



the RUIAITE monthly MOVING BEYOND PAPERS

THE EDITORIAL

Hola Ruiaites!

As you may have noticed, spring is already here! And so is the last issue of this academic year. All of us who are in their last year bid adieu to this wonderful institution which was like our second home through our years of grooming. With a very heavy heart, we at the Ruiaite Monthly have penned down this final April edition, just for you all. We are sure you will love it, for it will be the perfect read for your golden vacations!

This time, Buzz Around confronts us with the hard hitting reality of the plight of farmers and their protests. It also throws light on the recent riots that took place in some parts of the country owing to the dilution of the SC/ST Prevention of Atrocities Act. Taking the theme of carelessness towards the environment and the importance of environment conservation. CareerWise talks about some of the finest careers in the field of motivational speaking. Op-Ed leaves us teary eyed and warmly nostalgic with its special issue, 'Alvida Ruia'. Behind the Scenes brings to us the Ruiaite Monthly factory and gives a step-by-step procedure on how each issue is carved to perfection. Open Forum tunes into some not-so-usual musical instruments and fun games to be played this summer.

Summer brings with it the heat and turmoil and keeping this in mind, Science eyes moist with tears, The Ruiaite Monthly says a temporary sayonara to our fellow readers. We assure you that we shall be ready to usher you all in the next academic year. Till then, Happy Reading, and Happy Vacationing!

RUIA COLLEGE ALUMNI ASSOCIATION (RCAA)

Stay connected.... Join RCAA!!!

The **Ruia College Alumni Association** provides a great platform for all Ruiaites to stay connected to the college. Your years at Ruia College will hold you in good stead as you move on from the carefree student days to the enchanting but exacting world of professionalism.

RCAA welcomes you back to college with its annual activities such as a Medical Camp, Lecture series, Students' Awards for academics, sports and NCC on Independence Day and the signature event – Jewel of Ruia and Rising Star Awards. Ruia Alumni have munificently contributed towards the setting up of the Alumni Hall, refurbishment of F-11 classroom and the Ladies washroom on the second floor of the new building. We have partnered the college in its environmental -friendly project of rain water harvesting. We also organize get-togethers from time to time.

RCAA invites you to join and strengthen this active group of Ruiaites. A deep sense of fulfilment will engulf you as you engage in the activities of RCAA.

You can enrol as a life member for a concessional rate of Rupees Five hundred only (valid only for one year). Membership forms are available with Mr. Dilip Lakade, Department of Chemistry. You can also visit our website: www.ruiacollegealumni.com

Proud to be a Ruia Alumnus!!!

REPORTING

Bidding Adieu...

A goodbye to our Seniors.

Noir et Blanc i.e **Black and White**, the most compatible colours, although opposite, still have the power to catch the spectators' eyes when combined! So are the Ruites, who we believe are different in some aspects but all share the same roots. The theme for the Farewell Party 2018 organised on 31st March, was **BLACK AND WHITE**, and the entire college quadrangle was given a subtle look with a beautiful decoration of **BLACK AND WHITE!** The event started with a special welcome dance performance by RSC volunteers, because who doesn't like '**Swag se Swagat**'? The event hit off with a very energetic dance performance and the DJ for the evening maintained the legacy by playing songs that hold a special place in every Ruite's heart. The evening was lit and so was the crowd. This happy and sad occasion developed a mixed reaction amongst the students and resulted into tears. The crowd got emotional because it was their **One Last Time**. One Last Time to dance and greet and experience an event as a '**Ruite**'. The function soon turned into an interactive session where various students were interviewed at random

about their journey in this college and were asked for suggestions for improvement. All the students gave wonderful answers and they even gave excellent ideas for the betterment of the college. The event wrapped up with a last dance on '**Yaaro dosti badi hi haseen hai**' and '**Majha Ruita**'. And just like that, the TY and SYJC students bid adieu to their beloved Institution where they not only sought education but also found a family.



BUZZ AROUND

AN AGRARIAN ANGUISH

Thousands of farmers, their families and well-wishers walked for six days, to cover a distance of 167 km from Nashik to Mumbai and swarmed the State Capital in protest against the dismal conditions of farmers in Maharashtra.

Apart from the unconditional loan waivers, farmers said that they must be paid at least one-and-a-half times the cost of their crops. The Government sets prices for farming in India and procures crops from farmers to incentivize production and ensures economic support. The protesters also wanted tribal farmers, who mainly cultivate in forests, to be allowed to own land. The farmers demanded implementation of the recommendations given by the Swaminathan Commission.

Apart from that, pension for old farmers was another demand. The protest was led by a National Farmers' organization affiliated to the Communist Party of India (Marxist).

What differentiated this protest from others was the fact that farmers in a magnanimous gesture traveled all night to reach before the rush hour in Mumbai so as to not cause any inconvenience to the students taking their board exams. The citizens, moved by this gesture, poured in their support for farmers. The state had to bow down before the demands. The government has given its acceptance in writing, said State minister Chandrakant Patil, after a delegation of farmers met government representatives.



Agriculture in India: About Protests and more

Protests in Maharashtra were the latest among several others that have occurred in this decade.

Farmers in Odisha too held a protest for similar demands. The 2017 Tamil Nadu Farmer protests too were in focus. These protests have brought to the public notice that something is seriously wrong with the state of agriculture in India.

India is a global agricultural powerhouse. It is the world's largest producer of milk, pulses, and spices, and has the world's largest cattle herd (buffaloes), as well as the largest area under wheat, rice, and cotton. It is the second largest producer of rice, wheat, cotton, sugarcane, farmed fish, sheep & goat meat, fruit, vegetables, and tea. Considering this, shouldn't agriculture be the shining star of the Indian Economy? The bigger picture, however, tells a different story.

For years together, Indian Agriculture has been suffering due to small plot sizes, frequent droughts, lack of modernization, unorganized credit and even lesser motivation to better the conditions. The frequent crop failures have triggered many instances of farmers committing suicide, which have grown at an alarming rate throughout the years. Around 50% of the Indian population is engaged in agriculture as its primary occupation and income source. The contribution of agriculture to the GDP, however, has remained a dismal 15-17 percent.

India's small farmers have little access to technology and modern irrigation techniques. This makes them one of the groups that are most vulnerable to climate change. For poor farmers, farming is grinding physical work, largely supported by the entire family. From threshing and bundling to separating the grain by hand, crops have to be planted, picked, harvested and hauled by hand. Yet, each new generation is being pushed to do this in increasingly smaller plots of land.

According to the 70th Situation of Agricultural Households in India Survey, conducted by National Sample Survey Office (NSSO), 90% of India's farmers have less than two hectares of land. The survey says the average farm household makes less than Rs 6,500 a month from all sources of income. These farmers are only kept afloat by financial aids given by the Government and by the periodic forgiveness of farm loans.



Agriculture through ages: Indian Independence and Agriculture

Realising the great role that farmers can play in bringing self-sufficiency in terms of food, Lal Bahadur Shastri coined the popular phrase "Jai Jawan, Jai Kisan". Prime Minister Indira Gandhi ushered in the Green Revolution; Indian farmers had succeeded in making the country self-sufficient agriculturally. In 1967, the first harvest after the Green Revolution technology was introduced and it was a record three million tonnes higher than the previous years. Since then the country has not looked back. From an era of food imports, India graduated to food self-sufficiency.

It was in 1996 that the World Bank directed India to move 400 million people out of agriculture in the next 20 years, by 2015. Since every World Bank loan comes with roughly 140 to 150 conditionalities, each loan re-emphasized the urgency to move farmers out of agriculture. Former Prime Minister Manmohan Singh had time and again expressed the need to shift 70 percent farmers. Raghuram Rajan had said that the biggest reforms would happen when India moves farmers out of agriculture. Only then will cheap labor be available for infrastructural development.

For nearly three decades, more so after economic reforms were ushered in, agriculture has been a victim of deliberate neglect and apathy. Successive governments have deliberately created conditions turning farming non-viable, thereby forcing an increasing number of farmers to abandon agriculture and migrate to cities. Meanwhile, food imports have soared. According to Down to Earth magazine, the food import bill for 2015-16 stood at Rs 1,402,680,000,000. This was more than the annual budget for agriculture.

The Way Forward:

The challenges in front of Indian Agricultural sector are multi-layered and numerous, but they are not insurmountable. The farmers have pulled this nation out of agrarian anguish once, now it's the nation's turn to safeguard their interest. Agriculture has been a strength of Indian Economy once. With collective efforts between the state and the farmers, agriculture can once again be the biggest sector of the Indian economy, this time in terms of GDP share.

-ADITI PATIL.

SIMPLY PUT

BHARAT BANDH AND ATROCITIES ACT

What is the SC/ST Act?

~ The Scheduled Caste and Scheduled Tribes (Prevention of Atrocities) Act, 1989, is an Act that the Parliament of India enacted to prevent atrocities against the scheduled castes and scheduled tribes. Article 17 of the Indian Constitution seeks to abolish untouchability and forbid all related practices. It is basically a 'statement of principle' that needs to be made operational with the ostensible objective to prevent the humiliation and harassment directed towards the Dalits and ensure the protection of their fundamental as well as socio-economic, political and cultural rights.

What changes did the Supreme Court order bring in the SC/ST Act?

~ On March 20, the top Court banned registration of criminal cases and automatic arrests under the SC/ST Act, triggering a nationwide protest by the Dalit community.
~ A bench comprising of Justices U. U Lalit and A. K Goel held that a public servant could only be arrested after the approval of the appointing authority and of a non-public servant, and after the approval by the senior superintendent of police, if considered necessary for reasons recorded.
~ The amendment in the law is a bid to protect honest public servants discharging bonafide duties from being blackmailed with false cases under this Act. Earlier provisions in the Act included provisions for taking immediate action with respect to any complaint relating to harassment of a victim, informant, witness etc. Any such complaint shall be tried separately from the main case and be concluded within 2 months.

What is the Centre's stand?

~ The Supreme Court on 03/04/2018 refused to stay its earlier order dated 20/03/2018 that apparently diluted certain provisions of the SC/ST Act. Hearing this, the Centre has filed a review petition seeking a stay on its ruling that changed certain conditions of the SC/ST Act. The Supreme Court has asked all parties to submit detailed replies within two days and posted the matter for hearing after 10 days.

~ In this review petition drafted by the Ministry of Social Justice and Empowerment, the Centre is likely to contend that the order will weaken the provisions, thereby reducing the fear of law which may result in more violations.

~ Rajnath Singh, the Union Home Minister assured the people saying that immediately after the judgement of Supreme Court, a decision was taken by the Government to file a review. The Lt. Attorney General has made an appeal in the Apex Court for an urgent hearing. He also appealed to the people about the widespread rumours regarding the issue of reservation which are false and baseless.

What was the Dalit's plight?

~ Regarding the order given by the Court, Dalit Organisations and some political parties feared that the dilution of provisions might lead to increase in violence against Dalits. Therefore, several Dalit organizations had called for a Bandh on 02/04/2018 expressing concerns over the alleged dilutions. In cities like New Delhi, Madhya Pradesh, Punjab, Uttar Pradesh etc, violent protests erupted during a nationwide bandh. 9 people died in the violence that raged through 5 states. Trains were held up, highways blocked in some areas and vehicles burnt. In some towns and cities including Ranchi, Jharkhand and Alwar, the police had a clash with the protestors. While in some states like Punjab and Karnataka there were peaceful protests, the nation saw the wild and violent plight of the Dalits in fear of their rights. The bandh died down towards the end of the day when the Centre immediately applied for the review petition.

On 02/04/2018 itself the court held a special sitting to hear the review petition filed by the Centre seeking reconsideration of its controversial march judgment, watering down the punitive aspect of the act. Will the Dalits' demands be met or will they have to take to the streets again? Only time will tell.

-RIDDDHI PATIL.

“ We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented. ”

- Ellie Wiesel.

-AADYA SHREYA

Tweet of the month

Amab Goswami
@SrAmabGoswami

Marks are a part of academic sessions. Learning, growth, and development of my kids is not dependent on the marks card. I never compare my kids with others or unnecessarily pressurize them. #BeBetterThanYourself

- CHINMAY PARULEKAR

TOP TEN NEWS

1. Impressive start for India at the 2018 Commonwealth Games with 2 gold medals and 1 silver medal.
2. China and USA continue trade war as Trump imposes \$100 billion tariffs.
3. Bharat Bandh over SC/ST act saw riots and destruction of public property leaving 9 dead.
4. Actor Salman Khan convicted for 1998 blackbuck case.
5. Facebook faces allegations that it leaked data to a third party.
6. V. Naidu breaks from NDA stating that Andhra Pradesh wasn't given special status.
7. CBSE paper leak has led to a huge outcry regarding the working and efficiency of the education board.
8. In a major crackdown, 13 militants killed by Army.
9. 109 Indians killed by IS in Iraq.
10. Ram Navami yatra in West Bengal takes a violent turn as it leads to riots.

