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REJOICE IN NEURODIVERSITY AND BE GRATEFUL



June 18

AUTISTIC PRIDE DAY

Autism or Autism spectrum disorder is a severe developmental disease that hinders communication and interaction. Autism spectrum disorder impairs the nerve system and impacted individual's entire intellectual, psychological, interpersonal, and physical wellbeing. The frequency and breadth of signs might vary greatly. Typical symptoms include communication issues, socializing difficulties, compulsive interests, and repeated habits. Early detection, as well as behavioral, cognitive, and social therapy, may help to alleviate suffering and promote cognitive development.

Autism affects around one in every 44 children in the United States presently, as per the Centers for Disease Control Prevention reports. Researchers know that there are several subtypes of autism, many of which are determined by a mix of genes and environment variables. Since autism is a spectrum disorder, each autistic person has a unique set of strengths and weaknesses. People with autism study, reason, and resolve problems in a variety of manners, characteristics that lead competent to extremely

impair. Certain people with Autism Spectrum Disorder (ASD) may require considerable support and practical, whereas others might demand less and, in some circumstances, live totally autonomously.

Autism is generally followed with sensory sensitivities and physiological concerns such as gastrointestinal (GI) illnesses, convulsions, or sleep disorders, as well as mental health difficulties such as stress, sadness, and attention deficit disorder. Autism symptoms commonly show by the age of two or three. Some developmental delays might emerge much sooner, and it is often identified as early as 18 months. Early treatment, according to studies, leads to better results for people with autism early in adulthood.

The global prevalence of autism is slightly around 1%, while estimations in rising nations are greater. Whereas massive brain injury is not typical of autism, post-mortem, neuroimaging, and physiological investigations have revealed modest morphological and functional changes.

The Center of Disease Control and Prevention estimates that over 2% of people in the United States, or approximately 5,438,000 people, are suffering from the autistic spectrum disorder. It is noted that the people with autism spectrum disorder (ASD) had significant contribution to art, sciences, and literature throughout civilization and the general impression of ASD has made huge strides. Autism, on the other hand, is still stigmatized. Autistic people continuing to confront challenging situations such as casual racism, judgments, and compassion, and autism is something that would be "fixed" instead of acknowledged.

Autistic Pride Day, which is observed on June 18 and was first observed in 2005 in Brazil which intends to improve that Autism pride should indeed be embraced and promoted, and this yearly event tries to modify social practices and foster a society in which neurodiversity is more acknowledged, emphasized, and cherished. The first

theme was "Acceptance not cure"

Aspies for Freedom (AFF) established Autistic Pride Day in 2005, chosen June 18 as the birthday of the group's youngest person of that moment. Gareth and Amy Nelson founded AFF in 2004 to emphasise that autism is often not a condition and that autistic persons are distinct personalities who do not receive medication. The World Health Assembly adopted the resolution "Comprehensive and coordinated efforts for the management of autism spectrum disorders (ASD)" in May 2014, to energize countries to start making collective projects, together across with WHO (World Health Organization), to enhance consciousness across ASD and the entire storyline of developmental problems. The AFF event was inspired by the LGBT pride movement. Kabie Brook, the co-founder of Autism Rights Group Highland (ARGH) stated that it is not a day for any other charitable organizations to endorse individuals rather it is a day dedicated to Autistic community. This day's logo is the rainbow infinity sign, which represents "diversity with endless variants and endless possibilities." Now it is being practiced all across the world. Each year, various events are happening throughout the world to unite people by showing allies that persons with autism are distinctive and therefore should not be viewed as case for intervention. Autistic people have distinct traits. Despite the unavoidable obstacles of their neurodiversity, individuals also battle with societal attitudes against them. It is critical to raise awareness about the fact that persons with autism do not solicit public pity. They feel inadequate as a result of their discriminatory mindset.

The Centers for Disease Control and Prevention (CDC) released their autism prevalence report in 2020. According to the research, the frequency of autism has climbed to one in each 54 people, which is more than double the proportion of one in 125 in 2004. As a consequence of the attention on autism, possibilities for the country to examine how to support people on the autistic spectrum and their families have arisen. Nowadays, boys are nearly substantially more likely than girls with same age to be diagnosed with autism. Recent research, although, reveals that females may not exhibit autism in same way as boys and may go undetected as a result.



WORLD DAY TO COMBAT DESERTIFICATION AND DROUGHT

WORLD DAY TO COMBAT DESERTIFICATION AND DROUGHT



As a result, the UNCCD is urging all members of the world community to consider land as a finite and valuable resource base, to priorities its preservation in pandemic restoration, and to work hard to rebuild the ground in during UN Decade on Ecological Restoration. Everybody has an interest in the outcome, thus everybody has a part to perform. Whenever it concerns to drought management, mankind is "at a crossroads," and intensifying conservation should be addressed quickly with every instrument available. "Drought in Numbers 2022," a report published from the United Nations Convention to Combat Desertification (UNCCD), urges for an impact of global investment to drought prevention and recovery in all regions globally to be prioritized.

To address such global issues, the United Nations General Assembly established the World Day to Combat Desertification and Drought on June 17, 1994, during its 49th meeting. Recognizing that desertification and drought are increasingly prominent issues, particularly in Africa, the UN General Assembly adopted the execution of The United Nations Convention to Combat Desertification on the same day and year (UNCCD). The relevance of this day resides in acknowledging the necessity of worldwide collaboration and cooperative commitment in sustainable land management and drought. The agreement concentrates on the regions most susceptible to drought and desertification.

This year's global Desertification and Drought Day will be held in Madrid, Spain. Spain is subject to drought, scarcity of water, and the consequences of climate change. The Spanish government is in the vanguard of responding with these concerns and is glad to communicate best practices. In 2021, the UNCCD collaborated with Costa Rica's Ministry of Environment (MINAE) to help households, communities, and countries strengthen their bonds with environment as we recover from the epidemic. Despite the fact that the globe is confronting the challenge of desertification, there are solutions that, if properly applied, will decrease the consequences of desertification. The UNCCD's mission of land degradation neutrality (LDN) has the potential to prevent, and then rectify, this ominous future scenario. We are now assisting 129 of the world's 196 countries that have vowed (or intend to pledge) to halt soil degradation by 2030. The Changwon Initiative, that encourages national voluntary objective establishing procedures to attain land degradation parity, is supported by more than 100 countries (LDN).

