

# The HULAHUL Times

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## WORLD MUSIC DAY : MUSIC IS LIFE ITSELF

“Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife.”

- Kahlil Gibran

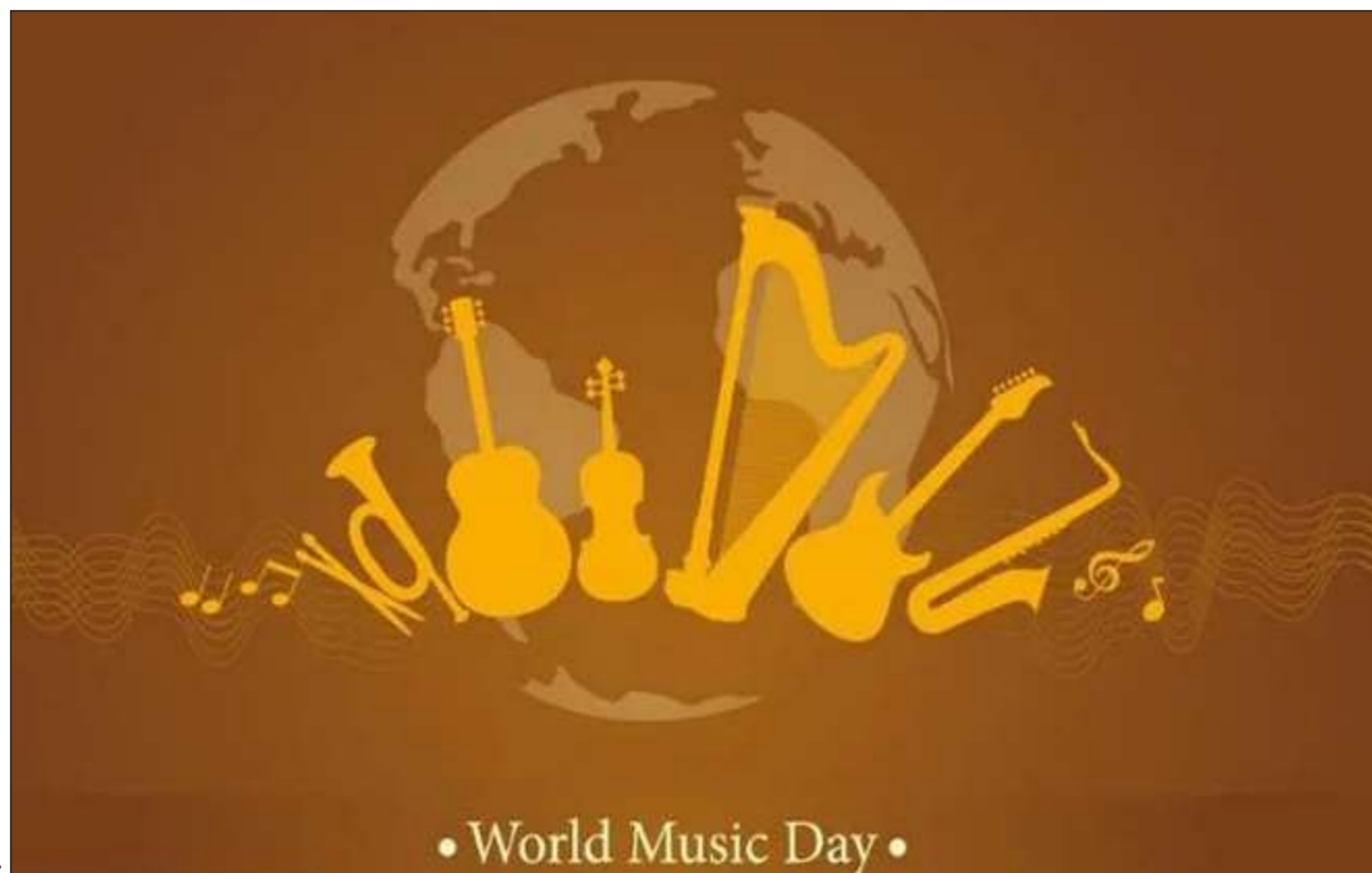
The 21st of June is World Music Day 2021, also known as International Music Day 2021 (also known as Fête de la Musique in French). The International Yoga Day and Music Day have the same anniversary. In 1982, on the day of the summer solstice, the inaugural Music Day was held.

### What is Music?

Music is the art of creating a composition by organising sounds in time using the components of melody, harmony, rhythm, and timbre. It is a cultural element of all human cultures that is universal. Pitch (which regulates melody and harmony), rhythm (and its linked notions tempo, metre, and articulation), dynamics (loudness and softness), and the acoustic qualities of timbre and texture are all prevalent aspects in general definitions of music (which are sometimes termed the "colour" of a musical sound). Some of these components may be emphasised, deemphasized, or omitted in different genres and forms of music. There are solo instrumental pieces, solo vocal pieces (such as songs without instrumental accompaniment), and pieces that combine singing and instruments; there are solo instrumental pieces, solo vocal pieces (such as songs without instrumental accompaniment), and solo vocal pieces (such as songs without instrumental accompaniment).

### The theme for the year 2021

This year's World Music Day events included more than 130 nations. On this day, Fête de la Musique concerts are commonly held on the streets. These concerts are open to the public and are free of charge. The musicians also give their services for free. “Music at the Intersections” is the subject of World Music Day 2021. Make Music Day is another name for this event. It emphasises the significance of developing people's passion for music and freely sharing music with



everyone.

### History and Significance

The Fête de la Musique, the world's first music festival, took place in Paris in 1982. Two members of the French Minister of Culture, Jack Lang (French politician) and Maurice Fleuret (composer, music journalist, radio producer, arts administrator), advocated the move. Jack Lang has asked Maurice Fleuret to take over as Director of Music and Dance at the French Ministry of Culture.

Maurice Fleuret conducted research on musical practise and development (Often known as "the music everywhere and the concert nowhere"). Maurice Fleuret researched the cultural habits of the French and discovered that one out of every two young people played a musical instrument.

He planned to draw people out of their homes and suggest that the summer solstice (or June 21) be designated as World Music Day. Beethoven, the prodigy, stated once, "It's as though music were a dream... One thing I am unable to hear." “Music is a universe inside itself,” Stevie Wonder once said. It's a language we're all familiar with.”

Not just from the perspective of entertainment but music affects our psychological realms as well. Here are some of the facts portraying the importance of music in our lives.

- The most frequent approach to become interested with music is to listen to it or to attend a concert. Listening to music on a CD player at home, in the car, at work, or on an iPod may be a highly personal and rewarding experience. Music, as we all know, creates an atmosphere and a vibe in lounges, bars, parties, and other social gatherings.

- Music has the ability to invigorate the intellect as well. There are numerous things to listen to and pay attention to in music. The melodies or themes, the harmony, the driving or relaxing rhythms, the colour of the sounds, the activity of the piece, how the sounds are created, or how they all connect to one another

may all be considered while trying to figure out how the composer envisioned the work.

