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INTERNATIONAL LABOUR DAY- AN ENVISIONED SUCCESS IN LIFE!

Hard Work is the key to achieving success in life. It is a fundamental requirement for success in life. We cannot envision achievement in life if we do not work. We fantasize and desire, but it is only through hard work that our fantasies become a reality. The evolution of human civilization emphasizes the significance of labour. We have no other option than to work hard in order to realize our ambition. Even animals need work to obtain nourishment. Labor is required for survival. It is nearly impossible to achieve success in life without working.

The achievements of great corporate titans such as L.N. Mittal, Dhirubhai Ambani are intertwined with the thread of labour. Great individuals such as Mahatma Gandhi, Rabindranath Tagore, Subhash Chandra Bose, and Pandit Jawaharlal Nehru rose to prominence via their hard work. They sacrificed their rest and comfort for the sake of civilization, and their names will live on in history.

In India, labour refers to employment in the Indian economy. In 2020, India has over 501 million workers, making it the second largest economy after China. Agricultural sector accounts for 41.19 percent of the workforce, the industry sector accounts for 26.18 percent, and the service sector accounts for 32.33 percent. Over 94 percent of these people work in unorganized, unstructured businesses that range from pushcart merchants to home-based diamond and gem polishing companies. Workers in the organized sector include those employed by the government, state-owned enterprises, and private sector businesses. In 2008, the organized sector employed 27.5 million people, 17.3 million of whom worked for the government or for organizations owned by the government. According to the Human Rights Measurement Initiative, India is only doing 43.9 percent of what should be achievable at its financial level of right to work.

Every year on May 1, the world observes International Labour Day, often known as May Day. The day is observed to honor the hard work of the Labour class. The day honours the labour movement's demand for eight-hour workdays and paid leave. Labour Day is also

known as 'Antarrashtriya Shramik Diwas' or 'Kamgar Din' in India. This day is observed as a national holiday in 80 countries across the world, including India. The origins of Labour Day may be traced back to the rise of industrialization. These days, the labour class is exploited



by industrialists. They demanded a lot of labour from them yet paid them little to nothing. Laborers were compelled to labour for 10-15 hours a day under extremely difficult conditions. Those who worked in chemical plants, mines, and other comparable suffered a great deal.

Finally, they mustered the will to stand unified and speak out against this injustice. Around the same time, trade unions were formed and strikes were held. It was also outlawed in a number of countries. As a result, they organized a trade union and protested. Members also held rallies and protests. Eventually, the authorities listened to their plea and cut the working day to eight hours. As a result, a special day was set aside to recognize the accomplishments of this class.

May Day was originally observed in India on May 1, 1923, by the Labour Kisan Party of Hindustan, with Comrade Singaravelar (Singaravelu Chettiar) in charge.

The Comrade, known for being one of the representatives of the Self Respect progression in the Madras State and for his struggle for the protections of weaker sections of the society, adopted a resolution declaring that the government should permit everyone a public holiday on Labour Day in two sessions, one at Triplicane sea shore and the second at the seaside opposite Madras Tribunal.

On this day in 1960, Maharashtra and Gujarat became independent states. As a result, it is known as Maharashtra Diwas and Gujarat Diwas in the states of Maharashtra and Gujarat, appropriately.

It is an once-in-a-lifetime opportunity for people all across the world to commemorate the effective functioning of the masses. Workers gather on this day to demonstrate their might, demonstrating how effectively they can strive to bring about beneficial changes in the workings of societal structure.

It is observed as a day of demonstration not just in India, but throughout the world. Also, this is the time when working men and women march in rallies to protect their rights and objectives.

Furthermore, many labor groups and trade unions prepare parades to ensure that the market policies they suggest become implemented in a brief span of time. Aside from marches, competitions are being created for students to participate in and experience the link of cooperation.

Moreover, this imparts the endurance of togetherness, which is the spirit of the marches that take place as part of the Labor Day ceremonies. Many representatives from different political parties give public addresses during the parades to commemorate the spirit of May Day.



AN INITIATIVE TOWARDS A SUSTAINABLE FUTURE!



AYUSHMAN BHARAT Diwas

costs of execution are distributed between the government and the various states. Amongst the most essential aspects of this system is that persons truly needy can receive cashless hospitalization. From the start, the initiative addresses pre-existing conditions. As a component of this initiative, around 1393 procedures are carried out.

Ayushman Mitra:

- The "Ayushman Mitra" initiative was launched to help the destitute seek work.
- The Ayushman Mitra project resulted in the creation of over 10 Lakh employment. The Ayushman Mitras were immediately employed in private and public hospitals.
- The youth engaged under the scheme will be paid Rs 15,000 per month. In addition, they earn Rs. 50 incentive for each beneficiary.

