

The HULAHUL Times

Established - 2019

Year : 3rd

Vol. No. 2 - Issue No. 15

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Initiative by HULAHUL Foundation

A LEADING FORCE FOR A PEACEFUL TOMORROW!



PROTECTING CIVILIANS PROTECTING PEACE

29 May International Day of UN Peacekeepers

#PKDay #ProtectingPeace #A4P

Remember how Iron Man devoted himself to rescue the planet in Avengers: Endgame? Have you really thought more about authentic warriors that gave up their lives to keep us safe? These warriors are our planet's true Iron Men! Each year on May 29, the International Day of UN Peacekeepers is observed to salute real-life soldiers.

In its resolution 57/129, the General Assembly declared May 29 to be International Day of United Nations Peacekeepers at the suggestion of the Ukrainian Peacekeepers Organization. This really is the first United Nations peacekeeping expedition, known as the "United Nations Truce Supervision Organization," started operating in Palestine in 1948 to acknowledge the contributions, fortitude, and sufferings of peacekeepers. The day is to commemorate the competence, devotion, and fortitude of all men and women participating in UN peacekeeping missions, as well as the remembrance of those that have died in the service of peace. On May 29, 2003, the first International Day of UN Peacekeepers was observed.

Since the establishment of the first UN Peacekeeping mission in 1948, 3,800 army, police, and civilian workers have died in the pursuit of peace as a consequence of violent acts, mishaps, and diseases. On May 29, UN offices, in collaboration with Partner States and non-governmental entities, conduct mournful gatherings to remember deceased peacekeepers.

Each year, the theme of the International Day of UN Peacekeepers changes. The topic for 2021 was 'The Road to a Lasting Peace: Harnessing the Power of Millennial for Peace and Security.' This year's theme is centered on youth peacekeepers ages 18 to 29 that are stationed in various regions of the globe and executing activities that play a critical role in assisting operations and preserving the livelihoods of civilians. The United Nations provides nearly ten thousand young peacekeepers. On the International Day of UN Peacekeepers, soldiers will be recognized for their contributions, and also remember those who have died while serving the UN. From global pandemics to climate science to violent acts, teenagers are by far the most vulnerable since their life is changing dramatically. The youths of UN peacekeepers are working hard to assist citizens and contribute to the attainment of peace.

Since its inception, India has been one of the most important contributors to UN peacekeeping. It has deployed over 195,000 troops and engaged in over 49 assignments around the world today. India is also a partner of the Peacebuilding Commission's Organizational Committee (PBC). In 2007, the Indian women's battalion took part in the United Nations peacekeeping mission to the UN Mission in Liberia (UNMIL).

The Secretary-General officiates the ceremony at UN Headquarters in New York in honor of all peacekeepers that died while fighting underneath the UN banner. Furthermore, the Dag Hammarskjöld Medal is given retroactively to peacekeepers that died while battling in the promotion of peace in the previous year. The Day is used by UN peacekeeping missions to establish ties with the surrounding area that they have been deployed to serve. Participation in sports and orphanages visits, artwork and writing competitions, photo shows,

community clean-ups, tree seedlings, recitals, and seminars and conferences on peace problems are just a few examples of such events.

In post-conflict cultures where another legal system has crumbled, citizens are frequently seized, detained for years in atrocious conditions, and not see a judge. The UN peacekeeping mission is fighting on all battlefields to right these wrongs and reestablish law and order.

The UN deploys highly skilled police personnel from all around the world to provide training, assess local police performances, and assist in restructuring and reforming national and municipal police forces. While UN Police are less well-known than their military equivalents, their commitment to the UN is just as vital, and their numbers grow – more than 14,000 people already deploy in 16 peacekeeping or special political missions throughout the world. The United Nations uses a variety of measures to promote world peace and security, including peacekeeping. It is a collaborative effort. We could never accomplish it on our own. But, working collectively, we are empowered and transforming situations for the better.

Presently, people express their gratitude to all those who collaborate with in the promotion of peace, including the other UN organizations, human rights organizations, the groups humans serve, women and youth, mainstream press, academic institutions, conventional and spiritual leaders, government agencies, Soldiers and Police Making a contribution Nations, Individual Countries, among others. They also voice a call - to - action by participating in the UN Peacekeeping campaign, both online and in person, as people showcase the narratives of peacekeeping and the potential of collaborations in securing peace, prosperity, and ecological sustainability.

The UN is enhancing boosting infrastructure to maximize the power of people. The goal is to make peacekeeping a cost-effective that yields significant rewards and saves lives.



A DAY TO RAISE AWARENESS OF COGNITIVE DISABILITIES!

The thyroid gland is an essential component of the human body's endocrine system. Thyroid hormone is produced by the thyroid gland and performs a major function in body metabolism. The thyroid gland is positioned near the base of the neck and is structured like a butterfly. Thyroxine and triiodothyronine are two essential hormones generated by the thyroid gland and most of these hormones assist in the growth of the body post birth, as well as in the expansion of oxygen utilization inside organs. Thyrocalcitonin is yet another hormone secreted by the thyroid gland that aids in bone mineralization. According to Haywood and Getchell (2005), "It reduces circulation of calcium by blocking degranulation and boosting calcium accumulation in the bones."

If someone seems unable to tolerate the treatment or does not wish to take the radioactive substances, you can have your thyroid surgically removed. Thyroid diseases affect approximately 30 million Americans, with over 50% of them still misunderstood in the United States. Hormonal diseases can cause a variety of health problems, including cardiovascular disease, high blood cholesterol, arthritis, and stress.

