतरावे हे त्या समाजरचनेस कसे बरे पटेल? समाजसेवा करताना राजकारणात गेल्यावर कोणते चिह्न दिसते याची भली मोठी परंपरा

देशाला आहे. केजरीवाल, प्रशांत भूषण व्हाया योगेंद्र यादव हाही मार्ग त्याच दिशेला जातो. अर्थात इरोम परंपरा मोडून मुख्यमंत्री झाल्या तर त्यांनी पर्यायी राजकारण करणे योग्यच ठरावे व त्यातून मणिपुरच्या जनतेने सुजलाम सुफलाम जीवन जगावे

या सर्वच्या मुळाशी आहे AFSPA कायदा. जो जम्मू- काश्मीरसह, उत्तर पूर्व भारतातील काही राज्यात लागू आहे. ज्यामुळे स्थानिकांच्या व्यक्ती स्वातंत्र्यावर बंधने आली आहेत. त्यामुळे स्थानिक लोकांच्या मनात या कायदा विरुद्ध आणि सरकारच्या विरुद्ध असंतोष आहे. ८ जुलै २०१६ रोजी सरन्यायाधीश या कायद्याच्या पुनर्विचार संदर्भात केलेले विधान बोलके आहेत. सध्या या कायद्याच्या संदर्भात संसदेत चर्चा करण्याची मागणी होत असली तरी केवळ चर्चा करून न थांबता यावर ठोस उपाययोजना करणे

योग्य ठरेल. अन्यथा हा असंतोष दिवसेंदिवस वाढून अराजकता निर्माण झाल्यास आश्चर्य वाटायला नको. ५० वर्ष नंतरही हा कायदा अस्तित्वात असणे व काही विशेष सुधारणा नसने हे या कायद्याचे अपयश म्हणावे लागेल. सरकारने ह्यातून काहीएक शिकणे गरजेचे आहे. एकंदरीतच देशातील परिस्थिती पाहता सीमेवरील राज्यात शांतता प्रस्थापित होणे आर्थिक महासत्ता बनू पाहणाऱ्या भूमीस अवयवशक आहे. AFSPA कायद्याच्या जन्मानंतर पुलाखालून बरेच पाणी वाहून गेल्याचे दिसते. आता मधला मार्ग काढण्याची गरज आहे, त्यासाठी ठोस निर्णय सरकारलाच घ्यावे लागेल. धोरणात बदल करावे लागतील. वातानुकूलित खोलीत न बसता प्रत्यक्ष तेथील जनतेशी संवाद साधून जर निर्णय घेतले गेले तर पुढील काळ शांततेचा असेल. निमित्त असेल इरोम शर्मिलाचे...

- शुभम महाजन

Simply Put - US-India Strategic and Commercial Dialogue

1. When was the US-India Strategic and Commercial Dialogue held?

It was held on 30th August, 2016 in New Delhi, India.

2. Who participated in this Dialogue?

US Secretary of State, John Kerry and US Secretary of Commerce, Penny Pritzker co-chaired the second US-India Strategic Commercial Dialogue (S&CD). They were joined by their respective Indian co-chairs, Minister of External Affairs, Sushma Swaraj and Minister of State for Commerce and Industry, Nirmla Sitharaman, along with the members of the Indian delegation and their US counterparts.

3. On what matters under the Defense were agreements made?

An agreement was made between India and US on matters like International Solar Alliance, implementation of 'Agenda 2030', strengthening the co-operation in the areas of Peacekeeping and Maritime security. There have been a series of sustained ministerial exchanges in the areas of defense, finance, urban

development, commerce and industry, power, environment and forest, petroleum and natural gas, among others. India sought the support of US for the resolution of long-pending issues of totalization and the fee hike for H-1B and L-1 visa. Defense Logistics agreement and Cyber agreement were signed. The challenge of "Climate Change" was met by making agreements on providing finance for innovative renewable energy projects and clean energy. An initiative was taken to start clinical trials for vaccines against dengue and tuberculosis. It was also decided that trilateral talks between the United States, India and Afghanistan would be restarted. The other issues that were discussed include - the robust Student Exchange programs, co-operation in Space, support for Women's rights and making it easier for Indian travelers to enter the US.

4. What agreements were signed in the areas of Commerce and Industry?

Ans: A transparent Government E-Market (GEM) portal was launched. An agree-

ment was made to look at the best practices exchanged with GSA advantage. A collaboration between the Department of Expenditure and the USTDA took place in order to focus on small and medium scale enterprises. A program called 'Silicon Valley comes to India' was introduced. Extensive discussions on Infrastructure development and Smart cities, Innovation and Entrepreneurship and Travel & Tourism took place. It was decided that the USTDA will collaborate with the Andhra Pradesh government for 'Integrated Master Plan Development' in Andhra Pradesh and will collaborate with Ajmer and Allahabad to facilitate their proposal for the Smart city challenge stage. India and the USA have agreed to co-host the 2017 Global Entrepreneurship Summit in India and a GES 'Statement of Intent' has been signed for this event. A technical delegation on standards to US has been proposed which will engage with NIST with reference to material production and conformity of assessments.

Shreya Kulkarni

Top 10 News - Swara Jamdar

1. President gives nod to GST bill.
2. Mother Teresa declared Saint Teresa of Calcutta.
3. Urjit Patel assumes charge as new RBI governor.
4. India won 2 medals at the Olympic Games Rio 2016.
4. Rajiv Gandhi Khel Ratna Award awarded to P. V. Sindhu, Dipa Karmakar, Sakshi Malik and Jitu Rai.
6. Supreme Court cancels land allotment to TATAs in Singur.
7. G-20 summit begins in China.
8. P. M. Modi urges BRICS nations to intensify joint efforts against terrorism.
9. Curfew, restrictions continue in Kashmir. Death toll reaches above 70.
10. The Surrogacy (Regulation) Bill, 2016, cleared by the Cabinet.

Sarcasm - Zeeshan Kaskar

Raghuram Rajan: "The Central bank needs to be independent and should be able to say 'no' to seemingly attractive proposals."

Modi : "Okay. Karlo duniya mutthi mai and let's appoint Urjit Patel..!"

