

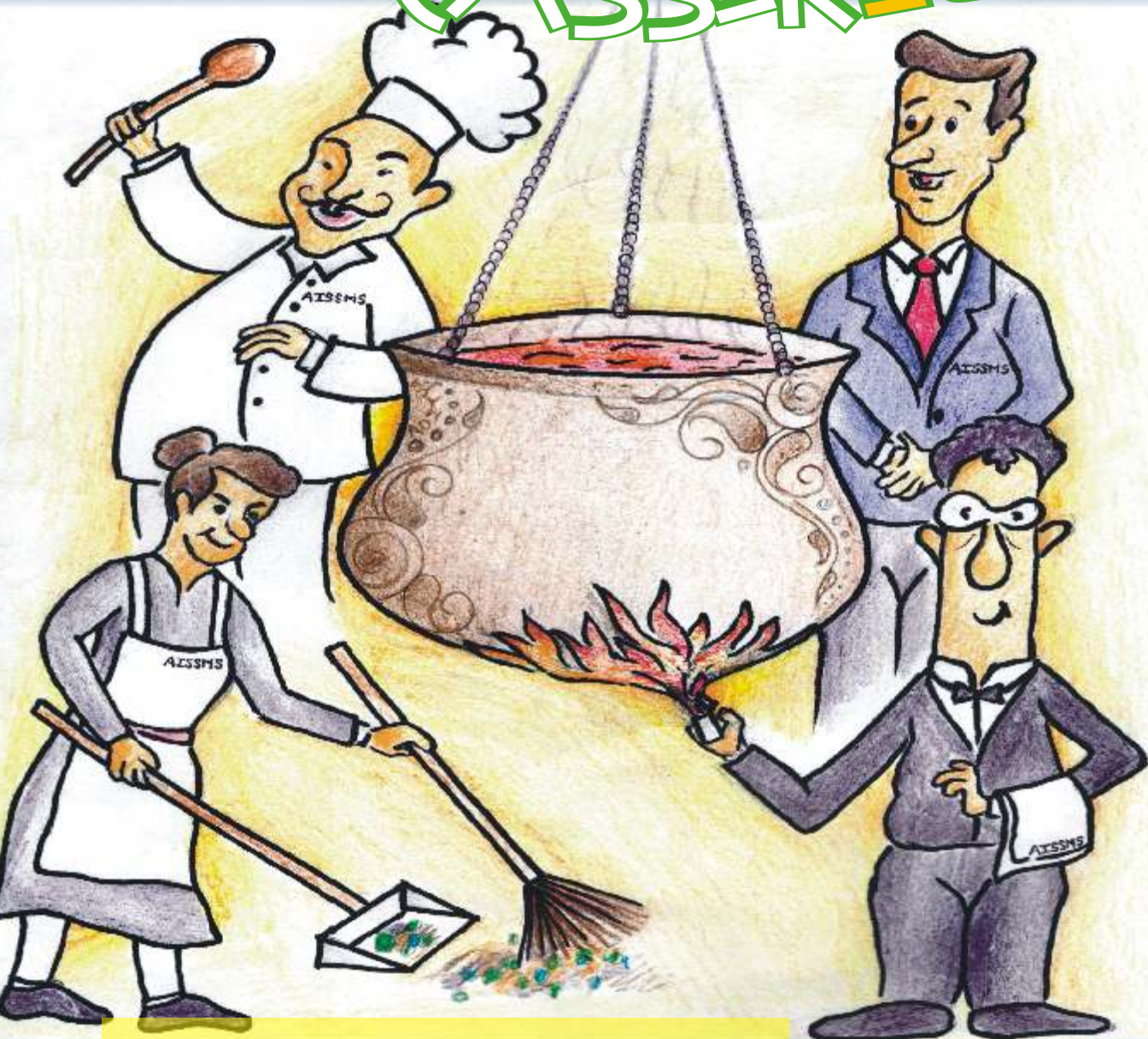


All India Shri Shivaji Memorial Society's  
**College of Hotel Management & Catering Technology**



Affiliated to University of Pune

# COLLEGE CASSEROLE



**Annual Magazine 2014 -2015**

# *Our Leadership*



**Shri Shahu Chhatrapati, Kolhapur  
President**



**Shri Sambhajiraje Chhatrapati, Kolhapur  
Vice-President**



**Shri Malojiraje Chhatrapati  
Honorary Secretary**



**Shri Ratnakar K. Jitkar  
Honorary Joint Secretary**



**Shri Ajay Uttamrao Patil  
Treasurer**



**Shri V. B. Patil  
Chairman, Governing Council**



**Shri Sahebrao R. Jadhav  
Chairman, Managing Committee**



## *Message From The President*

It gives me personal pleasure to convey my felicitations to AISSMS College of Hotel Management & Catering Technology on occasion of printing the third edition of its College Magazine “College Casserole”.

I am certain that the students have added varied flavours and presented a page-turning magazine. It is important to collect our thoughts and share them with our peers. The college magazine gives voice to each student of the college. Students are the future of the nation and citizens of the world. Reaching out to others with the might of the pen is in my opinion a leading role and a huge responsibility.

I welcome the youth to explore their flair with words and congratulate them for a well compiled college magazine.

**Shahu Chhatrapati, Kolhapur**  
**President**  
**All India Shri Shivaji Memorial Society**



## *Message From The Honorary Secretary*

All India Shri Shivaji Memorial Society is dedicated to holistic development of the youth. Creativity is encouraged – be it performing arts, creative writing, elocutions or debates. Expression of self is important for growth and development of healthy minds.

I heartily congratulate AISSMS College of Hotel Management & Catering Technology on successfully accomplishing reflection of creative writing in their college magazine. Language is no barrier when it comes to articulating ones thoughts and embellishing it with words. It is like creating music, creating life.

I am happy to note that students and faculty take time out to pursue interest in writing. I must add that I look forward to reading the magazine!

**Malojiraje Chhatrapati**  
**Honorary Secretary**  
**All India Shri Shivaji Memorial Society, Pune**





## *Message From The Principal*

Dear Students,

Here is wishing you a bright and shiny New Year. May 2015 bring forth the best in you! The start of the year is a good time to share with you a whole lot of thoughts, experiences and creativity – all put together in these very colourful pages. I am happy to present a sizzling, sparkling and hard-to-resist third edition of the college magazine “College Casserole”.

The college magazine is your magazine and it is nice to see your contribution growing with every passing year. I must also add, the fresh blood – our First Year students have shown a lot of enthusiasm in the making of College Casserole! At AISSMS College of Hotel Management & Catering Technology, we strive to bring forth in our students, a well rounded personality, and this magazine strives to highlight and make known their interesting facets. Each of your article is invaluable and a glimpse of you in the interesting write ups is what makes College Casserole a well accomplished mission!

As a step forward, I also wish to bring to you, our very own blog. It has been active from August 2014. Seeing the generation’s adeptness with technology, you needn’t wait for this publication. I invite you all to extend the chatter on the official college blog on our college website.

I am sure that you are excited to flip through the pages! All yours to savor and relish ... this delectable College Casserole.

