# My First Blog 159

Tuesday, February 4, 2020

Trip To kholapur-159

After like 2-3 years we were finally going for a family trip. We had planned a 4 days road trip kolhapur n finally balu mama.

We first went to shri Balu mama temple which is located at Adampur, Kolhapur. Balu mama was a saint who helped many people and this temple was built in his memory. The temple is around 1.5 km from Kolhapur by road. The temple had samadhi or tombstone of Balu mama. Along with that the temple also has a statutes of sheep and dog. The temple was very peaceful and you can experience an inner peace inside the temple. You experience spiritual enlightenment after visiting the temple.



After visiting the temple and it's surrounding at around 1 o'clock we went back to hotel to have our launch. After launch we went to visit shri Mahalaxmi temple at around 2 o'clock. It takes around 4 hours to reach the maha Laxmi temple from our hotel so we reached the temple at around 6 so since we reached the temple late in evening there was not much rush





The temple is among most famous and old temples in India. The temple has a very beautiful architect and is very peaceful. When we reached the temple it was very peaceful and pleasing. When you enter the temple you just get absorbed in the atmosphere of worship. You start feeling like seating in that peaceful atmosphere for hours away from the all rush and chaos of everyday life. The temple has 3 feet idol of godess Laxmi.



After visiting the temple it was getting dark so we decided to move back to hotel to take some rest. Next day in the morning we went to rankala lake which is very famous for Boating and horse riding.



### **AIR POLLUTION**

February 02, 2020

### AIR POLLUTION



AIR POLLUTION OCCURS WHEN HARMFUL OR

**EXCESSIVE QUANTITIES OF SUBSTANCES INCLUDING** 

GASES SUCH AS CARBONDIOXIDE, CARBON

MONOXIDE, SULFUR DIOXIDE, ETC.

IT MAY CAUSE DISEASES, ALLERGIES AND EVEN
DEATH TO HUMANS IT MAY ALSO CAUSE HARM TO
OTHER LIVING ORGANISMS SUCH AS ANIMALS AND
FOOD CROPS, AND MAY DAMAGE THE NATURAL OR
BUILT ENVIRONMENT. BOTH HUMAN ACTIVITY AND
NATURAL PROCESSES CAN GENERATE AIR
POLLUTION.

# WHAT CAUSES AIR POLLUTION?



MOST AIR POLLUTION COMES FROM ENERGY USE AND

PRODUCTION," SAYS JOHN WALKE, DIRECTOR OF THE

CLEAN AIR PROJECT, PART OF THE CLIMATE AND CLEAN AIR

PROGRAM AT NRDC. "BURNING FOSSIL FULES RELEASES

GASES AND CHEMICALS INTO THE AIR "AND IN AN

ESPECIALLY DESTRUCTIVE FEEDBACK LOOP, AIR POLLUTION

NOT ONLY CONTRIBUTES TO CLIMATE CHANGE BUT IS ALSO

EXACERBATED BY IT.

## **POLLUTANTS**



AN AIR POLLUTANT IS A MATERIAL IN THE AIR THAT CAN

HAVE ADVERSE EFFECT ON HUMANS AND THE ECOSYSTEM.

THE SUBSTANCE CAN BE SOLID PARTICLES, LIQUID AND

GASES. A POLLUTANT CAN BE OF NATURAL ORIGIN OR MAN-

MADE. POLLUTANT ARE CLASSIFIEDAS PRIMARY AND

SECONDARY.

# HEALTH EFFECT



# Gautam usapkar 153

February 04, 2020

My self Gautam usapkar and my topic name is importance of road safety and my roll no.is

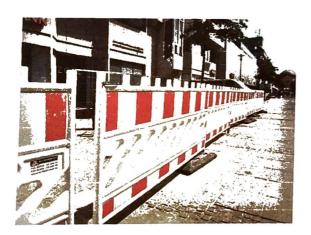
Im from FYBCOM B class

## The Importance of Road Safety Products to Prevent Accidents & Injuries





Nilkamal Pvt Ltd Jul 30, 2018 · 3 min read



Road safety is something important that has to be followed at all times to ensure the safety of the operators of a vehicle, passengers, and pedestrians. In fact, road traffic injuries are the leading cause of death among people aged between 15 and 29 years. Traffic rules and guidelines have to be set in place and strictly followed so that serious accidents and injuries can be averted.