CAREER WISE



SPORTS

The “Sportive” Geniuses!

Hello again, dear Readers! This time, CareerWise is here to enthrall you with - Sports!

Sports has experienced phenomenal growth over the past 40 years. This growth trend is reflected in the increase in variety and availability of sport and recreation careers at every level. Typically, when one thinks of a career in the blooming sports sector, one may think of a select few job opportunities, such as those of athletes or high profile managers for sports teams... Now, keeping in mind CareerWise’s spirit to introduce the unusual, we bring to you vibrant careers in the sports field dedicated to promoting and maintaining physical health, fitness and well-being! Check them out!

Sports Manager

Sports managers handle the basic organization and scheduling of their clients. Sports managers are hired at a variety of venues, including academic institutions, amateur and professional leagues, sporting goods companies, and even sports marketing firms.

Some sports managers are responsible for keeping an individual athlete in good mental and physical health. However, the duties are quite different for a sports manager of a team or an organization, since he/she must ensure that in this context emerges the role of a sports journalist who comes with a passion for sports as well as a flair for writing.

Categories under which one can work as a sports journalist are - sports reporter, feature writer, proofreader, columnist, editor, critic, etc. Also, one can choose to work either in broadcast journalism or in print journalism.

The basic prerequisites for a career in this field would be a passion for sports, excellent writing skills, and attention to detail.

As far as educational qualifications are concerned, a bachelor’s degree or a diploma course in journalism is adequate, along with further specialization courses, as per one’s own liking. Some colleges provide certificate courses for the same. Some of the reputed institutions which offer a course in sports journalism are Xavier’s Institute of Communications

the vast network required to run the team is working well together and organized correctly.

To become a sports manager, it’s important to have a good business sense, and the ability to communicate and negotiate in serious discussions about important issues.

Usually, sports managers have a degree related to the field of marketing or business. But a Master’s degree in sports management may prove very helpful. However, many sports managers have to start with an internship with the or- (Mumbai), Times School of Journalism (New Delhi) and Asian College of Journalism (Chennai).

The average pay package per annum for a sports journalist is around 2 to 3 lakh rupees, which then increases with experience.

Sports Psychologist

Paul Brown once said, “The key to winning is poise under stress.” Well said, right? There are times when you have to unleash the best in you even if you are stressed and anxious. At such times, we call for counsel. Similarly, athletes have to deal with tremendous mental and physical stress. Helping them analyze and overcome their stress helps them to get a grip of their mental fluctuations.

Sports Psychology is a field where one studies the effects and influence of competition, training and workout on the mental health of the athlete. The idea of

organization and work their way up to managing.

A first-hand experience in a sport may also help, since many former players choose to practice this career later on.

Sports Journalist

With thousands of players involved in different sports all over the world, the sheer interest of people in sports is growing day by day. They are interested in not only playing the sport, but also in knowing more about that sport.

considering a sports career as trivial has already been eradicated from the society. Thus, Sports Psychology has not only gained importance, but has also become a necessity for the best mental health of an athlete. Despite being a very young discipline, it is flourishing expeditiously. A Sports Psychologist’s pivotal task is to evoke the ways which would bring about balance in times of defeat, stress and anxiety. So, how does one become a Sports Psychologist? Many universities offer a degree in Sports Psychology under the broad title of Psychology. Some foundations certify you as a Sports Psychologist once you pursue a degree in any field of Psychology and later appear for a deemed test and actual on-field training.

So, the psychologists out there must absolutely give it a shot!

EXPERT SPEAK

- Amit Joshi, *Clinical Psychologist, Career Counsellor and Ex-Ruaite.*

There are no specific aptitudes required for the sports-related careers discussed here. However, there are certain personality traits that are definitely helpful for a fulfilling career. For instance, Sports Management requires mental toughness, patience, resilience, perseverance, management skills, communication skills,

leadership skills, tremendous self-confidence or assurance, assertiveness skills, motivational skills, strong commitment, organizing skills, and strong decision making ability.

In case of a Sports Journalist, verbal reasoning skills, flair for writing, ability of being unbiased, language reasoning skills, keen

observation, organizing data, analytical skills and reporting skills are some of the prerequisites.

On the other hand, the skills deemed necessary for a Sports Psychologist are empathy, verbal reasoning skills, language reasoning skills, keen observation and an understanding of the life of a sportsperson.

Harsha Bhogle- When Passion Defines Success

As we already know, Cricket in India is not just a game, but a trend followed by a huge number of Indians. Harsha Bhogle, the famous cricket commentator, has made a special place for himself in this field - the proof being that there is no Indian cricket fan who doesn’t recognize him. If we take a look at his educational qualifications, we would think that he was on the road to become a high official in multinational advertising firms, but his passion for cricket brought him to the commentary box. His intrinsic interest in cricket and a well-modulated voice turned his passion into an acknowledged career. He

started commentary at just 19 years for All India Radio. He is also the first Indian commentator to be called by the Australian Broadcasting Corporation. Being more than merely a cricket admirer, he has also been a part of IPL since 2009, and has been rendering his services to CNN-IBN as an expert cricket analyst. He has anchored shows like, ‘Harsha Online’, ‘Harsha Unplugged’ and ‘The Week’s Special’ on ESPN and Star Sports. He has been voted the favorite TV cricket commentator by Cricinfo, based on online poll results. He has also authored books like, ‘The Winning Way’, ‘Out of the Box’, and the biography

of Mohammad Azharuddin. He writes sports columns for The Indian Express, The Sports Star and freelances for numerous magazines, tabloids and publications. He also writes articles on star-sport.com and ESPNcricinfo. Thus, even after being inclined towards studies and obtaining a recognizable degree, Harsha Bhogle became the number one commentator by directing his efforts in the right direction and turning his passion into a grand success!

We hope you do not overlook these great professions and grab the opportunities that offer a sport enthusiast the upper hand in this diverse and interdisciplinary sector! So Ruaites, come, be a sportive genius today!



Behind the Scenes Vidhyarthyancha Raja

"Vidhyarthyancha Raja", one name that enkindles the festive fervor in the heart of every student!



