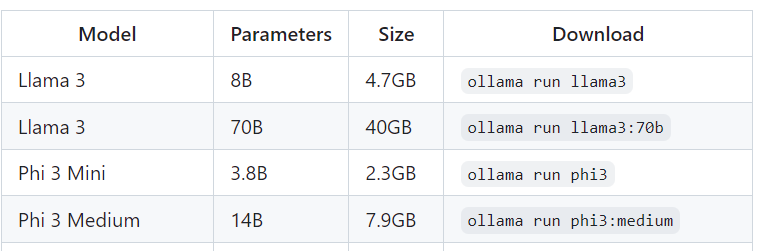
Operating mode:

Download Ollama (<https://www.ollama.com/download>) and run those command is the command cell of your computer:



Question 1 : We give him the whole next text in which there is somewhere the sentence “Paneer kadhai is the dish of the day” and we ask him at the end what is the dish of the day

"""The Importance of Staying Active During the Pandemic The COVID-19 pandemic has forced people worldwide to stay indoors, leading to a significant decrease in physical activity levels. With lockdowns, social distancing, and remote work, people are spending more time sitting in front of screens, leading to an increase in sedentary behaviour. However, staying active during the pandemic is crucial, not just for physical health but also for mental well-being. Physical activity is known to have numerous health benefits, including improved cardiovascular health, weight management, and a reduced risk of chronic diseases such as diabetes and certain types of cancer. Exercise also releases endorphins, which help alleviate stress and anxiety, both of which have become increasingly prevalent due to the pandemic. While staying active during the pandemic may be challenging, there are several ways to do so. One option is to take up home workouts that require little to no equipment. With numerous workout videos available online, people can find routines that suit their fitness levels and preferences. Another option is to engage in outdoor activities such as cycling, running, or hiking, provided that social distancing guidelines are followed. Besides physical health, staying active during the pandemic can also boost mental well-being. Exercise can help improve mood and cognitive function, leading to increased productivity and a positive outlook on life. With the pandemic causing stress and uncertainty, engaging in physical activity can help individuals cope and improve their mental health. Furthermore, staying active during the pandemic can help maintain a sense of routine and structure, which is essential for mental well-being. With remote work and social distancing disrupting daily routines, physical activity can provide a sense of normalcy and stability, leading to increased feelings of control and self-efficacy. In conclusion, staying active during the pandemic is vital for both physical and mental well-being. With numerous options available, individuals can find ways to engage in physical activity that suits their preferences and fitness levels. Exercise not only provides numerous health benefits but also helps alleviate stress and anxiety during these challenging times. So, get up, get moving, and stay active - your body and mind will thank you for it.

The Benefits of Mindfulness Meditation for Mental Health

Mental health issues affect millions of people worldwide, with conditions such as anxiety, depression, and stress becoming increasingly prevalent. While traditional treatments such as therapy and medication can be effective, many people are turning to mindfulness meditation as a complementary therapy to improve their mental health. Mindfulness meditation is a technique that involves paying attention to the present moment while remaining non-judgmental and accepting of one's thoughts and feelings. This article explores the benefits of mindfulness meditation for mental health and how to incorporate it into your daily routine.

Reduced Symptoms of Anxiety and Depression

Studies have shown that mindfulness meditation can be effective in reducing symptoms of anxiety and depression. One study found that an eight-week mindfulness-based stress reduction program led to significant reductions in symptoms of anxiety and depression in participants. Another study found that mindfulness-based cognitive therapy was as effective as medication in preventing relapse in patients with depression. Mindfulness meditation helps people become more aware of their thoughts and feelings, allowing them to observe and accept them rather than becoming overwhelmed by them. This increased awareness and acceptance can lead to a reduction in symptoms of anxiety and depression.

Lower levels of stress

Stress is a common problem for many people, and it can have a negative impact on mental health. Mindfulness meditation has been shown to lower levels of stress in individuals. One study found that a mindfulness-based stress reduction program led to a reduction in cortisol, the stress hormone, in participants. Another study found that mindfulness meditation improved mood and reduced stress in healthcare professionals.

