

# VSIT EXPRESS

“Enlightening minds. Inspiring perspectives”

## COLLEGE EVENTS

### TARKASHASTRA 2024 - PANEL DISCUSSION COMPETITION

On 01 August, 2024, the Indian Literary Forum(ILF) of VSIT held its inaugural event, TarkaShastra: a Panel Discussion Competition. The competition was held at Y 106, commencing at 1:00 PM, and featured discussions in three languages: English, Hindi, and Marathi. A notable highlight of the event was the cash prize of Rs. 1000 being awarded to the best speaker. This competition was designed to provide students with a unique platform to showcase their debating and discussion skills on significant contemporary issues relevant to Indian culture and society. This session aimed to ensure that participants were well-prepared, confident, and adept in the art of debate and public speaking. The host Smit Zagde started the event with a warm welcome and introduced the mission of ILF to promote Indian literacy arts and cultural pride.

He emphasized the importance of Tarkashastra, the "Science of Debate," in fostering logical debate and reasoning. Smit then introduced the judges: Umesh Koyande, a cluster mentor from the Department of Information Technology known for his leadership and oratory skills in Marathi, and Sindhu Krishnan, the head of the Banking and Insurance Department, celebrated for her mentorship and soft skills training.

The competition featured five panels, each with 5-6 members, who had 10 minutes to discuss their chosen topics, starting with an introduction of their motives. Each panel delved into topics including impacts of woke-ism, LGBTQ+ rights and other social justice issues.

After the discussions, Umesh Koyande provided valuable insights into effective panel discussions and commended the ILF for organizing such a thought-provoking event.

Last but not the least, the cash prize for the best speaker was awarded to Manish Rawat from SYBSCIT and the event concluded with a vote of thanks by Vinay Tarlekar, who expressed gratitude to the judges, participants, and the audience for their participation and support. The first TarkaShastra event was a resounding success, setting a high standard for future events and highlighting the participants' debating skills and understanding of significant cultural and societal issues.

-Anuli P.



### CINEVISTA 2024

The Cinevista event held on 5th September, 2024 at 12.30 to 2.30 pm in the college auditorium with 80 participants, was an insightful and engaging event designed for the students to enjoy and learn about film making. This event included short film making and photography competition. It started with honorable principal Rohini Kelkar Ma'am and the guest of the event Mr. Parag Sawant lighting the lamp, then Principal ma'am shared her thoughts on the event. Gauri Atkari and Neha Akolkar from TYBAMMC (Advertising) were the anchors for the event. On the occasion of teacher's day, Akansha Patil from TYBAMMC(Advertising) recited a poem for our lovely teachers, a short video was presented for them and flowers were also given to our teachers as a gesture of love and respect. The anchors introduced the guest, Mr. Parag Sawant; a talented DOP, cinematographer, and storyteller based in Mumbai.

Eventually the screening of short films started. There were over 20 films on different themes like friendship, mental health, documentaries, sexual violence awareness, there was a short film on cars which shared the message to 'unleash your potential', all the films shared a message, story with the audience. After the screening of the short films, a display of photographs was presented to the audience. Meanwhile, the guest faced the difficult task of selecting winners among the amazing short films and photographs, at the same time the short film 'Paankhol' by Mr. Parag Sawant captivated the audience with its great visuals and compelling story. After a while the winners were announced, the 3rd prize in short film was bagged by the film 'Kitabien', the 2nd prize was won by the film 'Saarang' and the 1st place was bagged by 'An kaha'. The cinematography award was given to the short film 'A better you'. The film 'Kitabien' bagged 3 awards including the best director and best actor awards. The best actress was bagged by 'Saarang'. Now, in the photography contest, the 1st place was given to Soham Mane, 2nd to Dimple J and 3rd to Rahi Thorat.

Last but not the least, the HOD, Mrs. Anindita Banerjee, shared a few words at the end of the event.

The vote of thanks was proposed by Soubhit Mondal from TY BAMMC (Advertising).

The Thursday event was a successful event in achieving its objectives of students exploring the art of short film making, as the feedback from students indicated positive responses, with many expressing gratitude towards winning the prizes.

-Anuli P.



## Guest Lecture on Brand Equity

On 19th July, 2024 Asha D'Souza gave a guest lecture on "Brand Equity" which was attended by the student BA Multimedia Mass Communication program at X108. The session was held from 10:00AM to 11:00PM Aimed to enhance the student understanding about brand management in real world.

D'Souza explored the moral dimensions of brand equity, emphasizing the importance of transparency in brand communication and corporate social responsibility. She highlighted how factors such as perception contribute to brand's success.

The lecture featured interaction also helped student to share their thoughts on various brands including luxury vs everyday brands. Numerous case studies were analyzed to understand the key concept, making the session engaging and informative. The lecture was organized by the Head of Department Dr. Anindita Banerji and Prof. Poonam Singh, the event was successful in bridging the gap between theory and practical knowledge, enriching students learning experience .

-Dipesh S.



