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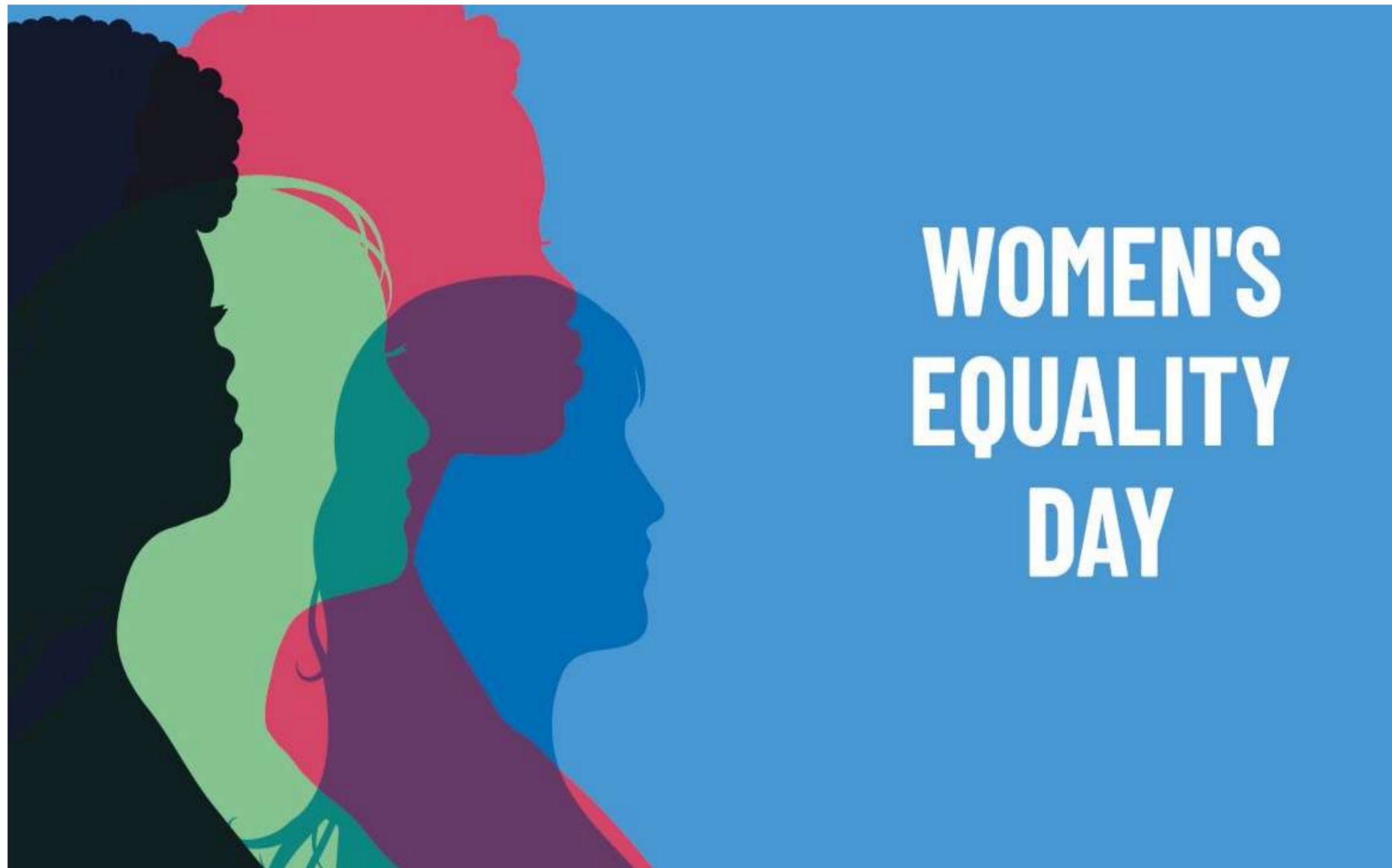
A WORLD THAT IS EQUIVALENT IS A WORLD THAT IS EMPOWERED

Women's equality is a global concern. Despite the fact that society has evolved in its methods of assisting all individuals over time, there remain numerous major problems facing the world. Females make up more than half of the worldwide people. Many countries around the world still deny, women the right to vote or freedom to express themselves.

Several women across the world face a host of concerns, such as being married as children or being traded into slave labor. Some people are also treated unequally and participation in politics. Pregnancy and childbirth mortalities are unnecessarily high all around globe, and women are hindered from making individual decisions in their personal affairs.

Economic and political empowerment of women is a major focus in achieving Women's equality. Despite accounting for more than 50 percent of the world's population, women own only 1% of the world's wealth. In certain sites, women still have little the entitlement to own land or acquire property, take loans, make a living. Women outnumber men in legislative bodies around the world, but women's democratic engagement is essential for achieving women's rights and real democracy.

Women's Equality Day on August 26 commemorate the Centennial of the 19th Amendment, which stated, among many other factors, that "the entitlement of citizens of the USA to consider voting shall not be turned down or curtailed by the United States or by any State on account of sexuality. This momentous occasion marked the conclusion of a century's battle by incredibly brave women's suffrage movement established to determine the direction of our Monarchy. On Women's Equality Day, we remember those trailblazing activists, rejoice women's outstanding success, and redefine our dedication to equal



treatment under the law.