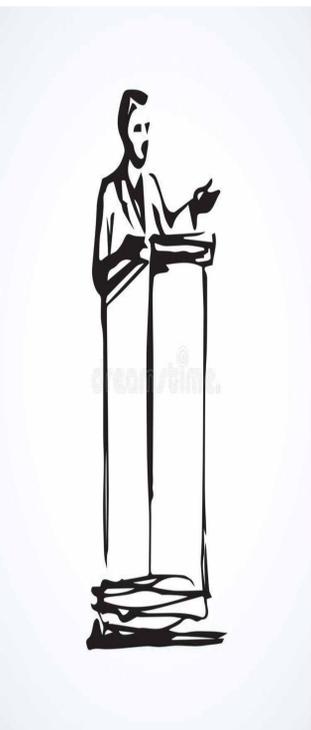
-PUSHKAR BHATLEKAR

CAREER WISE



IF HELPING PEOPLE IS YOUR PASSION AND YOU WANT TO TURN IT INTO A CAREER, WE HAVE JUST THE RIGHT OPTIONS FOR YOU. READ ON TO FIND OUT MORE!

MOTIVATIONAL SPEAKING



A motivational speaker or inspirational speaker is a speaker who makes speeches intended to motivate or inspire an audience. Such speakers may attempt to challenge or transform their audiences.

Inspirational speakers use their life experiences and knowledge to talk to others and motivate them to take action or change their lives. They can have any background. For example, speakers might be experts in their field, may have survived diseases, may have experienced significant life challenges, or be living with disabilities.

The demand for an inspirational speaker's presentation is highly dependent on factors like the subject matter, popular interest in the field, oratory skills of the individual, and their experience as a speaker. The potential for income is high, but getting started as an inspirational speaker can be difficult.

In addition to being able to speak clearly, inspirational speakers need to have knowledge about their audience's needs. They must be capable of keeping the audience engaged, familiar with speech techniques for staying on point, and comfortable answering questions. They also must have a good stage presence, be able to use reasonable arguments and be capable of remaining energetic during meetings.



How to Become a Motivational Speaker:

When you think of motivational speakers, you might think about Self-Help Gurus telling you how to channel your inner child or visualize your path to success. Motivational speakers, however, can deliver presentations and speeches on any topic. What counts is your passion for the subject that you are addressing. Identify your message and your audience, brush up on your public speaking skills and improve your oratory abilities.

1. Choose the topic you want to speak about.

A motivational speaker can talk about how to be successful, happy, fulfilled and engaged in better relationships. No topic is really off limits as long as what you say inspires people to do something.

2. Keep your message relevant and timely.

Motivational speeches about how to use a typewriter or sell pay phones will not be well-received in modern times.

3. Become an expert.

Your audience will expect you to know a lot about the subject of your speech. Read, study and stay up to date with the developments in the field.

4. Know your audience.

Understand the people you will target as audience members before you get too far into the development of your career. Different groups of people need to be communicated in different ways.

5. Take public speaking classes.

You can join classes at your local community college or see what the local Toastmasters have to offer. You must learn to be comfortable talking to large groups.

6. Record your speeches.

This will give you an opportunity to watch yourself as if you were a member of your audience. You can make improvements when and where it is necessary.

7. Practise your writing.

Most motivational speakers are also writers and they provide written material to support their speeches. Communication is the most important skill when you are a motivational speaker.

8. Think about props or equipment.

Some motivational speakers have large screens, workbooks, and Power-Point presentations ready when they deliver speeches. Choose tools that you are comfortable with and that will provide additional support.

9. Develop a marketing plan.

Advertise your motivational speeches, sell tickets for cheap or speak for free until you build your brand and publish all sorts of materials such as brochures, postcards, signs, and e-newsletters.

10. Register with speaker's bureaus and offer your services to conventions, conferences, and seminars.

11. Invite feedback.

Listen to what your audience says and post your most positive reviews on your website and in your published work.

Degree Level: Post secondary training

Experience: Several years working in any profession or interesting real-life stories

Key Skills: Ability to speak clearly, stick to the point, engage audiences, address audience needs, be comfortable answering questions, have a good stage presence and energy.

The above-mentioned steps are very necessary for becoming an inspirational or motivational speaker. Have confidence in yourself and no one can stop you from becoming Eric Thomas, Les Brown, Tony Robbins, Nick Vujcic, Arnold Schwarzenegger, Zig Ziglar, Dr. Wayne W. Dyer or even Jim Rohn!

THErapy AND REHABILITATION



Pranic healing is a technique where humans believe in the concept that the human body is fully capable of healing itself through its inner energy.

Therapy and rehabilitation is a psychological process which helps a person to achieve the optimum level of body functioning. Any physical, mental, developmental, or emotional complications can be healed with the assessment and support of the therapists.

The therapists should create a friendly and comfortable atmosphere which will heal the patients better. Therapists should be patient, tactful, imaginative and casual in their approach.

Almost all therapy professions require some type of licensing, training and certification before they start practicing.

MCKS (Master Choa Kok Sui) Pranic healing Course - level 1 is a base for any profession in pranic healing. Pranic Psychotherapy deals with all types of therapy and rehabilitation. In this course, students themselves try the techniques during learning process so as to understand and experience its effect.

The role of an energy therapist is to help bring energy fields in balance and improve the wellness of the body.

There are many clinics as well as organizations that provide recruitment to trained therapists. Energy therapy works wonders and leads to miracles.



NATUROPATHY



Naturopathy is an ancient practice of healing the body by harmonizing its own natural system to regulate and correct the metabolic activity.

Naturopathic philosophy propagates holistic approach of expelling the unwanted toxic matter by minimally invasive techniques and minimal use of drugs. Naturopathy can also be termed as the science of living. It considers human beings to be the epitome of the universe.

Naturopathy focuses on the laws of nature (physical health), rules of good conduct (mental/ social health), developing a philosophical attitude and practising meditation and Yoga (spiritual health).

A naturopath is one who heals by means of nutritious diet, juice diet, exercise, fasting, hydrotherapy, mud therapy, massage therapy, acupressure, acupuncture, magnet therapy, yoga & meditation.

Education:

If you plan to work as a naturopathic doctor (ND), you'll need to earn a doctoral degree in order to set up a practice. This type of program teaches students about all the areas of natural health and prepares them to work in a private practice or clinic. Whereas a Master's Degree will concentrate on integrative medical research, health promotion, Vedic science, acupuncture and oriental medicine.



BEHIND THE SCENES

THE GOLDEN TICKET

BILLY BONKA BILLY BONKA
THE AMAZING MAGAZINE SPIRIT
BILLY BONKA BILLY BONKA
EVERYBODY GO CHEER IT

Hello there! I, Billy Bonka welcome you to my Ruiaite magazine factory. I see that you are curious to know how our Ruiaite Monthly magazine is made, and since the year's almost up, I believe it's a good time to take you lot on a tour around our little factory, The Ruiaite Monthly Co.

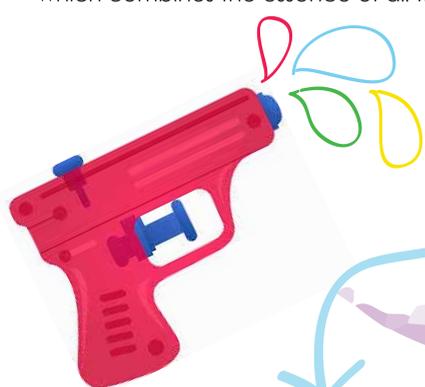
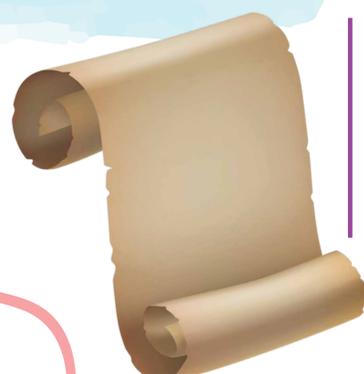
You might think that it is similar to some Chocolate Factory since my name rhymes with someone famous. But it is not. You'll see as we go around. Hurry up, the first process has already started! Come on!

This factory was built three years ago and is structured in such a way that each team gets their own floors. Behold! Here is the magical glass cabin which can move between floors. The residents of this room are the three main Umpa Lumpas. We call them Lumpa majors, they would be called Editors in your typical world. It's forbidden for anyone to enter that room except the Lumpa Majors, but today we have the permission to go around the factory. The initial few floors are assigned to the columns. So let's move on to one of these floors where the first process is still being carried out.

Here, on this floor, you can observe the Umpa Lumpas working on the column "Behind the Scenes". See, they have decided the theme and are now writing their article down on a scroll. Fun fact, it's about us roaming around in the factory. Spooky! Isn't it? He he he.

So every column has around 4 to 5 Umpa Lumpas, who work in a similar way and write their work on scrolls. After they're done, they deliver their scrolls to the Lumpa majors in their magical cabin through these fantastic little flying creatures called Eemails.

Now, roaming around with me comes with special privileges. So let's see what goes on in the special cabin. Here, the Lumpa Majors go through the scrolls and after discussing amongst themselves, they write and send out their own scroll, which combines the essence of all the columns.



Even though we have the most efficient Umpa Lumpas, they sometimes make minor mistakes. So, we have an entire floor dedicated to the Internal Quality Control Team i.e. IQCT. We will now stop at the IQCT floor. Look, here come the Eemails to carry the scrolls to the IQCT members. Now you'll be wondering what happens on this floor. Here, the Umpa Lumpas shoot all the errors with their Grammar guns and make our articles Grammar friendly. Pew, Pew, Pew - here they go! Wouldn't it be fun, to fire the Grammar gun? He he he. They then send out the corrected scrolls to the Lumpa majors for a recheck and then it is sent to the Designing team where the Eemails come into play again.

Well, you all might have wondered where the end of a rainbow is, but wonder no more. It is in this room. The Umpa Lumpas, dip the scrolls which are delivered by the Eemails, in the rainbow, to color them in the most amazing patterns. The colored scrolls are then put into a huge machine called Grafique. Grafique presses the scrolls down into a beautiful ebook. Shushhh!!

Be quiet everyone, we now enter the last floor of this gigantic building. In here reside the Vice Principal and Chief Editors who have the last say in the functioning of this factory. For every book to be an epic, it must go through this rite of passage. To encourage the Umpa Lumpas there is a rating procedure which honors every column's efforts.



Now comes the final and the most awaited moment. Friends, we are just in time to witness the grand reveal! They've been waiting for me. As I pull this lever, it launches our issue into their air.

Boom!

See how the clouds are catching the magazines. They'll carry them to our precious readers and will rain upon them.

Well, now that you have seen all the rooms and floors, and all that goes into making our magazine, don't get ready to leave just yet. We have more to show you! You see, there's another special room in this building which is a bit of a secret. There are some Umpa Lumpas hard at work here. What are they doing, you ask? They are planning something really interesting. Let me tell you all about it.

our own version of 'Mehfil'. The concept is very simple. Once every month, people would meet and share their thoughts and views, and hold discussions on different topics. It was a unique and novel idea. The first ever Mehfil took place in June 2016, which was about the Partition. What sets Mehfil apart is the different approach taken to the concerned topics. There are no fixed roles of speakers and listeners.

these gatherings, has put forth a lot of interesting topics in the two years since its conception, from relatively serious ones like 'Gandhi' to fun, light-hearted ones like 'Love' and 'Rain'. Even potentially controversial topics are not an issue because that's the beauty of Mehfil- it's not a debate and there is no need to take sides. The only goal is to learn something new, to find a new perspective, to grow as a person and have fun while doing it.

It started out as an idea following a memorable experience. Once upon a time, our beloved Political Science teacher, Gayatri Ma'am, visited a social gathering at Prithvi Theatre called 'Mehfil'. Its intention was to provide a platform for a healthy discussion over a previously decided topic by the people there. Then with the help of Lumpa majors, she began

It has something for everyone. Ideas can be expressed in any form. Documentaries, skits, artworks, poems, songs, stories, the list is endless. Everyone is welcome to participate, to share their thoughts or to just listen and observe. The Mehfil Committee that organizes

Since we have taken a nice little stroll around our humble yet magnificent factory, why don't you come join us? We are looking for new Umpa Lumpas from time to time. And fun fact, you don't have to be an Umpa Lumpa to join the Mehfil, come over for the love of discussion. Like they say - 'The more, the merrier!'