**Prof. Sonali Jadhav**

# Contents

- 🍴 Crowning Glory: Graduating batches 2014-15
- 🍴 Faculty Speak
- 🍴 Student Spotlight
- 🍴 Burp, Slurp & More!
- 🍴 Walking the World
- 🍴 Mixed Bag
- 🍴 Art Corner

*Best wishes from AISSMS CHMCT to our batches graduating in the academic year 2014-15 as they embark upon their new innings!!!*

## **BHMCT**



**B.Sc. H.S.**



## **M.H.M.C.T.**



## FACULTY SPEAK

### Welcome to the culinary world of AISSMS College of HMCT, Pune.

It is rightly said that the gateway to someone's heart is through his stomach. Food is an essential aspect in everyone's life. The culinary art has evolved through centuries since the days when food was just a basic need of every life to the present day. Today, food - apart from being just a basic need, has become a passion and a reflection of the lifestyle of every generation. It gives me immense pleasure and pride to be associated with the world of Food! Kitchens are no longer the domain of women as even men have been doing wonders as chefs. Great chefs all over the world have proven the fact that culinary art is not every one's cup of tea. It takes a lot of determination, perseverance and creativity to become a culinary wizard. When I say Chef I mean someone who can make a symphony out of the mess, an artist whose canvas is the plate, someone who can cheer up the rest when the rush comes and is so confident that even if he puts himself on autopilot can still be the best. Every time you step into the kitchen you are being tested, your stamina is at test, your intelligence and integrity are at test and if you are afraid of failure you cannot possibly be a great chef.

There are qualities you can't learn in college or by reading cooking books and watching cooking shows.

But before you ask the question how to become a chef, ask yourself do you have what it takes to do it. Many people would do almost anything to seek a 9 to 5 job, and here we are not talking about a 9 to 5 job. Chef is a profession that requires long hours, often split shifts, weekends, holidays, late nights and often being on-call on your day off.

But, if you have the right kind of personality, becoming a chef can bring you many rewards, some of which are not necessarily monetary rewards. For example, the satisfaction of the job well done at the end of the night, the good comments of your customers, the camaraderie and team work in the kitchen, the possibility to apply your creativity, the life-long learning and the prospects of advancement and believe me these are the motivators that keep us moving.

So let's have a big applause for ourselves for choosing this divine profession.

**By : Chef Milind Peshave (Head of Department – Food Production)**





## NSS- An Enriching Experience

Time takes me back to 2011, when I was appointed as Programme Officer of National Service Scheme (NSS) in our college. Everything was new as this was the first year of NSS & brought challenges for me as pioneer Programme Officer. Under the guidance of our Principal Prof. Sonali Jadhav & training imparted by University Of Pune, I mustered great courage & confidence to implement NSS successfully.

In the initial stage my first challenge was to convince students to join NSS & also explain to them how their contribution to NSS & involvement in the future activities was a small token of gratitude towards the society. In the beginning it was difficult to get students to join the NSS. With repeated counseling & interaction, NSS took the shape of small group & gradually went on to become a team of 50 volunteers.

In the next three years till 2014, under NSS, we initiated & successfully completed several activities. We began with tree plantation in our AISSMS campus followed by organizing blood donation camp through private blood banks & moved to military hospitals. To ensure good health of students & faculty, medical checkup camps were also organized.

Our greatest achievement through NSS Programme was adoption of a village named Andgaon village in Mulshi taluka. This village was adopted for a period of three years beginning 2011. A preliminary visit was undertaken to understand the potential activities to be taken up in the village. The NSS team accompanied by the Principal & senior faculty met the villagers to know about their exact expectations.

A day was finalized to begin seven days camp. During the seven days, the NSS team followed a strict time table. The day began with Yoga & morning walk, followed by breakfast & shramadan. Shramadan included cleaning of temple premises, grampanchayat & school ground, digging of pits for tree plantation, leveling & filling of potholes of village road. Guest lectures on Andhashradda Nirmulan, female foeticide, importance of literacy were also organized during these seven days.

The days spent in Andgaon were indeed enlightening.

They not only helped me & the entire team in experiencing life as lived in a village, put also the hardships suffered by the villagers & yet a sense of satisfaction after the hardship. This brought changes in me & my thought process. I developed a tolerant attitude & learnt to view life from another person's viewpoint.

Overall these three years as Programme Officer were not only enlightening but also provided a sense of satisfaction through contribution to society.



**By: Chef Hemraj Patil (Faculty - Food Production)**

## It's all in the mind ...

Hi reader! I am glad that you chanced to glance upon this article, and hope you have a good read!

Health, as understood by all of us, is the state of well being and fitness. It is well being of the body and mind. As the adage goes “Health is Wealth.” I take the liberty to generalize and say, that most of us take our health for granted. Which means, we do not take care of ourselves. We are fit by default and only when we are unwell that we do something about it. Servicing is not only for our bikes and gadgets, but it is utmost important to take care of ourselves, irrespective of any constraints we may face as part of our daily lives. To identify and honour our body's needs, being sensitive to ourselves and unhesitantly taking instant help – is what we owe to ourselves and our loved ones.

If we are not feeling well physically – the problem is easy to detect, we go to the doctor and administer medication. But what when we are not feeling fine in our minds. Does that not happen? It does. To all of us. At different times. Perhaps manifested in different ways.

Everyone feels anxious, worried or stressed out sometimes and life can seem overwhelming. It's easy to see why when we think about all the pressures that are heaped upon us: society, family, work... where does it all end?

The different manifestations of these symptoms are termed mental illness. Mental illnesses are no different to any other illnesses - they have a biological basis. In the same way as cancers develop as a result of both external and internal factors, so too do mental illnesses.

The important question then is – Why do we not seek immediate help, or acknowledge the fact that we need help. One of the most common reasons is the social “stigma” that a mental illness attracts. Having spent most part of my childhood in Delhi, where all South Indians are called “Madrasis”, similarly we tend to call all people with mental illness as “pagal”. It is ignorant and insensitive on our part, and this stigma is a major deterrent to seek help.

It contributes to delays in seeking care, impedes timely diagnosis and treatment for mental disorders, serves as an impediment to recovery and rehabilitation, and ultimately reduces the opportunity for fuller participation in life.

Like any other physical ailment – like a headache or fever – the condition does not treat itself, but if not dealt with, aggravates with time and creates an internal imbalance. This manifests in terms of psychological conditions.

We must, therefore, know how we are feeling, in body and in mind. Alcohol, cigarettes or a chocolate cake are a quick fix in our weak periods, but add to the problem than tackling it. Instead we must aspire to lead a healthy and wholesome life - full of people who support us, and activities that rejuvenate us. Any time we feel the slightest discomfort, we must not hesitate to seek expert attention. And why not!

<http://www.phfi.org/our-activities/research-a-centres/centres-of-excellence/869-centre-for-mental-health>

<http://inthehealth.oxfordjournals.org/content/5/1/6.abstract>

<http://www.thebanyan.org/html/mentalillness.html>

**By: Arati Prabhu (Faculty)**

## Then and now

As I sit down to write this article today, I can still distinctly remember the phone call I received, over four years ago. To me, it was one of those regular evenings out with friends over a cup of coffee. But what changed it was the call I received from the college placement co-ordinator. As I unassumingly answered her call; her voice came through beaming with joy and pleasure announcing that I had been selected as a Management Associate with the Carlson Hotels. My joy knew no bounds, that a probably unassumingly given job interview would lead me to what would be a dream start up for any fresher. I continued to bask in the glory of being the only one to be selected as a Management Associate that year from Pune, for days to come.

Well come June and I was facing the “real” world. Three days of intensive induction by the Corporate Human Resources at Gurgaon and then we were packed off to our respective properties. On returning to Pune, all the excitement has transformed into nervousness, strange sense of responsibility and vulnerability as I reported to my parent property Radisson Hotel, Pune Kharadi. What followed was a series of learning experiences through a lot of hard work, grit and determination. Having said that I would also like to thank all the staff, colleagues and managers for constantly being there to help, support and guide. Eighteen months of tough work, intensive training, reviews, mentoring finally culminated with the completion of the Management Training Program. The Program not only helped me professionally by making a responsible executive but also made me a more confident to handle situations as and when they arose. Well, this was also a new beginning in the role of an Executive with added responsibilities, new challenges and lots more. The pursuit of excellence continued with the occasional appreciation, pat on the back, the daily cribbing and at times the thought to just giving up.

