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RABINDRANATH TAGORE - A CORNERSTONE IN INDIA'S REFORMATION

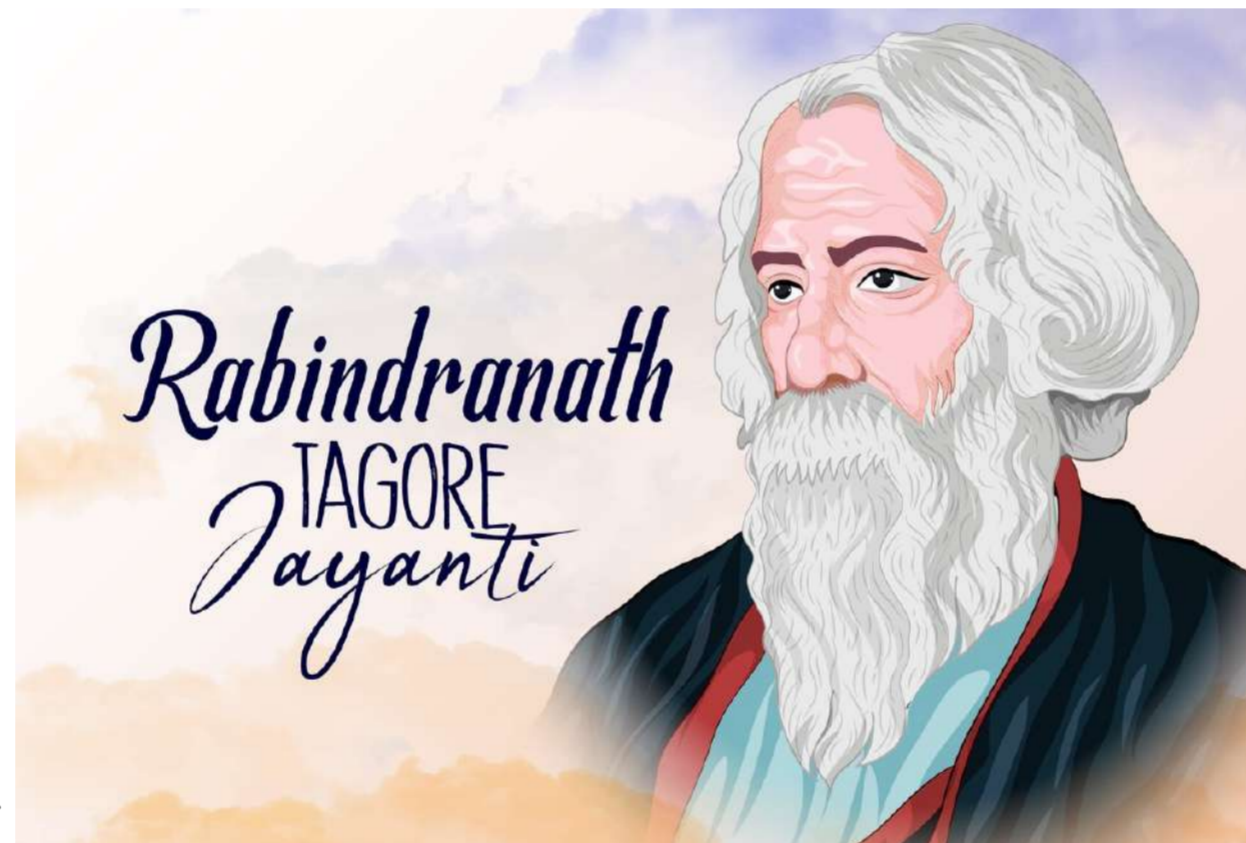
Rabindranath Tagore was a cultural multifaceted personality. He was a philosopher, scholar, artist, author and educator. He was also known as Gurudev. Despite Bengali being his first language, he eventually adapted many of his works into English, which marked a watershed moment in his literary career. His compositions were classified as Rabindrasangeet. His Rabindrasangeet compositions have become national anthems of India and Bangladesh: Jana Gana Mana and Amar Shonar Bangla.

Rabindranath Tagore belongs to an affluent Brahmin family and artistic family that contributed significantly in Bengal's socio - economic activities. He was a leading exponent in the city's Bengal Renaissance. His father was an influential Hindu religious leader and visionary. Rabindranath Tagore was born in Calcutta in 1861 to Debendranath and Sarada Devi. Dwarkanath Tagore, his grandfather, was a wealthy landlord and social reformer. Rabindranath Tagore attended elementary school at Oriental Seminary School. However, he opposed traditional education and began learning at home with a variety of teachers.

Tagore and his father left Calcutta in 1873, to explore his father's Shantiniketan residence. Tagore devoured biographies, studied history, astronomy, current science, and Sanskrit, and learned Kalidasa's classical literature. He was a gifted child, who began writing poems at the age of eight and composing art pieces at a young age. At sixteen, he was publishing poems under the pseudonym Bhanusimha. Tagore's composition Abhilaash (Desire) was published anonymously in a magazine in 1874. His standard schooling began at a public school in Brighton, East Sussex, and England. In 1878, he was sent to England to become a barrister. Rabindranath had always disliked formal schooling and hence had no desire to learn from his school. Later, he enrolled at the University College of London, he then travelled to England to study law that year where he dropped out once more and studied numerous works of Shakespeare on his own. After mastering the fundamentals of English, Irish, and Scottish literature and music, he moved to India in 1880 and started his professional career as a poet and author.