Our beloved Lumpa Majors, Madhureema, Apurva, and Ojas are working on their last issue, and they have something to tell us about their journey working for the factory.

Madhureema

It was in my FY NSS camp where Raj, the then editor had asked if my friends and I would be interested to get on board next year, I had taken up the new fictional column. That's how responsibility of Column Head of Open World of Fantasy, Pentactus and Behind the Scenes happened. In SY, as the column head for Behind the Scenes, I enjoyed all the discussions. The sarcasm of the issue will always hold a special place in my heart. Editorship happened in TY and along with all the responsibilities; we had fun every time the three of us met for work, discussing the theme for mehfil or the documentary meetings. I consider myself lucky for having been in the right place and talking to the right person because of which I got a beautiful opportunity to better myself in many walks of life.

Apurva

In my first year itself, I joined as a member of the Open Forum and the next year, I had taken up the responsibility of Column Head of Open World of Fantasy, Pentactus and Behind the Scenes, I realized the importance of teamwork and motivating members. Finally, in my third year, I was selected as one of the Executive Editors. We faced many challenges from keeping team unity, to maintaining the content quality, meeting deadlines and balancing academics! It required complete dedication and tenacity. Even though there have been some unforgettable stints. I do feel a bump along the way, what matters the most for me is that, together, we have overcome all these hardships thanks to our solidarity. satisfaction while passing on the baton to the next team.

Ojas

The privilege of being a part of the Monthly has given me the opportunity of enhancing not only my writing skills but also my social skills and a lot of new friends. One of the memorable moments is the day when I read an article in the Maharashtra Times praising the work done by the Monthly! Who wouldn't be delighted to see one's own work being recognized? We are looking for new Umpa Lumpas especially during this year, I have seen our small army of 80-odd literati taking the Monthly to unimaginable heights! Even though there have been some unimagined heights! Even though there have been some unimagined heights!

INSIGHT



Ends And Amends

With global warming becoming even more evident, Team Insight decided to explore environmental degradation for the last edition of this year's Ruiaite monthly issue! We hope that our message leaves a lasting impact during the summer-break.

We begin with a dystopian story to start-off on a fun yet chilling note!

The End

This story starts with the end, the end of all stories, of beings and non-beings, of becoming and unbecoming, of all hopes; yet ending on hope.

She waits, reposed on a wayward boulder at the beach, for the impending storm that is going to annihilate the entire of her planet Earth. Even the robotic armies, the high-tech weapons will not be able to shield her. She sees the wind pick up the pace, feels it, as she wipes the sweat off her brow. The heat surges as she closes her eyes, trying to remember the last time she had felt the cool breeze or rather enjoyed it.

A normal day in her laboratory when her ten year old daughter argues with AI1563 on whether cohabitation of humans and robots was possible in the future. When the robot replied that the mediocre homo sapiens will be replaced by them, the higher beings, the future, the real progeny of humanity; in a fit of anger she pressed a button on the experimental AI's body which led to a boom of explosion which stilled her daughter mid-scream. Her response, in another fit of rage and loss was to thrash whatever was within her arm's reach which led to an entire chain of malfunctioning in her creations, scattered all over the globe. Unrestrained power led to mass murder. Innocents, children and animals, those born and unborn, loved ones and strangers, all departed.

The tiny little coconut tree, basking in the shade of the thunderhead, turns to her and says, "That's what you did and it's time for us to retaliate."

What did she throw in the sea? A boomerang that came back more powerfully than expected. What did she dump in her backyard? The ugly parts of her which can never be recycled, reused.

"How will the revenge be a solution? I have warned you but you always turned a deaf ear, a blind eye, an untouchable exterior to us. You created your own army with forces of nature to fight against nature. In this war, they are not going to align with you anymore. We have united, for we too have realised our own vanities in yielding to our utilities, worth and the fame and recognition promised to us."

"It's too late now. Time and again we warned you but you always turned a deaf ear, a blind eye, an untouchable exterior to us. You created your own army with forces of nature to fight against nature. In this war, they are not going to align with you anymore. We have united, for we too have realised our own vanities in yielding to our utilities, worth and the fame and recognition promised to us."

After a beat, it speaks out yet again, "You gave us our voice but misused the freedom, intelligence, independence awarded to you in the bargain. "

"So, who will win the war then?"

"We will. You reached the 21st century; this was another chance to test you and the results cannot be contained anymore. We still lose because it's always our loss and yet we hope. A new universe will be conjured with the same elements; same situations in a new era as this one and as the one in the past and there always will be one in the future. See you there."

All that glitters is not gold and the hay you make while the sun shines does not always feed you because the hay that glittered was pride, made through artificial light. If the purpose was to replace nature with a man-made world, it has been accomplished. The only error of judgement was in measuring its endurance.

"What after learning the lesson the next time at the right time?" she shouts out one last question, hanging on to the rock for support, eyeing the strengthening swell and the dam behind her.

Alas! Her voice has drowned, before reaching out to anyone to respond.

-TANVI PADIA (FYBA) AND SARA CHAVAN (FYBA)

All That is Left

The rumbling machines create a ruckus in the background,

When she voices her fears, echoing through hollow caverns.

Only surface mines, layered with corpses,

Brewing a stench to mask the fragrance of flowers.

Only endless oceans, with water finally having befriended oil,

That substituted for the three-tenths land.

The mother who gave birth and who slaughtered,

And the same one who fought for her, Where violence met violence,

It's a war of nurture against nature.

-TANVI PADIA (FYBA)

What do you do, within your capacity, to restore the Nature's wealth?

I refused to have an AC in my room. I mostly try to use public transport. There are many plants of different variety, in the balcony and within the house too. I keep the tap off while brushing, and turn it on only when needed. I avoid showers, so that much water can be saved.

-Tejal Khedekar (FYBA)

I take a sharing auto rather than a normal one which would definitely help in reducing pollution. I also avoid using paper and try to do all my work on my mobile and laptop and make it a habit to switch off electrical appliances when not needed.

-Ishan Jain (F. E. K. J Somaiya)

I participate in tree plantation drives, restrict the use of plastic, try not to litter and segregate dry and wet waste. During Ganpati, we make an idol using shadu clay and immerse it at home. I also try to be sensitive towards nature and maintain a "spiritual perspective".

-Madhura Soman (SYJC)

I collect the seeds of oranges, apples, watermelons, etc and randomly throw them around while on a drive to my native place or elsewhere. At least some of the sowed seeds will manage to reap.

-Gauri Ambedkar (FYBA)

And you thought aaj kal ke bacche don't care about anything?



I use reusable coffee cups and ensure that I use the recycle bins, not just bin everything together. Avoid buying from companies that do not recycle. Do not buy stuff like peeled oranges packed in plastic boxes. Because even if you can't actively restore, you can at least avoid destruction.

-Sharmishtha Rajwade

Well I don't do much directly or with the clear intention of restoring nature. But my small decisions do contribute; for example I avoid plastic carry-bags; in the worst cases instead of throwing them away, I use them multiple times. Another way I believe I save the environment is by going paperless. Almost all my notes and books are now on my tablet or PC. Although I do this for my convenience rather than the environment it does help in reducing paper waste. And finally I guess I help in restoring nature by being aware about the environmental issues and as far as possible trying, to the best of my abilities to contribute something to the cause of protecting my environment.

-Parikshit Samant (FYBA)

Before restoring anything we need to restructure our thoughts because one good thought can make a transformation. Speaking about individual efforts, I save water and try not pollute the air and make full use of solar power. Along with it, I attempt organic farming in my balcony. Car-pooling, use of solar gadgets, public transport, cycling, saying no to plastic, reduce-reuse-recycle are all that I do.

-Disha Dhavde (FYBSc)

Insight has also made a list of eco-friendly alternatives so that in addition to all that is mentioned before by the students, we can do so much more!



LED Light-bulbs

'Lights will guide you home and ignite your bones'. LED light bulbs are brighter and consume lesser energy. They come at a much more economical price than the others available in the market!



Eco-friendly menstrual hygiene

Sanitary napkins and tampons offer neither the most comfortable nor the safest measure. Once discarded, they are harmful to the environment and to the people involved from disposal to the dumping ground. Women can switch to options like menstrual cups or cloth-pads that are not only cheaper but also least harmful.



Biodegradable Pots

For all the gardening enthusiasts out there, this is one product you cannot afford to miss. The plant grows healthier and never dries out in the pot because the roots of the plants grow through the walls of the container and the pot organically breaks itself down after its use. A small pot made from coir, wood fibre or biodegradable plastic can do that!



Paper/Bamboo Straw

Being one of the top 10 items found during beach clean-up drives, 'straws truly suck' for the environment. Well, not when they are made from biodegradable materials like bamboo and paper.



Daily Dump

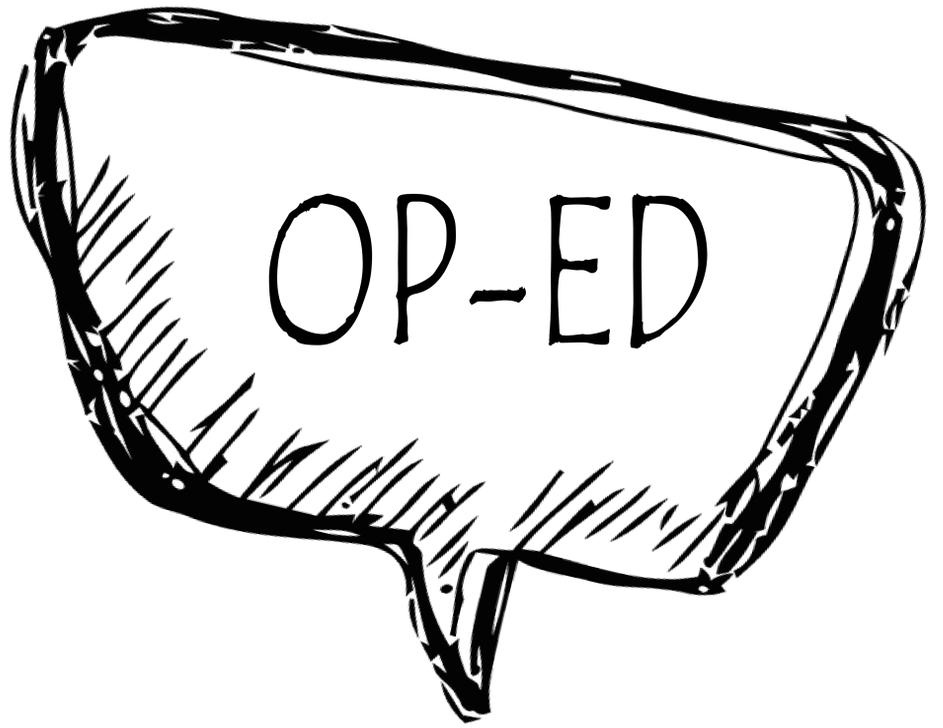
Daily Dump is an organisation that provides a range of products that help in waste-management right in our own kitchens. You can check out www.dailydump.org for more details on the same.



Haathi Chaap

What would you say if I told you, you could make paper out of elephant dung? You'd call me crazy, right? But Haathi Chaap is a company that does exactly that and why, you ask? "Why not?" says Mahima, the creator!

-HIMANI JOSHI (SYBA) AND SAEEL PATKAR (TYBA)



Alvida **R**uia

No matter how many years you have spent in this Institution, there is always something or someone you would come back for. But coming to terms with it can send a shooting sensation of nostalgia. Although we are leaving with a heavy heart, it is filled with memories that will be cherished for years to come. And finally what lies under the covers of all the memories is what Ruia means to us.

We present to you such memories shared by the members of the Ruiaite Monthly. Let us hear it from the Ruiaites... (adds numerous crying emoticons).

Probation? No! This is term completion. I don't hate college, it's just that my alarm clock is irresponsible and my teacher expects me to attend 7:45 morning lectures. You see, I don't even fall into the picture. It's the alarm clock and the college schedule. They are these two opposite forces in your life that constantly keep clashing while you sit staring at the bare white ceiling, clueless as to why they even exist in your life in the first place, especially when the thing that you want is so different. It's like when one political party ridicules another and a bunch of people want to ban a movie from releasing and all you ever want is to not have any manholes in the road. But if you ask me to pick a side, I'd choose my alarm clock. I can snooze it and it does not demand my 75% attendance. Argh! I just don't get it! First of all, I am sleep deprived. You ask why? Oh, because of my besties with whom I always hang around. You know, assignments, projects, deadlines. Secondly, it's 7:45 in the morning! Thirdly, I am in a state, where I simply know that when the Professor opens his mouth, some vibrations get set in the air which in turn makes sure that nothing makes sense to me. The only way I can make my 'attendance' felt is by nodding and falsely reassuring the person behind the desk that I understand what is going on. Sometimes, I do understand, but that's because we did the same portion two years back. However, what I do not understand is why we are doing it all over again! Nevertheless, it's not just about the teaching staff; the non-teaching office staff is the cherry on the cow dung cake that life has turned out to be.