The thyroid gland has a dense network of blood arteries. The thyroid's primary function is to produce, retain, and circulate thyroid hormones that regulate, which are subsequently delivered to each and every tissue or organ. The way it works is that you get iodine from the stuff you consume. Certain foodstuffs contain a high concentration of iodine, such as milk, salt, bread, and so on. The thyroid hormone then extracts the appropriate quantity of iodine from your blood and uses it to produce two different types of thyroid hormones.

Thyroxin or triiodothyronine are the two forms of hormone levels that can be created. Thyroxine is a dormant thyroid molecule, whereas triiodothyronine is an active thyroid hormone. Thyroid hormones assist the system in using energy, staying warm, and keeping vital organs such as heart, mind, bones, as well as other tissues



functioning. However, the thyroid gland has the biggest effect over the body's metabolic processes. There are numerous thyroid illnesses that can vary from minor and insignificant to catastrophic and existence. There seem to be numerous types of gland illnesses, including Anaplastic Malignant Tumors.

The primary purpose of the thyroid hormone is to produce T3, T4, and calcitonin hormones. Thyroid gland disorder leads to a decrease in metabolism. Thyroid illnesses caused by dyshormonogenesis, include goitre, thyroiditis, hyperthyroidism, hypothyroidism, Graves' disease, thyroid cancer, thyroid nodule, and thyroid storm. Humans use scientific and radiological inquiry to identify thyroid disease. For science, humans use a research lab test to measure the level of thyroid hormones in the bloodstream, which includes total T3 and T4 hormone, and for a radiological exam, humans employ a variety of techniques (ultrasound, CT, MRI and Nuclear Medicines).

Prevalence of Thyroid disorders In India:

Thyroid illnesses are a massive burden in India and worldwide. According to a medical survey, approximately 32% of the population in India suffer from thyroid-related illnesses such as hypothyroidism, hyperthyroidism, thyroid nodules, goitre, and thyroiditis.

India has the highest prevalence of hypothyroidism, a disorder wherein the thyroid gland seems unable to

generate enough hormones to keep the person working. An investigation based on data collected from 33 Lakh adults across India indicated one out of every eight young women has thyroid dysfunction, with one of the most commonly occurring aberrations being a modest rise of TSH (Thyroid Stimulating Hormone). Goitre is yet another prominent thyroid-related illness that is most widespread in India. Goitre, an iodine deficient condition, currently threatens roughly 200 million indigenous people. Thyroid disease in adolescents can result in hypothyroidism and cognitive disability.

If the doctor suggests that the patient has an inherent thyroid issue, he or she may propose that the individual complete several diagnostic testing. Such diagnostics consist of simple blood tests that are being used to evaluate the amount of thyroid hormones in the blood, including T3, T4, and TSH. Calcitonin levels can also be used to diagnose thyroid cancer.

For the treatment of thyroid diseases, the doctor may recommend medicine or hormone treatment. Further therapeutic possibilities include radioactive iodine therapy and alternative medicine such as homoeopathy, naturopathy, and so on. Surgery may be necessary in extreme situations. Patients might even be asked to adapt to this change and eat a diet rich in proteins, magnesium, iodine, calcium, and vitamin supplements.

Thyroid diseases are common all over the globe. Each year on May 25, World Thyroid Day (WTD) is observed to increase understanding and reduce the occurrence of thyroid-related illnesses. WTD emphasis on assisting individuals who are at risk of acquiring thyroid illnesses caused by iodine shortage. Hypothyroidism is among the major causes of thyroid problems in India and around the world. Active and collaborative initiatives are required to raise awareness about the origins and treatments of this illness.

AN APPROACH TO RESHAPE THE MENTAL HEALTH INFRASTRUCTURE!

World Schizophrenia Day 2022 is on May 24th, it encourages everyone to take part towards a disorder which is a complex illness that impairs a person's freedom to live, and respond coherently. The illness is characterized by psychotic, which is defined as a breakdown of realism produced by a malfunction in how the learning happens. Schizophrenics have hallucination, anxiety, disorientation, abnormal communication, disorganized thinking, odd behavior, and other characteristics. Schizophrenia Awareness Day is observed on a worldwide level to combat the prejudice and discrimination that plague people suffering from this condition.



frequently to blame.

There is no single cause of schizophrenia that has been found by research. It is hypothesized that schizophrenia is caused by an interaction of genetic and environmental circumstances. Psychosocial variables may also play a part in the development and progression of schizophrenia. The large majority of persons with schizophrenia worldwide do not receive government access to treatment. Estimated half of all people in mental facilities have schizophrenia. Only 31.3 percent of those suffering from psychosis obtain specialized mental health care. The majority of access to mental health interventions are wasted on care in psychiatric asylums.

The National Schizophrenia Foundation established World Schizophrenia Day in honor of Dr. Philippe Pinel, a fundamental contributor in the initial attempts to provide humanitarian diagnosis and services for psychological disorders. World Schizophrenia Day highlights the difficulties encountered by the one in every 100 persons who suffer from the condition. It provides a pathway for everyone to learn more about schizophrenia and to disintegrate the stigma and discrimination that surrounds this frequently overlooked condition.

Although perceptions around mental conditions have shifted in current history, with so many people (even celebrities) talking up regarding their experiences with mental illnesses such as depression or anxiety, there is still a great deal of misunderstanding and misinformation surrounding schizophrenia. People with mental health problems are frequently thought to be "mad" or "psychotic" as a result of how they are reported in the media. They are characterized as artistic geniuses or as angry and aggressive persons, rather than as humans striving to control symptoms of an illness that alters their understanding of reality.