Rabindranath Tagore married Mrinalini Devi Raichaudhuri in 1883, and they had two sons and three daughters.

Rabindranath Tagore travelled to Shilaidaha (now in Bangladesh) in 1890 to manage the ancestral land. Tagore



later published volumes of poetry between 1893 and 1900, including Sonar Tari (The Golden Boat) and Khanika. Rabindranath Tagore was appointed editor of the magazine Bangadarshan in 1901. Rabindranath's father had purchased a block of land at Santiniketan. In 1901, he relocated to Santiniketan and established an ashram with the intention of creating an experimental school on his father's estate. It was called 'The Mandir,' it had a prayer center with marble flooring. Classes were conducted beneath trees and following the ancient Guru-Shishya teaching method. Rabindranath Tagore felt that resurrecting this archaic technique of teaching would be more useful than the current method. In the meantime, his works were increasingly famous among both Bengali and international readers.

He founded the Bolpur Brahmcharyashram at Shantiniketan, a school based on the ancient Indian Ashram model. Smaran (In Memoriam), a collection of poems devoted to Tagore's wife, was written.

In 1905, Lord Curzon made the decision to partition Bengal into two regions. Rabindranath Tagore was outraged by this conduct. Tagore composed a range of national songs and took part in rallies and protests. He instituted the Raksha Bandhan tradition, which symbolized fundamental togetherness. Rabindranath Tagore began writing Gitanjali in 1909. Tagore returned to Europe for the second time in 1912. On the way to London, he transcribed several of his Gitanjali poems into English. He then authored the introduction to Gitanjali, which was printed in a restricted edition by the India Society in London in September 1912. Gitanjali earned Rabindranath Tagore the Nobel Prize in Literature in 1913.

Tagore surrendered his honor in 1919, following the Jallianwala Bagh tragedy. He was a Gandhi follower who remained out of democracy. As a matter of principle, he was against nationalism and violence, and rather than advocated for spiritual values and the establishment of a new world civilization based on compassion.

Rabindranath Tagore founded Viswabharati University in 1921. He donated his entire Nobel Prize and royalties from his publications to this university. Tagore was also well-versed in science and in modern physics, and was able to hold his own in a dispute with Einstein in 1930 on the newly developing ideas of quantum theory and disorder. Rabindranath Tagore endured the last four years of his life in terrible suffering, hampered by two lengthy spells of illness. Tagore died on August 7, 1941 in the same Jorasanko home where he was raised.

Rabindranath Tagore left an indelible mark on so many people because he revolutionized the way Bengali literature was perceived. Many of his writings became international bestsellers as a result of a slew of translations by well-known foreign authors.



WORLD THALASSEMIA DAY: ELIMINATING HEALTH DISPARITIES IN COMMUNITY

In today's hectic lifestyle, everyone is facing some or the other disease out of which some are curable and some are non curable. But with the extensive growth in the medical field, the non curable disease also can be sustainable and individuals suffering from it can live a peaceful life with regular intake of medicines and routine checkups. One such disease is a blood disorder due to which the production of hemoglobin reduces and it is referred as Thalassemia.

Thalassemia is a blood abnormality born with a genetic mutation. Thalassemia patients are often unable to generate enough hemoglobin, leading to serious anemia. Hemoglobin is found in red blood cells and transports oxygen around the body. When red blood cells do not contain enough hemoglobin, oxygen cannot reach all area of the body. Body parts are then deprived of oxygen and unable to operate correctly. To overcome the challenges faced by the patients of Thalassemia disease and raise awareness May 8th is dedicated for Thalassemia its control measure and to prevent transmission among individuals around the globe.

Thalassemia is a genetic blood condition that is transmitted from previous generations. There seem to be numerous forms of Thalassemia disease, and medication is defined by the nature and severity of symptoms. Chronic condition impairs the body's natural capability to make hemoglobin and red blood cells. Alternatively, a patient with Thalassemia disease will have few red blood cells and very little hemoglobin. Its consequences might vary from moderate to profound, and it can even be fatal. This disease is prevalent among people of Mediterranean, South Asian, and African descent.

We might state that World Thalassemia Day is held to inspire individuals who are affected by the condition. This is a remembrance day in tribute of all Thalassemia patients and families who have never given up opportunities to succeed amidst the liability of their disorder, as well as all researchers who work tirelessly and with passion and commitment to improve the standard of living for individuals with Thalassemia all over the community. As a result, this day is dedicated to patients suffering from Thalassemia sickness and offers them something like a special option to stay normally while also preventing the spread of infectious infection in society, region, neighborhood, nation, and so forth.



Thalassemia is classified into two types: alpha and beta, with various genes affecting each kind. Simultaneous alpha and beta-Thalassemia can manifest themselves in consequences of untreated anemia, decreased growth and other health complications commonly appear during the first 2 years of life. Intermodal Thalassemia results in mild to severe anemia. Thalassemia minimum indications are minimal or non-existent.

Thalassemia effects can range from minor to significant and life-threatening such as; Lethargy and sleepiness, Hypertension, Breathing difficulty, Postponed puberty, Migraine, Liver problems, pale body, Drowsiness and faintness, Increased sensitivity to diseases, other symptoms.

Treatment is determined by the type and severity of the symptoms. Constant blood donations, iron chelation, and folic acid are routinely used in the treatment of people with complex illness. Iron chelation can be accomplished with deferoxamine, deferasirox, or deferiprone. A stem cell transplant may be an alternative in some cases. Consequences from transplants may include iron excess, which can lead to heart or liver damage, illnesses and osteoporosis. Patients with Thalassemia who would not react well to blood donations can be given hydroxyurea or thalidomide, or a combination of the both. The only FDA-approved medication for Thalassemia is hydroxyurea.