As they say, life continues and so did I through highs and lows, gaining and giving equally to achieve another milestone fifteen months later, the tag of the ‘Team Leader’. Things changed, tables turned. The once jovial colleague was now expected to keep a watchful eye; to take the charge, to become the trainer. All of that was taken in the stride and I kept sailing forward making some great friends on the way, some acquaintances and others just colleagues. But all said and done, it was with all these that the toughest days at work became much easier, the weirdest problems were handled with a smile ( yes that’s exactly what you are expected to do all the time) and so on. All through my work years I had the wonderful opportunity to interact with the most experienced people across various cultures, religions and nationalities giving me a sneak peek into the their world right from the comfort of my workplace. Life wasn’t essentially a cake walk but perseverance helped.

And if you allow me a little more of self adulation, perseverance paid off to me in the form of my third promotion by the end of my fourth year with the hotel which was by then Radisson Blu Hotel Pune Kharadi and a second home. Today when I look back I really can say “Yes I did it all” from those crazy shifts to the everlasting meetings.

Happy Reading!!!

**Puneet H. Thakkar (Faculty)**

The arrogance of youth

“Mumma have you heard of hashtag?”. “Why don’t you buy a new mobile?”. “Your mobile doesn’t have what’s app?”, are the typical questions that we all hear today.

I think this generation is too internet savvy and that they take all this stuff differently specially the teenage one.

Of course you understand everything differently at different ages. But suddenly not being twenty seemed a crime like never before. Something really hurts me a lot. Ouch! The arrogance of youth. Though ‘young’ of all generation is assumed to be arrogant, but it is even more noticeable today. The cocky- know it all stance, the overconfident attitude and unrelenting insistence on getting their way is peculiar to this generation. They breeze through life like they have their life map printed on the back of their hands and to hell with the consequences.

Coupled with that is a patronizing (the way they behave) towards parents, elders, who are judged by the sole criteria of how tech savvy they are. But what it is that gives them this ‘care less’ attitude? May be its the influence by the world around them or they dealing with many peers with their varied success stories compared to the other generation.

Earlier our world would be limited to our cousins, immediate neighbours and friends. But today’s generation know success stories of people miles away, than their next door neighbour. The temptation to exaggerate in the faceless social media encourages all kinds of lies that further raise expectations in a very unnatural fashion.

Everybody has an advice from all quarters-say you need to be confident, believe in yourself send out positive messages, etc. And that is exactly what youngsters are doing.

So, scratch the surface and these children are as confused and directionless as we ever were at their age. They have more options, but more choice confounds the confusion. (take an example of internship abroad). The exposure they have had, like through the music they hear, the movies and books they imbibe and the television they watch. And when you try to implement western values in an Indian context, obviously there are bound to be problems.

What then is the solution? May be the parents need to assert themselves a bit more once again, lay down rules and impart values with more vigour. Cool a bit and take a reality check. Can we notice how many youngsters are reaching out to parents while selecting a career or deciding on a job? They are still the young & directionless at heart, however much they may reject parental help.

**By : Sarika Joshi (Faculty)**



## FUNNY LAWS ALL OVER THE WORLD

1. In seven U.S. states, according to their constitutions, atheists are barred from holding public office.
2. Interracial marriage was still illegal in Alabama in 2000.
3. In Saudi Arabia, it is illegal for any woman to drive a car. Right now, it's illegal for them to vote too. Apparently it will become legal in 2015 (how sweet.....).
4. In Dubai, extramarital sex is against the law and could result in jail sentences for over a year.
5. In Saudi Arabia, there is no minimum age for marriage. In 2008, a Saudi court refused an 8- year-old girl, who asked for a divorce from her 58-year-old husband.
6. The only two countries where divorce is illegal are the Philippines and The Vatican.
7. In Montana, "proxy weddings" are allowed for those serving in the military, which means a friend can pretend to be the groom or the bride and the union will still be considered valid. In some cases both the bride and the groom are absent.
8. In Arkansas there still exists a law that was instated in the 1800s that states a husband is allowed to beat his wife, but only once a month.
9. In Iowa, it is illegal for a man with a mustache to kiss a woman in public.
10. In Vermont, a wife needs the husband's permission to wear false teeth.
11. In Oregon, talking dirty while having sex is illegal. Even though they don't really specify what qualifies as dirty talk.
12. In Utah you can marry your cousin, but only if you are both over the age of 65.
13. In Hong Kong, there's a law that allows a wife to kill her husband if she finds him cheating. However, she must kill him with her bare hands.
14. In Florida, it's illegal to fart in a public place after 6pm on a Thursday.
15. In Samoa it is illegal to forget your wife's birthday.
16. In Sweden it is illegal to be found buying the services of a prostitute, even though prostitution is legal. Which means the prostitutes themselves would not be breaking the law. In the past few years Iceland and Norway have also adopted this law.
17. In Victoria, Australia, it is illegal to change a light bulb unless you're a licensed electrician.
18. Bangladeshi children of 15 and older can be sent to jail for cheating on their final exams.
19. In Florida it is illegal for a divorced or a widowed woman to skydive on a Sunday afternoon.
20. In China, it is a law that a person must be intelligent to go to college.

By: Nilofar Tamboli

## **STUDENT'S SPOTLIGHT**

**Vihang Bhonsle (SY BSc HS II)**

### **STUDMUFFIN**

Studmuffin, is a blues/rock n roll band from Pune formed by singer/ songwriter Vihang Bhonsle. Originally formed as 'The Revolvers' with a rock-n-roll outset, the band headed in a new direction line-up changes that brought in bassist Omkar Potdar , drummer Sandip Jadhav, guitarist Kaustubh Jambhorkar and keyboardist Arjun Srivatsan.

The Band has come into the lime light after winning a streak of band competitions, hosted at different college fests such as **Symbhav 2014 (Symbiosis Law)**, **Karavaan 2013 (IISER, Pashan)**, **Manthan 2014 (NIA)**, also a competition hosted by the **Hon Prime Minister Narendra Modi, called “Philharmonics 2014” (MICA, Gujrat)**.

To top things off, the boys went on to win “Hard Rock Rising”, Pune Zonals and further came 4th in the world among 90 other bands representing each Hard Rock Café respectively.

Studmuffin is now working on its debut album which is scheduled to release in the first half of 2015 following which they will be setting upon an all India tour playing at different pubs and venues across the country.



**Vihang, performing with his band “Studmuffin”.**





# Chilling Scones

Studmuffin is a city-based band that started out with the '60s and the '70s music, later diversifying to embrace an eclectic sound

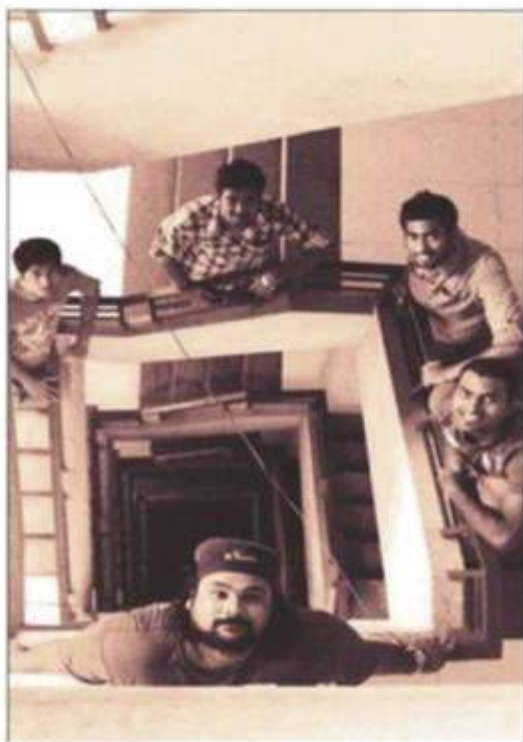
AASHAY KHANDEKAR

STUDMUFFIN'S Vihang Bhonsle is busy preparing for his band's first album. Two years ago, in an effort to revive the music from the '60s and the '70s, Bhonsle started a band called The Revolvers, along with his friend Kaustubh Jambhorkar. However, the original band headed new directions in terms of sound and saw line-up changes, resulting in the addition of bassist Omkar Potdar, drummer Sandip Jadhav and keyboardist Arjun Shrivatsan from Point Blanc.