Furthermore, numerous people confuse schizophrenia with split personality since the terms schizo (to split) and phren (to split) are identical (the mind). Nevertheless, the name "schizophrenia" was coined by Swiss psychiatrist Eugen Bleuler in 1911 to stress the mental disorientation and fragmentation that

many persons with the disease suffer. Stigmas associated with schizophrenia can be damaging not just to those who have the disorder, but it is also an issue of morality for too many.

According to one study, schizophrenics are up to 14 times more vulnerable to the adverse effects of violent crime than to be abusers. To showcase the lack of understanding and assistance for patients with schizophrenia, this very same study discovered that 31 research findings on victimization and psychotic illness conducted since 1990 oriented on the violent behavior, compared to the 10 studies focusing on people with serious mental illness as victims of violent crime.

This implies that those with serious mental illnesses, such as schizophrenia, were frequently considered as the threat instead of just the sufferer. Schizophrenia Day is crucial for making people aware. Schizophrenia affects around 24 million individuals worldwide, or one in every 300 people (0.32 percent). Adults had a rate of one in every 222 persons (0.45%). It's not quite as widespread as most other psychological disorders. Initiation tends to be more common in late teenage years and the twenties, and it occurs earlier in males than in women. Schizophrenia frequently causes severe suffering and dysfunction in emotional, marital, interpersonal, intellectual, professional, as well as other key walks of society. Schizophrenics are two to three times more likely than the general population to die young. Physical ailments, such as cardiovascular, metabolism, and viral diseases, are

The WHO's Integrated Mental Health Implementation Plan 2013-2030 outlines the procedures necessary to even provide adequate assistance to those suffering from mental diseases such as schizophrenia. The Implementation Plan makes a fundamental suggestion to transfer services from institutions to the population. The WHO Special Mission for Mental Health intends to accelerate progress toward goals of the Integrated Mental Health Action Plan 2013-2030 by providing 100 million additional individuals with access to high-quality, low-cost mental health care. The Mental Health Gap Action Programme (mhGAP) of the World Health Organization (WHO) provides scientific proof technical assistance, resources, and educational packages to increase provision in nations, particularly in resource-limited situations.

The WHO assistance on treatment programs and person-centered and privileges strategies provides transparency to all decision makers looking to enhance or reshape their mental health infrastructure and in accordance with international human rights benchmarks, such as the Un Declaration on the Rights of Disabled people.



ANGULIMALA: BUDDHA'S DISCIPLE

The peace of the Lord always lies within you, our conscience sows the seeds of peace from deep within, it generates from the being to the mind and from the mind to the environment, and vagaries in human mood diminish if a person practices a mediation. It was believed that when Buddha used to teach for up to 20 miles all around that place, violence and inhumanity never occurred around that place and in the vicinity of that place. This story follows Buddha's time on earth.

There was a man named Angulimala, who was infamous for a dacoit. People who are fond of Buddha are also aware of Angulimala's character. In those old days, Angulimala resembled Hitler. He had horrendously murdered 999 people, cut their fingers, and made a garland out of those fingers of every slaughtered people. He was a terror under the guise of a human being. Everyone was scared to death of Angulimala. Driven by his malign fascination with having a garland made up of fingers of slaughtered people, he had killed and butchered 999 people! And was on the quest for the 1000th finger.

Angulimala used to live on the top of the hill. As it turned out, Buddha was passing by, he sighted the beautiful and nice-looking man. He uttered his bad intention and said "ok this is where my search ends, 1000th finger". I can keep his finger as a fancy pendant. so he moved down from the hill, laughed cynically, and made sneering remarks, that "I am the invincible Angulimala and I am coming" but Buddha didn't budge to his loud noise. He smiled politely at his look. Angulimala tried to chase him and going after him, he said, "Aren't you scared of me, you are in the grip of powerful Angulimala". People dreaded the malignity of Angulimala and used to have nightmares. People were so terrified of the Mephistophelian glint eyes of Angulimala that they would just run away from seeing him at any near place. And here he describes a man standing there poised with self-possession, filled with peace and smiling. Buddha gave a gentle look to Angulimala, then, Angulimala neared the Buddha and stared at him and was stunned to see Buddha with no fear. A few minutes went by and eventually, he melted. He was in an oblivion state at what was happening around him. Then Angulimala bowed before Buddha. Buddha said calmly, "Yes have this desire to cut my finger, fulfill your wish, go ahead then, you can have my finger as your pendant". It changed Angulimala's perception of devilish thought

and he reneged from going ahead with his plans. Angulimala was lost in admiration of the scenery. The amount of light love and warm approval shook him. Becoming the bhikshu of Buddha he fell at his feet. Then from that day, Buddha started teaching meditation to Angulimala and he modified his personality from good to bad. Everything within him was hanged by then he also changed his name. And people could not believe what they have seen and said "Is it the same Angulimala?"



Who had been cruel to us, what is the cause of his change?". Angulimala began to adhere to Buddha's enlightenment. And Buddha taught him that the source of anger, irritation, and frustration that remained within him for a long time precipitated him to all such heinous crimes and when he started being ignorant of his inner vexation thus every destructive power within him fell apart and he became a nice person.