Even though the 19th Amendment was adopted on August 18, 1920, it was not formally recognized implemented until one week later, on August 26, when it was certified by pronouncement, indicating that the amendment had been upheld by a two-thirds majority of the states. Women's Equality Day serves as a reminder of the obstacles conquer by the courageous women who confronted discrimination and harassment in their endeavors to advance the Women's Movement.

Amidst the fact that the freedom to consider voting, which is the foundation for democracy, originally belonged to all inhabitants, it was not originally granted to women. In the 19th century, American women began to request political rights and recognition, despite the fact that they could not inherit wealth and earned half the salaries of men in any work opportunities. Since a diverse and large group of women and men ended up working together to encourage

change, the Women's Suffrage campaign was likely to succeed. They kept demanding that regulations written by men for men be changed to have included women. Women's rights activists criticized the insincerity of promoting democracy in Europe while attempting to deny it to half of the American population.

The long and arduous conflict to alter the Constitution undertook in 1848 with the first Women's Rights Conference in Seneca Falls, New York. Over than 300 people attended the Seneca Falls Convention, which include organizers Elizabeth Cady Stanton and Lucretia Mott. The gathering initiated the Women's Suffrage Movement, and it was there that the Proclamation of Perceptions, approved by 68 women and 32 men, which include Frederick Douglass, highlighted the entitlement of American women.

Despite the fact that the 19th Amendment was enacted in 1920, numerous women of color were denied the opportunity to vote. Despite their support for white suffragists, many women of color were denied the right to vote until the mid-twentieth century: Native American women (1924), Chinese American women (1943), and Japanese and other Asian American women (1952). Literacy tests, voting restrictions, casting a vote ID prerequisites, threats of violence, and assertions about the credibility of domicile were all roadblocks to casting a vote for women of color in certain states as close to the end as 1962. It wasn't until 1965, 45 years after the 19th Amendment had been ratified, that Black women were able to exercise their voting rights without constraints.

THE VICTIMS OF ACTS OF VIOLENCE BASED ON RELIGION OR BELIEF

Attacks against individuals including religious minorities and religious sites, are on the rising trend. We have seen an exponential trend in violent ethnic and religious tensions impacting believers of spirituality upon each region. The Universal Declaration of Human Rights protects religious freedom or belief. Maintaining this right is critical in combating prejudice and marginalization as well as constructing unified and amicable communities. All acts of aggression aimed directly against individual's religion or belief, as well as any such behaves aimed directly against religious places, are violations of human rights and international humanitarian law. Mutual understanding and interreligious tranquility are possible when everyone has safe environment in which to voluntarily exercise the routines of their ideologies.

Women and girls are adversely affected, in often sexually objectifying aspects, with severe implications for their health, livelihood and greater involvement in mainstream society, protection, and preservation. Violence has created widespread anxiety surroundings for so many women and girls around the world. These patterns have been aggravated by an unparalleled pandemic, a decline in reverence for the international law and human rights, and the disastrous impact of man-made and natural catastrophes, all of which continue to put the international community's potential to nurture togetherness and enhance all governments' commitment to ensuring civil dignity for all to the test.

To counteract religious hatred, provocation, and violent behaviour, the United Nations Alliance of Societies remains completely committed to encouraging and providing opportunities for positive, productive and reasoned conversation of suggestions, as well as religious tolerance, interfaith, and cultural exchange dialogue. This includes working with all various stakeholder groups,



including faith performers and relevant UN organizations, to carry out the UN Secretary-strategies General's and plans, such as the UN Action Plan to Preserve and protect Religious Sites, which underscores the commonality of religious sites as signifiers of our common humanity, background, and social customs.

In these difficult times for humanity, we are highly worried about the continued instrumentalisation of religious beliefs and ideologies to normalize and aggravate discriminatory practices, marginalization, and violent behaviour, as well as the spread of dangerous and stigmatizing narratives that aim the susceptible sections of society, such as members of religious and belief minorities, refugees and asylum seekers, LGBTI people.

There are ongoing acts of violence and intolerance based on religion or belief against individuals around the world, including against members of religious societies and religious minorities, and the number and severity of such occurrences that are frequently criminally motivated

and may have wide implications, is ramping up. With the label of "International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief" General assembly adopted a resolution by A/RES/73/296, which particularly condemns the ongoing violence and terrorism-related acts targeting people, including religious minorities, on the basic principle of or in the name of beliefs or religions.

The Member Countries reinforced their unequivocal condemnation of all actions, methodologies, and procedures of terrorism and violent extremism amenable to terrorist activity, in all their manifestations everywhere by whoever decided to commit, irrespective of the motivation, and reaffirmed that terrorism and violent extremism as and when convenient to terrorism, in all its variations and manifestations, could just and shouldn't be affiliated with any religion, ethnicity, culture, or nationality. The Day follows the International Day of Remembrance and Memorial to Terrorist Survivors on August 21.

The General Assembly declared August 22 to be the International Day to Remember the Victims of Religious or Belief-Based Violence. The General Assembly identified August 22 as the International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief in its resolution A/RES/73/296, highlighting the importance of offering survivors of violent acts based on religious beliefs or faith and families with suitable guidance and cooperation in line with legislation.

It publicly criticized all atrocities aimed directly against individuals based of their religious affiliation, and any of that kind acts aimed directly against their residences, organizations, attributes, schools, community centers, or religious sites, as well as all threats on and in religious places, locations, and shrines that break international law. A preceding settlement (A/RES/72/165), which established the International Day of Remembrance and Tribute to the Victims of Terrorism, also acknowledged that collaborating together to improve the application of policies regulatory frameworks that safeguard individuals from being discriminated and racial violence, growing religious tolerance, inter-faith, and cultural understanding efforts, and continuing to expand awareness raising are crucial points in countering occurrences of prejudice, marginalization, and violent extremism.