## Gender Sensitivity Workshop

On 16th July, 2024, a workshop was conducted by the BAMMC students on Gender Sensitivity. The orientation session was highly successful in achieving its objectives. A total of 30 participants took active part. The session aimed to have an interaction and various activities with students, regarding how there are difference in needs of men & women. Detailed information was shared regarding the kind of influence media aspects and culture, use of gaming and social media etc. have on media norms. Students actively participated in all the sessions. Activities such as introduction of classmates by good adjectives were held. In one activity, students made creative charts by showcasing patriarchy of women in movies. Students learned about how gender is a social construct and sexuality is identifiable. How gender is psycho-biological and sexuality is psycho-social was also shared. Insights were given on how men and women have a power of equation between them. There were instances where advertisements were screened to get a better understanding of how media showcases women in both positive and negative ways.

-Janhavi N.



## VOICE MODULATION WORKSHOP

On August 7, 2024, a workshop was held by Shri Prasad Phanse about voice modulation and dubbing. He started his career in 1986 as a regular voice artist for radio program. He has worked in various fields such as films, TV, commercials and documentaries. He is particularly renowned in Marathi entertainment industry for his work in serials and movies such as *Dr. Aroda*. This program was conducted to boost the confidence of students on stage and to learn techniques to control voice, tone, and pitch while speaking. He explained how R.D Burman created special sound effects through natural voice, in a creative and artistic way. He shared a clip from "Jurassic World" to showcase us what crowd dubbing is and how it is done. He made the students do an activity to understand crowd dubbing and foley sound. He shared his insights how pronunciation plays a vital role when a person speaks.

Resource person was called by Dr. Anindita Banerjee and other department members Prof. Shrinath Shankar, Prof. Rumeli Sharma, Prof. Aasiya Chougule and Prof. Lakshmi Pillai

-Vaishnavi V.





## Race to the White House: US Election 2024



The upcoming 2024 presidential election in the United States. The two major political parties: are the Democratic Party and the Republican Party. On the Republican side, previous President Donald Trump. Following President Joe Biden's decision not to run for re-election, Vice President Kamala Harris has entered the race and established herself as a front-runner among Democrats.

The winner of the US presidential election isn't decided by counting everyone's votes across the country. Instead, each state gets a certain number of special votes called "electoral votes" based on its population. There are 538 of these votes in total. To become president, a candidate needs to win at least 270 of these electoral votes. This means candidates focus on winning states, not just individual votes because winning a state means getting all of that state's electoral votes. So, even if one candidate gets more votes overall, the one who wins the key states with more electoral votes can still become president.

The Republican Party advocates for lower taxes, limited government intervention, strict immigration, and abortion policies, whereas the Democratic Party advocates for civil rights, social welfare, and climate action. In addition to determining the next White House occupant, the outcome of the 2024 election will also determine key policy directions for the coming years.

-Shruti S.

## Indian Railways to resolve lengthy waiting lists by 2022–2031



In a recent declaration, Union Railway Minister Ashwini Vaishnaw welcomed in a new era for Indian railway travel. Speaking to the country, Vaishnaw announced plans to end the long-standing problem of train waiting lists and guarantee that each passenger has a confirmed berth. The Ministry wants to close the gap between the supply and demand for seats that are reserved. The railway infrastructure will be modernised as part of this project to boost train service efficiency and capacity.

Indian Railways transports over 700 crore passengers a year on 10,754 train trips every day. It is projected that the number will increase to 1,000 crore passengers by 2030. To eliminate the list, the national transporter intends to add 3,000 more train journeys. To increase passenger comfort even more, Indian Railways plans to create a comprehensive "super app" that will include some services, including train tracking and ticketing. As instructed by PM Modi, the ministry is putting these steps into action as part of its "people-friendly" programs.

"There needs to be a 30 per cent increase in the number of trips to eliminate the issue of waitlisting in the passenger category - except during peak demand months - by the end of this decade," said Vaishnaw in December last year.

-Vineet R.

## Know Your Ministers Lok Sabha 2024 Elections

Prime Minister - Narendra Modi  
Minister of Personnel, Public  
Grievances and Pensions  
Department of Atomic Energy  
Department of Space



Minister of Home Affairs  
Amit Shah



Minister of External Affairs  
S. Jaishankar



Minister of Finance Affairs  
Nirmala Sitaraman



Minister of Defence  
Rajnath Singh



Minister of Road Transport &  
Highways  
Nitin Gadkari



Minister of Education  
Dharmendra Pradhan

## 2024 Budget Highlights

**GDP Growth Target:** The government set a GDP growth target of 6.5% to 7% for FY 2024-25.

**Fiscal Deficit:** The fiscal deficit was targeted at 5.9% of GDP, down from 6.4% in the previous fiscal year.

**Infrastructure Investment:** The budget allocated ₹10 lakh crore for infrastructure projects, a 33% increase from the previous year.

**Healthcare Allocation:** The healthcare sector received an allocation of ₹2.5 lakh crore, marking a 15% increase from the previous budget.

**Education Spending:** Education was allocated ₹1.2 lakh crore, focusing on digital infrastructure and skill development.

**Agricultural Credit:** The agricultural credit target was set at ₹20 lakh crore to support farmers and boost rural development.

**Direct Tax Revenue:** The government projected a direct tax revenue collection of ₹18 lakh crore, with an emphasis on improving tax compliance.

**Custom Duty Reduction:** Reduction in custom duties on electronics, mobile phone parts, and certain other sectors to boost manufacturing, with rates cut by 5-10%.

**Green Energy:** Allocation of ₹35,000 crore for energy transition and net-zero objectives, with a focus on renewable energy.