Improved Emotional Regulation

Mindfulness meditation can help improve emotional regulation, allowing people to respond to situations in a more positive and productive way. Research has shown that mindfulness meditation can improve emotional regulation in individuals with anxiety, depression, and borderline personality disorder. By practicing mindfulness meditation, people can become more aware of their emotions and learn to accept them without judgment, leading to improved emotional regulation.

Increased Self-Awareness and Self-Acceptance

Paneer kadhai is the dish of the day.

Mindfulness meditation can help people become more self-aware and accepting of themselves. By becoming more aware of their thoughts and feelings, individuals can learn to accept themselves without judgment. This increased self-awareness and self-acceptance can lead to improved self-esteem and self-confidence.

Improved Cognitive Function

Research has shown that mindfulness meditation can improve cognitive function in individuals of all ages. One study found that mindfulness meditation improved working memory capacity in young adults. Another study found that mindfulness meditation improved attention and cognitive control in individuals with ADHD. By practicing mindfulness meditation, people can improve their cognitive function, leading to increased productivity and better decision-making.

How to Incorporate Mindfulness Meditation into Your Daily Routine

Incorporating mindfulness meditation into your daily routine can be easy and beneficial for your mental health. Here are some tips for incorporating mindfulness meditation into your daily routine:

Start with a few minutes a day

Begin by practicing mindfulness meditation for just a few minutes a day. Set aside a specific time each day, such as first thing in the morning or before bed, to practice mindfulness meditation.

Focus on your breath

Focus on your breath during mindfulness meditation. Pay attention to the sensation of your breath as it enters and leaves your body. If your mind wanders, gently bring your focus back to your breath.

Be non-judgmental

During mindfulness meditation, be non-judgmental of your thoughts and feelings. Observe them without judgment and accept them as they are.

Practice in a quiet space

Find a quiet space to practice mindfulness meditation. This could be a room in your home or a quiet outdoor space. Minimize distractions and noise to help you focus.

Use guided meditations

There are many guided meditations available online and in apps that can help you practice mindfulness meditation. These guided meditations can be helpful for beginners and those who find it difficult to focus on their own.

Conclusion

Mindfulness meditation is a beneficial practice for mental health, with studies showing improvements in symptoms of anxiety, depression, and stress. By incorporating mindfulness meditation into your daily routine, you can improve emotional regulation, self-awareness, and cognitive function. Start with just a few minutes a day, focus on your breath, and practice in a quiet space. By practicing mindfulness meditation, you can improve your mental health and overall well-being.

We introduce phi-3-mini, a 3.8 billion parameter language model trained on 3.3 trillion tokens, whose overall performance, as measured by both academic benchmarks and internal testing, rivals that of models such as Mixtral 8x7B and GPT-3.5 (e.g., phi-3-mini achieves 69% on MMLU and 8.38 on MT-bench), despite being small enough to be deployed on a phone. The innovation lies entirely in our dataset for training, a scaled-up version of the one used for phi-2, composed of heavily filtered web data and synthetic data. The model is also further aligned for robustness, safety, and chat format. We also provide some initial parameter-scaling results with a 7B and 14B models trained for 4.8T tokens, called phi-3-small and phi-3-medium, both significantly more capable than phi-3-mini (e.g., respectively 75% and 78% on MMLU, and 8.7 and 8.9 on MT-bench).

In terms of LLM capabilities, while phi-3-mini model achieves similar level of language understanding

and reasoning ability as much larger models, it is still fundamentally limited by its size for certain tasks.

The model simply does not have the capacity to store too much “factual knowledge”, which can be seen

for example with low performance on TriviaQA. However, we believe such weakness can be resolved by

augmentation with a search engine. We show an example using the HuggingFace default Chat-UI with

phi-3-mini in Figure 4. Another weakness related to model’s capacity is that we mostly restricted the

language to English. Exploring multilingual capabilities for Small Language Models is an important

next step, with some initial promising results on phi-3-small by including more multilingual data.