It's September now, one of the most awaited months where we welcome our beloved Bappa - the one who makes our sorrows vanish and delivers happiness, contentment and optimism in our souls. The uniqueness of Vidhyarthyancha Raja begins from his name itself. This Sarvajanik Ganeshotsav Mandal was started 38 years ago by college students. All the volunteers taking part in this festival are college students along with the alumni who return to serve their cherished and admired Bappa. These efficient volunteers are Ruiaites, Podarites and Welingkarites, and therefore the name Vidhyarthyancha Raja.

The preparations begin 2 months prior to the magnum opus, Utsav. Voluntary donations are accepted from sponsors, members and college students; the necessary permissions are taken. The idol holds a pen and a book in its hands, connoting its consanguinity for its students. The celebration is a traditional one with dhol pathaks, in the beats of which everyone gets engrossed during the 'Ganpati Dance'. The Ruia Naka Sarvajanik Ganeshotsav Mandal is appreciated by the BMC and the police on account of their decent celebration. A theme is put forth every year where they usually promote a social cause. Vidhyarthyancha Raja has also won the

second prize in a decoration competition all over Maharashtra. The members however say that "God is one" and that they do not believe in competitions among idols. No matter how difficult the preparations seem initially, everything turns out to be ambrosial in the end, which they believe is because of the blessings of Bappa. The organisers convey that "Bappa is ours" and every individual is welcomed and acknowledged. The Mandal also maintains its reputation in terms of being environment-friendly and only uses easily dissolvable and a non-harmful material, Shadu, for making their beloved Bappa's idol.

The Mandal is well-known for its peaceful co-existence amongst its neighbouring building residents. The place where the Mandal has been set up is blocked by the RTO and is a no-parking area on the footpath. It hardly takes any space and doesn't come in the way of the pedestrians.

In fact, even the Police appreciate their efforts and their motivation. This festival isn't a mere occasion celebrating Bappa's arrival in homes; it is an ultimate test of their faith - faith that will encourage them to always move forward in their lives and face all hardships without wavering, as Bappa will always be watching over them. Good always comes from purity in one's motives.

The purpose of the Mandal is to bring about unity amongst the people, to bring them together in the festival of Bappa. Anyone is welcome to work and take the Blessings of Bappa.



Vidhyarthyancha Raja isn't just an idol for the Mandal; it is an inspiration. The true essence of the Mandal is social unity and prosperity. They have achieved it every year effortlessly and we hope that they continue doing the same in the future as well.

So, pack your boxes of modaks and laddoos! Vidhyarthyancha Raja is waiting for you!



INSIGHT

EXAMS

Fasten your stress belts! Exams Incoming!

Sae Patkar

As the semester comes to an end, several familiar activities begin - daily trips to Satkar (the photocopying shop), zooming in on pictures of notes circulated through Whatsapp, weekly visits to the Reading Hall, pleading the O-graders to teach you several subjects, frantic ruffling of the pages of your reference books, pulling all-nighters before the day of the exam, succumbing to a nervous breakdown at midnight when you realize there are still several chapters left to study, drinking multiple cups of coffee to stay alert, panicking three minutes before the exam when someone asks you, "Have you studied -?"

Activities that one would otherwise never indulge in become a part of

the daily routine with the onslaught of exams. The very word, when coupled with a few others like "tomorrow" and "results" can give students waves of panic along with inevitable misery. Not even the smartest or the most 'chilled out' students can deny the existence of stress surrounding their academic life. Be it for assignments or projects or presentations or just attending a 50-minute lecture, there is always stress. And exams top the list of stressors that a student falls prey to, simply by virtue of being a student. Now here's the thing about stress. It is a necessary emotion that comes in three levels - mild, moderate and severe. An excess of anything is detrimental - this is a known fact. Mild

and moderate stress is okay, and to some extent, necessary, to be productive. For instance, if there was an assignment due next Friday, you need to be a little stressed to muster up the motivation and energy to plan out how you're going to go about finishing it in the stipulated time. However, the current examination system is not designed to give you moderate stress. Students end up crying on the day before their exams. Their emotional affliction ranges from panic attacks to nervous breakdowns to suicidal ideations, merely as a consequence of exams and its implications. The very thought of exams is enough to induce anxiety in the hearts of students.

Now to what extent the examination system alone is the cause of stress is debatable. Several other factors are at play here as well - one of them being the undue importance that examinations garner. When examinations serve as the sole point of reference to judge a student's level of education or understanding, it becomes a cause of stress. When society pressures you into believing that your final exams will decide your entire career, it becomes a cause of

stress. When the examination system evaluates only your memory and not your understanding, it becomes a cause of stress. But we can slowly put an end to the stress by separating examinations from the unwarranted significance they assume. It may sound like a Herculean task, but here's the good news - it has already started! Think about it, ask your parents about the kind of pressure they faced while appearing for their exams, ask them

how important it was to get into an engineering or medical college back then. India has come a long way since then. We have several open career options, and other means of assessment have been introduced. The process towards change has already begun. All we need to do right now, is push it farther, make it stronger and hope for the better. (All this, along with struggling to scrape that O in your semester.)

With exams just round the corner and tempers running high, the members of team Insight decided to interview some students of our college in an attempt to gain an insight into their views of our education system. We prepared a questionnaire, as part of the survey, which was then circulated amongst the students. Following are the questions we asked and the conclusions we drew -

Questions	Answers	Strongly Disagree	Disagree	Can't Say	Agree	Strongly Agree
Indian education system helps gain information, not values.		0%	33.3%	13.9%	30.6%	22.2%
School & college level exams only test your memory and recalling capacity, not your intelligence.		0%	0%	2.8%	55.5%	41.7%
Indian examination system is very beneficial for personal growth.		27.7%	30.6%	30.6%	11.1%	0%
Exams are fun and they encourage us to study well.		27.8%	27.8%	16.7%	22.2%	5.5%
The current education system helps us gain both theoretical and practical knowledge of various subjects.		27.8%	27.8%	19.4%	22.2%	2.8%
Exams should be banned completely and only pressure-free education should be encouraged.		5.6%	58.3%	11.1%	16.7%	8.3%
Indian education should shift from being exam oriented to being knowledge oriented.		2.8%	2.8%	5.5%	27.8%	61.1%
The examination pattern doesn't provide much scope for creativity.		0%	0%	2.8%	52.8%	44.4%
Parents and children are more responsible (as compared to exams themselves) to make exam a stressful experience.		2.8%	11.1%	19.4%	50%	16.7%

Statistics compiled by Rohan Pawar from 36 participants

Q. According to you, in what way can the examination system be improved?

A. We received a plethora of ideas from students suggesting ways to develop our dated system. Suggestions include projects, internships, quizzes, on-the-spot essay writing as methods to gauge learning. These methods, students declare, will help test whether the student has understood the concept. This will also do away with rote learning and textbook-ish reproduction of material which will prove to be more beneficial in the long run.