**Defense Spending:** The defense budget was increased to ₹5.94 lakh crore, focusing on modernization and indigenization of defense equipment.

By Shruti Shinde



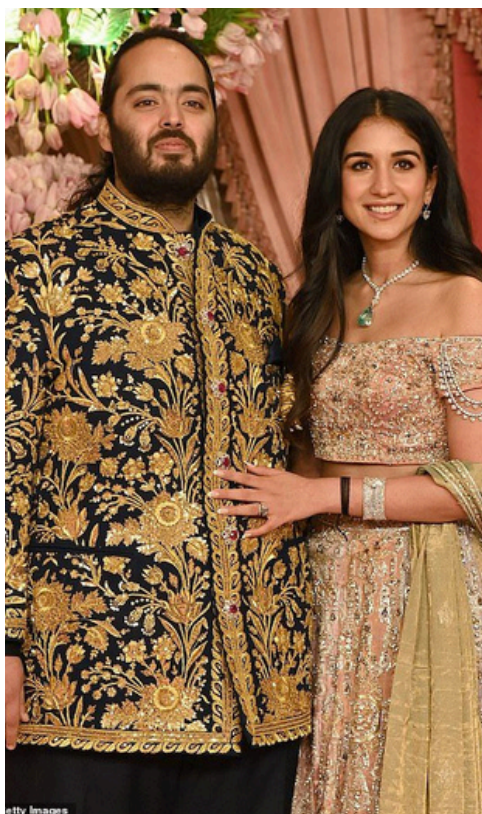
# Economic Impact of the Big Fat Indian Wedding

Being subject to an article about the now famous Anant and Radhika wedding might seem a little off this late. Much has been made about the estimated \$600 million grand affair. But as the dust settles, we decided to reflect on the economic impact of what some may call the defining Big Fat Indian Wedding of our times and what it means for Indians.

The Confederation of All India Traders (CAIT), the leading industry body for traders and retailers in the country, reports that approximately 5,000 wealthy couples host their weddings abroad annually. This practice results in a loss of income from Rs 75,000 crore to Rs 1 lakh crore for local businesses annually. When such staggering numbers appear before us, it stands out that most of the Ambani wedding ceremonies and festivities took place in India. From jewellery to dresses, venue costs, hospitality, transport, transportation, catering, and much more, industries in India were positively impacted by the wedding. Giving business to Indians worth thousands of crores of rupees is indeed an overall good. But are there any adverse effects or contradictions that are inherent to this entire saga?

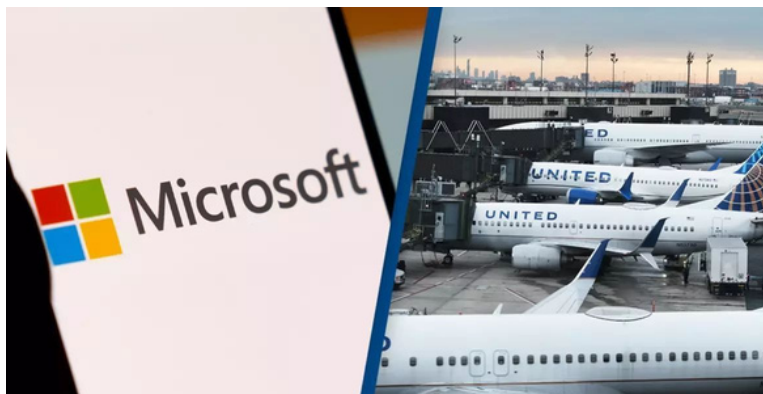
It is said that the average Indian family spends up to 50% of their lifetime savings on weddings. With an estimated net worth of \$90 billion, the Ambani's spent only a fraction of it on these festivities. There have been many criticisms levied against the family for exhibiting their wealth and opulence when income inequalities in the nation seem to be widening. There were multiple memes and chatter in the online discourse when Jio, the mobile network of Reliance, Ambani's behemoth conglomerate, increased tariffs for their internet and calling plans.

-Mudit K.



# TECHNOLOGY

## Major Microsoft Service Failure Shuts Down Operations Worldwide



Recently, the world faced an issue with the Microsoft outage. A sudden chaos was seen across the globe as it affected everything, right from grounding flights, disrupting operations and crippling essential systems.

Microsoft said that a preliminary cause for the disruption was a configuration change “in a portion of its Azure backend workloads”, which resulted in connectivity failures that affected Microsoft 365 services dependent on these connections. The outage revealed significant vulnerabilities and highlighted profound reliance on IT infrastructure.

Many airlines including American Airlines, Frontier Airlines, & Allegiant, as well as IndiGo airlines in India got affected due to this outage. It began Thursday evening and affected Microsoft's Central US region and crippled everything, right from booking, check-ins and other operational functions, which forced them to ground flights. Banking transactions paused and were kept on hold for several hours, thus impacting people with their valuable time and creating confusion and stress for everyone. Meanwhile, 911 operators were also facing major issues in coordinating with ambulance and police services. In the business world, crises can occur at any time. Hence, ensure your data and systems are secured and backed up. Comply with security policies to minimize the risks of breaches during outages and communicate effectively with customers if breaches occur during such crises.

-Janhavi N.

## From Cars to Robots: Tesla's Next Innovation



Elon Musk has revealed that Tesla is about to start making humanoid robots. This is important because Musk had said back in 2022 that these robots would not be ready until 2026. But now, he is speeding up the process.

