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## WORLD SUICIDE PREVENTION DAY

*"Suicide doesn't end the chances of life getting worse; it eliminates the possibility of it ever getting any better."*

Every year, an approximated 703,000 individuals commit suicide all around world. For each and every suicide, there really are probable 20 others who suffer from mental illness and several more who have significant suicidal ideation. Suicidal behaviour impacts millions of people, causing considerable emotional pain or having a tremendous influence on their lives. In every suicidal fate is a public health issue with far-reaching consequences for the individuals who witness it. We can minimize suicides around the world by promoting consciousness, removing the stigmatization with suicidal behaviour, and enabling well-informed intervention.

The Pan American Health Organization (PAHO) cautioned that the COVID-19 pandemic has aggravated the factors that are associated with suicidal behaviour and decides to call for its preventative measures to be prioritized on World Suicide Prevention Day, which is observed on September 10 every year. According to research findings, the pandemic has exacerbated suicide risk factors including such employment or financial damage, trauma or abusive behaviour, psychological disorders, and obstacles to accessing medical care had deteriorated.

The International Association for Suicide Prevention (IASP) and the World Health Organization established World Suicide Prevention Day on September 10, 2003. The first WHO World Suicide Document, "Preventing Suicide: A Global Imperative," was published in 2014, with the objective of elevating prevention a top importance on the worldwide agenda of public health.

The late Professor Erwin Ringel and Dr. Norman Faberlow founded the International Association of Suicide Prevention in Vienna in 1960. It is a Non-Governmental Organization that is associated with suicide awareness and in several of experts and volunteer organizations from 77 countries. Suicide is a pressing threat to public health, and avoidance must be a major priority. Humans need meaningful action from all segments of society to bring a halt to these mortalities, and authorities to develop and

fund a comprehensive and coordinated strategy for improving suicide prevention and care. According to the World Health Organization (WHO), suicide continues to be among the most prevalent causes of death in the world,



properly accounted for one in each 100 human deaths. Suicide kills more individuals every year than HIV, malaria, or cancer, as well as battle and violence.

Suicide is also the fourth most important reason for death among young population aged 15 to 29, after traffic deaths, respiratory diseases, and victimization. Thus according to WHO World Health Statistics 2019, 97,339 individuals killed themselves in the Americas in 2019, with an additional 20 times that number of attempted suicides attempts. Males were responsible for approximately 77% of all suicide cases, and despite advancements in the creation of evidence-based initiatives for suicide awareness, numerous countries proceed to see rising rates. Controlling access to suicide means, primary prevention, evaluation, strategic planning, and follow-up of individuals affected by suicide ideation, nurturing adolescent social-emotional capabilities, and helping to educate the mainstream press on requirements should be fulfilled on suicide are all key demonstrated prevention and intervention measures.

Stereotype, resource constraints, and a lack of comprehension continue to be significant roadblocks to seeking assistance, emphasizing the necessity of mental

health proficiency and anti-stigma initiatives.

### Suicide indicators:

Many suicides are predated by interpersonal or behavioral red flags such as speaking about desire to die, intense remorse or shame, or a sense of being a liability on someone else. Numerous different symptoms include feeling unoccupied, miserable, locked, or as if there is no purpose to life; being absolutely heartbreaking, agitated, disturbed, or angry; or experiencing excruciating pain, regardless of whether sentimental or tangible.

Creating a strategy or conducting research methods to die; choosing to stay away from relationships, specifically referring, throwing free valuable aspects, or writing a will; doing quite dangerous stuff like driving at high speeds; displaying severe mood swings; snacking or resting too much or too little; and using alcohol or other drugs more frequently can all be mitigating factors of suicidal behaviour.

Suicide prevention treatment options are available. On an individual basis, early diagnosis and treatment of depression and alcohol use abnormalities, as well as follow-up interaction with individuals who have attempted suicide and psychological counseling in neighborhoods, are crucial to suicidal behavior prevention. If an individual notices warning flags of suicide within themselves or anyone else who they recognize, they must seek medical assistance as quickly as possible.

Every year, a distinct theme is formed for World Suicide Prevention Day, and each theme aims to showcase a particular element of suicide and demonstrate how it can be prohibited. "Creating Hope through Action" is the new theme for World Suicide Prevention Day 2021-2023. People can use World Suicide Prevention Day to know and understand more about the causes of suicide and ways to prevent it. There have been number of books, movies, and occurrences that can point you in the proper direction. Awareness is not only powerful; it can also save somebody's life.

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# A VIBGYOR OF KNOWLEDGE AND HUMANITY

**T**eachers' Day is evidenced each year on the September 5. It is a moment to remember those special educators who helped us as students and to thank those who captivated us in the teaching. In addition to that, but it's also a day to reflect on how you may now have the same impact on life!

A teacher is a companion, scholar, and mentor who takes our hand in his or hers, introduces our minds, and penetrates our hearts. A teacher's participation cannot be overstated. Teacher's Day is a special day in many nations around the world where teachers from schools, colleges, and universities are specially honoured. The date differs from one country to the next. The 5th of October is universally recognized as World Teacher's Day. Teacher's Day is observed on September 5th in India, and this culture dates back to 1962.

Dr. Sarvepalli Radhakrishnan was born in 1888 in Tirutani, Andhra Pradesh into a Brahmin family. He was an intellectual, researcher, educator, and political leader, and his dedication to academic achievement made his birth date a significant date in Indian history. On this day, we recall the outstanding work of this absolutely outstanding individual. Sarvepalli Radhakrishnan was statesman who was widely recognized and prominent in scholarly communities in the 20th century. All through his existence and comprehensive professional career, Radhakrishnan endeavored to define, safeguard, and spread his religious practice, which he referred to varyingly as Hinduism, Vedanta, and the religion of the True essence. He aimed to show that his Hinduism was philosophically sound as well as morally sustainable. Radhakrishnan considerations for knowledge, as well as his deep understanding of Western literature and philosophical belief systems, have landed him the title of "bridge-builder" between India and the West.