Rajsithee Dhavale

5 things more important than exam scores

Sawri Madkaikar

1. Life experience:

Qualifications are important, sure, but life experiences teach you much more. So balance your grades with life. No one remembers the grades they got when they're on their deathbeds.

2. Your Health: While your marks seem like they're life or death, your health actually is. Make it a priority to stay healthy, both mentally and physically.

3. Relationships: Along with studies, invest time in making good friends. A report card is not the only thing that you take away from college. If you're lucky, you'll be passing out with an entire support system too.

4. Amount of Learning: Take subjects that improve your perspectives or make you a better student. Not just those that are scoring.

5. Happiness: If you're stuck with subjects that make you hate going to lectures but look great on your transcript, you shouldn't stick with them. Be genuine and stay true to yourself.

5 Ways to shoot exam stress:

Rajsithee Dhavale & Rohan Pawar

1. Meet your books often:

Read for at least an hour daily. Believe me, small investments are never a loss. Through a daily studying pattern, all you'd need during the exams is a quick revision.

2. Put on some music:

Tired during exams? Well, music is here for you. Listen to your favorite songs, have some snacks along. Listening to instrumental music while studying calms nerves.

3. Take small naps:

Take breaks, don't overdo it. A power nap (10 min-

utes) is very rejuvenating and you wake up feeling fresher than ever!

4. Talk to your loved ones:

Discuss the things you like, be it sports, be it fashion, be it current affairs; any topic that makes you lose the control of your vocal cord and de-stress. Well, do keep an eye on the clock!

5. Practice yoga: It helps increase memory retention capacity. 10 minutes of yoga per day helps you deal with stress as well as enhancing your body system.

OpEd

Pondering Over Religion

Religion - a very controversial topic! Even so, the students of Ruia did not hesitate to give their views on the same. We were curious to know what they understood by the term 'God' or 'Religion'; whether they followed a particular religion or had faith in God. Surprisingly, it turns out that most of them don't follow any religion devoutly. But it does not necessarily mean that they don't have an image of God or a 'Supreme Principle' in their mind. Many are quite forthright in their view and deny the very existence of God, others describe him as a governing energy or a force - the reason behind everything, pure consciousness that resides within each one of us and one which is beyond mere stones and statues. Our Vedic scriptures and other religious texts constantly talk about the supremacy of

God and how one must never disobey him. However, in reality, the exact opposite is practised in most cases. Some believe that we are merely reducing his status to that of an unpaid babysitter. On the other hand, others call him a 'Guardian Angel', the one who provides us with the energy to sustain and carry on - acting as a pillar of strength or a ray of hope. Still, very few believe that we are his manifestations or it is 'He' who exists.

It is said that ideals have the power to either make or break a person and this highly depends on whether or not one has faith in that ideal. Faith is an instrument that helps you become courageous and keeps you moving ahead in life.

Optimum amount of faith is essential for our very existence. We need to have faith that the land wouldn't gulp us if we have to live on it. Thus, faith helps us to live peacefully, however, blind faith is explicitly an evil. Having excessive faith in anything can lead to disasters. Blind faith is never a good idea but things will never work out if you are critical about every minute detail, either. We should be vigilant enough to find the 'golden mean' between both the extremes because extremity is the cause of destruction. In the modern world, we have witnessed devastation on a large scale behind the shield of religion. We have conveniently forgotten the fact that it is people who have changed over the centuries and not religion. Religion is often confused with nationalism.

Religion has never caused any problems, people have. The former, in spite of being faultless, is blamed. However, youngsters today, have resorted to another religion and they have labelled it 'Humanism'. The purpose of religion is to control yourself and not criticise others. However, times have changed and so has the true meaning and purpose of religion. The conflict between theists and atheists is still going on. Their ar-

gument is undoubtedly a feast to our intellect, but at times, both the parties can get pretty defensive. But these days, people are quite generous, making place for a fourth person in a three-person seat! This clearly shows that humankind is becoming kind enough to realize that in metaphysical matters, there is no final authority and that, at the end of the day, it all comes down to the liberty of personal choice. The ideal

that 'individual beliefs should be respected despite of dichotomy' is on its way towards inception. However, we are still in the transitional phase of coming to terms with the undeniable fact that having a different view doesn't make the other person wrong. **After all, your belief doesn't matter, how you act with your belief ...does!**

Well Said!

1. If you're so sure of your religion, why should it bother you that I doubt it?
2. What one man calls God, another calls the laws of physics.
3. विज्ञानामध्ये व्यासंग आहे, आध्यात्मामध्ये सत्संग आहे.

धर्माची खरी ओळख

धर्म !!! 'तुझा धर्म काय?' असा प्रश्न विचारल्यावर अगदी 5 वी 6 वी मधला मुलगा सुद्धा सहजपणे हिंदू, मुस्लिम, बौद्ध अशी नावं सांगतो. आता ह्यात त्याचा तरी काय दोष? बालपणापासूनच त्याच्या मनावर असे बिंबवले असते. प्रत्येकाला नावासोबत आपला धर्म सांगायचा तितकाच अभिमान असतो आणि का असू नये? नक्कीच असावा पण त्याबद्दल ठोस दाखले आपल्यातल्या कितीना ठाऊक असतात? कधीकधी या अभिमानाची सर्वोच्च पातळी गाठून त्यातील श्रेष्ठत्व सिद्ध करण्याचा आपण प्रयत्न करतो. त्याची कितपत गरज आहे हा मुद्दा बाजूलाच राहतो... असो.