It had been 10 years since he was near Buddha, one day Buddha said, "As now you have enjoyed days of peace and seclusion, you have now attained a good state of calmness. Now go and edify moral precepts you think would good to them". Now Angulimala went to those

villages where he had butchered people and collected their fingers, to teach there. But even after he came after 10 years' people couldn't stop feeling resentful toward him. Everyone thought he had come to the village only with a vested interest, they had only vengeance on him. They were pelting stones against him so he would leave the village. He was bruised badly. Then a person came to him and asked, 'what did happen to you, you have bruises all over your body, and you look so pale and fragile. But to this, he remained all poised, peaceful, and had a smile on his face. Until this point, his name became a byword among everyone in the village. Everyone started to recognize him and said, 'There is a man who has come to the village to help everybody but was brutally attacked by the people of the village and has been hurt'. But he remained calm all the time as he was never hurt from inside when someone approached him to ask, 'why you are smiling'? To this, he replied, "How much pain I caused to everyone, it is discernible that they had been gone through a lot in their life, I have inflicted so much pain upon them, I have created this anguish, I would have remained the same and would have made them angrier, but for this supreme knowledge, I went through a sea change in myself and now that is being exhibited".

He continued firmly and showed no anger when people found no reaction from him and he accepted both the good and bad with equanimity and was still calm, peaceful, and smiling. That is when people took him seriously and started coming back to him. When you don't show the desired reaction someone wants people would find more interest in you. Because everyone feels normal when the reaction comes, the sight evokes pleasant happiness and they feel peaceful. And when the other person doesn't revert the same reaction it hurt them somewhere. Angulimala pushed his way through everyone's hearts and exerted his influence on everyone's minds. So people came back to him and he taught them meditation. And everyone lived happily in their lives. And that is when Angulimala realized that smile and peace are the begetters of happiness if one person is peaceful, he spreads all the peace around him. However, peace pervades from inside to outside it comes around you thus, it is not a strenuous exercise to practice and have peace of mind, it is effortless.

FAISAL ALI DAR – A NAME WITH A WELCOME CHANGE IN KASHMIR!

INTERVIEW BY
PREETI SHARMA



Faisal Ali Dar

Faisal Ali Dar's name is a welcome change in Kashmir. He hails from a region where individuals are decades behind in terms of sporting infrastructure, and this honor will definitely inspire everybody to strive even harder regardless of hurdles. When the government of India published the list of Padma Shri awards for 2022 on the eve of Republic Day, January 26, there were names that made perfect sense. Faisal Ali Dar was among those on such a list. The Padma Shri award was given to the 33-year-old citizen of Kashmir's Bandipora area for his efforts to improve sports through martial arts and to keep children away from addictions.

Faisal Ali Dar said to The Hulahul Times "I got the national award for the campaign against drug addiction 'Nasha Mukht' after I counseled 47 youngsters who had been hooked and brought them back to normality after enrolling them in my sports academy." Faisal becomes the first person from Kashmir to receive one of India's most coveted accolades. According to him,

this has not only motivated him, but has also brought all Kashmir citizens an inspiration. However the road of success was not smooth. Bandipora district is a remote rural area of Kashmir where people battle for basic necessities. But Faisal had always had specific ambitions, and making those dreams come true was his passion.

Faisal Ali Dar, presently associated with state health department, he frequently practice martial arts with kids at a park nearby. He was inspired to start martial arts by watching Bruce Lee and Jackie Chan movies and acting out the sequences with his friends. Aside from Jackie Chan's techniques in films like Defender, Drunken Master, and Snake in the Eagle's Shadow. He often copied Bruce Lee's techniques from Game of Death and Enter the Dragon.

Martial Arts training began in 2003. Faisal took the steps in Bandipora by requesting the youngsters in his neighborhoods to learn martial arts, regardless of the fact that it is a sport played in the Olympics around the world, and he would like the children to learn it, but his efforts were not identified as no one had heard of this sport previously. He also encountered multiple issues while travelling to various areas for National competitions; He was never appreciated by



his own community despite winning gold. Dar started wushu in 2003 and subsequently trained in Jammu under current national coach and Dronacharya Awardee Kuldeep Handoo, but his wushu journey never took off. In 2005, he gathered 15 students who were interested in martial arts and started giving them fitness and martial arts training to get them to different

levels of learning and slightly the things have started turning in a positive direction.

Faisal also dabbled in kickboxing, winning gold in the Asian Championships in Pune in 2010. But his professional career was cut short in 2013 due to a lack of formal recognition. Even though he won an Asian Championship medal in 2010, he was not pleased with it and had a deep desire to do something for martial arts. He explained, adding that he founded the "Ali Sports



Academy" and transformed it into a training center for youngsters. He began to coach children ages 2 to 7 in Kung Fu martial arts, and that eight selected players performed at the international level, in addition to hundreds competing in national competitions.

In 2013, he established a formal organization to assist youngsters in staying away from addiction. He believes that if children are fully occupied with sports, their minds will not go in the opposite direction. One of the difficulties he encountered was convincing families of girls to enroll their daughters to training. At present there are more than 1500 girls who are learning martial arts successfully. Ali has 17 branches of his institution in various districts of Jammu and Kashmir where children learn not only martial arts as well as other sports he has established such as Rugby, Water Sports, Badminton, and volleyball.

He advised parents to enroll their children in sporting events activities in relation to academics for their children's

better future. Ali said that if they attend classes, they must also go for sport, so that children can become respectable athletes. Families are attempting to get their children out of games at a young age, which is not feasible; it requires at least 18 years for a child to become a sportsman in any area. Continuing his arduous attempts in the specific field, a sportsperson must be trained on a grassroots, then on a national level and finally on an international one.

As of now, he runs 17 centers that provide coaching in 18 sports, including wushu, taekwondo, rugby, canoeing, kayaking, volleyball, table tennis, badminton, and football, and the coaching is executed in city parks in districts such as Pulwama, Anantnag, Shopian, Budgam, Baramulla, Bandipora, Ganderbal, and Srinagar by trainers Abida Akhtar, rugby player Irshad Ahmad, and rower Sajad Ahmad Dar with approximate participation 13,000 children including three hours of continuous training on a charge of Rs 50.