He would seem to be at ease in both Indian and Western philosophical circumstances, and tries to draw on both

HAPPY  
TEACHER'S  
DAY



Western and Indian channels all through in his written form. As a result, Radhakrishnan has been regarded as a delegate of Hinduism to the West in scholarly communities. His long writing career and numerous published materials have influenced the West's knowledge of Hinduism, India, and the East.

Radhakrishnan intervention in Indian political and diplomatic affairs increased in the years that followed Indian independence. The final years of the 1940s were intense. From 1946 to 1951, Radhakrishnan was an active member of the newly formed UNESCO (United Nations Educational, Scientific, and Cultural Organization), having served on its Executive Board and guiding the Indian diplomats. Radhakrishnan was also a member of the Indian Constituent Assembly for the 2 years following India's independence. Radhakrishnan commitment to UNESCO and the Constituent Assembly had to be balanced

against the requirements of the University Committee and his ongoing responsibilities as Spalding Professor at Oxford.

Radhakrishnan was a prominent teacher in India, as well as a respected academic and politician. He came from a low-income Brahmin family and studied literature and visited universities in Andhra Pradesh, Mysore, and Calcutta on a regular basis. As a result of his viable educational career, he also served as the Vice-Chancellor of Delhi University and the Vice-Chancellor of Banaras Hindu University.

He authored several creations to broadcast Indian culture, with the goal of establishing a caste-free and categorized culture. Dr. Radhakrishnan was an excellent philosopher who supported Hindutva in its current form. His well-known works include "The Philosophy of Upanishad," "East and West: Some Reflections," and "Eastern Religion and Western Thought." Teacher's Day is celebrated on September 5th, which also happens to be his birth anniversary. Teachers' Day is celebrated on September 5 in India to honor teachers' contributions to

the community. Dr. Sarvepalli Radhakrishnan, India's former President, academic, theorist was also a Bharat Ratna Awardee. When Dr. Radhakrishnan became India's second President in 1962, his students approached him to request that September 5 be designated as a special day.

Dr. Radhakrishnan alternatively suggested that September 5 be designated as Teachers' Day in order to recognize teachers' societal contributions. Dr. Radhakrishnan, an absolutely stellar educator who was very well by his pupils, is honoured by the entire country on this special day. Students express their gratitude for their professors' hard work and efforts that have sculpted their lives.

According to S Radhakrishnan, learning is the process of acquiring information beyond the academic and occupational arenas. He was of the opinion that education should not be restricted to nerdy education or remembering of data and statistics, nor should be used to fill the imagination with totally worthless content. It is also not the remembrance of other people's ideas and their procreation in exams to acquire certificates and degrees for employment. Dr. Radhakrishnan had faith in ideals. His education is founded on idealistic principles. He strongly advised Meditation, Moral standards, Geography, General Science, Agricultural production, Liberal Arts, Integrity, Literary works, and Ideology to his students.

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## RIDING ON EGO - MALIK BHAGO

This is an epic incident from the life story of Guru Nanak Dev Ji. There once lived a proud minister of the governor of Eminabad (presently Gujranwala Dist: Pakistan) named Malik Bhago, who was a Khatri (warrior caste) this egoistic person had accumulated lots of corrupted wealth by doing various sinful deeds. Once it so happened that he had decided to provide a feast for local people with the black money collected with a sinful intention behind of becoming more famous in the area. With that dirty mindset, he decided to call on a 'Brahm Bhoj' (a ceremony which feeds on Brahmins first and others partake in the feast).

Malik Bhago sent an invitation to all local village people to attend the feast. The servants of Malik Bhago saw Guru Nanak Devji and invited them to Malik Bhago to feast, participate and eat to which Guruji declined to say, "Am a Darvesh enunciate saint and saints stay far away from worldly affairs."

Meanwhile, the feast was a massive success as Malik Bhago pleased many, and he was praised by locals. When the servants noticed Guru Ji's absence, he ran to inform Malik Bhago that Nanak Tapa (meditative) has not come on hearing this an enraged Malik Bhago said to his servants, "Go and call him right away".

To do this the servants quickly ran to Bhai Lalo (low caste - carpenter) house where Nanak Ji was residing and upon seeing him said, "Where is Nanak Tapa Ji?"

"He is here only," replied Bhai Lalo.

Hearing this, Guruji entered and asked the servants, "What do you need from me?"

The servants replied, "Malik Bhago has called upon you, please accept to come."

To this Guruji replied, "I doesn't know Malik Bhago and have no reason to meet



him." Guruji once again refused the invitation.

The servants returned to Malik Bhago and narrated everything, on hearing this Malik Bhago grew wild in anger and called five of his strong men and sent along with the servant to get Guruji willingly or through force. Upon arrival at Bhai Lalo's house, the servants pleaded to Guruji, "Malik Bhago is mad in anger with you, if you deny coming now, we will have no option but to use force to take you with us." Hearing this, Guruji decided to teach Malik Bhago a good lesson for his dancing pride.

Bhai Lalo decided to go along with Guruji and as news spread like a fire, there was much commotion about Nanak Tapa and Malik Bhago local village people came to witness with curiosity about what would be the consequences now.

On arrival, Guruji asked Bhago "Why have you repeatedly called me here?"

To this Malik, Bhago replied - "Guruji, I have organized a Brahm Bhoj, why would you refuse to partake of goodness and refuse not to come and eat?"

As a Khatri warrior caste, you eat food in the house of Shoodar (low caste) what fault do you see in the Brahm Bhoj that you have denied approval."

Guruji said, "Bring me a little food from your feast."

Malik Bhago was pleased and asked his servants to bring some food to be brought for Guruji.

Guruji now said to Bhai Lalo "Go and bring me some food from your house too."

Bhai Lalo quickly brought back some leftover Kodree dee roti (Chapati made from finger millet flour). Malik Bhago here brought many rich delicacies fried in oil and served them on a tray and placed them before Guruji.