तर मग ह्या धर्माची तोंडओळख करून घ्यायला काय हरकत आहे? 'हिंदू' भारताच्या उत्तर पश्चिम भागातून वाहणाऱ्या सिंधूचे पुढे हिंदू झाले. ह्या भूमीला हिंदुस्थान असे नाव मिळाले व येथील रहिवासी म्हणजे 'हिंदू'. अर्थात हिंदू या धर्माचा आणि भौगोलिक भागाचा जवळचा संबंध दिसून येतो. 'मुसलमान' या अरबी शब्दाचा अर्थ 'जो अर्पण करतो तो' असा होतो. यामध्ये सुद्धा किती ती उदात्ततेची भावना! येशू ख्रिस्ताच्या अनुयायांच्या एकत्रित समुदायाला 'ख्रिश्चन' हे नाव मिळाले. गौतम बुद्धांची विचारसरणी पटणाऱ्या समुदायातून एकत्रितपणे 'बौद्ध' धर्म उदयास आला.

पण खरंच धर्माची मूळ व्याख्या काय आहे? वेदांमध्ये मनुष्याच्या चार पुरुषार्थांचा उल्लेख येतो. त्यात 'धर्म' ही संकल्पना आहे. धर्मातील वर्णाश्रमानुसार पूर्वी धर्माची व्याख्या वेगळी होती. ब्राम्हण, क्षत्रिय, वैश्य आणि क्षुद्र या प्रत्येक वर्णाचा 'धर्म' अर्थात 'कर्तव्य' वेगळं होतं. मुळात धर्म म्हणजे कर्तव्य आणि धर्मपालन म्हणजे कर्तव्याचे, नियमांचे पालन. उदा. ब्राम्हणांचा धर्म वेदवाङ्मयाचा अभ्यास करणे, क्षत्रियांचा धर्म राज्याची सुव्यवस्था सांभाळणे इ. काळासोबत समाजरचना आणि समाजरचनेसोबत समाजाचा दृष्टीकोन बदलत गेला. भारतात परकीयांनी आपली पाऊले रोवली. ह्या परदेशीयांपासून स्वतःला वेगळं संबोधित करण्याची गरज निर्माण झाली. परिणामतः स्वतःला ब्राम्हण, क्षत्रिय म्हणणारे लोक आता 'हिंदू' म्हणू लागले. सगळे धर्माकडे एक कायमस्वरूपी सामाजिक ओळख म्हणून बघू लागले. अर्थात परिस्थितीनुसार व काळानुसार धर्म या शब्दाचा अर्थ बदलत गेला. कधी धर्म म्हणजे कर्तव्य कधी धर्म म्हणजे योग्य आचरण तर कधी धर्म म्हणजे समाजातील विविध समुदाय..... पण अंतिमतः धर्म म्हणजे माणसानेच माणसाच्या सुखी आयुष्यासाठी निवडलेला एक संस्कार!!!!

पण सध्याच्या काळात ही संकल्पना आनंदापेक्षाही

तणावासाठी कारणीभूत ठरत चालली आहे. कोणताच धर्म श्रेष्ठ-कनिष्ठतेचे विचार सांगत नसतो. खरंतर मानवता, परोपकार, सद्वर्तन याची पाळेमुळे याच धर्मात दिसून येतात. भगवद्गीता असो, कुराण असो वा बायबल प्रत्येक ग्रंथ जगण्याची दिशा देत असतात. पण त्याचा विचार न करता केवळ तुलनेतून समाधान मिळवण्याचा प्रयत्न आपण करतो.

यातून एकसंघ समाज घडण्याऐवजी आपापसातील दुरावा आपणच तर वाढवत नाही ना????

ज्या धर्माने आपला समाज घडवला त्याच धर्माने तो नष्ट तर होत नाही ना???? माणूस म्हणून आपण धर्माचा अर्थ समजून घेण्यात चूक तर करत नाही ना????

'परिवर्तन' ही मानवी जीवनाची गरज आहे. परिवर्तनाच्या आशेवर मनुष्य कित्येक संकटांचा सामना करत असतो. आजच्या काळातील सामाजिक परिस्थिती पाहता मनुष्याच्या विचारसरणीत बदल होणे अपरिहार्य आहे. लवकरच तुम्हा-आम्हा सर्वांच्या प्रयत्नातून हा बदल घडेल आणि पुन्हा एकदा एकसंघ समाज निर्माण होईल अशी आपण आशा करूया.

कारण म्हटलेच आहेत-

“परिवर्तनाशिवाय प्रगती नाही”



OPEN FORUM

World Suicide Prevention Day: 'When Prevention is more than just better'

-Saakshi Gupta and Riddhi Jadye

The youth makes up for the majority of the world population. It is, therefore, extremely important for the young generation to be mentally stable and strong. Unfortunately, their psychological health is neglected and that is a major concern. There has been a rise in mental health problems among students as they face mental ups and downs in their academic and social life.

Mental health issues can crop up at any time, in any degree. Major reasons for this are said to be the academic pressure and growth in competition among students. They are trapped in the constant rat-race to prove themselves. All those who are left behind in the race feel guilty and frustrated. When the guilt sustains for long, they might slip into depression.

Even when there's acceptability and understanding of these issues, there is a lack of knowledge and experience in handling them. Comforting and encouraging people with suicidal thoughts and tendencies goes a long way, but getting professional help adds an extra bit of assurance that the concerned person would eventually be pulled away from this dark patch of life.

Friends, family and even acquaintances have to be fine-tuned to detect even the slightest peep of suicidal tendencies, because, in this case, prevention is definitely better.

Going abroad for higher education and moving away from family becomes stressful as the students have to adjust with new culture, new people as well as balance their studies. The anxiety levels go on a peak and, if not treated on time, lead to mental illnesses.

Sometimes, students face peer pressure or fall prey to bullying and try hard to fit in. The urge to belong can take the form of students trying to meet the 'socially acceptable' physical appearance standards, leading to eating disorders like bulimia and anorexia, which, if not paid attention to at the earliest, might end with suicidal attempts.