Faisal Ali Dar is convinced that he will produce medalists. As there has been a prominent growth in martial arts. However, there have been instances of unlawful federations attracting players and this one element he thinks to be streamlined, also he hopes all of the trainees to win medals for India at the 2026 Asian Games.

STIMULUS-RESPONSE OF RISING INFLATION



INFLATION

WPI Inflation: The Ministry of Commerce today (Tuesday) released new data on the Wholesale Price Index (WPI). According to which India's inflation has increased to 15.08% in April, from 14.55% in March. WPI inflation stood at 10.74% a year ago. Another 10 per cent plus print in April means WPI inflation has extended its stay in the double-digit region for 13 consecutive months.

Highest since May 2014

The hike in wholesale inflation in April comes after the data released on May 12. In which retail inflation, tracked on the basis of the Consumer Price Index, rose to 7.79% in April. This is the highest since May 2014. Expectations of an increase in inflation forced the Monetary Policy Committee of the RBI to announce a further 40 basis point hike in the repo rate a month ahead of its scheduled meeting.

All Commodity Index rises

The inflation print for April at 15.08 percent is the highest in the current series. The data for which is available from April 2013 onwards. For example, the latest wholesale inflation numbers are the highest in at least nine years. Inflation was higher in April due to an overall increase in gradual

price pressures. The WPI's overall all-commodity index rose 2.1%, while the fuel and power group's index was up 2.8% in April compared to March.

Aditi Nair, Chief Economist, ICRA, said that fruits, vegetables and

milk get spoiled quickly due to heat. Due to which the prices have gone up. In terms of inflation, the inflation in manufactured products touched a five-month high of 10.85% in April, he said. Nair further said that a 40 basis point increase is expected in June and 35 basis point increase thereafter.

Very high inflation has already led to the stagflation situation in the Indian economy. Currently the economy is facing high inflation combined with slow economic growth and high unemployment. Market is experiencing very high volatility. Russia Ukraine was one of the major factors which has prompted a high increase in crude oil price. Increase in oil price has resulted in high burden on import cost. In the last few weeks we have seen deterioration in forex reserves by \$ 30 bn. This put pressure on monetary and fiscal policy. Recently, the Federal Reserve Bank has increased the rate of interest which has impacted the whole world market. RBI is likely to use tight monetary policy to control prices in the market. Current increase in prices may trigger many other problems in the economy. Rise in the interest rate will further pressurize economic growth.

THE RBI GOVERNMENT TRANSFER HAS DROPPED DRAMATICALLY TO RS 30,307 CRORE, WHICH MAY HAVE AN IMPACT ON THE BUDGET CALCULATIONS

The transfer amount was finalised at the central bank board meeting that authorised the annual report for the previous fiscal year, according to an RBI announcement. The Reserve Bank of India (RBI) will transfer Rs 30,307 crore to the government as a surplus for the fiscal ended March 2022, a decrease of 69 percent from the Rs 99,126 crore transferred in the fiscal ended March 2021 and less than the Rs 74,000 crore budgeted by the government for the current fiscal. According to economists, the drop in the transferrable surplus is due to the higher interest rate the RBI had to pay banks that parked their spare liquidity in the reverse repo window.

"In FY22, due to the RBI's substantial investment in reverse repo auctions, at an average of Rs 6 to 7 lakh crore per day at an average cost of even 3.5 percent, the cost would be Rs 21000-24500 cr. This would have benefited the government because the surplus would have been bigger "Bank of Baroda's top economist, Madan Sabnavis, stated in a note.

Sabnavis stated that the gap from the government's budgeted projections will have to be made up by dividends from public sector organisations.

"The government expects a dividend/surplus of around Rs 74,000 crore from the RBI, PSBs (public sector banks), and other public financial institutions this year. This means that a significant portion of the profit of PSBs and PIs (public institutions) would have to be transferred to make up the difference, or else there will be a slippage "Sabnavis said.

The board also opted to maintain the contingency risk buffer at 5.50 percent, the



lower end of the level prescribed under the RBI's economic capital framework (ECF). The buffer is carved out of the surplus funds with the RBI at the end of the fiscal year and is a specific provision meant to meet unexpected and unforeseen contingencies, such as depreciation in the value of securities, risks arising from monetary/exchange rate policy operations, systemic risks, and any risk arising from the Reserve Bank's special responsibilities.

The RBI's account details will be revealed when the central bank issues its annual report in the coming days. The RBI board of directors also discussed the present economic environment, global and domestic concerns, and the effect of recent geopolitical occurrences. The meeting was attended by all four deputy governors, Mahesh Kumar Jain, Michael Debabrata Patra, M. Rajeshwar Rao, and T. Rabi Sankar, in addition to governor Shkatikanta Das. Other central board directors present included Satish K. Marathe, S. Gurumurthy, Revathy Iyer, and Sachin Chaturvedi, as well as economic affairs secretary Ajay Seth and financial services secretary Sanjay Malhotra.