Well, no wonder I am pleased that after

five years, I won't have to snooze or dismiss my alarm, because there won't be any! So, as I clamber out of my bed, hours after dawn, on the first day of my vacation, I feel immensely relaxed. Then it dawns on me - I did make it to college for the early 7.45 lectures, almost 75 percent of the time! Maybe this was the reason why I mostly found the topic covered to be interesting, or maybe it's because of my intense sense of responsibility as a student or now that I think of it, I attended at least twice or thrice a week because I actually liked the Professor. Also, the people around me made some lectures bearable and even fun with the plethora of games that we played (the last few pages of our notebook are witnesses) and by holding conversation through the means of writing and passing around the notebook against the backdrop of the Professor's words filling the air. I hope my juniors would preserve the charcoal marks of our doodles on the wooden benches (it's a pity we didn't write our original quotes with a permanent whitener). It would be an outrage if someone else occupied 'our' bench, but all we could do was cringe and exchange looks while settling into another bench, and hurriedly packing and wondering when the 'infiltrator' would leave at the end of the lecture, so that we could come back to our place. In spite of being the first benchers, you reach a point where you have no qualms about eating during the lectures. However, one passes the snacks from under the desk, maybe, out of a little concern for trying not to embarrass oneself. But there's definitely no shred of embarrassment when someone asks for notes and you say,

"Umm.. what notes?" and at the same time, it takes all the efforts to avoid running into the Professor whose lecture you bunked that very same day in order to save your dignity.

Just like some people are found occupying the same seat in the classroom, some are found occupying the same spot in the Quad or the Katta to hang out with the gang. I suppose we didn't try to understand Geometry in school as much as we tried to apply it to obtain the perfect view of our crush, umm.. actually 'collective crush' (and yes, that is a term...nearly). We would later talk about how well each one of us did on the last assignment, realizing that we are capable of reading and articulating our own views.

Wait a second. Does this mean that I do and will, what's that term, 'miss' all of this? But who will fill me in with the latest gossip? And what about the 'forever' promises? Wait, so this means I won't be waiting to meet my friends in college to narrate the curious and funny incidents in my life, that we won't be discussing our woes of adulthood on a regular basis, in person. So, this is it? (Looks out of the window and sighs.)

I guess it's true what they say, that you don't realize how much something or someone means to you until you lose it. Sure, we are moving onto better things, but to be honest, I don't want to console myself by calling it a happy ending to this one long story in all our lives. Or as Shel Silverstein says, "There are no happy endings. Endings are the saddest part, so just give me a happy middle and a very happy start".



What is your favourite issue that you worked on this year?

- This month's issue is my favourite one. We have written about the process of every issue getting published, metaphorically, with the Chocolate factory from 'Charlie and the Chocolate Factory' being the metaphor. There's one more issue that I like which is probably the closest to my heart - 'Spirit of Mumbai'. I wanted to write about the glorification of the 'Spirit of Mumbai' than looking at the problems that we face since a long time. And also this issue was published around the time when the Elphinstone stampede happened.
-Aditi Kulkarni
- I loved all of the issues, no special favorites, but one could say, I have a special fondness for the issue where Fictionally Yours first appeared.
- Aditi Patil

What lessons and values have you learnt by being a part of our magazine?

• There are all types of people you'll come across in life. So be open to the experience! Don't lose your mind even if there are some minor inconveniences.
-Gayatri Godbole

• Teamwork. That's definitely the most important thing that I have learnt so far. Throughout this journey, we have had our share of differences as well as 'ups and downs', but what matters at the end of the day, is our achievement and performance as a team. My work with IQCT has certainly improved my Grammar and writing skills. Also, as a Column Head, you are actively involved in the decision making process which in turn hones your leadership and management skills.
- Pooja Nair

What is your best memory associated with the Ruiaite Monthly?

• Every experience with this magazine has been beautiful but if I have to give one, it has to be the first 'Core Team Meet' of the year 2017-18. I was very nervous that day but the previous and the current Executive Editors came together and planned for all of us to play a game which was a lot of fun and eased my anxiety.
- Apoorva Sathe

• There are many, but the best one was when we handed a printed copy of the Magazine to NAAC, which was a big step in realising our dream.
-Aparva Tudekar

आयुष्याचा साधा सरळ अर्थ म्हणजे रुईया

आनंदाचा लाख निराळा रंग म्हणजे रुईया

उत्सवातला उत्सव यारी दोस्ती म्हणजे रुईया

दिलात नात्यांची वस्ती मस्ती म्हणजे रुईया

नाक्यावरची मैफल उगाच गप्पा म्हणजे रुईया

लपाछपी ही हवाहवासा धप्पा म्हणजे रुईया

प्यार मोहोबत मनातला कप्पा म्हणजे रुईया

विद्यार्थ्यांचा राजा आपला बाप्पा म्हणजे रुईया

आणि आता...

निघण्याची ही वेळ नको जमणारच नाही मला

दुराव्यातला खेळ खेळणं ठाऊक नाही मला

रुईया म्हणतं तू माझा, मी म्हणतो माझं रुईया

याहून दुसरा स्वर्ग कुठे मिळणारच नाही मला

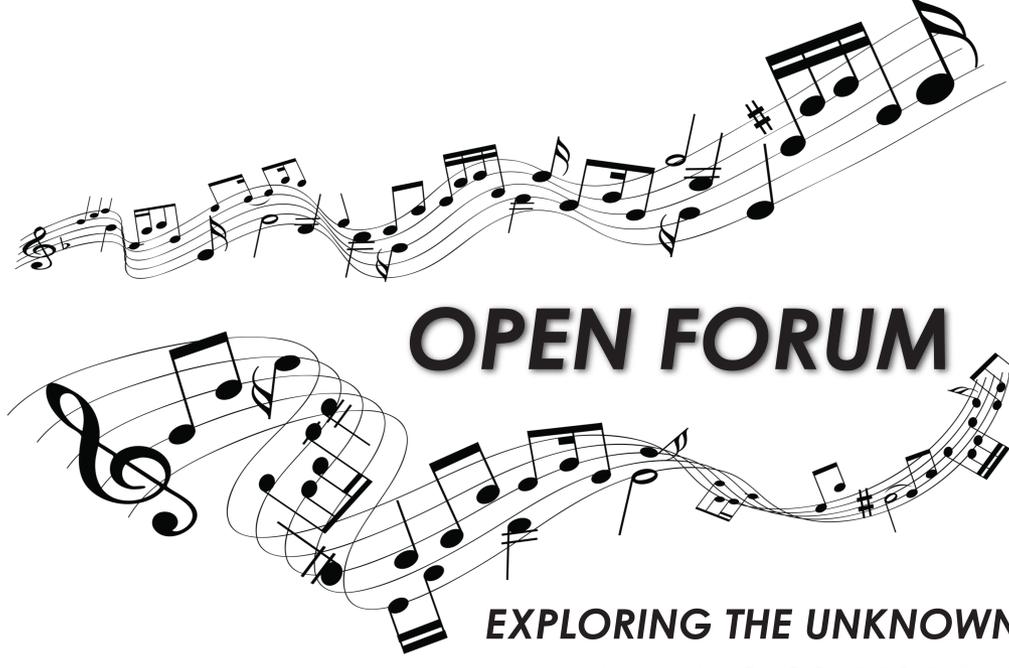
-Pranav
Former Column Head of Op-Ed

©रणव

For our dear Tys, Ruia is a dream. We all once wished to be a part of Ruia, didn't we? Becoming a part of Ruia is a struggle, but the struggle is worth it. Ruia is not just a College, it's a Home, a life changing Journey. It is a book full of life lessons which supplement our Growth. It is a treasure of Memories, it is our Lifeline. Ruia is Elysium; our very own Paradise.

Ruia is where the heart is.

Thanks for making me, ME!



OPEN FORUM

EXPLORING THE UNKNOWN....

Sitting on the window sill in your room, earphones plugged in, music blasting in your ears, gazing out of the window as if you are a part of that music video - most of us have been guilty of this at some point. It is safe to say that music is something that almost everyone likes. The soft melodies of a flute, the loud beats of the drums; we have all heard them, if not played. But apart from these popular musical instruments, there are some that aren't so well known. We might have not heard of them, but there is a good possibility that we have heard them being played. Check the list below to see how many you know!

GROOVE TO THE BEAT

Sayli Mayekar, Riddhi Jadye

Claves - This is a percussion instrument made of short, thick dowels. Traditionally, they were made of wood but in modern times, they are also made of plastic or fiberglass. They produce a bright, clinking noise when they are struck. It is not unusual for claves to be hollow or carved in the middle in order to amplify the sound. They are very important in Cuban music and the **Beatles** used them in "**And I Love Her**".



2

Continuum Fingerboard - This is a music performance controller and synthesizer. The Continuum features a touch-sensitive neoprene playing surface and sensors under the playing surface which respond to finger position and pressure in such a way that it provides pitch resolution, allowing continuous pitch control and application of pitch bend to a note. Indian composer **A.R. Rahman** used the Continuum in the song "**Rehna Tu**" from the movie **Delhi-6** and in the track "**Acid Darbari**" from the Academy Award nominated soundtrack of **127 Hours**.



3

Didgeridoo - This cylindrical or conical wind instrument, extending from 3 to 10 feet in length, is native to Northern Australia. Generally, the longer the instrument, the lower its pitch or key. Its design innovation started in the late 20th century. It was in the song "**Jaane Kyun**" from **Dil Chahta Hai**. Playing this instrument also helps in reducing snoring problems.



4

Hurdy-Gurdy - This is a stringed instrument that produces sound by a rosined wheel rubbing against the strings. It has a sound board and hollow cavity to make the vibration of the strings audible. **Tony Berg** played the hurdy-gurdy on the track "**Hang On**" by **Weezer**.



5

Jew's Harp - Also known as the jaw harp, mouth harp, Ozark harp or juice harp, this is a Lamellophone instrument, consisting of a flexible metal or bamboo tongue or reed attached to a frame. The tongue/reed is placed in the performer's mouth and plucked with the finger to produce a note. The Jew's harp provides a distinctive sound for the beginning of **The Who's "Join Together"**. The **Beatles** also used it in their song "**The Fool on the Hill**".

GAME ON!

NATASHA DESAI

Summer's here, and unfortunately the afternoons seem to be too hot to continue those long cricket or football matches that start every morning. But that doesn't mean they have to be spent in a vortex of boredom. Board games are a great way to spend lazy afternoons with friends or family without braving the sweltering heat for their company. There are many different types of tabletop games and it's easy to find one that suits a particular group's tastes. Here are some of my personal favorites that never fail to get the gang into a competitive and excited mood!

SECRET HITLER

This game is, in simple terms, a more refined version of Mafia. The players split into Liberals and Fascists, and of course Hitler leads the Fascists. The identity of the Fascists is unknown to everyone except them, and in games involving more than 6 players; even Hitler has no idea who is battling for his team! The Liberals' objective is to land a victory through the various policy-making rounds, while staying on their toes and calling out suspicious people. And of course, the Fascists have to pull their win by accusing, pointing fingers, and most importantly - lying through their teeth! Don't be shocked if you're falsely accused of being a Fascist - you're being set up! But don't worry, you may get the chance to shoot them. Then see who's laughing.



SETTLERS OF CATAN

This game involves trading and settling, and is perhaps the easiest game to learn that requires massive amounts of strategy. Players assume the roles of settlers, each attempting to build and develop holdings while trading and acquiring resources. Players gain points as their settlements grow; the first to reach a set number of points, typically 10, wins. The hard part is convincing your opponents to trade with you while stealthily building up to an unstoppable position. Be warned - there's quite a large random element, but there's a huge satisfaction in gradually working towards whatever scheme you've come up with, whether that's upgrading all your towns to cities, controlling key ports for superior trading, or systematically ruining a friend's day (and watching them weep).