Droughts are one of the most serious dangers to environmental sustainability not only in developing nations, but also in affluent countries. Droughts are believed to impact more than three-quarters of the world's population by 2050, according to projections. Drought severity and intensity have grown by 29 percent since 2000, compared to the earlier decades (WMO 2021). This is a major issue when more than 2.3 billion people currently confront water scarcity. By 2040, an anticipated one in every four children will be living in places with severe water shortages (UNICEF). Drought affects every country (UN-Water 2021).

resources in tropical, moderately, and arid sub-humid environments. It is mostly caused by global warming and environmental parameters. Desertification is not synonymous with the growth of established deserts. Semi-arid regions ecosystems, which occupy more than one-third of the world's land area, are highly susceptible to loss of habitat and unsuitable surface use. Unemployment, political turmoil, erosion, overexploitation, and poor irrigation practices can all reduce land production.

Each year, the World Day to Prevent Desertification and Drought is commemorated to make people more aware of worldwide measures to fight desertification. The day is an once-in-a-lifetime opportunity to tell everybody that soil degradation equilibrium is attainable via problem-solving, robust community engagement, and collaboration at all stages.

Soil restoration aids in the recovery of biodiversity. It sequesters the carbon from the atmosphere that is heating the Earth, reducing environmental issues. Globally, land is rapidly degrading. Food availability for a rising world population necessitates viable land resources and thriving biodiversity. Despite this, current agricultural methods cause soils to degrade up to 100 times more than natural forces renew them. We already have changed 70% of all glacier land, affecting over 3.2 billion individuals. At present rates, we will have left our mark on 90% of the land by 2050. The majority of the worldwide people will be affected by the affected by land deterioration.

The situation now necessitates considerably greater monitoring. Ecological places decay and evolve as land degrades and ceases to be sustainable. This also entails less wild regions to shield us all from the situation now necessitates considerably greater monitoring. Ecological places decay and evolve as land degrades and ceases to be sustainable. As a result, emissions of greenhouse gases rise and bio - diversity declines. This also entails less wild regions to shield us all from zoo noses like COVID-19 and severe weather events like droughts, cyclones, and sand and dust storms.

Desertification refers to the depletion of natural



DONATE BLOOD TO MAKE LIFE SUSTAINABLE!

Blood and blood products are important parameters for patients with blood and bone marrow abnormalities, genetically determined hemoglobin illnesses. Although there is a global need for blood, not everyone has accessibility to it. Blood scarcity is most problematic in low- and middle-income nations. All places require volunteer, professional blood donors who donate blood on a periodic basis to identify everybody who requires transfusions has access to adequate blood. An efficient blood donor initiative, characterized by widespread and collaborative efforts of the community, is critical in achieving necessity blood transfusions including during peace and war and emergency purposes, when requirement for blood increases and the working principle of blood facilities is disrupted. Although an appropriate social and cultural environment with robust cooperation promotes the creation of an efficient blood donor system, it is also commonly accepted that blood donation leads to the formation of social interactions and the formation of a united community.

Indians are famed for their kindness and charity. Unfortunately, India has a two-million-unit annual blood shortage because just 1% of our population donates blood every year. As a result, there is a blood shortage since people with cancer, injured people, and patients who are undergoing surgery all need blood transfusions. Blood donation significantly reduces the risk of many chronic diseases and promotes healthy life; however, numerous patients in need of donation may not have prompt access to it. Blood transfusions should be a vital aspect of each and every nation's government healthcare policy and system.

WHO advises that all blood collection, screening, treatment, preservation, and logistics management is synchronized at the national level using efficient leadership. To encourage consistent application of requirements and uniformity in the health and reliability of blood and its components, the nationwide blood network should be regulated by a national blood policy and legislative structure.

Globally, around 118.54 million blood transfusions are collected. 40% of these have been gathered in rising

nations, which account for 16% of the worldwide population.

In low-income countries, the average yearly contribution per blood bank is 1 300, 4 400 in relatively low countries, and 9 300 in middle and top countries, contrasted to 25 700 in elevated countries. The level of availability to blood differs significantly among low- and high-income nations. A whole blood collection rate is a measure of a country's overall blood supply. In elevated countries, the average blood transfusion rate is 31.5 contributions per 1000 individuals. In comparison, upper-

medium nations than in strong countries. Demographic data on blood donors is critical for developing and implementing enrollment initiatives.

A steady foundation of frequent, voluntarily, unpaid blood donors can provide a steady availability of safe blood. These contributors are also the healthiest because they have the least occurrence of blood - borne diseases. The World Health Assembly encourages all Participant States to build nationwide blood methods depend on free unpaid contributions and to pursuit of self.

World Blood Donor Day was established on 14th June to elevate awareness for safe blood products for donation, to showcase the crucial participation deliberate, unpaid blood donors end up making to health systems, and to boost national blood donation services, blood donor organizations, and other NGO's in broadening their blood donor's donor initiatives by supporting national and international standards.

The World Blood Donor Day theme for 2022 will be "Donating blood is an act of unity." "Join the effort and save lives" to highlight the importance that volunteer blood transfusions serve in rescuing and strengthening community cooperation. The concrete goals of year 2022 campaign are to applaud blood donor's worldwide, raise

awareness of the issue of regular, unpaid blood donation, and emphasise the importance of year-round blood donation in addition to enhancing resources and ensure equitable and responsive access to reliable blood transfusion. Mexico's National Blood Centre will conduct World Blood Donor Day on 14th June 2022.