Guruji now placed Bhai Lalo's chapati in the right hand and the small quantity of Malik Bhago's rich delicacies in the left hand, Guruji then squeezed firmly a fist, and to everyone's amazement Bhai Lalo's chapati milk came out dripping, and from Malik Bhago's chapati blood oozed out of the quantity of rich food, people assembled there were shocked in horror on witnessing the miracle, they said: "We have never seen anything like this ever before."

People saw everything, but none understood what had occurred.

Guruji said to Malik Bhago "You have made many people suffer in accumulation of gaining more wealth." it's from this

money of suffering you have organized this grand feast eating this destroys actions, those who do not know of your sins are happily drinking the blood of sin in the form of food. And those who know of your sins – why should they consume this blood that you have gathered?"

"Look within you and assess your sins. Look at the food of Shoodar (low caste) milk drips due to his true love and pure honesty that come out eating from Bhai Lalo's house is a daily Brahm Bhoj which is why I eat at his house as he makes food and serves it with honest love.

Malik Bhago, you are seeing your Brahm Bhoj and listening to your praises being sung which only grows your ego."

Hearing this Malik Bhago burnt in guilt and was speechless and hung his head down in shame; however, his corrupt intellect still prevailed him from falling on the lotus feet of Guruji, Malik Bhago burnt in enmity.

Guru Nanak Dev told the gathering there that only honestly earned food, such as that of Bhai Lalo, tastes delicious and sweet like milk. All dishonest earnings are like the blood of the innocent. If drops of blood fall on a cloth, it becomes dirty. How can the mind of a person who lives on the blood of the helpless people remain pious and clean?

Guruji left Malik Bhago and entered Bhai Lalo's home.

The people of good intellect praised Guruji; they would bow to Guruji's feet, whenever they met him.

They would say, "Guruji has much spiritual power; whoever surrenders will know the path of truth and justice, there were also many ignorant people who did not want to know the greatness of Guruji.

**Moral – "Taking the rights of others pollutes the mind. Always be honest, ever be kind."**

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# MEGHA PARMAR: MAKING THE VISION A REALITY

INTERVIEW BY  
PREETI SHARMA



Megha Parmar

**B**hoj Nagar, a village in Sehore district of Madhya Pradesh that has appreciated the prideful mountaineer with open arms, celebrating her successes in the magnificent and grandest way possible. Megha Parmar has made her parents to be truly proud of their daughter for accomplishing an amazing feat and making the vision a reality. Megha Parmar has always focused in creating awareness since childhood. At the age of 23, Megha read in newspaper that 2 boys from M.P who climbed mount Everest summit. Born in a farmer family on 18th November 1994; Megha never leave things half-finished, and it is this vigor that propelled her to the summit of Mount Everest. She began as an NCC cadet and then climbed Mount Ladakh, then so many pre-Everest peaks.

The journey of a mountaineer is challenging, and it is even more complicated when you are a woman. In her initial phase of journey the people of Bhoj Nagar were very rigid of her unfaltering

devotion for mountain climbing. Villagers in her neighborhood would frequently mock her family members for allowing her to spend several days away from home on mountaineering excursions and made disparaging comments about her unusual mountaineering style of living of pitching tents and trekking with anonymous people. Despite these setbacks, her family continued to remain by her side. Her father recommended her to always think prior to acting since the repercussions would be realized by her family, for better or for the worse. With this thought in mind, she experienced she could accomplish any mountain in the world. Megha Parmar told The HULAHUL Times her entire story in an exclusive interview.

But she had no idea that the first obstacle she would face before embarking on her expedition to Mt Everest was a sponsorship fee of 25 lakhs; which was huge amount for her but as they say, if there's a will, there is a way, and Megha father chose to believe in his daughter's ambitions. So he sold his property, solicited donations from Bhoj Nagar villagers, and assisted her to pursuit the summit to Mount Everest. Unfortunately, she was unable to summit Mt. Everest in 2018, and her aspirations remained incomplete. Megha learnt from this and strive to achieve the



aim again. Megha Parmar was prepared to scale Mt Everest after many restless nights, insane hours of practice, boundless dedication, and an endorsement of 15 lakhs from the Madhya Pradesh Government and perhaps other sponsors.

On the day of 22nd May, 2019, along with 220 climbers she started the summit,

in a lethal heavy traffic near Mt Everest's danger zone. The danger zone, which has very low oxygen levels and sub-zero temperatures, is at a height of 26,000 to 29,000 feet. Despite the adverse conditions, Megha Parmar set a record by reaching the summit of Mt Everest at 5 a.m. on May 22, 2019. As she hoisted the Indian flag on the peak of the world, it felt peculiar influential energy from the tallest altitude in the world, which was an indefinable.



But she didn't let her joy overpower the critical task of descending the mountain, recalling her coach's great advice, "It's not hard to ascend Mt Everest, but it's far trickier to move down." The ascend part of summit was quite challenging for Megha due to massive traffic jam at Mount Everest death zone and she had to be on same location for almost 3 hours ;here due to over exposure of sun, she lost her sight. Megha lost her eyewear too during this difficult time, resulting in intense eye damage. Megha was also running low on oxygen cylinders and was too sick to ascend down slope. Due to which she had to spent night at the death zone for 30 hours along with her Sherpa where the survival is impossible for any mountaineer for more than 4 hours.

The cold weather and a lack of oxygen on Mt Everest made a true struggle. Her Sherpa was also concerned for her and kept checking to see if she was still alive. At that instant, she realized the importance of oxygen and pledged that if she survived, she would plant more trees and contribute to the world's oxygen system. Megha was hospitalized in Kathmandu for several days after her descent from Mt. Everest due to

her poor health and after proper recovery; she brought back to her village of Bhoj Nagar as the first woman from Madhya Pradesh to ascend Mt. Everest. Megha accomplishments initiated opportunity for each girl in Madhya Pradesh's Bhoj Nagar village. A village where women in families were not given adequate recreational and academic opportunities has now converted into a village that recognizes women's potentials and efforts.