The General Assembly remembered that nations have the direct duty to bring about positive change, such as the civil liberties of religious minorities, including their right to publicly practice their religion or faith, by declaring an International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief.

HOW TO ACHIEVE YOUR GOAL ON DREADFUL PATH?

A Mahatma lived with one of his servants in his hut in a quiet area, in Jungle away from cities and villages. He was quite popular in the city and village. People from distant cities and villages would come to him with their problems, and he happily solved the problems of the people.

One day something similar happened, two strong young men from a distant city came to him with their problems. The Mahatma saw that they were looking very sad. The Mahatma respectfully asked to come in, and sat on the cot and listened to their problem.

The first young gentleman said - "Mahatma Ji, we have perceived that you have the solution to every problem. Whoever comes to you with his problem does not go away empty handed. We have also come with the same expectation from you.

"Be calm and tell me your problem," said the Mahatma politely.

"Mahatma Ji.." said the second young man - "The thing is like this, we people have come new in this city. There is a lot of panic in the area where our house is. There is a shelter of vagabonds. People are abused while passing on the streets. Some domineering people drink alcohol and stand on the side of the road and misbehave and molest with the people passing in front. They not only abuse them, but even get into a scuffle with them while drunk.

The first young man said, "We got upset, who would want to live in such a society, you tell me?"

Hearing the words of the two young men, Mahatma Ji got up from the cot, and murmured, "This problem is very serious," and walked out of the hut. The young man went outside and saw, he was standing calmly looking at the road in front of his hut.

The very next moment he turned and said to both the youth, "Son, will you do



one thing," the Mahatma said, pointing away, "Look at this road... where this road turns, there is a big neem tree in front of it, just pluck some neem leaves from there for me."

Saying "Sure Mahatma Ji, as you say," both the young men stepped forward, but the Mahatma stopped them and said, "Hold on son.... Before leaving let me tell you, there are many stray dogs on the way, which make you, their prey. They are very dangerous, you can even die, will you be able to bring those leaves? The youths looked at each other, and seeing the expressions on their faces, the Mahatma understood that they were scared, but still ready to go there. Both the young men started walking on that road, they were trying to reach to neem tree. On the way, they found many stray dogs sitting on the side of the road and staring at them.

They tried to cross them, but it was not easy to do. As they passed by a dog, the dog stared at them with biting hungry eyes. They tried to cross them, but doing so was equivalent to risking their lives. Dogs started barking. When they returned after waiting for a long time, the Mahatma saw,

their hands were empty, and they were very scared.

He came close to the Mahatma and said - "Forgive us," said the first young man, "this road is very dangerous, there were very dangerous stray dogs on the way, we could not do this work."

The second young man said, "Somehow, we took two or four dogs, but after going forward, the dogs attacked us, we have come back after saving our lives somehow."

The Mahatma went inside the hut without saying anything, and came out with his servant. He asked the servant to pluck those leaves. The servant went by the same road. He passed among the dogs. But when, after a long time, both the young men saw the servant coming back towards them from the road, they saw that his hands were full of neem leaves.

Seeing this, both the young men were stunned. The Mahatma said, "Son, this is my servant, he is blind... Although he cannot see, but what is where, he has complete knowledge. He brings me neem leaves every day. and you know why stray

dogs don't bite him, because he doesn't pay any attention to them. He only does his job."

The Mahatma continued, "Always remember one thing in life, son, the useless thing on which you pay the most attention, that thing will bite you the same way. So., it is better that you keep your focus on your goal.

Hearing this, both the young men bowed before the Mahatma. Now they had got a lesson, which they were going to remember for the rest of his life.

Like these two young people, we also experience something similar in our lives every day. Our life is also full of dreadful twists. Don't know at which point death should embrace us. But it only depends on us, whether we return fearing like those youths or we move forward with patience and courage like servants, and achieve our goal.

RAKESH JHUNJHUNWALA - YOU CANNOT ACCOMPLISH UNLESS YOU ARE OBSESSED

Big bull Rakesh Jhunjhunwala once said, "Progress comes from chaos, not order." It raises the question about what the 'Warren Buffett of India' intended by this statement, but when one considers his combined wealth and investment profitability that trends more than 2 decades, one could fully comprehend these phrases along those same lines. Unfortunately, the men who have spoken many such positive messages on stock holdings Rakesh Jhunjhunwala was the quintessential example of the way to succeed in the stock exchange. On Sunday morning, Dalal Street was in frenzy after the sudden passing of amazing player investor Rakesh Jhunjhunwala at the age of 62. According to news stories, the billionaire was taken to Mumbai's Breach Candy Hospital, where he was declared dead at 6.45 Am on 14th August-2022.

When Akasa Air, the airline founded by Rakesh Jhunjhunwala, took off for the first time a week ago, Jhunjhunwala said to the media regarding his new endeavor. Audiences were drawn to his poor health during his most recent times. Despite the fact that he was sick, in a wheelchair, barely able to speak, and needed frequent breaks to grab his breath, his brilliance and mindset continued to remain same as. His conversations demonstrated his determination and passion for his business. Business is in the blood of a Marwari, as people say, and you can't take away!