It was after this shift that the name of band was changed to Studmuffin. Handling various genres at one go, Bhonsle says that his band doesn't believe in traditional classifications. "We play funk, stoner rock, psychedelic rock and blues. Our music changes as per the audience demand. It is definitely not random; neither is it cyclic," he adds.

Talking about the USP of Studmuffin, Bhonsle says, "Our songs make people happy. They are not depressive or provocative. When I write a song, I try fusing in the happiness quotient first, which has become my permanent state of mind now. While selecting topics for our songs, we try finding something light-hearted and humorous. Even in the topic is a cheating girlfriend, we try rendering it funnily." Studmuffin won its first major competition while performing in IISER last year. They were featured for a rock competition organised by the Government of Gujarat and won accolades.

While Bhonsle is the song-writer and vocalist, Jambhorkar is the guitarist of the band. Studmuffin focuses on original music over covers. "I think originals are the essence of a band. And, good news is that people have



Members of Studmuffin

started accepting originals. We usually perform about 20-25 songs in a show, which lasts for about 90 minutes, during which we throw in a few covers," says Vihang.

While Bhonsle is pursuing masters in Hotel Management, Jambhorkar is doing his MBA. Potdar is a Mass Communications student and Arjun owns a small business in Chennai. "We come from different backgrounds but share a common interest. It is good to have diversity; you never get bored," adds Bhonsle.

*Studmuffin performs at Hard Rock Cafe on Thursday, 8.30 pm onwards*

## Varsha Abichandani (Second Year BHMCT)

My name is Varsha Abichandani and I have been fortunate to have learnt Bharatnatyam from the age of 7. Dance has played a very crucial role in my life and has helped me mend and mould myself into a confident versatile person.

By the grace of god I have not only learnt dance but also excelled in it. Being fortunate enough I have got the opportunity of performing on various platforms and have many credits to my name. Under the able guidance of my Guru Mrs. Chairmaine Lazarus, I won the “Akhil Bhartiya Sanskrutik Sang National Contest 2014” and also got the rare opportunity to perform at “The Pune Festival 2014”. Having participated in various competitive platforms such as the Lions Club Dance competition, Global Harmony 2014, Abhivyakti 2013, etc. have also nurtured my talent and have been instrumental in winning many laurels.

My parents, being so encouraging have also provided me with the opportunity of learning various western dance forms like Salsa, HipHop, Funk, Bollywood Salsa, etc.





## Pooja V. Bansode (First Year BSc. HS I)

In my life my best achievement is to see my mother's proud face when she is happy to see me on stage. I got stage confidence because of my elder sister. She motivated me. As it is said family and friends are our ladder of success, I entered this field as dance has been my passion always... I love to express each unspoken word through dance. I thank God for the talent he has bestowed on me. My life's best experience was the International Robocon event held at Balewadi on 24th August, 2014, as it was shown live on DD National. It was an amazing feeling when everyone was praising me.

Life gives us many opportunities but it is up to us that how much we can utilize them. The first half of this year was awesome for me as I got many new events from which I got to learn tremendously. My mother always says there should be an attitude in dance, but a not a negative one. We should teach whoever wants to learn because by teaching we ourselves practice and become perfect. I always get the most common compliment that my expressions are very effective which attracts the attention of audience. I get happiness through dancing.

My recent event was a competition at 'Ratnakar Shelke Dance Academy' in which I got 2nd prize for group dance performance, and we bagged the 1st prize. Making my Guru and my family proud gives me immense happiness. The competition was organized by "Lions Club" at Ganesh kala krida rangmunch on 14th September 2014. There is struggle in every turn of life. My mantra in life is - More you work hard, the more you are prepared for something better in the future.



## Pooja V. Bansode (First Year BSc HS I)

In my life my bestest achievement is to see my mother's proud face when she's happy to see me on stage. I got stage confidence because of my elder sister. She motivated me. As it is said family and friends are our ladder of success, I entered this field as dance has been my passion always... I love to express each unspoken word through dance. I thank God for the talent he has bestowed in me. My life's best experience was the International Robocon event held at Balewadi on 24th August, 2014, as it was shown live on DD National. It was an amazing feeling when everyone was praising me.

Life gives us many opportunities but it is up to us that how much we can utilize them. The first half of this year was awesome for me as I got many new events from which I got to learn tremendously. My mother always says there should be an attitude in dance, but a not a negative one. We should teach whoever wants to learn because by teaching we ourselves practice and become perfect. I always get the most common compliment that my expressions are very effective which attracts the attention of audience. I get happiness through dancing.

My recent event was a competition in which are 'Ratnakar Shelke Dance Academy' got 2nd prize for group dance performance, and we bagged the 1st prize. Making my Guru and my family proud gives me immense happiness. The competition was organized by "Lions Club" at Ganesh kala krida rangmunch on 14th September 2014. There is struggle in every turn of life. My mantra in life is - More you work hard, the more you are prepared for something better in the future.



# Burp, Slurp and more!

## 1. Mexican Spicy Sweet corn

### Ingredients:

Item	Quantity
Sweetcorn	½ cup
Onion	½ cup chopped
Capcicum	½ cup chopped
Green Chillies	1-2 no. chopped
Chilli Powder	½ tp
Tomato Ketchup	1 tbsp
Dried Oregano	¼ tp
Butter	1 tsp
salt	Taste
Coriander	For Garnish
Cheese	For Garnish
Black Pepper Powder	A pinch

### Procedure:

1. Combine the butter, onions, capsicum in a microwave safe bowl & set the bowl in microwave on HIGH for 2 minutes.
2. Add the corn, green chillies, chilli powder, black pepper power, ketchup and salt and mix well.
3. Remove the bowl add the remaining stuff and set it again in microwave on HIGH for 1 minute.
4. Remove the bowl and add oregano, salt and mix well.
5. Take a full spoon of mixture and apply on a nacho chips, grate cheese on top. Garnish with coriander leaves.

By: Mrunal C. Deshpande (FY BSc 1)

## 2. Coriander Wheel

### Ingredients:

Item	Quantity
Coriander	1/4 cup finely chopped
Chapatis	2 (leftovers can do)
Potatoes	2 (small)
Jeera Powder	1/4 tsp
Grated ginger	1/4tsp
Chili Powder	1/2tsp
Salt	To taste
Oil	2tsp
Cheese	1/2 cube, grated
Tomato ketchup	1/4tsp
Chat Masala	½ tsp



### Procedure:

1. Mash potatoes , add chat masala , jeera powder, grated ginger, chili powder, salt, 1/4 tsp finely chopped coriander.
2. In a pan take 1 tsp of oil add potato mixture , saute for 3-4 minutes so that the mixture becomes little bit dry & cool for 5 min.
3. With the help of pizza cutter cut the chapatis into square shape.
4. Apply little bit of oil on chapatis , spread the potato mixture evenly , make sure that the layer is not much thick.
5. Grate the cheese on potato mixture. Put another chapati square on it & press lightly.
6. Apply oil on both the sides of the chapatis & place it on the pan and roast till crispy.
7. Remove from pan , and cut it into small squares. Insert the toothpick in each square & dip it into tomato ketchup & again dip it into finely chopped coriander. Make sure that the square is covered with coriander.