After overcoming the world's highest mountain, she ended up going deep into the water and gestured the Indian flag. Megha Parmar was the first woman in the world to do so. Megha Parmar, became a global leader in 2019 when she climbed Mount Everest, Megha became the first woman in the state after establishing this phenomenal record. Megha has become the first woman in history to set the world record in scuba diving while also climbing Mount Everest. There are technical divers from India, but women are in a worse position. Her coach came from Argentina and for 1.5 years. The



most complicated part was passing the technical scuba exam. Megha is the Madhya Pradesh brand ambassador for the government's "Beti Bachao, Beti Padhao" movement.

Megha Parmar's voyage to the summit of Mt. Everest gave her crucial life lessons; she conveys to all women that choose your freedom sensibly and must set your objectives and work tirelessly to achieve them.

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## 21 UNIVERSITIES DEEMED FAKE BY UGC, DELHI TOPS THE RANKING

**2**4 'self-styled' universities were deemed fake along with two more that violated the norms, according to the University Grants Commission (UGC). On the UGC website, [ugc.ac.in](http://ugc.ac.in), the state-by-state information about fake universities can be found. Delhi, which ranked the highest, was found to have eight such fake universities. They were All India Institute of Public & Physical Health Sciences, Commercial University Ltd. Daryaganj, United Nations University, Vocational University, ADR-Centric Juridical University, Indian Institution of Science and Engineering, Vishwakarma Open University for Self-employment, Adhyatmik Vishwavidyalaya (Spiritual University).

States like Uttar Pradesh, which rank second in the list, have seven fake institutions, namely- Gandhi Hindi Vidyapith, National University of Electro Complex Homeopathy, Netaji Subhash Chandra Bose University (open university), Bhartiya Shiksha Parishad. Two institutions from West

Bengal and Odisha while one institution from places like Karnataka, Kerala, Maharashtra, Puducherry and Andhra Pradesh were also in the list issued by UGC.

The UGC act, allows only universities established or incorporated by or under a Central Act, a Provincial Act, or a State Act, institutions considered to be universities under Section 3, or institutions specifically granted the authority to confer or grant degrees by an Act of Parliament may exercise the right to confer or grant degrees.

“Students and the general public have therefore been informed that the following 21 self-described, unrecognized colleges, which are operating in violation of the UGC Act, have been determined to be fake universities and are not authorized to grant any degrees,” the official document reads.

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## THE YOUNG MAN WHO CREATED THE IRON MAN SUIT OUT OF JUNK IS NOW AN ENGINEERING STUDENT

**P**rem Ningombam from Manipur came to the spotlight after he made an Iron Man suit from scrap materials. After coming across his video, Anand Mahindra took to Twitter and tweeted a request to get in touch with Prem. He later expressed gratitude to Shivz Autotech in Imphal, one of his partners in the auto sector, for paying Prem and his family a visit. Mahindra got in touch with Prem and his family and became impressed by the skills that he possessed despite the conditions of his family. He promised the family that the Mahindra Foundation would aid in his as well as his siblings' education.

again took to Twitter to update his followers about this young man. In his tweet, he wrote that Prem had finished his summer internship at Mahindra's Auto Design Studio under the guardianship of Pratap Bose, who is the Chief Design Officer at Mahindra and Mahindra Ltd. Further mentioning that he had accepted the offer to join Mahindra University in Hyderabad where he was pursuing engineering. Mahindra even praised Prem's tendency to 'learn by making things' and mentioning in his tweet that the education system needs more of that mode of education.

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Recently, Anand Mahindra once

## BALBHARATI NOW ALLOWS PEOPLE ACCESS TO ITS RARE BOOK

**A**ugust 30, saw a public opening of the doors of Balbharati, the state agency of textbooks. With this, the Pune-based bureau that creates textbooks for all state government schools has made it possible for individuals to browse through its extensive library in eight languages, including Marathi, Urdu, Hindi, English, Telugu, Kannad, Sindhi, and Gujarati, for a small daily cost of Rs 20.

The collection contains various sets of encyclopedias, a chemistry textbook from 1823, and several maps that depict the ever-evolving geographical heritage of India and the world. Also included in this collection are maps, other educational tools, reference books on various themes, and national and international children's publications. Textbooks from other states are also

accessible for reference in addition to those from Maharashtra. This extensive library contains more than 1.55 lakh textbooks. There are also reference books, dictionaries, encyclopedias, books for children, and a variety of rare books.

Kiran Kendre, the executive editor of Kishor, a children's magazine published by Balbharati said that Balbharati was founded in 1967, but textbooks were available for many years before that. The development of new subjects, including computers and the environment, is also visible. This is a priceless gem that Balbharati has been guarding for so long, not just a nostalgic glance into the past.

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## NATURAL POLYMER-BASED NANOPARTICLES DEVELOPED BY RESEARCHERS AT IIT MANDI TO TREAT COLORECTAL CANCER



Researchers at IIT Mandi have created redox-responsive chitosan or stearic acid nanoparticles (CSSA NPs) that can transport the drugs curcumin and doxorubicin, which are both targeted against colorectal cancer. This method of combining anticancer medications with various anticancer mechanisms enables the development of cancer therapy systems with increased efficacy.

**S**mart nanoparticles made of natural polymers have been utilized by researchers at the Indian Institute of Technology (IIT) Mandi to cure colorectal cancer. Dr. Ankur Sood and Ms. Aastha Gupta from IIT Mandi, as well as Professor Neal Silverman and his team from the University of Massachusetts Medical School in Worcester, Massachusetts, United States of America, have contributed to the research under the direction of Dr. Garima Agrawal, Assistant Professor, School of Basic Sciences. IIT Mandi and the Science and Engineering Research Board of the Indian Government funded the study. The Journal Carbohydrate Polymers has published the findings of the research.