- Music is extremely valuable at all stages of schooling. As music improves students' minds, expressive abilities, and a variety of other traits, they acquire many vital and crucial life values. Learning to read music is similar to learning a new language that has abstract auditory mean. Arts and music are sometimes seen as extracurricular activities that are not vital to the functioning of our society and culture in mainstream American society; however, this appears to be changing. Arts and music fill a vacuum in our society that we all need to enrich ourselves and our culture; they give alternate endless experiences.

“Music affects deep emotional centres in the brain, “says Valorie Salimpoor, a neuroscientist at McGill University who studies the brain on music. “A single sound tone is not really pleasurable in itself; but if these sounds are organized over time in some sort of arrangement, it's amazingly powerful.”

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# NOT LIVING BUT SURVIVING EVERY TIME

JUNE 20  
WORLD REFUGEE DAY



Every year, millions of people are forced to flee their homes to avoid conflict, persecution, or natural disaster. According to the United Nations (UN), around 25 individuals are forced to leave all behind in pursuit of a better and safer life every minute. According to the latest data from the British Red Cross, there are about 120,000 refugees in the UK.

## Who are refugees?

People who have been forced to flee their homes due to war or violence are known as refugees. They are constantly afraid of race, religion, nationality, political views, or belonging to a certain social group. We might claim that they are unable to return home or have always feared doing so. War, ethnic, tribal, and religious conflict are the major reasons for refugees to flee their homeland. It's also worth noting that only five nations account for two-thirds of all global refugees: Syria, Afghanistan, South Sudan,

Myanmar, and Somalia. The term "refugee" originates from the word "refuge," which means "to be protected from persecution, danger, or trouble." The Geneva Convention recognised a worldwide concept of refugees.

## History

On the 4th of December, 2000, the United Nations General Assembly designated World Refugee Day in Resolution 55/76. It has been celebrated as an annual event since 2001. The United Nations General Assembly designated World Refugee Day in 2001 as the 50th anniversary of the 1951 Convention Refugees status. It is observed on various dates and days in various nations.

## Reasons behind celebrating World Refugee Day

Every year on June 20th, this day is commemorated to assist millions of families who have been forced from their homes and loved ones due to war or other circumstances. This day also provides a chance to assist refugees throughout the world in providing a better quality of life via a variety of activities. A range of life-saving aid, safety, and protection is also provided by a number of government departments and organisations. The major goal of commemorating this day is to raise public awareness by sharing the experiences and

tales of refugees. It also serves as a reminder of international community failings or domestic conflicts that compel people to flee their homes.

All of the awful conditions and violence that cause people to be displaced and become refugees must be eliminated. Rather than considering refugees as a liability, we should view them as an advantage and a source of strength for the country. They are also human people who need adequate support and assistance when they require it. As a result, it is important to bring people's attention to the plight of refugees in order to honour their bravery and find solutions to their issues. According to the UNHCR, there are around 170,000 unaccompanied children travelling without their parents across the world.

## After leaving homes, what happened to the Refugees?

Refugees leave their nations and travel great distances by vehicle, truck, boat, or even on foot to reach safety. Several times, it has been observed that these travels are hazardous, and that some persons are unable to reach their final destination. They have to fight for shelter, food, and water at times. That is for the most basic necessities.

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# TAKE A BREAK, NATURE IS CALLING

"There is nothing like walking to get the feel of a country. A fine landscape is like a piece of music; it must be taken at the right tempo. Even a bicycle goes too fast"

– Paul Scott Mowrer

Every year on June 19th, World Sauntering Day is commemorated to remind us to take a break from our hectic lives and take a stroll to smell the roses. The word 'saunter' indicates to walk leisurely and comfortably. It is critical to slow down and appreciate the small pleasures that we may overlook as we speed through life. In 1979, the day was designated as a national holiday to inspire people to slow down and appreciate life. You are now free to step outside and take a short walk because the coronavirus limitations have been relaxed. If you don't feel like going out, you can relax in your terrace garden, balcony, or living room.

The holiday was created in 1979 by W.T. Rabe in response to the growing popularity of jogging. It is believed to have begun at the Grand Hotel on Mackinac Island in Michigan, USA. The idea behind the day was to encourage people to slow down and appreciate the world around them. In some places, World Sauntering Day is celebrated on August 28.



Sauntering is a verb that describes a walking manner. It's merely a matter of walking slowly and, preferably, cheerfully. Many naturalist writers throughout history, including Henry David Thoreau and John Burroughs, have written about sauntering.

This day is marked every year to urge people to slow down and appreciate life as much as possible rather than constantly running. This day also serves as a reminder to slow down, smell the flowers, appreciate the beauty of nature, look up at the sky, and enjoy life.

In these trying times, it's hard for people to move out and go for a walk. But every year the day was celebrated with people taking a walk-in nature's lap. The theme of this

year's World Sauntering Day is leisure. You can go alone or with companions, but remember to put on your face mask and stay away from busy places. Everyone has the opportunity to walk about freely during the day.

- Take a stroll in the park in your neighbourhood.
- Instead of driving or taking the bus, stroll back home if your workplace is nearby.
- Take a stroll to the local coffee shop during your lunch break.
- Instead of a fast walk, encourage people to slow down and absorb what is around them.

The World Sauntering Day encourages everyone to take things easy for a day. Sauntering is nothing more than a leisurely stroll. Remember not to rush and take your time to smell the flowers; it's the finest way to commemorate World Sauntering Day! Many of us have been working from home due to the Covid epidemic, but that does not mean we have slowed down. The majority of us are still rushing through our everyday routines.

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# A DISEASE PASSED ON TO THE GENERATION

"Being a survivor doesn't mean being strong - it's telling people when you need a meal or a ride, company, whatever. It's paying attention to heart wisdom, feelings, not living a role, but having a unique, authentic life, having something to contribute, finding time to love and laugh. All these things are qualities of survivors."

-Bernie Siegel

**W**orld Sickle Cell disease day is celebrated on June 19 annually. The day is celebrated to spread awareness amongst people about the disease, its symptoms and possible cures. The day also empowers the doctors and patients who have cured as well as suffered sickle cell disease respectively.

## What is Sickle cell disease?

Sickle cell disease (SCD) is a set of blood abnormalities that are usually passed down through the generations. Sickle cell anaemia is the most frequent kind of anaemia (SCA). It causes a change in the oxygen-carrying protein haemoglobin, which is found in red blood cells. Under certain conditions, this results in a hard, sickle-like form. Symptoms of sickle cell disease usually appear between the ages of 5 and 10. A variety of health issues



might arise, including pain attacks ("sickle cell crisis"), anaemia, swelling in the hands and feet, bacterial infections, and stroke. Long-term pain can also develop as people age. Sickle cell disease is caused by two defective copies of the -globin gene (HBB) that produces haemoglobin, one from each parent. This gene is found on chromosome 11.