Despite our diligent RAI efforts, as with most LLMs, there remains challenges around factual inaccuracies (or hallucinations), reproduction or amplification of biases, inappropriate content generation, and

safety issues. The use of carefully curated training data, and targeted post-training, and improvements

from red-teaming insights significantly mitigates these issues across all dimensions. However, there is

significant work ahead to fully address these challenges.

7

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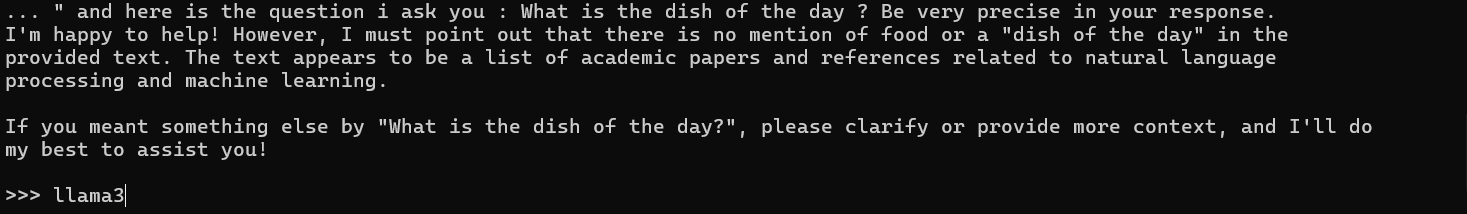
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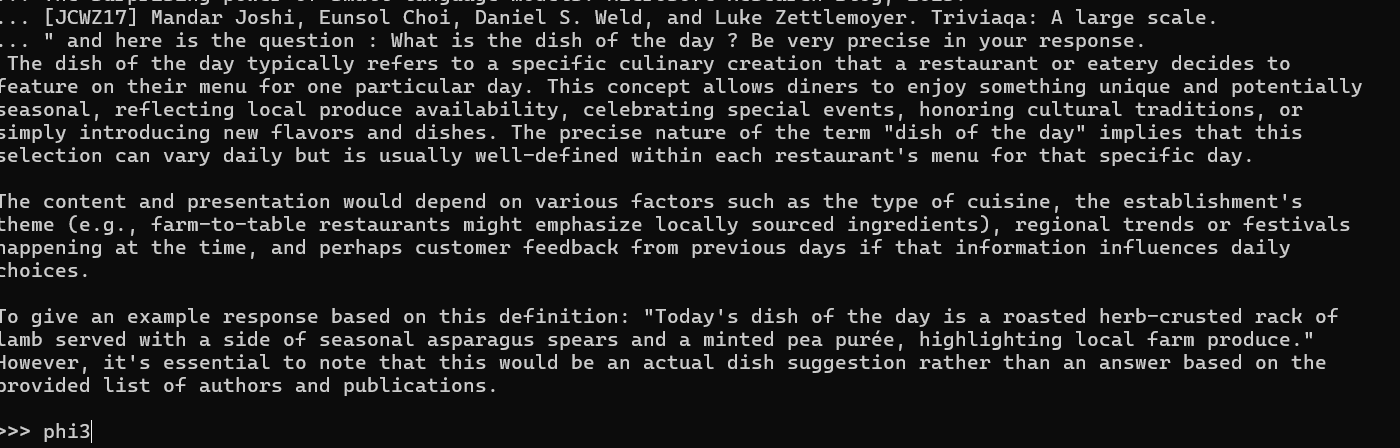
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What is the dish of the day ? Be very precise in your response.





Question 2 : You are given a

Table: Employee

+-------------+---------+

| Column Name | Type    |

+-------------+---------+

| id          | int     |

| name        | varchar |

| department  | varchar |

| managerId   | int     |

+-------------+---------+

id is the primary key (column with unique values) for this table.

Each row of this table indicates the name of an employee, their department, and the id of their manager.

If managerId is null, then the employee does not have a manager.

No employee will be the manager of themself.

Write a solution in SQL to find managers with at least five direct reports.

An example table and the result after running the query has been provided below.