Beneficiaries should be provided with critical information by Ayushman Mitras. They must notify the state agency when the patient has been discharged.

The PM Jan Arogya Yojna, which offers health insurance to the poor, is the most important component of this scheme and was introduced by PM-Jan Ayushman Yojna on September 23, 2018 in Ranchi.

Considering the prevailing pandemic, it is evident that sustaining an individual's wellbeing is of the foremost relevance. Each year on April 30, India remembers Ayushman Bharat Diwas. The Ayushman Bharat Diwas is performed to fulfill two goals. They are accountable for delivering quality health care among the underprivileged as well as offering healthcare coverage to them. Depending on the Socio-Economic Class Surveys information, the day attempts to promote economical medical facilities in remote regions of the country. It will also encourage health and wellness, as well as providing health insurance to the underprivileged. This plan represents the achievement of the Indian government's aspirations, which are aligned with the United Nations' Sustainable Development Goals (SDGs). One of the UN's long-term goals for universal health coverage is to "leave no one behind."

The Ayushman Bharat Yojna is the central focus of the Ayushman Bharat Diwas celebrations. The Pradhan Mantri Jan Arogya Yojna is a critical component of this scheme. This component was launched by the government in September 2018. The Ayushman Bharat scheme is presently the biggest public healthcare scheme in the world. It intends to provide health coverage for the disadvantaged, with each household receiving 5 Lakh INR per year.

The government hopes to meet the healthcare needs of more than 10.74 crore marginalized and low-income families through this program. Beneficiaries include the lower 40% of India's total population. The



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A NOVEL APPROACH FOR SAVING LIVES!



Despite substantial effort to reduce the global malaria burden between 2000 and 2015, improvement has slowed in recent years. Immediate and determined effort is forced to place the world back in shape to meet the WHO global malaria strategy's 2030 targets.

Malaria is a treatable infection that threatens to inflict damage on individual's communities and livelihoods all over the globe. In 85 countries, there are expected to be 241 million cases of malaria and 627 000 malaria-related fatalities in 2020. In the WHO African Region, kids under the age of 5 accounted for more than two-thirds of all deaths. Malaria has long been a significant issue in India. Despite numerous hurdles, India has made significant progress in malaria eradication over the last two decades. It remains a significant government objective in India.

World Malaria Day is an annual event conducted on April 25 to promote awareness about the environmental fight to control and eventually eradicate malaria. World Malaria Day is observed to acknowledge the presence of malaria in countries around the world and to raise awareness about the global struggle against the illness.

Malaria is a contagious bacterial sickness. Signs usually emerge 10–15 days after the pathogenic mosquito bite in a non-immune person. The earliest signs of malaria, such as flu, headaches, and cold, may be minor and difficult to detect. If *P. falciparum* malaria is not cured

within 24 hours, it can proceed to extreme sickness, often resulting in death.

Severe malaria frequently causes one or more of the following symptoms in children: severe anemia, respiratory distress due to metabolic acidosis, or brain malaria. Adults are also prone to multi-organ loss. Individuals in disease regions may discover and learn immunity, leading to asymptomatic attacks.

The 60th session of the World Health Assembly, WHO decision-making body, established World Malaria Day in May 2007. The day was created to convey information about "year-long enhanced implementation of national malaria-control policies, including society initiatives for malaria management and cure in endemic regions" and to give "education and awareness of malaria." Prior to the formation of WMD, April 25 was designated as Africa Malaria Day. Africa Malaria Day was established in 2001, one year after 44 malaria-endemic countries signed the landmark Abuja Declaration at the African Summit on Malaria.

World Malaria Day encourages corporations, multinational organizations (such as Malaria No More), and grassroots organizations around the world to collaborate to raise awareness about malaria.

POETRY OF THE WEEK



The Mango Tree

In front of my house
stands a mango tree;
wherein I could see
lives a lonely bee.

The tree is very old
like years and years and years;
but still it looks healthy
and strong like the bears!

In the darkness of the sky
the tree looks so nice;
and looking like a rose
in the red sunrise!

Beetles come, and beetles go
crows flock the tree;
the mango tree remains stuck
while others remain free!

By
Ahil Rahman

Age; 10 years
Class: 4

Don Bosco school, Park Circus,
Kolkata

PUNDALIK, A REVERENT WHO ATONED FOR HIS MISDEEDS AND WON LORD VISHNU AS GOD VITTHAL!

Deemed to be the first varkari saint, a pious Pundalik was not always looked on as a saint.

