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HULAHUL FOUNDATION'S KALA MAHOTSAV - 2022 - A MEGA TALENT HUNT EVENT CONCLUDED AT MUMBAI

On Sunday, October 2, 2022 at 4:30 pm, HULAHUL Foundation (Hands United for Life Long Aid and Human Upliftment Liver Foundation) organized Kala Mahotsava -2022 at Marwari High School, Charni Road, Mumbai the huge talent show ended.



The foundation started this splendid effort in 2018. According to Mr. Ravi Singh, the Chairman and Trustee of the Foundation, "The Kala Mahotsav is organized every year. It provides an opportunity for the students to reveal their hidden abilities and hone their skills. This platform provides support for the all-round development of the student at an early stage of learning."



and certificates of merit. At the closing ceremony after the prize distribution, Guest of Honor, Ms. Tanu Srivastava congratulated all the winners and appreciated the efforts and goals of the HULAHUL Foundation to organize the Kala Mahotsava. She expressed her gratitude to the entire HULAHUL team for organizing Kala Mahotsav-2022 in such a wonderful and commendable manner and wished them all the best for their future endeavours.

With an intention to bring on paper the hidden creative talents of the students, the Foundation first started the Kala Mahotsava in 2018 as an inter-school drawing competition. The Arts Festival gradually expanded the range and level of competition by offering a variety of events. Literary arts like speech and essay competitions, performing arts like music and dance, Mehndi competition etc. and other competitions through which the participants will get a comprehensive knowledge about the diversity of Indian arts and they will be able to take responsibility and pride for India's rich cultural heritage.



judges was constituted to select the winners from among the contestants selected through the elimination phase. The jury comprised of eminent musician and singer Ms. Tanu Srivastava to judge the singing competition. Mr. Sameer Mayekar and Mr. Vishwas Panchal were the judges of the drawing competition and some other notable judges were constituted for various other competitions.

Blossom ST High School took home the Best School award, while St Teresa High School took the runner up trophy in the final round results, which was loudly announced during the grand closing ceremony. Ms. Sonal Shukla of Blossom High School got the Best Teacher Representative Award. Each contestant received a participation certificate, and the winners received trophies

Mr. Durgesh Kumar Dubey, Director and Trustee, HULAHUL Foundation narrated the journey of the Foundation since its inception. He elaborated how the foundation is working and contributing towards the upliftment of the needy and marginalized section of the society. He also told about the noble causes and objectives of the Foundation. Other trustees of the Foundation, Ms. Smita Kuntay, Mr. Yogesh Gupta, Mr. Aman Tripathi and Mr. Aditya Phadke were present during the program.

At the conclusion of the ceremony, Ms. Afreen Mazgaonkar, Assistant Treasurer of the Foundation, offered a vote of appreciation on behalf of the organization to all the notable visitors, sponsors, dignitaries and volunteers for their cooperation. The closing ceremony ended with the National Anthem.

The participants in the Kala Mahotsava were divided into two groups, Group A (Classes 5-7) and Group B (Classes 8-12), to conduct various competitions. Twenty (20) schools participated in the Kala Mahotsav, and 1015 students actively participated, this was an overwhelming response from many schools in South Mumbai.

The program started with great enthusiasm at Marwari High School on Sunday 2nd October at 9.30 am. A panel of

HEALTH INCLUDES BOTH PHYSICAL AND MENTAL WELL-BEING

The effective treatment and community cohesion are still restricted by stigmatization and discrimination, but we can all do our bit to increase awareness of the preventative mental health measures that are particularly effective, and on 10th October; World Mental Health Day is a chance for us to do so collaboratively. We imagine a society in which everybody has the same opportunity to experience mental health and to execute their human rights, that mental health is recognized, encouraged, and defended, and that everybody has accessibility to the mental health care they require.

A whopping 84 million people were forcefully moved globally in 2021, a result of increasing economic and social inequality and global health catastrophes that strongly impact communities toward increased well-being. As people, organizations, we must raise the dedication we place on mental health, need to equal that worth with firm commitment and participation from all industries. We must improve mental health treatment so that the complete range of mental health requirements is satisfied by a framework of locally based, easily accessible, reasonably priced, and high-quality supports and services.

Numerous facets of mental health have been questioned; before to the pandemic in 2019, it was thought that one in eight individuals worldwide were afflicted by a mental disorder. In addition, particularly in low- and middle-income nations, the services, expertise, and financing for mental health remain in short supply and well short of what is required.

The COVID-19 epidemic has sparked a global mental health catastrophe, causing millions of people to experience short term and long-term anxiety and jeopardizing their mental health. According to projections, during that time both depression and anxiety illnesses increased by more than 25%. The vacuum in treatment for psychological disorders has expanded during the same time that mental

health cares have been significantly interrupted.