There is a greater and immediate need for counselling students and to promote their well-being and good mental health.

A note to the teachers

-Ishita Nirbhavne

We, as students, usually brand teachers as someone whose job is to just teach us from our textbooks. Is this generalisation fair, though?

So, in keeping with the spirit of Teacher's Day that went by at the start of the month, here are a few anecdotes that will describe the true role of a teacher in our lives -

1. "My French and English tutor, Yamini Miss, completely changed the way I used to look at languages. Her wonderful stories, interactive sessions and awesome sense of humour helped me boost my confidence and even honed my oratory skills. She could've just taught me the languages, but indirectly she shaped my personality and continues to be my rock support even today."

And this is where, from the stack of all the days throughout the year, 'World Suicide Prevention Day' (September 10th), pops out. It's an awareness day for an issue which seems to be only ever seen in the headlines, and real life conversations about which are just not enough.

We simplify the causes of suicide into simple words and phrases - 'academic pressure', 'peer pressure', 'teenage love gone awry' - but the complicated thought process that leads to the dark end rarely ever sees the light of the day.

One of the reasons for this would be the inability to communicate - most of the times students don't share their issues and worries with anyone. They feel embarrassed to disclose their fears and anxieties, so they gulp it down.

2. "My Sanskrit tutor, Mrs. Veena Godbole, is 75 years old now and her views about the world might surprise you. Her progressive thoughts, positivity and youthful attitude taught me so much. Her students have excelled throughout and, in fact, one of her students is working as an astronomer with NASA. She has, is and always will continue to inspire us all."

3. "Vidya ma'am - A person with the superpower of making History fun. She involved me into many activities, had confidence in me when I didn't. She helped me get over my stage fright, even though I used to mess it up sometimes by being an absolute nervous wreck! I haven't come across a person, a teacher like her, and probably never will."

How Sweet! -Gayatri Godbole

Matunga: the most relatable place which makes us feel as if we are in some part of South India by setting the tone with the help of its vibrant market and the hustle-bustle of its restaurants and food joints. The most common aroma that we come across while strolling around in the Matunga market is of coffee beans and brewed filter coffee, which makes us stop and fetch the source. The sources, of course, are those restaurants which also embolden us to have a sweet tooth. 'Sheera' is the most common and popular Maharashtra dish. This delicious sweet dish comprises of semolina, ghee, sug-

ar and milk. The famous 'Udipi' joints have added Pineapple to the recipe and



completely transformed sheera, making it authentic with its tangy taste. It

even has different versions. The perfectly roasted semolina with ghee, cooked in Pineapple juice serves to be a blend of flavors worth relishing. Some places to try out the Pineapple Sheera in Matunga are Ramashraya, which is opposite Matunga railway station and Mysore café, opposite Maheshwari Udyan. Other versions include Chocolate Sheera, Almond Sheera, etc. Pineapple sheera is indeed a must try in Matunga

Student Hacks -Sawri Madkaikar

With exam season nearly upon us, here are some simple study hacks:

1.DOWNLOAD AN APP TO BLOCK DISTRACTORS: Use programs like Cold Turkey and Self Control to block distracting apps like Facebook, Instagram, and any others, on your computer or phone for a set period of time. This will keep procrastination at bay.

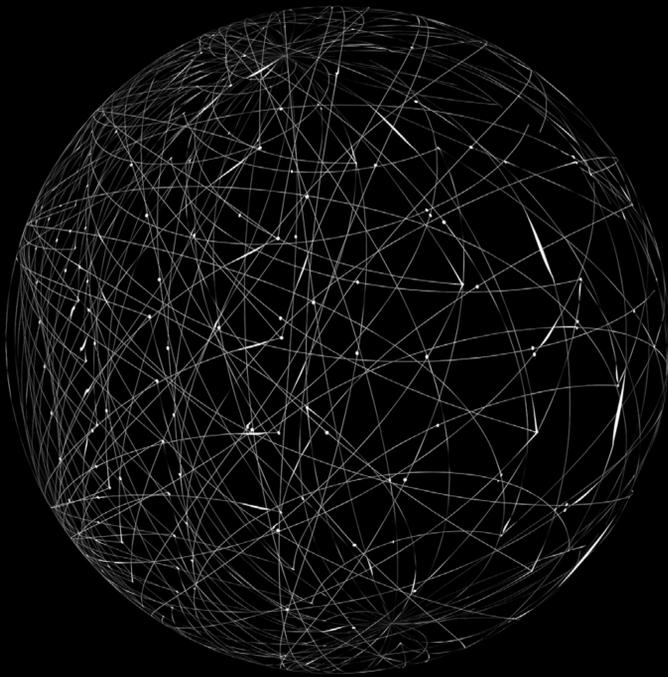
3.DO SHORT SUMMARY SESSIONS: Do a short review session, at 20-minute intervals, of the newly learnt material, if you plan to study at a stretch. Reviewing helps you remember key points and makes sure you don't put half your efforts down the drain.

5.BREAK: Set a timer to study for 25 minutes and then take a 5-minute break to rejuvenate yourself. Drink coffee during that time or have a chewing gum as it helps you stay awake and boosts your concentration. Also, chewing gum helps you to retain everything that you have learnt as our tactile memory kicks in during exams.

2.MAKE NOTES AS IF FOR ANOTHER PERSON: Once you are out of the mindset of the lecture, you cannot understand those tiny words you have written as 'running notes' and, more importantly, you don't have the time to decipher your own Da Vinci Codes before exams. So, write spaciously as if you are writing for your friend.

4.USE DIFFERENT COLOURED PENS: Using different colours in your notes not only helps you chunk huge materials into smaller bits, but also fires up your visual memory, helps you to remember during crucial times and also acts as a motivation to study.

*But remember that in the end, there is no alternative to hard work.
Happy Studying!*



TECH TRICKED

The Me That I Never Met

Shirish W. & Tejas M.

Do you know there might be a version of you out there doing something that you aren't doing right now? If you are not a follower of Science, things are about to get convoluted, but bear with us till the end and your mind is definitely going to blow, like ours did!