His investing story began when he was approximately 12 - 13 years old. Because he was fascinated by stocks, he once asked his father why the share price varies wildly on a regular basis. His father advised him to read the newspaper because it is the headlines that causes stock prices to fall. His father was also interested in the

share markets, and as a young boy, he would barge into stock market conversations with his father and peers. Rakesh Jhunjhunwala also expressed the desire to work in the stock market. His father, on the other hand, advised him to first obtain a graduate degree from a college. Rakesh Jhunjhunwala earned his chartered accountant designation in 1985 after graduating from Sydenham College.

Rakesh was born in a middle-class



household in 1960. His father was a tax officer, and his mother was a housewife. To make things simple, his father told him to evaluate the daily paper for news about a firm called Gwalior Rayon, and if there were news; Gwalior Rayon's value would change significantly the following day. Simply put, any type of headlines flow has the potential to influence share prices, which is precisely what occurred. Rakesh became captivated with the stock market as a consequence of his father's detailed descriptions. Rakesh's father knew he was intended for the share market, but he recommended him to "do whatever he wanted in life, but at least be professionally qualified."

It wasn't long before he realized he had a deep affection for the stock market. After finishing his CA course, he informed his father that he intended to relocate to Mumbai and work as a comprehensive investor. Despite his father's assistance, he continued to refuse to contribute him any funds for making investments.

His investing journey started when he met some of his brother's clients, who were

also a chartered accountant. He persuaded a handful of his clientele to give him money to invest in the stock market, promising them an 18% return. 2 of his clients consented and ended up giving him 12 Lakh rupees, making his investment worth 30 Lakh rupees within a year. It was the start of Jhunjhunwala's illustrious four-decade professional life, during which he earned a huge profitability on his investment opportunities.

He made his first massive profit in Tata Tea, a stock he purchased for 43 rupees and saw rise to 143 in just three months. Jhunjhunwala garnered about 20-25 lakh rupees and increased his net worth to

around 50 lakh rupees by making some really intelligent deals between 1986 and 1989. He did struggle for the next few years before experiencing his next huge breakthrough. He saw a huge opportunity in Sesa Goa, which is currently part of the Vedanta group. The iron ore sector was in a slump, and Sesa Goa stock was going to trade at a steep discount of 24-25 rupees.

Whenever it pertains to investing in India, the excellent shot investor is one of the most outspoken advocates. Rakesh Jhunjhunwala stated that PSU banks are his gamble for future growth when asked about areas he claims to believe will perform well. Jhunjhunwala explained his reasoning while behind move, saying that he believes borrowing will climb, resulting in a rise in bank pricing power. "PSU banks have tremendous deposit-gathering power," he incorporated.

Later in his career, Jhunjhunwala founded his own investment firm, "Rare" enterprise. Trading took a back seat from then on, and Jhunjhunwala gradually shifted his focus to investing. Over the years, he created some hugely rewarding bets, boosting his fortune to around 20,000 crores. However, his investment was not always successful; in fact, he has suffered substantial losses in a variety of investment portfolios.

Jhunjhunwala, who had a net worth of \$5.8 billion at the time of his death, had planned to make donations a portion of his fortune to charitable causes. His philanthropic asset allocation here include education and health care initiatives, He was also involved in the development of an eye hospital in Navi Mumbai.

DHARMENDRA PRADHAN IS IN AUSTRALIA FOR A FOUR-DAY INVESTIGATION OF EDUCATIONAL AND SKILL DEVELOPMENT ISSUES



Union Education Minister Dharmendra Pradhan is in Australia on a four-day visit to enhance Indo-Australian ties. The purpose of the tour is to strengthen Indo-Australian connections and to investigate the link, collaborate, and cooperate elements of education and skill development. The Education Minister will meet with the Indian diaspora during his four-day tour. He will visit Western Sydney University (WSU) to co-chair the 6th meeting of the Australia India Education Council with Ms Jason Clare, his Australian counterpart.

diaspora.

Mr Pradhan will attend a virtual bilateral meeting with Skills and Training Minister Brendan O'Connor. The Education Minister will meet with a group of eight to discuss how to develop a successful Australia-India research relationship. He will also participate in a discussion hosted by the Australian-Indian Chamber of Commerce and Monash University. Mr Pradhan will also meet Indian students in Melbourne.

"Reforms in India's education sector and the increased energy in India-Australia bilateral relations open up great prospects for both sides to develop the knowledge economy as a major pillar of our partnership," Mr Pradhan said in a statement.

"The trip will help to develop trans-national knowledge bridges, widen our interactions at all levels in all sectors of learning, skilling, research, innovation, and entrepreneurship, and strengthen people-to-people connections," he said.

CA MAY 2023 EXAM: ICAI RELAXES PROVISIONAL REGISTRATION FOR INTER STUDENTS



The Institute of Chartered Accountants of India (ICAI) has granted relief to CA Intermediate level students who have enrolled provisionally through direct admission until July 31, 2022 in order to sit in the May 2023 inter examinations. The concession has been granted as a one-time measure to alleviate the difficulty experienced by students who have temporarily registered in the Intermediate Course via the direct

admission route due to non-declaration of final year graduation results.

Before filling out the examination form for the May 2023 Intermediate course, students who have been provisionally registered for Intermediate through the Direct Entry route until July 31, 2022 will be required to submit satisfactory proof of having passed the graduation examination with the minimum marks specified in sub-regulation (4) of Regulation 28F, according to an ICAI statement. According to the announcement, such students must begin their practical training on or before October 1, 2022, after passing the ICITSS, and then take the Intermediate test in May 2023.