- Chinmay Paithankar (FY BSc II)



### 3. Beetroot Pakoda

#### Ingredients:

Item	Quantity
Beetroot	1 no. thin strips
Maida	1/2cup
Besan	2 tbsp
Cornflour	2 tbsp
Oregano	1 tsp
Chili flakes	1 tsp
Amchoor Powder	1 tsp

#### Procedure:

1. Mix all the ingredients and add water and make medium consistency batter.
2. Heat oil in kadhai.
3. With the help of spoon drop batter in oil and fry till golden brown.
4. Sprinkle little bit chat masala on it, serve hot with mint chutney or tomato ketchup.

Chinmay Paithankar (First Year BSc II)



### Mix fruit Gulabjam Rabadi With Cocoa Coffee

#### Ingredients:

Item	Quantity
Gulabjam	15 no ( small size)
Custard apple rabadi	500 ml
Apple	1 no
Plum	1 no
Pear	1 no
Kiwi	1 no
Cocoa powder	10 gm
Coffee powder	20 gm

#### Procedure:

1. Chop all the fruits into very small dices
2. Add the fruits into the chilled rabadi.
3. Mix well and refrigerate for around 2 hours and then add to them the cold gulabjams ( gulabjams should not be dipped in sugar syrup for more than an hour).
4. Pour this dessert into the serving bowl and refrigerate for half an hour.
5. Till then add some coffee and cocoa powder in a vessel, add some warm water and reheat the mix till it gets binded and little thick.
6. While serving just pour hot cocoa coffee mixture into the chilled mixture and your exotic dessert is ready to be served.

Sukrut Kulkarni (Second Year BSc I)



## Soyabean stuffed Shahi Dum aloo with gravy (2 portions)

### Ingredients:

Item	Quantity
Baby potatoes	6 no
Soya bean chunks	50gm
Red chilli powder	(as required)
Turmeric	5gms
Cumin seeds	7 gms
Mustard seeds	7gms
Onions	3nos
Tomato puree	1 cup
Grated cheddar	20gms
Ginger and garlic paste	10gms each
Oil	20ml
Curry leaves, water, salt	

### Procedure:

- 1) Peel and wash the potatoes.
- 2) Boil it till medium soft.
- 3) Scoop out all the inner part of potato and make it hollow.
- 4) FOR STUFFING  
Boil the soybean chunks for 10min in hot water.  
Wash it once.  
Fine chop the soyabean chunks and squeeze it.  
Put some oil in kadhai, add cumin seeds, add chopped soya chunks, sauté it till it get crunchy, add grated cheese, switch off the flame and add salt and red chilli powder.
- 5) Wipe the hollow potatoes from inside once.
- 6) Put the stuffing inside the baby potatoes.
- 7) For Gravy :-  
Heat oil in kadhai ,add mustard seeds, curry leaves ,cumin seeds ,finely chopped onions(fry till get soft), then add ginger garlic paste, followed by tomato puree.  
Give this mixture one boil.
- 8) Add stuffed baby potatoes , cover the kadhai with lid.
- 9) Cook till potato gets tender.
- 10) Switch off the flame; serve hot garnish with chopped coriander.

Mayur Sapkale (Second Year BSc I)



## 1. SPICED BRAMBLE

### Ingredients:

Whiskey	– 20ml
Gin	– 20 ml
Blackberry syrup	– 10ml
Angostura bitters	– 1 dash
Fresh lime juice	– 15 ml
Lime slice	– 1
Honey	– ¾ cup
Cinnamon	– 1 stick
Nutmeg	– 5 Gms
Cloves	– 5 no.s
Water	– 1 cup

### Method:

- Boil together water, honey, cloves, nutmeg, cinnamon, & dash of angostura.
- In a shaker add gin, whiskey, angostura, lime juice, and ice. Shake & serve in hi ball over crushed ice.
- Garnish with lime slice.

**Madhumita Nirmale (Fn Yr CT)**

## 2. GREEN MOON

### Ingredients:

Kiwi crush	– 20ml
Gin	– 30ml
Blue Curacao	– 20 ml
Lime juice	– 15ml
Sprite	– to top up.

### Method:

- Mix kiwi crush, gin, lime juice blue Curacao with ice.
- Shake well
- Strain and serve in a glass top it up with sprite or soda.

**Rohit Sirsat (Fn Yr BSc)**



## 3. MILLIONAIRE

### Ingredients:

Whisky	– 45ml
Triple sec	– 15ml
Absinthe	– 15ml
Grenadine syrup	– 15 ml
Lemon juice	– 15 ml
Sugar syrup	– 15 ml
Egg white	– 1 no

### Method:

- Shake & serve chilled
- Garnish with half orange slice.

**Advait Nigudkar (Fn Yr CT)**

## 4. BLACK RUSSIAN

### Ingredients:

Vodka	– 30ml
Kahlua	– 15ml
Black coffee	– 15 ml
Cream	– 10ml

### Method:

- In short glass pour cream.
- Add 3 cubes of ice to it; add vodka, coffee liqueur and black coffee.
- Swirl the glass little and serve.

**Swapnil Vairat (Fn Yr Bsc)**

## 5. DIRTY APPLE

### Ingredients:

Brandy	– 30 ml
Whisky	– 30ml
Angostura Bitter	– 2-3 dices
Sugar cubes	– 1 no
Apple juice	– 60 ml
Cherry	– for garnish
Crushed ice	

### Method:

- Take a sugar cube in a high ball.
- Add 2-3 dashes of angostura bitter
- 3/4th glass of crushed ice
- Add 30 ml of brandy and whisky each.
- Add 60 ml of apple juice
- Garnish with cherry

Samyak Bhorge (Fn Yr CT)

## 6. SUMMER LADY

### Ingredients:

Gin	– 60 ml
White wine	– 30 ml
Cucumber	– 4/5 slices
Soda	– to top up
Cube ice	– 4-5
Mint leaves	– 4 – 5 leaves

### Method:

- Pour gin in cocktail shaker.
- Add mint leaves, cucumber slices & muddle.
- Add 5-6 cube ice and white wine.
- Stir the drink.
- Double strain in a tulip glass and top with soda.
- Garnish with wheel of cucumber with mint sprigs

Tushar Patil (Fn Yr BSc)

## 9- Indi-knock

### Ingredients:

Vodka	– 30 ml
Green Chilli	– 1 no.
Kokam syrup	– 30 ml
Lime juice	– dash
Black salt	– to taste
Cumin Powder	– a pinch
Brandy (optional)	– 15 ml

### Method:

1. Slit the green chilli and soak in vodka for fifteen minutes and remove. (adjust duration to preferred hotness as desired).
2. Take a well chilled cocktail / martini glass. Rub the rim with lime (optional).
3. Add crushed ice.
4. Pour the chilli-vodka, kokam syrup, lime juice, cumin powder and black salt. Stir.
5. Top up with chilled water.
6. Float with flambéed brandy (optional).

Arati Prabhu (Faculty)

## 7. WU WU (what's up with you).

### Ingredients:

Vodka	– 1 & 1/2 oz
Orange juice	– 1 part
Pineapple juice	– 1 part
Cranberry juice	– 1 part

### Method:

- Add orange juice, pineapple juice & cranberry juice into shaker, shake it.
- Add vodka again shake it, and serve chilled.
- Garnish with half slice of orange.

Rohit Purekar (Fn Yr CT)

## 8. Spicy cocktail

### Ingredients:

Vodka	– 30 ml
Green chili	– 1 no
Cranberry juice	– 60 ml
Lemon juice	– 5 ml
Cointreau/triple sec	– 5 ml
Crushed ice	
Red chili	– for garnish

### Method:

- Take a green chilli and deseed it and soak it in 30 ml of vodka for 10-15 min and remove the green chilli.
- Take a cocktail shaker, add ice, vodka, 60 ml cranberry juice, 5 ml lemon juice, 5 ml of Cointreau / triple sec
- Shake it well
- Serve the drink in chilled big martini glass
- Garnish with red chilli.

