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CURRENT AFFAIRS

- On 1st June 2022, the latest edition of the Asia University Rankings was released by the Times Higher Education (THE). The 2022 edition of the rankings comprises 616 universities from 31 countries and territories across Asia. India is the third most-represented country in this 2022 rankings with 71 institutions making this list.
- Ashok Gehlot, the Chief Minister of Rajasthan has announced that Rajiv Gandhi Khel Ratna Award will be introduced in the state for various sportsper-

Been There...Done That!

-Shama Hurkat

Whenever I plan to visit, a new body instantly releases dopamine and cortisol. My trip to City Yamunotri and nearby places in Uttarakhand was one of the vacations I've ever had with my family. Yamunotri is from where the river Yamuna originated. Yamunotri is considered an important pilgrimage of Hindus in Uttarakhand. We could have driven to Yamunotri, but we preferred to take the train, giving us the perfect scenery view. Reaching there, we decided to stay in hotels with an excellent infrastructure. After resting for a while, we decided to leave in the morning so that we could witness the sunrise. We visited the Yamunotri temple, Surya Kund, and the National Park. Starting the Yamunotri temple, was stunning, at the height of approximately 3200 feet. The temple's main attraction was its beautiful architecture made of black marble. We all were filled with positivity from that place. After visiting the temple, we went to Surya Kund, just below the temple. Surya Kund waterfall paid reverence to the God sun. This place has a natural hot water spring, one of the top attractions in Yamunotri. Behind the temple, Himalayan peaks were visible with golden blooms at sunset and sunrise. Seeing an imposing height dominate the skyline of a bustling town was unlike any other first glimpse of the Himalayan peaks I had experienced. Then, we decided to have our meal at the Yamunotri restaurant, far from the temple.

The food served was very extraordinary because of the use of specific spices. Their spices were exotic, handmade, and had an pungent smell which attracted us; we all experienced one common

element their friendly and welcoming attitude toward the tourists. Just after that, we visited Gangotri national park. The origin of the river Ganga is located inside the park, offering stunning and picturesque scenery filled with lush coniferous forests, magnificent meadows, and majestic glaciers. Our next destination was the most popular trekking track, Gaumukh- Tapovan Trek, which reconnected us with nature and amazed us with its treasured landscape. The gushing pearl-like water of the river Ganga paving its way from its glacial origins creates a spectacular image that will leave you in awe. We saw several endangered species there like bharal or blue sheep, black bear, brown bear, Himalayan monal, Himalayan snowcock, Himalayan thar, musk deer, and snow leopard. A day between the vibrant wildlife of the national park will immerse you in a state of happiness and peace away from the hustle-bustle of your daily life.

At that moment, we were amazed by the beautiful memories of Yamunotri city, which were not only valuable but also timeless. Visiting such places helped me explore the best views and locations. It is the most pleasing frame of learning to understand the new culture, to know its essentials, to know new stories, the history of the place, to witness various geographical locations which you only heard about. Just for a few days of getting to know about the people and how they make a living there. We can call it a human library in a unique place. Each time you visit a new site, it is like you take off a portion of your heart in that place. Travelling gives you affection and instructs your life.

Bhool Bhulaiyaa 2

-Farzad Irani

The Movie, having released in 2022, is an anticipated movie to its predecessor, released in 2007, but does not hold up to its expectations. It does borrow elements from the first release in the series, but it doesn't appear to be a sequel. Instead, it could be seen as a spiritual successor. It does have certain similarities, such as actor Rajpal Yadav and the ghostly woman named Manjulika. It also uses the iconic 'Ami Je Tomar, but apart from these similarities, it appears to be a different movie altogether. The first release was a psychological horror film, whereas the second release in the series contains possession, black magic and poltergeist acts. The protagonist Ruhan (Kartik Aryan), has done a fantastic job at making us all laugh while watching the movie. It is a light-hearted horror movie full of comedy themes that kept the movie's mood light and fun. The movie starts with a horror scene but then turns into a romantic com, with Ruhan along with his charm and breezy jokes. The movie's first half is full of them, enough to make us all smile. It's only when the film tries to use horror elements that it

sadly falters. The writers did not use opportunities to try and scare us; instead, the theme they came up with appeared to be more family-friendly as it made us all laugh more instead of having chills and shivers down our spine. The movie does have a decent soundtrack to try and light it up; it uses small sequences from the first release, after all. The ending

sons. The Rajasthan government is taking big decisions to develop sports in the state, and the incentive amounts received by the medal winners will increase with time.

