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AN APPROACH FOR ECOLOGICAL SUSTAINABILITY!



sustainability, ocean warming, and nutrition security, among many others. WED also contributes to changes in consumer patterns as well as government and environmental policies.

The leaders of the world are attempting to slow the rate of environmental degradation, while institutions such as the United Nations are developing projects to raise awareness and promote individuals to participate to address environmental issues.

Among these projects were the 2019 Sustainable Development Summit, the 2019 Climate Action Summit, and the 2030 Agenda for Sustainable Development, the Paris Agreement, and numerous more programmes such as river mitigation, reforestation, shoreline erosion, and wetlands sustainability. If all of these precautions are in place, citizens must also take actions to preserve the environment in which we already live. Humans can be certain that everyone's actions will make a significant difference and assist the ecosystem in being environmentally sustainable.

World Environment Day, organized by the United Nations Environment Programme (UNEP) and observed annually on June 5th since 1974, is the greatest global forum for ecological outreach programs and is recognized by millions around the world. Sweden is hosting for 2022 with a theme of only one Earth.

In collaboration with the UN Environment Programme, the Swedish government will organize World Environment Day 2022. (UNEP). The year 2022 celebrates the 50th anniversary of the first United Nations Conference on the Human Environment - the 1972 Stockholm Conference, which resulted in the establishment of UNEP and the designation of 5 June as World Environment Day this each year.

Only One Earth will be the theme of World Environment Day 2022, emphasizing such a need to survive

and thrive in harmony with nature by delivering modifications – through regulations and human choices – toward healthier, greener livelihoods. Only One Earth was the slogan for the 1972 Stockholm Conference; 50 years later, the slogan remains true: this globe will be our only home, with precious resources that humankind must respect. Restructuring social and financial institutions, as per the UNEP's Achieving Harmony with Environment study released later this year, entails enhancing our relationship with the environment, appreciating its meaning, and bringing that worth at the centre of strategic planning.

"We want to see the nation making some progress on one of the worst COVID-19 outbreaks by 2022. However, humans do so with the understanding that countries tend to endure the threefold terrestrial challenges of changing climate, biodiversity loss, and degradation," stated UNEP Executive Director Inger Andersen. "Sweden's decision – and a World Environment Day theme that places natural systems at the heart of environmental activity – reminds us of the foundations of the crucial purpose of maintaining our ecosystem and introduces vital momentum into worldwide attempts to develop a sustainable future."

Sweden has achieved significant gains and unprecedented commitments in ecological sustainability since convening the Stockholm Conference five decades ago, along with a protracted climate intention of securing negative effects on the environment by 2045 and negative emissions subsequently, its anticipated involvement as host of World Environment Day in 2022 reflects both previous dedication and vision, as well as a greater level of aspiration for the foreseeable.

Each year on June 5, the world celebrates World Environment Day. It is the United Nations' cornerstone day for raising global environmental awareness and participation. It has developed over time to become the biggest international venue for environmental outreach efforts, and it is embraced by millions of individuals all over the globe.

The ecosystem is the fundamental source of life for all biological things on the planet. It is formed of both organic and man-made aspects. Air, water, land, and live organisms are examples of organic components. The natural habitat is divided into four major modules: the biosphere, the lithosphere, the hydrosphere, and the atmosphere. It is necessary to safeguard the ecosystem if needed to shield biodiversity and sustain various species. With the devastating rate of global warming caused by pollution and environmental degradation, finding solutions to protect the natural environment from substantial damage should be the top concern. Restoring the environment to its natural state is essential and the only remedy and collaborating towards a more shared goal will be the simplest and quickest method to prevent further environmental damage. Climate change, resource depletion, inadequate infrastructure, public health, food and nutrition security, and promoting gender equality must all be addressed. "Any answer to one problem must be applicable to all." This is what we must do and take a glance forward seeing: understanding the link and delivering solutions.

The United Nations General Assembly established World Environment Day on June 5, 1972. (WED). The first event took held in 1974, with the tagline "Only One Earth." In the years afterwards, WED has developed into a forum for raising focus on environmental issues such as air pollution, plastic pollution, illicit wildlife trade, economic



RETRACE THE STEPS TO THE REALM OF HEALTH!



Milk and dairy derivatives are essential for human existence. So, honoring a day for it is quite acceptable. Milk is an important component of a healthy and balanced diet, and honoring its abundance promotes awareness and distributes its richness around the world. Observing India's association with dairy or milk products, the nation has developed as one of the world's biggest manufacturers of milk, with over 150 million tonnes of output and per capita accessibility of more than 300 grams per day.

The key objective of World Milk Day is to raise awareness of the advantages of milk in a human's body. It's also the first food consumed by a newborn after birth and may be the only food taken during life. In essence, it is the first food consumed by any species on this planet born on the globe. Milk contains the majority of the nutrients that the human species need. The dairy industry helps with conservation, sustainable growth, nourishment, and survival.

As a result, World Milk Day is an annual celebration observed by numerous countries to educate people about the importance of milk intake. Milk contains a variety of nutrients that are essential for growth and maturation. It strengthens our bones and provides us with vitality. It is also beneficial to cognition. On June 1st, the United Nations Food and Agriculture Organization observes World Milk Day. It strives to generate constructive

dialogue and demonstrate how much we absolutely adore milk. The last year events kick off on May 29 with the Embrace Dairy Rally and conclude on June 1 with World Milk Day. This year's 2022 the theme is Sustainable development in the Industry, with statements centered on the climate, nourishment, and socio - economics. According to the Food and Agriculture Organization (FAO), thereby, we will restore dairy farming to the world. On World Milk Day 2020, there were 417 advertisements in 68 countries, with 842 million active social media impressions.