Furthermore, those who have had surgery, typhoid, malaria, abortion, or hepatitis within the last 6 or 12 months should not give blood. Donate blood while maintaining the preceding eligibility requirements in view and offer someone gift of eternal life.



middle-income countries received 16.4 contributions per 1000 population; relatively Low Countries received 6.6 contributions per 1000 people.

Sixty nations report receive less than ten contributions per 1000 inhabitants. The WHO African Region has 34 countries, the WHO American Region has four, the WHO Eastern Mediterranean Region has four, the WHO European Area has four, the WHO South-Eastern Asia Area has five, and the WHO Western Pacific Area has nine. They are all poor or intermediate nations.

Statistics on the demographic pattern of donated blood reveal that women donate 33% of all blood transfusions worldwide, although it varies greatly. Female donors account for less than 10% of contributions in 15 of the 113 countries surveyed. According to the age profile of blood donors, greater youngsters give blood in low- and

BHARAT MATA IS A COUNTRY OF SUBLIME PULCHRITUDE THAT HAD A SON LIKE PRITHVIRAJ CHAUHAN

Supreme Ruler of the Kshatriya Chauhan dynasty, Prithviraj Chauhan ruled northern India during the latter half of the 12th century. Born in c. 1168 Prithviraj Chauhan was the son of king Someshwara and his wife Karpuravalli. Ruling from two capitals Ajmer and Delhi yet still a minor he reached the apogee of success pronto. It was in c. 1170 when he became the successor of the throne.

Prithviraj was a person with empathy and had a high degree of clairvoyance. His love for Samyukta is a popular romantic tale in Indian history, with whom he ran away to get married. The great Indian poet Chand Bardai from Prithviraj's court also indited and composed an epic poem Prithviraj Raso, dedicated to their love.

Historians had been often vacillated upon the Chauhan succession since the death of Vighraha Raja in 1165. Soon after centralizing the Chauhan kingdom, Prithviraj made several advancements by conquering neighboring kingdoms. In northern India, his state was the majority of Hindu civilians. He seized his chance to attack and Delhi was captured from Tomara Rajput, following which it was renamed Qila Rai Pithora, during the early years of Prithviraj's reign, he began a campaign against the Chandela Rajput of Bundelkhand.

His Kingdom was the conglomerate of the present-day Indian states of Rajasthan, Punjab, Haryana, and Uttar Pradesh. Thus to Hindus Prithviraj was known as a great legendary hero and martyr.

At the end of the 12th century, Afghan Muhammad of Ghor, conquered the Muslim Ghaznavid Empire which was bordered by the Prithviraj's Kingdom, and armies of three kingdoms were involved in a skirmish over a fort conflict on the three borders presumed as Srihind and Bhatinda in Punjab, at the first battle of Tarain in 1191.

When the first battle of Taraori started in 1191, Prithviraj took hold of his army and defeated Muhammad Ghori. He made severe injuries to Ghori when Prithviraj first encountered him in combat. Aftermath, both armies proceeded to attack each other and to that effect, Muhammad Ghori's army was defeated. Afterward, Ghori went to Afghanistan.



Ghori couldn't control his defeat over Prithviraj and Pledged not to be ravished by the gargantuan of his palace, he vowed not to take bath till he had achieved his vengeance against Prithviraj.

He couldn't overcome his debacle and that episode had turned attention to the internecine strife between them. Afterward, enraged with heightened rivalry he was abetted to proceed with another war on Prithviraj Chauhan, in which Prithviraj lost to Muhammad Ghori.

Prithviraj took captive Ghori and Ghori beseeched before Prithviraj to pardon his life. Then Prithviraj granted amnesty to Muhammad Ghori despite all generals questioning his decision for letting him go. As time went by, Ghori again came back to take his revenge on Prithviraj. To this, Prithviraj prepared his gargantuan army and sent a letter to Ghori to appear before him as he was defeated and pardoned with his life.

Ghori turned a deaf ear to all warnings and replied to the letter that he was in India on the order of his brothers. And as a rival force, he could only pull back his force from the battlefield after he got an order from his

brother(Ghiasuddin). Then the letter was sent to Prithviraj and Ghori retreated a few kilometers back from his previous position in camp.

Ghori was briefed by his generals that Rajputs did not fight at night and as a paragon of their virtue, they only start fighting once the sun comes up, (as the code of ethics followed in Mahabharata). Muhammad took advantage of this opportunity and attacked the army of Prithviraj early in the morning. This time he was able to win the war.

Then a search warrant was issued and Ghori was apprehended by Prithviraj. Improbably, it was a lesser-known facet of this story where Prithviraj either beheaded Ghori or retained him as his liegeman. Leaving Qutubuddin Aibak as a successor of his worldly goods. A popular verse of Prithviraj Raso, by the poet Chand Bardai, says a different version of the events where Chauhan thrust his Shabdbhedi arrow on Ghori but this fact was also disowned.

There was a luminary of ancient times who delineated the fact, that Prithviraj was a prisoner of Muhammad Ghori. And as Muhammad Ghori hosted a victory event in his capital. Prithviraj was brought before him and had been asked to perform his prowess by showing his skills in archery, ill-fated at that moment as he was blind.

Legend affirmed that Prithviraj had acquiesced to their proposal to show his skills and while performing his skills he shot Muhammad Ghori dead. To this soon after Prithviraj was brought dead. This real story is indeed not a legend but a truth as the most glorious victory of all the time which makes every Indian proud of their past.

SHWETA KATTI- THE UNHEARD SCREAMS OF INDIA'S INFORMAL CATEGORY



Shweta Katti, 27 years girl grew up in Kamathipura, Mumbai. Kamathipura is known as a third largest red light district in across Asia. Shweta, who was born into a poor family, has spent her first 17 years of life living above a brothel and battling with an abusive and violent stepfather. Poverty had compelled her mother to go from her remote town in Karnataka's Belgaum to Mumbai Brothel. Many women who make headlines have terrible tales, but Shweta Katti is an encouragement. She was raised in a culture where women were frequently abused and imprisoned.