Swapnil Darekar (Fn Yr CT)



## Walking the world (Travel Review)



Turkey has been one of the most visited countries by the tourists recently. A land where East meets West, Turkey truly is a fusion of cultures and a fascinating place to visit. I visited Turkey with my friends this summer, a celebration of all of us turning forty this year. The tour started with the Cruise over the Marmara sea, crossing the great bridge joining Europe and Asia.

Turkey has been a crossroads of civilization and ancient ruins, everywhere you go. Ephesus is rightly acclaimed as one of the world's great historic sites, with its vast group of excavated buildings dating back to its Roman heyday. Other similar sites run up and down the Aegean coast with highlights like Pergamum running Ephesus a close second when it comes to well-preserved remains, while Troy though more famous, needs a lot of imagination to appreciate its ruins.

On our first night in Bursa we were invited into a local musical gathering, where our guide Ozan took us to Darwish night, Sufi dance form. Sufi is a kind of worship through dance which originated in the 12th century. Sufi fraternities were first organized with a master (sheikh) and disciples or dervishes as a way of following Islam.

Turkey has many natural wonders that are extraordinary and a few that are truly unique. The landscapes of Cappadocia are world-famous and enjoyed by thousands every year on hot air balloon flights over its fairy chimneys. Equally compelling are the blindingly white terrace pools of Pamukkale, where you can take a dip and test just how therapeutic the waters are.

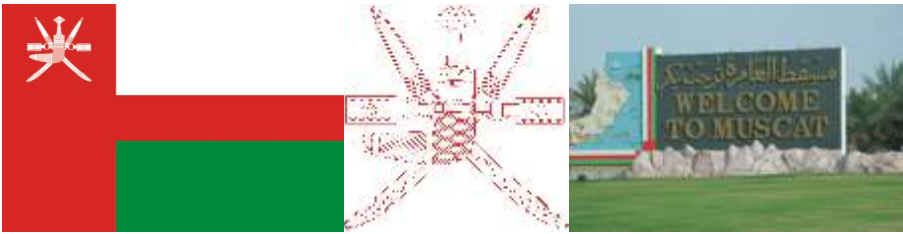
Turkish cuisine is a fusion of Mediterranean and Middle Eastern dishes and among the best in the world. Culinary delights include Turkish coffee, tea and no visit is complete without tasting the famous Turkish delights, Baklava, Shawarma, Gozlamey. Fish holds a very important place in Turkish cuisine and fish restaurants and taverns can be found near the bay areas. We also attended a local culinary class, to learn the specialties of the country.

We visited Turkey's best Bazaars. The most famous bazaars in the world are the Grand bazaar and the spice bazaar. You can shop traditional goods like ceramics, handicrafts, soaps, sweets and carpets.

But the most thrilling and memorable experience **of in a hot air balloon**. When once you have tasted flight, you will forever walk the earth with your eyes turned skyward; for there you have been and there you will always long to return.

**By : Rasika Gumaste (Head of Department – Accommodations)**

# Sultanate Of Oman



Sultanate of Oman is an Arab country in Southwest Asia , on the Southeast coast of the Arabian Peninsula , where it holds a strategically important position at the mouth of the Persian Gulf. The capital of Oman is Muscat.

There are many things to tell about Oman. Oman's spectacular beauty & the wonders are abound- from the mountains to the sea and miles and miles of golden beaches. Those in love with desert can venture out into the sands to take in the endless dunes. Still others can frequent lush public gardens with their spectacular flowers or explore the wadis that dot the landscape of Oman.

Well , talking about the tourist attractions there are tonnes of attractions that a traveller can visit. It may vary from nature loving sightseeing to shop till you drop and all the amazing attractions in between. Some of my favourite destination of attractions are Nakhal, Jebel Akhdar , Jebel Shams Wadi Bani Khalid , Al Hoota caves , Al Sawadi beach , Rustaq , Sharqiyah sands , Nizwa , Sur, Musandum , Salalah, Bandar Al Khyran to name a few. All these spots are actually outside the city so before you venture out to these please make proper planning and then go , so that all will have fun. One more important thing to be remembered is always take a 4WD as the sedan cars wont go there. Talking about the Muscat city there are many tourist attractions to seek for. Some of the attractions which i personally love are Sultan Qaboos Grand Mosque , Omani-French Museum , Al Alam Palace , Royal Opera House , Bait Al Zubair , Oman Oil & Gas Exhibition Center , Sultan's Armed Forces Museum , Qantab beach, Qurum beach , Sifa beach , Mutrah Souq , Qurum Park are some of the places to mention. Other than these attractions there is one special thing about this country is that its the second cleanest country and also the peaceful country in the world. I feel privileged that I have spent my teenage life in such a beautiful country filled with all God gifted things at one place.

Watching sunset at a height of 9000 feet has its own charm. The twilight throws dramatic light over the expanse of land below to reveal a breataking scene. Jabel Akhadar is moored high up in the central mountain ranges of Hajar mountains.It offers a plethora of colors and a picture postcard scenery with fruit orchards and rose in abundance. This place is famous for pomegranates , peaches , walnuts and other fruits.

Famous spots are... Diana point , Wadi Kotom , Wadi Bani Habib.

## Al Hoota caves - Wonders of Underground :



## Royal Opera House Muscat :



Travelling to Oman is very easy as there are many flights going from many parts of India and many Indian as well as International flights fly to Oman almost on daily basis. But I prefer to travel by Oman Air which is owned and governed by the Omani govt. In 2011, **Oman Air won the Gold award for the "Airline of the Year" at France's Laurier d'Or du Voyage d'Affaires.**

With this I would like to conclude my travel review , hope you enjoyed reading it !

**By : Chinmay Paithankar (First Year BSc II)**

### My trip to Singapore ...

We decided to go for trip to Singapore I was very excited as it was the country of which I have heard, read and began to dream of visiting..... I always wanted to visit a country which is known for its cleanliness, hygiene, sight seeing and food ....and now I was going to visit Singapore...It is an island which is not big as the state in which we live, yet it is known in the world. It is located to south of India. There are many cultures that live together in Singapore - just like in India... But the majority among those are 'Chinese, Indian, and Malay.'

The languages spoken are Chinese, Malayalam, Tamil, and English. So where so many cultures live together the food we get there is influenced by it.

The planning started almost 6 months before going. As the days passed the excitement increased and finally it was time to fly...As it was my first flight journey I was even more excited .We were seated in flight and as the plane started my heart started beating faster. But when take off was successful and I finally opened my eyes...it was a wow feeling.

It took 2 hours to reach the island of Singapore. As it was night, the small lights which bordered the airport and island just looked amazing.....



We booked a taxi and went to our residence. While coming out of the airport, the Changi airport was just beautiful. They had a theme of rainforest to decorate the airport. It was so beautifully decorated that I just cannot stop myself from clicking picture. As we came out there was taxi waiting for us...at that time I realized how systematic the people of Singapore are. They waited patiently for their turn to come.

The next morning I woke up and went to the window... and pulled the curtain off.... I kept looking at the scene...I just can't imagine that the buildings which touched the sky, the trees shorter than them.

I was extremely pleased...by the view.

We got ready and as per our plan of day we visited the nearest MRT station, named Choua Chukang. As we went, I was much excited to see a metro coming from the end...as the station arrived we visited Chinese garden. It has beautiful green lawns, an award winning turtle exhibition, and culture showing sculptures of Chinese. It is a very silent place to visit and to learn.