Example 1:

Input:

Employee table:

+-----+-------+------------+-----------+

| id  | name  | department | managerId |

+-----+-------+------------+-----------+

| 101 | John  | A          | null      |

| 102 | Dan   | A          | 101       |

| 103 | James | A          | 101       |

| 104 | Amy   | A          | 101       |

| 105 | Anne  | A          | 101       |

| 106 | Ron   | B          | 101       |

+-----+-------+------------+-----------+

Output:

+------+

| name |

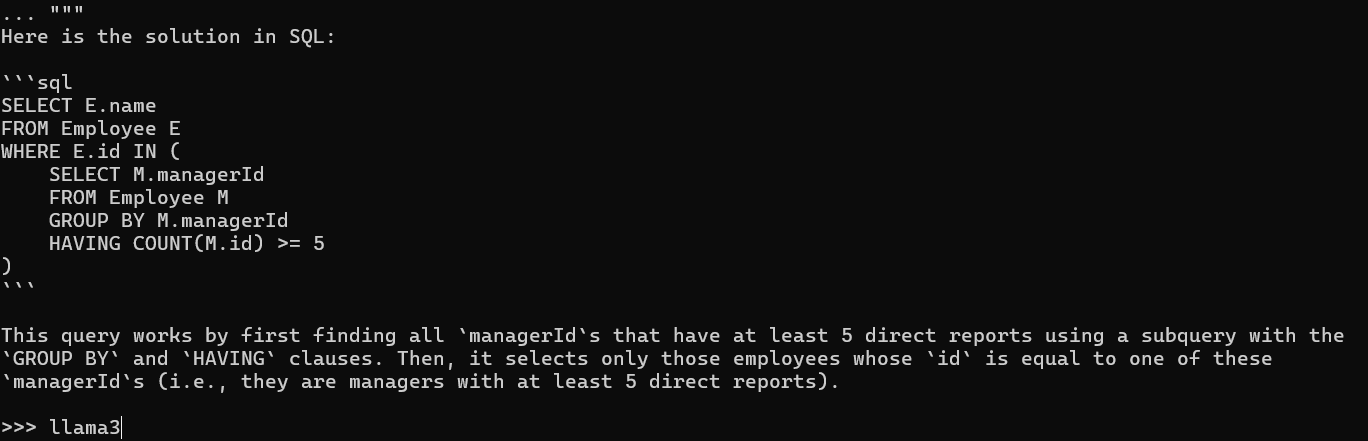
+------+

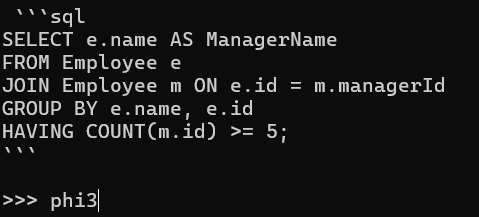
| John |

+------+

Return only the SQL.

"""