India is the leading producing country, followed by the United States, China, Pakistan, and Brazil. The country makes 22 percent of the world's milk. A 250 ML glass of milk can offer 48 percent of a child's dietary protein requirement, 9 percent of their calorie necessity, and essential micronutrients such as calcium, magnesium, selenium, and B vitamins. The Surgeon General of then-US President Theodore Roosevelt issued a 600-page study in 1908 that "owing to many infant fatalities to contaminated milk and claimed that pasteurization was the best step towards addressing the significant public health disaster." Pasteurization was introduced by Louis Pasteur, who made milk a healthy and safe intake for everybody.

Although milk is high in minerals, vitamins, and calcium, essential vitamins are not found in milk. Milk, for example, contains no vitamin C. Citrus fruits are high in

vitamin C. Milk, on the other hand, is high in vitamin A, B12, calcium, thiamin, and riboflavin. Vitamin A helps with eyesight, immunological function, and the regular advancement of body cells.

The dairy sector is an unavoidable component of a nation's food production, health and nutrition sector, and economical, sociological, and prosperity. Production of milk has provided financial assistance to human beings and animals for many centuries. Dairy product consumption has risen 100 times faster than traditional. Dairy products, particularly milk, were ingrained in people's daily lives.

The incorporation of items containing milk, as well as cereals that require milk includes this. Although the consumption of milk and dairy products differs by country, the foundation constituent of all such items is milk. Because milk is so important in everyone's diet, commemorating World Milk Day becomes important as well.

The subject of the World Milk Day in 2021 was Sustainability in the Dairy Sector. In addition, it will also emphasize on the need of adding foodstuffs in the dietary for a balanced safe and active existence. Exploitation or reliability issues involving consumption, as well as organizations that propagate flawed ideas and low-quality goods will be evaluated. The purpose of this festival is to raise understanding of the health importance of consuming milk and dairy products. It is also necessary to include it in our everyday diet regimen.

World Milk Day festivities take many forms. Individuals from all around the world commemorate it in their own unique ways. People in New York State, USA, participate in the World Milk Day Milk Contribution for the underprivileged and impoverished in their neighborhoods. On World Milk Day, there are updated recipes and films from notable chefs, as well as cooking passion. The social media platform is ideal for this purpose. The combination of healthy elements with traditional milk recipes creates delectable foods in novel ways. Teachers can take school pupils to a nearby dairy or farm to learn more about dairy farming. Allow them to learn about cow milking, pasteurization, and the entire process of dairy farming.

ANTI TOBACCO DAY: A DAY TO SAFEGUARD LIVELIHOOD!

Each year on May 31, World No Tobacco Day is commemorated to emphasise the dangers of tobacco usage. The yearly initiative is a chance to promote awareness in order to minimize consumption and safeguard livelihoods. The World Health Organization (WHO) celebrates World No Tobacco Day to raise awareness about the health consequences of tobacco use as well as convince governments to implement regulations that discourage smoking and the use of various tobacco products.

In 1987, WHO member countries established World No Tobacco Day to call worldwide attention to the tobacco problem and the unnecessary suffering and death it generates. The day is also meant to call consciousness to the

extensive usage of tobacco and its severe health implications, which presently cause more than 8 million deaths globally each year, including 1.2 million as a result of nonsmokers getting subjected to second-hand smoke. All around the world, authorities, public health authorities, smokers, producers, and the tobacco business have expressed both support and opposition to the day.

WHO has announced the worldwide movement for World No Tobacco Day in 2022, titled "Tobacco: A Threat to Our Environment." The movement's goal is to create public attention to environmental consequences of tobacco, throughout farming to manufacture, transportation, and disposal.

The tobacco business impacts the environment and weakens climate resilience by squandering resources and harming ecosystems with a total greenhouse gas production of 84 megatons of carbon dioxide equivalent. Annually, over 3.5 million acres of forests are devastated for tobacco farming. Tobacco cultivation adds to deforestation, particularly in undeveloped countries of Tobacco plantation deforestation causes soil deterioration and "failed yields," or the land's ability to support the growth of any other crops or vegetation. The use of tobacco and its products gives excessive strain to Mother Nature and harm its ecosystem in majority. This is vulnerable for the underdeveloped nations throughout the globe. With smoking not only an individual is harming

STOP SMOKING!
World No Tobacco Day



his life but also ruining the natural ways of livelihood which is essential for the sustainability of other human kind who is not consuming tobacco in any form.

The ecological responsibility placed on the nations least is allowed to bear it, while international cigarette businesses operating in greater countries benefit. Tobacco has a hugely disparate influence on various economic backgrounds, with approximately 90% of all tobacco farming concentrated in poor countries. Several farm owners and government officials in low- and middle-income nations perceive tobacco as a revenue source that can yield growth in the economy; regrettably, the quick cash assistance of the crop are counterbalanced by the long-term repercussions of enhanced undernourishment, prevalent prolonged farmers' budget deficit, chronic condition and deprivation between many agricultural workers, and widespread harm to the environment.