Back in the day, a man called Janudev had his home in the small village of Dindirvan, where he used to live along with his wife Satyavati and with a son named Pundalik. Albeit, Pundalik was infamous for being notorious and used to trouble the villagers, however, everything he did demonstrated the acuteness of his intelligence. As Pundalik attained his marriageable age, he inveighed against adhering to the rules and grew up to do freewheeling, it was his idiosyncrasy to be individualistic by which his naughtiness didn't decrease a little. It became a new normal for every villager to come to his parents with mounting complaints about Pundalik every day. But his parents didn't pay much heed to them. The fact that endeared Pundalik to his parents is that they were never querulous about the foibles of his son, soon they decided to marry him off so that he might follow a level headed approach towards his life. Like his pious parents, Pundalik was a devoted son who loved his parents but as he became a puppet to his wife things got worse and he started squabbling and harassing his parents. As Janudev and Satyavati felt ill-used by his son, his wife supported and enjoyed seeing them ill-treated.

When Pundalik made an atonement for his past errors

Parents got vexed and frustrated following persistent agony inflicted on them, so they decided to go to the holy city of Kashi to follow salvation and spend the rest of their lives there. Once Pundalik's wife ferreted out about the pilgrimage to Kashi, she rumbled and brought the absolute question before Pundalik, what if your parents try to flee from this house? Who will do the house chores then? These questions made her desolate and she decided to go with them, Pundalik too tagged along with her.

Both the old age parents were in a tattered demalio state and ponderously scurried bare-footed whereby Pundalik and his wife rode on the horseback.

As the family traveled on their way back home Pundalik decided to take a stop for a few days at the

ashram of sage Kukkuta. One day, as the great day dawned, Pundalik saw first thing in the morning that three beautiful young women came to the ashram draped in fetid, filthy, and dirty saree. They went around



decluttering the ashram, swept, and mopped the floor, and washed sage's clothes. Once they ended up doing all the cleaning work and doing all the chores, they went out dressed in immaculate clothes. Pundalik then approached them and inquired about their presence. In response to his question, one said "we are Ganga, Yamuna, Sarasvati, three holy rivers."

Please elucidate my doubt about what is the need to clean sage's ashram, Pundalik asked.

Three women told Pundalik, that in an act of getting repentance and washing off their sins, some of them take an ablution in our waters and then offer an oblation to the deity. While devotion brings every kind of jollity to the lives of all by performing one's karma, it does not depend on visiting holy places or doing costly rituals. "And for making ourselves free we perform karma and get rid of all the impurities added to us."

Since Pundalik has been continuously wounding the heart of his parents and having been well informed about his misconducts, the goddess opined him to seek the sage's counsel, saying this, soon they disappeared from

the place.

The next day early in the morning, Pundalik broached the subject of how he had been cruel to his parents with sage Kukkuta, who said, "What you had been encountered with all three goddesses were true, to get rid of all the sins you have committed so far you should go after your parents, take care of them and serve wholeheartedly." From that day Pundalik brought changes in his life and metamorphosed his life goal with only devotion to his parents and decided to settle at Pandharpur, where along with his wife he started taking care of his parents. Ever since his indulgence in pious work for his parents, his name became a byword for devotion and good service among gods. Seeing this obvious change Lord Vishnu decided to give him darshan and came down to earth.

When Lord Vishnu reached the house of Pundalik, he was seen immensely massaging his father's leg while the old man slept. When Lord Vishnu called him out from the door, he said, "I beg your pardon, my Lord, as I am only half done with my father, I cannot disturb him. I will only be able to reach you once I finish my duty to my father." Thereupon Pundalik took a brick and threw it towards Lord Krishna to stand upon.

As his father was too soundly asleep to hear any disturbance, Pundalik stood, came out, and received Lord Krishna. Lord Vishnu was gratified to see the devotion in Pundalik's eyes and offered him a boon. "O Lord please stay on earth in the same bodily form for the benefit of mankind and bless all your devotees," Pundalik said. Thereafter, Lord Vishnu came into existence as a stone and was named Vitthal, where a 'Vit' referred to brick and 'Thal' referred to land.

In present-day Dindirvan is the Pandharpur in Maharashtra which is a well-known pilgrimage town.

SANDEEP SINGH- AN OPTIMISTIC MILESTONE IN THE HISTORY OF INDIAN HOCKEY!



For many, he is much more than a superhero. His narrative is one of overcoming unparalleled accomplishment, commitment and incomparable devotion. A hockey player with an incredible degree of tenacity and identity, which genuinely impacted most of us. He has been regarded as one of the world's top hockey players. Sandeep Singh, often known as Flicker Singh, is one of the finest captains in Indian hockey history. His incredible game performance has elevated him to the status of one of the best captains in Indian hockey history.

Sandeep Singh was born on 27 February 1986 in Shahabad, Haryana to a Sikh family. Soon after, his elder brother began exploring hockey as a profession. Keeping an eye on his brother's success. Sandeep was greatly influenced by his brother. Something altered within this slacker, and he gained a desire to play hockey.