On May 8, 1994, the Thalassemia International Federation proclaimed "International Thalassemia Day" in grateful remembrance of George Englezos and other Thalassemia patients who have passed away.

Since that day, the Thalassemia International Federation (TIF) has organized a variety of tasks for World Thalassemia Day, with the said goal of disseminating Thalassemia requires comprehensive approaches.

Annually, several initiatives are organized around a certain subject to improve disease prevention, treatment, and diagnosis in a patient-centered approach.

Typically, events are held in prominent venues such as universities, schools, and educational establishments to raise attention of the public to the diseases, its characteristics, and protective methods through the use of banners and placards.

Championships, running events, art shows, blood donation camps, and health-related debates, discussions regarding Thalassemia and the patient's quality of life quality, and the distribution of Thalassemia instructional content are also held.

Thalassemia Factual information:

- Almost 7% of the earth's population has a defective hemoglobin gene that causes Thalassemia.
- People in low - and - middle nations account for 80 percent of the impacted community.
- Over than 4 million Indians are Thalassemia transmitters and over 100,000 are patients, putting India at the top of the Thalassemia list.
- Worldwide, less than 20% of persons with - Thalassemia receive adequate and timely blood donations and iron chelation therapy.
- Currently, less than 5% of individuals with - Thalassemia have access to comprehensive care and resource centers.

WORLD PRESS FREEDOM DAY: ACKNOWLEDGE THE BASIC PRINCIPLES OF PRESS FREEDOM!

Press freedom is the key to the smooth functioning of democracy. It is essential for people to be socially responsible about what is going on around the world and people must have the ability to criticize the government; this keeps the administration on their toes and motivates them to do better for the country. The press has a duty to make sure. They must be vigilant and trustworthy. The media has a significant role to play in whatever type of administration, democratic or authoritarian. The information they disseminate helps to shape public opinion.

Once you have the opportunity to impact the opinions of a large group of people, you must be even more accountable. In reality, the media can be more influential than the administration at times. The freedom of the press is critical for keeping the public informed. A free press scrutinizes the leadership and encourages it to strive for the benefit of the nation. To stop other people from inciting hatred and to keep a country's unity, ethical journalism must have been practiced. They have the ability to generate public outrage. A freedom of press has the ability to readily alter popular sentiment. That's why we require honest reporting to prevent the press from presenting misleading information that may threaten a nation's economic unity and stability.

In order to make the press and media more people oriented and transparent, May 3 is a celebration of the press worldwide. It encourages the media to be supportive and participative. In India the supreme authority of the state, the Constitution, provides the right to freedom of expression under Article 19, which deals with 'Protection of certain privileges related to the right to free speech, etc.' The freedom of the press is not explicitly protected by Indian law, but it is implicitly preserved by article 19(1)(a) of the constitution, which declares that "all people shall appreciate the right to freedom of speech and thought." In 1950, the Supreme Court observed that press freedom was at the root of all representative democracy institutions. Therefore, press freedom is not complete. Legislation might only place constraints on the exercise of this right, and it is subject to certain



limitations under article 19. Matters pertaining to India's independence and dignity, stability, cordial relationships with foreign governments, public security, decency, or morals, or in relation to contempt of court, defamation, or encouragement to an infraction.

From 1993, the International Summit has brought gathered journalists, members of civil society, government agencies, researchers, and members of the general public to address challenges of press freedom and journalist safety and to contribute towards solving issues.

UNESCO and the Republic of Uruguay are organizing the annual World Press Freedom Day Global Conference in a hybrid structure in Punta Del Este, Uruguay, from May 2-5, 2022. The impact of the digital world on freedom of thought, journalist safety, sharing of data, and privacy will be debated under the topic "Journalism under Digital Siege."

The conference brings together noteworthy decision makers, journalists, members of the media, activists, policy experts in Technology companies, information security managers, AI research scientists, and law scholars from all over the world to discuss the understanding of the new era on individual liberty of articulation and journalist protection, mainstream press viability, and people's confidence.

The UN General Assembly declared World Press Freedom Day in December 1993, after the recommendation of UNESCO's General Conference. Since then, the third of May, the anniversary of the Declaration of Windhoek, has been observed globally as World Press Freedom Day. Following 30 years, the historic link forged between both the right to seek, transmit, and receive knowledge and the common interest remains as vital today as it was when it was signed. During the World Press Freedom Day International Conference, there will be special remembrances of the 30th anniversary.

May 3 acts as a reminder to governments of the importance of upholding their dedication to press freedom. It is also a day for professional journalists to concentrate on concerns of press freedom and ethical standards.

The topic of this year's World Press Freedom Day, "Journalism under digital siege," highlights the various methods in which media is challenged by monitoring and digital format attacks on journalists, as well as the implications for public faith in online communications.

The current UNESCO World Trends Research Highlights research paper, "Threats that Silence: Trends in Journalist Safety," illustrates how monitoring and cyber attacks are threatening journalism. Surveillance can disclose material obtained by journalists, including whistleblowers, and violates the source protection principle, which is internationally recognized as a precondition for media freedom and is codified in UN Resolutions. Surveillance may potentially endanger journalists' safety by revealing sensitive private information that could be used for arbitrary judicial harassment or attack.