Shweta grew up in that neighborhood and is aware of how other people in society judge it. It was not a typical environment or culture, but she never judged them because she was born and raised in the area and believes the people there are the most compassionate and caring. They are the strongest women, despite being abused and raped on a daily basis, and continuing to live their lives with bravery and optimism. She claims that growing up in a brothel was terrible for her. "I'd hear girls and ladies being beaten up by their inebriated husbands at night." If you work in this line of work, no one regards you. "Living in a brothel is indeed very terrible for women and young girls," Shweta remarked.

The sex workers she grew up with motivated her to study hard and benefit the community. She wanted to be a

psychologist and start a rehabilitation centre in Mumbai's red light district. Since sex workers and their families have major mental health problems, and she wish to assist them in coping with their challenging circumstances. She criticises the administration for failing to offer healthcare coverage and other comforts to sex workers. Women are emotionally assaulted here; nevertheless, if they leave and work as domestic servants, they are physically molested there because people perceive them as assets. That has to be addressed.

She remembers her days of Kamathipura when her mother worked as a factory worker; she leaves for her work early in the morning and comes back by evening. The whole day she was handled by the sex workers; in her language they were the once who raised her actually. After achieving many accolades, she still visit that place meet them all occasionally. She remembers her time of school, when her class mates were curious to know about her whereabouts. Shweta was sexually abused by her step father. Many people, including her father, commented on how black, unsightly, and filthy she seemed. Her only



motivation to complete her studies was her mother's support. People in India feel that black is ugly; it all had such a negative impact on her self-esteem that she began disliking herself and stopped communicating with her own circle.

She remembers Radha, a sex worker in Kamathipura, who was the closest to Shweta, had urged her to study and leave this environment. As a child, I used to pass the time by watching television and my

mother often used punish me, but I rarely listened says Shweta. Radha was the one who told me that I could either study and leave or become a sex worker in Kamathipura. She advised Shweta that education is the only opportunity you have; other people do not have this option, so take use of it and leave this location, keeping your mother grateful. Shweta's mother



strongly encouraged her to complete her college and she chose to do so. Shweta was an intelligent student from the start; she attended SNTD Women's College in Mumbai for her senior secondary education.

She is a victim of brutal relationship of her parents. Things have taken shape when after college; she decided to move on from this life and wants to do something on her own. When she got to know about KRANTI an NGO which works for red light area children's for their education, identity, and shelter homes and about their basic rights. Shweta, who always have guilt about her identity everywhere found a solace with Kranti people and she felt to study further and look for some opportunities outside this society. She joined this NGO and stayed in their shelter home at Kandiwali, although it was small organization with 9-10 girls. Their therapies have helped her lot come out of own insecurities and traumatic life and Shweta seen a lot of positive change in her, she started communicating with fellow people and picking up the things quickly.

This fireball of a child appears to be very innocent, but she is incredibly determined. Despite her desire to travel overseas, obtaining a passport has proven

nearly difficult due to her background. She had to rush from pillar to post, including approaching the DGP of the Mumbai police, to get her passport completed. On passing the TOEFL exam, Shweta received a studying invitation from Bard College Annandale, New York; with a tuition reimbursement assistance valued \$46,000.

Shweta was included in Newsweek's Women in the World: 25 Under-25 Young Women to Watch, alongside Malala Yousufzai, for her work to empower neglected young girls. Shweta Katti has a great future ahead of when it pertains to her accomplishments. Shweta grew up in a brothel in Mumbai's red light district and was mistreated as a youngster, but she has left all of that behind it and plans to study in the United States. "When Newsweek featured me, I had no idea that was such a major journal and such a big deal." I never imagined to be recognized alongside such accomplished women. "It's incredible," Shweta says.



Shweta is the first woman from Kamathipura to study abroad after overcoming a lifetime of struggle. Shweta's accomplishment would serve as an encouragement to countless young women. In recent times, Shweta is studying in Italy and pursuing her MA.

TIGHT MONETARY POLICY TO CONTROL INFLATION

INDIA HAS GOT ITS 101ST UNICORN

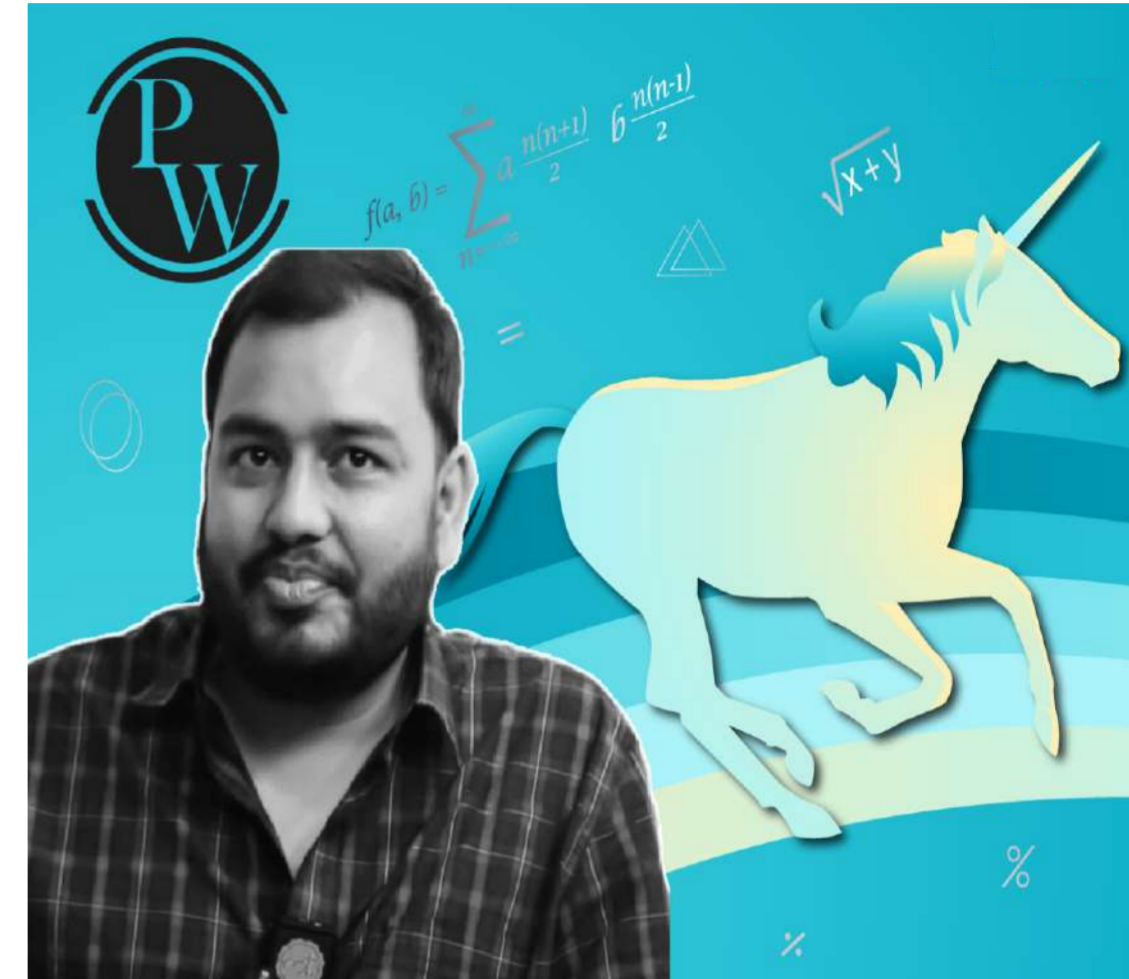
The challenge of maintaining GDP:

The concern of inflation rate can also be understood in such a way that the country's economy had suffered a lot due to Corona for two years. In such a situation, while on one hand the big challenge before the Reserve Bank was to bring the pace of development of the country back on track, on the other hand, how to control the rising inflation. After the end of Corona, the war between Russia-Ukraine added fuel to the fire and for the first time after two years, the Reserve Bank decided to increase the bank rate. The situation did not improve even after this and now once again the Reserve Bank has increased the bank rate by 50 basis points. That is, within two months, the RBI has increased by 90 basis points.

Not only this, the Reserve Bank also increased the cash reserve ratio last month to reduce the inflation rate. On 4E, the Reserve Bank had increased the CRR by 50 basis points. After this decision of RBI, banks will have to deposit additional money with the Reserve Bank. Explain that CRR is the money of banks which they have to keep with the Reserve Bank. RBI does not give interest to banks on this money. Presently the CRR is 4.50 per cent. However, the good thing is that this time RBI has not increased the CRR.

Bank rate hiked by 90 basis points in a month The Governor of the Reserve Bank said that in the monetary policy meeting, all the members unanimously agreed to increase the bank rate. So that supply and demand can be balanced. Explain that the repo rate is the rate at which the Reserve Bank gives loans to other banks. Before the month of May, this rate was 4 percent, but now it has increased to 4.90 percent. That is, now banks will get money from RBI at an expensive rate, so it will have a direct impact on the general public, the EMI of the people will increase.

EMI on loans will increase: After this decision of increase in ROI by the Reserve Bank, it will have a direct impact on the income of the people. People's home loan EMI, car EMI and other loan EMIs will increase. Due to this decision of RBI, there will be less supply of money in the market and there will be less purchase of products, which will reduce the prices of things. After the decision of the Reserve Bank, the EMI of the common people can increase by about Rs 1200-2500. However, it remains to be seen whether there will be some control on inflation after the decision of the Reserve Bank.



Startup Physicswala, which started 8 years ago, has made its place in Unicorn. Edtech startup Physicswala has achieved a new position by making its place in the unicorn. The company has been successful in garnering huge funding. The startup has secured \$100 million in funding in a Series-A funding round at a valuation of \$1.1 billion.

Physicswala has included itself in the list of Startup Unicorns by getting funding of 10 crores. Let us tell you that unicorn startup is called that startup whose market value crosses 1 billion dollars. Physicswala has also joined this list. This was its first funding. The company has raised this funding through Westbridge Capital and GSV Ventures.

The company was started in the year 2016 by Alakh Pandey, with whom Prateek Maheshwari later joined. Together, both of them included this company in the list of unicorns in just eight years. The company says that it will use this fund to increase business, branding, open offline learning centers in small cities. The company has said that they will use this funding for their K-12 expansion.

Talking about the track record of Physicswala, the company prepares for courses like NEET and JEE. In the year 2020, 21, this learning center has passed NEET and JEE to more than 10000 children. Physicswala app has 52 lakh downloads. At the same time, its YouTube channel has 69 lakh subscribers. Apart from this, the company has offline learning centers in 16 cities. Physicswala has 1900 employees and more than 500 teasers.

The Reserve Bank of India takes necessary steps from time to time to control the ever-increasing inflation. The Reserve Bank, through its monetary policy, controls the flow of money in the market so that a balance between demand and supply can be made. Due to the rise in inflation rate, the Reserve Bank had increased the bank rate last month and this increase was done even before the RBI's monetary policy. For the second consecutive month on Wednesday, the Reserve Bank has increased the bank rate while announcing the monetary policy. So that the inflation rate can be controlled.

Talking about the RBI inflation rate forced by the inflation data, it was 6.01 percent in the month of January, which continued to rise for the next three months, due to which the Reserve Bank had to take necessary steps. Inflation rate was 6.07 percent in February, it increased to 6.95 percent in March and reached its record level of 7.79 percent in April. A major reason for the rise in inflation is also the ongoing war between Russia and Ukraine, due to which the supply of essential products has been disrupted and the price of crude oil has also increased.

Rising crude oil prices are a matter of concern.

The rising prices of commodity prices have a direct effect on the general public, due to which the prices of essential products have increased significantly. Due to the disruption in the supply of crude in the March quarter, the prices of crude oil had increased significantly and the inflation rate reached its record level in the month of April, due to which the Reserve Bank of India had to hold an emergency meeting and increase the interest rates.



