

# The HULAHUL Times

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## THE VIRTUES OF TRUTH, HONESTY AND PURITY!

**R**am Navami is a celebration that remembers Lord Ram's birthday. Ram Navami is celebrated on the ninth day of the Hindu lunar year, also known as Chaitra Sukla paksha Navami, which usually begins in March or April. Lord Rama is Lord Vishnu's seventh incarnation who took birth in physical form in the kingdom of Ayodhya. He is also known as Vishnu's ardh ansh. Lord Rama actually means "someone who would be wonderfully pleasant and brings happiness to others. This day, also honors the celebration of Lord Ram and Devi Sita wedding day and is consequently known as Kalyanotsavam.



them. As a result, Brahmadev stated that Ravana would perish at the hands of humans. The gods then approached Vishnu for assistance, requesting that because Dasarath

splendour. Ravi and Ravindra each signify "Sun" in Sanskrit.

The Ramnavami festival is observed with tremendous devotion throughout the country, and each region has its own unique meaning behind the event. Ayodhya is the site of major celebrations. For two days, a massive fair is planned. Many temples host Rath yatras of Lord Rama and his wife Devi Sita, brother Lakshmana and devotee Hanuman.

Vaalmiki first wrote the Lord Rama narrative about the 4th century B.C. The Ramayana is a Hindu epic and embodied the ideal human (Maryada Purushottam). He personified empathy, compassion and generosity. Despite having all the power in the world, he remained calm and polite. Kosal was a town situated on the banks of the Sharayu River. Ayodhya was the kingdom formed by King Rishi Manu also known as Ramarajya, the personification of perfect management. Ayodhya experienced an enormous affluence under the rule of King Dasarath. But at the other hand, King Dasarath had a major issue that he had no children. As a result, he agreed to conduct a ritual known as "ashvamedh," or horse-sacrifice. Extensive and rigorous procedures had to be followed during this sacrifice. A religious leader, Rishi Rishyashring, was selected to carry out the ritual with the utmost perfection. The execution of this ritual was a significant moment in Ayodhya. Rishyashring concluded by reciting a mantra and present a contribution to the fire. The gods Gandharvas, Siddhas and Rishis gathered then and started praying to Brahma.

was a great monarch, he would take birth in the wombs of his three wives in four separate forms of His majesty. When Dasarath's sacrifice was completed, a gleaming figure emerged over the sacrificial kund and handed the king a divine beverage known as "payasam" which he was to deliver to his wives Kausalya, Kaikayi, and Sumitra. Kausalya led to the birth of Rama, Kaikayi to Bharat, and Sumitra to Laxman and Shatrugna in due time.

Ramayan is a timeless, everlasting, worldwide narrative of Dharma versus adharma or good versus evil, as depicted by Lord Rama and Ravana's conflict. The primary difference is that Lord Rama's heart was overflowing with holiness, respect, kindness, modesty, and a feeling of duty. In comparison, Ravana's heart was filled with greed and individualism. The animals became Lord Rama's disciples and heavenly companions as a result of his spiritual influence. Even individuals were changed into creatures by Ravana's power. Lord Rama instructs the world to choose Dharma over Artha (when he departs for the forest instead of being inaugurated as King). During this auspicious season; visitors attend sacred sites linked with Lord Ram. Fragments from the Ramacharitamanas glorifying Rama's greatness are recited. Morning purification rituals are followed by singing Vedic mantras dedicated to Vishnu and presenting flowers to the god. People fast throughout the day, only breaking it at midnight.