The tobacco industry has also made significant investments to "greenwash" its ecologically detrimental operations by quantifying influence on the environment and financing environment CSR programmes and groups. Their camouflage only works because of a lack of specific data, as well as inadequate and uneven regulations at the regional and international levels. Tobacco intake reduction must be highlighted as a crucial mechanism for attaining all of the SDGs, including those not connected directly to wellbeing. The initiative urges authorities and lawmakers to enhance legislation, including developing

and managing current measures to hold tobacco companies accountable for the financial and environmental implications of product waste.

Yearly, tobacco kills more than 8 million individuals worldwide. Over 7 million annual deaths are the result of extreme tobacco consumption, while approximately 1.2 million are the nonsmokers being subjected to second-hand smoking. Tobacco use is a strong risk factor for numerous respiratory problems and worsens respiratory disorder aggravation. A series of research conducted by public health officials gathered by WHO on 29 April 2020 discovered that smokers are much more likely to suffer serious disease from COVID-19.

COVID-19 is a viral infection that mostly makes it difficult to breathe. Tobacco use reduces functional ability, making it much harder for the body to fight off corona viruses as well as other infections. Tobacco use is also a major trigger for non communicable diseases such as heart disease, cancers, respiratory ailments, and hypertension, putting people with these problems at a higher likelihood of developing serious sickness if they are infected with COVID-19. According to available studies, smokers are more likely to get serious diseases and die.

WHO is continually assessing latest findings particularly examining the relationship between cigarette use, nicotine usage, and COVID-19. WHO encourages that people quit smoking immediately by adopting tried-and-true techniques such as toll-free quit lines, mobile phone text services, and tobacco cessation medicines. It also emphasizes the necessity of morally justifiable, elevated, research studies that will contribute towards the development of people's health, highlighting that the endorsement of experimental solutions may be harmful to human health.

ABHIMANYU THE GREAT WARRIOR

A person needs to put in hard work to build up the potential like Abhimanyu. The story of Abhimanyu inspires us to be the best version of ourselves. Abhimanyu was a great fighting man who endured a terrible death. He was the descendant of the Arjuna and Subhadra (Arjuna's second wife). Privileged to be under the tutelage of his father and his maternal uncle Krishna, Abhimanyu acquired the most secretive nuances of strategic warfare.

Abhimanyu's birth was destined to happen and played a pivotal role in the war. When he was in the womb of his mother Subhadra, he heard the elevated converse about an advanced battle of Chakravyuh between his mother and her brother, and every word and thought penetrated his mind and he gained the secret of advancing through it successfully. But, regrettably, he couldn't listen to the later part of the conversation, where Lord Krishna had explained how to come out successfully from the encircled Chakravyuh.

It was the 13th day of the war in Mahabharata when Kauravas came up with a plan to engage Pandavas with a Chakravyuh, as Arjuna was the only one versed with the dealing in getting out of the Chakravyuh formation, they planned to keep Arjuna busy on the other side of the Chakravyuh with help of skilled warriors. As Arjuna was alone conversant with the rules of Chakravyuh but he was busy fighting with warriors, Abhimanyu came to rescue the Pandavas and entered all alone in the Chakravyuh filled with ginormous combatants. But unfortunately, he was only acquainted with how to enter Chakravyuh.

Everyone was astounded at the sheer audacity of the Abhimanyu, so great was his valor that doyen in the field of war, like Dronacharya, Duryodhan, and Dussasana could not stand against him. As they could not pass the fierce attack of Abhimanyu they all resorted to stabbing him in the back and enwreathed him by shooting arrows from behind. Then they encircled him from all sides, assailed violently, and killed him most shockingly manner, though he endured his pain with great fortitude, he couldn't suffer the gruesome pain and fell victim to a fatal blood attack.

The untimely death of his son and the unjust manner in which he was killed infuriated Arjuna's anger. He vowed to avenge by destroying the Kaurava army and rampaging on the battlefield.

The death of Abhimanyu caused pain and agony for Pandavas and they couldn't control their pain,



therefore, it was the turning point in Mahabharata and changed the mindset of Pandavas.

Disorderly conduct by the Kauravas exacerbated the animosity between Pandavas and Kauravas, and they chose the path of vengefulness leading to many Macabre incidents. It also brought fore the treachery of the Kuru community, who went against the established standards and killed the Abhimanyu. Pandavas started doubting the rules formed by the grand old man from the Kaurava's side and they made any chance of an agreement with them impossible.

From that moment, Battlefield had an event of only horrible and upsetting scenes, and everyone had an only aim to destroy and reign victory over each other. Pandavas broke all rules and propriety and were

complicit in killing the Dronacharya, Bhishma, Karna, and Duryodhan, unjustly.

When it was the end of the war, the only survivor of the Kuru clan who lived was Abhimanyu's son Parikshit, and eventually, Yudhishtir sat at the royal seat of Hastinapur.

In this epic story of Mahabharata, Abhimanyu is an archetype of selflessness, righteousness, and courage.

JADAV PAYENG- TAKING STEPS TO ENSURE HUMAN AND ENVIRONMENTAL COEXISTENCE

INTERVIEW BY
PREETI SHARMA



Jadav Payeng

Forests are a diverse layer of the earth elements. They produce a healthy environment in which diverse animal species and birds can live peacefully. Forests not only serve wildlife, but they are also extremely important to humans and provide a vast amount of natural resources for a variety of products. Aside from that, forests are a key source of employment for a substantial number. Humans, for instance, are engaged in their preservation treatment, and other operations.