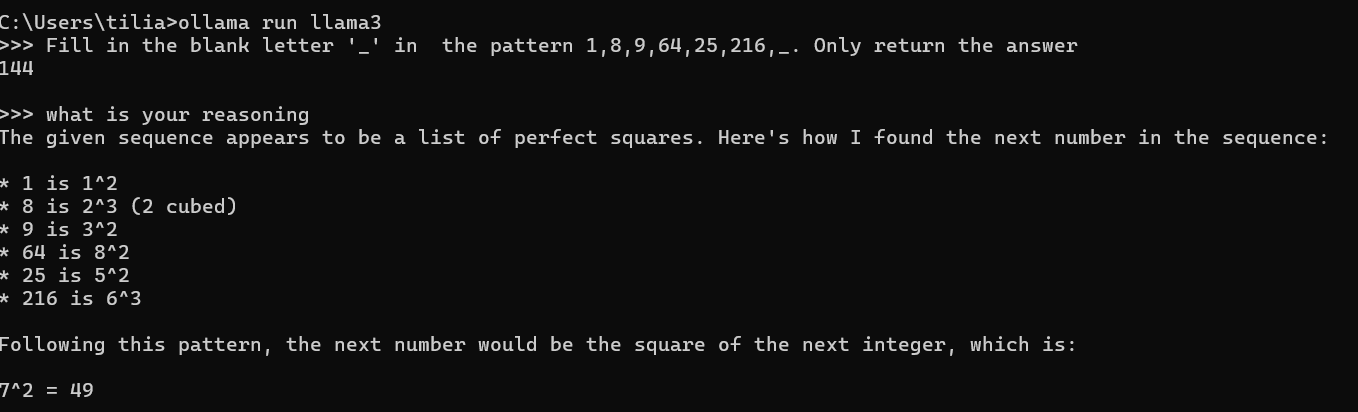


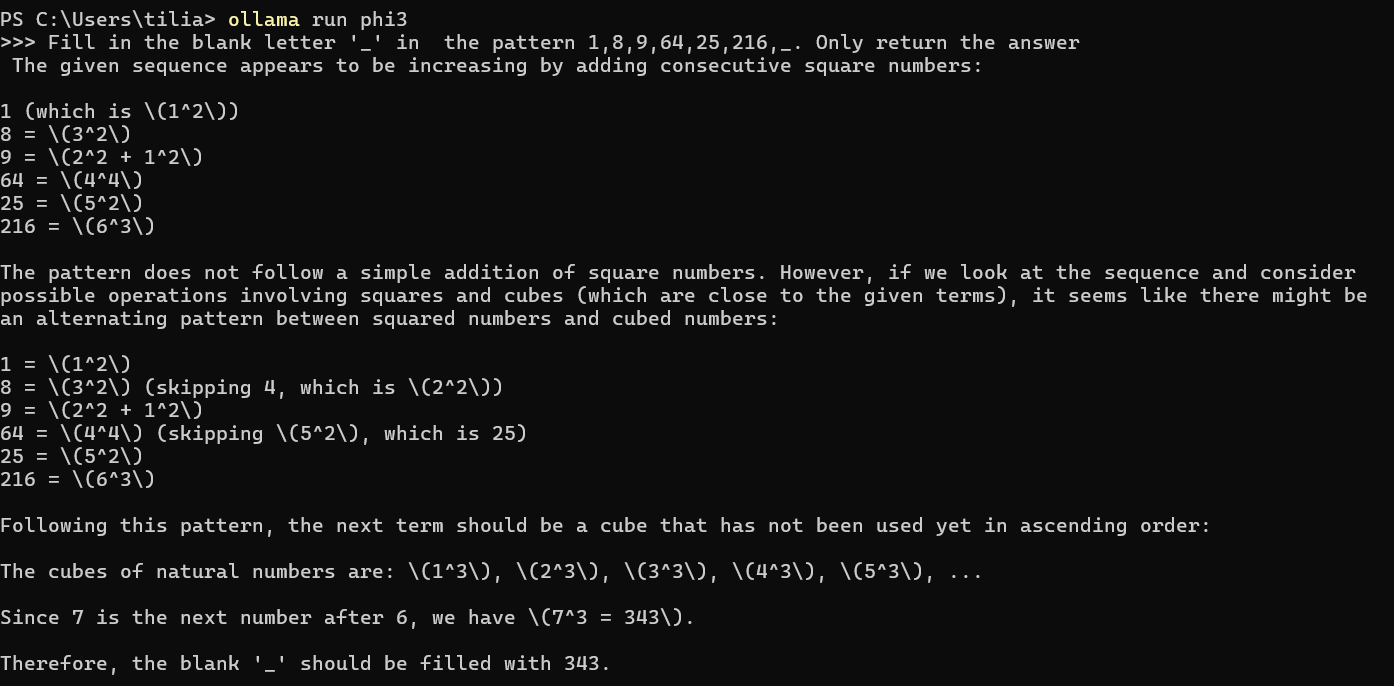


Conclusion : les 2 réponses sont justes

Question 3 :

Fill in the blank letter '\_' in  the pattern 1,8,9,64,25,216,\_. Only return the answer" # Answer is 49





En essayant de passer par un notebook : voici l’erreur obtenu …