Although the pandemic has had an impact on our mental health and still does, World Mental Health Day in 2022 will offer



us a chance to reignite our efforts to defend and advance mental health.

Make mental health and wellbeing for all a global priority is the World Federation for Mental Health's theme for World Mental Health Day in 2022. We have been striving to ensure that mental health receives the same attention as overall fitness for more than 70 years. Everybody is affected by the presence of mental health issues in our everyday lives, families, organizations, and communities. In order to safeguard against mental illness, both as a culture and as individuals, we must take every

precautionary measure. We will keep urging local and national governments to give lowering factors that are known to put people's mental well-being at danger and establishing circumstances that will allow individuals to prosper top priority.

is available.

By 2030, 80% of countries must have integrated mental health into primary care, according to the United Nations' Sustainable Development Goal for Good Health and Well-Being. However, according to WHO data released in 2021, only 25% of countries had a structure in place to accomplish this.

Mental health problems disproportionately affect young people. According to the WHO, one in seven teenagers between the ages of 10 and 19 have a mental health issue. One suicide occurs every 11 minutes, or 45,800 deaths per year, making suicide the seventh most common leading cause of death in this age range.

In a global study conducted by the WHO, nearly one in five 15 to 24 year olds stated that they frequently felt gloomy and showed little enthusiasm toward doing things. The UK Mental Health Foundation states that 75% of mental health issues develop by age 24 and 50% by age 14, respectively.

What needs to be accomplished is quite obvious according to the WHO: "We must improve the importance and devotion we assign to mental health as people, groups, and government and mirror that value with much more engagement, involvement, and involvement by all participants, throughout all professions." Mental health has advanced significantly since the World Federation of Mental Health (WFMH) was founded in the early 1990s. Our self-awareness and sensibility have greatly increased as a result of realizing how labels like "mad" and "psycho" can accidentally be harsh and stigmatizing. Even though we have gone a long way, there is still more we as a society can do to advance things together.

According to WHO data, people with mental health issues pass away too soon—up to 20 years earlier than the normal person—because of physical injuries that could have been avoided. In certain nations, they also have a higher likely to face serious human rights breaches, marginalization, and humiliation. The WHO believes that anxiety disorders and depression cost the world economy close to \$1 trillion annually due to the projected 12 billion working days lost. Stigma and discrimination keep many individuals from receiving the treatment they require, even in areas where assistance

BHAGIRATHA - DESCENT OF GANGES TO EARTH

In ancient Bharat, there lived a legendary king named Bhagiratha, prince of the Ikshvaku dynasty and the king of Kosala, he was the descendent of great king Sagara of Suryavansha the sun dynasty also recounted as ancestors of Lord Rama from the epic Ramayana.

As a child, he lost his father (Dilipa) at a very young age, but was intelligent, virtuous, and kind-hearted, when he attained the right age, he took to the throne of Kosala (today's Uttar Pradesh). His great quality was pious, benevolent ruler, who adhered his duties as prescribed by Dharma. His saga goes this way when his great grandfather Sagara chose to perform the Ashwamedha Yagna and his royal agents lost track of the sacrificial horse. Sagara had ordered his sixty thousand sons by Sumati to track the horse, and the prince raged across Bharat burning down the large forest and uprooting many lives and property on earth to find the horse. Finally, they landed on a quiet spot where sage Kapila was meditating beside him the white horse was tied.

The enraged princes condemned Kapila as a thief and attacked him, the sage with his mystical powers turned the princes to ashes. Another version of the story known was that the horse was stolen by a jealous Indra who did not want the Yagna to be a success so he hid the horse in the cave where sage Kapila was meditating to escape the accusation of theft. Amshuman (grandson of King Sagara) when took over the kingdom after Sagara was told of the fate of his sixty thousand uncles and the relief from sage Kapila's curse was by Ganga waters as told by Garuda (who was the maternal uncle of Asamanjan)

Bringing Ganga to earth was an impossible task and required years of Tapasya and prayers. As King in Khosla could not perform that while managing

thousands of years, excruciatingly harsh penance just to please Lord Brahma. Soon after thousands of years, Brahma was pleased and granted him the boon of

not have performed Tapasya to accomplish such a noble cause and assured him he would break Ganga's fall. As she (Ganga) started her journey from Swarga, Bhagiratha and celestial observers were terrified by the roar and volume of gallons of water flowing down. But then, Lord Shiva appeared and captured Ganga just as she was launching on earth in his 'jata' as Ganga struggled to set herself free, but Shiva could not be budged, Bhagiratha worshipped Shiva and Ganga was set free after crushing her vanity and is believed to flow from Shiva jata down to earth at a gentler pace.