There are several subtypes, depending on the particular mutation in each haemoglobin gene. A person with a single faulty copy of the gene is termed to have sickle cell trait if they don't have any symptoms. These folks are also known as carriers. The disease is diagnosed with a blood test, and in some countries, all new-borns are tested for the disorder at birth. It's also possible to get a diagnosis while pregnant. Infection prevention with vaccinations and antibiotics, increased hydration intake, folic acid supplementation, and pain medication are all options for patients with sickle cell disease. Blood transfusions and the drug hydroxycarbamide are two more options (hydroxyurea).

A transplant of bone marrow cells can cure a tiny

percentage of individuals. In 2015, approximately 4.4 million individuals had sickle cell disease, with another 43 million having sickle cell trait. It is estimated that 80 percent of sickle cell disease instances occur in Sub-Saharan Africa.

## Why is World Sickle cell disease day celebrated?

To educate people about sickle cell illness and promote awareness about it.

- A variety of health programmes are organised around the world to screen people.
- It is critical for new parents to learn about immunisations and the full care packages available.
- To raise awareness of sickle cell anaemia as a serious health problem.
- People from all walks of life should be informed about sickle cell disease.
- To dispel all myths and prejudices surrounding sickle cell disease.

Indeed, the disease is dangerous but it can be cured with proper treatment and care.

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# HARNESSING THE GIFT OF NATURE

**T**he day was originally observed in 2005 by the organisation Aspies For Freedom (AFF) in order for persons with Autism Spectrum Disorder (ASD) to have a day to celebrate their neurodiversity and uniqueness. One of the most remarkable aspects of this event is that it is organised by people with ASD, rather than by charity.

Autistic Pride Day promoted the idea that persons with autism are not sick, but rather unique. It recognises that autistic persons are not unwell, but rather have a distinct set of traits. On this day, people living with autism speak for themselves and celebrate how autism impacts each of them in their own unique manner. The first Autistic Pride Day was held in 2005 by the online community Aspies for Freedom, which was inspired by LGBT pride celebrations (AFF). It is now observed all throughout the world. Every year, a number of events are held across the world to bring people with autism together and to show allies that people with autism are distinct individuals who should not be treated as such.

Rainbow infinity is the day's symbol, which depicts "diversity with endless variants and unlimited possibilities." The sign depicts autistic people's variety as well as the autistic community's endless possibilities and

variants.

## What is Autism?

Autism is a neurological developmental condition that impairs speech, social interaction, cognition, and behaviour, as well as the normal development of the brain. Autism is sometimes characterised as a spectrum condition because the symptoms and features of the illness emerge in a wide range of combinations, affecting children in different ways. Some youngsters require assistance to perform their duties, while others are capable of doing so on their own.

Doctors aren't sure what causes autism, but they believe that genes play a major influence in whether or not a kid is born with it. A baby can be born with birth abnormalities in certain rare situations if a mother was exposed to certain toxins while she was pregnant. However, the doctor is unable to determine whether or not the baby will have autism during pregnancy. As a result, autism cannot be avoided. You can't avoid having a child with autism, but you can enhance your chances of having a healthy baby by living a healthy lifestyle.

## Key facts about Autism

Boys are diagnosed four times more frequently than females.

- Autism is the third most prevalent developmental impairment.
- According to research conducted by "Action for Autism," the prevalence rate is 1.7 million, or one in every 250 children.
- Around 40% of autistic children are unable to communicate.
- Approximately 40% of youngsters with autism do not talk.
- Autism affects people differently, and no two persons with autism are identical.
- Over the last 20 years, the rate of autism has gradually increased.

As a result, we may define Autism as a complex neurobehavioral disorder characterised by difficulties in social interaction, communication, and repetitive behaviours. Autism Spectrum Disorder is the name given to this illness because of the wide variety of symptoms (ASD). And Autistic Pride Day gives autistic people the opportunity to stand up for themselves. Also, rather of being a handicap, autism might be described as a difference. Also, rather of being a handicap, autism might be described as a difference.

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## WILL NEET, JEE 2021 ENTRANCE EXAMS TAKE PLACE IN THE MIDST OF COVID-19 PANDEMIC ?



**W**e are now living in the period of Covid-19, where India is fighting to control the spread of the infection. In the middle of all this, NEET and JEE exam aspirants are battling a very different war. There is uncertainty about when the exams will be conducted. Will the exams be conducted? Or, will they be postponed? We don't have any information yet. NEET 2021 is planned for August, and the registration process for the same is yet to begin. JEE Main 2021 is being conducted in 4 (four) sessions this year. Two sessions are already done, however the remaining two had to be postponed due to the Coronavirus pandemic.

Now, the question arises 'Will the upcoming NEET-UG 2021 or the remaining two sessions of JEE exam 2021 will be held or not?'

To this question, at the moment, we do not have a concrete answer. However, if we tend to elapse the trend, last year each of these exams were conducted

within the middle of the first wave of Covid - 19. Therefore, it's possible that we are able to expect the remaining 2 (Two) rounds of JEE and NEET UG 2021 to take place.

The Union government and NTA had issued Standard Operating Procedures (SOPs) to conduct examinations in the midst of the pandemic too. Alternate seating plans, fewer candidates per classroom, and staggered entry and exit were among the steps the NTA took and effectively enforced them too. We can expect the exams to be conducted in the latter half of the year. However, most of the candidates are worried and constantly have been asking the examination authorities for either postponement or cancellation of NEET and JEE exams. At the moment, NEET-UG 2021 is scheduled to be held in August 2021, and the registration process for the same is likely to start soon. However, there is no update regarding the remaining two sessions of JEE 2021.

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## COLLABORATION OF PARENTS WITH TEACHERS FOR CHILDREN'S HOME-BASED LEARNING

**T**he Education Minister released guidelines for parents and caregivers en route to offer support to children and facilitate their home-based learning at a time when schools are shut because of the COVID-19 pandemic. The rules emphasised the necessity for parents to form a secure, engaging and positive learning environment for kids, have realistic expectations from them, make sure of their health, ensure a healthy diet, and rejoice. These guidelines aren't just for parents but also for caregivers, other relations, grandparents, community members and older siblings engaged in promoting the welfare of kids.

The activities suggested within the guidelines are in accordance with the



assorted stages of college education under NEP 2020. Age-appropriate art activities are categorized on basis of 5+3+3+4 system like Foundation Stage (age group 3 - 8 years); Preparatory Stage (age group 8 - 11 years); Middle Stage (age group 11 - 14 years); and secondary stage: From Adolescent to Adult (age group 14 - 18 years). The activities are simple and suggestive, which might be adapted and adopted to local needs and contexts. Rules additionally lay importance on improving

students' learning by checking and tending to their learning gaps.

Collaboration of parents with teachers in documenting and reflecting on the progress of kids in their learning is vital for both teachers and parents. The rules also advise schools to involve parents by providing information and concepts on helping students with homework and other curriculum-related activities, decisions, planning, and college decisions. Resources are made available for students with special needs which can be explored by parents. Additional chapter had been included within the guidelines for supporting parents with low or no literacy.