IIT Mandi researchers have created biodegradable nanoparticles from renewable resources, lowering the need for polymers derived from petroleum. When exposed to the redox triggers of cancer cells, these intelligent nanoparticles, which are stable under physiological settings, breakdown at the tumor location. The effectiveness of the treatment can be increased by using these nanoparticles to properly load and release both hydrophilic and hydrophobic medicines with various anticancer actions.

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# PAKISTAN ADJOINING SRI LANKA

A country needs fiscal discipline to build a strong economy, but when a country is ranked fourth in the high defaulting risk list it becomes difficult to say so. Pakistan is on the verge to become next Sri Lanka with a debt of 71% of GDP, Inflation in double digit with 21.3%, and the current account balance is 5.3% which theoretically should be zero, the foreign reserves have fallen below \$9 billion. Furthermore, floods that emerged on 22 June is like icing on the cake which has worsened the situation and has stacked a lot more economic debt burden on the country.

## Pakistan Post Independence:

In 1947 when Pakistan was divided from India owing to religious tension between Hindus and Muslims. Pakistan was considered as the fastest growing economy in all over south Asia, but then emerged a good plan which went wrong. In, 1958 there were many political and fundamental changes in Pakistan constitution under the leadership of General Ayub Khan who initially was Pakistan's first native commander in chief, but when conflict began between politics and Army he effected a change in the government and became the president himself. During this period Pakistan witnessed growth in every sector. Manufacturing grew by more than 8% per annum, cosmic dams, national Highways and numerous infrastructural development were made during this time span.

## Trivial Causes of the Setback:

**Extremism** - If we open Pakistan's finance budget, we see spending on only two things: Debt repayment and Army. Despite having only 58% literacy rate Pakistan never changed its priorities of spending from military to education and



infrastructure which led to no major source of income.

**Afghanistan Crisis** - Since August 2021 the economy has shrunk by 20-30%, people have lost their jobs and livelihood poverty, hunger, many people leaving the country has a major effect on the normal economic and trading activities not only caused higher cost of business but also affected the production cycle resulting in delayed export of goods.

**No Trade with India** - Originally after partition due to various reasons Pakistan did not have good trade relations with India also in 2019 the trade relation after the Pulwama attack in which India took the MFN title back also with implication of section 377 trade between Kashmir and Pakistan was also discontinued.

**Lack of Economic Planning** - Due to constant dissension between military and

politics there is high political instability in Pakistan and due to extreme corruption, there is no foreign investment which indicates inadequate foreign investment and ultimately means absence of economic development.

**Natural Calamities** - The Floods that bashed Pakistan on 22 June has a huge impact on the human as well as the economic position. The floods were caused by heavier than usual monsoon rains and melting glaciers that followed a severe heat wave, all of which are linked to climate change.

## Prime Cause of the Setback:

Spending heavily on military Pakistan was not having enough finance to fund its other activities so the only source to generate finance was by taking loan. Till date, Pakistan has borrowed 22 times from

IMF [International Monetary Fund] and several times from Asian development bank and World bank, still Pakistan was in need of funds so the step it took was ultimately taking into a huge destruction. Pakistan took a loan from China at an interest rate of more than 6%, besides this the projects that China is developing in Pakistan, Chinese employees as more than 50% of the workforce. In Baltistan, China has cornered some of the areas in which even the locals can't enter.

As of now Pakistan is under a debt trap of \$130 Billion for which again Pakistan seeks \$6 billion from IMF. Pakistan is the largest importer of tea aggregating to \$600 million per annum. In June Pakistan's forex was less than \$10 billion which would only fund two months' import bill. Extreme time calls for extreme measures, the former federal minister has appealed the people to reduce their one-time tea consumption, work from

home on Friday to save petrol which currently is 235.98 Rupee per liter, switching off the street light on alternate days and substantially more which may sound funny but are competent to display the seriousness of the current crisis.

## Lesson for India:

It's very important to spend Finance on quality education and generate better workforce and maintain political stability in the country. As we see that Pakistan spends only 2.5-3% on education and there's not even one politician who has completed his tenure of five years either due to his assassination or power fall which is somewhere or the other a great cause of current economic crisis.

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## INS VIKRANT, THE FIRST INDIGENOUS AIRCRAFT CARRIER OF INDIA



On 2nd September 2022, Prime Minister Narendra Modi commissioned INS Vikrant, India's first aircraft carrier that was both designed and constructed domestically. This moved India into a coveted group of nations having the domestic capacity to produce such sizable warships. At an event held at the Cochin Shipyard Limited in Kochi, the Prime Minister dedicated the INS to Chhatrapathi Shivaji and commissioned the carrier, which cost Rs 20,000 crore. With the commissioning of Vikrant, India joined a league of countries with the specialised competence to design and construct an aircraft carrier on their own. A

plaque was erected by PM Modi to commemorate the Navy's induction of INS Vikrant, which was given that name in honour of a ship that served as a pivotal component in the Indo-Pak War of 1971. Modern features are included with the carrier. In addition to removing the colonial heritage, the PM also revealed the new Naval Ensign (Nishaan/flag) at the event. The brand-new symbol honours India's long maritime history. The Indian Navy is constantly prepared to be the first responder to crises on a local, regional, and global scale. Defence Minister Rajnath Singh stated in Kochi, Kerala, that the commissioning of INS Vikrant will further boost the capability of the Indian Navy.

## IIT-G SCIENTISTS CREATE BIODEGRADABLE, EDIBLE COVERINGS TO ENHANCE FRUIT AND VEGETABLE SHELF LIFE



IIT Guwahati has created biodegradable, edible coverings that protect the produce against sprouting and rotting. These edible coatings will guarantee that produce stays safe for longer periods of time and that India meets its SDG targets for lowering food losses in the supply and manufacturing chains. Every year between 4 and 6 percent of fruits and vegetables are lost to waste after harvest because of inadequate storage conditions. To prevent post-harvest losses, this innovative development can guarantee food availability, affordability, and accessibility.