As king, Bhagiratha led the way on his chariot and she followed him across the north and east of Bharat and finally merged with the ocean. In her course, she washed the ashes of Sagara's sixty thousand sons, who ascended to heaven praising and blessing the noble king, At the end, Bhagiratha's great effort was praised by the gods and also his ancestors also known as Bhagiratha prayatna as proclaimed by Lord Brahma. Ganga is also known as - "Bhageerathi" (daughter of Bhageeratha).

It's a great inspiration to mankind that one who seeks something for a noble cause despite facing overwhelming odds reaches the ultimate goal. "Where there is a will there's a way." Success touches your feet.



duties as king. Result was that the sins of thousand kings multiplied through the years and resulted in natural disasters in the kingdom. And when Bhagiratha ascended on the throne, he found it impossible to govern the situation and only had one last solution, so on the advice of Guru Trithala, he turned over the kingdom to trusted ministers and set off to the Himalayas to perform arduous Tapasya. In an extreme climate, he performed Tapasya for

bringing Ganga to earth. So that he may perform the ceremony of moksha for his ancestors. But Ganga told Bhagiratha, that if she were to descend from the galaxy on earth, her force of a fall would be difficult to sustain. Ganga asked him to take the favor of blue-throated Lord Shiva as no one except him could sustain her. Bhagiratha performed a Tapasya for Lord Shiva and the compassionate Shiva appeared over a year of penance and told Bhagiratha he should

TILAK MEHTA - EMBRACE THE IDEAS AND DESIRE TO FULFILL THEM!

India has consistently produced new business owners, along with their creative and inventive ideas. People have shown up with their innovative thoughts, skills, and zeal to develop new things and contribute a transformation with the optimal method to the surroundings to tackle various common issues that individuals face on a daily basis in their lives because it is thought that creativity can be accomplished at any generation.

Tilak Mehta, who went on to become an Indian successful business owner, has launched a business called "paper n parcel" and rose to fame as the world's most influential young entrepreneur. He was born in the year 2006 in Gujarat, India. He attended Mumbai's Garodia International School. It is essentially a digital courier business that uses "Mumbai Dabbawala" to assist with on-time delivery and one-day delivery service at a very fair and economical price.

Multiple services are provided by Paper n' Parcel to e-commerce technologies with their shipment and logistical requirements. Order processing, shipment tracking, and shipping assurance are some of these offerings. In order to assist organizations save money and time on their transportation and logistics requirements, the company also provides a variety of value-added solutions.

He is the youngest entrepreneur in the world and is representing India with pride at the age of playing and attending school. There is plenty to acquire from this rising star, including knowledge of time management and how to prioritize tasks to accomplish objectives.

Tilak Mehta is an Indian teen just like any other. He attends the Garodia International School in Mumbai to pursue his education. He always complained about his father arriving home after work late, just like every other youngster. His father owns and operates Rushabh Sealink

Pvt Ltd, a company that specializes in logistics. He was significantly aided in becoming who Tilak Mehta is now by his parents and twin sister.

One day, he found himself in an unexpected circumstance where he had to fetch a few books from some other area of the city. Given that his father would be exhausted after returning from work, he did



not want to inform him about something like this. He therefore had no choice but to stand in line for the books to be delivered by the courier company. When this was going on, his father informed him that the shipping fee for the books was even higher than the cost of the books. Tilak Mehta was aware of dabbawala's and did further study into them. He discovered their effectiveness and speedy service of food delivery throughout the entire city at an extremely reasonable and affordable price which always arrives on schedule. At this point, the thought of "paper n parcels" suddenly entered his head. He intended to utilize this network channel to distribute items apart from foodstuff to all parts of the

city and to help those who needed assistance when they were most desperate.

The new company Paper n Parcel offers door-to-door pick-up and delivery solutions for items like pens, papers, textbooks, and sometimes even important papers and other items. Tilak Mehta didn't give his age or his academic record a second glance; instead, he continued

new venture. Following that, they dropped other participating companies, like Hindustan Times, Metropolis, etc. The organization Paper n' Parcel saw enormous achievement in a relatively short period of time, propelling them to global prominence for the business in 2020.

Tilak Mehta's primary concentration and aim were about to make life simpler and smoother for everybody by resolving modest, everyday societal concerns. Utilizing his unique notion of paper n parcels, he addressed the everyday difficulty of delivery. His primary objective was to provide delivering services at a lower cost as well as on schedule to the relevant individuals. The entrepreneurial firm, which is centered on a smart phone application, has over 200 employees. Aside from that, over 300 dabbawalas are involved in his company, which distributes over 1200 parcels each day to their designated areas at the same time and within the same time.