Sandeep was as weak as a piece of clay when Bikramjeet Singh instructed him. His coach has played a significant role in shaping his career and achievement. Afterwards, Sandeep accompanied his brother at the hockey academy to practice. His performance

quickly earned him a spot on the Indian National Hockey Team. Sandeep became the youngest Indian player to play for the national team at the 2004 in Athens Olympics when he was 17 years old and rose to fame in the Sultan Azlan Shah Cup in Kuala Lumpur in January 2004. With 12 goals in 2003, he became the junior World Cup's all-time leading scorer. He proceeded to reach his full potential and played well in the 2005 Junior Hockey Cup. He was named captain of the Indian national team in January 2009. Previously, he was the world cup's best goal scorer. Sandeep's career had been heading in the correct direction. It was the first time in India's history that he had secured his path of performing for the Indian team and leading it to the highest levels has rewarded him numerous times.

A sad accident overtook him as he was beaming with his form. Sandeep Singh was selected for his first World Cup in Germany in 2006, but everything turned into a nightmare just before the tournament. Mohar Singh, an Assistant Sub-Inspector on the Kalka-New Delhi Express, fired him by mistake. The gunshot struck him right in the right hip, leaving him paraplegic from the waist down for the rest of his life. Based on his health, the physicians were skeptical about

his ability to stand up and play. The accident caused damage to Sandeep's spine, kidneys, and other organs, resulting in a 40% loss in body composition. It also put him in a coma for several days. At this time 20 years Sandeep, and his family were taken aback when it appeared that he would never be able to pick up a hockey stick again. His brother, Bikramjeet, handed him a hockey stick as a remembrance to keep him committed and motivated to come back to the game. Subsequently, the Hockey Federation approved funding to finish his therapy in the Netherlands. Sandeep Singh has always been appreciative to the Haryana government for their continuous encouragement.

Despite the fact that he had been in such a terrible accident, he retained his battling spirit. Sandeep continued to exercise and hone his talents. In 2008, he made a spectacular comeback at the Sultan Azlan Shah Cup. He went on to become the tournament's leading scorer, with a total of eight goals. He took another hesitant step forward. In 2009, he was named captain of the Indian National Team. The Sultan Azlan Shah Cup in 2009 was India's most remarkable accomplishment. This was the most significant achievement under his command. Only after 13 years could India win this championship.

He won a silver medal in the team competition at the 2010 Commonwealth Games in Delhi. Sandeep was also a member of the team that travelled to London for the 2012 Olympics. The London Olympics were especially noteworthy because India progressed after an eight-year wait. Still, the platform was not in support of the Indian team, but Sandeep's performance astounded everyone. He had a total of 16 goals. With a blistering flicking speed of 145 kmph, he was among the world's quickest drag-flickers.

He is without a doubt one of the best Drag Flickers in Indian Hockey history, and aspires to develop some are like him. He works for "Collectives for Integrated Livelihoods" as a technical and consulting advisor. He is also involved with Tata Trusts, which aims to help 6000 sportsmen realize their goals. Singh has been involved in the game's development from the bottom up and in improving hockey infrastructure. He considers himself lucky to get financial assistance from government entities, but he wants to assist everyone in need. Given his exceptional abilities, he has received the renowned Arjuna Award in 2010.



BRITAIN INDIA COMPREHENSIVE STRATEGIC PARTNERSHIP – NEW ROAD MAP 2030

WPI INFLATION TOUCHES FOUR MONTHS HIGH



Johnson and PM Modi's meeting aims to strengthen the close partnership and advance security cooperation in the Indo-Pacific region. In view of the changing world order and changes in the global economy after the Ukraine-Russia war, how India and Britain will take forward bilateral relations will be an important part of this dialogue. Boris Johnson arrived in Delhi late at night on Thursday, where he was received at the airport by Union Minister Rajiv Chandrasekhar.

Johnson has indicated that the UK is ready to grant visas to more Indian professionals to work there. Modi and Johnson in their virtual meeting last year had set some important goals for bilateral relations between India and Britain by 2030. Its review will be an important part of the talks on Friday. Investment agreements of 1 bn British pounds (about Rs 9,960 crore) are likely to be contracted between the two countries. There will also be few significant declarations about what will happen in future regarding cooperation in green technology to protect the environment.

Johnson has given two significant pointers before starting his journey to India. One, his country will not pressurize India over the Ukraine-Russia war. And secondly, he said that Russia-India has a historically special relationship, as between Britain and Russia until a few decades ago. This will be taken care of while discussing this with Modi. This is relatively dissimilar from the UK's earlier posture. When India decided to abstain from voting in favor of Russia at the UN General Assembly following Russia's attack on Ukraine, some senior ministers in the Johnson government made scathing remarks. Seeing the increasing pressure from Europe and America, India had put forth its stand very strictly that it would stick to the policy of being neutral. India's indirect criticism of Russia over the massacre in Ukraine's Bucha city has also had an impact.

