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Editor - in - Chief  
Mr. Ravi Singh

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## AIR FORCE DAY - THE BIRDS THAT DON'T FEAR OF DYING!

Everyone would eventually go away, as someone once stated, but certain individuals are regarded as invincible even after passing away. In India, there are several accounts of persons who are thought to be immortal though after departure. In actuality, if the meaning of the word "immortal" is to be interpreted, it refers to an individual who, even after passing away, remains alive on in hearts of people. Although there are less of these people around now, but it is something to be proud of that in a time when everyone is concerned with personal pleasure, there are a few who are just concerned with what is best for the nation.

Practically everyone wants to enroll in a course at the moment that would allow them to make a few thousand rupees every month. But imagine being told that you must complete a curriculum in which you must work solely for the benefit of the nation and its people rather than for self. When you are told that you must love death more than existence, it will be essential. If you choose not to do this, consider the people who risk their lives to protect their country.

As each nation develops in a more contemporary style, it has become imperative for each to take significant steps to ensure its national security. The Air Force is currently the greatest asset to national security. The Indian Air Force is in charge of guarding India's approximately 24000 miles of international borders. The Indian Air Force has been viewed as a problem-solver whenever there has been a conflict on India's boundaries. The Indian Air Force was founded on October 8th, 1932, and on April 1st, 1954, Air Marshal Subroto Mukherjee became the first Chief of the Air Staff.

As the Indian Air Force continued to advance and solidify its stance, a period arrived when India was reluctant to carry out an attack on any other nation within its borders. The Indian Air Force is the latest branch of the Indian Armed Forces. On October 8, 1932, the Indian Air Force Bill was approved. The first air squad was established on April 1, 1933, and it joined a particular squadron.

China and India's conflict situation began in October

1962. The Indian Air Force was under increased pressure at this period. The possibility of a Chinese strike on the Indian border was then lessened as a result of significant decisions the Indian Air Force made with Indians' protection in mind.

The Royal Air Force's auxiliary air force in British



India, the Indian Air Force, was founded on October 8th, 1932. The Indian Air Force Act of 1932, which established their supplementary structure and mandated the use of Royal Air Force uniforms, badges, brevets, and decorations, was passed. No. 1 Squadron, comprised of five Indian pilots and 4 Westland Wapiti biplanes, was the IAF's first squadron when it was officially launched on April 1st, 1933.

The Indian Air Force is also known as the air arm of Indian Armed forces across the world. Its personnel and aircraft inventory place it fourth across all air forces in the world. Its main duties include conducting armored warfare throughout armed confrontation and protecting Indian

sovereignty. It was formally founded on 8 October 1932 as a British Empire auxiliary air force that bore the appellation Royal in recognition of India's World War II aviation participation. The Royal Indian Air Force continued to operate under the Province of India moniker after India obtained independence from the United Kingdom in 1947.

When the nation converted to a republican type of government in 1950, the prefix Royal was eliminated. The IAF has fought in one conflict with the People's Republic of China and 4 wars with bordering Pakistan since 1950.

The President of India always holds the significant rank of Supreme Commander in Indian Air Force. The majority of the functional command of the Air Force is under the control of the Chief of Air Staff, an air chief marshal who has the rank of four-star commander. One occasion in history, Arjan Singh received the title of Marshal of the Air Force from the Indian President. Arjan Singh was appointed as the IAF's first and sole officer with the five-star rank on January 26, 2002.

The Indian Air Force, which is dedicated to defending the country's sovereignty, has been a vital part of helping the populace during natural disaster situations. The IAF's capacity to highly known net protection is reaffirmed by the competence shown by airmen during numerous international maneuvers. All members of the IAF express a heartfelt homage today to the warriors who built the service's strong foundation with their tireless work and tremendous bravery.

The theme for Indian Air Force Day in 2022 is "Touch the Sky with Glory." The holiday is commemorated on Saturday, October 8, 2022.

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# WORLD ANIMAL WELFARE DAY

*"The greatness of a nation and its moral progress can be judged by the way its animals are treated." – Mahatma Gandhi.*

A crucial subject that many people strive for and deal with on a daily basis is global animal preservation. World Animal Day promotes global awareness-building and educational advancement so that creatures can enjoy the life they deserved. Those involved are promoting an environment where wild and domesticated animals are recognized as sentient creatures with ideas, emotions, and unique personalities through raising awareness and enhancing knowledge throughout the world. This must be reflected in their welfare and care.

Animal conservation is becoming a more immediate matter with a worldwide impact, and recognition days like World Animal Day assist to bring attention to this situation. World Animal Protection promotes and runs initiatives to encourage people to recognize and take into account the complicated lives that all animals lead.

The goal of the social movement known as World Animal Day is to elevate the importance of animals and raise international standards for animal welfare. To do this, we encourage animal welfare organizations, civic organizations, youth and children's associations, corporations, and people to community events in honor of World Animal Day in order to raise awareness of animal concerns and make them mainstream news—a crucial change agent.

World Animal Day is an international day of activism for the care and rights of animals. The memorial day of Francis of Assisi, the patron saint of animals, is on October 4.

Francis of Assisi observed the suffering of animals all around him through sorrowful eyes. He was aware of their situation and wished to ease their suffering. He addressed audiences about not exploiting animals in this approach. He

travelled the world spreading the compassion and concern for the welfare of animals. He started a number of programmes to educate people about the value of caring for animals. He made an



effort to spread his admiration and concern for creatures and was a well-known supporter of wildlife conservation in his time. Francis of Assisi's birthday is commemorated on World Animal Day.