MT. EVEREST NOW HAS THE WORLD'S HIGHEST WEATHER STATION



According to Nepalese media, a team of National Geographic Society experts has installed the "world's highest weather station" on Mt. Everest at an altitude of 8,830 metres to automatically measure various meteorological phenomena. The automatic weather station was installed a few metres below the summit point (8,848.86 metres) last week, according to Nepal's Department of Hydrology and Meteorology (DHM), because the snow

and ice on the summit are unsuitable for fixing equipment. The solar-powered weather monitoring system is designed to measure a variety of meteorological phenomena such as air temperature, wind speed and direction, air pressure, change in snow surface height, and incoming and outgoing short and long wave radiation. The NatGeo team, led by Appalachian State University climate scientist Baker Perry, included renowned climbers and scientists, many of whom scaled the world's highest peak while installing the weather station. The team spent a month in Nepal's Everest region, maintaining other stations, including one at South Col. According to the report, a Chinese expedition also installed an automatic meteorological monitoring system on the northern side of Everest at an altitude of 8,800 metres. According to Chinese media reports, Beijing has eight stations on Mt Everest ranging in altitude from 5,200 to 8,800 metres, with four stations exceeding 7,000 metres at 7,028 metres, 7,790 metres, 8,300 metres and 8,800 metres.

EVEN AT NIGHT, THIS TECHNOLOGY CAN GENERATE ELECTRICITY FROM SOLAR ENERGY

Solar power has emerged as the world's leading source of clean energy. However, it has a limitation in that the sun is now always visible. A new Australian technology claims to solve the problem by generating power from solar energy even at night. Heat radiated as infrared light by a semiconductor device called a thermoradiative diode was used by researchers at the University of New South Wales (UNSW) in Sydney to generate electricity. This "night-time" solar power equipment is made of materials similar to those found in night-vision goggles. While the power generated at this stage is very small, approximately one million times less than that supplied by a solar panel, the team is optimistic about increasing capacity in the future. The technology harnesses solar energy, which warms the planet during the day and radiates back into space as infrared light at night. Using a thermal imaging camera, the researchers demonstrated the heat radiating from the surface during the night. The research team from the School of Photovoltaic and Renewable Energy Engineering believes that the technology can be used in a variety of products, particularly battery-powered equipment. The team hopes to improve the technology's capabilities by leveraging knowledge of how to design and optimize solar cells and borrowing materials from the existing mid-infrared photodetector community.



IS CLIMATE CHANGE TO BLAME FOR BANGLADESH'S "WORST FLOODS IN ALMOST TWO DECADES"?



Rivers in Bangladesh have burst their banks, causing the worst floods in the country's northeast in nearly two decades, officials said Saturday, with about two million people stranded by rising waters. Floodwater from India's northeast breached a major embankment on the Barak River, inundating at least 100 villages in Zakiganj, Bangladesh, according to Mosharraf Hossain, the Sylhet region's chief government administrator. Many parts of Bangladesh are

prone to flooding, and climate change experts say that extreme weather events are becoming more common around the world. Every degree of global warming increases the amount of water in the atmosphere by about 7%, with unavoidable consequences for rainfall. People have been seen fishing on submerged roads, and some residents have taken their cattle to flood shelters. The widow, Lalila Begum, said all the furniture in her home had been destroyed, but she and her two daughters were staying out in the hope that the waters would recede within a day or two. Floodwater has infiltrated many areas of Sylhet, the largest city in the northeast, where another official told AFP that about 50,000 families had been without power for days. According to Hossain, the chief administrator, the flooding was caused by both rain and an onrush of water from the Indian state of Assam across the border. But officials said the broken embankment on the border at Zakiganj could only be fixed once the water level dropped.

AMAZON INTRODUCES SMART COMMERCE IN AN ATTEMPT TO DIGITIZE OFFLINE STORES

Amazon India, an e-commerce platform, has announced the launch of the Smart Commerce initiative in India, which aims to transform local stores into 'Digital Dukaans' in order to accelerate its footprints in the retail ecosystem. The launch was announced during the third edition of Amazon Smbhav Summit 2022. It is intended to support the e-commerce company's plans to digitise one million small businesses by 2025. Amazon's stated goal is to enable local stores to digitise their store operations, provide a better in-store experience to customers, and create their own online storefronts. Smart Commerce will release its first set of solutions to assist local stores in digitising billing and inventory management in the coming weeks. This will be followed by the introduction of capabilities that will allow them to "create their own online storefront in minutes and serve their customers through a simple voice and chat-based shopping experience, according to the company. Amazon pledged in January 2020 to digitise 10 million MSMEs, generate \$10 billion in cumulative Indian exports, and create two million jobs in India by 2025. According to reports, Amazon India launched a programme called Smart Stores in 2020, which provided offline stores with QR codes to accept digital payments via Amazon Pay. According to reports, India has the world's fourth largest retail market, valued at \$810 billion. Furthermore, the country's ecommerce market is expected to reach \$200 billion by 2026.



ABDULLA ABOOBACKER AND KARTHIK UNNIKRISHNAN, BOTH TRIPLE JUMPERS, SHINE WITH 17M EFFORTS IN INDIAN GRAND PRIX 3



Abdulla Aboobacker and Karthik Unnikrishnan became only the third and fourth Indian triple jumpers to break the 17m mark after winning the Indian Grand Prix 3 on Saturday with 17.19m and 17.10m, respectively. On an evening when he fouled three of his first four jumps, Aboobacker, 26, found the rhythm, pace, and elevation to improve his personal best by 35cm with his fifth attempt to win his first gold medal in an AFI competition in the senior ranks. Unnikrishnan, a 28-year-old Air

Force colleague, broke the 17m barrier on his sixth and final attempt. Eldhose Paul, who had led the competition for four rounds, was unable to match his Kerala teammates and was forced to settle for bronze. The trio provided a delightful treat for fans, but it was Aboobacker who qualified for the World Championships. Renjith Maheshwary, the first Indian in the 17m club, tied the National Record at 17.30m on July 11, 2016, in Bengaluru. Arpinder Singh's 17.09m effort in Guwahati on June 29, 2018 was the last time an Indian celebrated breaking the 17m mark. In the Federation Cup in Kozhikode in April, Paul came up just short by a centimetre.