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## AGE IS JUST A NUMBR FOR DR. USHA LODAYA



**U**s h a Lodaya, who had dropped out of college at 20, had completed her doctorate course in Jainism after resuming her education in her 60's. While for some, age is a reminder to take things moderate, for 67-year-old Usha Lodaya, it pushed her to pursue her teenage dream of becoming a Phd Holder in Jainism. The abrasive Vadodara inhabitant enlisted into a Jainism course a t Maharashtra- b a s e d

Shatrunjay Academy, an institution set up to spread the knowledge of Jainism among the community.

On Sunday 22nd June, the sexagenarian passed her viva voce on 12 contemplations in Jain tradition, to procure her doctorate degree. "It was my dream to become a scholar on Jainism ever since I applied for a Bachelor of Science degree decades ago. However, In any case, I had to exit school when I was 20 years of age as a result of an early marriage," said Usha.

Motivated by her guru Jaydarshitashriji Maharaj, a researcher on Jainism, Lodaya re-established her ambition and worked to realise it by enlisting for an online course in Jainism at the trust-run institute in Jalgaon, Maharashtra. "My dream came to be acknowledged as I was motivated by my guruji to join a three-year graduation course in Jainism started at Shatrunjay Academy," said Usha.

She completed a three-year degree course in Jainism, followed by a two-year Masters and a three-year Doctorate course. "As being a part of Jain community, I intend to continue exploring Jain religion further and teach students from our community, who come to me regularly," said Dr. Usha Lodaya.

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# MITESH GUPTA'S COMMUNITY KITCHEN BECOMES THE SAVING GRACE TO THOUSANDS

When the pandemic hit us last year, it caught us alarmingly off-guard. Whether it be the public spaces shutting down or the shortage of daily supplies or the thousands of jobs that were lost during this period. Mitesh Gupta, a resident of Mira Road's Akashdeep Co-op Housing Society, was one such youth who lost his job due to COVID. A



Journalism major, Mitesh was formerly employed at an advertising agency before the pandemic. Once the first wave of COVID had eased down a bit, he set up a fast food corner in February 2021 near Indira Gandhi Municipal Hospital. However, he had to close down that too when COVID's second wave reared its head.

It was during his time managing the fast food stall that he witnessed a considerable number of people suffering due to the lack of availability of food and restaurants. These people included auto/taxi drivers, hospital staff, families of patients, security personnel, labour workers, destitute, etc. By March, almost all public food spaces were shut down again. This resulted in major discomfort on people who relied on such places for quick meals.

In a telephonic interview with The HULAHUL Times, he mentioned that he only had one vision- "to reach out and help as many people who needed food as possible, for however long as I am able to". It started as simple as that for this good Samaritan.

To fulfil this initiative, he received cooperation from his brother, his sister-in-law and his friends- all of whom supported his noble endeavour. Although admittedly not everyone was as supportive of this initiative, Mitesh strongly believed in it. He had received a varied range of reasons but he was never bothered by them. With the drive nearing 50 days of completion now, Mitesh is still steadfast in his approach that had he taken these discouragements to heart, they would've never made it this far. Noticeably, with the sincerity of the cause, Mitesh received help and support at an unexpected range. He started this initiative with a pure-hearted vision and fellow Samaritans extended their helping hands readily. Be it his friends and acquaintances that reached out to his Facebook post or his society residents who offered help with preparation and distributions or his family that stood with him throughout this bold decision. Speaking of groceries and financial aid, he specified that several generous people offer those time and again. 'RAM ROTI PARIVAR', an organization that conducts similar food drives every Sunday, agreed to lend Mitesh the large utensils, gas cylinders and other basic amenities required. Another notable mention he makes is Kirti Patel, a local restaurateur who, impressed by this endeavour, offered them 60 liters of chaas each day as goodwill. Perhaps it is true when they say "God loves those who love their fellow human beings".

From the first day itself, the drive gained an immense response. In the initial days, the plan/target was 70-80 people a day. Mitesh and his companions were understandably

curious whether even that number of food boxes will finish. To everyone's joy, though, all the food got over within a short span; a few people even had to go without any. This gave Mitesh and his Sharing&Caring team the boost that they needed. Since then, the drive hasn't stopped at anything. Every day, the Sharing&Caring team follows the same schedule to fulfil their strive

for service. The cooking, done

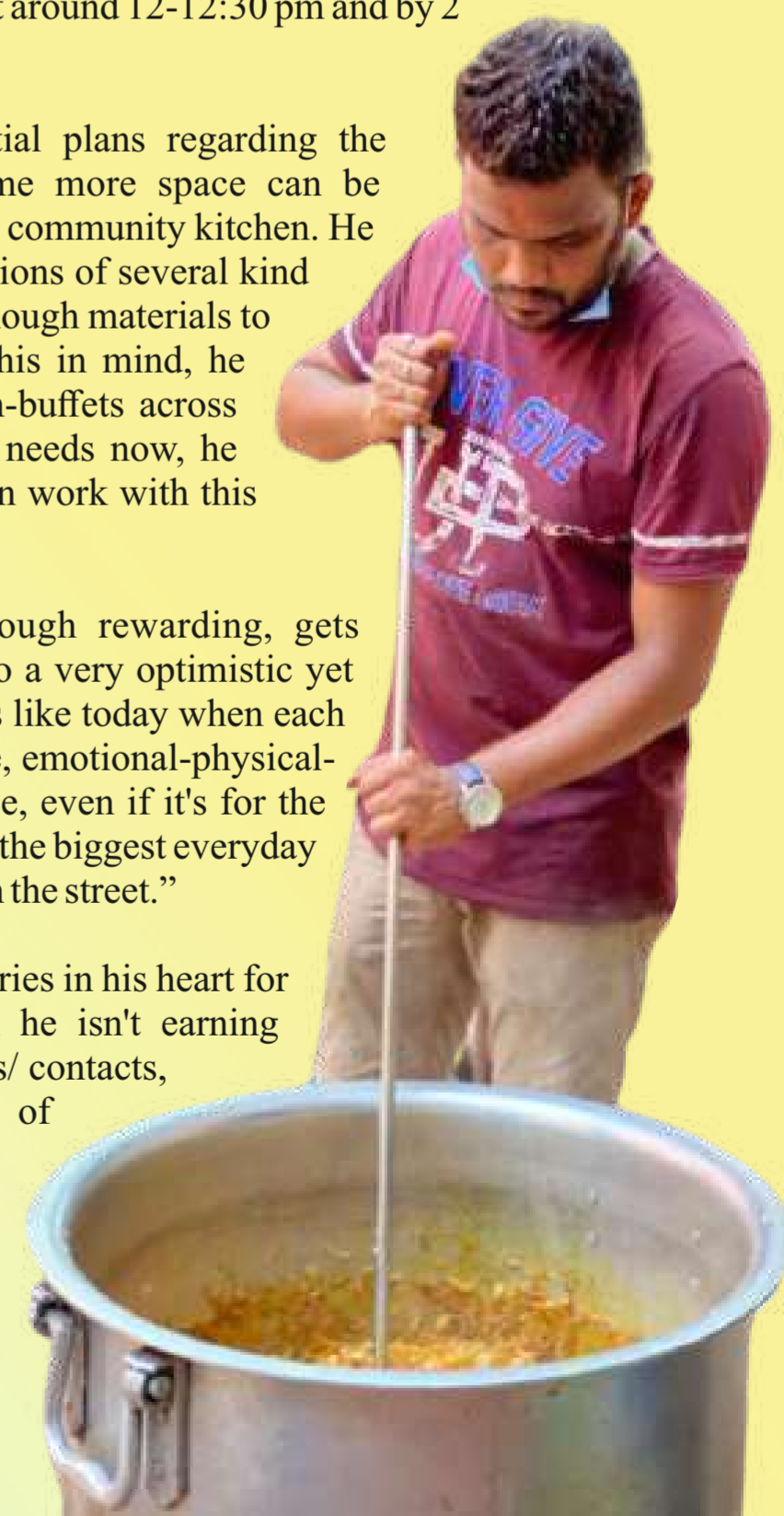
by Mitesh himself, begins at 7-8 am each day. Once the packaging is finished, they set up a stall at the same spot opposite Indira Gandhi Municipal Hospital. On an average day, 350+ boxes are sent out. They begin at around 12-12:30 pm and by 2 pm, they're all out.