PANDEMIC

Widely regarded as one of the best board games ever made, it is different on the premise that it is a fully cooperative game. The goal is for the players, in their randomly selected roles, to work cooperatively to stop the spread of four diseases and cure them before a pandemic occurs. They must coordinate their efforts, specifically in gathering and sharing the necessary cards to discover cures while moving around the board and preventing Outbreaks in an efficient manner. There are several game over conditions that must be avoided to succeed, like letting too many Outbreaks occur. This game is perfect for a small group that wants to avoid a team-based game (or the inevitable shouting match occurring with the above games).

All in all, the games are great time-killers, and a lot of fun! Try them out with your friends over some tubs of ice cream this summer (and try not to throw it at them if they stab you in the back!)



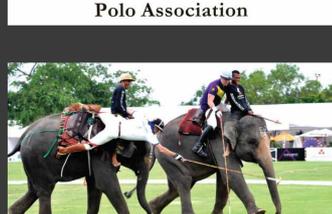
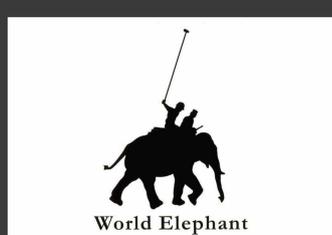
Elephant Polo: Sport or Atrocity?

Ishita Nirbhavne

Elephant Polo is a phenomenon which evolved from a conversation between two sport lovers in the 1980s to an adventurous sport of playing polo on the backs of elephants. The organizations for Elephant Polo were established by the World Elephant Polo Association in 1982. This association has its headquarters at the Tiger Tops Jungle Lodge in the Royal Chitwan Park in Nepal, where the World Elephant Polo Tournament is played annually on a grassy airfield in Megauly. It is played on a small circuit between Nepal and Thailand. Players from all around the world tend to gather every year to play this sport as it's accompanied by fun and charity work.

At present, elephant polo has been registered as an Olympic sport in Nepal. It is also internationally recognized as an official sport, which is played in India, Sri Lanka as well as Thailand. However, the sport recently created controversy as Wildlife campaigners threatened to take court action over the Thai Elephant Polo festival but organizers insisted that they are giving animals a 'holiday' from hardship. A supporter of Thailand's Elephant Polo King's Cup insists that welfare of the animals is paramount during the tournament and it has raised \$1 million (₹6.5 crores) for projects to protect Asia's largest land mammal. The game succeeded in creating a divide between the Elephant Conversation Community in Thailand as people have several contradicting opinions about the sport. Critics of elephant polo such as Mr. Wiek and Ms. Sangduen have warned that the elephants used for playing elephant polo could also rampage, posing a risk to players and spectators.

No matter how much controversy surrounds the sport of Elephant Polo, it is still a huge part, in fact maybe even a tradition for a large population in the countries of Nepal, Sri Lanka and Thailand and they continue to celebrate it.



FIRST INTERNATIONAL MATCH OF WEPA APRIL 1st-1982

top to bottom: WEPA Logo, still from a match of elephant polo and still from First international Match of WEPA.



TECH TRICKED

TECHNOLOGY TO THE RESCUE

This month, Tech Tricked brings to you some of the most interesting medical technologies.

So, What is *medical technology*?

Medical technology can be considered as any technology used to save lives of individuals suffering from a wide range of conditions. In its many forms, medical technology is already diagnosing, monitoring and treating virtually every disease or condition that affects us. Medical technology can be familiar, everyday objects such as sticking plasters, syringes or latex gloves. Alternatively, it could also be spectacles, wheelchairs and hearing aids. Meanwhile, at the high tech end of the scale, medical technology includes total body scanners, implantable devices such as heart valves and pacemakers, and replacement joints for knees and hips. In fact, there are more than 500,000 medical technologies currently available and they all share a common purpose - improving and extending people's lives. The common thread through all applications of medical technology is the beneficial impact on health and quality of life. They all contribute to living longer, better and empowering citizens to contribute to the society longer. In so doing, they improve the quality of care, and the efficacy and sustainability of healthcare systems.

3D PRINTING

3D printing in medicine has been skyrocketing. And the list of objects that have already been successfully printed in this field, demonstrates the potential what this technology holds for healthcare in the near future.

1. Tissues with blood vessels:

Researchers at Harvard University are making great progress in printing blood vessels, an important step towards printing tissues with a blood supply. The lab of Dr. Jennifer Lewis designed a custom-built 3D printer and a dissolving ink to create a tissue containing skin cells woven with material that can function as blood vessels.

2. Drugs:

In a TED talk, a prototype 3D printer was described which was capable of assembling chemical compounds at the molecular level. Patients would go to an online drugstore with their digital prescription, buy the blueprint and the chemical ink needed, and then print the drug at home. In the future, Cronin suggests that we might not sell drugs but rather apps. Progress is already being made in this direction as Louisiana Technical University and researchers have printed biodegradable devices for delivering bone cancer medicines.

3. Bone:

In 2011, Professor Susmita Bose, of Washington State University modified a 3D printer to bind chemicals into a ceramic powder, creating intricate scaffolds that promote the growth of bone in any shape. Prof. Bose's goal is to, one day, be able to implant the bone scaffold with bone growth factors in such a way that the implant is dissolved by natural bone material in even load-bearing bone structures.

4. Medical equipment:

Already, 3D printing is occurring in poverty-stricken areas of the world. Due to the ability to manufacture items that may be difficult or expensive to obtain by traditional means, groups like iLab//Haiti have taken to 3D printing umbilical cord clamps for local hospitals in Haiti.



ROBOTIC SURGERY

Robotic or Robot Assisted Surgery integrates advanced computer technology with the experience of the skilled surgeons. This technology provides the surgeon with a 10x magnified, high-definition, 3D-image of the body's anatomy.

The surgeon uses controls in the console to manipulate special surgical instruments that are smaller, as well as more flexible than the human hand. The robot replicates the surgeon's hand movements, while minimizing hand tremors.

The surgeon can thus operate with enhanced precision, dexterity and control even during the most complex procedures.

The most widely used clinical robotic surgical system includes a camera arm and mechanical arms with surgical instruments attached to them. The surgeon controls the arms while seated at a computer console near the operating table. The console gives the surgeon a high-definition, magnified, 3-D view of the surgical site. The surgeon leads other team members who assist during the operation.



NANOTECHNOLOGY

One application of nanotechnology in medicine currently being developed involves employing nanoparticles to deliver drugs, heat, light or other substances to specific types of cells (such as cancer cells). Particles are engineered so that they are attracted to diseased cells, which allows direct treatment of those cells. This technique reduces damage to healthy cells in the body and allows for earlier detection of the disease. For example, nanoparticles that deliver chemotherapy drugs directly to the cancer cells are under development. Tests are in progress for targeted delivery of chemotherapy drugs and their final approval for their use with cancer patients is pending. One company, CylImmune has published the results of a clinical trial of their first targeted

chemotherapy drug. Another company, BIND Biosciences, has published results of a Phase 1 Clinical Trial for their first targeted chemotherapy drug and is proceeding with a Phase 2 Clinical Trial.



Atharva Bidwalkar

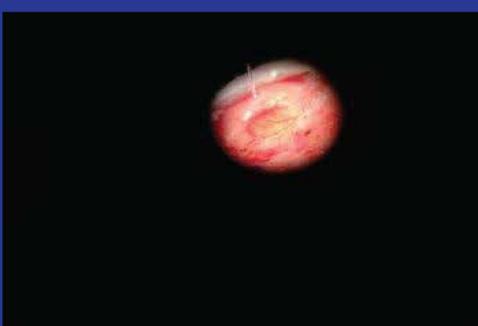
Tooth mounted diet tracker

Researchers at Tufts University have engineered a tooth-mounted sensor that tracks your every bite (and what it contains). The device is two square millimeters in size and sticks to the surface of a tooth. It wirelessly transmits information about glucose, salt, and alcohol to a mobile device. Its creators think it could be adapted to monitor even more metrics, including "a wide range of nutrients, chemicals and physiological states," according to a press release. Such a device could be useful, but it could also exacerbate our already-problematic relationship with food.



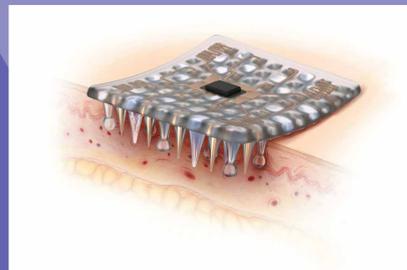
Ultra-Thin Endoscope to Peer at Neural Activity Deep Inside Brain

At the Massachusetts Institute of Technology, engineers have created an endoscope that's about as thin as human hair, featuring an optical fiber can be inserted deeper than ever before into the brains of living mice to see individual *in situ* neurons. While similar endoscopes have existed in the past, they were typically about five or more times wider than the new device. The device can see the neurons firing down to a resolution of about one micron. The new capability certainly has implications for a greater understanding of the functionality of the brain and how neurological diseases develop.



The microneedles that dissolve in skin to deliver drugs

A fear of needles may soon be a thing of the past, as a team at the University of Texas, Dallas, has come up with a painless alternative to conventional syringes. With the new method, drugs would still be injected into the body, but by using a microneedle that patients can't even feel. The needle is so thin that it would break off under the skin dissolving as it releases the intended substance over time. Although the system wouldn't work for every kind of medication, ultra thin needles are able to deliver a variety of drugs, provided they are made of small molecules.



Harvesting electricity from blood stream

The team from Fudan University in China were inspired by the concept behind hydropower, which uses flowing water or steam to turn a turbine and generate electricity. Like hydropower, blood-based electricity would be a source of renewable electricity not dependent on the weather, as sand and wind energy are, to produce hydropower on a much smaller scale, Chinese scientists have now developed a lightweight power generator based on carbon nanotube fibers suitable to convert even the energy of flowing blood in blood vessels into electricity.



Electronic aspirin

Electronic Aspirin is a medical technology still under clinical investigation that helps patients relieve pain, such as chronic headaches, migraines or facial pain, when a standard aspirin tablet is ineffective. Electronic Aspirin is a simple yet effective device that is able to transform the lives of sufferers around the world. It is an example of a small invention that can assist millions through the incorporation of innovative technology in medicine.



Vighnesh lokare

SCIENCE OF EVERYTHING



The last edition of this term leaves us in a hormonal turmoil and what's better done than said about saving the best for the last? It's a motto of our column to always stay scientifically humble and provide you with micro bits of sci-info. But this time we want to alert you about our surroundings, our fears turning into a reality (extinction) and most importantly health and lifestyles!

Diet and Lifestyle Management During Summer

The thought of eating healthy probably runs through your mind a dozen times a day. It makes you seriously question that grilled cheese sandwich or the three tier chocolate and butterscotch cake that you conveniently devoured while watching your diet plan fly right out of the window. Most of us lead lives where we've been inconspicuously sucked into a food routine and are desperately trying to claw our way out of it. Amidst a number of lifestyle problems to deal with, we tend to forget or ignore granny's simple remedy of eating fresh, seasonal produce. Summer bearings include a lot of green vegetables, melons, peaches, corn, mangoes and other fresh and fragrant herbs. Local markets are at their best during summers when fruits are abundant, and vegetables are as fresh as can be.

Melons
Summer's coolest, juiciest and healthiest food are melons. You can use them in salads, desserts, smoothies, milkshakes and even salsa. They're good for the stomach, propel weight loss and help prevent many common health problems such as cancer, high blood pressure, heart disease and common cold and flu.



Aam Pana - Two glasses of aam pana can help with digestion, constipation and chronic stomach problems like Irritable bowel syndrome (IBS). Make it at home to ensure the use of recommended quantities of sugar and salt.

Mint water with lemon: One glass of strained mint water with two drops of lemon works wonders. It acts as a liver cleanser, boosts your metabolism and helps those with a low appetite.

Barley Water: Have two glasses of it a day and in case you find it bland, add a drop of lemon or honey for taste. Since barley water is rich in fiber, it prevents constipation and also helps in controlling your appetite.



Lauki or Bottle Gourd
This might not be your favourite vegetable but it's extremely popular for weight loss. It's rich in calcium, magnesium, Vitamin A, C and folate. The superhero vegetable works well on high blood pressure, keeps the heart healthy and is considered an excellent blood purifier.

Lifestyle management

Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by maintaining the same bedtime and wake-up schedule.

Get moving

Maintaining an active lifestyle can help your body remain healthy. You won't feel the effects of the heat much when you lose weight, and you will be able to function for longer periods of time without needing more water. Establish a healthy workout regime so that you can steadily increase the quality of your life.