During that time, Ravana; the king of Lanka, was tormenting the villagers and they wished for freedom from his clutches. Ravana had accumulated enormous strength because he had secured from God Brahma the blessing that he'll never die at the hands of gods, gandharvas, or demons. He didn't want to include men on his list of probable slayers because he wasn't terrified of

The Sun is acknowledged as the parent of Lord Rama's kingdom, termed as the Solar Dynasty. Lord Rama is also known as Raghunatha, Raghupati, Raghavendra, and other names. The fact that all of these identities originate with the prefix Raghu indicates a relationship with Sun-worship. The time set for the celebration of the Lord's arrival is that when the Sun is above and is at its brightest. Under certain Hindu communities, Ramnavami prayers begin with homage to Surya (Sun). In many cultures, the phrase Ra is used to represent the Sun and its

It is stated that repeating his name (Lord Rama Name) is the surest and simplest means to achieve purity, serenity, knowledge, insight, happiness, wealth, and, emancipation. "Repeat of My name once is comparable to repetition of one thousand names of God or repetition of a Mantra one thousand times," Lord Rama remarked.

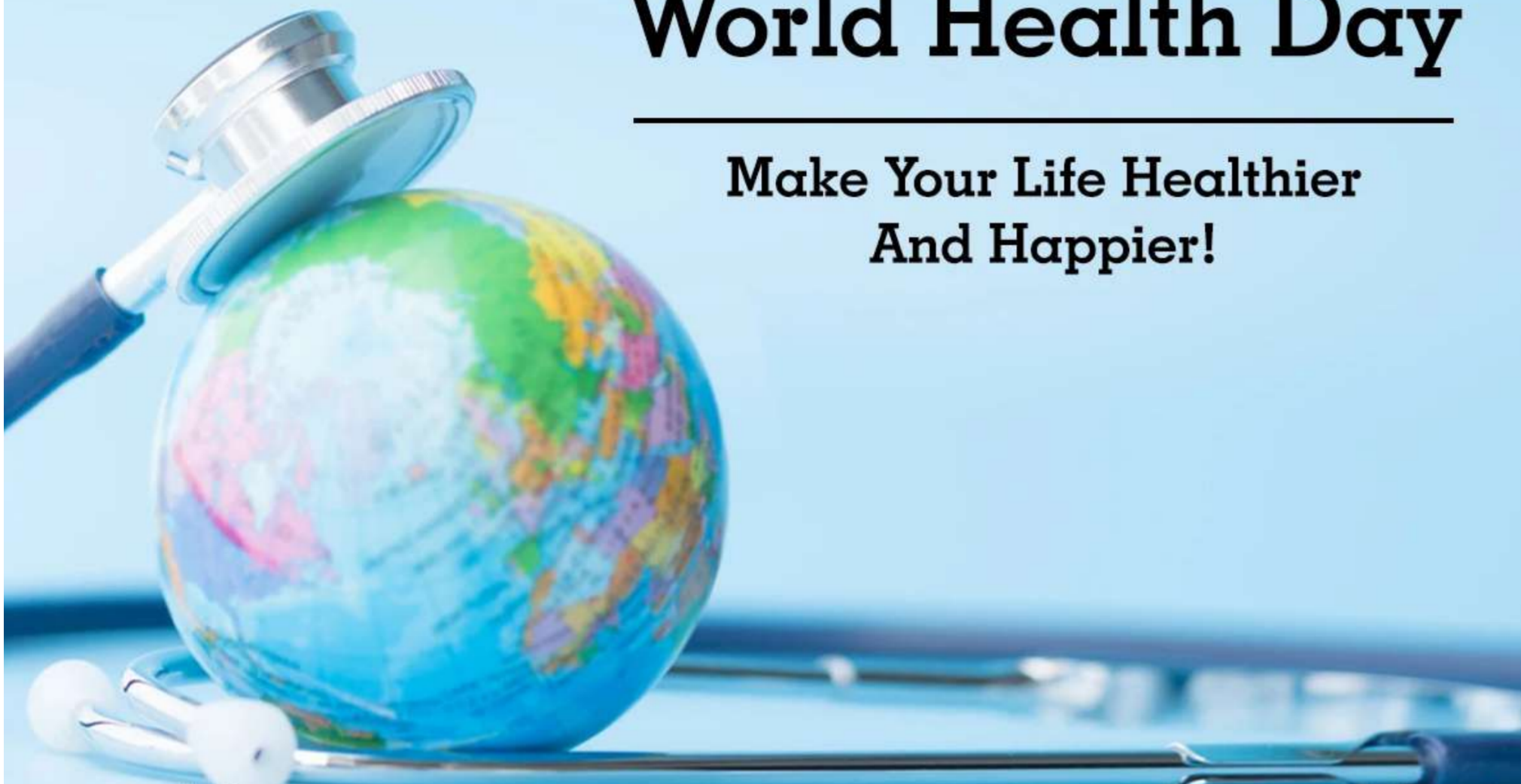
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# A DAY TO ACCOMPLISH A HEALTHY LIFESTYLE!