When asked about any potential plans regarding the initiative, he maintains that if some more space can be arranged, he would like to expand his community kitchen. He adds that the donations and contributions of several kind people have led to the team having enough materials to suffice for a good while. Keeping this in mind, he wants to try creating a sort of chain-buffets across Mumbai for people in need. All he needs now, he says, are like-minded people who can work with this cause.

For times when this task, though rewarding, gets undeniably taxing, Mitesh holds onto a very optimistic yet realistic approach. He says, "In times like today when each day is draining in every way possible, emotional-physical-mental, people need to be given hope, even if it's for the tiniest thing. And food relieves one of the biggest everyday questions for so many people living on the street."

Mitesh aims to hold these memories in his heart for life. He humbly states that though he isn't earning anything through this, the friendships/ contacts, respect earned and the satisfaction of helping people is the only payment he's content with.

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## ED TRANSFERS SEIZED PROPERTY OF OVER RS 9,371 CRORE FROM VIJAY MALLYA, NIRAV MODI & MEHUL CHOKSI TO PSBS

**E**nforcement Directorate has transferred, connected and seized property of over Rs.9,371 crore to Public Sector Banks (PSBs) who suffered a loss because of the financial institution fraud through Vijay Mallya, Nirav Modi, and Mehul Choksi. The 3 have defrauded PSBs by siphoning off the price range through their companies, which ended in a complete lack of Rs.22,585 crore to the banks. So far, the ED has connected property really well worth over Rs.18,170 crore, which protected property really well worth Rs.969 crore in overseas countries. The quantum of the connected and seized property represents 80.45 in line with the cent of general financial institution loss.



additionally transferred part of connected/seized property of Rs.9371.17 Crore to the PSBs and Central Government." The research through the ED has proved that a large part of that property became held withinside the names of dummy entities, trusts, 0.33 folks and household of those accused and those entities had been proxy of those accused to keep that property. Out of the fully connected property of Rs.18,170 crore, over Rs.329 crore had been confiscated and over Rs.9,041 crore had been exceeded over to the banks.

Prosecution Complaints had been filed in opposition to all of the 3 accused

extradition requests that had been despatched to the UK and Antigua and Barbuda. The extradition of Vijay Mallya has been ordered through the Westminster Magistrates Court, which was shown through the United Kingdom High Court. Since Vijay Mallya has been denied permission to document an enchantment withinside the UK Supreme Court approximately his extradition to India has emerged out as final. The Westminster Magistrates Court has also ordered the extradition of Nirav Modi to India.

Meanwhile, Finance Minister Nirmala Sitharaman has stated the fugitives and financial offenders could be actively pursued and their homes had been connected and dues recovered. In a tweet, she stated, the Public Sector Banks have already recovered Rs.1,357 crore through promoting shares. The Minister reacted to ED's motion in opposition to fugitives Vijay Mallya, Nirav Modi, and Mehul Choksi.

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## INDIA PESTICIDES IPO TO OPEN ON JUNE 22 : ISSUE LENGTH, FEE BAND, AND MORE!!

**I**ndia Pesticides released its preliminary public offer (IPO) on June 23. The corporation plans to elevate Rs.800 crore via the percentage sale. The agrochemical enterprise has a constant fee band of Rs.290-296 in line with the percentage for its IPO.

The IPO neared on June 25. The bidding for anchor buyers was open on June 22. The IPO incorporates sparkling difficulty of fairness stocks amounting to Rupees one hundred crores and a suggestion of sale for fairness stocks aggregating as much as Rs.281.4 crores through promoter Anand Swarup Agarwal and as much as Rs 418.6 crore through different promoting shareholders. The corporation intends to

apply proceeds of the sparkling difficulty toward investment in the operating capital necessities and fashionable company purposes. Allotment of stocks may be achieved on June 30. The percentage will be listed on BSE and NSE on July 5, 2021. Axis Capital and JM Financial are the e-book jogging lead managers to the issuer. One can follow withinside the IPO in lots length of fifty stocks through spending Rs.14,800. Most of thirteen masses or 650 stocks may be implemented through a retail investor for Rs 1,92,400.

The Uttar Pradesh-primarily based total enterprise is expected to adopt a pre-IPO placement of Rs. 75 crore situation to the session of the service provider bankers. India Pesticides is an R&D targeted agrochemical technical

enterprise, which has developed formulations commercial enterprise in herbicides, pesticides, and fungicide segments. It additionally manufactures lively pharmaceutical ingredients (APIs).

It is the best Indian producer and among the pinnacle, 5 organizations globally for numerous technical merchandise which includes folpet and cymoxanil, used to make fungicides that manipulate fungal increase throughout a number of crops. India Pesticides presently operates from production centers at Lucknow and Hardoi in Uttar Pradesh with a combined capability of 19,500 MT for technicals and 6,500 MT for the formulations vertical.

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## CARS24 TO INVEST \$100 MILLION TO FUEL ITS OVERSEAS GROWTH PLANS

**C**ars24, an internet marketplace for used cars, has earmarked \$100 million (about Rs .738 crore) to fuel its international expansion this year.

The company, which recently entered Australia and therefore the United Arab Emirates, is now able to launch its used cars business in the geographic region and also the Near East. The funds will go towards building the brand within the new territories, ensuring a gradual supply of used cars, and putting in a workshop to make sure high-quality.

"We've been working passionately since last 6 years to revolutionize the way of our consumers to buy or sell their cars in India. Interestingly, the pain points of used car consumers across the world remain pervasive," said Vikram Chopra, co-founder, and chief officer, Cars24.