The next day we went to Jurong Bird park. The Bird Park is so amazingly built that one may feel if we are in a real forest. The next day we visited was the most awaited and known place...Marina Bay Sands. It is a 7 star property, with 64 floors. The view from the top of 64 floors was just amazing. The green sea, small fishing boats, the flying airplane just looked spectacular and that was the movement to capture in camera. The Singapore zoo known for its best caring zoo for animals from penguins to Asian tigers. The zoo is just one more place to visit in Singapore. One cannot just go away from zoo without seeing elephant show. The days passed like minutes. Now last two days were left to come back home. Sentosa is an island with beautiful aquarium, beaches and an amusement park. How the day ended was not known to me.

The next morning we started packing, to fly back to India. The memories of the disciplined people, the tasty food, the cooperative public on transport, the beautiful beaches, the amazing elephant show and the fun we had was just enough to say good bye.

Singapore has huge shopping malls which are known for branded things...the people here love to shop. It is the one of the countries which runs on tourism industry. The people here are very proud of their country. So one should visit Singapore once in life time and enjoy the life.....So start packing up your bags its time to go.....

**By: Abhishek Bagaitkar (Second Year BSc I)**

## **DELHI - MANALI**

I Sukrut Kulkarni had travelled to Manali via Delhi, this May. My experience was too good in terms of food. The street food of Delhi is delicious. A mixed version of Punjabi and traditional Delhi food. Delhi is famous for its old spices worldwide. The old Delhi food has a traditional flavour of Mughlai food. Leaving Delhi and moving towards Manali, I came across many restaurants which were serving traditional food. I stopped at a typical Punjabi dhaba and ordered for Butter Chicken & Roti. The Butter Chicken which I got was completely different than what we get here. The colour of gravy, the method of cooking is completely different. It was lip smacking. Talking of which, when in Punjab how can anybody forget "Lassi". Lassi was made right in front of me and served in a typical glass. Moving forward, I reached Manali, where I had a hot Darjeeling masala tea and after refreshing went to Mall Road. Taking break in shopping, I kept trying different street foods. The accommodation in Manali and Kullu is very cheap I would suggest to stay at Holiday Inn. It is close to river and it has a classic view. Coming back to Delhi we feel very uncomfortable for leaving back the mountains and coming to concrete jungle. Overall it was a very memorable experience and all must enjoy it.

**Sukrut Kulkarni (Second Year B.Sc 1)**

## MY MEMORABLE TRIP TO UTTARAKHAND

Uttarakhand is a state in the northern part of India. It is often known as the Devbhumi. Uttarakhand is known for its natural beauty. Uttarakhand has a total area of 53,484 km.

We had visited and travelled by train. Reached at Delhi on 15<sup>th</sup> May. Then we started our journey from Delhi to Rishikesh by road. The journey was full of joy and excitement. Uttarakhand is blessed with natural beauty. Sages, Sadhaks live there to experience spirituality.

We were six family members. We all were enjoying the picturesque beauty and divinity of the place. We reached at Haridwar. Haridwar is the important city in the religious architecture of the country. The large number of people gathering on the bathing ghats on Ganga river. There are number of hindu temples, ashrams and dharmshalas in the city. Rajaji National Park is the attractive place in the city.

Then we visited to Auli. Auli is one of the important place and ski destination in the Himalayan mountains of Uttarakhand. Its located at an elevation of 2500 to 3050 meters above sea level. Auli is a tourist destination. Surrounded by oak forest, Auli lies on the way to Badrinath. Auli also boast the Asia's longest 4 km cable car (Gandola). That was thrilling ride for us.

Then we went to our last destination which was Joshimath. It is a popular hill station. Which is located at a height of 1890 mts. Joshimath is also know as Jotirmath as well. We stayed in gmvltourist banglows. It is popular for Shree Shankaryacharya math. It is a gateway to Kedarnath Badrinath.

The budget estimated around Rs 25000. It was a memorable trip. I would visit again and again to experience the peace, tranquility and divinity.

By : Adwait (Second Year BHMCT)



It was in the month of December 2013 when i had been to Dubai to celebrate Christmas and New Year. Dubai is an incredible city in UAE.

We stopped at the Dubai mall, a luxurious mall in downtown Dubai.

Later we visited the Burj Khalifa the world's tallest building. The view from the tallest floor of the building was exquisite.

Visiting the Palm Island was a dream come true. It is the most beautiful and luxurious island ever.

Celebrating Christmas in Dubai was an awesome feeling. The dessert safari was a good experience for me. Soon it was New Year. We dined at the JW Marriot hotel on the new year eve. The food there was very scrumptious. Watching the New Year firework was a delightful scene. Finally it was time to fly to India. I had taken memorable experiences along with me.

Thank you mom.

**By : Rajeev (Second Year BHMCT)**

---

## **MIXED BAG**

### **BOOK REVIEW**

Name of the book – The test of my life from cricket to cancer and back

Written by – Yuvraj Singh

Published by – Random House India in 2013

“The test of my life” is an autobiography of Yuvraj Singh, an Indian cricketer and a cancer survivor. The book is about his tough days and how he managed to come out of it.

The story starts with some of his childhood memories. How the tennis and skating lover boy came into the cricket world! The whole credit goes to his father, Yograj Singh. He made Yuvi play cricket and took efforts to train him. This guy was on top of the world in 2011 International World Cup by his fabulous performance and winning Man of the series award! On the night before the final match, he prayed for the cup in return for anything God wanted! And..

Here God introduced him to a new “C” which replaced Cricket to Cancer! The day Yuvraj was diagnosed with a cancerous tumor in left lung he had cried like a baby. But immediately he lifted up himself to fight the disease with a positive attitude. It was the most important and toughest ‘Test of his life’! Here comes the most touching part of the story. How he suffered from the tremendous pain during chemotherapy, when he lost his hair, energy, the food taste. During this stage of life his mother, friends, fan following, BCCI supported him enormously. The simple language makes you understand his situation and feelings. The write up actually makes the reader cry!

I would recommend this truly inspiring book not just for a cricketer aspirant but also to all ages to deeply believe that they can overcome all the odds and live a peaceful life.

**By : Swarada Bhide (FY BSc I)**



*Life...!!!!*

Life is briefcase of mysterious files,  
Open them, reveal them,  
Don't just walk with it for miles...

Find your own way for your own road,  
There maybe bundles of problems and,  
Unexpected load...

You may meet some fair people and ,  
Some black like coal,  
So never try to back down,  
Until you reach your goal...

Also enjoy your life,  
Like you never had,  
Make your future glorious,  
And your close ones glad...

Life is short,  
So live it to the fullest,  
Unpredictable things may happen,  
So be the person strongest....

No one stays here forever,  
So make your life inspirational,  
Let the people read your story,  
And make their dreams remarkable...!!!!

**- MANSI DILIP TAMHANE (SYBSc II)**

बरच काही शकिलो शकिवता शकिवता

आम्हीहीघडलोघडवताघडवता

काहीडोळ्यातलीसवप्नेउमेददेऊनगेली

काहीनाराजमनेहलवूनगेली

हातातूननसितावीवाळू

तशीसरलीवर्षेचार

नवीदशानव्यावाटा

नवकृषितीजनव्याआशा

यशाच्यामार्गावरपहिलापाऊल

जोडीसफकृतआठवणींचासाठा

खोडकरमुललहानलहानचुका

बोरिंग lectureमधल्याखट्याळगप्पा

बेचववागणुकीलाचटकदारगान्शि

कधीsavalrylectures तरकधीspicy partices

तेराcoursechaहोतआयुष्य

चावीचवीनजगलात

नवारंगनवchandda

आठवणीतगुंफायला

मनातसाठवूनसारकाही

घ्याभरारीआभाळी

- गौरीशहा

एआयएसएसएमएसच्याकर्मभूमीवरचालूआहेयुद्ध

झगडतहोतोदविसरात्र

जळतहोतोरक्त

अचानकआलाएनबीएचाउत

आवकवाढलीकामाचीखूप

कागदांचीशेतीकरतहोतो

पुराव्यांचपकिंपकितवतहोतो

सेनापतीआमचाखमक्या

कधीपूरेमानेतरकधीदेईधमक्या

खर्चाचखोटंखोट्याचखरकरतहोतो

एनबीएचीसंपलीधुमशचक्री

चालूआताकॉन्क्लेवचीभक्ती

कुटूनआलीयाफौजेलाशक्ती?