## World Health Day

**Make Your Life Healthier  
And Happier!**



first formal initiatives. It was first marked on July 22, 1949, however the date was subsequently transformed to April 7, the anniversary of the creation of WHO, in order to enhance people's participation. As of 1950, the World Health Day has had a range of themes each year, which is chosen by the existing WHO Director-General depending on nominations from signatory countries and employees.

World Health Day is a universal occasion to draw attention to the critical public health concerns impacting the international community. On the occasion of World Health Day, promotional campaigns are introduced that will go well beyond April 7.

Although the COVID-19 outbreak demonstrated the curative methods of technology, it also revealed the world's injustices. The pandemic exposed flaws in all facets of society and highlighted the importance of developing sustainable well-being societies devoted to promoting equal healthcare now and has been for coming generations while respecting ecological boundaries. The current economic structure results in an unequal distribution of wealth, power, and status, with far too many people who still live in deprivation and insecurity. The goals of a well-being economy are human well-being, justice, and environmental balance. These objectives are converted into long-term expenditures, budgets for well-being, social welfare, and legal and regulatory measures.

Ending these destructive cycles for the earth and health of the people involves legislative action, business restructuring, and people being encouraged and encouraged to make healthy decisions.

On World Health Day 2022, WHO will concentrate widespread attention on the critical steps required to keep individuals and the ecosystem healthy, as well as develop a campaign to establish a well-being-focused society.

The World Health Organization reported that preventable causative agents cause more than 13 million deaths worldwide each year. This encompasses the climate problem, which is the perhaps most severe problem to humankind's wellbeing. The climatic concern is a global epidemic as well. The theme for celebration of World Health Day -2022 is Health Promotion for Well-being, Equity and Sustainable Development. The primary motive of WHO is to promote health, maintain the planet stable as well as to assist the underprivileged. will aim to secure healthy lives and promote well-being for all ages, leaving no one behind. By 2023, we aim to have 1 billion more people experiencing healthier life and well-being.

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worked their way into our food supply chain and can be discovered at the bottom of our deep oceans and tallest mountains. Organizations that create hydrogenated, unhealthy foods and drinks are fueling an epidemic of obesity, worsening heart disease and cancer and contributing for one-third of global greenhouse gas emissions.

Every year on April 7, the World Health Organization chooses a specific aspect that is happening at the time in the wellness and medical profession. This very day sets the standard for what is about to come on the global stage, from mental health to insurance and anything in between. This year's World Health Day will focus on healthcare workers and restless personnel that continue to make the modern medical system. To discuss World Health Day, we must first discuss the establishment of the World Health Organization as a whole. In December 1945, representatives from Brazil and China recommended the development of an international medical organization that would be all and completely autonomous of any federal power.

Half a year afterwards, in July 1946, the World Health Organization's constitution was adopted in New York. 61 countries signed an agreement to establish the NGO, and the legislation went into effect On April 7, 1948. They established World Health Day as one of the organization's

**H**ealth and fitness are fundamental for living active and delightful life. It is properly claimed that health is the most valuable asset that a person may keep. We must remember that a healthy mind can only exist in a healthier lifestyle. Good mental and physical health allows one to maintain the necessary energy level to accomplish success in life. We must all work hard to acquire good health.