According to Musk's post on X, Tesla will be making these robots for their own use. They want to make sure everything works fine before they start selling them to other companies. Musk hopes that by the end of 2025, they will be able to produce enough robots for other companies to use.

Companies like Honda, Hyundai Motors, and Boston Dynamics have been working on creating robots that function like humans for a long time. But according to Musk, Tesla has an advantage over other companies when it comes to making robots. He said: “Tesla's expertise in manufacturing and technology will help us succeed in the robot industry.”

These humanoids will be called ‘Optimus’ & will be able to do all sorts of tasks, like helping in factories or even doing household chores. It is like something out of a sci-fi movie, but it is happening.

-Janhavi N.

## Apple rumoured to launch 2 foldable devices in 2026

Apple has been working on foldable devices for years now. Samsung and Google, Apple's competitors in the smartphone market have already moved forward in terms of foldable phones. However, a market analyst now suggests that Apple is planning to introduce two foldable devices in the next 2 years, one of which is a foldable iPhone and the other is an iPad-MacBook Hybrid device. The foldable iPhone will be a device that is phone-sized and can be flipped in half, which relates to the term ‘Flip Phones.’ Apple is reportedly working to remove the crease between the two halves of the screen, something that hasn't been managed by any other manufacturer so far. It has also insisted that the folding iPhone will not be any thicker than a regular iPhone when folded, which would make it much thinner than others on the market. As for the iPad-MacBook Hybrid, there haven't been any specifications yet. Except, it's supposed to be the size of a MacBook screen and should be able to fold into the size of an iPad screen.

-Janhavi N.





## India planted the victory flag in Barbados



India won the 2024, T20 World Cup In the fascinating T20 world cup finals that was held on Saturday at the Kensington Oval in Barbados, team India put a riveting victory against South Africa and won the T20 World Cup title after 17 years. It was an emotional moment for the Indians as they took relief from previous world cup results and kept showing their support and love to the players and the cricket community whereas senior players like Rohit, Virat and Hardik didn't hold their tears back and celebrated the win joyfully but the match was not less than a rollercoaster for India. Despite the rainfall and bad weather India decided to choose batting first and set a good (177) target against South Africa, Later it was seen that south Africa will chase this target easily as afterwards they only needed 71 runs off 45 balls but however, India had not given up on their chances of winning as all-rounder hardik Pandya stepped up and took out Klaasen in his first over and then an iconic catch by Surya Kumar Yadav on the long off showed the results. Bumrah also lived up to his reputation by getting wickets over wickets breaking a crucial batting partnership of South Africa that opened the gates for India. But this wasn't the only part as after winning the world cup the top three senior players Virat, Rohit and Jadeja announced their retirement left Indian fans emotional and proud.

-Himanshu

## Gautam Gambhir Era Begins



The dawn of a new era is upon Indian cricket as Gautam Gambhir, one of India's most fearless and determined cricketers, takes over the reins as the head coach of the Indian cricket team. Known for his aggressive mindset, tactical brilliance, and indomitable spirit on the field, Gambhir's appointment signals a strategic shift for Indian cricket. This new chapter brings excitement, high expectations, and a potential transformation of India's approach to the game.

Gautam Gambhir's journey as a cricketer is etched in India's cricketing history. From his match-winning innings in the 2007 T20 World Cup final to his unforgettable 97-run knock in the 2011 World Cup final, Gambhir's contributions were instrumental in shaping India's success on the global stage.

As a batsman, Gambhir was known for his solid technique, ability to handle pressure, and leadership qualities. As captain of Kolkata Knight Riders (KKR), he led the team to two IPL titles, further cementing his credentials as a leader. Gambhir's tactical acumen and ability to inspire his teammates were key to KKR's success, and those same traits now position him as a perfect candidate to guide the Indian team.

The first few months of Gambhir's tenure will be closely watched, as he begins to shape the team's identity and approach. With the 2024 T20 World Cup and 2025 ICC Champions Trophy on the horizon, the stakes are high. Indian cricket fans will be eager to see if Gambhir can deliver the elusive ICC titles that have slipped away in recent years.

-Himanshu

## THE 2024 WIMBLEDON CHAMPIONSHIPS



The 2024 Wimbledon Championships was a Grand Slam tennis tournament that took place at the All England Lawn Tennis and Croquet Club in Wimbledon, London, England, comprising singles, doubles and mixed doubles play. Junior, wheelchair and Invitational tournaments were also scheduled from July 1 to 14. It was the 137th edition of the Wimbledon Championships and the third Grand Slam event of 2024. The Gentlemen's singles event began on 1 July with the first of seven total rounds. Thirty-two players were seeded. Of those seeded players, eight were defeated in the first round, notably No. 6 Andrey Rublev, No. 17 Félix Auger-Aliassime, and No. 18 Sebastián Báez. Hubert Hurkacz, Casper Ruud and Stefanos Tsitsipas were the highest of the eighth seeded players to exit in the second round.