Now, you might have heard of the chic sci-fi term "Multiverse" or Parallel Universe. Many Sci-Fi filmmakers have already adapted these concepts fictionally, with the latest example being Netflix's "Stranger Things" by The Duffer Brothers. This idea of there being a number of different permutations of our world is very intriguing and people like to talk about it a lot. Besides, it makes a great storyline as well! But there are a lot of scientists who have made intricate observations that conclude that this might be a legitimate theory.

There is a theory put forward by a group of mathematicians and physi-

cists, called "The Many Worlds Theory", which for the common man, means that there is a very large and possibly an infinite number of universes, and everything in our past that could have possibly occurred but did not occur, has occurred in some other universe or universes. Confusing, right? But to simply, think about it, this morning after you woke up, you would've done numerous things and thought of doing another set of numerous things which you didn't do because you were probably concerned with the outcome, but guess what? The interesting part is, you've already done that in an entirely different universe than ours.

Right off the bat, this seems like a weird idea from the mind of a Sci-Fi writer and even we think the same because there is no experimental proof to this theory, but as always, Math and Physics are the ultimate saviours for us to theoretically prove

it. Now, sometimes the physical derivations are questioned because of terminology. While proving their theories, many physicists usually say "Universe", when they actually mean the "observable universe" - that is, a morsel of this gigantic Universe that we are able to perceive.

For ages Physicists have argued about the existence of many physical universes, known as "Many universes" or "Multiverses". Another Famous Multiverse theory is The Baby Hole Universes - it is the most basic theory of the Multiverse; the idea is that there are many other parts of the Universe that exist, but they are so far that it will take us ages to observe them before we, as a species, cease to exist. These other variations of Universes might also be inside a Black Hole which essentially is impossible to observe. Simply put, if these small variations of Universes had uniquely different laws of Physics, then by definition

we could only exist in the one that has the right combination of Physical Laws to allow us to exist. Although this theory hasn't been tested, it might be someday, as the scientists are coming increasingly close to interpreting and manipulating ever larger Quantum Mechanical

Systems which bridge the gap of interpretation between the quantum realm and our everyday world. Again, these theories might seem to be moot points as of now, but remember guys, Physics is Science and not Philosophy, so, in order to observe the ever expanding uni-

verse, we sometimes have to make claims that can be tested "in principal" and then test them. Isn't this idea intriguing? Think about it as everything you did or want to do is already done by you!



a No GO in Brazil?

Joy P.

Olympics, a mega sporting event which is held every four years, was the most anticipated event of 2016. Hosts Brazil were desperately waiting for this colossal event to kick-off in order to revive its ailing economy. Brazil has already had previous experiences of hosting big sporting events, with the recent one being the FIFA World-Cup in 2014. Brazil, as hosts, did a good job with their previous mammoth event and did not disappoint this time around either.

Olympics has been a platform for the nations to show their sporting and athletic prowess. It is well-received in our subcontinent even

though it does not include cricket. However, there was a significant decline in the popularity of Olympics, especially in the host country, because of the launch of "Pokemon Go", which was released just two days before the commencement of the main event. The game shattered records globally, with far more active users than popular social networking sites such as Facebook and Twitter.

Such was the case even in Brazil, where approximately two million people downloaded it in just two days after its release and within twenty-four hours, it became the most downloaded app in the coun-

try!

A large number of people gathered around the Olympic Park to play this popular game, while giving the Olympics event a miss.

Even the participants of the mega event were addicted to the game and they too did not miss out on catching Pokemons! Some Brazilians are thinking the other way round by stating that it would help them reduce obesity in Brazil. This prospect has also been widely supported as many people expressed displeasure over the high entry price to the Olympics with Brazil being in the centre of one of the biggest economic crises in history.

Look at the stars, hear how they shine for you

Vaishnavi D.

In space, no one can hear you scream, but that doesn't mean that it's void of sound. Waves propagate through gas clouds, the solar wind, and even inside stars. Astrophysicists from the University of Birmingham captured the sounds of some of the oldest stars in the Milky Way using data from the NASA Kepler/K2 mission.

Sound waves running through a star can help astronomers reveal its inner properties. This particular branch of modern astrophysics is known as "Asteroseismology". Now, don't scroll down just looking at astrophysics and this gigantic word i.e. Asteroseismology. In asteroseismology, astronomers effectively turn tiny variations of a star's light into sounds. Asteroseismology listens to the oscillations of the star, and can hear a tone so low that even a whale would have a hard time hearing it!

Welcome to the fascinating world of asteroseismology, which allows us to 'hear' stars! The stars across galaxies pulsate and throb like a chaotic orchestra. What if we can tune into a cosmic concert and listen to the melodious symphony of these stars? You better have a good seat for this one!

Now you may ask why asteroseismology? The advantage of using asteroseismology is that, since the stellar oscillations are almost uniquely a function of a star's properties & different modes penetrate to different depths in a star, we can get high precision information about the sound they make, which depends on their age, size and chemical composition. Of course, these star vibrations have much more utility than just fodder for musical creation. As noted, the unique, vibrational frequency from a given star can tell us its age, chemi-

cal composition, and the likelihood of orbiting planets.

NASA's Kepler telescope, although intended to spot exoplanets (a planet that orbits a star other than the Sun), has been used for asteroseismology. Kepler can see even tiny oscillations as a flickering in the star. Sound waves travel into the star and bring information up to the surface, which can then be seen as a tiny flickering in the brightness of the star. That flickering has a tone like the notes of a musical instrument. The sounds do not travel off the stars, because sound cannot travel through a vacuum. Remember, waves are energy traveling through matter. No matter = no wave = no sound. But even if a star makes a sound no one hears, the sound still exists and gives us information. That's science, that's worth listening too!

Trend-o-Meter

Jobs smiling from heaven at the new seven?

Trend Score: 4.2

Aaditya S.

With the new iPhone 7 around the corner, the Apple universe and all tech websites have eagerly been awaiting the glorious fourteenth iteration of the phone.

Although Apple is known for its rigorous protocol and secrecy, some employees and links haven't been able to stay put as we near the release. So, here's a concise and brief list of all the speculated features you need to know about the new edition of the iPhone.