Generally, health can be assessed using three major parameters: physiological, mental, and nutritional. Outward health refers to a person's physical appearance; nutritional health refers to the existence of needed nutrients in the body to combat illnesses with resistance. Psychological wellness refers to a human's ability to sustain tolerance, calm, and demeanor in all situations. Nutrition, contamination, healthy sleep patterns, clean air, water, sunlight, and a balanced mental state all have an impact on our health.

Environmental and health crises are being driven by our political, sociological, and economical actions. Over 90% of individuals are exposed to polluted air as a result of the use of carbon fuels. In a warming climate, mosquitoes are disease transmission much further and rapidly than ever. Severe weather, soil erosion, and water shortages are uprooting people and negatively impacting their wellbeing. Contamination and pollutants have





# INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE!



## INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE

6 APRIL

Games and sports provide opportunities for mental and physical development. They not only give us physical fitness rather help in maintaining mental equilibrium in the face of both hope and despair. Sports and games encourage us to understand how to handle challenging situations. Sports develop a sense of solidarity and inculcate in us a sense of teamwork which aid in the development of mental and physical toughness. It is an important element of education. Sports are the best route to de-stress; it relaxes you and provides you a fresh, optimistic outlook on life. Sports participation is not only good for your physical wellbeing, but it is also good for the mind.

Evidently, on 23 August 2013, the United Nations General Assembly's sixty-seventh session announced 6th April a special day for Peace and Sport, bringing up the proclamation of the 2030 Agenda for Sustainable Development and sport's implications for social progress, where it would be further affirmed that "Sport is also a key facilitator of sustainable growth." We acknowledge sport's rising commitment to the accomplishment of peace and development throughout its promotion of respect and tolerance, including its achievements to the

strengthening of women and young people, individuals and organizations, as well as to wellness, educational, and social integration goals." The U N G e n e r a l Assembly's fifty-eighth session also declared 2005 an International Year of Sport and Physical Education to support education, wellness, growth, and harmony.

In its capacity as permanent observer to the U N , the International Olympics Committee suggested and endorsed this effort because it acknowledges sports organizations' involvement in contributing to sustainable change and human improvement. It is an occasion for the International Olympics

Committee to emphasize how sportsmen and the Olympic Community use sports to bring about peace, forgiveness, and prosperity, as well as the ability of the Olympic Games to normalize peace and compassion among players, supporters, and people from around the world.

In consideration of sport's vast significance, the worldwide theme of IDSDP 2022 is "Securing a Sustainable and Peaceful Future for All: The Contribution of Sport," which allows the Day's activities to advocate and use sport as an instrument to achieve civil dignity and sustainable development. Underneath this subject, the United Nations Organization in New York will acknowledge the importance of sport in tackling the climate change problem and will promote initiatives to reduce carbon emissions and combat global warming.

Sport is in a unique situation to demonstrate governance, take accountability for its environmental impact, embark on a weather journey, incentivize action far beyond the international sports industry, and contribute in promoting awareness among such billions of viewers, enablers, and attendees at all levels. With a need for

immediate action becoming more pressing by the day, the partnership between sport and climatic condition must be better understood, and methodologies of implementing guidelines and taking concrete action to help counteract the consequences of climate change through sport must be articulated to as broad an audience of people.

Today, our planet is confronted with generational concerns ranging from recession and scarcity to climatic changes and the COVID-19 pandemic. More than ever, we must put aside our issues and work as one team to overcome these challenges and ensure a safe, more peaceful, and much more sustainable future for everybody. The COVID-19 outbreak has emphasized the importance of sport and physical activity in assisting countries, organizations, and individuals in navigating these difficult times by being physically and psychologically fit, and so becoming much more robust. The United Nations (UN) General Assembly officially approved the statement "Sport as an enabler of sustainable development" in December 2020, urging Member Nations to also include the sport and physical activity in post-COVID-19 recovery process. The Sports Ministers of the 27 European Union (EU) Member States have also reiterated this appeal.