Further three seeded players were defeated in the third round, with them being No. 22 Alexander Bublik, No. 23 Alejandro Tabilo, and No. 29 Frances Tiafoe. Giovanni Mpetshi Perricard became the first lucky loser to reach the fourth round at Wimbledon since Dick Norman in 1995. Alexander Zverev, Grigor Dimitrov, Ben Shelton were the highest of the five seeded players who were defeated in the Round of 16. Further, in the women's single title, Barbora Krejčíková defeated Jasmine Paolini in the final. Djokovic and Alcaraz had met five times prior to the final, and with three wins to Alcaraz two in their meetups, Djokovic could have easily been the favorite.

-Anmol C.

## PARIS OLYMPICS 2024



### “Où, où—Paris”

Lots of buzz has circulated around the city's plans for the Olympics infrastructure since the city won the rights to host the game seven years ago. There will be 45 sporting events across 35 competition venues in Paris and its neighboring cities - including Versailles, Le Bourget, Nanterre, Vaires-sur-Marne, and Saint-Denis.

This year the Olympic games will host around 10,500 athletes from 203 National Olympic Committees. The 2024 Paris Summer Olympics is one of the first where the amount of male versus female participants is almost identical.

-Anmol C.

### “India at the Olympics”

Manu Bhaker created history by becoming the first Indian woman to win a bronze medal in the women's 10m air pistol shooting event at Paris 2024 on July 28. On the other hand, Manu Bhaker & Sarabjot Singh won India's first shooting team medal at the Paris Olympics. Overall, it was India's sixth Olympic medal in shooting. She also became the first athlete from independent India to win two medals at one Games.

Manika Batra, seeded 18th in the women's singles event, became the first Indian table tennis player to progress to the pre-quarterfinals of the Olympic Games at Paris 2024 on July 29, but was unfortunately knocked out followed by Sreeja Akula in Round-16.

-Anmol C.





## Spain beat England in final of Euro 2024



With just under 20 minutes remaining, England pulled level. A quick breakaway saw Bukayo Saka race down the right, but Spain retreated well and several bodies seemed to block his path. His cutback found Jude Bellingham, and he instinctively laid the ball off for Cole Palmer, who coolly slotted home from the edge of the box. However, Spain went ahead again in the final five minutes of play. A cross round the back from Marc Cucurella found Mikel Oyarzabal, whose first-time finish beat Jordan Pickford. England so nearly drew level with their first attack after falling behind again. A Palmer corner was headed on by Declan Rice and saved by Unai Simon, Marc Guehi's rebound cleared off the line by Dani Olmo, and Rice's next attempt went wide. But that was as close as England came and Spain held on through four minutes of added time to be crowned champions of Europe for a record fourth time.

All three goals came in the second half and La Roja just about managed to prevail at the Olympiastadion in Berlin on Sunday. The first half yielded little in the way of chances, with England doing well to stifle Spain. Luke Shaw, drafted in for Kieran Trippier at left-back, managed to do a good job nullifying Lamine Yamal in particular. Rodri was withdrawn at half-time and that appeared to be a good omen for England, but Spain broke the deadlock shortly after the beginning of the second half. A well-worked move saw Yamal come inside and find fellow winger Nico Williams, who stroked the ball home at the far post.

-Mahesh I.

## Saudi Arabia officially threw its hat into the ring for the 2034 FIFA World Cup



"I was pleased to receive today, during a special ceremony at our FIFA Office in Paris, the bid books from the seven FIFA Member Associations bidding to host the 2030 and 2034 editions of the FIFA World Cup. This represents a key milestone in the bidding processes, as we look to who will stage the next celebrations of football and humanity. The seven bidding countries, from four confederations, have already given a lot to football. These are countries with great passion for the game, great organisational skills, and a shared vision of what football and its values should be. Equally, these bidding processes prove that football unites the world."

-Mahesh I.



## Transfer news



**OFFICIAL : 19 year Gem Portuguese midfielder Joao Neves joins Paris Saint German from Benfica on five year deal 60m euros fixed fee, 10m euros add-ons and he will wear number 87 shirt at Paris Saint German.**



**OFFICIAL: As Roma agrees deal to sign Laliga's top goal scorer Artem Dovbyk, an Ukrainian Striker, the total package of deal is 36m euros. Dovbyk only wanted Roma after talking to the club and Daniele De Rossi, the manager of Roma and set to sign a five year deal.**



**OFFICIAL: Xavi Simons back to RB Leipzig from PSG plan confirmed and sealed. Simons has also informed Bayern that he will join RB Leipzig even after premier league clubs late calls to hijack the deal. As revealed in April, it will be a straight loan move for Xavi as there will be no buy clause included in the agreement. He is expected to return to Paris Saint German in June 2025 to decide his future and potential permanent exit.**



# LIFESTYLE

## Rainy Days, Healthy Ways: Essential Foods for a Healthy Monsoon.



As the monsoon season starts across the country, it brings a cold and a humid climate change in the weather, as well as a few changes in our diet. This shift between the weather can impact our health in many ways. We can fight these challenges by eating healthy, immunity rich meals every day. Foods such as turmeric, garlic and citrus fruits like lemon, oranges and grapefruit help in boosting our immunity and should be included in our day-to-day meals. In Ayurveda, diet recommendations can vary based on the season and 'Dosha'. Due to the increase in moisture and humidity in the environment Ayurveda suggests that certain foods including leafy vegetables may not be fit for everyone as they can increase the Kapha qualities in our body i.e. like sluggishness, dampness, and lethargy.