MEERA BAI - A TRUE DEVOTEE AND WORSHIPPER OF LORD KRISHNA

The great admiration and love for something are indeed futile! Meera Bai was a strong believer in Shri Krishna, so he was loved with overwhelming passion and adoration by Meera, venerated as Sant Meerabai. Her devotion to Krishna never wavered and this story of eliciting true-heartedness takes us right back to the 16th century when Hindu mystic poet and a devotee of Lord Krishna, Meera born in 1498 into a royal family of Rajasthan. One day, at the age of four, she along with her mother had gone to attend a wedding in her vicinity and witnessed a beautiful scene, seeing this she went to her mother and asked her who'll be her groom? To her answer, her mother insinuated toward the idol of Lord Krishna and said that he will be her groom.

From that day on, Meera was smitten with the love for Shri Krishna. Her beguiling beauty made her so endearing that everyone used to gaze deeply into the most bewitching smile, with an urbane nature. She had a soothing voice that anyone could get lost in her singing and found irresistible. As Meerabai was on the verge of becoming an adult. She had an ingrained belief that Shri Krishna was going to marry her.

As she attained her marriageable age, soon she was married off to Bhoj Raj, son of Maharana Sanga of Mewar. Although she never wanted to marry someone as she was beguiled by Krishna's beauty and his magnificent charm, she'd always considered Shri Krishna to be her husband but all hopes were dashed and on her family's insistence demand Meerabai was married to Bhoj Raj. Even after she was married, her love for Krishna didn't change and evolved intermittently over the period. She felt extremely poignant so she carried Krishna's idol with her to her husband's home.

She started her daily visit to Shri Krishna's temple after exercising all her household chores. There Meerabai used to worship Krishna with her piety or prayer and got into the habit of singing bhajan for hours and hours in her melodious voice. To this, her mother-in-law got all steamed up and asked her to follow Kali Mata in place of Krishna.

However, Meera refused to perform what she had been told by her in-laws and said "I solemnly vowed my life to Krishna and would continue doing that until the Lord takes me home." After this, her statement infuriated her in-laws and they approached Bhoj Raj and started explaining all that they had seen, and told him that she wasn't loyal. Bhoj Raj was embarrassed by the

Plan after plan, they made several attempts to kill Meera but it was the false belief of those miscreants which came to an end every time because Lord Krishna always saved her, until the time when one day, she was given poison under the guise of Krishna's Prasad. Knowing that Prasad had a poison yet she gobbled it down all in one go and then the poison was turned into Amrit by Lord Krishna.

After some time, Meerabai sent a word to Tulsidas asking for his viewpoint. To this, Tulsidas gave his answer to Meera, saying, don't let yourself be bothered by others' opinions. The whole universe exists eternally in that one infinite being, Krishna, and your love for him is everlasting so don't change it for the feigned interest of other people, hence, all other relationships don't matter. Later, getting this long message from Tulsidas, Meerabai decided to go to Dwarka, abjuring all luxury behind her. She decided to worship only Lord Krishna and sing bhajan for him.

As the years went by, and still no sign of return for Meerabai, Chittorgarh was getting destroyed by not being able to hear her ariose music in her melodious voice and she was asked by her family to return home. Hearing this, she said, "once my husband agrees to this proposal only then I would be able to leave Dwarka." Time went by, they all waited for hours but she didn't come.

Upon this, everyone scurried and went inside the temple to check on Meera. But they found it astonishing not seeing Meera there all they could see was just the idol of Lord Krishna draped in Meera's saree. Since then, everyone accepted the belief that Meera had put her heart and soul into Shri Krishna's idol forever.



way the rumors had been told to him so he decided to disown Meerabai.

As soon as he reached the temple at midnight, they only found Meera talking alone to the idol, afterward, he ran into her and scolded her to come up with her lover, upon hearing this, she pointed at the idol of Shri Krishna kept next to her and said as I owe my life to him, he is the owner of Meera. At this, Meera's actions had unnerved Bhoj Raj but he gave all his support to Meera.

Her in-laws and the new king of Chittorgarh poured scorn on the reason given for the devotion and all the piety work she has been doing with other people. Therefore, they hatched a plot and sent a basket of garlands with a snake kept inside it to put her life to end but as soon she opened up the basket, it brought a smile to her face as it was Krishna's idol she saw in between the garlands.

SUNIL CHHETRI- A TRUE INSPIRATION FOR INDIAN FOOTBALL

"It doesn't matter who you are - if you dream big and if you work really hard, you can achieve unimaginable results, and that's really good for the nation."

- Sunil Chhetri

In the realm of football, there are numerous legends from various countries, such as Ronaldo, Maradona, and Pelé. However, we did not witness many footballers from India during the 1960s and 1970s. But in the twenty-first century, there is an outstanding, or should say terrific, footballer from India. Sunil Chhetri is his name.

Born on 3 August 1984 in Secunderabad, Andhra Pradesh, football runs

in the Chhetri family as his father, Kharga Chhetri, played football for the Indian Army. Despite being born in Secunderabad, he considers New Delhi to be his birthplace. He got to reside in Gangtok, Kolkata,

Darjeeling, and New Delhi as a result of being an army child. As a result, the football wizard was accustomed to Sunil Chhetri from an early age.

Sunil Chhetri studied at the Bahai School in Gangtok for his academics. Thereafter, he moved to New Delhi and enrolled in Army Public School, Dhaulta Kuan. During his education, he joined Ashutosh College in Kolkata, where he finished his class 12. He dropped out of school after class 12 since he was chosen to represent India at the Asian School

Championships in Malaysia in October 2001.