The new coatings do not contribute adverse qualities and are extremely stable to light, heat, and temperatures up to 4 degrees centigrade. They maintain their nutritional content, texture, colour, look, and flavour. The edible covering substance was tested on a variety of fruits and vegetables, including potatoes, green peppers, tomatoes, strawberries, Khasi Mandarin, apples, kiwi, and pineapples and it is observed that the edible coatings keep their freshness for almost two months. The substance can be used to either directly coat the fruits and vegetables or to create a vegetable storage pouch. The vegetables' shelf life can be increased in both situations which assist the nation in achieving Sustainable Development Goal (SDG).

## CAMPAIGN LOGO VASUKI LAUNCHED TO GIVE FURTHER BOOST TO COASTAL CLEAN-UP CAMPAIGN-2022



Swachh Sagar Surakshit Sagar/Clean Coast Safe Sea 2022 campaign is a 75-day citizen initiative to improve ocean health through cooperative action. It is the first of its kind and the longest-running coastal cleanup campaign in the world. Union Minister Dr. Jitendra Singh, Ministry of Earth Sciences has launched a dedicated website ([www.swachhsagar.org](http://www.swachhsagar.org)) to support the pursuit. By making people aware of how the usage of plastic is

destroying our marine life, this campaign hopes to generate a widespread change in public behaviour. In addition, he unveiled the "Vasuki" campaign logo, which is intended for Indian youngsters who, like schoolchildren, want to take part in beach and coastline cleanup operations with the aim of cleaning up 75 beaches across India in 75 days. The initiative started on July 3, 2022 and will end on September 17, 2022 also known as International Coastal Cleanup Day 2022, covering 75 beaches over 7,500 km of Indian coastline. The "Eco Mitram" mobile app has been launched to raise awareness of the campaign and encourage the general public to volunteer for beach cleanup activities on September 17, 2022. The approach is to help efforts to reduce pollution from both onshore and offshore operations. The ongoing All-India Coastal Cleanup Campaign is based on a whole-of-government strategy, with the active participation of various ministries and departments. The first 20 days of the campaign saw the removal of more than 200 tons of waste, mostly single-use plastic, from the seashores. More than 52,000 volunteers from 24 states have already signed up for the awareness campaign.

## MEGHDOOT' MACHINES - CONVERTING WATER VAPOR INTO POTABLE WATER INSTALLED AT MUMBAI STATIONS



Indian Railways has installed Meghdoot machines in Dadar, Thane, and other Mumbai Division stations. Innovative technology is used by the special "Meghdoot" devices to turn airborne water vapor into drinkable water. Maithri Aquatech Pvt Ltd. has been given the contract for installing 17 "MEGHDOOT" Atmospheric Water Generator Kiosks throughout the Mumbai Division of Central Railway for a term of 5 years under NINFRIS policy. A device known as an Atmospheric Water Generator (AWG) draws water from

the surrounding atmosphere. The method draws water vapor from the surrounding atmosphere by using condensation science. AWG turns water vapor into fresh, clean drinking water using cutting-edge technology. A wide range of ambient temperatures (18°C-45°C) and relative humidity levels are supported by the technology (25 per cent – 100 per cent). It can be used as a quick fix for potable water because it produces water within hours of being turned on. In order to manufacture water of the greatest quality, the firm also worked with the CSIR-Indian Institute of Chemical Technology (IICT), Hyderabad. Additionally, the representative stated that these Meghdoot machines are research-driven and do not require source water. Additionally, the technology requires minimal upkeep and is environmentally -friendly with zero maintenance.

## THE ESCAPOLOGIST: HOW COOL-HEADED HS PRANNOY YANKED LOH YEW'S FEET OUT FROM UNDER HIM



**T**his week, Loh Kean Yew, a recent former world champion, is competing in the Super 750 Japan Open. There is no medal for HS Prannoy to display. If reputations were imprinted on each player's face, you couldn't tell who was who if you just walked in to watch their Round 2 match in Osaka. You also wouldn't know who won by looking at the four score lines, with Loh leading 17-11, 20-17, and 14-6 in the first set and 17-12, and 17-12, in the second. Loh launched his customary quick attack, stomping around the court while being steep, swift, and scything. Prannoy endured the blitz, maintained optimism, and never gave any indication that he still had hope. He then proceeded

to destroy the younger rival in both endgames, using a steady net and slightly straighter deeper shots than last week in Tokyo. The more calm Prannoy remained, the more Loh felt the weight of nothing happening mounting. Prannoy unleashed equally quick winners in short, snappy strides without blowing bugles or balling the first, making no lead safe. All Loh could see was his own mistakes piling up as Prannoy picked the exact play right after the 11-point break's 12th point (both times trailing) to pick up the pace and score 6 and 7 points, respectively. When Loh started self-flagellating, he had no idea what hit him or even if he had been hit at all rather than simply going through a mental slump. That it occurred in Set 1 was shocking. At the 17th point, the fact that there was an encore in the second completely knocked him out. He was acting like a statue, screaming while his arms were stuck in the air. Prannoy continued to be effective in his closing out victories, delivering deep hits to Loh's corners while keeping the springing Singaporean chained to his box.