«Cars24 is poised for explosive growth internationally and that we will still offer our roster of offerings to newer markets," he said. "We are pretty sure that our abundance of expertise and skill level of operating at a very diverse range of market like India, we will be definitely be ready to cater to all the requirements of our new customers.»

The Gurugram-headquartered is currently shipping cars to customers in Dubai, the national capital, and Sharjah within the UAE and to Brisbane in Australia. Sydney and Melbourne will join this list soon.

"Australia could be the car-loving nation of many consumers across the world who have had no alternative to the traditionally used car buying model until now. We've very high expectations for our growth during this car-loving market in the competitive world of motor mechanics," said CARS24 Australia head Olga Rudenko.

Founded in 2015 by Vikram Chopra, Mehul Agrawal, Ruchit Agarwal, and Gajendra Jangid, Cars24 claims to supply a hassle-free transacting experience to customers to shop for and sell pre-owned vehicles (cars and bikes) further as financing options. the corporate operates in over 130 cities in India.

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## RANI RAMPAL DECLARED INDIAN WOMEN'S HOCKEY TEAM CAPTAIN FOR OLYMPICS



The Indian Women's Hockey team will battle for the Olympic title under the leadership of veteran striker Rani Rampal, Hockey India announced on June 21st. Assisting her as the team's two vice-captains will be defender Deep Grace Ekka and goalkeeper Savita. Although the association had already announced the 16-member team for the Olympics last week on June 17th, they were yet to declare a captain for the Games. This captaincy has not caught its fans by surprise with the range of achievements that the team has accomplished under Rani's leadership. Over the last 4 years, the team has won the 2017 Asia Cup, Silver at 2018 Asian Games, Silver at 2018 Asian Champions

Trophy Silv as well as the 2019 FIH Series Final. Additionally, Rani is valued for her natural ability to lead the younger/ newer members of the team competently as much as for her on-field skills. It was Rani's goal in the FIH Olympic Qualifiers in 2019 that gave the Indian team a 6-5 edge over the USA team and helped secure the Olympic berth. Meanwhile, Deep and Savita are an essential part of the leadership circle and have been in the Indian core group for almost a decade now. They played vital roles in team India's achievements, including reaching the career-best ranking of World No 9 back in 2018 with their powerful performance at FIH Women's World Cup. All three players have expressed their heartfelt gratitude and passionate anticipation for the upcoming Tokyo Games.

## A TRIBUTE TO THE 'FLYING SIKH'

India lost one of its greatest legends to Covid-19 complications as ace track athlete Milkha Singh passed away on June 18th at the age of 91. He was admitted last month after testing positive for the virus. The terrible news comes barely a week after the demise of his wife, former Indian women's volleyball captain, Nirmal Kaur who succumbed to similar complications. Born in Gobindpura village that was violently wiped out during the post-partition riots, Singh lost his parents and siblings to the gruesome violence. After a particularly arduous childhood struggling to survive, his unpolished talent was discovered upon joining the Army. It was there that his gift was recognized and nurtured. Milkha Singh became an inspiration to the Indian people during the turbulent era of post-colonial India. He was the first Indian athlete to bag a gold medal in the 400m category at the 1958 Commonwealth Games at Cardiff. He also finished first in the 200m-and-400m events in the same year at the Tokyo Asian Games as well as the 1962 Jakarta edition of Asian Games. However, the highlight race of his life remains his 400m 1960 Rome Olympics race. Singh had claimed the fourth position, having missed the bronze medal by one-tenth of a second. In his autobiography, he had mentioned that this defeat was his worst memory following his parents' death. After retiring from the sport, Singh worked as a deputy of sports with the Punjab government to develop infrastructure and training programs for the next generation of athletes.



## TAJINDERPAL SINGH TOOR SECURES OLYMPIC BERTH WITH RECORD-BREAKING PERFORMANCE



Indian shot-putter Tajinderpal Singh Toor has direct qualification for himself to the Tokyo Olympics at the 4th Indian Grand Prix being held in Patiala. He earned this position after shattering the Olympic qualifying standard as well as the Asian and National record. The marker for Olympic qualification is set at 21.10 m for shot put. Toor threw the ball to a distance of 21.49 metres, effectively sealing his berth at the

Tokyo games. He then went beyond the qualification marker again for the second time within the span of minutes, with a distance of 21.28m. His next efforts too resulted in big throws. His third, fourth and fifth efforts hit the distances of 21.28m, 21.12, 21.13m, each making it past the Olympic mark. Amidst this powerful display, he broke his own Asian and National record. The previous national record was held by Toor himself, with a throw of 20.92m in 2019 at the National Open Championships. The Asian record, on the other hand, was set by Saudi Arabia's Sultan Abdulmajeed Al-Hebshi back in 2009, which he set at 21.13m. With the Olympic challenge just on the horizon, the shot putter is now aiming to cross 22m. The bronze winners at the previous two Olympics had crossed 21.23m and 21.36m individually, which set considerable hopes and expectation upon the Indian shot putter.

## DUTEE CREATES NEW NATIONAL RECORD BUT NARROWLY MISSES OLYMPIC QUALIFICATION MARK



Ace sprinter Dutee Chand, individually, created a new national record in the women's 100m category clocking a timing of 11.17 secs at the 4th Indian Grand Prix being held in Patiala recently. The previous national record set at 11.21s was also held by Dutee. However, despite the obvious record efforts, she missed the Olympic qualification marker by a hair's breadth. The Olympic qualification time for

100m is set at 11.15s. Meanwhile, fronted by sprinters Dutee Chand and Hima Das, the Indian Women's 4x100m relay team scripted a new national record on June 21st. Dutee, Das, Archana Suseentran and Dhanalakshmi collectively clocked a timing of 43.37 secs in order to accomplish this exploit. This timing is a whole 5 seconds less than the previous best. It was set at 43.42 secs in Almaty by the team of H. M Jyothi, Merlin K Joseph, Srabani Nanda and Dutee in 2016. This powerful performance places India at World rank 20. The team, however, failed to make its way within the qualification bracket. The team required to clock less than 43.05 seconds to be amongst the top 16 teams that qualified for the Tokyo Games.

## SAND MINING IN INTERTIDAL REGIONS OF A&N ISLANDS TO BE MONITORED BY CENTRE'S NIOT

The Union environment ministry has published an amendment to the Island Coastal Regulation Zone notice, 2019, which might give the Centre additional authority over sand mining sites in the Andaman and Nicobar Islands' intertidal zones. Sand mining in the islands, particularly in the intertidal zones, is restricted under the ICRZ notice. Sand mining is permitted only in non-eco-sensitive areas of ICRZ-1B identified by the Institute of Ocean Management in Chennai, with the condition that mining plans include adequate safeguards to prevent damage to the sensitive coastal ecosystem, which includes corals, turtles, crocodiles, bird nesting sites, and other protected areas. They should also be monitored by a high-level group that includes officials from the Ministry of Water Resources, the MoEFCC, and independent experts, among others. The ministry has now permitted the Andaman and Nicobar administration to choose the National Institute of Ocean Technology (NIOT), which is under the Centre, to approve and select areas for sand mining in ICRZ-1B, according to a notice released on June 9. IOM, Chennai, is part of Anna University's civil engineering department in Tamil Nadu.