Sporting activities and events have been disproportionately impacted by the essential health controls and limitations enforced in countries all over the world. Despite this issue, IDSDP offers an excellent chance for the sport and development communities to demonstrate how sport has assisted countries, communities, and individuals in navigating difficult times and rebuilding stronger.

Resilience and the necessity for sport to help societies rebuild stronger is a significant subject for IDSDP 2021. This includes the need for vaccine equity, which is part of the UN's IDSDP campaign.

Today, our planet is confronted with generational concerns ranging from poverty and famine to climate change and the COVID-19 pandemic. More than ever, we must put aside our differences and work as one team to overcome these challenges and create a safer, more peaceful and more sustainable future for everybody.

Sports physical and social aspects are more important today, in a world fraught with inequality, uncertainty, and aggression.

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## STRONG MORALE IS THE BASIS OF UNEXPECTED SUCCESSES!!

Once upon a time, Gautam Buddha sat under a banyan tree in Shalyavan, while residing with his monks. Dharma discussion started and in the same sequence a monk asked him - "Lord! Many people, despite being weak and resourceless, overcome even the most difficult situations and do great things, while the resourceful people in good condition also fail to perform those tasks. What is the reason for this? Do the actions of previous births stand as a hindrance?"



'No,' the Buddha in his explanation started telling an inspiring story - "King Sukirti of the city of Virata had an elephant named Lohashang. The king had won by mounting on it in many wars. From his infancy, Lohashang was trained in such a way that he had become very proficient in the art of warfare. Moving ahead of the army, when the giant Lohashang, in his furious state, used to enter the enemy armies with a loud shout, then the opponents' feet used to be uprooted.

Gradually, with the passage of time, as after birth, all beings have to go through youth and old age, in the same sequence, Lohashang also started getting old, his skin swung and the valor of youth kept on going. Now it has become a mere beauty of the elephant shed. Due to reduced utility and importance, it did not get the same attention as before. The food provided to him was reduced. An old servant would arrange for his food and water, he too would have missed many times and the elephant would have to remain hungry and thirsty.

Being very thirsty and not getting water for several days, once Lohashang left the elephant shed and walked towards the old pond, where he used to take him often earlier. He quenched his thirst by drinking plenty of water and went for a bath in the deep water. There was a lot of mud in that pond, unfortunately the old elephant got stuck in it. The more he tried to get out, the more he got trapped and finally got stuck in the mud till his neck.

When this news reached King Sukirti, he was very sad. Many attempts were made to get the elephant out but all in vain. Everyone was sad to see him going to death face with this pathetic plight. When all the efforts failed, a clever minister suggested a trick. According to this, all those who tried to rescue the elephant were called back and they were dressed as war soldiers. Those instruments were procured which were used on the occasion of war.

War drums started ringing in front of the elephant and the soldiers started marching as if they were marching from the enemy side towards Lohashang. Seeing this scene, Lohashang did not know how the youthful spirit got excited. He shouted loudly and to attack the enemy soldiers, trampling the mud stuck up to the gorge, reached the bank of the pond and started running to attack the enemy soldiers. With great difficulty he was finally controlled.

After narrating this story, Tathagata said - "Monks! Strong Morale is the esteemed in the world to get success. When it comes within, even weak and helpless beings also perform impossible tasks and humans achieve unexpected successes. (Ref. - Jatak Kathayen)

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## MANJEET KAUR BAL - A PHENOMENAL PERSONALITY WITH EXCEPTIONAL ATTRIBUTES!

### INTERVIEW BY PREETI SHARMA



Manjeet Kaur Bal

**M**anjeet Kaur was born in the Chhattisgarh tribal district of Jashpur. Being from a farmer family Manjeet has a close bond to Mother Nature. Her father was a hostel warden at Government Engineering College in Bilaspur and always motivated Manjeet to participate in extracurricular activities. Manjeet is an activist who has been involved in social concerns and awareness programs in addition to her studies from childhood. She gets appreciated for her efforts in following the principles Mahatma Gandhi. Her family never objected and stopped her from participating in social issues. Manjeet has done Bsc and MBA and during this period she suffered with serious illness which lasted nearly four years, yet despite her illness she completed her education.