Tilak Mehta's startup "Paper n Parcel" was one of his dreams, and he worked tirelessly to see it flourish and fulfill its objectives. Tilak Mehta received the world's first award recognizing outstanding and distinctive children, the Global Child Prodigy Awards, in January 2020, and was chosen one of the lists of 100 geniuses that year.

Tilak Mehta not only inspires aspiring entrepreneurs, but also numerous parents who really should support their children's ideas and goals regardless of the difficulties or criticism. Any child who is interested about understanding new things about all of it has the potential to be the country's next successful entrepreneur. Tilak Mehta becomes the world's youngest successful businessman, not just in India. His basic and original notion of paper n parcels is a delivery company of all kinds of vital regular products from pick up to delivery to people's doorsteps.

PUNE KNOWLEDGE CLUSTER HAS LAUNCHED A PROGRAMME CALLED 'TEACH WITH TECH



The Covid-19 pandemic highlighted the digital divide in many industries, particularly education. The Pune Knowledge Cluster (PKC) launched 'Teach with Tech' for school students and teachers on Friday, recognising these gaps and the need to promote e-learning for future learners. The project's goals include developing and imparting skills, critical thinking, and problem-solving abilities in students, as well as training teachers in the use of digital tools to improve the learning process.

Professor Ajit Kembhavi, PKC Principal Investigator, stated on the occasion, "We are all familiar with traditional learning methods involving physical classes, teachers physically teaching in classrooms, and students taking notes in books." However, in the absence of digital tools, the Covid-19 pandemic impacted physical learning for many students. However, the pandemic aided in the introduction of remote learning." "Before a similar situation arises, we have now launched a digital learning project." This is a step toward staying prepared and thus continuing to learn. "The project will also

help teachers stay up to date," he added.

PKC has adopted five Pune-area schools where the pilot project will be implemented during the current school year. Lenovo will support the project with CSR funding by providing tablets to the schools identified in the project. Teach with Tech plans to hold 100 sessions in the coming months, 20 for each of the five schools. In the pilot phase, they hope to reach 750 students and 250 teachers from Zilla Parishad schools in Pune.

Modern High School, Shishu Vihar, Pune Vidyapeeth High School, Shri Shivaji Vidya Mandir, Nutan Marathi Vidyalay Girls High School, and Baburao Gholap School are among the five schools that will benefit from the project. The project will be implemented at Shishu Vihar School for students in classes VI and VII. According to a teacher at the Girls High School, the timely availability of tablets or mobile phones for learning has been a pressing issue for Marathi-medium schools.

IIT KANPUR COLLABORATES WITH NIMBLEQ EDUVENTURE TO PROVIDE CHILDREN WITH LAB EXPERIENCE



In a first-of-its-kind endeavour, the Indian Institute of Technology (IIT) Kanpur partners with NimbleQ Eduventure Pvt. Ltd to encourage children as young as ten by giving them an opportunity to experience and work in the IIT Kanpur labs. Over 20 NimbleQers from grades 5 to 10 visited labs at IIT Kanpur on October 3 & 4. These children are part of a technology and entrepreneurship program facilitated by NimbleQ across India, the USA, and the UAE.

The programme, which began with a visit to the National Centre of Flexible Electronics (<http://www.ncflexe.in/>) on the first day, allowed the young students to tour the clean room and systems lab, as well as other associated labs. They were also shown The Haptic Watch, one of the Centre's most recent innovations, which

was released in May 22. It is a touch-sensitive smartwatch for the visually impaired. Additionally, NimbleQers had the opportunity to participate in a hands-on session in which they built basic electrical circuits on flexible paper substrates using conductive and resistive inks. They also learned some basic electrical concepts, such as how to properly complete a circuit to make an LED glow, how to use a staircase switch, and how to charge a capacitor.

On Day 2, NimbleQers went to the Imagineering lab (<http://imlab.in/>), which was led by Dr. J. Ramkumar, Professor of Mechanical Engineering. This lab serves as a hub for concept development and product realisation. The central workshop, tinkering lab, and MedTech facility were all visited by NimbleQers. The children gained hands-on experience by modelling and shaping various products using various materials. They also created a biodegradable water bottle prototype and presented a business plan for its launch.

ALL SCHOOLS IN JAMMU AND KASHMIR SHOULD FOLLOW THE SAME ACADEMIC CALENDAR

The Jammu and Kashmir government decided on Friday to implement a uniform academic calendar in all schools in the union territory, including the holding of annual examinations for students up to class nine during the March-April session.

According to the order issued by School Education Department Principal Secretary Alok Kumar, "... sanction is

hereby accorded to the implementation of Uniform Academic Calendar, including the conduct of annual examinations in March-April session for classes up to nine in all government and government recognised private schools of the union territory of Jammu and Kashmir." It stated that new admissions to all schools would begin in March of the current calendar year.