DELHI GOVERNMENT WORKING TO TRANSFORM EDUCATION SYSTEM, SAYS MANISH SISODIA

The Arvind Kejriwal government is working hard to improve the country's education system and instil an entrepreneurial attitude in youngsters, said Delhi Deputy Chief Minister Manish Sisodia on Saturday. The Deputy Chief Minister was speaking in Delhi's Pragati Maidan during the Startup Summit 2022. During a meeting with entrepreneurs, the Deputy Chief Minister stated, "In a country where roughly 40 million people are either unemployed or earn less than half a dollar per day, I see many prospects for progress thanks to young entrepreneurs. Today's entrepreneurs are doing nothing less than constructing a nation."



making India the world's number one priority should be their top priority. The Kejriwal administration is adamant about it. My heart is in entrepreneurship, and I believe that is what I was born to accomplish. Interaction with

entrepreneurs constantly motivates me to do more for the country" added the minister.

Entrepreneurs, he believes, will drive the country to become a powerhouse. "The Delhi government is working nonstop to instil an entrepreneurial attitude in youngsters. It has implemented an Entrepreneurship Mindset Curriculum (EMC) in schools for Classes 9 to 12, in which students are taught entrepreneurial skills and given the opportunity to launch their own businesses through an extended component of the curriculum called 'Business Blasters.'

He went on to say that events like Startup Summit 2022 gave them a chance to network and grow. This would also assist to promote the country's economic growth, according to Mr Sisodia. "Whatever issues countries encounter,

GOA TO BE THE FOREMOST 'HAR GHAR JAL' CERTIFIED STATE

Antecedent of Har Ghar Jal Yojana

In 1992 the central government launched an 'Accelerated Rural Water Supply Programme' to provide assistance for supplying water in rural areas. Not long ago in 2009 the programme was renamed as 'National Rural Drinking water Programme' these programs were launched for providing water assistance to the rural areas. The most important mission the 'Jal Jeevan Mission' was launched on August 15, 2019 by the Prime Minister announcing it at the Red fort. The Mission is under partnership with states. 'Har Ghar Jal' aims to provide every house with tap water connection. The programme has a target to provide functional household tap connections to every rural household of the country by 2024 thereby ensuring adequate quantity of 55 liters (per capita per day) on long term and regular basis.



Status of tap water supply in rural areas all over India

The total number of household in India are 19,01,66,385 out of which 3,23,62.838 households are with tap connections as on 15 august which means only 17.2% population had tap connections but under the influence of the 'JAL JEEVAN YOJANA' more than 30% households have tap connections as on date.

Telangana on the verge of 100%

Telangana is being considered the best performing state after Goa with 54,37,739 total number of households having the tap water facility which was only 15,68,301 till 15 August which depicts a 98.38 % increase in the performance now approximately 53,49,714 households in telangana have tap water supply.

West Bengal in an awful Position.

There are total of ,163,25,895 households in west Bengal out of which only 4,19,183 households with tap connection as on date and on 15th August 2,14,588 households were having this facility thus there's only ben 2.75% growth in these couple of years ,several other states like Uttar Pradesh, Meghalaya, Assam, Ladakh, are also in the list of wretched performing states however efforts are being made to reach out with good water supply.

'GOODFELLOW' TO CONQUER SOLITUDE



The best classroom in the world is at the feet of elderly people. The elderly class is full of love and experience and thus we must love and respect them but the 2018 data doesn't justify this statement, as per 2018 census 15 million elderly people live by themselves for various reasons. So, to overcome this loneliness and provide a better retirement to elderly people who are living by themselves Mr. Shantanu Naidu has come up with a startup called "Goodfellow", the general manager at the office of Ratan Tata who is the seed investor or can also be considered as the major investor in this new venture.

What is "Goodfellow"?

'Goodfellow' is a startup which will be providing the elderly people young fellows to look after them like their grandchildren would have. Mr. Shantanu said that taking two extreme generations together will bring diversity and richness in the companionship and will be unique and the elderly people will get a chance to live life again through the young generations eyes and the young generation can orient themselves in terms of values. It connects seniors with young educated graduates as companions, graduates are vetted for empathy and emotional intelligence. The startup has completed a successful beta over 6 months and has a positive response with more than

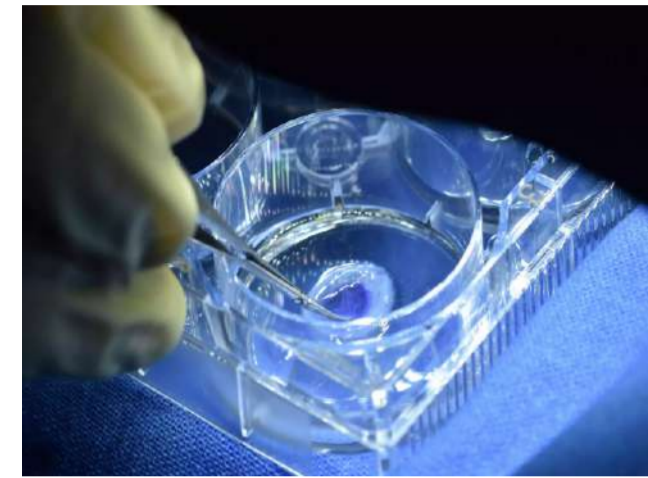
800 applicants. The recruitment of the fellow companion is done through seven stages to make sure the affection, emotion and attachment is not pretentious and the fellow companion will be doing anything and everything a family member would do from bringing

groceries to bringing medicine to taking them out and also to the hospital if needed.