Manjeet enrolled in Jagdalpur Engineering College for work; the college's location was not ideal due to its tribal background. Her father, suggested Manjeet to join this institution because Jagdalpur was known for Naxalite activity

at the time, due to which the teaching staff was quite less in college. After considering the situation, Manjeet decided to work here for three years as a part-time lecturer at this college. As a result of her efforts, things began to take shape with maximum placements of that time as she told to The HULAHUL Times.

In 2004, The World Bank Program selected Manjeet for Bastar District. People were apprehensive to work in Bastar because it was Naxalite territory, but Manjeet again decided to work here and her rural upbringing enabled her to be more communicative with the people in the community and get the results from the association. Manjeet's focus towards the work has boosted her performance and she has been assigned to other districts where the situation was truly disastrous and with her robust efforts she obtained best employee awards for continuous two years. She worked on multiple initiatives based on community advancement, eradicating poverty and sustainability and projects related to rural development and project coordination for various panchayats from 2007 until 2013.

When Manjeet was a training Coordinator in 2013, she received complaints about a Panchayat Minister



misbehaving with some of the females, when she discussed this matter with authorities, she was advised to drop her concerns because the Minister was a member of the ruling party. Manjeet, on the other hand, expressed her concerns about that Panchayat Minister and despite of warnings and threats about her own appointment and working she remained

firm on her points and finally the court decision came in her favor that she has been found sincere and disciplined in her position, and the allegations against her have been proven false, and she is eligible to continue her service. The Supreme Court is now hearing the Panchayat Minister case. Her motivation for speaking out was simple; she wanted to make women aware of their rights and the importance of not accepting such events in their lives. Throughout these tough times, her father



was always there for her, advising her to be firm in her statements.

Manjeet is a recognized personality in Chhattisgarh for her contributions to snake conservation. She defends the animals by rescuing and teaches people how to handle snakes using everyday items like pipes and buckets, eventually changing their minds about the reptiles. She wants to educate people to know about how to avoid killing snakes and other creatures. A single woman handling the world's most lethal snakes, such as the cobra, would make headlines in any part of the world. In Raipur, it is equivalent to celebrity status. "There were numerous grasslands surrounding their home and my profession can't just be about preserving snakes," Manjeet adds. She wanted to teach people what a snake is; so that they can let it live and with these efforts Manjeet has proven herself in society.

Manjeet believes in working for those aspects that are critical but nothing or very little has been done on it and one such work is birding. She was interested in birds, but never attempted to recognize any. In October 2016, her brother gave her a camera, which was the first turning point in birding career. Her motive was not only up

to birds but to make people aware of a proper environment for birds and about their habitats. She meets Mohit Sahu to improve her birding skills who inspired her environmentalist inclinations. He introduced Manjeet to E-Birding and assisted her in understanding the significance of birding and how it might aid in bird conservation worldwide. E-Birding is a kind of project in which she improved her birding techniques, understand the multifaceted approaches and analyze birding practices. Manjeet believes that "the experience of birding must be shared to others so that others might be started into this endeavor that offers you to contribute to the environmental preservation."

In Covid -19 outbreak, she along with government authorities managed the shelter home and rescued 1500 individuals. She used her personal finances to make the arrangements for the migrants and other facilities especially for children and pregnant women to reach their destinations and later on received support from Azim



Premji Foundation and from the government of Chhattisgarh in transportation of these migrants. In 2021, she was assigned to the call centre and control room to monitor the activities of hospitalization in Covid patients. Manjeet has always believed in learning and dedicating it to society, and therefore strives to make it as simple as possible so that anyone might just do it.