INDIAN COUGH SYRUP CAUSES 66 DEATHS IN GAMBIA

The World Health Organization issued a warning on Wednesday against four cough and cold syrups made by an Indian company, they claimed that the cough syrups may be linked to 66 deaths of children in Gambia. The WHO said that the cough syrup was made by a company situated in Haryana called Maiden Pharmaceuticals. World Health Organization said in its advisory "Please do not use them".



What's in the Cough Syrup?

Laboratory analysis of samples of each of four products show unacceptable amount of diethylene glycol and ethylene glycol as contaminants, according to a report issued by WHO it further added that these products that is diethylene and ethylene are toxic and can prove to be fatal on consumption. These two products cause abdominal pain, vomiting, diarrhea, inability to pass urine, headache, altered mental stage, acute kidney injury which may lead to death.

Symptoms

Experts are of the opinion that this medicine could have caused a spike in case of acute kidney injury. Most affected are the children under the age of five years. Abdominal pain, vomiting, diarrhea, inability to pass urine, headache, altered mental stage are some of the symptoms of the adverse effects of this medicine consumption. The Director General of WHO 'Tedros Adhanom Ghebreyesus' said in a press release on Wednesday that according to information received from the India's Central Drug Standard Control Organization this contaminated product is only supplied in Gambia but they also claimed though only detected in Gambia they may have been distributed to other countries as well.

Which are these Four Cough Syrups?

The four cough and cold syrups that have been linked to the death of 66 children in Gambia are Promethazine Oral Solution, Kofexmalin Baby Cough syrup, Makoff Baby Cough Syrup and Magrip and cold Syrup, WHO further added that the Indian company has not yet provided guarantee on the safety and quality of these products.

What Now?

India's apex drug regulatory body the Central Drug Standard Control Organization has already issued an investigation into the matter after it was informed about the issue on 29th September the state regulatory authority of Haryana confirmed that the company does not manufacture and export the syrups to Gambia.

GLOBAL RECESSION ON THE WAY

The soaring repo rate by the banks indenting to benchmark the inflation is having an unfavourable impact on the economy. A recent study by the world bank shows that banks across the world simultaneously hiking the interest rates in response to the inflation may upshot a global recession in 2023 and a string of financial crisis in emerging markets and developing economies that would do them lasting harm. Report also say that banks across the world increasing rates this year with a degree of synchronicity not seen over the past five decades.



Inflexible Inflation

The report noted that policy measures and efforts by the banks may not be sufficient to bring global inflation down to levels seen before the pandemic. Investors expect the central bank to rise global monetary policy rates to 4% in 2023 which was 2% in 2021, an increase of almost more than 2% points and will increase further until supply disruption and labour market pressure subsides. This global recession of 2023 will have an impact on the developing economies to a major extent.

What Next?

The President of the World Bank Group David Malpas mentions "To achieve low inflation, currency stability, policymakers should shift their focus from reducing consumption to boosting production." He further clarified that several historical indicators of global recession are already flashing warning and the global economy is now in its steepest slowdown.

India at a Sweet Spot

There's a reason why the west, despite its differences with India over Ukraine has continued to substantively engage with New Delhi. India ties with the west have grown significantly amid all the negative press that India has received in the west. Policy makers in west have recognised the real story-The rise of India as a geopolitical and geo-economical payer in the 21 century which gives it a distinct place in global politics today.

India to Enshrine

Late last month India experienced a 13.5% growth in the first quarter of this year. There was disappointment in some quarters as we had predicted higher growth rate but the long term trajectory seems set with India emerging as the world's fourth largest economy overtaking Germany after replacing Great Britain as world's fifth largest economy. In recent speech Michael Patra deputy governor of RBI underlined India's role as the second most important driver of global growth after China and this is happening at a time when the global economy has been facing negative crosswind as a result of rising food and energy prices. Nevertheless India's per capita income remains far behind nations that is overtaking in terms of economic growth rate. A sustained effort is needed to ensure the trajectory continuous and not merely post covid bounce.

SOLAR STORM TARGETS EARTH

The sun has been throwing solar explosions and solar storms to earth as it seems to be in an active mood. Scientists and researchers are worried about a solar storm directed to earth as the 200000 Km long solar filament has erupted on the solar surface. The giant filament that looks like a rubber band erupted from the southern hemisphere of the Sun on October 4th, hurling part of itself into the space. Space weather experts predict that the debris from the explosion could hit the Earth in the next few days. It is also said that a Coronal mass Ejection emerging from the blast site may graze Earth's magnetic field and that high- latitude sky watchers should be alert for minor geomagnetic storms and auroras. When the solar flares hit earth, they interact with the Earth's electromagnetic field and cause a Geomagnetic storm. This may affect radio communications, electric power grids and navigation signal, as well as spacecraft and astronauts. It may also cause blackouts & GPS problems. If the storm is big enough, it can create a havoc on Earth's technological infrastructure. Such phenomenon's are also the reason behind the stunning night sky auroras known as The Northern Lights.