Heinrich Zimmermann, a cynologist, created the concept of World Animal Day. On March 24, 1925, he coordinated the first World Animal Day at the Sport Palace in Berlin, Germany. The celebration was originally scheduled for October 4 in order to coincide with Saint Francis of Assisi's feast day, the patron saint of environment, however that day the place was unavailable.

In 1929, the event was initially shifted to October 4. He at first only attracted supporters in Germany, Austria, Switzerland, and Czechoslovakia. His idea to designate October 4 as World Animal

Day was overwhelmingly embraced and ratified as a declaration in May 1931 at the International Animal Protection Congress in Florence, Italy.

The goal of World Animal Welfare Day is to elevate standards of animal welfare globally by promoting animal rights to bring the animal welfare movement together and mobilize it into a global powerhouse in order to improve the environment for all creatures. Every country, irrespective of nationality, religion, or political viewpoint, celebrates it in a unique way. We can create an environment

where creatures are always acknowledged as sentient creatures and their welfare has always been given full consideration through improved education and understanding.

A legislative advisory organization created in 1960 in accordance with Section 4 of the "Prevention of Cruelty to Animals Act-1960," the "Animal Welfare Board of India" (AWBI) was founded to provide advice to the Indian government on animal welfare regulations. The wellbeing of animals should not only be considered on one day; rather, we should work to make the public aware of it and enlighten them about it so that, even if only one person takes action, we would have succeeded in observing this day.

Organizations and supporters can connect, exchange knowledge and firsthand accounts, and raise awareness on this unified day. The World Animal Day Ambassador initiative, which aims to nominate an ambassador for animal welfare in every nation, was introduced in 2007 and is still expanding its network of delegates. Numerous famous people, including actors, poets, painters, models, and singers, have expressed support and created awareness among their followers using social media and in-person engagements.

The first World Animal Day website, which was primarily focused on the UK, was introduced in 2003 by the Naturewatch Foundation. Finding inexpensive ways to advance this strong movement is vital to ensuring that it realizes its complete capacity because the Naturewatch Foundation is a small organization and financial support for World Animal Day has always been quite limited. The deeds of people, companies, and countries have a significant impact on animal lives. Therefore, it is essential to recognize cognizant animals' legal standing as recipients of social justice and ensure that this role is converted into efficient animal protection.

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## A FORGOTTEN SAGA FROM HISTORY - NEERA ARYA

As Indians, we have heard or read many heartbreaking stories about our great leaders. Even today their sacrifices are honored by the country, but among them, there is one person whose name has disappeared from chapters of history. Her bravery needs to be known and honored, for she has suffered severe cruelty, and society must be aware of the sincere sacrifice of this great lady.

The story is about an unsung warrior, Neera Arya, born on March 5, 1902, in Khekra (now Khekada, Baghpat district, Uttar Pradesh, India) daughter of an eminent businessman Seth Chhajumal, her father who was away a lot due to business and travel to places, so she had to do her studies in Kolkata, Neera had patriotic spirits flowing right from the initial stage of her childhood. Over time, Neera Arya was a veteran of the Indian National Army (INA), probably the first female spy of the INA. This brave soldier was appointed in the "Rani of Jhansi regiment" of the Indian army. Her father wanted to get her daughter married, and soon she was married to Shrikant Jairanjan Das who was a British officer CID, Neera always wanted freedom for her country from the British but unfortunately, her husband worked under the British government, a loyal servant to the British. After marriage, Neera joined the Azad Hind Fauj, at the same time her husband Jairanjan Das was assigned to spy on Netaji Subhash Chandra Bose and was ordered to assassinate him.

One evening when she heard that her husband had shot Netaji, but he had narrowly escaped death as the bullet hit his driver who died on the spot. When Neera learned of the attempted murder, she angrily stepped forward and stabbed her husband to death. Soon, she was arrested and sentenced to life imprisonment. This was the turning point of her destiny, where the brutality of her story began, as she recounts in her autobiography,

After the trial, she was sentenced to Kalapani where all prisoners were released by order of the Red fort. She was transferred to life imprisonment in the Andaman Islands and her heart sank as her hunger for

her hand and had cut out some flesh from her hands,

She ignored the pain but then as he began to cut off the shackles of her legs,

because we know he is alive, and challenged me for the last time to tell us where the hell he is. Neera replied angrily, "Yes you're right he is alive".

"Tell me, lady, where he is now", She answered angrily, "He is in my mind and in my heart." The jailer said angrily "If Netaji is in her heart, remove him from there." Thereupon the jailer indicated the blacksmith to remove her breast and he did that with cruelty.

After years of Independence, she was released from prison and spent the rest of her life in Hyderabad, where she earned living selling flowers on the streets. She refused any kind of pension from the government to preserve her identity and lived in a small cottage that also was demolished by the Indian government because it was illegal and was built on government land. She later became ill and was taken to hospital and that was where she breathed her last on July 26, 1998. It's a pity that India didn't give this brave woman salutation the dignity that she rightly deserved.

Some journalists took pity and performed the last rites for her.

Today as we proudly stand on Independence Day for all the sacrifices, This story of the iron lady is unwritten in pages of history, as cruelty screams no cell in Andaman till today holds her image as an honor or respect for her.