This week, The HULAHUL Times is pleased to highlight an environmental activist and warrior who are fighting for a world in which mankind and the environment survive together. Jadav Payeng, designated as the "Forest Man of India" by India's former president, planted trees every day and developed a man-made forest larger than New York City Central Park.

The idea of planting the trees began when as a young teen Jadav Payeng met

Jadabesh Barua, an agricultural expert, who used to give him seedlings of paan leaves to plant. One day, Barua instructed him, 'plant a tree and they will take care of us.' So, when Jadav observed Majuli, his hometown changing into a wasteland, he started planting trees. Jadav was disappointed by the fact that World Earth Day has been commemorated for the past 30 years and still we are unable to restore the forests.

The story of 59 years Jadav Payeng is connected and devoted to Mother Nature. He is often known as the Forest Man of India, is an ecological reformer and forest worker from Majuli and belongs to the ancient Mising tribe of Assam, who lives in the Jungle. Jadav Payeng, the son of a buffalo merchant, born and raised in Assam, as a poor farmer from a disadvantaged tribal group. He lives in the jungle with his family and is supported by his wife Binita and three children. He has cattle and buffalo on his farmland which is his main source of income. Jadav stated that he had lost probably 100 of his cows and buffaloes to tigers in the jungle, but he accuses huge invasion and degradation of natural resources as the fundamental cause of wild animal distress. Across several generations, Jadav Payeng has grown and cared for trees on a sandbar of the



Brahmaputra River, developing it into a nature reserve. The Molai forest, named after Jadav, is situated near Kokilamukh in Jorhat, Assam and covers approximately 1,360 acres / 550 hectares.

According to wildlife experts, the current situation has led to the assertion that the forest currently receives 80 percent of

the world's migrating birds. Molai forest is the official name and as a memorial to Jadav, the people call it Molai. Jadav said "As a toddler, I was fair and had a pink face like the winter radish." So Mola was my childhood nickname (radish in the local language). People began calling it Mola'r haabi (Mola's forest) when I grew older and began planting trees. Villagers easily made it Molai forest from there." Jadav, on the other hand, refuses to acknowledge recognition. He said "I was helped by



animals, cattle, deer, weather, rain, and rhinos."

In 1979, when he was only 16 years old, Jadav "Molai" Payeng witnessed hundreds of dead snakes, captives of a catastrophic drought on Majuli Reserve—the world's biggest river island situated in India's Brahmaputra River in Assam. He broached the subject with his elders, who said that the greeneries might save their motherland, the population, and the wildlife in this region. At this early age Jadav took this as an initiative and began planting plant seedlings every day in the desolate land. Over 40 years later, his forest has grown to 1,390 acres, roughly the size of 15 football stadiums. Jadav abandoned his formal studies to devote himself entirely to the forest.

The Molai Reserve, which covered around 2,500 acres, was once a paradise. During the monsoon season, unfortunately, the stream floods everything within sight, damaging dwellings and farmland and creating degradation. Due to considerable soil erosion on its banks, the farmland is

now constantly threatened. Each year the reserve has dropped by more than half in the last seventy years, there are predictions that it could be completely flooded within the next twenty years, displacing 150,000 people.

Jadav Payeng signed a commitment with the NGO Foundation Azteca in December 2020 to participate in green initiatives in Mexico, with the goal of planting 7 million trees in the North American country. He has been awarded a 10-year visa by the Mexican authorities. Annually, he will spend three months in Mexico, in September, October, and November, because it is the best season to plant trees in Mexico. "Jadav has planned to engage himself with one Lakh students per day for the massive reforestation initiative," he added. During the COVID-19 outbreak, Jadav Payeng and an NGO planted 2 Lakh trees in various parts of the state.

Jadav Payeng, who was awarded the Padma Shri in 2015, believes that if developing countries take necessary efforts to protect the environment, the world's natural balance will be restored. Jadav Payeng has also asked UNESCO members that we should compel residents to take good care of the environment and support reforestation for future generations. If we accomplish this, the world will be a happier and healthier place to live.

The Indian Forest Man, Jadav intends to transport an Areca nut and a coconut seedling plant from Assam to Mexico. He says "No matter where I travel, my soul longs for homeland. Everything is wonderful, spic and span, but nothing compares to my forest."

THE THREE MEDIUM TERM MACRO CHALLENGES



Manufacturing sectors were laying off workers from long back.

- The construction sector has risen from 1981 to 2011. The growth was 4.2% to 10.3%. It declined to 3.1% in the decade 2011-22. This section was impacted due to stringent lockdown in the year 2020. Trade, hotel, transport, and communication growth has declined in the decade 2011-22. It has fallen by 2.6 % from the previous decade. This site hit the post in Covid times.

2. Rise in WPI

- From 2021, the inflation in wholesale prices has been increasing in an unprecedented manner. Since April 2021, WPI (wholesale price index) based inflation has been above 10% every single month. In April 2022, as the latest data from the Department for Promotion of Industry and Internal Trade shows, WPI inflation went beyond 15%. The inflation in April 2021 was 10.7%. The 15% spike comes on top of that 10.7% like in wholesale prices. Most components of WPI are witnessing high inflation with such high levels of headline inflation. There has been a loss to NHAI. The estimated value is Rs 953 crore on account of the 21-day toll suspension. Toll collections have been impacted due to reasons including curbs on mining, demonetisation, slowdown in economy, GST and axle load norms, among others.