In 2001, he successfully led India for the first time in the Asian School Championship. Sunil Chhetri's talent was identified by the Kolkata-based Mohun Bagan club, which signed him the following year 2002. He stole the show when he made his senior Indian national team debut at the 2004 Asian Games. He made his debut with a splash, scoring his first goal against Pakistan in 2004 for senior India national football team. He was named All India Football Federation Player of the Year for his outstanding performances for the country. He adores scoring goals as a forward and was named the National Football League's Best Player of the Year and Best Forward.

Sunil Chhetri became a legend after he led India to its first Nehru Cup victory since 1997. He has progressed from leaps and bounds, propelling India to victory in the 2008 AFC Challenge Cup, in which he was named Outstanding Distinguished Player. Sunil Chhetri drew international notice for his outstanding

performances and signed with English club Queens Park Rangers, but he was denied a working visa. He was named Best Player and Best Striker by the Football Players' Federation of India in 2009. The very next year, he made a splash by becoming the first Indian footballer to play for a Professional Soccer club in the



United States. He was selected captain of the Indian football team in 2010.

Chhetri accomplished some more of his crowning accomplishments year after year. He made the country win the SAFF Championship and was the leading scorer at the time. He was named tournament player of the year for his performances. In 2011, he was crowned AIFF Player of the Year for his services to club and nation for the second time. The following year, he joined Sporting Club de Portugal. His impressive performances boosted sense of teamwork, allowing India to jump 24 places in the FIFA rankings, from 167 to 143.

After being released by Sporting Club, he went on to play for Bengaluru FC

City for the next two seasons, where he led Bengaluru FC to their first I-League title in its inaugural season. Two months ago, he was signed by Mumbai City for Rs. 1.2 crores during the 2015 Indian Super League, making him one of the most valuable Indian players at the giant auction sites.

But, he was moved out to his previous club Bengaluru FC City, wherein he played an important role in the league for the second time in three years, and yet again assisting his team. He accepted a one-year agreement with Bengaluru FC for the 2016-17 season. In the 2017-18 seasons, he scored 14 goals for the club, making him the league's second leading scorer.

Sunil Chhetri's career as a player spans centuries. He made an entire country proud by climbing the ranks to third place among international goal scorers, with 61 goals in 100 games, trailing only Cristiano Ronaldo – 81 (149 matches) and Lionel Messi – 64 (124 matches). Chhetri was named All India Football Federation (AIFF) Player of the Year four times, in 2007, 2011, 2013, and 2014, for his outstanding performance and success for his club and country. In 2007, he was India's leading scorer in the Nehru Cup, scoring four goals to lead the team to victory. He earned 11 goals in 20 club appearances and 13 goals in 17 international matches in 2011. In the same year, he received the Arjuna Award for exceptional performance in National Sports and Padma Shri in 2019.

He is the first Indian Footballer to have received the prestigious Major Dhyan Chand Khel Ratna Award – the highest Award for a sportsperson in India.

ELON MUSK PLANNING TO BUY TWITTER



still has the financial resources, thanks to his crown jewel of enormous fortune, his stake in Tesla. After pledging share cover\$ 12.5 margin loan, Musk will still own unpledged shares in Tesla around \$21.6 billion, based on the car company's closing price Monday, 25th April. After taxes, that sale would come close to covering Elon Musk's full commitment, though a lot will depend on the price he gets for the

stock. Musk is concerned about the need to sell some of his shares which may already be weighing on the electric carmaker's stock price. It's down about 8% since the beginning of April. Selling his stakes in his private companies, SpaceX and The Boring Company, is possible, but unlikely, because they're so much less liquid.

Musk's cash estimate is based on filings in the domain related to publicly traded shares and news reports, still much of the data regarding his private finances is limited. If Elon Musk's portfolio of investments will outperform the market, Musk can be wealthier than the Bloomberg estimate and he may not need new sources of funding to cover the \$21 billion.

Bitcoins: Musk said in July he owned Bitcoin, Ether and Dogecoin. While it is unclear how much he holds or for how long he has owned them, the first two cryptocurrencies have gained about 720 % and 2600 %, respectively. Dogecoin surged almost 30 % on Monday after Musk agreed to buy Twitter.

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'CHINA MODEL OF MANUFACTURING WON'T WORK FOR INDIA'-RAGHURAM RAJAN

Raghuram Rajan is an Indian economist and Distinguished Professor of Finance at the University of Chicago Booth School of Business. He was the chief economist and Director of Research at IMF between 2003 and 2006. From 2013 to 2016, he was the Governor of the Reserve Bank of India.



Raghuram Rajan continuously emphasized that India must focus on services rather than on the manufacturing sector. He said that Indian made products might take a backseat in the West just like Indian products. He advised that India should not use all its resources for manufacturing-led growth. India has an advantageous position in services (tertiary sector). Raghuram Rajan proposes that India should strengthen its service sector rather than focus on the manufacturing sector. It is quite evident that we are not that adept to make cheap assembly line materials that China made and shipped to the United States. China faced a backlash so there is little room for India to make it a successful attempt.

Views on Service Sector: Raghuram Rajan expressed his discontentment that India is unable to educate the masses. Recently, we have seen a large number of students mainly from medical backgrounds fleeing from Ukraine due to the outbreak of the Russia-Ukraine war. This validates an insufficient number of seats in Indian institutes or colleges for medical. Hundreds of stranded Indian students sent " SOS" to the Indian Government. The large influx of doctors and students who went to Ukraine came back. This shows the demand for learning to be a doctor is large in India. People here garner skill sets. Indians have an edge in skill over the manufacturing-led growth sector. Raghuram Rajan feels that resources are directed more towards catering for the needs of taking up doctors as a profession. However, the pipeline of doctors will be in a position to sell medical services abroad. This shows the inadequate medical training institutions but there is an opportunity.