Drink plenty of water

If there is one piece of advice that you should follow, above all else, it is to drink at least eight cups of water a day. You may want to consider drinking even more during these warmer months, especially if you are moving around more than average. Failing to hydrate your body properly can cause serious health consequences; therefore, you must pay attention to your body and take care of it.



-Rohan Pawar and Aditi Rane, TYBSc Biochemistry

Extinction of Species

Extinction can be considered to be the phenomenon when there is no hope of continuation for the species. Extinction is a natural phenomenon and it leads to natural selection, causing evolution. Extinction can occur because of various factors, like environmental extremes, temperature rise, loss of habitat, natural disaster, extinction of other species, etc. Over the life of our planet, which is roughly 5 billion years old, extinction has occurred countless number of times! To put that in perspective, the total number of species alive today is less than 20% of the total species that have existed since the evolution of life. But, five times in the history of our planet, the extent of extinction was so drastic and monstrous that more than fifty percent of the existing species were eliminated or eradicated completely. These events are known as mass extinctions. They have occurred because of various reasons, and have led to destruction of more than half of all the existing species. A total of five mass extinctions have been documented by researchers, by observing archaeological and biochemical evidences. The genetic makeup, i.e. the genome of closely related species and a few unchanged genetic markers are used to trace the evolution of various organisms. This data can then be analysed and extrapolated to find evidences for these mass extinctions. The extinctions are named according to the era in which they are thought to have occurred. Ordovician-Silurian Extinction - 439 mya, loss of 86% species

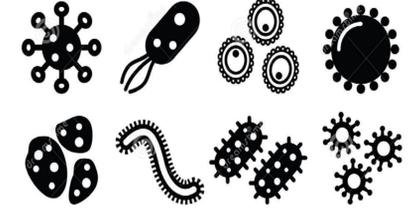
Late Devonian Extinction - 364 mya, loss of 75% species
Permian-Triassic extinction - 251 mya, loss of 96% species.
Largest extinction
Triassic-Jurassic extinction - between 214 to 199 mya, loss of more than 50% species
Cretaceous-Paleogene extinction - 65 mya, loss of 76% of total species. Lead to extinction of dinosaurs, and paved way for the evolution of mammals on land.
(mya - million years ago)
What is more shocking and a cause of concern is the fact that we are entering a sixth mass extinction. Scientists warn that the Earth is experiencing the sixth mass extinction, the Anthropocene extinction, driven by mankind. In a recent study, conducted jointly by researchers from Stanford University and National Autonomous University of Mexico, data from various surveys all over the world was studied. The research analysed data on 27,500 species of land vertebrates from the IUCN and found that nearly half of the 177 mammal species surveyed lost more than 80% of their distribution between 1900 and 2015. Human activities are driving this biological annihilation. For the sceptics, no conclusive proof can be given, but the changing environmental patterns, global warming, melting of ice caps, glaciers etc. is enough indication. It now remains to be seen how fast we manage to wipe out the human race from the planet, which will be sooner than expected, given the current direction of progress.
-Yash Acharya, TYBSc Chemistry

Scientific terms that are usually misused



Poisonous and venomous
Though the words poison and venom are often used interchangeably—and although they both describe a toxin that interferes with a physiological process—there is a difference. It's all about how the substance is delivered: Venom is delivered via an anatomical device like fangs, while poison is usually inhaled, ingested, or absorbed. As Mark Siddall, Curator of Invertebrate Zoology at AMNH, explains both the rough-skinned newt and the blue-ringed octopus produce a powerful toxin called tetrodotoxin. But scientists call the octopus venomous because it delivers the substance through a bite, and consider the newt poisonous because the toxin is in its skin.

Meteor
Meteors are objects that enter Earth's atmosphere from space—but they're typically grain-sized pieces of comet dust that burn up before reaching the ground, leaving behind trails that we call "shooting stars" as they vaporize.



Microbes
When most people hear the word "microbe," they think of stuff that they can't see that's going to make them sick. While some do cause disease, not all microbes, or microscopic organisms, are bad; in fact, some are essential for life. Microbes include bacteria, viruses, fungi, and protozoa, and make up most of the life on our planet. For every human cell in our bodies, there are about 10 resident microbes; only a small percentage are pathogens.

-Vaishnavi Dabholkar, TYBSc Biochemistry

Facts

- * Found in northern China, long-eared Jerboas have ears that are one-third longer than their heads!
- * China's giant pandas are good swimmers.
- * The word "ketchup" may come from a Chinese word for pickled-fish sauce.
- * A single solar flare can release the equivalent energy of millions of 100-megaton atomic bombs. And they are happening all the time.
- * About 70% of the oxygen we breathe is produced by the oceans.
- * It's impossible to hum while you hold your nose.

-Dhruv Rathod, MSc I Bioanalytical



SAFARNAMA

OUR TAKE ON TRAVEL

Hey there, RUIAITES!

We have some sad news for you today. Like every other trip, our journey with the Monthly has come to an end. This being the final edition of the RUIAITE Monthly for this academic year, we at Safarnama have decided to show you a glimpse of our personal idea behind travelling.

So, what exactly is travelling, you ask? Well, here's our piece of mind(s)!

THE WHEEL

Clear skies, passing clouds, whistling wind, zooming vehicles, country music, a clear mind and the open roads; these are the phrases that are used to describe drives. But is it really true? Is all the fuss worth your while?

It wasn't long ago that I found myself pondering upon these very questions, and to get answers, I did what every other millennial does - go to the internet. I watched some videos and read some blogs, but wasn't satisfied, mostly because I didn't understand it. So, I

decided to go old school - I packed a small backpack, took the car keys and hit the open road. That lasted for about five minutes till I converged onto the main road and was stuck in the traffic...Oh, the joys of living in Mumbai! The next hour went as smoothly as it could go in the city, with thousands of traffic lights - all of which, by the way, conspired against me - and millions of cars on the road, honking like a child behind a wheel.

It wasn't until an hour and a half later that I was on the Mumbai-Pune highway.

That's when my inner Vin Diesel kicked in and I sped up to a 100 kmph. The moment the car hit 100, Ed Sheeran's "Castle on the Hill" started playing, and at that moment, everything stopped; nothing else mattered, it was just me and that moment...

Now I understand why people go on and on about their drives, because I am one of them.

- Chinmay Patwardhan

THE PLUNGE

My feet dance on bittersweet memories. The ocean, unable to contain itself, is spilling from its edges. My eyes are fixated on the drowning sun. Time, too, unable to contain itself, is trickling down from my hands. The sun now kisses the horizon. The solemn sky blushes, turns pink and reminds me that this is the last day of my trip. I am suddenly enveloped by a feeling that I fail to put into words. An intangible entity brings me back to my senses, only to be burdened by the paucity of time. At this moment, I feel like chasing time for once, holding it by its collar and commanding it to stop, but I know how ambitions end. So, I stand here, staring at nothingness and infinity at

the very same time, just thinking about how much I am going to miss the moment that I am presently living. Is potential nostalgia even a thing?

Do you reminisce about a particular moment while you are currently living in it? Well, you are not alone. I believe that the best part about travelling is its ability to temporarily relieve us from the uncertainties of the approaching, unseen and essentially inevitable future. Travelling is the unusual in mundanity, the extraordinary in schedules. An opportunity to cherish life more than usual, a chance to take a break from the daunting task of stepping into the unknown territory (read: future). But this

form of nostalgia—one that we derive from the present instead of the past—is a wicked thing. It prevents us from enjoying the last bits up and to store it for later. Thus when you are reminiscing about these memories in a lecture you wish you had bunked, you will only have half-baked, incomplete memories.

Although leaving the seemingly comfortable present could be overwhelming, it is one of the innumerable lessons we can learn from journeys: to tread unventured paths, to leave behind restrictive emotional baggage, to just keep moving and most importantly, to take the plunge.

-Suryansh D. Srivastava

MY LOVE-HATE RELATIONSHIP WITH TRAVELLING

This year has been eventful and amazing for us, at Safarnama. We were privileged enough to take you with us on some of our most epic travel journeys. Together, we got to explore beachy sands, wintery locales, all the while sitting in the comforts of our homes.

In this final issue of the academic year, I would like to share some thoughts on my relationship with travelling.

I have always had a love-hate relationship with travelling. For starters, I love the idea of just stuffing a few essentials into a suitcase and jetting off to some exotic destination, but then the mere idea of living out of a suitcase gives me a headache.

I love the idea of experiencing a new culture, experiencing a life so completely different from mine, but I have never been good at meeting new people. You might have read about people who travel and become friends with locals and then crash at their place. Yeah, that's totally not me.

I love trudging through forests and going on long treks and walks, but again, I'm a through and through city girl and can't stay disconnected for long.

For the longest time, I wondered whether I was deluding myself into thinking that travelling is my cup of tea. Then I realized that I am defining my likes and dislikes based on someone else's definition.

Maybe travelling for me is something totally different. Maybe travelling does not need to be dictated by those bloggers or Instagrammers. There are no set rules. You might not be one of those people who would book a ticket on an impulse, but that is totally alright.

If travelling makes you happy, then go for it. But, it's okay to not like something that everybody likes. It's okay to not run behind something that seems to be the new fad these days. And if you're like me, if you like to play it safe, that is perfectly fine too.

- Shreya Nair

MY OUT-OF-THE-BOX TRAVEL EXPERIENCE

Have you ever had that feeling of true bliss, when you feel nostalgic, anxious, doubtful and excited all the time; when you just can't keep calm? That's exactly what I am now - a mess, waiting patiently for all the adventures coming my way. I urge myself to start and to start fresh, but the kind of fresh where there are some remembrances lingering about. And I finally embark on the much awaited journey. As I board the plane, I wish I'd get that window seat to click those aesthetic pictures, or maybe a handsome young gentleman as my neighbour, with a hidden humor which the hopeless romantic in me would want to discover for him. I clearly wasn't looking forward to a tired mom with a crying

baby, but when I look closely at her, I can glimpse, behind that tired face, the happiness that she feels due to her baby. That's what travel does to me; it gives me the power to unravel the stories I didn't know existed beyond the movies and novels that limit my imagination.

I am the most unplanned, chilled out person on a trip. I am that girl in a sundress with a camera in her hand who clicks pictures with the locals and has food at the dhabas selling cheap traditional dishes. It's four in the evening and I already have my eyes set on the sun, waiting for it set. I might have ticked a monument off the usual to-do list during that time but this wait has its own thrills. I feel the time dripping as sand does from

hands - fast. I try to clutch my hand tighter because I am just not ready to go back yet. I close my eyes, unable to look at my plane taking off and leaving the land I had fallen in love with.

Travel is a good, beneficial drug that I am addicted to. No doubt, each and every trip is different, but the thrills I mentioned above are just the same. As a traveler, I can only give you one advice - never plan a trip. Those maps make you a tourist, not a traveler. They will surely leave you with the history of the place, but not much to do with its culture. The choice is on you, whether you want to know the history of a monument or the love story of a local.

- Rashi Gulati

WHY NOT TRAVEL (DIS)ORGANIZED?

Everyone has a different relationship with travelling. To each one of us, travelling holds a different meaning in our lives. For some, it is a vacation that rejuvenates them, while for others, it's a task that to be dreaded. I experienced this philosophy first hand when I undertook my very first trip with my friends. My earlier trips with my parents were more like extremely planned tourist darshans than a spontaneous exploration of a place (something that I prefer). Thus, I was really looking forward to this trip with my friends, and having recently turned 18, I declared to my parents that I would do all my packing and research on my own. Needless to say, my parents left me to my

own devices and all hell broke loose. I came home 3 times after leaving, to get my train ticket, my glasses and my watch (in that very order). Although my parents were understandably very angry, I don't regret stuffing clothes in my suitcases and spending a day in a hotel because we had no plans for that day.

This is my kind of travelling. Sure! I may be no obligation to follow one destination after the other. I don't find my places to visit on tourist sites, but on travel blogs, where people write with passion about a certain dish or a specific offbeat location which does not often find any mention in tourists' to-do lists. Thus, I urge everyone to

find their type of travelling, something that they find comfortable. It could be planned down to the last wire or something wherein you just pack your bags without any knowledge of where you are going or how. Exploring another place should never be boring. Remember to take your media of expression with you -a camera to capture the sunset, a journal to describe the street or a sketchbook to draw the faces of strangers. Travelling helps you find who you are, so don't ever hold back.

- Priyanka Tibrewal

So, you see, RUIAITES, travelling is a widely subjective concept. It varies from individual to individual. For some, it is defined by unending, traffic-free drives, while for others, it simply means enjoying a well-anticipated picturesque sunset. Be that as it may, what's most important is that every individual must strive to cherish the travel experience in some way or the other in his/her life, for no joy could ever be as fulfilling and as satisfactory as travelling...