## NEERAJ CHOPRA WILL COMPETE FOR TROPHY IN 2022 DIAMOND LEAGUE FINAL ON SEPTEMBER 8

**O**n September 7-8, 2022, at Weltklasse in Zurich, the two-day Diamond League final event will take place. Neeraj Chopra, the star javelin thrower from India and the current Olympic gold medalist, will compete for his first Diamond Trophy. The final of the Diamond League, also known as the Diamond Race, is the culmination of a 12-meet series. The Doha leg of the yearly athletics series began on May 13, 2022, and the Brussels leg concluded on September 2. Over 32 events, only the top 15 athletes compete for the championship. However, only the top six athletes are deemed qualified for the final. Based on the points they accumulate throughout the Diamond League series, the rankings for each discipline are determined. Depending on where they finish in an event, athletes receive 8, 7, 6, 5, 4, 3, 2 and 1 points. When Neeraj won the Lausanne Diamond League 2022 on August 27, he became the first Indian to enter the Diamond Race. Neeraj increased his personal best at the Stockholm Diamond League, his first major competition since the Tokyo Olympics in 2021, but once again fell short of the 90-meter mark, which is regarded as the industry standard for men's javelin throws. When Neeraj Chopra won the Lausanne meet on August 27, 2022, at the La Pontaise Olympic Stadium, he made history by becoming the first Indian athlete to take home a Diamond League victory. Neeraj's throw was also sufficient to qualify him for the Budapest, Hungary-hosted 2023 World Athletics Championships. On September 8, the second and last day of the meet, at 8:20 PM local time (11:50 PM IST), the men's javelin throw competition at the Diamond League final will take place.

## SARITA MOR HOPES TO WIN HISTORIC GOLD MEDAL AT 2022 WORLD WRESTLING CHAMPIONSHIPS, AFTER WEIGHT SWITCH

**L**ast Monday, Sarita Mor, the No. 1 wrestler in the world at 59 kg, successfully transitioned to the 57 kg Olympic weight category by winning the Wrestling Federation of India (WFI) trials for the upcoming World Championships 2022 in Belgrade. This was a significant step towards Sarita Mor's goal of winning a gold medal in 2024 in Paris (10-11 September). Anshu Malik, Sarita's main competition at the trials, withdrew after having elbow surgery and taking home the silver at the 2021 World Championships in Oslo. Sarita was therefore missing her main rival. Instead, she had to compete against Lalita, a 27-year-old wrestler from Sonapat, who easily defeated her 6-1 to secure her a spot in Belgrade. Sarita, a two-time Asian champion, will now compete for the first Indian woman to win the World Championship title in Belgrade on the 10th and 11th of September. Sarita won a bronze medal (59 kg) at the most recent competition in Oslo, proving that she is capable of succeeding on the biggest stages. Or will the change in category make the challenge too difficult for her? The wrestler from Sonapat, who fell short of Anshu in the CWG trials in May by a mere point, most definitely does not feel that way. But switching to the 57kg poses a unique set of difficulties. It draws the best athletes' attention because it is an Olympic weight category. The current world champion of the United States, Helen Maroulis, has already indicated that she will compete in Belgrade, and the Japanese wrestler Tsugumi Sakurai, who earlier this year defeated Anshu to win the Asian Championship gold, is also listed among the entries. Evelina Nikolova of Bulgaria, who won the 53 kg bronze medal at the Olympics, and Bat-Ochiryn Bolortuyaa of Mongolia, who switched to the category, are two other notable competitors. However, Sarita is aware of the difficulties she will face in ten days as she and her husband, former international wrestler Rahul Mann, thoroughly research their rivals at the biggest wrestling event of the year. Sarita went on to say that, with the Olympics in mind, she is under no circumstances going to return to the 59kg anytime soon.

## ASIAN QUALIFYING FOR THE FIBA BASKETBALL WORLD CUP 2023: INDIA FALLS TO LEBANON

95-63



**A**t the Indoor Kanteveera Stadium in Bengaluru last Monday, the Indian men's basketball team lost to Lebanon 95-63 in Group E of the second round of the FIBA Basketball World Cup 2023 Asian Qualifiers. India's Pranav Prince led all scorers with 19 points, and Lebanon's Jonathan Arledge answered with 21 points. The Indian basketballers got things started, but Lebanon quickly found their rhythm and won the first quarter 27-17. India, which is currently ranked 82nd, made a comeback to cut the deficit to 23-28 early in the second quarter. But because of their superior attacking skills, world No. 54 Lebanon led 49-29 at the half. In the third quarter, Lebanon widened its advantage to 71-42, and by the end, it had steadily grown to ensure a victory. On November 10 and 13, respectively, India will play Saudi Arabia and Lebanon. In the qualifying rounds, the Indian basketball team has yet to record a victory. India dropped all four of their first-round games, and they have already dropped two games in the second round. There are still four matches left. In February of next year, the FIBA Basketball World Cup 2023 Asian Qualifiers will come to an end. In the 18 previous editions of the FIBA Basketball World Cup, India has never advanced to the main draw.



## EXPERT



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## FAQs ON STRESS MANAGEMENT

**Q1. As a team leader, I try my best to unite my team, but not able to succeed, please help me.**

**Ans.** Thank you for asking this question, the reply will help many leaders as the greatest challenge of today's corporate is the underutilization of human potential by inept and unmarked leadership. I do agree mature leaders also face the challenges to maintain the team synergy, but ultimately they come to win-win situation because of their charm, charisma and experience. We know that developing Team synergy and managing it is predominantly in the hands of the 'true leader' rather than the team of followers. If the leader is feeling threat of his or her team member, or the leader is competing with the team members, or beating his or her throb to his team members, there is no room for team synergy in the organization. If team synergy deteriorating, you as a leader need to introspect first and try to identify the gap.

**1. Empathy:** Empathy skill is the most powerful inspiration for the team which creates the team synergy as well as reason for its deterioration. Observe your empathy skill. In the name of empathy, do you tolerate mediocrity of few of your favourite members of the working team? Please understand when you try to accept the reasons for lack of performance or excuses they offer, you are responsible for (a) fall in organizational development (b) fall in team members development and (c) fall in team synergy. So being responsible leader offer the deserving level of empathy skill and try to stop entertaining weakness of 'special' team members. Accept that the reason for fall in team synergy can be your unreasonable empathy skill. Stop crying that 'I always tried to do the best to each one of my team and protected them'. Being a leader you failed to correct the team members who err and also demotivated the hardworking team members at the same time by entertaining few to take the work for granted. Please try to focus on re-skilling and up-skilling your empathy.