In this rainy weather Indians prefer consuming warm teas and comforting soups for a better digestive system. There are several types of teas that are being ingested all over India. For example, the spiced variety of chai such as ginger, cardamom and cloves. Ginger is the most common spice used and is known for its anti-inflammatory and anti-nausea properties. Indians make a variety of seasonal soups that include different vegetables, ginger and turmeric. These not only provide flavourful taste but also boost our immunity. Some even make chicken broth to gain essential nutrients and to maintain hydration. Lastly, eating watery fruits and drinking lots of fluids especially boiled water can help us stay hydrated and active throughout the day.

-Anuli P.

## Detoxification Trends: What's Behind the Health Craze?

Detox' is a fashionable word in the wellness world. But what does it really mean? Toxins. With a modern lifestyle, you end up ingesting substances that may be toxic to the body:

- Your fruits and vegetables are covered with insecticides and pesticides;
- Traces of cleaning products such as detergents and bleaches stay on your clothes;
- Processed foods have preservatives, thickening chemicals, flavouring agents, food colours, and trans fats;
- Air pollution and smoking can cause many pollutants to enter your lungs, and then through your blood, liver, and bile end up in your digestive tract

These can lead to the following signs and symptoms:

- Bloating feeling, diarrhea, or constipation
- Skin rashes, boils, acne
- Mood swings, stress, anxiety, depression, or inability to concentrate
- Disturbed sleep or insomnia
- Cold or sinus problems
- Headaches or migraine
- Food cravings



Fast and detoxify during the holy month of Shravan

The auspicious month of Shravan or Sawan is here, but they also offer an opportunity to detox your digestive system. So here Ayurveda describes monsoon as the period of mid-June to August, & it is believed that Dosha imbalances in monsoon can leave their manifestation on our health as well as skin. Although the atmosphere is cool due to rain, the humidity level is high. The increased humidity in nature makes the digestive fire (Agni) weak, which causes an increased amount of toxins (Ama) in the body.

Just like your physical detox is important your mental detox is also important in the month of Shravan. Do things that you like and make you happy to vibrate positive energy.

-Vaishnavi V.

## Translating Runway Trends into Everyday College Wear!

Flared jeans, also known as bell bottoms, have a history that goes back to the 19th century. In the 1920s, Coco Chanel brought flares to mainstream fashion wear, creating "Yacht Pants" and "Beach Pajamas" for women, inspired by sailor's style.

Flared jeans will easily top up your fit game and looks great on all body type.

Vans, Airforces or heels goes well on bell bottoms.

-Anushree G.



## Elevating Your Daily College Style to New Heights

"If people put in the effort to get their voices heard, we can make the aesthetic into something positive and empowering for all."

- Yael-Louise Dekel

UmBRO

We all love Pinterest, it is a space we can use to explore our style, search for ideas, and discover new aesthetics. One of the aesthetics which is prominent and currently is trending all over the globe is coquette aesthetic and for boys it's the thrifted yet old money aesthetic.

The girls are loving their coquette era tying up bows and ribbons on their hair and jeans, using ribbons as a shoelace or just stitching some bows on their t-shirt.

-Anushree G.

## Achieving a Timelessly Elegant Nail Look

Cute and elegant nail inspo (inspiration) for all the girlies out there trying to look for a trendy nail inspiration. Your nails will add up to your whole look and aesthetic that you're going for the day. Cherry red is a colour which is truly timeless elegant and gives soft yet bold girl vibes.

In colour psychology, red provokes the strongest emotions of any colour:

While cool colours like green and blue are generally considered peaceful and calming, red is considered the warmest and most contradictory of the colours.

In fact, this fiery hue has more opposing emotional associations than any other colour.

Red is linked to passion and love as well as power and boldness.

-Anushree G.





# FESTIVALS

## Rakshabandhan: Celebration of an Eternal Bond



The term Raksha Bandhan originates from Sanskrit, and translates to "promise of protection." Raksha Bandhan is seen on the full moon in the holy Hindu lune-solar month of Shravan.

On this auspicious occasion, the sisters tie a sacred thread which is the rakhi, on their brother's wrist. It is tied by the sister with the intent to wish good health and long life. The brothers, in turn, bless their sisters and pledge to protect them and care for them all their lives.

It is a joyous festival celebrated to value the brother-sister relationship.

The bond shared between a brother and sister is life's most precious bond. Siblings play a vital role in the growth and learning process of one's life.

It's the most pure and profound relation a person can have.

Having a sibling growing up and teach you to learn, accept, heal, adjust, and share. They also play a part in preparing you for dealing with the world.

The connection between a brother and sister is truly eternal. But this relation is not always nice and sweet, it can get annoying as well. Siblings do love to test your patience every moment. You need to learn to share and adjust with their behaviour. At the end they are the ones who will be by your side when you need them the most.

-Anushree G.