As Indians, let us sing the praises of this woman and let the coming generation know her sacrifice.

We must excavate the place of the dwelling place of these unwritten sagas in history and give them their due throne of pride and honor, as we do for all the great leaders of our country.

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The jailer angrily replied, you are lying



Independence will forever be just a dream. There when she saw further the miserable state of all the prisoners tied in iron rings where there were no blankets, only the nail-biting coldness of stuffed tiny cells, and they clung to the floors and fall asleep by 10 p.m.

One day, it was about midnight, and two guards came to her cell and threw two blankets on her.

At first, she felt terrible, but then she was glad to get blankets against the shivering cold, but still felt like she was tied with hard iron chains around her neck, hand, and legs. But the next day to the blacksmith came in, he started to cut the chains off from

striking her leg bones two to three times, she turned to him to be careful, "Are you blind, you are hurting my legs?" to which the blacksmith replied, "What is hurting your legs we will beat the heat out of you too."

To which, she replied, "Watch your tongue, do you have no respect for a woman?"

The jailer who accompanied him, now said in a harsh voice "We assure you we will let you go, lady but just tell us where Netaji is?" to which she replied, "Don't you know he has already died in a plane crash and everyone knows about that fact?"

## SHABIR HUSSAIN KHAN – THE BLOOD MAN FROM KASHMIR!

**T**he 57-year-old Shabbir Hussain Khan is referred to as the "blood man of Kashmir." He lives in Alie Kadal, a neighborhood in the historic district of Srinagar, Jammu & Kashmir, and has been giving his life to help others. This O negative blood group donor whom is very rare to found has made his first blood donation when he was just 15 years old in the year 1980.

He has donated blood for the following 41 years at a government hospital close to his home in Srinagar, totaling 174 pints (the 174th was on June 17, 2021). The man who serves as an example to many has made donating blood his life's work and plans to continue doing so until he turns 65. He has surpassed all other blood donors in India. The biggest blood donor in the nation is Shabir Khan, a daily wage worker. No matter how old he was, he never let that stop him from providing a donation to such a worthwhile cause.

"Blood cannot be purchased at a store. Blood donation is a humanitarian gesture, according to Shabir Hussain Khan. The 60-year-old guy has given around 174 pints of blood making him India's largest blood donor. Khan's tale of unselfish deed inspires hope and optimism in the troubled Kashmir valley, which is notorious for racial violence and disturbances.

He believes to have rescued more than 100 lives throughout the Kashmir valley. And so now, in an effort to safeguard the priceless lives of many others, he has made it a tradition to contribute his blood every three months. He was asked to visit Mother Teresa in Kolkata in 1998 as a result of his constant services since he was a young boy, and she recognized him for his efforts.

In a family of six members of Shabir Khan with his family lives in Srinagar, Kashmir. In July 1980, he began his path towards becoming the Blood Man. He

says, "I heard some disturbance from outside my house as I was taking my afternoon nap. One of a person got injured during a football match and suffered significant blood loss. In the past, before social media, awareness campaigns, and blood banks, organizing blood was a herculean undertaking. Only a few landlines and radios were available for communication. Khan travelled on bicycle

designation," the Srinagar resident continues. I was given this title out of respect and affection by people.

His place of employment is a paper mache crafts and arts shop in Srinagar.

According to Shabir, he employed as a day laborer to support himself. He clarified that this could be strange for a person but it is a reality. I once worked as a paper mache

assistance.

Khan has travelled throughout the nation to give his blood. He felt very uncomfortable the first time he allowed the injection to suck blood from his body. But now that it's been going on for so long, the procedure is routine. He doesn't feel any discomfort or tiredness. He is appreciative of his background and the assistance of his family for leading him down the honorable road. Shabir Khan continues to give blood about six times a year since he frequently witnesses the struggles and suffering of others. For him, a little inconvenience is far outweighed by his love of people and generosity. He always stops to greet her and show his appreciation when he passes by. What else could I possibly want?

In the entire nation, Khan has been aggressively raising awareness about blood donation. He does his utmost to persuade them to carry out the selfless deed even though they are still reluctant to do so. He partners with local radio stations to organize initiatives and medical clinics all throughout the year. He says that over time, "People have opened up to the idea of donating blood. This makes me extremely happy but still have a long road ahead to go, though. Khan claims that India does not give contributors any perks or benefits. This discourages those who are qualified to donate blood. Shabir, who is suffocated by deprivation, says that "the least that the government can do is acknowledge our activity and offer us financial help." Khan leads a group of 40 people working for the Indian Red Cross Society to assist those in need in earthquake- and flood-prone areas. In furthermore, he volunteers with Civil Protection and has experience in the field of disaster risk management.