How Does it Work?

The first month of Goodfellow is a trial period wherein the elderly people get to experience it for free and if they feel that it's not adding any value to their lives then they can discontinue. Second month onwards there's a small amount of subscription fees affordable for pensioners. It is an authentic way to serve elderly providing them the moral support they need in their crucial time period. In addition to this, Goodfellows also hosts monthly events curated to the enjoyment and engagement of the Grandpals (the elderly people herein called the grandpals) who participate with their Goodfellows, making the bond deeper and enjoyable in a different environment. In an interview Ratan Tata quoted that "You don't know what it's like to be lonely until you spend time alone wishing for a companion." he further added that "A friend in need created by 'Goodfellow' are very meaningful and helpful in solving a social issue in India, I hope this investment helps them grow."

A MAJOR BREAKTHROUGH BY DEVELOPING FIRST 3D PRINTED CORNEA ACCEPTABLE FOR TRANSPLANTATION



For the first time in India, scientists in Hyderabad successfully implanted an artificial cornea in a rabbit eye. The L V Prasad Eye Institute (LVPEI), the Indian Institute of Technology-Hyderabad, and the Centre for Cellular and Molecular Biology collaborated to create a 3D-printed human cornea made from human donor corneal tissue (CCMB). The solution in 3D-printed Human Cornea was created locally with the assistance of philanthropic organisations and the government; it is fully synthetic-free, all-natural, and patient-safe.

The researchers created a biomimetic hydrogel using a decellularized corneal tissue matrix and stem cells derived from human eyes. This hydrogel's building blocks are biocompatible, natural, and devoid of animal byproducts. It is an Indian clinician-scientist product that is both visually and physically suitable for transplanting. By sealing corneal perforations and avoiding infection following war-related injuries, the bio-ink used to manufacture this 3D printed cornea will enable army troops in remote places without access to tertiary eye care facilities maintain their sight. Dr. Falguni Pati, Associate Professor in the Department of Biomedical Engineering at IIT-Hyderabad, described a biomimicking approach to providing an optimised micro-environment for stromal regeneration while maintaining the curvature and thickness of the bio-printed cornea to facilitate surgical implantation. According to prominent LVPEI specialists, the 3D-printed human cornea might be a game-changing and revolutionary breakthrough in the treatment of illnesses such as Keratoconus and corneal scarring.

'GOOD FELLOWS' A UNIQUE START-UP BY RATAN TATA OFFERS COMPANIONSHIP TO SENIOR CITIZENS

Ratan Tata, an industrialist and former chairman of the Tata Group, has backed Goodfellows, a start-up that connects young and old people. "Goodfellows," a startup, provides older adults with companionship through young, educated graduates who have undertaken rigorous emotional intelligence and empathy testing. Mr. Tata emphasised the need of such a service for older individuals who live alone. A Goodfellow serves in the same capacity as a grandchild. In India, 15 million senior people are surviving on their own after losing a spouse or being forced to migrate because to their families' demanding occupations. Mr. Naidu believes that loneliness or a lack of companionship is the major reason contributing to the decrease in their mental and physical health, despite the fact that many of them have caregivers or start-ups for practical demands such as e-commerce. The Goodfellows business plan is based on a freemium subscription model. The first month is absolutely free with the only purpose of giving the Grandpal a taste of this service because it is impossible to understand the concept without experiencing it. A small membership fee will be imposed beginning with the second month to encourage young people to pursue this as a profession. This sum was calculated based on retirees' restricted financial resources. In Mumbai, Goodfellows is currently available. The company's next three target cities are Pune, Chennai, and Bengaluru. During the beta testing stage, 20 young graduates were chosen from a pool of 800 to give company to the elderly in Mumbai. This means that the programme was well received. Goodfellows intends to expand its services to the disabled community, which faces similar or greater challenges, and will soon supply travel companions for seniors who are delaying travel due to a lack of security or company. Senior citizens may sign up for the services at thegoodfellows.in, phone them at +91 8779524307, or follow them on Instagram.

COMPOSTABLE PLASTIC IS A REPLACEMENT FOR SINGLE-USE PLASTIC IN THE PACKAGING INDUSTRY

In order to solve a major environmental risk, India is phasing out single-use plastic goods by prohibiting their manufacturing, import, stocking, distribution, sale, and consumption. As businesses look for low-cost biodegradable plastic replacements, there are few options. TGP Bioplastics, a B2B company based in Maharashtra, has developed a low-cost, low-emission, water-resistant biodegradable plastic to meet this need. The Ministry of Science and Technology-accredited Technology Development Board (TDB) has awarded the firm a discounted loan of Rs. 1.15 crore, bringing India one step closer to finding a homegrown solution for single-use plastic (SUP). This B2B company sells plastic granules, the fundamental raw material for the packaging sector. These grains are melted, moulded into films, and then changed into various sizes and shapes of packaging. This biodegradable plastic might replace flexible retail packaging such as carry bags, garbage bags, e-commerce packaging, and ordinary industrial wrappings. During trial projects with repeat clients, the company employed the material's films for home and commercial packaging. TGP Bioplastics Private Limited, Satara, Maharashtra, is a statutory organisation under the Department of Science and Technology for the manufacturing and marketing of biodegradable plastic.