Views on Autocracy: Autocracy doesn't allow the saying of citizens in a country like Russia and China. Many Russians revolted against attacking Ukraine. Their voices were left unheard. People of Russia landed on the streets while the government did little to stop the war. Raghuram Rajan shuns how the autocratic government doesn't encompass the grievances of the people.

China was doing well with cold policies. But now it has stalled. The problem has cropped up in China as well. It is visible that covid policies associated with President Xi Jinping can't go back.

Views on India: In India, situations like demonetization and the unavailability of vaccines should have been given much importance. A little more transparency and a little more dialogue could have led to better decisions. It's not possible to have a dialogue with the people but within the government, it should have taken place.

The agricultural laws received backlash from farmer communities. Agricultural experts told Raghuram Rajan that the laws could have been organized much better if large elements had been decentralised to states. He said that farmers were very worried about rice cultivation in Punjab which is a water scarce state.

HOW MICROSOFT'S STRATEGY COULD GIVE IT AN 'EDGE' OVER GOOGLE



Microsoft has been improving its Edge browser and enticing users to switch from Chrome by referring to it as the best browser for Windows. Nonetheless, the company's goal of switching to Edge was not met, and Google Chrome remains the market leader. Microsoft now has another ploy up its sleeve to entice more users to use Edge. The tech behemoth is actually planning to add a free VPN to its Edge browser, which could significantly increase the number of users who

switch to Edge. The feature is described in detail on the company's support page. The feature is known as the 'Microsoft Edge Secure Network,' and it is currently in preview. What is the goal of the "Secure Network"? To encrypt your internet connection in order to protect you from hackers, prevent online tracking, and keep your location private, as is expected of a VPN service. For the VPN service, Microsoft has collaborated with Cloudflare. When you sign in to Microsoft Edge with their Microsoft accounts, you'll receive 1GB of free data each month. The feature is currently in preview. Edge Insiders are likely to be the first to use the feature. The final build is scheduled to be released in a few weeks. Remember that this is a completely free VPN, and by including it in Edge, Microsoft has certainly made the browser dominance game more interesting, as its competitors, Google and Mozilla, do allow for VPN services in their browsers, but only paid ones.

COVID SHOTS CONTINUE TO WORK, BUT RESEARCHERS ARE LOOKING FOR NEW WAYS TO IMPROVE THEM

Covid-19 vaccinations are at a crossroads as companies assess whether new approaches, such as combination shots or nasal drops, can keep up with a mutating coronavirus, even though it's unclear whether changes are required. Updating the vaccine recipe to match the most recent variants is dangerous because the next mutant could be completely unrelated. As a result, businesses are taking a cue from the flu vaccine, which provides protection against three or four different strains in a single shot each year. Vaccination induces the production of antibodies that can protect against coronavirus infection, but these antibodies naturally wane over time. The next line of defence: memory cells, which activate to create new virus-fighting cells if an infection sneaks in. After the third shot, Rockefeller University researchers discovered that the memory cells become more potent and capable of targeting more diverse versions of the virus. However, some people have severely weakened immune systems and require higher doses up front to have a better chance of protection. It's difficult for a shot in the arm to produce a large number of virus-fighting antibodies inside the nose, where the coronavirus resides. A nasal vaccine, on the other hand, may offer a novel approach to preventing infections that, even if mild, disrupt people's daily lives. Nasal vaccines are difficult to develop, and it is unclear when they will be available. However, several are undergoing clinical trials around the world. One in late-stage testing, developed by India's Bharat Biotech, employs a chimp cold virus to deliver a harmless copy of the coronavirus spike protein to the nose lining.



THE ENVIRONMENTAL DAMAGE CAUSED BY THREE LANDFILLS HAS COST DELHI 450 CRORE



According to a study submitted to the National Green Tribunal in January last year, Delhi's three landfill sites – Bhalswa, Okhla, and Ghazipur – have cost the national capital more than 450 crores in environmental degradation so far, with no discernible progress made to reduce the millions of tonnes of waste at these dumping sites. The study, conducted by experts from the National Environmental Engineering Research Institute (NEERI), the Central Pollution Control

Board (CPCB), and IIT-Delhi, estimated that the damage caused by Bhalswa was worth 155.9 crore, Okhla caused 151.1 crore in environmental damage, and Ghazipur caused 142.5 crore in environmental damage. To calculate the environmental damage, the experts considered factors such as leachate generated over time, legacy waste accumulated at landfills, and violations of solid waste management rules. The Bhalswa landfill site was opened in 1994 and has accumulated 8 million tonnes of legacy waste, reaching capacity in 2006. The Okhla site was opened in 1994 and currently holds 6 million tonnes of legacy waste, with the site reaching capacity in 2010. The Ghazipur site is Delhi's oldest, having been operational since 1984 and amassing 14 million tonnes of legacy waste. Following an order from the National Green Tribunal (NGT), the three municipal corporations began biomining and bioremediation in 2019. However, with new dumping still occurring, the pace of clearing inert legacy waste has slowed.