## EARTH'S METEORITE IMPACTS TRACKED OVER PAST 500 MILLION YEARS



A remarkable study undertaken at Lund University in Sweden has monitored the meteorite flow to Earth over the past 500 million years for the first time. Researchers have discovered that significant collisions in the asteroid belt have had little effect on the number of impacts with Earth, contrary to popular belief. Since the 19th century, scientists have been investigating geological records in order to recreate how vegetation, fauna, and climate have evolved over millions of years.

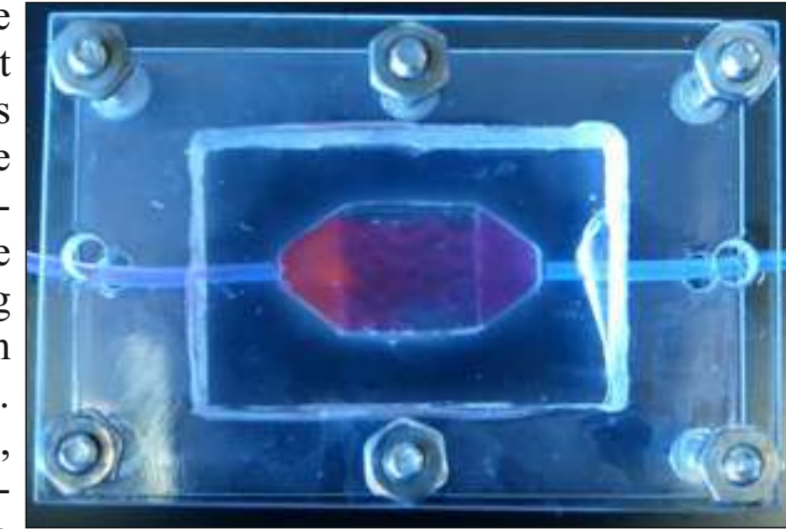
Until today, however, essentially nothing was known about ancient meteorite flux - which makes sense given how rare impacts are and how quickly battered celestial things degrade when they come into contact with Earth's oxygen. Researchers in Lund have rebuilt meteorite bombardment towards Earth over the past 500 million years, according to a new study published in PNAS. Birger Schmitz, professor of geology at Lund University said, "The research community previously believed that meteorite flux to Earth was connected to dramatic events in the asteroid belt. The new study, however, shows that the flux has instead been very stable."

## E-COMMERCE RULES TO BE TIGHTENED BY THE CENTRE

Following complaints from small companies about market dominance abuse and heavy discounting by online retailers, India wants to tighten rules for e-commerce platforms such as Amazon and Flipkart. According to the ministry's proposed amendments to e-commerce laws, e-commerce companies must also develop sufficient redress procedures and employ a chief compliance officer. These businesses would also be required to appoint a resident grievance officer, who must be an employee of the firm and a citizen of India, and who will function as a point of contact for law enforcement agencies. The ministry also recommended strengthening restrictions for 'private labels,' such as prohibiting the marketing and sale of items using a marketplace's brand entity. "Every e-commerce entity shall, as soon as possible, but no later than 72 hours of the receipt of the order, provide information under its control or possession or the assistance to a government agency, which is lawfully authorized for investigative or protective or cybersecurity activities", the ministry suggested.

## TWO TEAMS OF SCIENTISTS FROM THE WFIRM WON FIRST AND SECOND PLACE IN NASA'S VASCULAR TISSUE CHALLENGE

NASA's Vascular Tissue Challenge has awarded first and second place to two teams of scientists from the Wake Forest Institute for Regenerative Medicine in Winston-Salem, North Carolina. The goal of the prize competition is to promote tissue engineering technologies that will help humans on Earth today as well as future space travellers. Winston and WFIRM, competing as teams, took distinct approaches to creating lab-grown human liver tissues that were strong enough to survive and operate in ways similar to those found in the human body. Each team utilised a different 3D printing technology to create a cube-shaped tissue that was one centimetre thick and capable of working in the lab for 30 days. Team Winston will win \$300,000 and the opportunity to advance its study aboard the International Space Station (ISS) U.S. National Laboratory as the first team to complete its trial under the challenge guidelines. The second-place award of \$100,000 will go to Team WFIRM. Two other organisations' teams are still vying for third place and the remaining \$100,000. This image was taken during a perfusion test of Team Winston's lab-grown human tissue, which achieved first place in NASA's Vascular Tissue Challenge. The fluid was able to travel through the tissue without causing any leaks.



## AUSTRALIA'S NEW DEPUTY PM CASTS SHADOW OVER 2050 NET ZERO EMISSIONS AMBITION

Australia's Deputy Prime Minister and Minister for Agriculture and Water Resources, Barnaby Joyce, speaks at an official signing ceremony at Parliament House in Canberra, Australia, on March 24, 2017. Following a leadership mutiny in the coalition government's small party, Australia's next deputy prime minister will be a climate change sceptic, complicating Prime Minister Scott Morrison's goal of zero net emissions by 2050.



Morrison has softened his stance in recent months, stating that Australia wants to achieve net zero emissions as soon as possible, "preferably" by 2050, but that technology, not political objectives, must lead the way. Barnaby Joyce, a climate change sceptic who served as deputy prime minister from 2016 to 2018 but resigned following an extramarital affair with a former worker, defeated incumbent Michael McCormack in a National party leadership ballot on June 21st, Monday. In a Liberal-National administration, the head of the rural-based National party automatically becomes deputy prime minister. Joyce, who will be sworn in as deputy prime minister on Tuesday, has stated that his party would only support an energy strategy that strengthens the government's appeal in regional Australia, which is largely reliant on fossil fuel extraction.

## EXPERT



**Dr. (Mrs) Chandra Hariharan Iyer**

PhD(Management-Finance), M.Phil(Management),  
MBA(Finance), M.com, M.Sc.(Psychology),  
M.A. (Philosophy and Religion)  
DBM, PGDBM, PGDFM,  
PG Diploma in Guidance & Counselling

## FAQs ON STRESS MANAGEMENT

**Q1. Don't I have to be stressed to succeed in today's professional environment?**

**Ans.** Not at all! You can succeed without being stressed and remain serene in a competitive profession! Good individuals never misplace their serenity even in the worst distress. Even while burning camphor emanates fragrance.(Drushtantakalikasatakam - 37). Stress is an obvious response to many difficult and adverse situations. So stress cannot be completely avoided. But the art of managing stress helps one to manage challenges very well and also improves the alertness as to why and how to let-go of detrimental emotions! It is necessary for you to analyse your sense of control and act accordingly. Every person's sense of control varies. It is necessary that you analyse your strength and avoid troubles. It is very necessary that one must retain ones emotional equilibrium in a stressful environment, one as to make one self emotionally strong to succeed without stressed. So that one remains incurred to external

disturbances and does not get emotionally disturbed. Emotions play a vital role in shaping our behaviour. The way you are able to deal with your emotions, the better life you can lead. Whenever you feel a mood swings, look for an anchor for your emotions. Try to soothe yourself by things that you like. It is essential to bring down the anger, frustration and all negative thoughts of your mind. If you would be able to do this, then certainly you'll be able to deal with stress. Following are some the techniques through which we can give proper direction to our emotions.