The Chandrayaan-3 mission is currently being planned, according to Somanath S, Chairman of ISRO. It is now going through a phase with various crucial tests to ensure the design's resilience. However, he stressed that the mission's goal is to be completed by the beginning of 2023. In contrast, the Aditya L1 mission is presently being integrated. A critical payload is undergoing testing and integration. The entire spaceship has yet to be built and tested. The launch is scheduled at the beginning of 2023. According to publicly available information, the Chandrayaan-3 lunar craft is especially intended for landing missions. There will be no orbiters because Chandrayaan-2 is operational. Aditya L1 was ISRO's first effort to explore the solar atmosphere and corona. ISRO collaborated with many Indian Astrophysics Institutes to create the payload that would fly aboard Aditya L1. Aditya L1 is the mission's anticipated lifespan of five years. According to analysts, the rocket would initially place the satellite in an elliptical Earth Parking Orbit before lifting it into L1 orbit by a series of satellite manoeuvres.

D. GUKESH ENTERS THE TOP 20 CHESS RANKINGS AND IS CURRENTLY RANKED WORLD NO. 18 IN LIVE RATINGS



After winning all three of his games in the ongoing Turkish Isbank Chess Super League in Ankara on Thursday, D. Gukesh kept up his unrelenting ascent in the world rankings. Gukesh defeated Grandmasters Aryan Gholami (2507), Andrey Esipenko (2682) and Vahap Sanal (2574) while playing on the top board for third-round leader Turkish Airlines Sports Club to climb to World No. 18 in live rankings and 2735.9 in live ratings. Arjun Erigaisi is leading the Abu Dhabi Masters after three rounds, and R. Praggnanandhaa is making waves in the

lucrative FTX Crypto Cup rapid event. Gukesh added to the joy by moving up by another 10 rating points and six positions since the time he won two medals at the Chess Olympiad. Currently, the youngest Grandmaster in the nation trails third-placed P. Harikrishna (2756) by about 19 points and Viswanathan Anand (2756), who is ranked in 12th place, by about 20 points. India now has eight players in the top 90 and five players ranked in the top 35 in the world. With live rankings of 66 and 69, Praggnanandhaa (2675.5) and Nihal Sarin (2671.5) are vying for the coveted 2700-rating threshold.

THE FIRST FEMALE WRESTLER FROM INDIA TO WIN A GOLD MEDAL AT THE U20 WORLDS IS ANTIM PANGHAL

The world U-20 wrestling championship was won in Sofia, Bulgaria, by 18-year-old Antim Panghal of Haryana, who defeated Atlyn Shagayeva of Kazakhstan 8-0. First Indian woman to win the title is Panghal. The ultimate authority on what glory, pride, and honour are right now is the world-beating Antim Panghal. Antim has previously won bronze at the Cadet World Championships (2021) and gold at the Asian Junior Championships (2022). She also won silver at the U23 Asian Championships this year. The pinnacle of Antim's journey to the championship was the fall victory over Ayaka Kimura of Japan in the quarterfinal. The stunning grappler, who goes by the name Antim after her parents Ram Niwas and Krishna Kumari, earlier dominated Ukrainian Natalia Klivchutska by an 11-1 score in the semifinal on Thursday to secure her spot in the championship match. The Panghal family was rooting for their daughter at every turn as they watched the championship match on their phones before attending the feast at the child's wrestling school. According to reports, because her older sisters Sarita, Meenu, and Nisha decided to pursue their education, young Antim would accompany her mother to the family's 1.5-acre farm in the village of Baghana in Hisar and ferry her father's meals. Her father wanted Antim to choose wrestling, so the family sent her to the Baba Lal Das Wrestling Academy. The young girl would frequently observe neighbourhood wrestlers practising at the village akhada. Sources claim that Vinesh Phogat, a two-time Commonwealth Games and Asian Games champion, was the opponent Antim faced in the finals of the selection trials for the Commonwealth Games, which was three months ago. In addition to Pappu Yadav and Palwinder Singh Cheema (Freestyle 130, 2001), Deepak Punia (Freestyle 86.0, 2019) is the only other Indian to have won gold at the U20 World Championships (Greco-Roman 50, 1992). Priya Malik was another name that stood out during the competition on her way to the silver. The Japanese opponent in the final was fiercely contested by the two-time Cadet World Champion, who ultimately won silver. Priyanka and Sonam Malik won additional silver medals.

UNNATI HOODA, 14, WINS THE NATIONAL JUNIOR SELECTION TRIALS



The National Junior Selection Trials, which completed on Monday, were won by Unnati Hooda. She was the youngest shuttler to win a BWF Super 100 event in the Odisha Open this year. To determine the top three spots, the shuttler from Haryana overcame Rakshitha Sree and Anupama Upadhyaya in the play-offs. Anupama was defeated by 14-year-old Hooda 10-21, 21-17, 21-14, and Sree was defeated by Sree 18-21, 21-18, and 23-21 in a different match. Hooda took top position in Group C after winning all three of her league matches. In order to make it onto

the senior Indian team for the Uber Cup, Hooda defeated Sreshta Reddy K 21-19, 21-17 before defeating Devika Sihag 21-9, 21-15. She also triumphed in a thrilling 18-21, 21-19, 21-15 victory over Sriyanshi Valishetty. The Badminton Association of India (BAI) held the four-day tryouts from August 12 to August 15 to choose the players for the TOPS development group, national camp, and international competitions, including the BWF World Junior Championships, until December of this year. Santander, Spain will host the World Junior Championships from October 17 to October 30.

