

LIFE E-NEWSLETTER

SUBCONSCIOUS MIND

FROM THE EDITOR'S DESK

Written by Subha

Hey bibliophiles,
Here we are with the last edition of volume 11 for you. This year's theme is Subconscious mind. We brought many different articles written by our college students to you. Team Life will further continue to enhance your mind with articles and mesmerizing photography added in the photo galleria section. In this issue we have not restricted ourselves only with the theme but also broadened our horizon and brought different articles to you. You also find a report of the exhibition which was conducted by the Zoology Department of SIES College of Arts, Science and Commerce on the occasion of National Science Day on 28 February 2022. And as always we have a photography section called Photogalleria. So don't stop, keep reading.

WHAT'S INSIDE?

The wettest place on earth

Ways to enhance your
subconscious mind

An inspiring story

National Science Day
Exhibition

Field trip- Excursion to Airoli
mangrove

Photo Galleria

The wettest place on earth

Mausynram, a tiny village in the North-eastern state of Meghalaya receives the maximum rainfall on earth. The 'Mau' in Mausynram refers to the megalith found in this village. It rains here throughout the year. The region receives approximately 467 inches of rain per year. This place also holds a majestic floral and faunal diversity. The rare and endangered animals like Clouded Leopard, Jungle cat, Dhole can be found here.

One of the major attractions here is the "living bridges". These bridges grow naturally from the roots of rubber trees and are more sturdy and durable than man-made bridges. The laborers here wear a special traditional Khasi umbrella named knups made from bamboo and banana leaves. These umbrellas allow them to work using both hands.

The second wettest place on earth Cherrapunji is also located in Meghalaya. The Nohkalikai falls are a treat for the eyes. Various activities like swimming, bird watching, trekking can be done here. Mawsmai caves here are some of the most beautiful caves located here. It is rich in floral and faunal diversity, striking geographical structures like stalagmites and stalactites and it is adorned with the beauty of the climate. It is a great pleasure to know that these beauties can be only seen in India.

-Shruti Rajan, SYBSC- B

Ways to enhance your Subconscious mind

From the Last two editions, we saw what is subconscious and how important a role it plays in everyday life. Have you ever watched the movie 'Inception'? The movie was totally based on dreams and how the subconscious mind plays a role in dreams. In this movie, Cobb (Leonardo Di Capri) and his mates create and share dreams using the subconscious mind to extract information. Our Brain cannot create faces but can remember faces because of the subconscious mind. That's why when you dream, you see people whom you know well or at least have seen once. Here are some ways to enhance our super subconscious mind :