- (1) By increasing self-esteem.
- (2) By engaging our mind in creative activities.
- (3) By engaging in social service.
- (4) By developing positive thinking attitude.
- (5) By pursuing hobbies.
- (6) By taking small holidays and simply going out to make a complete change from daily routine or also you can relax well listening to music.
- (7) By properly communicating our problems to those whom you reply on.

It is necessary that you're prepared for the stressful situation. You should know how long will this situation last and how can you deal with it. The knowledge and preparation about the same holding righteous conduct can help you tackle the situation properly. If you're not prepared for it then surely you will end up in a more stressful situation; that will ultimately cause your health problem. Win your mind first: Mind is the master of the entire army of senses. Therefore winning over the mind is the actual success. A person with leather footwear feels as though the whole earth is covered.(Subhashitavali 3-347). So Learn to manage your mind and win over the situation rather than being stressed! Enjoy your career with better focus and in a stress free way!

**Q2. I prepared so well for my exams but still I am not able to score well, what to do?**

**Ans.** Do focus on learning and not just the marks you score. Ask yourself 'have I done justice to the subject'. At times, just mugging up few answers many students scores very good marks without even understanding the concept. What is the use? If you fix your study pattern to understand the concept, automatically your scoring pattern will change in the long run. Is there any faulty mode of learning? I suggest you to look at the way you prepare for exams and please try to find answer to the following:

- (1) Are you following a study pattern suitable for you? What type of learner are you? Auditory learner, visual learner or kinaesthetic learner?
- (2) Are you preparing your own effective study notes?
- (3) Are you sleeping well? Or without sufficient sleep just putting too much stress on self!
- (4) Are you stressed of something else while studying?
- (5) Are you struggling with test anxiety?
- (6) Are you studying in an organized manner with a time table?
- (7) Do you concentrate on understanding? Or just mug up?
- (8) Is it exam oriented study? Just few hours or days before exam!
- (9) Are you keeping focus on your handwriting, answering

(time, structuring your answer etc?)

Setting aside your low scores, tell me, is your education improve your thinking skills? If yes, don't worry about the scores. Learning should transform our character. It should transform our mind. It should make us broader than what we are at the present. That is the basis of education. Education with a holistic outlook is concerned with the progress of every individual's intellectual, emotional, social, physical, creative, resourceful and spiritual potentials. Education is synonymous with wisdom to see Truth, character-building and complete personality growth. So don't worry about your scores and focus on your learning! Stay blessed!

**Q3. Most of the time my teachers say that I am confused! what do I do?**

**Ans.** Oh you are confused? That's good sign! Researchers established that confusion when learning can be helpful if it is appropriately induced, efficiently synchronized and ultimately resolved. So, don't feel bad, confusion is not at all a negative emotion! It is also important that the students are productively confused instead of hopelessly confused. Confusion is the feeling when you obtain information that does not make logic to you, leaving you unsure what to carry out with the said information. Confusion is an indication that makes you feel as if you can't think clearly. Individuals who are perplexed tend to temporarily stop their actions and frown, look somewhat downwards or touch their forehead, which all communicate that they require a minute to make the mental match or refuse one of the pieces of information. I would like to ask you to have clarity on whether you are confused or having doubt? Confusion is about information, doubt is about decisions. Try to identify and fix your style of understanding concepts to overcome the hopeless confusion! Try to learn well and design an appropriate style of learning which will fit your personality. Idleness, arrogance, confusion, restlessness, gathering for killing time, disrespect, and neglect of self-interest these seven comprise the faults of students in the pursuit of learning. (Viduraniiti - 227). Identify and resolve any fault in your learning style which creates hopeless confusion, or modify your style so that productive confusion made will help you to learn better.

Mail your questions on  
[stressmanagementhulahul@gmail.com](mailto:stressmanagementhulahul@gmail.com)

or

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

**Please note:**

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

**Keep reading The HULAHUL Times**

# QUIZ TIME

1. IFFCO is planning to set up NANO Urea Fertilizer Plant in which country?
2. Recently, which country has signed an MoU with India for enhancing bilateral cooperation in the field of Climate Change and Waste Management?
3. In June 2021, who has released the "General Election 2019 India – An Atlas" which consists of statistical analysis of the 17th General Election that was held in 2019.
4. To promote entrepreneurship among women & youth, which India's state government launched 2 new schemes?
5. Which company joined the World Economic Forum Partnership in June 2021, for the New Work Standard to establish a framework for a healthy work environment?
6. For the Olympics, who has been named as a captain of India's Men's Hockey team?
7. Which India's state government has announced a cash incentive to promote having the highest number of children?
8. Who became an ambassador of Forest Frontline Heroes?
9. In which country will the World Health Organisation set up a hub to Manufacturing COVID-19
10. Which Indian cricketer became the Brand Ambassador of Oneplus Wearable?

## SONG OF THE WEEK



*"Ho akela chal re ho, Fakira chal re,  
Ho sunke Teru Pukar.....  
Sang Chalne Ko Tere, Koi ho na,  
Himmat na haar chal chala,  
Chal.akela chal chala chal,  
Fakira chal chala chal,  
Sunke teri pukaar, sang chalne ko tere,  
Koi ho na ho taiyaar, himmat na haar...chal chala  
chal  
Akela chal chala, Fakira chala chal"*

**Movie's name : Fakira ( 1976)**  
**Music by: Ravindra Jain**  
**Sang by: Mahendra Kapoor**  
**Lyrics by: Ravindra Jain**

Basically, this song always gives you the reason to awaken your confidence of moving ahead. Mahendra Kapoor who sang this song had put his magical voice into it and made this track lifelong worthy. The given lines says, you are alone but not helpless or useless though, so you should keep on without looking for someone who would be with you till your last breath. So don't lose your hope, your piece of courage just put it all along. Who knows, that someone would really come to help you via your voice. So just believe in yourself and hold your bear to let your feet move forward in your own journey.

\*\*\*\*

## 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](mailto:hulahulgrp@gmail.com)

ANSWERS

10. Jaspreet Bumrah

9. South Africa

8. Upassana Kamini

7. Mizoram

6. Manpreet Singh

5. Wipro

Udyami Vojana ( MYU)

4. Bihar : Schemes are Mukhyamantri Mahila Udyami (MMU) & Mukhyamantri Yuva

3. Election Commission

2. Bhutan

1. Argentina

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