1. The 7 will be coming out as iPhone 7 and 7 plus/pro, as rumours and leaks say, and will have the same screen size as its recent ancestors.

2. No earphone jack- Leaks and reports say that the new edition will not have an earphone jack and would

come with a pair of wireless earphones, which are apparently the, 'Airpods' (resembling the Samsung gear iconX). For the old school earphones, with a 3.5mm jack, Apple will be providing adaptive accessory.

3. Dual stereo speakers and a new colour- The iPhone 7 will be following the same subset of colours as of now, but MAY be coming in a new Space Black finish too. It will also have two sets of speakers for better sound.

4. The apple A10- It will also have the A10 chip embedded and a massive 3GB ram for optimum performance.

5. The iPhone may also have a dual lens camera like the LG G5, and will also have a 2K resolution screen.

6. Lastly, Apple may be ditching the physical home button and the device may have a touch based home button like the buttons beside home on the Samsung smartphones.

Overall, the iPhone 7 has caught the attention of many phone companies as well, and to compete, Samsung has named its newest phone as the Note 7, and to all those who don't know, Samsung didn't release a note 6 at all!

All the features are still opaque and will come in the limelight by the second week of September. Apple fan or not, we all are sure as hell waiting for this beauty!

This month's trend-o-meter is sizzling, because of the iPhone 7, and according to us, has a score of **4.2!**

ART WALL



Soham Samant



Sreeja Mitra



Rucha Sapre



Akshay Sant



Srushti Sawant



Urmi Narsule



Abhishek Kalarikkal



Vinaya Deshmukh



Aabha Achrekar



Prachi Mhatre

PENTACTUS



The stars were shining bright in the sky and Robert found himself standing outside the house of the chief. With a mind full of questions, he cautiously entered the house when the door was opened. Upon entering, he found himself in a small but cozy fore-room and was greeted by the chief, who was sitting on what seemed like a sofa made from the leaves and branches of the Rishgy tree. “*Gule Sanjika* Musdoiy Robert, I hope you’ve built up your appetite for the dinner as well as the truth you wish to know,” saying this, the chief motioned Robert to join him at the table where his wife had laid out the most scrumptious looking meal.

The dinner was a quiet affair because everyone at the table, including Robert, was enjoying the delicious ‘*Duk Saar*’, a dish made up of pork and vegetables, and a dessert made of fresh fruits whose name Robert could not comprehend. After dinner, the chief and Robert sat in the verandah where the head of the tribe smoked his pipe. Robert’s curiosity was getting uncontrollable

But, on closer examination, they realized that this was no ordinary stone. The colour of the stone was a mixture of crimson with a tinge of green and blue. But what surprised the Walarus the most was that the stone had five pointed corners. No, it wasn’t carved that way, but it had roughly pointed corners. Each end depicted a different colour that, to their surprise, represented Mother Nature’s five elements - Earth, Water, Fire, Air and Ether!

The eldest Walarus bent downwards to pick up this unusual stone. The moment his fingers touched the stone, there was a huge turmoil in the sea surrounding the island. Suddenly, out of nowhere rains started lashing and there was a deafening thunder that echoed all around. Confused, he picked up the stone and when he held it in his hands, shivers ran down his spine and there emerged a bright aura behind him. Seeing this divine avatar of their eldest group mate, the others bowed down in respect of their first chief and thus began the journey of the tribe *WALURE*.

now and the chief sensed this. He took a long drag of his pipe and said, “Robert, you are the first one to have ever entered our tribe. The members of Walure are a mystery to the outside world and so I was taken aback when I saw my men carrying a ‘De-hait’, an outsider, here. But now, it seems as if you are a perfect fit to our tribe. Don’t you think so?” Robert was not ready for this type of a question. “What does he mean by a perfect fit? What is he implying?” Robert wondered. The chief sensed his confusion and asked, “Musdoiy, do you like stories? Do you want to hear the story of Walure?” Robert simply nodded, but his eyes shone brightly.

The chief smiled and began his story - “Centuries ago, due to a great deluge, many parts surrounding this island were destroyed. Surprisingly, nothing happened to this particular piece of land. Due to the destruction, many lives, habitats, entire species were uprooted from their very existence. After some years, this land welcomed a group of people

The stone was called *PENTACTUS* by the tribe and it stayed with the chief. Every time a new chief was elected, the inheritance of the stone changed from the previous chief to the new one. This peaceful reign was continued until Romus Vilus came to power. The tribe was blessed to have him as the chief. He was brave but softhearted, headstrong



yet generous. He was kind with the kind, and with the cruel, he was reformative. Walure had never witnessed such a righteous chief. Everyone considered him next to God. But, his cousin Billius was the black sheep of the tribe. Cruel and ambitious, he was jealous of his brother’s popularity...”

who had seemed to be victorious in their fight with the deluge and had migrated to this land. These ‘*Walarus*’, as we call them, made this island their home. As they slowly recovered from the after effects of the huge destruction, they started their new life on this land. Gathering fruits, hunting, making huts, etc., became their daily chores. One day, when they set out to explore the land, one thing amused these people. There was a huge tree with its branches spread out wide, as if it was protecting the island. The tree was situated exactly in the middle of the island. They were about to ignore the tree and move ahead, but the eldest Walarus sensed a strange energy around the tree and went back towards it. It was as if he was being carried to the tree by some divine energy. After walking a few paces, he stopped abruptly. Confused, everyone else followed him. When they reached the spot where he was standing, they found him staring at the most ordinary object they had ever seen - a stone!

Robert who was quiet all this time grew impatient, he cut the chief in the middle of his story and asked, “What does all of this have to do with me? How did I enter a place which is nothing more than a myth to the outside world?” The chief smiled to himself and said calmly, “Musdoiy, follow me, if you please.” Robert felt rather embarrassed for his earlier behaviour and followed the man inside the hut. The chief took him to the inner sanctum of the house, which looked like a prayer room. It was dark inside, but Robert could make out certain objects that occupied the room. As he adjusted his vision, he felt his feet go cold and his eyes widened in shock when he saw what was in front of him!

Gule Sanjika - good evening

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