NASA'S NEW SPACE TECH, A RELIEF FOR ELECTRIC CAR OWNERS

The major concern of people who are considering electric vehicle ownership is the lengthy charging times and charger locations. The charging time varies widely, from 20 minutes at a charging station alongside a road to hours at home charging stations. But, the new NASA- funded technology for future space missions has come up with a new technology which may charge an electric car in just 5 minutes. This will pave way for increased adoption of electric vehicles. Researchers at US based Prude University have developed the Flow

Boiling and Condensation Experiment (FBCE) which enables two -phase fluid flow and heat transfer experiments to be conducted in the long-duration microgravity environment on the International Space Station (ISS). This new technique of Subcooled flow boiling results in improved heat transfer compared to other approaches. Using this new technology, dielectric – non- electrically conducting- liquid coolant is pumped through the charging cable, where it will capture the heat generated by the current – carrying conductor. The team specified that the charging cable can provide 2,400 amperes , which is far beyond the 1,400 amperes required to reduce time required to charge an electric car to five minutes.

TRADITIONAL FISHERS IN ODISHA FEAR ILLEGAL FISH POISONING



The fishermen of the riverine villages of Odisha's Kendrapara district have been claiming that there has been a rampant poisoning of fishes since over a decade. This illegal activity over a period has resulted in loss of traditional livelihood opportunities. Due to dwindling of fish population the fishermen are forced to migrate out of work and look for other alternatives. Kendrapara which is a coastal district in the eastern state of Odisha has seven rivers flowing through it. According to a study, the Kendrapara district has 63 species of fish fauna. However, this population has been declining over the years. The residents in the district claim that illegal fish poisoning activities have been responsible for this decline and there has been no strict action for it. The fishermen depend on inland fishing mostly in the rivers in the monsoon months, July, August, and September to be specific. The time after the offset of monsoon, from mid-October is considered to be a good time for fishing but it remains uncertain due to the illegal activity. As per the information provided by a local fisherman, the alleged miscreants carry out illegal fishing activities during night. The bigger fishermen in the village use chemicals to kill the fish and then catch them. This is the reason for decline in the fish population.

FOUR SEMICONDUCTOR START-UPS SELECTED BY QUALCOMM FOR MENTORSHIP PROGRAMME



The first batch of its Semiconductor Mentorship Programme (Qualcomm SMP) has been selected by Qualcomm. As announced in April, early this year, the start-ups will receive mentorship, technical training, industry outreach, support from Qualcomm Technologies, under this programme in collaboration with the Centre for Development of Advanced Computing (C-DAC) of the Ministry of Electronics and Information Technology. The four shortlisted start-ups include FermionIC Design Pvt Ltd, Powency Circuit Private Limited, Pantherun Technologies Pvt Ltd and Simyog Technology Private Ltd. Qualcomm Technologies leaders will mentor the four start-ups on product planning and development. It will also facilitate masterclass workshops on technical aspects such as pitches, intellectual property rights, marketing, government incentives, opportunities, and scaling up teams. The start-ups will also gain exposure to government stakeholders through meetings, webinars, seminars and trade shows. As told by Rajen Vagadia, Vice President, Qualcomm India Private Limited, Each start-up that is selected for this programme has the potential to bring about a large-scale positive change in semiconductor technology. He also said that there is immense opportunity within India for a start-up ecosystem, backed by recent government policies and programmes and that Qualcomm Semiconductor Mentorship Program is a step supporting India's progression to a strong start- up hub.

CHAHAT ARORA, A MOHALI SWIMMER, SETS A NEW NATIONAL RECORD



During the ongoing 36th National Games in Gujarat, Mohali swimmer Chahat Arora won the 100m breaststroke gold medal in 1 minute and 14:42 seconds, a new National Games record. Chahat set the new national record by defeating Maharashtra swimmers Jyoti Patil (1:16.42s) and Aarti Patil (1:18.03s). She broke Sanji Shetty's 1997 National Games record of 1:17.35 seconds. Chahat not only broke the 100m breaststroke record, but he also broke the 50m breaststroke record with a time of 33.31s. She also took silver in the 200m breaststroke, clocking a time of

2:43.39s. "It's the result of a lot of hard work." I've been focusing solely on improving this stroke, and this victory is encouraging. My next goal is to represent the country and win a medal at the Asian Games. "I'm following a strict practice schedule under professional supervision," Chahat explained. Earlier this year, at the 75th Senior National Swimming Championship in Guwahati, she broke the women's 100m breaststroke national record twice, first in heats and then in the final. She broke Saloni Dalal's previous national record of 1:14.87s set in Thiruvananthapuram in 2018 by clocking 1:13.61s in the championship final.