1. Do meditation regularly
2. Listen to music
3. Sleep well
4. Think positive
5. Be confident of whatever you are doing



-Subha, SYBSC B

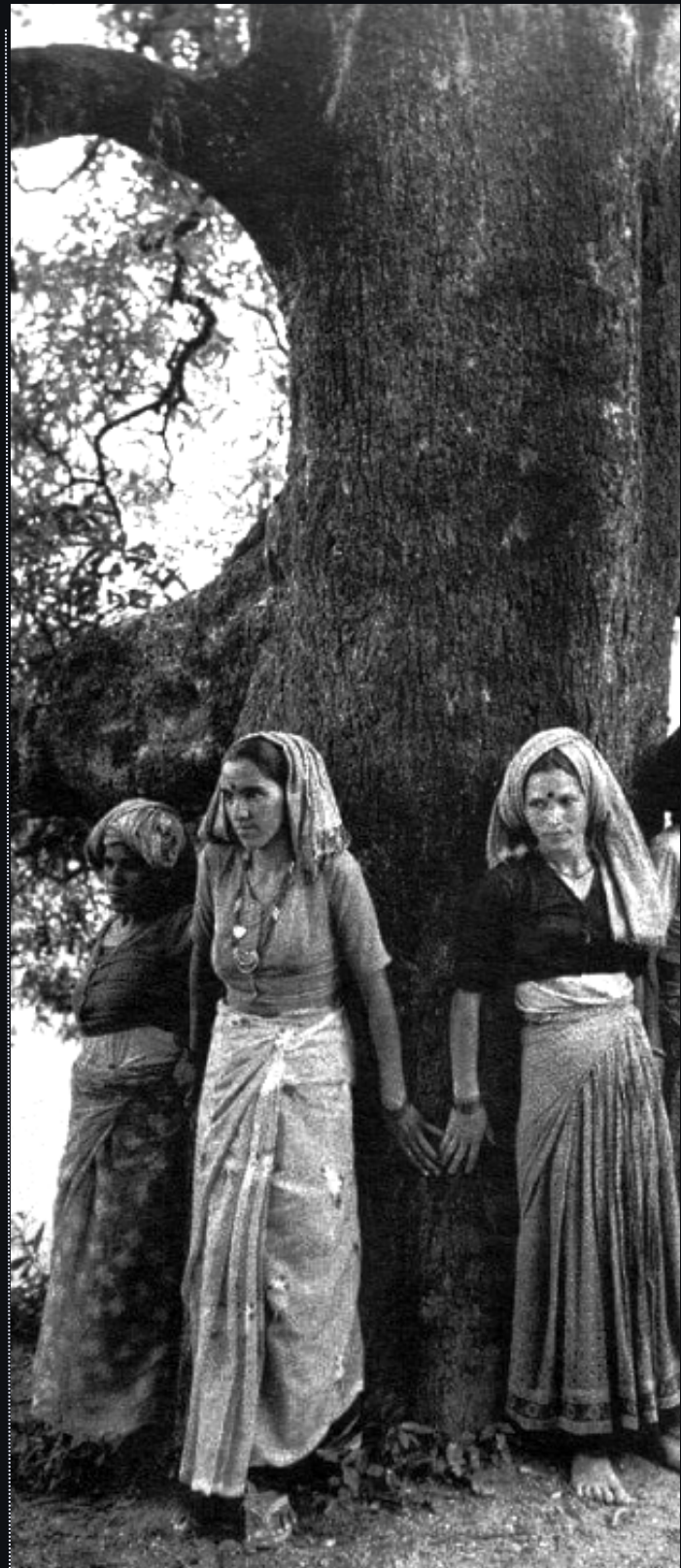
AN INSPIRING STORY

You may be aware of outstanding men who gave their lives in the service of others or for noble causes. However, it is difficult to accept that individuals have died while defending trees. A woman's bravery prompted a community in Rajasthan to die for their trees and stand up to the king's men who came to cut them down in 1731. The Bishnoi's were perhaps India's earliest environmentalists. The historical tale of Amrita Devi Bishnoi, the woman who refused to let the king's troops cut down trees in her village, inspired the famous "Chipko movement".

Amrita Devi couldn't bear seeing trees that were sacred to her being cut down. She hugged the trees and encouraged everyone else to do so as well. Three hundred and sixty-three Bishnoi villagers were slaughtered in the following bloodbath. When the king, learned of the awful occurrences, he rushed to the village, apologized, and ordered the soldiers to stop. Thousands of nature enthusiasts and environmentalists throughout the world were inspired by the sacrifice of 363 Rajasthani men and women for tree conservation. Hugging trees symbolized not only the protection they deserved but also the connection between man and woods and the symbiotic relationship that exists in nature. The Chipko movement or Chipko Andolan was a forest conservation campaign in which people gathered around trees in order to keep them from being cut down.

The movement originated in Uttarakhand (Then Uttar Pradesh) in 1973 and has since served as a rallying point for many other environmental initiatives throughout the world. It set a precedent for nonviolent protests against deforestation in India to begin. The Chipko Andolan was a movement that used satyagraha methods. Activists from Uttarakhand, both men, and women, played critical roles in the struggle including Gaura Devi, Bachni Devi, Suraksha Devi, and Chandi Prasad Bhatt. In 1987 the Chipko movement was awarded the right livelihood award. The Chipko movement made people aware of the impending danger they would face if they did not revere and respect nature.

- Geetanjali Jayaraj, SYBSC A



National Science Day Exhibition



3 March 2022, Sion: The Zoology Department of SIES College of Arts, Science, and Commerce conducted a Science Exhibition on 28 February 2022 and 1 March 2022 on the occasion of National Science Day. The exhibition was conducted on the third floor. The events started at 10 am on both days. Many specimens of animals were kept in the exhibition. The specimens were explained by third-year Bsc students and the MSc students. The specimens were kept in three different laboratories. In laboratory 1, specimens of various animals belonging to Phylum Porifera to Phylum Echinodermata were kept along with a foldscope also called a paper microscope. The paper microscope was a unique one and it had a magnifying

power of 40X similar to that of a compound microscope. There were also specimens of a mammalian intestine, avian heart, and a model of the mammalian brain. Laboratory 2 had specimens of embryos of cat, goat, and also of various reptiles, fishes and aves. All the specimens kept in the laboratories were rare ones.



Laboratory 3 had live specimens of Hydra, Daphnia which are hard to culture. There were also bones and skeletons of animals kept in the exhibition.



Laboratory 3 had small fun experiments which were also performed by visitors



Many students visited the exhibition. The Principal of the college and vice-principals of the college took their time off and visited the exhibition. As the exhibition was conducted in the offline mode, Students who attended online lectures had a chance to view all the specimens and do small experiments. At the end of the exhibition, a small quiz was conducted for which the winners received gifts. The exhibition ended at 3 pm on both days. At the exit of Laboratory 3, feedback of visitors was taken. The exhibition was a great success with the help of teachers and the participation of students.