Time to sign off for now. We will definitely return in the next academic year, with a new team, a new column interface, and undoubtedly, with new destinations!

FICTIONALLY YOURS



THE PRINCESS OF KAIKEY

Part 2: The Promise

"May I enter, Princess?", Kaikeyi was shaken from her reverie by a booming voice. He addressed her as a Princess, which could only mean one thing; the messenger was from Kaikey and because he came at the eighth Prahara, it meant that the news was dire. She looked up to find Yudhajeet, the youngest of seven of her brothers at the doorstep. "Bhratru! Please come in, be seated. Tell me what brings you here at this hour? Is everything alright at home? Has something untoward happened?"

"Something we all feared, Anuja. The news I bring is dismal and dangerous. The Council has been formed in Kaikey, consisting of our clansmen no less. The demon king grows powerful each day. He wants to rule the Bharatvarsha, and he aims to start his expansion with Ayodhya, with Kaikeyan support."

Strike the tree so that the branches crumble, use the familiar axe and the work becomes easier.

The ambitious Lankadhish of that island, according to them, stands no chance of winning against the Aryans. His minions would be effectively disposed of after doing their dirty work."

"So they think of making Bharat the king, making him their puppet? And pray tell me, how will they accomplish that? Do they think my Bharat will challenge Ram, his eldest brother, a rightful heir to the throne for Kingship? No, that is never going to happen, I did not raise my son to be a drohi, a traitor, to his own Pita. And do not judge Ram for the way he appears, Bratru, for beneath that kind and moderate exterior is a resolve as strong as steel, mind as sharp as an Eagle's gaze. He may have inherited the kindness and compassion of his birth mother, but politics and warfare, he has learned from me."

"I fear protecting the Prince is not going to be as simple as that, although these might have been the most viable solutions had the situation been different, but with the coronation around the corner, how difficult will it be for Ravana's minions to gain an entry..."

"Palace gates will be thrown open for all, Ram will not agree to have his own subjects checked, he will argue fiercely saying 'If I don't trust my people, then they won't trust me' which the Maharaj will support. Stubborn men that they are, they will not listen to reason." Kaikeyi said, "the only option left is to go confess the plans of Kaikeyans to Ram and Maharaj." Kaikeyi looked ill at the prospect. Yudhajeet looked stricken, even alarmed.

"An attack is being discussed. The rebels have vowed to give Ravana all intelligence he needs in exchange for lordship over lands. These traitors have struck a bargain with the devil himself."

"Have they lost their minds? Do they not understand that a Rakshas kuli Raja would not want Aryans anywhere in higher positions in his Kingdom? Do these fools think that Ravana will keep his promise?", she stopped sharply, looked Yudhajeet in the eye and asked, "How much are you involved in this Bhratru? And since you know all this, I am sure of your involvement. I want to know about this attack." Yudhajeet was struck by his sister's shrewdness. Trust Kaikeyi to cut the nonsense and get to the root of anything. "I have been on the Council from the very beginning. They think that involving me would give them an edge, because of my close bond with you. They underestimate Ravana's power and plan to take advantage of his ambitions to further Kaikeyan Expansion."

"Anuja! You're getting carried away by your emotions! Rein them in. What I have told you isn't complete. The Council knows that you will stand by Ram, no matter what the temptation. But what if there is no Ram in their way? Then who will you vouch for?"

He let the sentence hang between them. "Bharat obviously", he spoke out the answer loud, that Kaikeyi had guessed herself. "for if there is someone as capable of Ram, it is Bharat. The People of Ayodhya have seen him with Ram. They've heard of his feats in the battlefield, second only to Ram. They know of his intellect and shrewdness which he has inherited from you and for that he will have the support of Kaikeyans as well. Ram is the only thorn in their path. And they plan on removing this thorn. The Council still hasn't forgotten the Promise, Anuja."

"No! Anuja no, you cannot go and confess the misdoings of your own clansmen in Ayodhyan Court! Please don't shame Kaikey like that. The entire Bharatvarsha will fire upon us, that bloodthirsty Senapati of yours will want to immediately launch an attack, your allies will sweep us away. Even though our warriors are fierce they stand little chance against the might of combined armies. Do you want your maternal home destroyed like that?"

The mention of Senapati brought an idea to her mind. She remembered her previous meeting with the Advisors. Wasn't it Senapati who told her that sending Ram away was their last resort? This last resort would also be the saving grace for Kaikey.

They think once their plan is successful they can defeat Ravana easily in a battle. Once Ayodhya stands with them unanimously, Kaikeya can achieve anything, even the Supreme Lordship over Bharatvarsha. The lands they've asked from Ravana is a coup, they are thinking of fooling him."

"There is no chance that Ayodhya will go to war for greed of land. Under no circumstances will Ayodhya lend its support to this supposed grand Kaikeyan Expansion," Kaikeyi looked furious, shocked by her how her beloved clansmen were acting.

"The Council, my dear sister, does not share your views. According to them, once there is Kaikeyan blood on the Ayodhyan throne, they will have the skilled Ayodhyan Army as well as their allies at their disposal. Combined with our mighty Kaikeyan warriors, it will be an undefeatable force."

Kaikeyi looked at her brother sharply, "Do you imply that there might be an attempt to take Ram's life? To fulfill that wretched Promise? They think it's easy? As long as I am here there won't be an attack on my son. The palace will be guarded well. I will see to it myself that there is no stranger entering without being thoroughly verified. The protection will be doubled," she stopped her tirade and with the silence came a realisation. She said, "But that isn't going to be enough is it?" She looked at her brother, letting him see that she knew what he was going to say.

Yudhajeet smiled for her benefit, the tension lines on his face eased just a little, telling Kaikeyi, that yes, he knew what she had realized. He continued,

Talk about two birds and one stone. She turned to Yudhajeet, her eyes peered into his.

"Bhratru, go tell these schemesters that I will support their cause..."

"Anuja! What are you saying?"

She stopped with a regal sweep of her hand. "Hear me out first Bhratru, let their wish be granted, I'll ensure that nothing comes of it. Kaikeyan blood would indeed ascend the Ayodhyan throne."

She walked to her desk, took out a quill scribbled a note. "Here. Take this to the traitors, Bhratru. Tell them Kaikeyi stands with them." It read:

What we all desire will soon come true. The throne of Ayodhya will have a Kaikeyan on it. But there would be no need for an attack. Things have already been planned. Kaikey doesn't need an Asura to get what it wants. The Crown Prince will be made to step down, the Promise will be honored. This is the solemn word of your Princess.

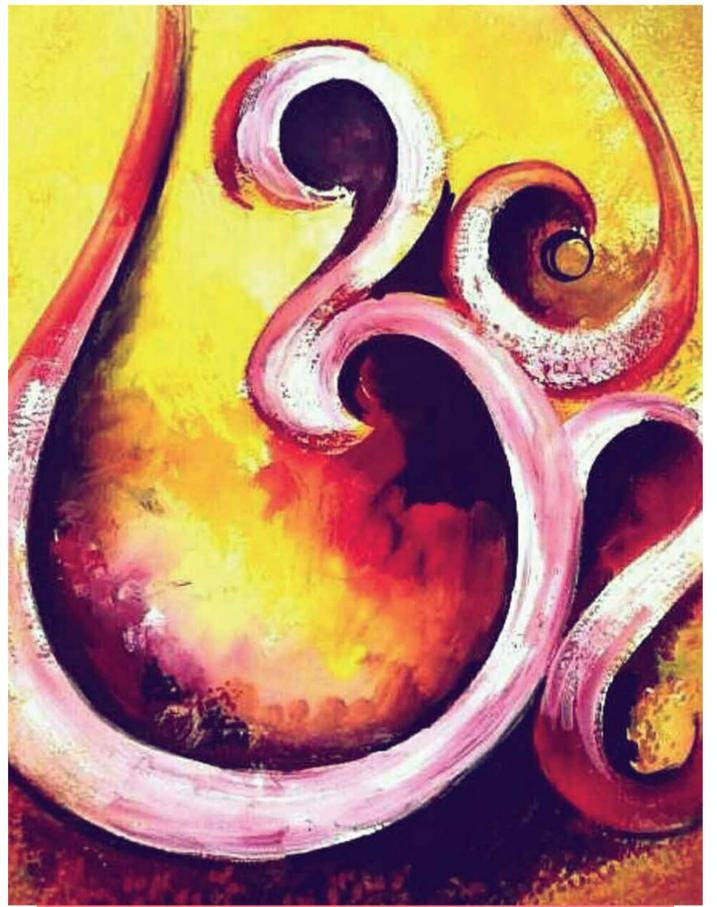
-Aditi Patil



ART WALL



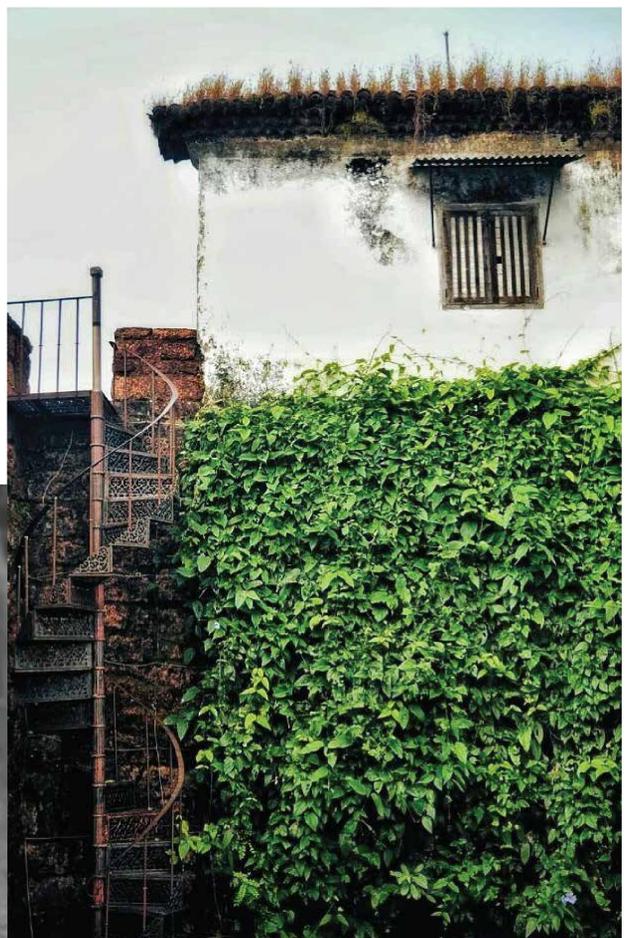
PAYOJA BHAKRE



RAJESH MHATRE



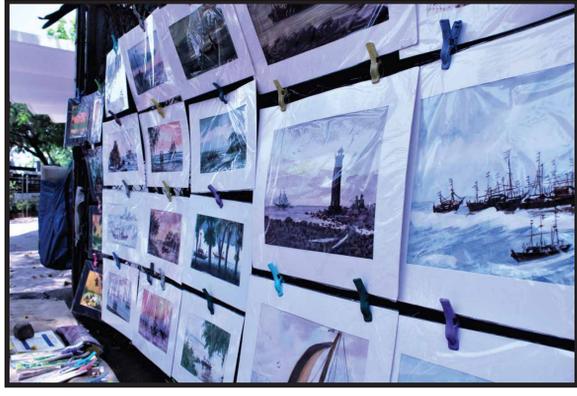
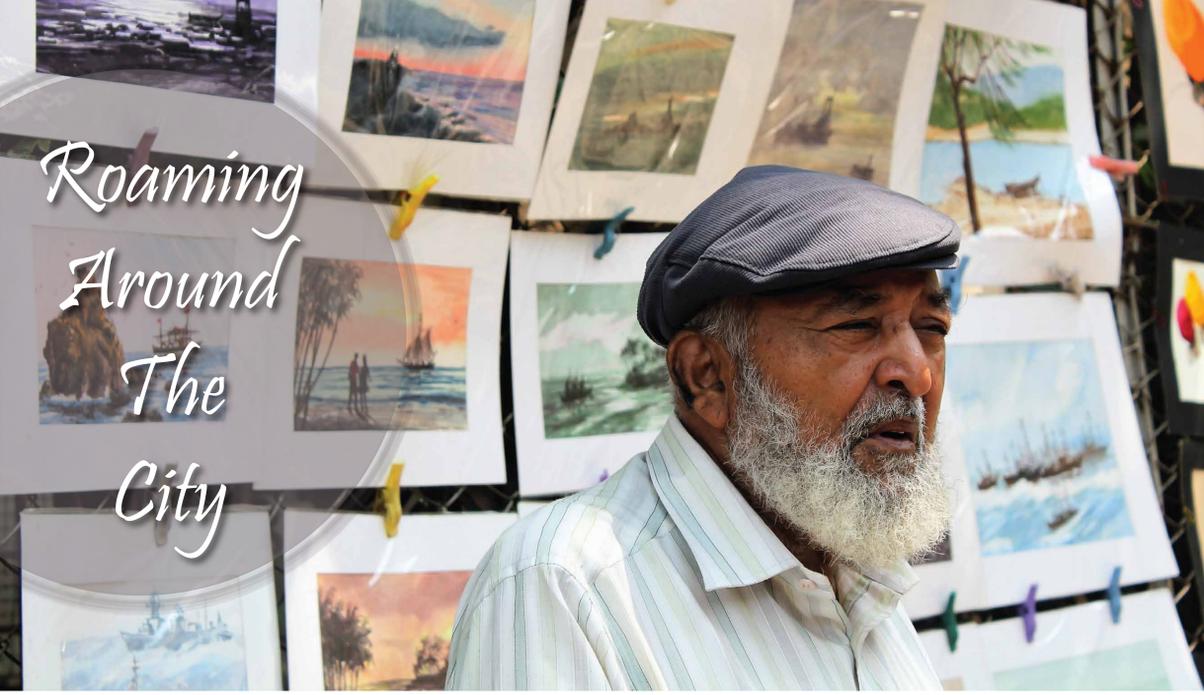
SHUBHAM BORHADE