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to the hospital to give blood in an effort that would save his cherished friend. Committed in making sure that no lives are at jeopardy due to blood shortage. He has been saving lives with his O-ve blood, a very rare blood type, for the past 41 years. The "Blood Man of Kashmir" is what people call him because of his tenacity in the endeavor. "I didn't really start out with a purpose to be labeled with this

artist, but because no one is buying it anymore, I had to find another job to make ends meet. Wherein he was impoverished and had to bear his mother's medical costs as a result. He found managing the earnings of a daily wage worker in such a setting to be quite taxing on his back. He believed that when a person has contributed a significant amount to society and is in dire need of assistance, no one steps forward to provide

## 23 IITS WILL PRESENT RESEARCH AND DEVELOPMENT PROJECTS AT A MEGA FAIR IN DELHI ON OCTOBER 14-15

Officials announced on Monday that twenty-three Indian Institutes of Technology (IITs) will join forces for a mega research and development fair to be held here from October 14-15. The event, dubbed "InvenTiv," aims to raise holistic awareness about the institution's research and innovation work, as well as to seek collaborative avenues among state universities and institutes, industry, and the IITs for better development and reach of innovations at the grassroots level. The fair is being held to commemorate the 75th anniversary of India's independence as part of the Azadi ka Amrit Mahotsav initiative. Defence and aerospace, Healthcare (including devices and digital health), Environment and Sustainability, Clean Energy and Renewables (including Hydrogen and EV), Artificial Intelligence (AI), Machine Learning (ML), Blockchain technologies (including quantum computing), Smart Cities and Infrastructure (including smart mobility), Communication Technologies (including education and 5G), and others are among the themes identified for the fair.

"As India strives to reach new heights in research and innovation, the IITs are at the forefront of assisting the country in achieving self-sufficiency across sectors. InvenTiv aims to highlight key innovations from all 23 IITs in order to raise awareness about R&D at the IITs." Pawan Goenka, Chairman of the Board of Governors of IIT Madras, stated at a press conference here. "This would contribute to the development of more affordable technologies for the benefit of all. We anticipate active participation from industry, academic and research institutions, as well as the government, in order to pursue more collaborative and multidisciplinary avenues for furthering the Make in India vision." He continued. Climate change, sustainability, smart city architecture, rural agriculture, affordable healthcare, drone technology, and

other topics will be covered by IITs at the fair. Their goal is to promote innovations that are consistent with the Make in India and Digital India initiatives, as well as to seek solutions for improving the reach and scalability of innovations that benefit the masses across regions.

"The event would also host administrators and students from institutions in tier 2 and tier 3 cities to give them a closer look at the R&D ecosystem of IITs and, in turn, instil a similar innovation-driven outlook toward developing projects of national interest," said a senior IIT Delhi official. "It would facilitate a comprehensive understanding of the requirements at the grass roots level in key areas such as agriculture, rural development, sanitation, resource management, and so on," the official added, "and would engage them to develop innovations that have a positive impact on a larger section of society."

A total of 75 projects from 23 IITs were chosen for the event, along with six showcase projects. IIT Kanpur will give a presentation on ongoing research and development in drone technology and how diverse its applications have become; IIT Bombay will give a presentation on the Bahubhaashak project, which enables speech-to-speech translation, NPTEL, SWAYAM, and MOOCs videos in vernacular languages, all in line with the vision of the National Education Policy 2020. During the two-day mega event, the selected projects will be presented to the audience in designated booths. The event will feature representatives from the Confederation of Indian Industry (CII), the Federation of Indian Chambers of Commerce and Industry (FICCI), and the National Association of Software and Service Companies (NASSCOM).

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## PUNE UNIVERSITY HAS BEGUN ACCEPTING APPLICATIONS FOR OVER 300 CERTIFICATE COURSES.

Savitribai Phule Pune University (SPPU) encourages students to participate in its Degree Plus programme in order to make them "industry ready." The programme is run concurrently with the students' regular BA, BCom, and BSc degrees. The website offers over 300 certificate courses, the vast majority of which are free.

The initiative, spearheaded in 2021 by the then-Vice-Chancellor of SPPU, Nitin Karmalkar, has made 300 to 350 courses available to students at a lower cost than the original fee. The courses are available at the university thanks to collaborations with educational and social organisations such as Harvard Business Online, Stanford University, AWS, Simply Learn, and Celebrity School, as well as courses from companies such as IBM.

"Through 'Degree Plus,' university students will be able to gain updated knowledge in information technology, artificial intelligence, cloud computing, economics, culture, and other fields." "As many students as possible should take advantage of this opportunity," said Karbhari Kale, Vice-Chancellor of SPPU.

All of the courses are available online, and many are free. The course schedule for 2022-23 is now available on the website, and students who complete the course receive certificates. During its pilot run, nearly 26,000 students enrolled and 5,000 students were admitted. Students pursuing degrees at SPPU and its affiliated colleges can apply for admission to the course at <http://degreeplus.in>.

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## IIMA AND NYKAA COLLABORATE TO ESTABLISH A CONSUMER TECHNOLOGY RESEARCH CHAIR

The Indian Institute of Management Ahmedabad (IIM-A) today announced the establishment of the "Nykaa Chair in Consumer Technology." This collaboration was formed with the goal of promoting scientific marketing practise. The emphasis will be on research and education that will present insights on the impact of digital, social, and mobile technologies on business models, customer behaviour, and social changes in general, as well as on how to incorporate AI and machine learning insights in a disrupted marketplace. It will also use economic and statistical models to assess the impact of the Internet and new media on consumer and business behaviour, as well as to comprehend the privacy-preserving future of digital advertising.

close with faculty members from the already-established Centres of Excellence in new age technology, such as the Centre for Digital Transformation (CDT) and the Brij Disa Centre for Data Science and Artificial Intelligence (CDSAI). "With technological advancements in the last decade, the nature of technology and its social-economic impact has significantly evolved." Consumer connectedness via virtual and augmented environments, as well as increased use of digital tools across cultures, necessitates knowledge of consumer tech innovation. We hope to collaborate with Nykaa to find research solutions to some of the most pressing questions in the consumer technology space. "We are excited to welcome a talented, research-focused individual to the institute," said Professor Errol D'Souza, Director of IIMA.