FINALS OF THE ITTF WORLD TEAM CHAMPIONSHIPS, INDIA MEN'S TABLE TENNIS TEAM ELIMINATED AFTER LOSS TO CHINA



The Indian men's table tennis team was eliminated in the round of 16 of the ITTF World Team Championships Finals 2022 after a 3-0 loss to top seeds and hosts China in Chengdu on Thursday. Despite looking strong in the second game, India's National Games 2022 champion Harmeet Desai lost the first rubber 3-0 (11-2, 11-9, 11-5) to world No. 1 Fan Zhendong. In the second match, India's top-ranked men's player, Sathiyam Gnanasekaran, attempted to regain momentum against world No. 2 Ma Long. However, after a close loss in the first game, the world No. 37 never recovered and was defeated 3-0. (12-14, 5-11, 0-11). In the third rubber, Manush Shah faced world No. 11 Wang Chuqin, who was playing his first match of the tournament. He, too, lost

his match in straight games, 3-0 (11-4, 11-5, 11-6). Earlier, the Indian men's table tennis team advanced to the round of 16 after winning three of four group stage matches, including a memorable victory over second seeds Germany. Meanwhile, the Indian women's team was eliminated from the world championships after falling to Chinese Taipei 3-0 in the round of 16 on Wednesday.

WOMEN'S ASIA CUP 2022: INDIA ADVANCES TO THE SEMI-FINALS WITH A 59-RUN VICTORY OVER BANGLADESH

India advanced to the Women's Asia Cup 2022 semi-finals after a thrashing of Bangladesh in their fourth group-stage match on Saturday, October 8. India defeated Bangladesh by 59 runs, avenging their defeat in the 2018 Asia Cup final, thanks to Shafali Verma's all-round performance. India recovered from their shocking loss to Pakistan on Friday by outclassing Bangladesh in all three departments on Saturday. India became the first team to qualify for the semi-finals, and Harmanpreet Kaur's team will be eager to avoid any further blunders in their campaign in Bangladesh. Smriti Mandhana led the team on Saturday in the absence of Harmanpreet Kaur, who rested due to a niggle. Smriti and Shafali Verma returned to the crease, and the opening pair ripped through the Bangladesh attack, putting on a 96-run opening stand in just 12 overs. Smriti Mandhana was run-out as she narrowly missed another classy fifty by 5 runs, but Shafali continued and made it count. Smriti hit six boundaries in her 38-ball 47, while Shafali hit two sixes and five boundaries in her 44-ball 55. It was a statement from Shafali Verma, who was benched for Friday's crucial match against Pakistan. Meanwhile, Jemimah Rodrigues maintained her excellent form, shooting a quick 35. However, India's inexperienced middle order failed to rise to the occasion, as Richa Ghosh (4), Kiran Navgire (0), and Deepti Sharma (10) were unable to get going against the Bangladesh attack.



R6 OF THE WORLD YOUTH U16 OLYMPIAD 2022: INDIA DEFEATS MONGOLIA

Shubi Gupta and A Charvi of India won the girls under-12 and under-8 sections of the FIDE World Cadets Chess Championship on Tuesday. Shubhi Gupta, from Ghaziabad, won the under-12 event after scoring 8.5 points out of 11 rounds. Charvi finished first in the girls under-8 division with 9.5 points from 11 rounds. Charvi had been trailing Bodhana Sivanandan (England), who had finished second for the last three rounds, but she was able to catch and overtake her thanks to a better tie-break score after both had 9.5 points. Samhita Pungavanam came in 10th place with 7.5 points. Hanya Shah of India finished eighth in the under-10 category with 7.5 points, while compatriots Aadya Ranganath (7 points) and V Tirupurambika (7 points) finished 14th and 19th, respectively. In the open events, India's Ethan Vaz scored eight points to finish sixth in the under-12 category, while Arjun Adireddy (7 points) finished 20th. In the under-10 division, Vivaan Vishal Shah (8 points) finished ninth, while France's Lacan Rus David took first place with nine points. Safin Safarullakhan of India won bronze in the under-8 category with nine points. After the tie-breaks, the Kerala boy finished half a point behind France's Marc Llari and Russia's Sav Shogdzhev Roman, who finished first and second, respectively.



EXPERT



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FAQs ON STRESS MANAGEMENT

Q1. Live positively and you will be happy, really?