- Subha ,SYBSC B

Contact Us



editor.lifeneewsletter@gmail.com



@zoologylifeneewsletter

Field trip- Excursion to Airoli mangrove



Coastal & Marine Biodiversity Centre is located in the northern part of Thane Creek, an inlet in Maharashtra's shoreline that separates the two megacities of Mumbai and Navi Mumbai. It's spread over almost 50 acres teeming with mangroves, a mangrove nursery, crab ponds, a quaint raised bamboo bridge pathway leading to bird watching platform and two gorgeous museums on this special space between the land and sea. The Mangrove Forest has a great role in saving biodiversity from natural calamities like floods and tsunamis. During winter, Thane Creek is home to thousands of flamingos and other migratory wading birds. The centre gives the feeling of a forest with an environment of sound and a display of natural settings.

On the 10th of March 2022, the S.Y.BSc students got an opportunity to visit this wonderful place and to experience the field trip, organized by Zoology Department. On the way, the guide who is presently working there and the teachers who were in charge gave us-- a tour and lecture on each species of plants, insects and birds that were observed. A lot of varieties like red-vented bulbul, red-whiskered bulbul and white-cheeked bulbul that are associated with mangroves were spotted. In the centre, different types of roots were observed and they are pneumatophore and stilt root. Green algae called *Enteromorpha*, *Salvadora persica* and *Sonneratia alba* which is a mangrove tree were also present on the way.

The guide provided us with interesting information on turtles. So he said,
"the turtle always lays its fertilized eggs deep inside and unfertilized eggs on top of it so that when the predators come, the fertilized eggs will be safe inside"

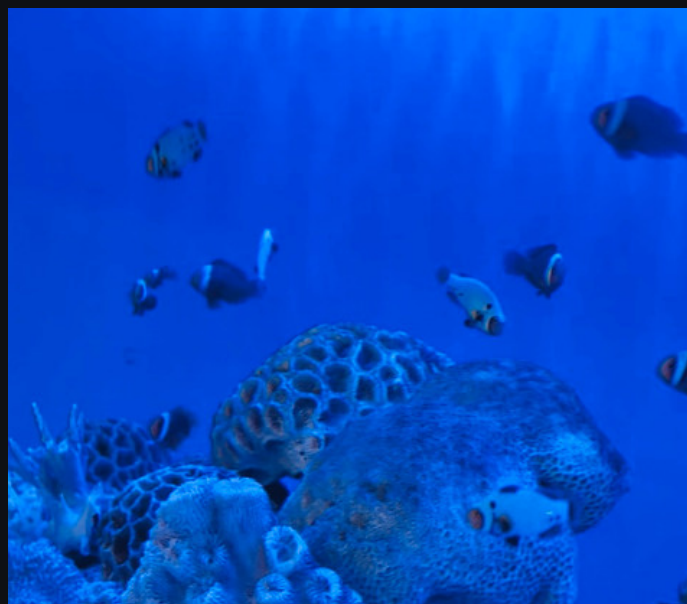
Isn't it fascinating?

Later we headed to walk on a bamboo bridge which was quite scary but we managed to walk

forward. At that moment, we got a chance to enjoy the mesmerizing scenery around us. Thence, the pathway led us to the mudflat bird watching paradise platform where we spotted Greater Flamingoes and Lesser Flamingoes, common sandpiper, redshank, tagged bird, Indian golden oriole bird, black-winged stilt and a black-headed ibis. In the interpretation centre, we saw 3D images and heard birdcalls of black-capped kingfisher, Curlew sandpiper and many more. There was a PowerPoint presentation that was designed for visitors which is a self-explanatory kind of thing and that had the common birds that were present in that place. The presentation also included the birds like Eurasian curlew, little stint, wood sandpiper and curlew. We also saw the endoskeleton of whales.



Then, we were taken to the aquarium of Coastal and Marine Biodiversity Centre, where we were able to see different species of clownfish. Later, we also found some organisms like Colotis Amata (small salmon Arab), Bradinopyga geminata (granite ghost dragonfly), hermit crab, fidler crab and mud carb.



Lastly, the people in the mangrove foundation provided us with information about the different livelihood activities done by them. It includes:- Mud crab farming, Fish cage culture, Oyster farming, mussel farming, ornamental fish rearing, etc.

Airoli mangrove is a place that is full of variety and offers endless miles of winding trails for us to enjoy a walk and discover new species. It's a place to indulge your imagination and discover the outdoors. By the end of the excursion, I came to the conclusion that a field trip is an effective method to learn as it helps to obtain useful knowledge while having fun with classmates and teachers.

I saw a quote that said "It's better to see something once than to hear about it a thousand tiimes" and it was so accurate as the field trip really makes the concept more memorable.

Overall, the field trip was well planned and very informative.

-Anjali, SYBSC A

PHOTO GALLERY



Common Myna
Vedant Khokrale, FYBSC A



Red Costate Tiger moth
Vinod Shekhar Kulal, SYBSc A



Rice swift (Borbo cinnara)
Felix Sekar SYBSC A



Banded garden spider
Komalpreet Kaur ,SYBSC A



Japanese carpenter ant
Siddhesh Kolambkar, SYBSC B



Eurasian hoopoe
Gaurav Sunil Kuma Patil , SYBSC A