## Ganesh Chaturthi 2024 in Mumbai



Ganesh Chaturthi, the festival dedicated to Lord Ganesha, brings an unparalleled wave of enthusiasm to Mumbai every year. The city transforms into a hub of devotion, music, and festivities, as homes and streets come alive with the arrival of Ganpati Bappa. From the towering pandals to the intimate home shrines, Mumbaikars welcome Ganesha with open hearts and traditional passion. The aroma of freshly steamed modaks—Ganesha's favourite sweet—fills the air, as families come together to prepare these delightful dumplings filled with coconut and jaggery. Throughout the 10-day festival, the city is full of colours, with people in their ethnic dresses. Women in vibrant saris and men in traditional kurtas add to the cultural tapestry, making every gathering a celebration of Indian heritage. Music plays a crucial role in the Ganesh Chaturthi festivities. The rhythmic beats of dhol-tasha bands, filling the atmosphere with energy and joy. Devotees sing aartis and chant "Ganpati Bappa Morya!" as they bid farewell to their beloved deity, a poignant moment that blends sorrow and anticipation for the next year's celebrations.

The festival is not just about rituals; it's a time for friends and family to come together, share meals, and create lasting memories. For 10 days, sweets, laughter, and love are in abundance, making Ganesh Chaturthi a truly special time in Mumbai, where tradition and modernity blend like a dream in celebration.

-Shruti S.

## Sudoku

3				8				6
	1				6		2	
		4	7			5		
	4			1		9		
6			2		4			1
		3		6			5	
		8			3	6		
	2		4				1	
5				2				7

## Halloween Word Scramble

WTHCI \_\_\_\_\_

SRPEID \_\_\_\_\_

CTA \_\_\_\_\_

BTA \_\_\_\_\_

CDRLAUON \_\_\_\_\_

TBMTTOSEN \_\_\_\_\_

GTHSO \_\_\_\_\_

MYMUM \_\_\_\_\_

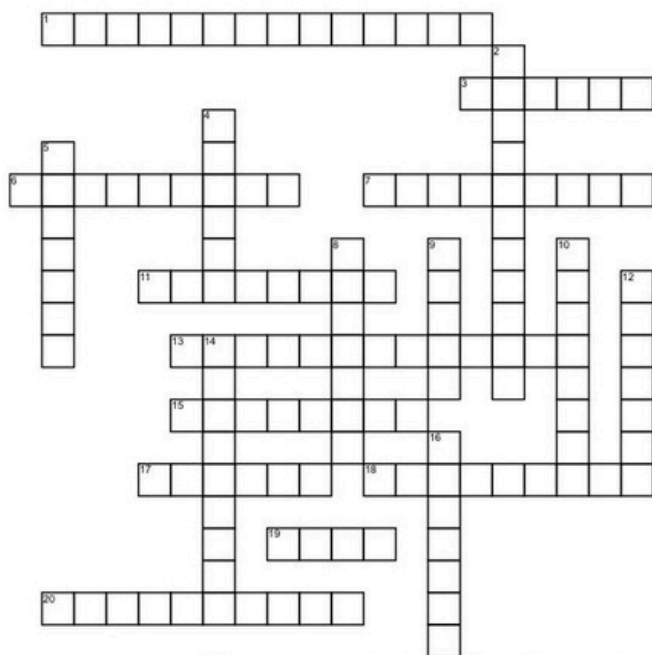
CDYNA \_\_\_\_\_

SPRDEI BEW \_\_\_\_\_

PKUNMPI \_\_\_\_\_

TRKCI \_\_\_\_\_

## Food Crossword



### Across

1. a place where you buy groceries
3. what water does when it is heated
6. a red fruit
7. the ketchup
11. something you can add to your drink
13. components used to make a food
15. the cake

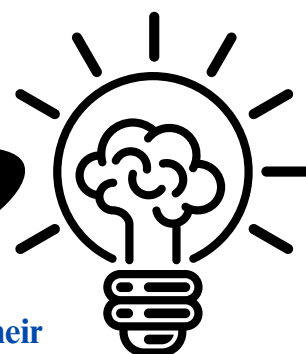
### Down

2. someone who only eats vegetables
4. the water
5. the strawberry
8. the fruit

9. a bitter taste in some candy
10. the ice cream
12. the cheese
14. a green, leafy vegetable
16. used to make lemonade

-Janhavi N.

## DID YOU KNOW?



1. Owls can't move their eyeballs.
2. Svotland's national animal is the Unicorn.
3. A cloud weighs around a million tonnes.
4. Honeybees can recognize human faces.
5. Coca-cola was originally green.

INTERESTING FACT



## ARIES

This month, your financial status will remain stable, but you should be careful with your investments. When it comes to real estate, car purchases, or any other decision involving stocks, ensure that all the documents and agreements are carefully studied. Singles, learn to accept people and circumstances into your life as you may attract unusual partners and make you evolve. Networking and communication skills will open new doors in your career.

## TAURUS

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## GEMINI

This month will present opportunities to engage in projects closer to your passion. You may think of buying a house or a car; this is the right time to do so if you have done the required research. Investing in the stock market may be riskier for you this month, so tread carefully. Family relations will be good; however, you may want to spend more time with kids or other young family members. You will have improved communication with your parents and siblings.