Ans. Yes, positive thinking helps us to live happily. We need to develop unconditional positivity in our life. If we think positively, we will be positive, if we spread positivity, we will get positivity. Positive thinking will let you do everything better, start practicing! It really works!

Positivity is powerful as it improves your emotional intelligence and builds resilience. Be positive and spread positivity. We need to develop an optimistic attitude. I will share a story of a little wave. The story is about a little wave, jogging along in the ocean, having a wonderful time enjoying the wind and the fresh air - until he observes the waves going before him getting smashed against the shore. He becomes very upset and started worrying very badly. Then sideways comes another wave. Seeing the little wave sad, the second wave enquires the reason for the little wave's sadness.

The little wave replies "You don't know! We're all going to get smashed and become nothing!". The second wave attempts to calm the little wave and speaks: "No, don't think like that. We are not just waves, we're part of this mighty ocean. Our identity will remain same, even if we return back from the shore, dear, so don't think negatively." We need to develop similar attitude.

Let me share few ways to Promote Positivity, hope this will be really useful.

- **Appreciate the tiny successes:** Every goal requires smaller steps of action, and most of the time those actions get ignored. Appreciate the little wins and give credit to people and behind the scenes individuals as well. Express kudos to others as well as appreciate your self for the unconditional commitment to stick to your goals!
- **Develop relationships:** Learn to manage relationships not just in family but also in workplace. Fostering healthy work relationships is crucial for a positive work environment. Find ways to generate understanding among your colleagues.
- **Expression of gratitude:** Seeing the positive qualities in others helps bring out the positive qualities in yourself. Gratitude enlarges your happiness and can alter your way of thinking. Don't miss any opportunity to express your gratitude, as it will help you to enjoy your life in a better manner.
- **Keep Smiling:** The simple act of turning your frown upside down can help boost positive thoughts and feelings. Smiling tricks your mind into feeling happier. A genuine smile is also crazy transmittable. Your smile will make others around you also smile. Keep smiling.
- **Know your mission:** Your company or team mission is really important. Understanding the "why" behind what you do helps spread positivity on any given day. Focus on your mission which will help you to radiate unconditional positivity.
- **Practice thankfulness:** A simple "thank you" really does go a long way. Don't say it for the sake of formality, but let the other person feel your thankfulness! Make it a habit to thank someone for their work at least once a day, but remember to keep it honest.
- **Use positive communication:** Communicating in a positive and productive way will change the way your listeners accept your feedback. Your communication should be personal, inspiring, passionate, and empowering.

The only place where you can enjoy your life is in our own thinking. Our life is made of habits "We are, what we think." Many times, just a small change in our thinking perspective may bring much better results. It's very important to constantly choose positive way of thinking and make an optimistic attitude. Live positively and you will be happy, no doubt! Stay blessed!

AN INITIATIVE OF HULAHUL FOUNDATION

FEELING STRESSED? NEED A SOLUTION



Ask the EXPERT

The HULAHUL Times is giving an opportunity to our readers who find that stress is affecting their daily life and needs professional help; can ask maximum two(2) questions to our panel of professional experts and counselors and get advice and health tips from them.

Every Monday you will get answers to your questions which will be published in our E-newspaper without revealing your identity.

Just get ready with your questions and email it on stressmanagementhulahul@gmail.com

or
DM your questions on our instagram handle [@hulahul_foundation](https://www.instagram.com/hulahul_foundation).

Please note:
Only selected questions will be answered

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QUIZ TIME

1. Which institution launched a new 'SupTech initiative' named 'DAKSH'?
2. Kuno National Park, where Cheetahs were introduced, is located in which state?
3. What is the charge levied for RuPay credit card use on UPI for transactions up to ₹2,000?
4. Which tennis player won the Tel Aviv Open title in 2022?
5. The Nobel Prize for Physics 2022 is being shared by three scientists, for their work in which field?
6. President Droupadi Murmu launched 'herSTART', a startup platform for women entrepreneurs in which city?
7. Which Union Ministry implements the 'Pradhan Mantri Kaushal Vikas Yojana (PMKVY)'?
8. Which country has scrapped the proposal to cut tax for the wealthy?
9. Which state/UT is the host of the 'Digital India Conference of State IT Ministers'?
10. Optimus' is the prototype humanoid robot, launched by which company?

🤔 GUESS

The Cartoon

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1. RBI
2. Madhya Pradesh
3. No charge
4. Novak Djokovic
5. Quantum mechanics
6. Ahmedabad
7. Ministry of Skill Development and Entrepreneurship
8. UK
9. New Delhi
10. Tesla

ANSWERS

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7. Pokemon
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9. Mickey Mouse
10. Tom and Jerry

ANSWERS