INDIA, THE LOWEST-RANKING COUNTRY, CRITICISES THE "UNSCIENTIFIC" ENVIRONMENT PERFORMANCE INDEX



On Wednesday, the Union environment ministry rebutted the Environmental Performance Index 2022, which placed India at the bottom of a list of 180 countries, claiming that some of the indicators used were "extrapolated and based on surmises and unscientific methods." The Yale Center for Environmental Law and Policy and Columbia University's Center for International Earth Science Information Network recently released an index that evaluated countries on climate change

performance, environmental health, and ecosystem vitality using 40 performance indicators across 11 categories. The country's forests and wetlands are important carbon sinks, but they were not taken into account when EPI 2022 calculated the projected GHG emissions trajectory up to 2050. While rejecting the analysis, it stated that historical data on the lowest emission trajectory was ignored in the computation. The weight of the indicators in which India performed well has been reduced, according to the ministry, and the reasons for this change are not explained in the report. The concept of Common but Differentiated Responsibilities and Respective Capabilities (CBDR-RC) recognises that individual countries have different capabilities and responsibilities when it comes to dealing with climate change. The Index does not include indicators such as water quality, water use efficiency, and waste generation per capita, which are all closely linked to sustainable consumption and production, according to the ministry. The index calculates ecosystem extent but not condition or productivity. Even though indicators like agrobiodiversity, soil health, food loss, and waste are important for developing countries with large agrarian populations, they were left out.

SCIENTISTS HAVE DISCOVERED THE CAUSE OF BRAIN SHRINKAGE

Scientists have discovered the reason for the 3,000-year-old shrinkage of the human brain after examining cranial fossils. The research, which was published in the journal *Frontiers in Ecology and Evolution*, shows that our forefathers had larger brains than we do. According to Jeremy DeSilva, an anthropologist at Dartmouth College in the United States, who is the study's lead author, "This is much more recent than we anticipated. We were expecting something closer to 30,000 years ago." The brain contains 86 million neurons, which has been humans' greatest advantage in surviving disasters and subjugating other species throughout history. An ant's brain, by comparison, is about a tenth of a cubic millimetre in volume and contains only 250,000 neurons. The nervous system's building block is the human brain, which weighs about three pounds (1.4 kg) and is mostly made of water. Each neuron in the brain can send up to 1,000 signals per second at speeds of up to 250 miles per hour. Because a single neuron can connect to at least 1,000 other neurons, a single brain could have a total of 100 trillion connections. However, brain signals, which are powered by electricity, have a voltage of less than one-tenth that of a standard flashlight battery.



CONSUMER ELECTRONICS DISCOUNTS ARE RETURNING TO E-COMMERCE PLATFORMS



After a two-year hiatus, consumer electronics discounts have returned to e-commerce platforms as sales of televisions, smartphones, and refrigerators have slowed. While pent-up demand in larger cities has been exhausted, and consumers have diverted their spending to travel and eating out, overall inflationary pressure has eaten away at consumers' discretionary spending in smaller towns and rural areas. Several industry executives claimed that discounts had vanished

during the peak Covid years, when supply had been severely impacted by supply chain disruptions. The return to normalcy in supply was accompanied by an increase in consumer demand. However, since the January-March quarter, sales of smartphones and televisions have slowed, while sales of appliances such as refrigerators and air conditioners have slowed since mid-May. Amazon and Flipkart have a few sales lined up until August, according to industry insiders, with Amazon's flagship Prime Day sale expected by the end of the month. In the last week of September, the first and largest online holiday season sale is expected. During the sale period, the focus will be on smartphones and electronic products. According to industry insiders. Discounts on these categories have resurfaced in the ongoing monsoon sale. Both Amazon and Flipkart did not respond to emails sent to them. However, executives such as Pradeep Jain, managing director of the Jaina Group, warn that brands are also under pressure due to high input costs, and that prolonged discounting may not be sustainable.

LIVING HUMAN SKIN WAS GROWN AROUND A ROBOTIC FINGER BY SCIENTISTS

The Terminator may be closer to becoming a reality. Researchers at the University of Tokyo have created a robotic finger that is covered in living human skin, much like Arnold Schwarzenegger's titular cyborg assassin. The ultimate goal is to create robots that resemble real people, albeit for more altruistic purposes. Biohybrid engineer Shoji Takeuchi and his colleagues report in *Matter* on June 9 that super realistic-looking robots could more seamlessly interact with humans



in medical care and service industries. Takeuchi and colleagues submerged the robotic digit in a mixture of collagen and human skin cells called dermal fibroblasts to cover it in skin. The mixture settled into the finger's dermis, or base layer of skin. The researchers then poured a liquid containing human keratinocyte cells onto the finger, forming an epidermis (outer skin layer). The skin covering the finger measured a few millimetres thick after two weeks, which is comparable to human skin thickness. The skin created in the lab was strong and stretchy enough to withstand the robotic finger bending. Researchers made a small cut on the robotic finger and covered it with a collagen bandage, and within a week, the skin's fibroblast cells merged the bandage with the rest of the skin. But, as Raman points out, a robot can't yet wear this lab-grown skin suit out and about. The sugar, amino acids, and other ingredients that skin cells require to survive were soaked into the skin-covered robotic finger for the majority of its time. A Terminator or other cyborg with this skin would need to bathe frequently in a nutrient broth or follow some other complicated skin care regimen.