Inflation based on wholesale prices (WPI) touched a four-month high of 14.55% in March. The upsurge was primarily driven by higher crude oil and commodity prices, while vegetable inflation watered-down during the same period. Crude oil and other commodity prices rose as global supply chains were disrupted due to the Russo-Ukraine war. With the rise in inflation, the Reserve Bank may decide to increase policy rates in the coming days.



According to official data released on Monday 16th April, WPI inflation has remained in double digits for the 12th consecutive month since April 2021. Earlier in November 2021, WPI inflation stood at 14.87%. It was 13.11% percent in February, 2022, while it was 7.89% in March, 2021.

Inflation in food items stood at 8.06% for the month under assessment, as against 8.19% in February. During this period, the inflation rate of vegetables declined from 26.93% to 19.88%. Inflation in pulses, wheat, paddy, potato, milk, egg, meat and fish declined. In a statement, the Ministry of Commerce and Industry said, "High inflation in March, 2022 was mainly due to increase in the prices of crude oil and natural gas, mineral oil, base metals etc. Inflation also increased due to disruptions in the global supply chain due to the Russo-Ukraine war."

Inflation in manufactured goods stood at 10.71% in the month under review, as against 9.84% in February. Fuel and power inflation stood at 34.52%. Crude oil inflation rose to 83.56% in March from 55.17% in February. According to data released last week,

retail inflation stood at 6.95% in March. This is the third successive month that inflation based on the Consumer Price Index has continued above the Reserve Bank's reasonable level of 6%.

ICRA Chief Economist Aditi Nair said prices of products like edible oils have not come down substantially despite forecasts of a normal monsoon. ICRA expects WPI inflation to be in the range of 13.5-15% for the current month. Though, it will be subject to on how crude oil prices endure for the rest of April, 2022. Nair said mounting inflation could be a matter of particular concern to the central bank's monetary policy committee.

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GLOWING SPIDER FOSSILS MAY EXIST THANKS TO THE GOOEY SUBSTANCE PRODUCED BY TINY ALGAE

The secret ingredient for fossil preservation at a well-known French site isn't something you'd find in a Julia Child cookbook. According to the researchers, it was a sticky goo produced by microalgae. An analysis of 22-million-year-old spider fossils found in Aix-en-Provence, France, reveals that the arachnids' bodies were coated with a tarry black substance. That substance, a type of biopolymer, was most likely secreted by tiny algae called diatoms that lived in the ancient site's lake or lagoon waters. The biopolymer not only coated the spiders' bodies, but it also pickled them. The team hypothesized that by chemically reacting with the spiders' carbon-rich exoskeletons, the goo helped preserve the bodies from decomposition, allowing them to become fossils more easily. When the researchers, on a whim, examined a spider fossil under a fluorescence microscope, they discovered that this coating may play a role in fossilisation. The substance, to their surprise, glowed a bright yellow-orange. According to Olcott, the fluorescent imaging added a bright, colourful palette to what was otherwise a fairly faint spider fossil. She couldn't tell the spider from the background rock in the original. However, she claims that when she used fluorescence, the spider fossil glowed one colour, the background another, and the biopolymer a third. The researchers then attempted to determine the chemical composition of the enigmatic substance. The team discovered that the orange-yellow glow is caused by an abundance of carbon and sulphur in the coating.



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BEGINNING MAY 11, GOOGLE WILL BAN ALL CALL RECORDING APPS FROM THE PLAY STORE

Google is taking strict measures to prevent applications from offering call recording features to users in order to improve security and privacy on Android. Google has updated its developer policies to reflect numerous changes, including those in Android's accessibility settings to disable remote call audio recording — a popular feature among Android users. For some time, Google has been urging Android users to turn off call recording.



On Android 6, it was possible to disable real-time call recording, but with Android 10, Google removed in-call audio recording via the microphone. However, some apps discovered a bug in Android that allowed them to access the Accessibility Service and provide call recording functionality on devices running Android 10 and higher. Apps will be unable to offer call recording natively unless they have access to the recording API. This will be similar to how the iPhone never provided call recording functionality to its users. While Google outlines the changes that will take effect on May 11, keeping user privacy and security in mind, another reason could be different countries' call recording laws. On Android, apps like Truecaller currently provide a call recording feature, allowing users to circumvent the restrictions imposed by Google with Android 10. It is unclear whether the new call recording restrictions will apply only to the most recent Android 12-powered phones, or if Android 10 and Android 11 devices will also be affected.