► The government of Bihar will soon be conducting a caste-based census in the state. This decision was taken at an all-party meeting that was chaired by Nitish Kumar, the Chief Minister of the state on 1st June 2022. The Chief Minister announced that the exercise would be named Jaati Aadharit Ganana. song is a remake of the original iconic song sung by Neeraj Shridhar.

The story can be challenging to follow up on, as it tries too hard to be a horror movie, but given its theme and direction, it isn't terrifying. Thankfully, Kartik Aryan does not try to fill Akshay Kumar's shoes in the first release. Instead, he tries to become his goofy self in the film. He implants his energy into the role and lets his charm do the trick. He delivers the cornball dialogue with aplomb and moves with the film's flow. The movie is definitely worth a watch, it's a shame it may not be as good as the first release, but it does have its highlights. In conclusion, it's a lighthearted comedy movie with a mishandled horror theme movie.

Paradise

-Sadiya Engineer

There is no better way to have fun than to try something new. We spent our summer vacation in India's most popular tourist destination. We had intended to visit Goa for five days. Goa is the ideal combination of natural beauty, lively nightlife, and tropical surroundings. The architectural work on temples, churches, and old houses has received widespread acclaim.

We spent the first few days in South Goa, visiting various beaches, hotels, and villages and getting a general sense of the area. Beaches like Arossim and Benaulim reflect the South's reputation as a more relaxed and peaceful part of Goa. Colva is a little more lively, regarded as the most popular beach resort in the south, visited by both domestic and international tourists.

South Goa is regarded as more relaxed and peaceful. While staying there, we had one of our most adventurous days, embarking on the Glimpses of Goa tour. Old Goa and Ponda transported us back in time, especially the former with its UNESCO World Heritage Site churches and convents, and the spice plantation provided one of the best meals in Goa. We spent a day or two exploring Central Goa. Goa's capital city, Panjim, dominates the region, and we were able to spend an hour or two here walking around the beautiful Latin Quarter, where one of our new properties, The Panjim Inn, is located.



We spent the last few days of our trip in North Goa, visiting our extensive list of properties in the area. We had some delicious meals and drinks. Our final day in Goa was spent eating delicious local curries, hopping from hotel to hotel, and relaxing by the beautiful pool. We boarded our flight back the next day and began to reflect on our week of exploring and experiencing Goa.

5 Menstrual Products You Can Use Instead Of Clothes

-Mitsu Shah

As the world wakes up to the disastrous environmental impacts of use and throws economy, menstrual care is increasingly becoming an area where menstruators must make a conscious lifestyle choice. Every menstruator knows the importance of finding the perfect menstrual products for themselves. While sanitary pads are the most popular choice, several environment-friendly options are available these days.

Let's have a look,

1.Menstrual Pads: These cotton pads stick to your panty to soak up blood, you can throw them after use. They come in many different shapes and types of absorbencies. Pads should never be flushed down in the toilet instead, roll them up in some toilet paper and dispose them of. These are easy to use and can be purchased at the pharmacy, stores, and supermarkets.

2.Reusable Pads: They are cloth pads that you can wash and reuse. They are absorbent and made from cotton or bamboo. They have a button that can be attached to the panty. These are easy to use and better for the environment as they can be washed and disposed of properly.

3.Tampons: They are pieces of cotton with a string at one end. They are to be put into the vagina to soak the blood. A tampon is advised to be changed after every 4-6 hours One can choose from a range of sizes. These are small and easy to carry in the purse or bag. They are also convenient and can be used even while swimming. 4.Menstrual Cups: They are soft medical-grade silicone or rubber cups put into the vagina to catch the blood flow. The cup has to be emptied after every 8-10 hours. These are suitable during exercise or swimming and should be inserted well, or they may cause leakage. 5.Period Panty: No additional product and no fear of spilling blood; this specially crafted period panty is the future of menstrual products. They are environmentally friendly and can be washed and reused. Let us pledge to take care of ourselves and the environment by using these sustainable menstrual products since period care is essential.