3. BSE S&P and PE

- The BSE S&P showed a steep rise with mild fluctuation in the decade of 2011-22. However, it is declining now. The value is hovering around 57,060.87. The PE fluctuated through this decade.

The National Statistical Office (NSO) will release GDP numbers for the quarter ending March 2022 at the end of May. On June 8, the Monetary Policy Committee (MPC) of RBI will publish the GDP growth forecasts for 2022-23. Most analysts expect a downward revision in 2022-23 growth forecasts and perhaps also a lower than expected growth performance in the March 2022 quarter which could bring down growth for the fiscal year 2021-22. While there will be greater clarity on these once these numbers are released, the Indian economy's medium term economic challenge goes beyond headline growth numbers.

1. Sectoral growth

- On doing comparative study on decadal growth of GVA from 1981 to 2011 it is rising from 4.9 % to 6.7 % but there was a decline from 6.7% to 5.3 % in the decade 2011 to 2022. The impact of Covid had a severe impact on the growth of the economy as a whole.
- The Agricultural, forestry and fishing show an upward trend from decade 1981-2011 to 2011-2022, that is, 2.9% to 3.5 % respectively. During Covid times, we have observed this sector has flourished. There has always been a downward trend in the manufacturing and services sector but this sector showed an upward trend.
- The manufacturing sector has risen from 1981 to 2011. The growth is 5.1 % to 8 %. We can see a decline in this sector in the decade 2011-2022 by 3.2%. People were laid off during Covid time.

THE INDO-PACIFIC BLOC:

President of the United States of America, Joe Biden first spoke about the Indo Pacific Economic Framework in 2021 at East Asian Summit. He said that the United States will explore partners for the development of an Indo-Pacific Economic Framework that will define the shared objectives of those members. United States President Joe Biden on 23rd May launched IPEF. IPEF was joined by 12 other countries including India. This was Washington's answer to the Trans-Pacific Partnership (TTP) and its successor agreement, the Comprehensive and Progressive Agreement for TTP. The Regional Comprehensive Economic Partnership fell on the same page just like the above two. Due to enormous domestic backlash against the low/no tariff agreement in it, the United States had pulled out from TTP. This was one of Donald Trump's first decisions after becoming President. The US did not join the China-led 15-country Regional Comprehensive Economic Partnership. The Biden Administration realized that it is important to look up to trade arrangements in the region. China stamping all over the region made the US lay down Indo-Pacific strategic objectives on a new framework for doing trade. The aim was to re-establish economic leadership in East Asia and the ASEAN region without giving away concessions that would anger domestic lobbies. IPEF is an integral part of Joe Biden's plan to counter China's growing influence in the Asian economic sphere.

Joining the Indian Pacific Economic Framework

India has announced it will join IPEF despite its concerns over certain aspects. The other 11 countries are Australia, Brunei, Indonesia, Japan, the Republic of Korea (South Korea), Malaysia, New Zealand, the Philippines, Singapore, Thailand, and Vietnam, which together account for 40% of the world's GDP. Taiwan is not part of it.

The IPEF has four pillars:

- Trade: Starting with trade. The members seek to build high-standard, free, and fair

trade commitments. Developing new and creative approaches in trade and technology policy will fuel economic activities and investment, promotes inclusive economic growth, and benefits workers and consumers.

- Supply Chains: The members are committed to improving transparency, diversity, security, and sustainability in their supply chains. They seek to coordinate crisis response measures and expand cooperation to better prepare for and mitigate the effects of disruptions. Their is need to improve logistical efficiency and support and ensure access to key raw and processed materials, semiconductors, critical minerals, and clean energy technology.
- Clean Energy, Decarbonization, and Infrastructure: Paris Agreement mentions about goals and efforts to support the livelihood of people and workers. They need to accelerate the development and deploy clean energy technologies to decarbonize our economies and build resilience to climate impacts.
- Tax and Anti-Corruption: The members are committed to promoting fair competition by enacting and enforcing effective tax, anti-money laundering, and anti-bribery regimes with the existing multilateral obligations, standards, and agreements to curb tax evasion and corruption in the Indo-Pacific region.

Quad leaders launched a major new initiative to monitor the waters on their shores and help ensure peace and stability in the Indo-Pacific. The Indo-Pacific Maritime Domain Awareness (IPMDA) will support and work in consultation with Indo-Pacific nations and regional information fusion centres in the Indian Ocean, Southeast Asia, and the Pacific Islands by providing technology and training.