The Chair will also collaborate

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## RUPEE AT A DECLINE



The Indian rupee records an all-time low where one dollar is worth 81.23 rupees, however the situation was recovered by the market closing at a mark of 81. Since past few weeks the reserve Bank of India has tried to defend the rupee by selling dollars from its reserves, as of now RBI has employed more than \$82.8 billion of its forex to save the rupee, as per the reports RBI had spent more than \$10 billion in the month of September. The rupee declined about 89 paise on Thursday over the previous close of 79.7950 per dollar. This is a seven-month record of a single day decline in the rupee value.

### Grounds of the Depreciation

The Federal Reserve (Central Bank of US) hiked the policy interest rates by 75 basis points and is assumed to be increasing in the months to come. This is considered the third straight increase in the interest rate since June. The cumulative increase in the interest rate by the Federal Bank is 300 basis points (3% points). When compared to US India has increased the repo rate by 140 basis points (40 basis points in April ,50 basis points twice in August).

### Impact on Indian Economy

As the saying goes “When America sneezes, the rest of the world catches a fever”. When the interest rate is increased in the US the investors pull assets away from the emerging markets. Due to high interest rates capital flows towards the American economy. This aggressive rate hike by the Federal Bank will put further pressure on the stock market. The executive vice president of HDFC Bank said that “The fear of foreign funds outflows is back to haunt the investors as the US Federal policy statement was more hawkish than expected which has collectively pushed the rupee to a new record low despite the contravention of the RBI.

### What Next?

The RBI monetary policy committee is scheduled to meet during September 28-30 wherein the repo rate is expected to be hiked by 30-50 % at the end of this month. The chairman of Federal Bank Jerome Powell made an announcement stating that until he is convinced of achieving the 2% inflation target the interest rate will keep on increasing to resolve the current inflation of 8.3%. It is going to be a huge task for RBI to deal with the coming recession and the depreciating rupee value.

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## AKASH AMBANI ONLY INDIAN IN TIMES NEXT



Akash Ambani the eldest son of the Indian Business Man Mukesh Ambani who is the chairman of Reliance Industries has his name in the Times Next magazine top 100 global rising stars. At the age of 22 he was among the board of directors and in June 2022 was promoted to the post of chairman of Reliance Jio India's leading telecommunication company with more than 426 million subscribers .He also played a major role in getting Reliance deals like Facebook and Google.

### Times Next?

Every year Times magazine publishes a list, Times 100 which names the top 100 emerging leaders and rising stars across the world and currently Akash Ambani is the only Indian on the list. This list recognizes 100 individuals and their extraordinary efforts to shape the world and define the future. The Times 2022 features Musicians, professionals, leaders and many more.

### Akash Ambani

Born to Asia's richest family Akash Ambani studied in Dhirubhai Ambani School and completed his higher education from Brown University at Rhode Island in economic honors. His elevation as the chairman of the company recognizes his contribution towards digital services. Akash was extensively involved in developing the digital environment by offering 4G by collaborating with the engineers in 2017 for creating the Jio phone. Furthermore, he is also responsible for the major acquisition in the company and creating new capabilities by utilizing technologies like blockchain, artificial intelligence and machine learning.

### A Cut Above the Rest

Mukesh Ambani will continue to be the Chairman of Jio platform Ltd, the flagship company that owns all the Jio service digital brands including Reliance Jio Infocomm. Mukesh Ambani has taken a break from his daily chores by apportioning his businesses to his kids Akash Ambani, Isha Ambani and Anant Ambani. Reports also claim that if Akash Ambani manages the business well, he may be given a greater portion of the family's conglomerate.

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## ASSAM GEARS UP FOR SOLAR POWER PROJECT

A 1,000 MW solar energy project will be built in Dima Hasao district of Assam. Himanta Biswa Sarma inaugurated the Integrated Skill Development Centre which will provide skilled employees that would be required for running such a huge project. The Integrated Skill Development Centre is built at a cost of Rs 36.60 crore. It has been established under a special financial package agreed between the government of Assam and both the factions of erstwhile militant group Dima Halim Daogah. The Integrated Skill Development Centre would play a prominent role in imparting skill trainings to the youths of the district. The Chief Minister assured the residents of the district about the government's seriousness in transforming Dima Hasso into one of the most progressive regions on all parameters. The naming of the Integrated Skill Development Centre is a tribute to Veer Sambudhan Phonglo, a great freedom fighter. The Chief Minister also stated that under the abled leadership of Prime Minister, Narendra Modi, India has been making rapid strides on all fronts and that this is one such initiative and that the demand for skilled persons in the economy and initiatives such as integrated skill development centres are aimed to ensure that the employable youths of Assam can reap the benefits the economy is offering.