VODAFONE IDEA HAS INTRODUCED NEW PREPAID PLANS BEGINNING AT RS 29

Vodafone Idea has quietly introduced five new prepaid plans to its portfolio. Vodafone Idea has announced prepaid plans priced at Rs 29, Rs 39, Rs 98, Rs 195, and Rs 319. Prepaid plans are intended for people who want to purchase less expensive plans. Some of them provide daily data benefits, while others can be used as add-on plans when the daily data limit is reached. Subscribers have been suffering since telecom companies raised the prices of prepaid plans. Subscribers now want a more comprehensive plan that provides maximum benefits without breaking the bank. The Vodafone Rs 29 prepaid plan is a supplement plan. It includes daily data benefits of 2GB with a validity of 2 days and no additional benefits. The Vodafone Rs 39 prepaid plan also includes a 4G data voucher. It includes 3GB of FUP data with a 7-day validity period. For the time being, these are only available in the Gujarat circle. The Vodafone 98 prepaid plan is available in two circles. However, the advantages vary depending on who you ask. The Vodafone Idea Rs 195 prepaid plan comes with 2GB of FUP data, 300 SMS, and unlimited voice calling for 31 days. Vodafone has also introduced a new highest-priced plan, priced at Rs 319. It includes unlimited voice calling, 100 SMS per day, and 2GB of data per day. Binge All Night, Data Rollover, and Data Delights are among the other advantages.



INDIA FINISHES THE ASIAN WRESTLING CHAMPIONSHIPS WITH 17 MEDALS



Deepak Punia, a Tokyo Olympian, took silver, while Viky took bronze as Indian wrestlers finished their campaign at the Asian Wrestling Championships in Mongolia's Ulaanbaatar with 17 medals, with Ravi Dahiya taking gold in the men's freestyle 57kg category. One gold, five silver, and eleven bronze medals were among the haul. Deepak won the 86kg men's freestyle silver medal after losing the title bout 1-6 to Kazakhstan's

Azamat Dauletbekov. The Indian's solitary point resulted from the Kazakh's passivity. Deepak's fourth medal at the Asian Championships, having previously won a silver (2021) and two bronzes (2019, 2020). Deepak had reached the final without losing a single point, having defeated Iran's Mostafavi Alanjagh 6-0 in the quarters and South Korea's Gwanuk Kim 5-0 in the semis. Despite the absence of Vinesh Phogat and Sakshi Malik, young female wrestlers made their presence felt with five medals. Despite the lack of a gold medal, Anshu Malik led the group with a silver medal in the 57kg category. Anshu won gold in the previous edition, but had to contend with a much more competitive field this time. Viky won bronze in the 92kg division after defeating Uzbekistan's Ajiniyaz Saparniyazov 5-3. Mangal Kadyan lost his bronze medal bout in the 61kg category to Kyrgyz opponent Ulukbek Zholdobeshkov 4-6 after outwitting Kuwait's Almohaini 10-0 in the repechage round. The two other Indians in the competition, Yash (74kg) and Anirudh Kumar (125kg), both failed to qualify.

PV SINDHU TAKES BRONZE AT THE BADMINTON ASIA CHAMPIONSHIPS

PV Sindhu, a two-time Olympic medalist, finished her Badminton Asia Championships campaign with a bronze medal after falling to Japan's Akane Yamaguchi in three games. The 26-year-old got off to a fast start but couldn't keep it up, losing 21-13, 19-21, 16-21 to top seed and world No. 2 Yamaguchi in the one-hour, six-minute match. Sindhu's second medal in the tournament; she previously won bronze in the Gimcheon edition in 2014. The Hyderabad shuttler, who has two Super 300 titles from the Syed Modi International and the Swiss Open, won the first game in 16 minutes with ease. Sindhu, the fourth seed, was given a point penalty in the second game for taking too long between points, which sparked an argument with the referee. The two's argument shifted the momentum, as Yamaguchi levelled the playing field to force a decision. The Japanese shuttler found her stride and never let Sindhu catch her breath. Sindhu fell behind early in the final game. Yamaguchi finished with five match points, all of which she converted. Sindhu now has a 13-9 lead over Yamaguchi in their head-to-head series. India's bid for the individual continental championship has ended with Sindhu's defeat.



VEDIKA BATTLES BACK TO TIE FOR SECOND PLACE IN THE U-10 CHESS NATIONALS



Vedika Pal, a chess prodigy, has kept the Maharashtra flag flying high in the 34th National U-10 girls' chess championship, which is currently underway in Jammu. At the halfway point of the 11-round event, organised by the J&K Chess Association under the auspices of the All India Chess Federation (AICF), Vedika, nine, is tied for second place with five points. The six-day championship will feature 89 selected players from across the country. Vedika, the

14th seed, won five games out of six and was defeated in the third round while defending with her black pieces. Vedika, the newly crowned Maharashtra U-10 girls' champion, began her campaign with a convincing victory over Delhi's Pareen Kochar. In the next round, the city girl used her opening advantage with the white pieces to defeat Karnataka's Sri Darshini T. Jyotika Sahoo, an unseeded Odisha girl, ended Vedika's winning streak in the third round. Despite an early defeat, Vedika remained positive and fought her way back to three consecutive victories. Making the most of her opening advantage with the white pieces, Vedika regained momentum and won easily in the fourth round over Tamil Nadu's Pooja Shree R. With three consecutive victories, Vedika is tied for second place with three others, just half a point behind Gujarat's Hanya Shah and Karnataka's Charvi A. Vedika's first big test will come on Friday, when she defends with her black pieces against Karnataka's third seeded and 1223 Elo Krupha Ukkali on the third board.