INDIA'S CHALLENGE ENDS IN INDONESIA OPEN

PV Sindhu, a two-time Olympic medalist, and rising star Lakshya Sen both lost in the quarterfinals of their respective singles events on Friday, effectively ending India's participation in the Indonesia Open Super Series 500 tournament. Sen was the first to be eliminated, as the 20-year-old fought back to force a decider against Chou Tien Chen of Chinese Taipei, who was seeded higher. Sen lost 21-16, 12-21, 21-14. Sindhu was India's last hope, but the former world champion lost without a fight to



Ratchanok Intanon 12-21, 10-21 in a match that lasted just over half an hour. The 27-year-old was at her best, looking at ease in both attacks and defence, and the Indian was never able to respond, losing for the fifth time in a row to her Thai opponent. Intanon looked even more enraged in the second game, racing to a 10-point lead before sealing the deal in 33 minutes to improve her head-to-head record against Sindhu to 9-4. Sindhu, who reached the quarterfinals of the Thailand Open last month after losing in the semifinals, defeated Gregoria Mariska Tunjung in a hard-fought match. Sen had lost to Chou for the second time in less than a month. Sen was defeated by his Chinese Taipei opponent in the Thomas Cup group stage 19-21, 21-13, 17-21. The silver medalist from the 2018 Asian Games, who had beaten the Indian in the Thomas Cup group stage in their only previous meeting, put on a show in the decider and put early pressure on the 20-year-old.

MARY KOM'S ACL TEARS AND IS ADVISED FOR RECONSTRUCTIVE SURGERY

MC Mary Kom, a six-time world champion boxer, has torn her anterior cruciate ligament (ACL) and will need reconstructive surgery. For the time being, the Olympic bronze medalist has been advised to use "ice application and knee support," as well as medication, including pain relievers. The veteran Indian boxer's bid to compete in the Birmingham Commonwealth Games was cut short on Friday due to a knee injury, forcing her to withdraw midway through the selection trials. In the first few minutes of the 48kg semifinals, the 39-year-old legend twisted her left knee against Haryana's Nitu. Mary Kom will thus be unable to compete in the quadrennial event, where she made history as the first Indian woman boxer to win a gold medal in the previous edition in 2018. Mary Kom was knocked out in the first round of the fight. She attempted to continue after receiving medical assistance, but after a few punches, she struggled to maintain her balance as she clutched her left knee and appeared to be in excruciating pain. Nitu was declared the winner via RSCI after the Manipuri had to be carried out of the ring (Referee Stops Contest due to injury). After the fall, the London Olympics bronze medalist was taken to the hospital for scans on his left knee, which was heavily bandaged. Mary Kom, India's most decorated boxer, decided to skip the World Championships, which ended last month, and the now-cancelled Asian Games in order to focus on the CWG, which will take place in Birmingham next month.



ANAND SETTLES FOR THIRD PLACE IN THE FINAL ROUND OF NORWAY CHESS, DEFEATING TARI



Viswanathan Anand, a former world champion, defeated Aryan Tari in the ninth and final round of the Norway Chess tournament, which was won by world number one Magnus Carlsen. After a 22-move draw in the classical match, the 52-year-old Indian chess legend won the Armageddon match against Tari. Tari forced Anand to work hard in the sudden death tie-break, as he needed 87 moves to win early on Saturday. He finished in third place with 14.5

points, behind Carlsen (16.5 points) and Shakhriyar Mamedyarov of Azerbaijan (15.5). The Indian GM got off to a great start, winning his first three games (against Maxime Vachier-Lagrave, Veselin Topalov, and Wang Hao), and then outplaying Carlsen. After the fifth round, he was leading the points table, but he appeared to lose steam in the second half of the tournament. In round eight, he was defeated by Mamedyarov in the Classical, which severely harmed his chances. In the Blitz event, Anand defeated long-time rival Carlsen, before defeating him again in the Classical tournament. Despite not being at his best and losing to So, compatriot Tari, and Anand, Carlsen was able to finish first. After all of the classical games on the final day were drawn, Vachier-Lagrave defeated Anish Giri (Netherlands) and Anand. Carlsen had to settle for a draw against Topalov in the Armageddon, while Radjabov held Mamedyarov and Wang Hao shared the honours with So.

JAKHAR WINS TWO GOLD MEDALS AT THE SHOOTING PARA SPORT WORLD CUP, WHILE FRANCIS TAKES SILVER

Rahul Jakhar won the individual gold in the P5 - mixed 10m air pistol standard SH1 finals on Friday at the Shooting Para Sport World Cup in Chateauroux, France, and also helped India win the team gold. India has five gold and three silver medals after four days of competition in the qualifying tournament for the 2024 Paralympics in Paris. Jakhar, who finished fifth in the mixed 25m pistol final at the Tokyo 2020 Paralympics, won the gold medal with a score of 367-6x in the final four series against fellow Indian shooter Rubina Francis. In the first three series, he maintained a 90+ score while Francis settled for 355-7x. Jakhar, 35, set a world record in the men's 10m air pistol event at the 2019 World Cup in Croatia. India (1047-12x) won gold ahead of France after Jakhar's score was combined with Deepender Singh and Akash's scores of 342-2x and 338-4x, respectively (1031-9x). The bronze medal went to Poland (956-5x). Manish Narwal, Singhraj, and Nihal Singh, all Paralympic medalists, will compete in the P1 - men's 10m air pistol SH1 event on Saturday, while Francis, Sumedha Pathak, and Nisha Kanwar will compete in the P2 - women's 10m air pistol SH1 event.



EXPERT



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FAQs ON STRESS MANAGEMENT

Q1. Please guide how to focus on personal empowerment in workplace?

Ans. Work life balance becomes more and more challenging and competitive and many different physical and mental illnesses are also on the rise. Even the human mind today is not as simple and contented as it was around 50 years back. Weaknesses like anger, greed, attachment, ego, jealousy, hatred and low self-esteem have made people extremely complex which further increase the magnitude of the problems in their life. Personal life and professional life, both are getting complicated for many day-by-days. So how do we face them with ease? We need to focus on personal empowerment.