WATERGEN, AN ISRAELI STARTUP, AND SMV JAIPURIA GROUP HAVE PARTNERED TO BRING 'AIR-TO-WATER' TECHNOLOGY TO INDIA

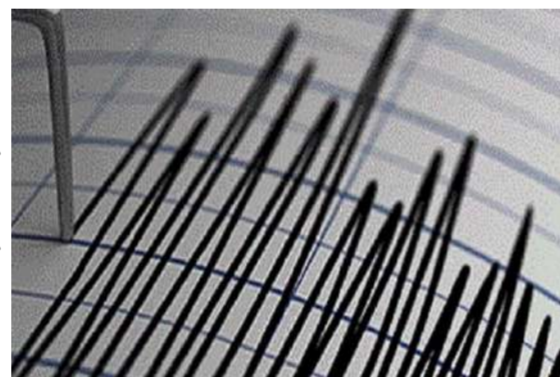


The joint venture will bring Watergen's "Atmospheric Water Generation" technology to India, where three-quarters of rural Indian families lack access to safe drinking water. Watergen, an Israeli startup and global leader in "Atmospheric Water Generation" (AWG), signed a partnership agreement with Indian conglomerate SMV Jaipuria Group on Wednesday. Watergen's "GENius" patented AWG technology will be brought to India through the joint venture. SMV

will be in charge of producing the machines that convert humidity molecules into drinkable water, which has the potential to alleviate the global water pollution crisis. Dr. Michael Mirilashvili, President and CO-CEO of Watergen said that water scarcity is a global crisis and one of the time's most pressing issues. At Watergen, they've set a goal of providing everyone with access to clean drinking water from [the] air. India has 16% of the world's population but only 4% of the world's freshwater resources, with over 30% of districts reporting critical or overexploited groundwater levels. As a result of the ongoing crisis, three-quarters of rural Indian families lack access to safe drinking water and must rely on unreliable sources. SVM Jaipuria Group, a multi-industry conglomerate with operations in food and beverage, retail, real estate, information technology, and specialty chemicals, intends to address the crisis with the help of Watergen, whose devices are deployed in more than 90 countries worldwide and are extremely cost-effective. According to the company, Watergen's devices can produce five gallons of drinking water for about 12% of the cost of producing a five-gallon bottle.

A 6.1-MAGNITUDE EARTHQUAKE STRIKES OFF THE COAST OF EAST TIMOR, PROMPTING A TSUNAMI WARNING

The US Geological Survey reported a 6.1-magnitude earthquake off the coast of East Timor on Friday. According to a tsunami warning organisation, the earthquake may be capable of generating a tsunami affecting the Indian Ocean region. According to the USGS, the quake occurred at a depth of 51.4 kilometres (32 miles) off the eastern tip of Timor Island, which is shared by East Timor and Indonesia. East Timor is located on the Pacific "Ring of Fire," which causes frequent earthquakes. A 6.2-magnitude earthquake struck neighbouring Indonesia's North Sumatra in February, killing a dozen people. In 2004, a 9.1-magnitude earthquake struck the coast of Sumatra, triggering a tsunami that killed 220,000 people across the region, including approximately 170,000 in Indonesia. East Timor, Southeast Asia's youngest country, has a population of 1.3 million people and recently celebrated its 20th anniversary of independence. After 24 years of occupation by Indonesia, the former Portuguese colony gained independence in 2002. Ramos-Horta served as the country's second prime minister following independence. The Covid-19 pandemic has wreaked havoc on the mostly rural country's economy, with the World Bank estimating that 42 percent of the population lives below the poverty line.



GOOGLE IS IN TALKS TO JOIN ONDC, INDIA'S OPEN E-COMMERCE NETWORK



According to two sources familiar with the matter, Alphabet Inc's Google is in talks with the Indian government about integrating its shopping services with the country's open e-commerce network ONDC. Late last month, India soft-launched its Open Network for Digital Commerce (ONDC), as the government seeks to end Amazon.com and Walmart's dominance in the fast-growing e-commerce market. Google's discussions follow the success of its payments

business as a result of the government's financial transaction initiative, the Unified Payments Interface, according to one of the sources, both of whom declined to be identified because they were not authorised to discuss the matter with the media. Google's current shopping business functions solely as an online aggregator of listings and does not provide order fulfilment services such as delivery, as Amazon does. A Google spokesperson declined to comment on whether the company was in discussions with the government. A Google Pay spokesperson said that they remain committed to enabling small and medium businesses to leverage digital for deeper discovery and payments capabilities with Google Pay. Partners in the ONDC project, which currently includes Indian fintech firm Paytm, will display listings from each other in search results on their platforms. The goal of the government is to level the playing field by lowering the cost of doing business for any seller who wants to list their products online. The ONDC programme aims to connect 30 million sellers and 10 million merchants online by August, and to cover at least 100 cities and towns.

ARTIFICIAL INTELLIGENCE DISCOVERS THE 'SONG OF THE CORAL REEFS'

Artificial intelligence (AI) can track the health of coral reefs by learning the "song of the reef," according to new research. Coral reefs have a complex soundscape, and even experts must perform laborious analyses to determine reef health based on sound recordings. The researchers at the University of Exeter used multiple recordings of healthy and degraded reefs to train a computer algorithm, allowing the machine to learn the difference. The computer then analysed a slew of new data and correctly identified reef health 92% of the time. This was used by the team to monitor the progress of reef restoration projects. The lead author Ben Williams said that because coral reefs face numerous threats, including climate change, monitoring their health and the success of conservation projects is critical. One significant challenge is that visual and acoustic surveys of reefs typically rely on labor-intensive methods. Visual surveys are also limited by the fact that many reef creatures hide or are active at night, and the complexity of reef sounds has made identifying reef health using individual recordings difficult. Their approach to that problem was to use machine learning to see if a computer could learn the reef's song. Their findings show that a computer can detect patterns that the human ear cannot. It can tell how the reef is doing faster and more accurately. The meaning of many of these calls is unknown, but the new AI method can tell the difference between healthy and unhealthy reefs.