## SWACHH BHARAT 2.0



The Swachh Bharat Mission -URBAN and AMRUT, have been launched by PM Narendra Modi. The previous phase aimed at making India open defecation free. According to the government, this target has been achieved. As per the official records over 10.7 crore toilets in the urban areas, 62.6 lakh individual household toilets and 6.15 lakh community toilets have been constructed in the past seven years. After this great success, the second phase of Swachh Bharat Mission- Urban aims to rejuvenate the cities and make them garbage free. The statement from Prime

Minister's office reports that Swachh Bharat Mission-Urban and AMRUT have been designed to realise the aspiration to make all cities garbage free and water secure. Thus, achieving the vision of safe sanitation in urban areas. This mission is a step towards effectively addressing the challenges of rapid urbanisation India. It will also prove to be helpful in contributing towards the achievement of Sustainable Development Goals 2030. The mission will also focus on segregation of solid waste, utilising the principles of reduce, reuse, and recycle for effective solid waste management. SBM-U2.0 also envisions to ensure grey and black water management in all cities. The outlay of Swachh Bharat Abhiyan 2.0 is around 1.41 lakh crore.

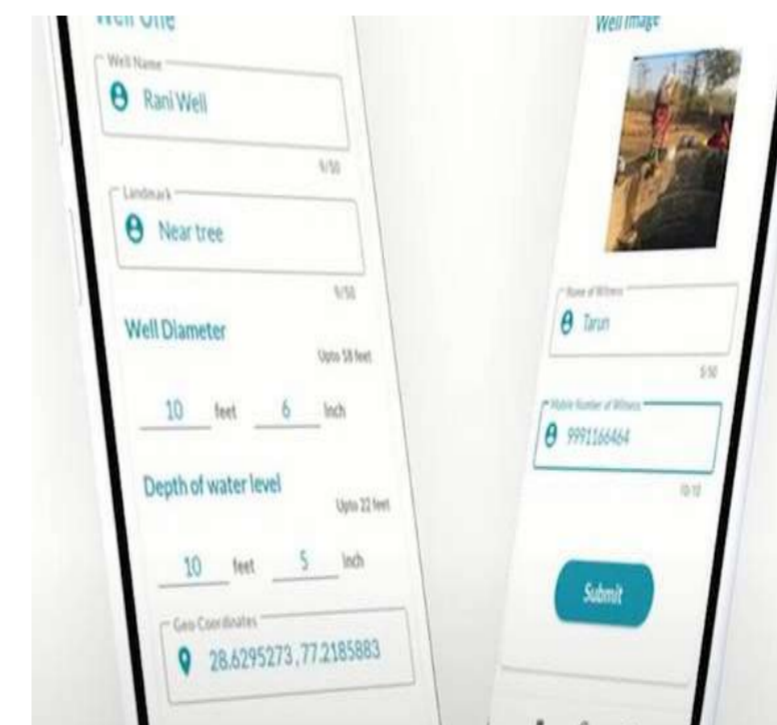
## CONCLAVE ON WOMEN IN SCIENCE AND TECHNOLOGY



IIT Gandhinagar hosted a national conclave on Women in Science and Technology on 29th and 30th of September 2022. More than 150 women scientists, researchers, and engineers from across the country participated in the event to discuss the challenges and opportunities in the field. All these participants were recipients of SERB grants and fellowship and works on diverse research projects. The aim of the event was to encourage women working in science, technology, and engineering fields

to translate their innovative ideas to technology, instil the spirit of entrepreneurship in the participants, and facilitate discussions and translational research and its challenges. It was a two-day conclave with several exciting technical sessions which included Women in Leadership, women in Industry and Technology Innovation, Challenges for Women in Industrial Research, Start-up opportunities for Women Researchers and so on. The participants were enlightened by several leading experts from the industry on various aspects of discussion topics. One of the thoughtful initiatives by the IITGN that was widely welcomed and appreciated by the participants was a day -care facility for taking care of toddlers of participating women scientists and researchers was arranged so that they could attend the sessions without worrying about their children.

## MOBILE APP JALDOOT TO MEASURE WATER TABLES



Due to the rapid decline of the water table, the threat of many regions becoming drought prone is increasing day by day. Thus, the Union Ministry of Rural Development and the Panchayati Raj Ministry jointly have developed a mobile application - 'Jaldoot' which will monitor the underground water levels across the country. This app will be used to capture the water level of selected two- three wells in every village. The officers assigned will measure the water levels of these wells twice a year, pre- monsoon i.e...from May 1 to May 13 and post- monsoon from October 1 to October 31. They then will have to

upload the geotagged photographs through the app each time they measure the water level. This will ensure a transparency in the working. Another important feature of the app is that it can work online as well as offline so that lack of internet connectivity does not hinder the way of exercise. The information provided by Jaldoot would be integrated with the database of National Water Informatics Centre, which would then be helpful for analysing and helping in conservation efforts. Involvement of the Gram Panchayat and the State Government in collecting the data and assimilating it in the central digital database for analysing will prove helpful as it will help in better planning and execution of the system.