NIKHAT ZAREEN OF INDIA WINS GOLD AT THE WOMEN'S WORLD BOXING CHAMPIONSHIPS

Nikhat Zareen of India won the gold medal in the 52kg category at the Women's World Boxing Championship on Thursday, defeating Thailand's Jitpong Jutamas in the fly-weight final in Istanbul, Turkey. Zareen, 25, is a former

junior youth world champion. Nikhat fought brilliantly against her Thai opponent in the final and won the gold medal. The judges scored the fight 30-27, 29-28, 30-27, 29-28, 30-27, 29-28 in favour of the Indian. Zareen was in top form, using her technical ability and good court coverage to outwit her quick-footed opponent. Nikhat impressed all three judges in the first round by landing far more punches than the Thai boxer. The second round was more competitive, and Jitpong won it 3-2. With only one judge on her side in the final round, Nikhat went all in and slammed the door on her



opponent, eventually winning a 5-0 unanimous decision. The boxer from Nizamabad (Telangana) became the fifth Indian woman to win a gold medal at the World Boxing Championships, joining Mary Kom (2002, 2005, 2006, 2008, 2010, and 2018), Sarita Devi (2006), Jenny RL (2006), and Lekha KC (2006). It was also India's first gold medal since Mary Kom won it in 2018. With bronze medals for Manisha (57kg) and Parveen (63kg) after their semi-finals finishes, the Indian contingent finished its campaign with three medals at the world's biggest boxing event, which saw exciting competition in the presence of a record 310 boxers from 73 countries and also marked the 20th anniversary of the Women's World Championships. In this year's tournament, eight Indian boxers advanced to the quarter-finals, tied for the most with Turkey. With the addition of three medals in Istanbul, India's overall medal tally in the 12 editions of the prestigious event has risen to 39, including 10 gold, 8 silver, and 21 bronze—third highest after Russia (60) and China (50).

PRAGGNANANDHAA, AN INDIAN TEEN, DEFEATS WORLD CHAMPION MAGNUS CARLSEN YET AGAIN TO WIN THE CHESSABLE MASTERS



Praggnanandhaa Rameshbabu, an Indian Grandmaster, defeated Magnus Carlsen in the fifth round of the Chessable Masters online rapid chess tournament, exactly three months after stunning the world champion for the first time. On Friday, the 16-year-old from Chennai took advantage of Carlsen's late

blunder to earn three crucial points and keep himself in contention for a knock-out spot. "I did not want to win that way," said Praggnanandhaa when asked about his second triumph against the world champion. The match was headed for a draw until the Norwegian made a blunder in the 40th move, misplacing a black knight in the final seconds and resigned immediately in the next move, allowing Praggnanandhaa to win. In the following round, the Indian drew with Harikrishna, then defeated Gawain Jones before falling to David Anton Guijarro to finish the day. Praggnanandhaa now has 12 points, while Carlsen is second behind China's Wei Yi on the second day of the \$150,000 tournament. Praggnanandhaa is currently tied for fifth with Ding Liren. Praggnanandhaa stunned Carlsen in the eighth round of the Airthings Masters online rapid chess tournament in February, becoming only the third Indian to defeat the Norwegian superstar.

SINDHU LOSES IN THE SEMIFINALS OF THE THAILAND OPEN

PV Sindhu was defeated in straight games in the semifinals of the Thailand Open on Saturday by Olympic champion and world number four Chen Yu Fei of China. Sindhu, a two-time Olympic medalist, was defeated 17-21, 16-21 in 43 minutes by third seeded Chen, capping off an impressive run in the Super 500 tournament. Sindhu, seeded sixth, had a 6-4 head-to-head record going into the match, but she was not at her best and made too many unforced errors against the Chinese, who played aggressive badminton to beat the Indian. The 26-year-old from Hyderabad had also lost to Chen in their previous meeting at the 2019 BWF World Tour Finals. Sindhu was the first to score, but Chen improved her defence and kept the rallies going with her overall game, forcing the Indian to make mistakes. Sindhu fluffed the lines in search of precision, while Chen was spot on with her video referrals as she led 11-7 at the break in the first game. Things didn't change much as Chen continued to dominate the rallies. With Sindhu finding the net and going wide and long, the Chinese tightened her game and turned the tables, allowing Chen to take a 15-12 lead. Sindhu narrowed the gap to 15-17 with a precise return that just kissed the lines, but she went wide again with a cross court return. Chen then won on Sindhu's forehand before sending another one to the forecourt to take five match points. The Chinese blew one with a long shot before winning the match with a body smash.



EXPERT



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FAQs ON
STRESS MANAGEMENT

Q1. Why am I perplexed as a leader? Please help me!

Ans. Though a foggy question, i will try my best to clear your perplexity. All of us understand that Leaders are supposed to have the ability to inspire and motivate others positively! The perplexity can be for the reason that of forcing as a 'boss' due to deteriorated personal power of yours! The confusion may be due to the shift of your thinking from 'a humble leader' to 'a Successful Boss!' Personal power is more of an attitude or state of mind than an attempt 'to control' others. Let us analyse the probable reasons for your perplexity as a leader (Please don't feel offended) and let us discuss suggested solutions of the identified reasons (Please do practice!):

• When have you stopped accepting your mistakes? Why always your team is underperforming and you are not at all responsible for that? When you started replacing your words 'let's finish the task' with

'all the best for your task!

'Learn to agree to that not everything is in your power! You can also go wrong in allocating work or inspiring team or not upskilling yourself! When you stress things are not functioning the way you expect forcefully, it further reduces your personal power, making you feel more powerless, worthless and not in control.