R PRAGGNANANDHAA, A CHESS PRODIGY FROM INDIA, FINISHES SECOND IN THE CHESSABLE MASTERS TOURNAMENT



On May 26, Indian chess prodigy Rameshbabu Praggnanandhaa was defeated in the finals of the Meltwater Champions Chess Tour Chessable Masters tournament by China's Ding Liren. Ding Liren, world number two, won \$25,000 in prize money. Praggnanandhaa won \$15,000 for coming in second place. Liren, 29, described his finals match against R Praggnanandhaa, 16, as "extremely difficult." He said after the game that it

was the last day of the tournament, it was almost 5 a.m., and after each game he had to take a break, lay down on the bed to recover a little and that it was very very difficult to play. Praggnanandhaa had a memorable tournament despite losing in the finals. In the preliminary round, he defeated world number one Magnus Carlsen. Praggnanandhaa had also defeated Carlsen in the Airthings Masters tournament three months before the Chessable Masters. As the world looked on in awe, the 16-year-old, an 11th-grade student from Chennai, said that winning or losing was not the "end of something." Praggnanandhaa had previously told CNN that he did not celebrate excessively. Praggnanandhaa is a chess master in the eyes of the world, but he will always be a child to his parents. Ramesh Babu, the chess champion's father said that he is still occasionally mischievous, his mother still packs lunch for him, and sometimes he sneaks out of his house on his bicycle.

MALVIKA SETS A NEW CAREER HIGH, RANKING 53 IN THE WORLD BADMINTON RANKINGS

Malvika Bansod achieved her career-high badminton ranking after finishing second in the Thailand Open. The 20-year-old reached a new high in the latest world rankings released by the Badminton World Federation (BWF). The city girl climbed four spots and is now ranked 53rd in the world in women's singles shuttlers. Malvika moved up from 57th to 53rd in the BWF rankings released on



Tuesday, with 34,312 points. Malvika earned a total of 7,200 points for her entry into the second round of back-to-back World Tour Super 500 tournaments to achieve her career best rank in the women's singles. Malvika earned 3,600 points in the Korea Open in April and the Thailand Open just a few weeks ago. Malvika stated that she is pleased that she did well in her first appearance at the Thailand Open. But her best is yet to come, and she is working hard with her team to achieve it. According to the BWF rankings, Malvika has risen one spot to third place in India, trailing PV Sindhu and Saina Nehwal. Malvika is closely followed by Aakarshi Kashyap and Ashmita Chaliha at the 57th and 65th positions respectively.

INDIA TAKE REVENGE, BEAT JAPAN 2-1 IN SUPER 4S



India delivered an outstanding performance, defeating Japan 2-1. At a venue where the Indian men's hockey team has suffered two morale-shattering defeats to Japan – at the Asian Games in 2018 and a 2-5 loss in the preliminary round here just a few days ago – coach Sardar Singh's team exacted some vengeance on Saturday, winning 2-1 in a Super 4s Pool match in the Asia Cup 2022. The GBK Stadium has not been a great venue for India, especially when playing

against Japan, but the defending Asia Cup champions produced a superb performance on Saturday, going ahead twice and absorbing a lot of pressure from the Japanese team to win 2-1. The win puts India atop the Super 4s pool standings, with Malaysia and Korea drawing 2-2. India got off to a good start, but Japan dominated the first quarter, creating a few good opportunities. Manjeet Singh scored against the run of play in the seventh minute, cutting along the baseline, beating the entire defence, and slotting it past the goalkeeper from an acute angle, set up by Uttam Singh. India was awarded a penalty corner in the 11th minute, but Neelam Sanjeev Xess' flick was cleared by a defender because Dipsay Tirkey was on the bench.

GUJARAT TITANS: DEBUTANTS LIFT THE TATA IPL 2022 CUP

Gujarat Titans beat Rajasthan Royals by seven wickets to clinch title in debut season at the Narendra Modi Stadium in Ahmedabad. This year the IPL consisted of ten teams unlike the previous year which had eight teams. The two new teams that were added in the TATA IPL 2022 were Gujarat Titans and Lucknow SuperGiants. The top four qualifying teams were Gujarat Titans, Rajasthan Royals, Lucknow SuperGiants and Royal Challengers Bangalore. The first playoff was played between Gujarat and Rajasthan where Gujarat booked its place in the finals. The second was played between Lucknow and Bangalore where Lucknow was knocked out allowing the third playoffs between Bangalore and Rajasthan. Rajasthan grabbed this opportunity and booked its place in the finals against Gujarat. The final's toss was won by Rajasthan Royals and they elected to bat first.



Hardik Pandya had a fantastic all-round performance in the finals, taking three wickets and scoring 34 runs. Wriddhiman Saha and Matthew Wade both went down early against the Rajasthan Royals, handing the Titans two major blows on the powerplay. Gill and Miller, on the other hand, made sure the debutants made it to the finish line. The Titans restricted Rajasthan Royals to 130/9 in 20 overs. Rajasthan lost wickets at regular intervals and the Gujarat Titans skipper returned 3/17 in his four overs. R Sai Kishore added two more wickets to his tally. However, Rajasthan Royals has players both the purple cap holder, Yuzvendra Chahal with 27 wickets as well as the Orange cap holder, Jos Butler with 863 runs. The closing ceremony, which featured Bollywood star Ranveer Singh and legendary singer AR Rahman, had kicked off the grand finale.

EXPERT



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FAQs ON STRESS MANAGEMENT

Q1. Why introverts are so afraid of getting judged?