WALMART AND FLIPKART HAVE ANNOUNCED A PLAN FOR SELLERS TO EXPORT VIA CROSS-BORDER E-COMMERCE



Walmart is now providing an opportunity for Indian manufacturers and trading companies to expand internationally as cross-border sellers on Walmart Marketplace, where they can reach a growing market of more than 120 million US consumers each month. At the recent Walmart Global Seller Summit in the capital, Walmart, along with Flipkart and cross-border commerce company Payoneer, laid out a detailed roadmap for local sellers with export ambitions. Through the Walmart Vriddhi supplier development programme, Walmart and Flipkart are providing training and support to Micro, Small, and Medium Enterprises (MSMEs) with export ambitions. Vriddhi is currently developing a cross-border trade training programme to assist sellers in preparing to begin leveraging the digital supply chain to sell overseas. A new Walmart Cross Border Trade team in India will assist Indian sellers on Walmart Marketplace at every step of the way. Sellers will be assigned a dedicated account manager to assist them with onboarding and taking advantage of tools such as Walmart Fulfillment Services, which allows sellers to offer two-day delivery to most of the United States, with Walmart handling warehousing, delivery, and returns. Sellers in India will also be able to use the Walmart Connect media platform to run effective advertising and marketing campaigns. They will also have access to an ecosystem of solution providers such as Payoneer. As a global digital commerce enabler, it provides multi-currency payment solutions and India-focused innovations such as automated Foreign Inward Remittance Certificate (FIRC), as well as legal, tax, and compliance support, global shipping and logistics services, and more.

CITIZENS EXPRESS THEIR CONCERNS ABOUT THE ENVIRONMENTAL IMPACT OF THE AKSA BEACH REDEVELOPMENT

Citizens and environmentalists have expressed several concerns about the impact of the Aksa Beach redevelopment on the ecosystem since it began earlier this month. On its sandy beach, a long cobalt pathway and a kilometer-long two-foot sea wall will be built as part of the project. The Maharashtra Coastal Zone Management Authority (MCZMA) approved a proposal by the Maharashtra Maritime Board (MMB) for "seafront development and beautification at Aksa beach" in June last year, with permissions granted only for the construction of an anti-sea erosion wall and parks and recreational grounds, in accordance with the provisions of the Coastal Regulation Zone (CRZ) rules. Other activities proposed by MMB, such as parking spaces, gyms, volleyball courts, and a food plaza, were explicitly prohibited by the MCZMA. MCZMA also directed MMB to ensure that no construction occurs on the beach itself. Similar seafront developments (by the public works department) at Versova Beach and Girgaum Chowpatty (by the city municipal corporation) have been found to be in violation of CRZ regulations since MCMZA's approval, with large portions of the sandy beaches being reclaimed or used as dumping grounds. Environmentalists have raised the issue with local legislators and parliamentarians, among others. According to an MMB official with knowledge of the project, landscaping and the development of a food plaza for visitors are still in the works, but will take place outside of the CRZ-1 area.



PRAGG WINS THE FIRST ROUND OF THE OSLO ESPORTS CUP



The Oslo Esports Cup, the world's first fully in-person chess esports event, began on Friday, with India's young gun R Praggnanandhaa dispatching his opponent, Dutchman Jordan van Foreest, in only three games 2.5-0.5. Magnus Carlsen was in imperious form as he dispatched Polish No.1 Jan-Krzysztof Duda with a thumping 2.5-0.5 victory. The Norwegian even survived a second-game experiment on move 1 by playing

the highly dubious 1.f3 - not a standard move at the elite level. The game ended in a tie. The \$210,000 all-play-all event, held over seven days at chess24.com's esports arena in Oslo, is the first of its kind in online chess. Carlsen, who entered the tournament atop the overall Tour standings, said of his Round 1 performance: "It's pretty good. Three games, that's the best you can do." Carlsen added after playing the experimental 1.f3, he had planned to play it regardless, and had been experimenting to see what first moves one can make playable. But he can't say it was a particularly successful experience because he couldn't remember what to do and had to improvise. In the other matches, Liem Quang Le, the Airthings Master finalist, struggled to a 2.5-1.5 loss to Shakriyar Mamedyarov. The tournament underdog, popular streamer Eric Hansen, who is ranked 237 in the world, lost in the first round to Dutch No.1 Anish Giri.