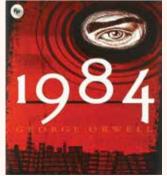
QUOTE FROM HOLY BIBLE

"It is from the Bible that man has learned cruelty, rapine, and murder; for the belief of a cruel God makes a cruel man."

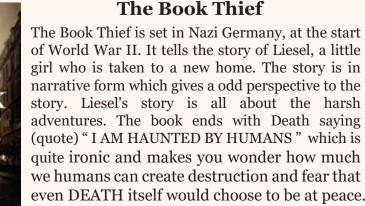


Books

The book "1984" is thought-provoking, disturbing, and utterly fascinating. The book puts you on an emotional roller coaster that your brain can handle without deviating from its main theme, which is the effects of government overreach, authoritarianism, An original narrative in a novel declares that No One is Safe or Free.







My Hobby, My Passion, My Love - Dance

-Renuka Pujari

If you ask me, what's your true identity? Besides answering with, 'I'm a bubbly teenager,' I would rather reveal my identity as a 'classical & semi-classical dancer.'

My story begins ten years ago when my parents enrolled me in Bharatanatyam class when I was about 8 years old. I started like any other kid taking dance classes. Sometimes, I would try focusing on what had been taught, but sooner or later, I used to start daydreaming! I wasn't the best in class, but I used to follow many things correctly and sometimes failed to cope. One truly quoted, 'Failure is not the opposite of success; it's a part of success.' Over the years, I started changing from being one of those who took dance seriously to one amongst them who carried it out of and for pure enjoyment. I left each year [there are 7 Bharatanatyam plus advanced grades] wanting to learn more and more and wish to get better and better. But now, since I am seeking advanced coaching in Bharatanatyam and expanding my horizons to learning semi-classical and contemporary dance forms, dance has been an escape. Blocking out the world, forgetting about your problems, and freeing your soul are all parts of the dance that I have lately been noticing for me. But trust me, letting yourself go is the hardest part. You have to be comfortable in your skin and allow others to see the real you.

I would also like to highlight a few benefits which I am experiencing: -

Eternal joy, increased muscular strength, endurance and motor fitness, better coordination, and flexibility, reduced anxiety, reduced depression, gets you in connection with nature and people, allows you to be yourself, and gives you a whole new identity. Like these, there are many other benefits. Besides being a part of a spiritual family, I have known that dance dates back for ages.

It provides an internal dialogue that is sacred within your heart, soul, and spirit—giving you a direct line to the source. With time, I eventually learned from my Guru, Mrs. Shivangi Nirgun Dabhilkar, that dancing is not just limited to movements or expressions; you have to dance with your soul. Anyone can dance, or you may possess talent, but to be a genuinely excellent dancer, you must dance from within with your soul. I quote her words as the recipe for success for every aspiring dancer.

All I want to convey through this story is to ask yourself what is important and then have the courage to build your life around it. Be you. Own who you are. Believe in yourself. Stand up is more vital if you fall. Wake up every morning with more energy and show the world that you are fearless. Conquer your fears. Build a successful career. And I know you will! In a nutshell,

"BHARATANATYAM IS NOT JUST A DANCE FOR ME, IT IS MY HOBBY, MY PASSION, BUT NOW IT HAS BECOME THE BETTER HALF OF MY LIFE."

QUOTE OF THE MONTH

"If life was a book; every day would be a new page, every month would be a new chapter, and every year would be a new series." — Elizabeth Duivenvoorde

TINY TICKLES



DID YOU KNOW?

McDonald's once created bubblegum-flavored broccoli.

McDonald's is always introducing new items for their loyal customers. And obviously, some are more successful than others. But their bubblegum-flavored broccoli, which the fast-food chain developed in 2014 as a tastier version of the leafy green for children, was a complete failure. McDonald's CEO Don Thompson admitted that kids were confused by the taste.