• Aren't you facing leader paradox? What happened to your humility and empathy? Why you have become problem to your team? Individuals with personal power don't require to 'shout' about what they want, and they seldom make team feel insufficient or unappreciated.

Your job is to turn out to be extremely excellent at influencing and motivating team to support and help you in the accomplishment of your goals and the solving of your problems.

• Why every time you force 'direction to think' to your team? Do you really have followers who get inspired by your virtue? Do you really think a true leader creates leaders? Do you listen to your inner self? Do you try to get inside and observe your thoughts?

Listen to your own thoughts! Learn to notice where thoughts come from. Focus on your ideas rather than trying to adopt the idea shared by someone else. Others ideas may not be working for you or you are trying to shape yourself to fit it. A true leader is one who creates followers with unconditional acceptance! Focus on humility, humanity and empathy which made you a leader few years back!

• Are you using more force to show your power? Can't you observe your employees are hesitating to approach you? How many times in a day you have to scream 'Hello, listen to me' or 'Don't tell me anything' or 'Hello, do what i say' etc. It seems you have forgotten the basics of employee psychology that the team members mentally block the 'dominating bosses and eventually the organization loses synergy.

If your team is feeling powerless while approaching you, after discussion, they should leave feeling fearless and capable of something! Your approach towards them has to be more about helping them to get a new perspective on their professional life so that they could think in an improved way!

• A true leader can direct the team without controlling them, will you ever agree? How many review meetings you conduct without putting your team down? How many times in the meeting you scream "This is not what i wanted' or 'This is not what I expected' or 'you have not done any work' etc

Arrogance involves putting others down when you have the chance, while confidence does not! Confidence may very well be the primary power to all of our cheerfulness and success. When your confidence drops, your personal power can go down too. When you own your personal power, you can easily look behind to discover that you've got a wonderful team which follows your lead.

• How many times you have denied what you promised? When you stopped being self-less? Why your words and actions never match? Your seniority and excellence in the organization can't be the weapon to act with selfish motive to

to retain your indispensable position!

Ok, please don't feel offended, move on, correcting the mistakes! You were accepted by the mass as undeniable leader due to your excellent qualities like humanity, humility and empathy! Bounceability is the ability to bounce back from negative experiences. When you fail, accept, try to pull yourself back to a place where you can reset and restart to progress and apply more of your personal power.

• Be truthful, don't you enjoy (or demand) 'Thank you sir', 'You are great sir', 'can't think of a working day in this organization without you sir', 'you gave such brilliant ideas, sir', 'you are always right sir' etc?

Personal power is not about just influencing the team but to inspire the team. It's about your positive influence on team without exploiting the power of leadership. Personal power means you can influence and change things without singling out or hurting others.

• An effective leader gets more done than most! Efficiency is more about getting the right things done rather than just getting things done, will you ever agree?

It is ok to not achieve what we set before as standard! It is ok to fall short! All of us need to realize that failing can contribute too! Don't fear failure, embrace it. It is only really failure if you fail to learn something from it.

• Many times, you agree or not, you ask questions without preparing to take the teams views! What made you so insecure to feel endangered by the team's viewpoint?

Learn empathy and self-acceptance. Look for the evidence of your brilliance in the past. You became leader because of humbleness and compassion, now what made you feel insecure? Generate a positive, compassionate group of individuals around. Look for the positive in any situation and radiate goodness.

I hope the analysis and suggestions given above will definitely help you to regain your personal power. Those who can drive self with charismatic personal power can definitely inspire team to accept his leadership in a positive way. An effective leader have a way of being cosy in their own skin, believing what they trust, and assertively saying their own opinions while respecting and honouring others without feeling endangered. This makes them best positioned to provide their goals. It also makes them great leaders, great colleagues, and firm associates and loved ones. Please remember we are all souls who are performing some tasks, fulfilling responsibilities and not just roles! May you regain your personal power and radiate the goodness of effective leader, stay blessed!

Mail your questions on
stressmanagementhulahul@gmail.com

or

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

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

QUIZ TIME



1. Little Bloodtail, which is considered as a harbinger of monsoon, belongs to which type of species?
2. Which state/UT launched the Chief Minister's Sishu Sewa Scheme?
3. The recently reported H10N3 is a strain of?
4. What was India's fiscal deficit for 2020-21 as per the Controller General of Accounts (CGA) data?
5. Which technology company launched the Asia-Pacific cyber security council?
6. Kharg, the largest warship of which country, has recently caught fire and sank in the Gulf of Oman?
7. Leading rating agency Moody's Investors Service, has pegged India's GDP growth at which level, for Fy22?
8. Arctic National Wildlife Refuge, which was seen in the news, is located in which country?
9. Which County has announced additional USD 800 million funding to the COVAX programme?
10. Which organisation releases the Food Price Index, to track the international prices of a basket of food commodities?

1. The more you take, the more you leave behind. What am I?
2. What does nobody want, yet nobody wants to lose?
3. Why did the spider get a job in I.T.?
4. How many bananas can you eat if your stomach is empty?
5. An electric train is headed east. Where does the smoke go?
6. Before Mt. Everest was discovered, what was the tallest mountain in the world?

1. Dragonfly
2. Assam
3. Bird Flu
4. 9.3%
5. Microsoft
6. Iran
7. 9.3%
8. USA
9. Japan
10. FAO

Answers

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1. Footsteps
2. Work
3. Web Designer
4. Just one after that it's not empty anymore.
5. Electric trains don't produce any smoke!
6. Everest. It just wasn't discovered yet.

Answers

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