UNNATI HOODA, A 14-YEAR-OLD SHUTTLE, IS THE YOUNGEST INDIAN MEMBER OF THE ASIAN GAMES SQUAD

The Badminton Association of India announced strong contingents for the upcoming Thomas and Uber Cup, Commonwealth Games, and Asian Games on Thursday. Unnati Hooda, a 14-year-old teenage sensation from Rohtak, has qualified for both the Asian Games and the Uber Cup by finishing third in the women's singles at trials, behind Kashyap and Ashmita Chaliha, who took first and second place, respectively. Hooda is the country's youngest badminton player to make the Asian Games squad. The squads for the upcoming events were announced after six days of high-voltage competition and nail-biting action at the Indira Gandhi Stadium in New Delhi. The league-cum-round robin format tested the ability of the players in each stage from April 15-20, with 120 players participating in the five categories. Aside from the squads for this year's three major tournaments, the BAI also finalised the names of 40 players (20 men and 20 women) for the senior national coaching camp and core group for the 2024 Olympic Games, based on their positions in trials. The 32nd Thomas Cup and 29th Uber Cup are scheduled for May 8-15 in Bangkok, while the 2022 Commonwealth Games and 2022 Asian Games will begin in Birmingham and Hangzhou, respectively, on July 28 and September 10.



R. MADHAVAN'S SON, VEDAANT MADHAVAN, WINS GOLD AT THE DANISH OPEN 2022



Actor R Madhavan is overjoyed after his son Vedaant Madhavan won a gold medal in swimming at the Danish Open 2022 in Copenhagen. His 16-year-old son won a medal in the 800m swimming championship with a time of 8:17.28 minutes. R Madhavan's son, Vedaant Madhavan, has already begun his Olympic preparations. However, due to a lack of resources in the country as a result of the pandemic, the actor has relocated to Dubai to help his child with

his training. Adding a second medal to his tally, fast-rising Indian swimmer Vedaant Madhavan won gold in the men's 800m freestyle at the Danish Open in Copenhagen. The 16-year-old shaved 11:48 off his personal best time to finish in 8:17.28, edging out local swimmer Alexander L Bjorn by 0.10 to take the top spot on Sunday night. While Vedaant's performance was good enough to earn him a gold medal at the meet, it fell short of international standards. Robert Finke of the United States won gold in the event at the Tokyo Olympics last year with a time of 7:41.87, while the world record is 7:32.12. Vedaant, on the other hand, has made significant progress. He has improved his personal best times in all three events he has competed in at the current meet. On Friday, he won silver in the 1500m freestyle event before improving his 200m freestyle time to finish 12th overall in the event. Several celebrities from the industry have sent their best wishes to Madhavan.

SARITA MOR AND SUSHMA WIN BRONZE MEDALS AT THE ASIAN WRESTLING CHAMPIONSHIP

Defending champion Sarita Mor was not at her best but still managed to win a bronze medal at the Asian Wrestling Championship on Thursday, while Sushma Shokeen also finished on the podium. Sarita, the 2021 World Championship bronze medalist, began her five-wrestler 59kg competition with two defeats - against Mongolia's Shoovdor Baatarjav (1-2) and Japan's Sara Natami (VSU) - but recovered by winning her last two bouts. She first defeated Dilfuza Aimbetova of Uzbekistan by technical superiority, then defeated Diana Kayumova 5-2. Sushma won bronze in the 55kg category, which also had only five wrestlers. She lost to Japan's Umi Imai due to technical superiority, but rebounded with a 5-0 win over Kazakhstan's Altyn Shagayeva in the next round. Then she had a spectacular fight against Uzbekistan's Sarbinaz Jienbaeva, winning by fall. She did, however, suffer a crushing defeat at the hands of a local girl, Otgonjargal Ganbaatar, to whom she lost due to technical superiority. Her two victories were enough to earn her a bronze medal. Manisha was also in contention for a bronze medal in the 50kg, but she fell to Uzbekistan's Jasmina Immaeva in the medal match. Sonika Hooda (68kg) and Sudesh Kumari (76kg) were unable to advance to the medal round. India has won seven bronze medals in the championships so far. On the first two days of the continental championships, the Greco Roman wrestlers had won five bronze medals.



EXPERT



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FAQs ON STRESS MANAGEMENT

Q1. Is Personal growth plan beneficial to all? How to develop one?

Ans. There are seven main categories of personal development viz. Personal Skills, Personal Growth, Personal Power, Personal Improvement, Personal Empowerment, Personal Analysis, and Personal Objectives. Personal growth is one of the most important 7Ps of personal development. A personal growth plan can be defined as “the process of creating an action plan based on consciousness, values, expression, goal-setting and planning for personal development within the framework of a career, learning for self-improvement and relationship.”

A personal growth plan unites all areas of our life. The benefits we can add by investing in our personal development are boundless. Following are a few benefits of putting into practice a personal growth plan:

- Boost our confidence in our ability to get things done
- Directs us of what we want and what we need.
- Enhance our self-esteem
- Helps us in Heightening self-awareness of our strength and areas of development.
- Improved focus to achieve
- Improved mental well-being
- Improved performance
- Improved skills and knowledge in our area of expertise
- Lead by model and inspire others
- Reduced stress levels
- Stronger willpower and greater resilience.
- We become more likable and attract like-minded individuals.
- We become more motivated and procrastinate less.
- We create more fulfilling relationships with people around us.
- We empower to strive for the best and never settle for anything less than what we deserve.
- We benefit from a better work-life balance.