## INDIA'S KHAN LEADS THE ASIAN TOUR IN TAIPEI BY FOUR SHOTS



**R**ashid Khan of India took a four-shot lead after round two of the \$1 million Mercuries Taiwan Masters today, shooting a seven-under-par 65 on the Asian Tour. At 12 under, he leads Chinese-Chan Taipei's Shih-chang (68), Wang Wei-hsiang (70), the defending champion and first round leader, and Thailand's Nitithorn Thippong (69). Shiv Kapur (Ind) of Dubai shot a one-over-par 73 in the second round to tie for 17th on three under par 141. MG Keyser (RSA), who represents Jumeirah Golf Estates in Dubai, shot a second round 71 for a 36 hole total of 145 to make the cut by two shots, which fell at two over par with 59 players

remaining. Danthai Boonma (66), Pavit Tangkamolprasert (69), and Donlaphatchai Niyomchon (71) of Thailand are two shots back at Taiwan Golf and Country Club, in what is Chinese-richest Taipei's golf tournament. His round fell two shots short of the course record set by Lin Wen-tang of Chinese Taipei in 2008. Nitithorn, the highest-ranked player in the field and third on the Asian Tour Order of Merit, has set himself up perfectly to win for the third time this year. After drilling his second into nine feet and holing the putt, the rising star, who won The DGC Open presented by Mastercard in March and the International Series Singapore in August, eagled the par-five ninth. With birdies on 13 and 14, he moved up the leaderboard before missing his only shot of the day on 15. Wang shot a 66 yesterday to get his title defence off to a good start, but he had a rocky front nine of three birdies and three bogeys before settling in with a two-under par back nine thanks to birdies on 15 and 16. Thailand's Suradit Yongcharoenchai, the winner here in 2019 when the event was last played on the Asian Tour, carded a 71 and is further shot back with Bangladesh's Siddikur Rahman (69) and Filipino Miguel Tabuena (70)

## WEIGHTLIFTING AT NATIONAL GAMES: MIRABAI PIPS SANJITA FOR 49KG GOLD



**A**t the Mahatma Mandir here, Sanjita Chanu took silver with a total lift of 187 kgs (Snatch 82kg, C&J 105kg), while Odisha's Sneha Soren took bronze with a total lift of 169 kgs (Snatch 73kg, C&J 96kg). Mirabai took an early lead, raising the bar to 81kgs in her first attempt, before a clean effort of 84kg in her second lift gave her a 3kg lead over Manipuri statemate Sanjita, who could only manage 80kg and 82kgs in her first two attempts. Manipuri, who is aiming for her first podium finish at the Asian Games next year, prefers to focus on the World Championships, where she will compete against weightlifters from Asian powerhouses. Sanjita Chanu took silver with a total lift of 187 kgs (Snatch 82kg, C&J 105kg),

while Odisha's Sneha Soren took bronze with a total lift of 169 kgs (Snatch 73kg, C&J 96kg) at the Mahatma Mandir here. Mirabai took an early lead, raising the bar to 81kgs in her first attempt, before a clean effort of 84kg in her second lift gave her a 3kg lead over Manipuri statemate Sanjita, who could only manage 80kg and 82kgs in her first two attempts. Sanjita's third attempt at lifting 84kg was ruled invalid. Mirabai chose to conserve her energy and did not show up for the third attempt. Sanjita lifted 95kgs in her first clean and jerk attempt before raising the bar to 100kg and 105kg, with all three attempts receiving approval from the judges.

## INDIAN TEEN SWIMS IN THE NORTH CHANNEL BETWEEN IRELAND AND SCOTLAND, BECOMES YOUNGEST PERSON IN THE WORLD

**S**nehan, a fourteen-year-old Indian boy, is the world's youngest swimmer in the North Channel, a strait connecting Northern Ireland and south-western Scotland. He accomplished the feat as part of a six-member Indian team that crossed the 35-kilometer strait in a relay format. The independent Indian team of three para swimmers and three able-bodied swimmers began swimming across the strait at 6:30 a.m. and finished at 9:09 p.m. The North Channel is notable for being one of the Ocean's Seven, or the list of seven marathon open water swims. The most difficult aspect of swimming across the North Channel is that the water temperature is only 12 to 15 degrees Celsius in the summer. Swimming across such waters for an extended period of time necessitates special acclimatisation and training, in addition to marathon open water swimming experience. The Indian relay team took turns swimming from Robbie Island in Northern Ireland to Port Patrick in Scotland, covering the 35km distance in 14 hours and 34 minutes. Because the stretch is difficult to swim across, only the most experienced and confident swimmers take on the challenge, and 14-year-old Snehan was just that, according to his coach Vijaykumar. Snehan and the team had arrived in Europe weeks in advance and began training for nearly four hours a day in the open waters to get used to the cold water. Dr. M. Vijaykumar, SDAT Swimming Coach, told WION that Snehan had previously swum the 60km back and forth distance between two points along the Palk Strait - Dhanushkodi in Tamil Nadu and Talaimannar in Sri Lanka - in 19 hours and 45 minutes. He also stated confidently that Snehan's next goal is to swim across the English Channel. Snehan told WION that he began swimming at the age of eight and progressed to open water sea swimming, where he won gold at the National Sea Swimming event in Goa and later swam back and forth across the Palk Strait. He described the dangers of encountering poisonous jellyfish, small sharks, and seals as one of the challenges he faced on his most recent adventure. To avoid mishaps, the swimmers were required to apply ocean grease to protect their skin from abrasion caused by sea swimming.