SHUBHANGI PINGULKAR



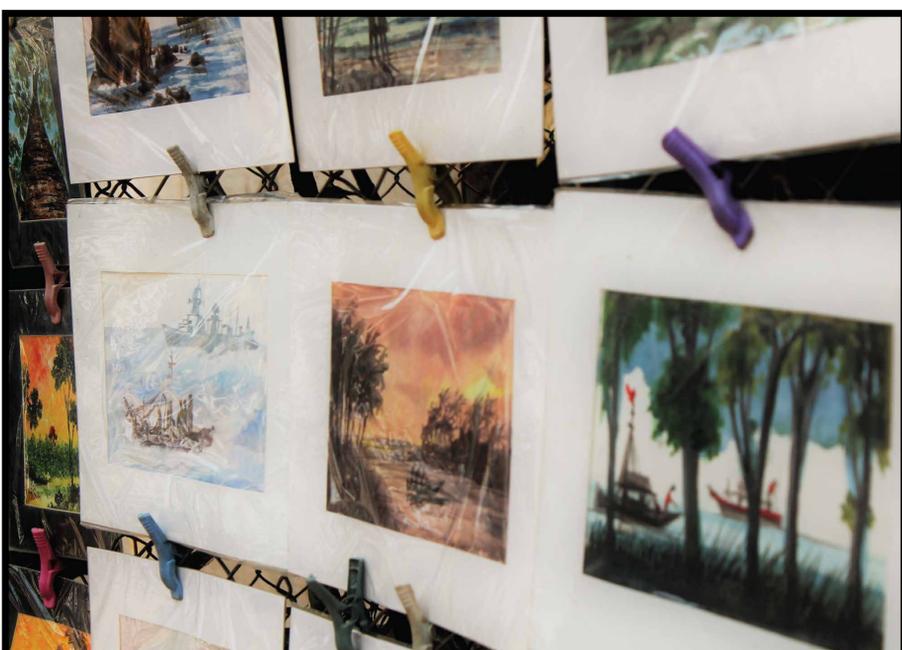
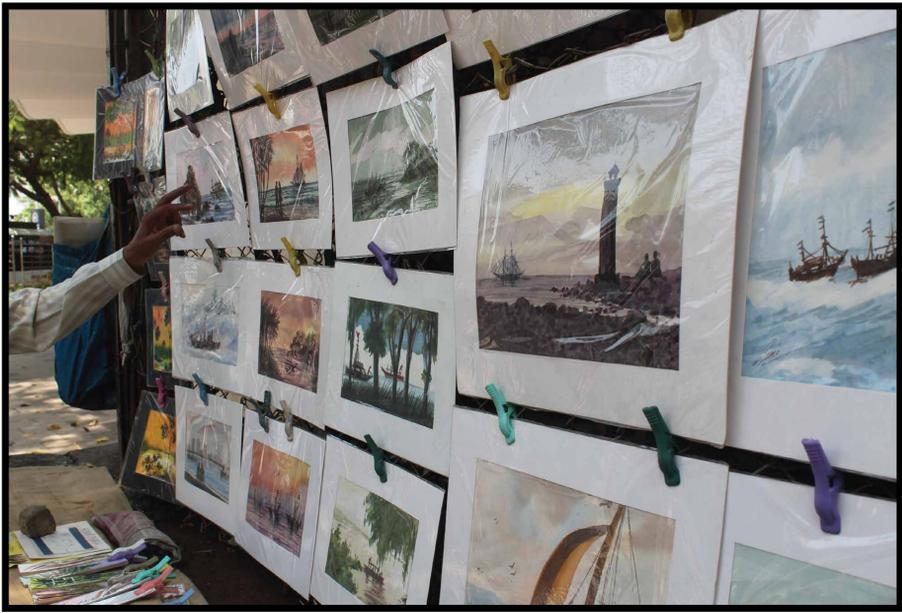
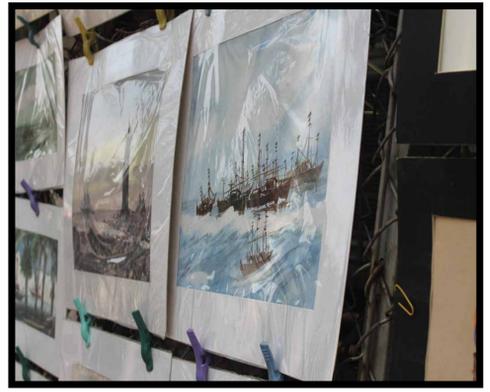
Roaming Around The City



Painted it in the morning



Bookmarks



Artist S. A. Gani

On the streets of Mumbai...

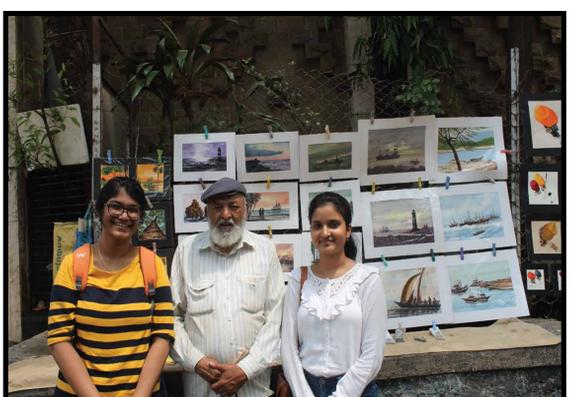
The artworks hanged on the metal fences of the Jehangir Art Gallery catch everyone's eye: the blast of color against a dull background is a relief from the empty spaces with nothing interesting to look at. The masterpieces surely attract us towards them each time; but this time, it was the artist, whose story spoke volumes about his work. Team Art wall struck a conversation with **Saudagar Abdul Gani**, whose passion for art resonates from his courage to overcome difficulties and challenges life throws at him, and revives even more enthusiastic and motivated. **"Art runs in my family: My mother and my father, both were artists. 3 artists lived in the same building as mine, and the seeds of art were sowed in my life when they welcomed me to their houses to watch them work."**

After spending an hour and half waiting for him to come and share his story with us, we were almost dejected looking at the place being empty and distraught. Our lips stretched into a grin when we finally saw him coming. A very friendly the place to talk to, he let us help set up his station with paintings and book marks. Some of his work was freshly painted that morning.

"I scored really less in subjects other than art in school, which was frowned upon by my parents. I managed to pass, and a professor of mine pushed me to go for teacher training in Sir J J School of Arts. On that, I started teaching in my very own school."

He loves to play cricket, and has worked in the Municipality for 40 years. **"Ahh Ruia College...I have played on the ground opposite your college"** he said, reminiscing. The intricate brush strokes and use of bold colors talk a lot about the fingers which are experienced. On asking about his freshly painted piece of art, he said- "This took me an hour to paint", which left us agast.

He has respect for every other artist, and appreciates their work from his heart. A visit to Kalaghoda should get you moving and distraught to him: watch out for an artist who looks old, but is young; and who wears a tweed cap. Surely someone to look up to!



STUDENTS' CORNER

So(wo)man, Superwoman!

Do you get jittery when you think about your life after death? Every second, every minute, every hour, we are ageing and approaching the inevitable. Even as we are driven by our need to do something out-of-the-box, to be victorious, to achieve name, wealth and fame, this imminent death chips away at our never-give-up spirit. We label this spirit significant only for the youth. Nowadays, some don't even acknowledge their birthdays as each birthday leads them closer to their death date and they are disillusioned by the reducing number of opportunities they have to achieve their dreams. I am also one of these people. But aren't we denying ourselves, the moment we stop trying and build castles in the air? Here's a story that changed my mind on the matter.

She also believes that one should be mentally and physically fit.

Already active in sports, she decided to make trekking her focal point. It began when her grandson wanted to participate in a trek but needed a family member to accompany him. Usha Soman, through her will-power and determination, instantly agreed to take up the challenge. To her astonishment, the organisers of the trekking group were ready to enrol her for the event. She took up the challenge to scale Mt. Kilimanjaro, the tallest peak of Africa. While she successfully reached the base camp, due to the icy weather conditions, she was unable to conquer the additional 200 metres to reach the summit. She shares, "I was a bit slow. [sic] The other people slowed down because of me".

My worry of ageing dissipated the moment I was warmly welcomed into Mrs Usha Soman's home. Draped in a colourful sari, her sparkling eyes were sufficient to tell me that age does not matter. Her humble attitude, full of joy and peace made me realize the existence of beauty, strength and joy even at old age. I entered her house knowing that I would learn a lot more before exiting. A comfortable chat on a Sunday morning in a breezy balcony, with the chirping of birds, and meowing of the cat reminded me of how little time I spend with the beauties of our mother nature.

At 78, Usha Soman still possesses a zest for life. She decided to enter into the domain of sports after retiring at the age of 60. Her motto was to walk 5 Km every day at Shivaji Park.

The Oxfam Trail Walk was a grand success as she, along with her daughters, nailed it by completing 100 Km in 41 hours. Having accomplished the barefoot walk in Visakhapatnam with Milind Soman, she says that her sports activities have benefitted her in huge ways. Her ability to confront daily issues, her confidence and endurance have improved. According to her, gymming is a fad today and that youngsters should prefer exercising in the fresh air rather than air-conditioned gyms.

One thing that left me in awe is that instead of wearing tracksuits, she portrays her Indian personality by dressing in sarees and salwar kameez. Having participated several times in Pinkathon, she is a beacon of inspiration for every woman in the country.

"Walking has always been a part and parcel of my daily life. In my days, numerous physical activities were performed. We all had to walk for miles as there was no technology," she recalls, smiling. As a school kid, she participated in various inter-school matches including kabaddi, kho-kho, and races. Being active throughout her life, she plans to keep this spirit alive.

The word 'fitness' has gained enormous importance in the last 20 years. "At present, everything has been mechanised. The physical activity has diminished and one's day is charged up with sedentary jobs that have a lot of stress and less time for sports", she asserts. "Fitness for me is to be able to do whatever I want", says Usha Soman.

She affirms laughingly, "When I participate in Pinkathon, many women come and tell me about my participation being the very epitome of inspiration". Usha Soman is currently awaiting the next Pinkathon event in Mumbai.

Towards the end of our meeting, she adds, **"Never give up on yourself. One succeeds when one affirms that s/he can do it. Always say I CAN DO IT and no force can stop you, as your mind becomes mentally stable and that is enough"**

-Simran Jotwani, S.Y.B.A

TEAM RUIAITE

INSIGHT

Column Head

Saee Patkar

Columnists

Himani Joshi

Rohan Pawar

Sara Chavan

Tanvi Padia

TECH-TRICKED

Column Head

Vaishnavi Dabholkar

Columnists

Vighnesh Lokare

Atharva Bidwalkar

OPEN FORUM

Column Head

Gayatri Godbole

Columnists

Ishita Nirbhavne

Riddhi Jadye

Natasha Desai

Sayli Mayekar

BEHIND THE SCENES

Column Head

Aditi Kulkarni

Columnists

Advait Unnithan

Chinmayee Dixit

Shreya Mahendran

Sanika Botekar

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