A personal growth plan or personal development plan (PDP) comprises a description of one's aspirations, skills or competencies, education and strength training, and steps to achieve the self-growth plan. Let us now discuss steps to developing a Personal growth Plan:

- (1) Identify what you want for personal growth. Set yourself goals. The first step to creating your personal growth plan is to recognize the areas of your life that require improvement. Develop your vision accordingly. Begin your personal growth journey with a lucid vision of where you want to end up.
- (2) Prioritise those goals. Have a reality check to prioritize. Inspect where you stand now with your vision. A personal growth plan occupies self-reflection and self-awareness. The SWOT analysis is an exceptional framework that you can use to prioritise your goals. It's important to only choose a few to work on at a time or else it will feel too devastating and you'll lose motivation.
- (3) Set yourself deadlines for when you want to attain them. The third step is to identify and set up your milestones. Setting milestones let you to construct a clear and achievable plan to reach your goals. You can use the SMART goals technique to set up your milestones. A SMART goal is Specific, Measurable, Attainable, Relevant, and Time-bound goal.
- (4) Recognise threats and opportunities. Evaluate the set goals and identify the threats and opportunities before you. You must take a look at what's getting in your way. Create a 'not-to-do list' to keep track of what you don't want to do. Now that you've recognized the areas you want to challenge, evaluate where you're at accurate now so you can think ways to get better.
- (5) Develop your skills. Personal development skills are qualities and abilities that help you nurture both personally and professionally. Understanding and improving these skills can assist you make the most of your potential. Use your support system. A way to help you progress a step nearer to your goals is by creating a system of supporting habits. It's okay to admit that you can't make a personal growth plan all on your own. You can

enhance your personal development skills by taking lessons, learning from the people around you, gaining new talents and getting better upon existing ones.

(6) Measure your progress. When conducting self-reflection to review your plan, you can ask yourself the questions: What is working well in your current plan? How faraway am I from my long-term goals? What should I focus on doing coming week or coming month? What did I learn from accomplishing the goals I set?

Everyone has the power to modify their lives for the better. Whether you seek further accomplishment in your personal or professional life, the first step is deciding that you are prepared to commit to a personal growth plan. With this growth plan, you can stop comparing yourself with others. This will then guide to clarifying your exact reason for wanting to change, looking for the best tools to get you there and then keeping track of your improvement along the way.

A personal growth plan is a guideline for life: your goals, how you aim to achieve them, skills you need to master and habits you want to build up. It should cover areas such as career, education, relationships, and self-improvement. Start making changes in your life today, and you'll soon start seeing the results you have sought at all the times! Best of luck, stay blessed!

AN INITIATIVE OF HULAHUL FOUNDATION

FEELING STRESSED? NEED A SOLUTION



Ask the EXPERT

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

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

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

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

Please note:
Only selected questions will be answered

Keep reading

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QUIZ TIME

1. Kaziranga National Park is located along the Indian River?
2. The world's largest electric cruise ship has made its maiden voyage in which country?
3. 'Business Blasters' is a flagship program of which Indian state/UT?
4. Which regulator body launched the ideathon named 'Manthan'?
5. Which country recently signed the "Emmett Till Antilynching Act" into law?
6. 'Mes Aynak site' and 'Buddhas of Bamiyan', which were seen in the news, are located in which country?
7. Which state won the 'best state' award at the National Water Awards 2022?
8. National Film Development Corporation (NFDC) is a Public sector unit working under which Ministry?
9. Which organisation manufactures the 'Light Combat Helicopter Limited Series Production (LSP)', an indigenously developed combat helicopter?
10. Varuna' is the bilateral naval exercise between India and which country?



1. Two mothers and two daughters went to dinner and everyone ate one portion each. A total of three portions are eaten, how is that possible?
2. What breaks but never falls, and what falls but never breaks?
3. If it takes 5 elves 5 minutes to make 5 toys, then how long will it take 100 elves to make 100 toys?
4. I am going out when you are sad or when you are happy. Other times you want to hide me but it's hard so please don't try it. What am I?
5. What is tall, dark/grey, and invisible?
6. Alex's dad has 3 daughters, Marie, Christine, what's the name of the third daughter?

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9. HAL

8. Ministry of Information and Broadcasting

7. Uttar Pradesh

6. Afghanistan

5. USA

4. SEBI

3. New Delhi

2. China

1. Brahmaputra

ANSWERS

6. Alex

5. The smoke

4. Tears.

3. It takes 1 elf 5 minutes to form 1 toy, so it might take 100 elves 5 minutes to make 100 toys.

2. Dusk and dawn

1. It was a grandmother, a mother, and a daughter.

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