## INDIA'S SHUBHI GUPTA AND CHARVI WIN THE U-12 AND U-8 SECTIONS OF THE WORLD CADETS CHESS CHAMPIONSHIP

**S**hubhi Gupta and A Charvi of India won the girls under-12 and under-8 sections of the FIDE World Cadets Chess Championship on Tuesday. Shubhi Gupta, from Ghaziabad, won the under-12 event after scoring 8.5 points out of 11 rounds. Charvi finished first in the girls under-8 division with 9.5 points from 11 rounds. Charvi had been trailing Bodhana Sivanandan (England), who had finished second for the last three rounds, but she was able to catch and overtake her thanks to a better tie-break score after both had 9.5 points. Samhita Pungavanam came in 10th place with 7.5 points. Hanya Shah of India finished eighth in the under-10 category with 7.5 points, while compatriots Aadya Ranganath (7 points) and V Tirupurambika (7 points) finished 14th and 19th, respectively. In the open events, India's Ethan Vaz scored eight points to finish sixth in the under-12 category, while Arjun Adireddy (7 points) finished 20th. In the under-10 division, Vivaan Vishal Shah (8 points) finished ninth, while France's Lacan Rus David took first place with nine points. Safin Safarullakhan of India won bronze in the under-8 category with nine points. After the tie-breaks, the Kerala boy finished half a point behind France's Marc Llari and Russia's Sav Shogdzhiiev Roman, who finished first and second, respectively.



## EXPERT



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

Assistant Professor, Department of Management Studies, B.K.Birla College (Autonomous), Kalyan.

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. How can I achieve my ambition?

**Ans.** Ambition is when you have the longing and willpower to attain great things. Ambition is what we want to attain in our lives, and what pushes us to work tough to attain it. Ambition gives us aims, objectives, goals and targets of life. Ambition gives us a sense of direction and inspiration towards our goals in the life. Ambition is a goal; our daily work is a goal. Set it, ride for it, and get it. People with character have their set of goals for life. If you have your goals clearly then you are sure to reach the destination of fulfilling your ambitions.

Goal-setting is the process of taking active steps to achieve your ambitions. Setting lifetime goals gives you the overall perspective that shapes all other aspects of your decision making

achieving your ambitions. Let us discuss what are the Ways to Act on Your Ambition:

- Acknowledge your ambition and own it. Ambitious people use hard work and focus to find success in their work and personal lives. When creating goals to achieve ambition, they need to reflect your dreams and desires. Goals that are not personal are ineffective.
- Don't be scared of risks. Actively look for new ways. When your ambition is greater than your fear, your life will get bigger than your dream. Dream in all shapes and sizes.... Go for it.
- Stop waiting for the perfect moment to act, have a positive approach to obtain goals. When you are creating goals, remember to make sure that, they are positive. This means that you focus on what you want to achieve rather than what you want to avoid.
- Be willing to put more than planned. Surround yourself with ambitious people. When creating goals to achieve ambition, you need to make sure that they are possible. When you set dreadful goals, you set yourself up for let-down and disappointment. Creating possible goals demands that you be honest with yourself.
- Focus on your ambition plan. Don't make a plan B without prioritizing your ambition plan in focus. Brainstorming goals can become overwhelming. You will perhaps have more goals than you can grip. This is the time to prioritize your goals. All of your time and energy should be spent working towards these goals
- Nothing comes free of cost; you need to bear the Cost of ambition. Late nights, early mornings, get used to these! You may have lots of connections, but few friends to cherish. You will be often misunderstood, ignore, move on. Less time for other things and hobbies, don't let go your ambition, at any cost.
- By setting sharp, clearly defined goals, you can measure and take pride in the achievement of your ambitions. You will also raise your self-confidence, as you recognize your own ability and competence in achieving the ambitions that you've set. Ambitions are an important and powerful component of both success and happiness. Stay focused, go after your ambitions and keep moving toward your dreams...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](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

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# QUIZ TIME

1. Which country has recently signed a partnership agreement with Pacific island nations?
2. What is the rank of India in the 'WIPO Global Innovation Index 2022'?
3. Who has been appointed as the new Attorney General for India?
4. Operation Garuda', which was seen in the news, is associated with which organisation?
5. What is 'InvenTiv', an event which was seen in the news recently?
6. National Anti-Corruption Commission bill' is associated with which country?
7. Tamirapani River, which was seen in the news, is located in which state?
8. India exported the first consignment of plant-based meat products from which state?
9. Which country has discovered 'Lunar crystal named 'Changesite-(Y)' on the Moon'?
10. Swachh Vayu Sarvekshan' programme is implemented by which Union Ministry?

## GUESS

### The Sports

1. R + 
2.  + 
3.  + 
4.  + F
5.  + 
6.  + NG
7.  + 
8.  + 
9.  + S
10.   10

1. USA
2. 40
3. R Venkataramani
4. CBI
5. Research and Development Fair
6. Australia
7. Tamil Nadu
8. Gujarat
9. China
10. Ministry of Environment, Forest and Climate Change

## ANSWERS

## The HULAHUL Times TEAM

**Editor-in-Chief : Mr. Ravi Singh**

### Editors

- Dr. (Ms.) Smita Kuntay
- Dr. (Mrs.) Chandra Hariharan Iyer
- Mr. Durgesh Kumar Dubey
- Ms. Afreen Mazgaonkar
- Ms. Deepika Singh
- Ms. Rekha D.

### Content Writers

- Preeti Sharma
- Mrinalini Singh
- Rakhi Mishra
- Dimple Gehlot
- Reshma S.

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thehulahultimes@gmail.com

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1. Archery
2. Football
3. Cricket
4. Golf
5. Horse Racing
6. Boxing
7. Hand Ball
8. Basket Ball
9. Tennis
10. Badminton

## ANSWERS