The measures and methods taken to establish road safety include the use of various road safety products. Well-designed and uniquely engineered road safety products ensure the constant safety of vehicles and pedestrians. These road safety products intimate people about parts of a road they should avoid and accident-prone zones as well as simply organize traffic and vehicles in an orderly manner.

Some important road safety products that are used worldwide are road barriers, road fences, and safety barricades.

#### **Road Barriers**

Road light barriers are mounted on the dividers that separate roads. They are positioned to increase the visibility of the dividers.



Some of the important features of road barriers are:

- Road barriers do not usually rust, chip or peel due to the high quality of their material. This also makes them maintenance free.
- Manufactured from premium grade UV stabilized virgin polyethylene material.
- The slots in the barriers are made to deflect the wind, preventing them from being uprooted.
- The road barriers have been designed to withstand high wind pressure generated by moving vehicles.
- Retroreflective strips are attached in the opposite direction of the traffic lights.

Rollno: 009 F.y. B. Com A

# <u>Journey to kolhapur</u>

hey!!! it's me Alisha! I want to share my travelling experience. You can experience things that you could never experienced at home..

February 03, 2020

### JOURNEY TO KOLHAPUR

In 2019 I went for 2 days trip to Kolhapur with my family. It was memorable and wonderful trip which I won't be able to forget. We left from Goa at around 8:30 in the morning at around 5. PM we reached there. In night we rest at hotel and on next day we went to visit famous places of kolhapur.

#### Mahalaxmi temple



The spiritual temple of Devi Lakshmi (Goddess of wealth) is made by black stone, and nice carving on stone, after Darshan of devi i felt blessed ...It is one of the most beautiful and popular temple in our country ....I was lucky enough to visit it.....

Also we visited many places such as jotiba, Museum, Rankala lake...

I will never able to forget this visit and my cousins had made it memorable one..

### Cricket my profession

February 04, 2020

Cricket is my passion □□



Hey!! Guys this is Sonali mayekar .....My first bat was shaped of a coconut branch and from that day, all I wanted to do was to be a crickter.

On 12th December I had gone for Goa University cricket selection, there i got selected. From 14th Dec our coaching camp was started. Sir Shishir and Ma'am Surat were our coaches.



On 28th December our tournament was going to start at Bhopal. From Goa our team left on 25th Dec, we traveled for 2 days in train and there we reached on 27th Dec. The weather in

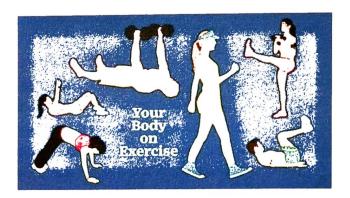
## Benefits of exercise 023

Monday, 3 February 2020

**Exercise** is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, improving health and also for enjoyment. Many individuals choose to exercise outdoors where they can congregate in groups, socialize, and enhance wellbeing.

In terms of health benefits, the amount of recommended exercise depends upon the goal, the type of exercise, and the age of the person. Even doing a small amount of exercise is healthier than doing none.



### Classification

An aerobics exercise instructor in USA motivates her class to keep up the pace.

About Me
Siddesh Shirodkar 110
View my complete profile

Blog Archive

2020 (1)

February (1)

Exercise is any bodily activity that enhances or m...

# My list blog 015

Tuesday, February 4, 2020

### My first blog 015

### FAMOUS BEACHES IN GOA

1. **CALANGUTE**: The Enamour of Downtown Calangute" Holding the spectacular beauty and charm with all the frantic nightlife of an ocean paradise, Calangute is your way to heaven. Encircled by palm and coconut trees, the beach is spread four miles along the Arabian Sea and nine miles from the Panaji. Accompanied by Candolim village that wings it towards south and crossroads of Baga towards north, Calangute Beach forges the real attraction of Goa tourism. Here, the charms are multiplex like the exotic jewels hanging from the storefronts, local's warmth, or it could simply be the orphic sea-breezes that bring an imminent adventure. Due to its incredible beauty and serenity, it's known as the 'Queen of Beaches'. It's among the top ten bathing beaches in all over the world, which remains crowded during daytime with tourists &



locals

 .BAGA: Baga Beach is a popular beach and tourist destination in North Goa.Baga is located at the north end of the contiguous beach stretch that starts from Sinquerim, Candolim, leads to Calangute, and then to Baga.



Dolphins can be located at around 1– 2 km from the shoreline