"Xerox Copies Wont be Tolerated ",Says Twitter

-Darshit Tanna

The trailer of Aamir Khan's Laal Singh Chaddha was released on 29th May 2022, and people on Twitter said, "Can we call it a cheap mixture of PK and Dhoom 3's Sahil?"

Laal Singh Chaddha is an adaptation of Tom Hanks' Oscar-winning movie 'Forrest Gump'. As soon as the trailer was released, people on Twitter started raging and hating it by trending the hashtags #boycottlalsinghchaddha and



PC: starsunfolded.com

others. People began saying that when Tom Hanks played the character of Forrest Gump, he looked very innocent, but Aamir looks like he just revisited his clips of PK. When Tom Hanks played Forrest Gump, he was 37; when Aamir is playing it, he is 57. Here are some reviews by people: "Looking at the trailer, this is true. Aamir looks like a total lunatic. These people will create trash out of a masterpiece movie, Forrest Gump."

Some people are also linking Kareena Kapoor Khan's old interview where she had an opinion of not being hard to stars because they are a product of nepotism. Here's a review from another user: "Remember the dialogue by Kareena Khan "Audience has made us stars, Aap jaa rahe ho na film dekhne, toh mat jao, nobody has forced you." Despite such an insult if we still choose to watch a movie starred by her then it's our fault." People also draw Aamir's earlier opinions about India and the current prime minister. Here's a review by a person related to it: "This

FUN FACTS

A woodpecker's tongue actually wraps all the way around its brain, protecting it from damage when it's hammering into a tree.

Want to know if your pet turtle is a boy or girl? Listen closely! Female turtles hiss and male turtles grunt. 1)Mocked Mahadeva in PK

2)Called PM a mass murderer

3)Said India was unsafe for his family

4)Met @RTErdogan when Turkey was supporting Pakistan against India

Do You still want to watch whether the story is good or bad?" There is also an opinion that we can't do justice by hating the result of people's hard work day and night by judging a whole movie by its trailer. Despite all these negative reviews, a big chunk of the audience is still excited for the movie to come out.

WRITE OUT LOUD

बैसाखी है कभी खत्म हुई स्**याही तो खून** बाकी है इतना मसलो इनको और नखिर जाएंगे जतिना तोड़ो़ इनको और सवर जाएंगे।

इनके पन्ने अलौककि शब्द बुलंद आवाज है ये हाथों में कलम इनकी तीसरी आंख है ना मचाओ त्राह यि खुल जाएंगे फरि क्या राजा क्या जात सब क्षण मट्टिी में मलि जाएंगे।

~~Shurti

कलम ~ ताकत बेबस हूं आज मैं माखौल का पात्र हूं गरिा हुआ हूं आज तो चवन्नी के मात्र हूं।

लड़ना है मुश्कलि नहित्थे हाथ हूं कूटनीत िकी जंग में नैतकिता के साथ हूं।

ये कलम मेरी है साहस मेरा बर्बाद हुआ जसिने इसको छेड़ा कहानी खत्म नहीं अभी शुरू हुई है देखो गौर से इस में स्याही बची हुई है ।

ये दुनयाि अपाहजि लेखक



Tanvi Patil



Kimaya Kadam

Was it worth it too?

I still remember those nights when I had no sleep in my eyes,

thinking of you worrying if you ever did love me too?..

Seriously tho, all I ever wanted was a goodnight sleep with you,

was it to much to ask from you..

And was it so hard to say I love you too,

Because i was waiting for you say it too..

With all that I sat by the corner with all this blue,

thinking why did you hurt me too..

But now I realize, it was a toxic phase for me too..

As I am not the only one these days ,

Because now everyone works like you too..

Atlast I ask myself 'was it worth it too?',

As I was nothing but an emotional fool to you too..

-Khushi Chheda

BIRTHDAY WISHES

Riya Patare- 1st June Shlok Dalal- 2nd June Hitaishi Ganatra- 4th June Harshvi Shah- 5th June Prisha Sahani- 9th June Yash Durgavli- 15th June Eshika Makwana- 25th June







Aakash Kalkumbe

Sayam Doshi

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Today is the oldest you have been, and the youngest you will ever be. make the most out of it. *-Nick Gumbel*

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