## CANCER

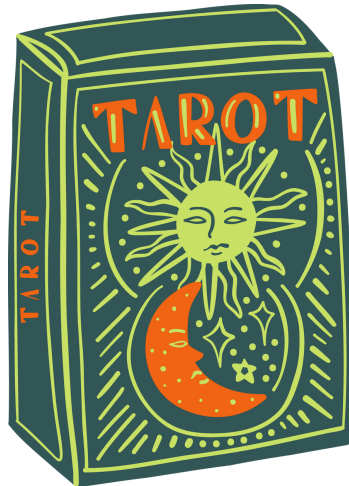
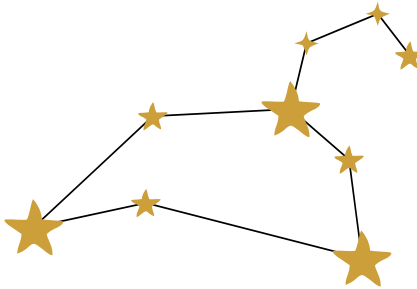
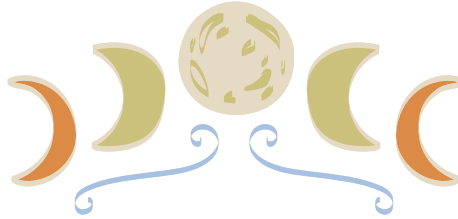
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## LEO

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## VIRGO

Your structured approach to work will attract new employers; therefore, ensure you sell this attribute when applying for a job. It is time to think, develop and work on your strategies and demonstrate reliability at work. But do not overload yourself with new tasks; it is better to do what you are good at and do it perfectly. Do not spend money on unnecessary things, but invest in things that will increase in value in the long run. If single, start thinking about what you want in a partner.



## LIBRA

October is a good time to review your financial position and make decisions that will be beneficial in the long run. If you have been planning to purchase a car or make a large investment, look at the fine print before proceeding. You will be in the limelight at work, and your input will be recognised. If committed, ensure your partner is also a part of your personal development goals and feels appreciated. Stand up for yourself when it comes to family matters.

## SCORPIO

This is a time to clear your slate and find new motivation. October is a great month to get organised, reflect on the current projects, and work on personal development without necessarily wanting to be in the limelight. Concentrate on the preparation rather than the prize. Ensure that you are financially ready before making any decision. If single, you may not be eager to look for new relationships this month. Perhaps you need time to recover from a previous heartbreak. Get your thoughts in shape.

## SAGITTARIUS

This month challenges you to grow, meet new people, and work toward things that matter to you. It is a good time to contribute your thoughts and participate in group activities relevant to your career. The primary challenge will be to manage your individual goals with the team goals. Partnering in business may also be advantageous this month. If single, get out and about and look for new romantic opportunities within your circle of acquaintances.

## CAPRICORN

It is the time to grow, take responsibility, and prove your commitment. You are likely to get a positive response when you go for a job interview or when you try to contact someone for a job. Dress the part, speak well, and show employers how capable you are of the job at hand. If single, this is a time when you may be inclined to be with those who are more serious, responsible and mature. Talking about your goals and future and providing support will help you deepen your relationships.

## AQUARIUS

You may be required to assume tasks that require acquiring new knowledge. Think about gaining more certifications through courses or seminars because this will be beneficial in the long run. October is a month of guarded optimism when it comes to finances. This month challenges you to be adventurous with your significant other, maybe plan a holiday or discuss your plans. You will be lucky in love in the middle of the month.

## PISCES

This is a time to release what is no longer beneficial and accept change where it is needed. October may pose some issues in terms of organisational politics. It may involve dealing with people at work, managing relationships, or working on assignments that demand more than casual involvement. Do not try to get too much too soon. Work on the emotional aspect of your relationship with your partner and address any issues that may come up during the month.

-Vaishnavi V. & Anuli P.

VSIT Express is a student-driven monthly newspaper launched by TYBAMMC Journalism students of VSIT. It was inaugurated in the year 2022 in the esteemed presence of actress Sonali Kulkarni. It is an endeavor that aims to equip mass Media students with the requisite skills for news gathering & reportage while encouraging readership & an interest in current affairs among college students.

VSIT Express 2024 abides by its tagline, "Enlightening minds, Inspiring perspectives." It comprises of 10 beats, namely College events, Current affairs (National & International), Editorial, Technology, Sports, Lifestyle, Fashion, Games & Horoscope. Students of the first and second year of the BAMMC Department also play their part as junior reporters. This newspaper also features significant achievements made by the students & faculty members of VSIT.

## Under The Guidance Of

**Dr. Anindita Banerji (HOD, BAMMC Department**

**Mrs. Lakshmi Pillai (Asst. Professor)**

**Mrs. Kshamata Chavan (Asst. Professor)**

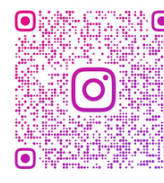
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## Beat Leaders & Members

**College Events - (TY Journalism)**

**Anuli Phulpagar**

**Janhavi Naik**

**Vaishnavi Vetrekar**

**Dipesh Surve**

**Current Affairs -**

**Shruti Shinde (TY Journalism)**

**Vineet Rane (TY Advertising)**

**Editorial -**

**Mudit Kalappa (TY Journalism)**

**Technology -**

**Janhavi Naik (TY Journalism)**

**Sports -**

**Mahesh Iyer (TY Journalism)**

**Anmol Chauhan & Himanshu (TY**

**Advertising)**

**Lifestyle -**

**Anuli Phulpagar & Vaishnavi Vetrekar (TY Journalism)**

**Fashion -**

**Anushree Gaikwad (TY Journalism)**

**Games -**

**Janhavi Naik (TY Journalism)**

**Horoscope -**

**Anuli Phulpagar & Vaishnavi Vetrekar (TY Journalism)**