Ans. I don't think all of the introverts are afraid of being judged. To an extent, YES, but not everyone, not always! Many of the introverts may simply not care at all about being judged, but choose to avoid many social situations out of preference. The answer will vary depending on what type of introvert you are referring about. Let me answer your query focussing on the types of introverts:

Social Introverts: Introversion is a preference based on who you are. Many social introverts do not mind praised or criticized. Social introverts aren't shy in social situations. They prefer to be at home, but they are ok to manage interacting with small groups. Being introvert is choice of the individual who believes that what they are doing is correct. If we go according to those who judge us or criticize us, then they will start finding other problems in us. Social Introverts don't open up

up much about them and seek solitude because they prefer low key activities. Social Introverts are not exactly afraid of getting negatively judged, but many of them choose to avoid such situation.

Anxious introverts: Anxious introverts avoid socializing because they feel awkward and painfully self-conscious around other people. Anxious introverts may feel embarrassed around any sort of crowd. Try speaking to an introvert looking into their eye, if they feel uncomfortable, they can be called anxious introverts. They think you are evaluating, judging them and so they become over conscious of their deeds, ultimately ends up doing nothing or very little than they normally do. Most of the anxious introverts are shy. Shy people avoid face to face conversations. Their shyness can show up as the fear of being judged in social situations. Shyness and fear is interrelated to each; ranging from uneasiness in unknown situations to the fear of being negatively judged by others, the shyness and fear are coupled with each. Yes, anxious introverts are afraid of being negatively judged and carry that fear.

Restrained Introverts: Restrained introverts tend to think obsessively before they speak or act. The restrained introvert just doesn't demonstrate their real nature honestly and is really defended at first. Restrained introverts are great at thinking before they speak, so mostly negatively judged. They are good listeners. So, it is essential to connect with them to have real relationship. They will be open to you only if you are trustworthy. They take time to go through every aspect of circumstances and observe all the information. Because of this, they may take more time to make a decision, so unplanned circumstances are not the best for them always. Restrained introverts tend to show their feelings, emotions in Action and not express in their words fast. Observe the actions of restrained introverts, which will tell you, they are not always afraid of judgement, but they avoid such situation.

Thinking Introverts: People in this group are daydreamers. Large groups don't bother thinking introverts, but they like having plenty of time alone to think and reflect. They use a lot of time in their thoughts and inclined to enjoy their creative imaginations. They are not afraid of being judged. Judging people is every person's habit. They judge you, for every single thing. Extroverts don't recognize what actually introverts are and they don't attempt to understand them. Introverts are mostly judged without knowing them, extroverts don't care if they are being hurt. Thinking introverts are quiet-genius types; they are not afraid of being judged, don't prevent social situations and don't mind the presence of other people.

Hope the above analysis is helpful for you and answers your query. To add i can tell you, Introverts can save a lot of time and energy. Learn to handle your situation and your life. Introverts to everyone else's needs and forget about their own. While being flexible can be a good thing, being too flexible can be risky. It means you start living inauthentically. And this can lead to a life of continuous fatigue. Change your situation, change your life, get creative and set ideas. Introspect and then implement. Read Newspapers, books, wikis and anything informative. Observe your surrounding and people. Pick a hobby,

anything that interests you. Encircle yourself with individuals who understand your introvert temperament and welcome it. Leave those who don't. Listen to others, get connected. Sit with your family. Speak to them, discuss your emotions. Give time to those you care about. Everybody needs someone who can just hear them out, once in a while. Lend your ears to them. Hope these suggestions help you. Sharing love, light and hope to all introverts around! 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
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Please note:
Only selected questions will be answered

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QUIZ TIME



1. Kasipeta, where an ancient rock art site dating back to the Mesolithic era has been found, is located in which state/UT?
2. Which was the top recipient country for remittances in 2021?
3. As per a recent report, which country recorded the maximum number of air-pollution-related deaths?
4. Kenton Cool and Kami Rita who were seen in the news, are associated with which field?
5. 'Nanjarayan Tank' has been declared as a Bird sanctuary of which state?
6. World AIDS Vaccine Day is celebrated to commemorate the speech made by which US President?
7. Which institution has prepared the 'State of Inequality in India Report' released by EAC-PM ?
8. Which country's Election Commission leads the 'Democracy Cohort on Election Integrity'?
9. Which armed force recently tested India's first indigenously developed anti-ship missile from Seaking helicopter at ITR, Odisha?
10. As per the RBI's recent directions, what is the charge levied for card-less cash transactions?

1. I have 10 eggs. I broke 3, I fried 3 and I ate 3. How many eggs are left?
2. Iron roof, glass walls, burns and burns and never falls. What am I ?
3. A woman is sitting in her room at night. She has no lights on, no candle, no lamp, no light at all and yet she is reading. How is that possible?
4. What can pierce one's ears without a hole?
5. What is dark but made out of light?
6. I can give life or I can take it. I can breathe yet I am not living. What am I?

- Answers**
1. Telangana
 2. India
 3. India
 4. Mountaineering
 5. Tamil Nadu
 6. Bill Clinton
 7. Institute for Competitiveness
 8. India
 9. Indian Navy
 10. No charges to be levied

- Answers**
1. 7 Eggs
 2. Lantern
 3. She is reading Braille
 4. Noise
 5. A shadow
 6. Fire

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