MS DHONI HAS TAKEN OVER AS CAPTAIN OF THE CHENNAI SUPER KINGS, SUCCEEDING RAVINDRA JADEJA

CSK has lost the majority of its matches in the current edition of the Indian Premier League. Jadeja made the decision to focus more on his game and has asked MS Dhoni to lead CSK. Dhoni has agreed to lead CSK for the greater good of allowing Jadeja to focus on his game. Jadeja's game has also suffered as a result of the pressure that comes with leadership responsibilities, as he has only scored 112 runs and taken five wickets in eight games. Former India captain Dhoni led Chennai to their fourth IPL title last year but stepped down before the current season began. The development demonstrates that the Indian team's most dependable all-format all-rounder struggled to emerge from the shadow of his illustrious predecessor after being asked to lead the 'Canary Yellow' brigade at the start of the league. If Dhoni decides to continue playing while approaching his 42nd birthday in 2023, agrees to lead the team the following year. If Dhoni decides to continue playing while approaching his 42nd birthday in 2023, it will be interesting to see who agrees to lead the team the following year.



EXPERT



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FAQs ON
STRESS MANAGEMENT

Q1. What is the role of personal power in life?

Ans. There are seven main categories of personal development viz. Personal Skills, Personal Growth, Personal Power, Personal Improvement, Personal Empowerment, Personal Analysis, and Personal Objectives. Personal power is the authority others believe you to have in certain circumstances and is fuelled by your connections, knowledge, and financial status. Personal power is your aptitude to attract, influence and lead individuals in a positive way. Let us understand the characteristics of personal power:

- Personal power is the power you have based on your skills, competencies, qualities, and other individual attributes.
- Personal power is not at all 'formal power'. But it does have the capacity to inspire and motivate others to follow your path.



- Personal power is self regulating and free from the influence of professional norms.
- Personal power is a 'core leadership competency' that everyone needs to develop before they can 'lead' others.

Personal power is a core management ability that everyone needs to build up before they can lead others. Some great examples of people with real personal power are individuals who:

- (1) Are happy to learn, fail and learn from mistakes. Personal power enables one to choose Courage over fear and Hope over despair.
- (2) Achieve their goals. Personal power enables individual to choose hard work over entitlement.
- (3) Are great listeners. Personal power enables individual to choose Grace over condemnation.
- (4) Communicate powerfully, not forcefully. Personal power enables individual to choose appreciation over ungratefulness.
- (5) Can lead others without needing to be at the front. Personal power enables individual to choose humility over arrogance.

(6) Do as they promise, even if it is at the visible harm to self. Personal power enables individual to choose love over hate and justice over unfairness.

(7) Enable others without needing any thanks or acknowledgement. Personal power enables individuals to choose service over self-interest.

(8) Get more done than most. Personal power enables individuals to choose Wisdom over foolishness.

(9) Happy to hear other views and don't feel threatened by their own beliefs or convictions. Personal power enables individuals to choose knowledge over ignorance

When you embrace your personal power, it will likely have an impact on: Your work, your personal life, your goals, your friends, your business colleagues, your happiness, your health and what not! All the best to regain your personal power again, stay blessed!

AN INITIATIVE OF HULAHUL FOUNDATION

FEELING STRESSED?
NEED A SOLUTION



Ask the
EXPERT

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

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

Just get ready with your questions and email it on stressmanagementhulahul@gmail.com or DM your questions on our instagram handle [@hulahul_foundation](https://www.instagram.com/hulahul_foundation).

Please note:
Only selected questions will be answered

Keep reading



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QUIZ TIME

1. As per the data from the Reserve Bank of India, which bank recorded the highest value of frauds in April-December 2021?
2. As per data from the Finance Ministry, what is the estimated amount to be borrowed by India in the first half of 2022-23?
3. Which Asian country has declared a nationwide public emergency amidst protests over the economic crisis?
4. Which city is the host of the 'Convention on Biological Diversity' in 2022?
5. Which city is the host of Khelo India University Games 2021 (KIUG 2021)?
6. Which country won the ICC Women's World Cup 2022?
7. When is the 'International Day for Mine Awareness' observed annually?
8. Which Union Ministry is associated with the Foreign Trade Policy of India?
9. What is the new name of NASA's SpaceX Crew-4 aircraft?
10. Chamundi Hills', which was seen in the news, is a popular tourist destination of which state?



1. I have cities, but not houses. I have mountains, but no trees. I have coasts, but no sand. What am I?
2. You count my life in hours, and I serve you by running out. I'm quick when I'm tall and slow when I'm short. The wind is my biggest fear. What am I?
3. I have keys but no locks. I have space but no room. You can enter, but you cannot go outside. What am I?
4. What has four fingers and a thumb but isn't alive?
5. What disappears the instant you say its name?
6. If you have me, you will share me. If you share me, you don't have me. What am I?

10. Karnataka

9. Freedom

8. Ministry of Commerce and Industries

7. April 4

6. Australia

5. Bengaluru

4. Geneva

3. Sri Lanka

2. Rs 8.45 trillion

1. Punjab National Bank

ANSWERS

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For Internship

Please mail your updated CV on
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6. A secret

5. Silence

4. A glove

3. A computer keyboard

2. A candle

1. A map

ANSWERS

Good News!!

Aspiring young writers & artists from 10years & above are invited to share their articles & creative work with **THE HULAHUL TIMES** Mail your article & creative Work on hulahulgrp@gmail.com