Personal empowerment is comparable to Personal Power, except empowerment is the power you perceive within yourself, instead of how others analyse you. Personal empowerment is about taking power over of your own life, and

making positive decisions based on what you desire. It's closely linked to attributes like self-esteem and self-confidence, but true empowerment comes when you alter intention into action. Let us discuss how to focus on personal empowerment:

- **Understand and absorb Dependability:** Dependability means the quality of being able to be trusted and being very likely to do what people expect. A dependable employee not only will be punctual but also produces reliable work and follow company policies and business strategies evenly to each duty and obligation. Dependability can direct to job security in turn leads to consistency. As a reliable member of the employees, you begin to construct your own position as an indispensable constituent of the larger team. In short, others can count on your level of performance because you're dependable and he or she doesn't have to worry about you bringing less than your best effort. This can help you gather more extremely noticeable projects within the company and provide you with the opportunity to show your skills to other team members. In family also your dependability will bring you lot of good wishes and energy.

- **Understand and absorb practicality:** Let us focus on practical approach to empower self. Many times youth complain there is no official recognition for their talent. Well, the suggestion i offer here is to being more practical in professional life! An individual can learn from honey bee's practicality to empower self! After a continuous hard-work, honey prepared is stolen easily by human being, they never complain! Even though human being is able to steal the honey, they never get the art of making honey, isn't it? Honey bee female team fly more than 90,000 mile, visit around 100 flowers and each female bee get just 1/12th of tea spoon honey in its entire life time (Just 6 weeks!). Only queen bee can live up to 7 years and is responsible for the hard work of honey bee insect creed. In the life span of 8 weeks male honey bee helps the generation to survive. A queen bee is capable of laying up to 2500 eggs within a single day. If the queen starts crying on the loss of honey stolen by human being the hard work of around 60,000 team members will go in vain. The male honey bee can live for 90 days, if they don't mate the queen bee, still the male bees prefer to live just 45 days, gives the best of its life to help the queen bee in producing eggs. When the colony needs a new queen bee, they simply choose a strong larva, hatched from an egg of the current queen, and feed it royal jelly, a special, super-nutritious food. Royal jelly, produced in the heads of worker nurse bees, helps this larva grow into a queen. See the practicality of their life! Each and every one in the honeybee colony has to do the best of their talent focusing on their life's goal. Moral is that Talent is the foundation of all great success and achievement. Never give up your talent whether it is accepted or unsolicited. You have to be practical, please focus on what you desire in your life, live your life with grace!

- **Understand and absorb Positive thoughts:** We have read many times a story about fight of wolves inside the mind, which is worth discussing again and again. One Grandfather was teaching his grandchildren about life. Grandpa said children, 'A fight is going on within me. It is a terrible clash

between two wolves. One wolf represents fear, irritation, jealousy, grief, regret, greed, arrogance, self-pity, guilt, anger, inferiority, lies, sham, pride, dominance, and false ego. The other stands for happiness, peace, worship, hope, Love, sharing, serenity, humility, kindness, sympathy, friendship, empathy, generosity, truth, compassion, and faith. This same fight is going on within you, and within every other person, too. The children were silent for a while and were thinking. The children were keen to know which wolf will win. Grandpa simply replied 'The one you feed.' Our life is expression of our feeling and it is the result of our prevailing thoughts. Positive Thoughts will lead to Positive Results. We have to try to sharpen our talent and focus on goals of life.

- **Stick to Truthfulness and absorb strong character:** To stick to truth is not easy task. But it a powerful attribute in life. Self esteem is an extremely important factor in life and truthfulness is the key to empower the self esteem level. The higher your self esteem, the greater will be your self confidence. A person who has really high self esteem, by his attitude would gain respect because he would always have respect for others, be unselfish, compassionate, and honest. To empower self-awareness skill it is essential to understand and absorb Strong Character! Strong character is the yearning to know the truth about yourself and the humanity around you. Someone having a strong character is basically a person who doesn't be irresolute. They don't give up their goal until they achieve them or redesign new goal when they decides those goals aren't worth it. They will do things against all adversity and opposition.

Individuals with personal power are often self-assured, confident, determined and diligent. However, being strong does have its drawbacks, not easy, but stick to your own character and hold your values! When you focus on your personal empowerment, it will likely have an impact on: Your work, your personal life, your goals, your friends, your business colleagues, your happiness, your health and what not! Personal empowerment helps in taking positive decisions which leads to positive outcome, all the best, Stay blessed!

Mail your questions on
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or

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

Please note: Only selected questions will be answered in the next issue of The HULAHUL Times.



QUIZ TIME

1. Which is the international governing body for the sport of Olympic weightlifting?
2. Which country won the gold medal in women's team archery at the 2016 Summer Olympics?
3. SEBI has banned the Chairperson and promoters of which company from the Securities Market?
4. What was the theme of the World Cancer Day 2021?
5. What is the theme of the International Day of Human Fraternity 2021?
6. India recently participated in the first meeting of Joint Working Group in the field of Renewable Energy, with which country?
7. Which country is set to create a public platform to track polluters?
8. When is the International Day of Zero Tolerance for Female Genital Mutilation observed?
9. Which among the following was the real name of Mughal Emperor Muhammad Shah ?
10. Which famous international money transfer company recently partnered with Ebixcash to expand its presence in Indian market?



1. What do you call a cow spying on another cow?
2. I move without wings, between silken strings, I leave as you find, my substance behind. What am I?
3. It starts with I and end with R and is basically numbers with symbols of + and -. What is it?
4. You have two U.S. coins with a total value of 30 cents. One of them is not a nickel. What are the two coins?
5. It has 6 faces, 12 edges, and 8 vertexes and looks like a dice. What is it?
6. It is a mathematical formula and includes all the four basic mathematical operations. What is it?

1. International Weightlifting Federation
2. South Korea
3. Future Retail
4. I am and I will
5. A Pathway to the Future
6. Bahrain
7. China
8. February 6
9. Raushan Akhtar
10. MoneyGram

ANSWERS

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Good News!!

Aspiring young writers & artists from 10years & above are invited to share their articles & creative work with **THE HULAHUL TIMES** Mail your article & creative Work on hulahulgrp@gmail.com

1. A steak out
2. A Spider
3. An Integer
4. One is a quarter, and one is a nickel.
5. A Cube
6. B.O.D.M.A.S.

ANSWERS