संपेलसगळंआतथियसोबत

तरीसगळेल्होल्हसबघत

म्हणतातहसतआम्हीकरतोसगळेसहज

- गौरीशहा

आयुष्य

आयुष्यहेखूपसुंदरआहे

यावरभरभरूनपूरेमकेलापाहजि

आयुष्यहेएकदाचमळित

मळिलेल्याआयुष्याचसोनंकेलंपाहजि

जीवनातखूपखूपसंकटयेतात

त्यासंकटानासामोरेगेलपाहजि

तेव्हाचहवातसयशप्राप्तकरतायेत

संकटानातोंडदल्ल्याशवाय

संकटकाययाचामुलअर्थकाळतनाही

संकटहेचआयुष्याच्यायशाची

खरीगुरुकलिलीआहे

आयुष्यहेबघतिलेतरसोपं

बघतिलेतरकठीण

पणहेचखरंआयुष्यअसतं

आयुष्यातीलखाचखळगेहेस्वतालाचभरूनकाढायचेअसतात.

तीखाचखळगे

भरूनकाढण्यातजीमजाअसतेतीऔरच

आयुष्यहेअसचअसतंदलितर

खूपकाहीदेऊनजात, नाहीतर

काहीचनाही

- मनोजसूर्यवंशी

## Confidence Hidden In You...

There was a business executive who was an outstanding business tycoon who cracked impossible deals in his business career, he was at the top all along his life until he met with a crisis. A well-known and well experienced business tycoon was deep in debt and could see no way out he was not getting any of the way to get rid of that crisis. He lost all his money behind a project at the very same time all his investors took their hand back. Even creditors were closing in on him. Suppliers were demanding payment.

He sat on the park bench, hands were on his head, wondering if anything could save his company from bankruptcy.

Suddenly an old man appeared before him. "I can see that something is troubling you," the old man murmured.

After listening to the executive's woes, the old man said, "I believe I can help you."

He asked the man his name, wrote out a check, and pushed it into his hand saying, "Take this money. Meet me here exactly one year from today, and you can pay me back at that time." Then the old man turned and disappeared as quickly as he had come.

The business executive saw in his hand a check for \$500,000, signed by John D. Rockefeller, then one of the richest men in the world!

"I can erase my money worries in an instant!" he realized. But instead, the executive decided to put the uncashed check in his safe. Just knowing it was there might give him the strength to work out a way to save his business, he thought.

With renewed optimism, he came up with the fresh energy and ideas, he negotiated better deals and extended terms of payment. He closed several big sales. Within a few months, he was out of debt and making money once again.

Exactly one year later, he returned to the park with the uncashed check. At the agreed-upon time, the old man appeared. But just as the executive was about to hand back the check and share his success story, a nurse came running up and grabbed the old man.

"I'm so glad I caught him!" she took a long breathe. "I hope he hasn't been bothering you. Actually the thing is he's always escaping from the rest home and telling people that he's John D. Rockefeller." Hope he didn't ruin your time. And she led the old man away by the arm.

Astonished executive just stood there, stunned. All year long he'd been wheeling and dealing, buying and selling, convinced he had half a million dollars behind him.

Suddenly, he realized that it wasn't the money, real or imagined, that had turned his life around, it was his newfound self-confidence that gave him the power to achieve anything he went after. Every successful person is not only shines cause of his/her hard work but also their will be his/ her confidence which impart their work into success. All is need of a right and a strong confidence among in an individual. Which can lead a 'beggar' also to become a 'king'. Just find it out the hidden "CONFIDENCE" in you!

**By : Susheela Morab (First Year BSc HS II)**

## **WHO IS A TEACHER**

A teacher is someone who  
teaches you the finer aspects of life  
Someone who encourages you  
to share your gifts and talents wisely  
and inspires you to value truth above  
approval and friendship over power, wealth and fame.  
A teacher is someone who helps you find  
happiness in simple pleasures and see the rainbow  
and not the falling rain.  
A teacher is someone who encourages you  
to live each day to your potential  
and find good in everything you see  
and grooms you into the person  
only YOU were meant to be.

**By : Pourush Irani (SY BSc – 1)**

## **RECIPE FOR HAPPINESS**

Combine:-

2 heaping cups of PATIENCE  
1 heapful of LOVE  
2 handful of GENEROSITY  
1 headful of UNDERSTANDING

- A dash of LAUGHTER

Sprinkle with KINDNESS

Add lots of FAITH and mix WELL

Spread over a period of a lifetime and serve  
To everyone you meet.

**By : Pourush Irani (Second Year BSc I)**



## A Short History of Taekwondo



It is believed that taekwondo originated in Korea in around 50 B.C. The term taekwondo comes from the Korean words tae (foot), kwon (fist) and do (way of), making taekwondo translate into "the way of the foot and fist."

There were three kingdoms in Korea in these ancient times; Koguryo, Silla and Baekje, and they are each responsible for developing and spreading taekwondo. The Koguryo kingdom is credited with the foundation of taekwondo, while the Silla kingdom spread it across Korea.

Tae Kyon, or Subak, was the most popular form of taekwondo during this time. It was adapted by the Silla kingdom from the Koguryo kingdom when they fought together. The Hwarang, or Sillan fighters, spread taekwondo as they traveled the country. They emphasized the Five Codes of Human Conduct, which today is known as the Eleven Commandments of taekwondo.

During the Joseon Dynasty, taekwondo began to fade. The Korean people of the time, in line with Confucianism, favored academics over the martial arts. Taekwondo was saved for the battlefield, with the military being primarily the only ones still practicing it. Some Koreans continued to practice taekwondo, but it was an underground art.

It wasn't until the 1900s that taekwondo began to make a public comeback. Japan had been occupying Korea and had taken over nearly every aspect of the Korean culture. As Japan left Korea, martial arts schools began to open. It is unclear whether these teachings represent pure tae kyon, as many Koreans had been studying other martial arts forms under Japanese ruling. As more schools opened, the variance of martial arts in Korea increased, prompting President Syngman Rhee to order they consolidate in 1955. Leaders from nine of these styles of martial arts met and agreed to consolidate them to one art: taekwondo. This became the main form of martial arts in Korea, though smaller versions of the art were performed until 1961 when they were forced to conform. Taekwondo and the subversions of taekwondo unified in 1961 as the Korea Taekwondo Association (KTA).

In 1963 taekwondo officially came to the US, and the US Taekwondo Association was formed. This would be replaced by the US Taekwondo Federation in 1974. Its popularity throughout the world is widespread, with over 70 million participants. In 2000 it became a part of the Olympic Games. And now people are practicing all over the world.

**By : Susheela Morab (First Year BSc HS II)**

# Art Corner



Famous Hollywood fictional character "Harry Potter" painted on fabric.  
By : Swarada Bhide (First Year BSc I)



Mehndi designs by: Aditya Lahade (FYCT)



By: Pranita Bendre (Second Year CT)



By: Salman (FYBSc I)



WINNER Prashant Kadve SY BScHS I



WINNER Anjan SYCT



RUNNER UP Preeti Kharje TY BSc HS