FIVE ZONES WILL HOST THE KHELO INDIA JUNIOR WOMEN'S SWIMMING CHALLENGE SERIES

The first stage of the Khelo India junior women's swimming challenge series is set to begin on August 20 and 21 in five Zonal venues. New Delhi, Ahmedabad (Gujarat), Bangalore (Karnataka), Hoshangabad (Madhya Pradesh), and Kolkata (West Bengal) are among the five Zones. For the Junior (U-18) and Youth (U-15) categories for females, a Swimming Zonal Competition of this magnitude is being held for the first time ever. There will be about 850 swimmers competing in a variety of events, including the 100- and 200-meter freestyle, backstroke, breaststroke, butterfly, and individual medley. Over 2000 entries have been received for all events and zones combined. The Swimming Federation of India (SFI) has received a total of Rs 1.02 Crore from the Sports Ministry under the Khelo India scheme to conduct this Series over the course of two Phases. In addition, Rs 36 Lakh has been set aside from the total amount sanctioned as prize money for the top 5 finishers in each racing event across all zones. The venues include New Delhi- SAI Dr SPM Swimming Pool Complex, Bangalore- Ray Center, Wilson Garden, Kolkata- SAI Swimming Pool, Hoshangabad - Narmada Taran Pushkar, Ahmedabad - Saavy Swaraj Sports Club.



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FAQs ON STRESS MANAGEMENT

Q1. Madam, I am not able to take my studies seriously, what to do?

Ans. First let us consider various factors which influence focus while studying:

- **Noise:** While studying it is better not to put TV or music. But if you are habituated to music while studying to avoid other noises, try listen to music in foreign language or instrumental which will help you not to hit on the lyrics or words which will deviate your focus from studies.
- **Note taking:** Make a habit of preparing your own study notes. If you can write your notes in a special font style or colour pen, you tend to retain more information. Researchers have shown the uniqueness of font or colour will make you more likely to remember what's written
- **Reference books:** Research proves that it is

harder to remember what you have read when reading from a screen. But with books you can remember, recollect and analyse better. You can refer books for better connectivity with the concepts.

- **Study environment:** Normally studying in the same place helps many students. But if you feel that is not working with you avoid studying in the same place regularly. Try to change the study environment which may help you to retain knowledge effectively.
- **Study pattern:** Observe your study pattern, what you do study smarter or harder? There are many proven tricks for smart study: Study in the same time daily, study in short portions, set goals, test your knowledge, read aloud, recall what you have studied, teach your friend etc.
- **Study trend:** Observe your study trend. Study for 45-50 minutes and then take a break for 5-10 minutes and start again. This is called POMODORO technique. Your brain will retain information better if given in short portions.
- **Organized living:** How organized are you? You can better manage your times and will be more productive if you organize yourself. You will stop procrastinating and will waste less time with a more organized life style.

Let me suggest you few more tips to force yourself to take your study seriously:

- Identify the reason for your studies. Make a list of reasons you should study with more focus. Read this list daily, which will help you to feel your responsibility.
- Find something interesting in each chapters or subjects you study. Try to develop a creative aptitude. Always remember the objective of learning is to know, to do, to be and to live together. So the learning should be absorbed and not for writing examination.
- Set a timer, even if you can't follow it fully, keep scheduling study plan and move with timer.
- Appreciate your positive changes in study patter and reward yourself. However small the difference is, start appreciating self, which will boost your self esteem
- You can start studying with your class mate or someone who will help you to focus on studies. Talk to your mentor, get the positive doze and enjoy the studying as a whole.
- Fix up a study time and stick to it. Your continuous actions will help you to develop a habit, which will help you to improve your study habits.
- Regular studies are must. Don't wait for exam time table to start studying. Exam preparations need separate study plan and keep your routine study plan separate.

- Consider dividing the units into chapters and focus on understanding the concepts well.
- Yes, schedule time to relax and rest too. It is ok to cheat some times, but measure your usage of time. What is not measured can never be managed, remember that!

AN INTIATIVE 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
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QUIZ TIME

1. Which state launched 'Vidya Rath-School on Wheels' project?
2. Which is the venue of the 'National Security Strategies (NSS) Conference 2022'?
3. How many cities have recently declared themselves as 'Safai Mitra Surakshit Shehar' (as of August 2022)?
4. Project Tej, which was in news recently, was launched by which Indian state?
5. What is the beginning level in Karate?
6. The term Grand Slam is associated with?
7. The game of Cricket originated in which country?
8. Which is the smallest (in area) of the following Union Territories?
9. Who is the president of the Council of Scientific and Industrial Research?
10. Which project is a joint venture of India and France?

GUESS

The Cartoons

1. 
2. MR. 
3. 
4. 
5. X 
6.  10
7. PO 
8. LO 
9. MI 
10. 

ANSWERS

1. Assam
2. New Delhi
3. 500
4. Telangana
5. White Belt
6. Lawn Tennis
7. Britain
8. Lakshadweep
9. Prime Minister of India
10. Cog missile project

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2. Mr. Bean
3. Dragon Ball Z
4. Bat Man
5. X Men
6. Ben 10
7. Pokemon
8. Looney Tunes
9. Mickey Mouse
10. Tom and Jerry

ANSWERS