**2. Enhancing teams Image:** A true leader is one who tries to give credit to the team for the success and take the responsibility for the failure. You should build the team image in such a way that even the 'genius' in your team should follow you unconditionally. Leaders succeed only when they help team to enjoy healthy image about them and also reflect their shortcomings. Observe your team leading style first; a true leader must be loyal to the chair by practicing 'tough' love for the team. As a leader learn to handle the matter and the team member always with 'grace'. A team member has to be helped to feel good even if what he or she has done is not good enough. Blaming and humiliating for mistakes will never serve you results in the current era. The better you are, the more effective you can be at the top and maintain the team synergy by celebrating the team image.

**3. Empowered team:** A leader should always try to empower the entire team and not focus on just the 'favourite team' members. Accept that everyone improves, even what you feel performance of your favourite team member is good enough and then also he or she has to be encouraged to do better. Treat all team members with equitable justice and fairness. Don't criticize the person, but focus on the action which had gone wrong. Yes, mistakes happen, but that don't define the person, but it just depict the performance of their work. Admit, a leader can also learn from team members. If your team members are having more ability than you, you should accept, and inspire the team to learn the good aspects rather than comparing your abilities and trying to prove your superiority by putting down them. If you accept their abilities, it becomes inspiration for building team synergy. If you can't accept their abilities, it becomes jealousy and paves way to fall in team synergy. Empowering the team with due respect is the key for maintaining team synergy.

**4. Enigma of the leading force:** The power of a man is the power of his voice, but the power of a true leader has to be expressed through the power of his communication and not by displaying the power of his voice. The leaders goodness is at stake when the team members are stopped from expressing their opinion or the leader starts throwing anger on them for their true expressions. You should respect the team member's abilities and suggest improvement tips, which will radiate your 'power of true leader'. I totally agree, a true leader is responsible for creating to

build more leaders, not mere followers! A true leader is one who inspires the team to unconditionally follow her or him, isn't it? Without committed followers no one can get the status of true leader, even if they claim the same. Without the team synergy how can one become a true leader? A true leader has to focus on content (What to say), emotions (How to say) and timing (when to say) while communicating with team. Learn to criticize actions of a person and praise the person at the same time. This is the art of building team synergy every leader shall practice for organizational success.

**5. Emerge of Handling mistakes:** Focus on how can we 'right the wrong actions' and not 'what all is wrong' with the team members. Focus on the matter and not the person; focus on how to improve the task rather than who spoiled it. If all the team meetings held is driven by blame and disapproving team, how can you expect excellence? A true leader is one who offers solutions to the problem brought in by team. The system should encourage the entire team members to show that 'here is the problem' and true leadership is in showing 'this is the solution'. By blaming the team to show the problem and screaming to bring solution will end the team synergy. By just amending the leading style you can do wonders as your abilities and skills made you the leader! Just observe, whether your team has accepted you as a 'problem finder' and is trying to move ahead? The team synergy is maintained by the team leader's fair approach towards the team and demonstrating role as solution seeker. Start being a solution seeker and not a problem finder to maintain the team synergy.

**6. Emerge of Situation handling:** The power of situational leadership really inspires the team and the organization. Observe your skills to handle the situation. Leader need to sharpen your problem solving skill and critical thinking skill rather than passing the responsibility to another team member to handle. Please stop discussing problems with each and every team member separately and asking for solutions. Being a true leader you should demonstrate your power by your attitude of handling the problems. You can delegate the task to that team who will support to solve the problem without transferring the responsibility. Let the problems come from anywhere, i will find the solution for it every time, commit to this stand as a charismatic leader. Instead of expecting circumstances to be modified as you expect, modify your approach to circumstances, which is true situational leadership. Stop discussing the problems with team members and blaming them for the inefficiency, rather accept the responsibility to be the solution which will retain the team synergy in its true sense. Please stop forum shopping to solve the problem rather than take the responsibility to lead the team to resolve.

Please don't feel the above factors explained from leaders perspective using the 6E model are questioning your leadership style, but please accept the situation, what is in your control is 'your responsibility'; As the 'cause' is in your control, only you can control the effect and no one else. Take the responsibility of the fall in team synergy and focus of regaining it. I wish to remind you that gone are the days of management philosophy accepting that 'A true leader is one who creates leaders'. Please upgrade and update yourself to demonstrate that 'The leader who leads by the philosophy that there are no 'no solution situations' for the team if approached him or her is the true leader!'.

# QUIZ TIME

- Which organization published the report on the prevalence, morbidity, mortality, and socioeconomic impact of snakebites in the nation?
- With which nation did India most recently sign an MoU about biodiversity conservation?
- According to the Bloomberg Billionaire Index, which Indian business person just rose to the third-richest position in the world?
- Which airline recently (in August 2022) joined the Clear Skies for Tomorrow (CST) campaign of the World Economic Forum (WEF) to attain a large scale of Sustainable Aviation Fuel (SAF)?
- Who was recently elected as treasurer of the Commonwealth Parliamentary Association (CPA) during its 65th conference, which was held in Halifax, Canada, in August of this year?
- How many years did Pradhan Mantri Jan Dhan Yojana (PMJDY) complete 28th August 2022?
- What is the name of the operation that the Indian Railway and Railway Protection Force (RPF) recently (in August '22) started to enhance passenger security?
- Which nation did Hindustan Aeronautics Limited (HAL) choose to establish its first overseas marketing and sales office in?
- Which nation recently (in August '22) debuted the first fleet of hydrogen-powered trains in the world?
- Who was appointed as the Secretary of the Department of Defense R&D and Chairman of the Defense Research and Development Organization (DRDO) in August of this year?

# 🤔 GUESS

## The Sports

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## ANSWERS

- Indian Council of Medical Research (ICMR)
- Government of Nepal
- Indian Business tycoon Gautam Adani
- IndiGo
- Anurag Sharma
- 8 years
- Operation Yatri Suraksha
- Kuala Lumpur, Malaysia
- Germany
- Samir V Kamat

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## ANSWERS