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## SRI LANKA'S CRISIS: INDIA EXTENDING ITS HELP

**A**midst this Ukrainian crisis, another country in Asia is on the verge of breaking down. Sri Lanka is crippling with poor growth. President Gotabaya Rajapaksa announced cuts in value added tax by nearly half of 15 percent and abolished some taxes. During his presidential campaign he promised for rapid growth of Sri Lanka's economy. The tax cuts were in a way to boost consumption and economic growth. Due to tax cuts, the government could not collect much of taxes revenues and this has put pressure on the government expenditures of the country. The Covid caused the tourism sector to take a setback. It accounted for 12% of the nation's total economic output. Sri Lanka's public debt, which was already unsustainable before Covid outbreak, is estimated to have risen from 94% in 2019 to 119% of GDP in 2021. The government has restricted imports of several items which have been tagged as non essential. India and the IMF have decided to help Sri Lanka with this crippled economic downturn. Sri Lanka has to ration their foods due to skyrocketing inflation.



outside fuel stations. The printing and newspaper industries have been hit hard. There is a shortage of printing ink so we are forced to cut down on publications.

• The school examinations have been postponed amid this crisis.

### India extending a hand of help:

- India has extended \$1 billion lines of credit to help in buying fuel, food and medicine. Rajapaksa held talks with S. Jaishankar and Finance Minister Sitharaman to create short, medium and long term economic cooperation between countries.
- Rajapaksa also talked to Raj Kumar, power minister, to deepen and broaden cooperation in the power and renewable sector.
- India has given \$500 million for oil purchases, that is, shipment of 40,000 tonnes of diesel to handle the fuel shortage in the country.
- India has also extended a \$400 million currency swap and deferred payment of \$515.2 million to the Asian Clearing Union by two months.

### Primary creditors:

- Primary creditors are China and the Asian Development Bank.
- India has already extended help of \$1 billion.
- China has invested billions as part of the Belt and Road initiative over the past decade for infrastructure projects, ports and coal power plants.

People of Sri Lanka are trying to enter India. 16 Sri Lankans were caught recently for illegal crossing. Economists predict that either they have to restructure their debt or approach the International Monetary Fund for a relief package.

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### Impact on Sri Lanka-

- Deficit of fresh milk and milk powder. The prices of baby milk are soaring.
- Sri Lanka's foreign currency reserves has waned by about 70% since January 2020.
- The country is facing high debt payments.
- The currency is enough to pay for a month's worth of good imports.
- The shortage of currency is making the country struggle to pay for imports and for essential commodities like fuel, food and medicines.
- People are getting electricity for four hours a day. There are long queues

## AGRICULTURAL EXPORT OF INDIA HAS RISEN OVER 25 PERCENT

**I**ndia is exporting quite a lot of agricultural products in recent months. In the current financial year India's export of agricultural products has touched USD 40.87 billion. It is 25.14 percent more than the previous financial year. Anupriya Singh Patel, Union Minister of State for Commerce has said that exports of major agricultural products like wheat, sugar and cotton have been viewed as a substantial increase during the current year. "During the period between April 2021 to January 2022 of the current financial year, exports of agricultural products have amounted to USD 40.87 billion compared to USD 32.66 billion over the corresponding period of the previous year, registering an increase of 25.14," she said during Question Hour. She continued that agricultural products for which targets were fixed like rice, coffee, marine products, dairy products have come to the verge of achieving the targets for 2021-22. The increase in agricultural exports will have a positive impact on the farmers income and will provide them with a positive outlook. In order to ensure that all farmers are benefited from the export's government has launched a Farmer Connect Portal to directly interact with exporters.

### Farmer Connect Portal:

- The Agricultural and Processed Food Products Export Development Authority (APEDA) was established by the Government of India in 1985.
- Farmer Connect initiative is taken by APEDA to provide a 24x7 online visibility digital platform in the form of a portal and mobile application.
- This is to help in bridging the gap between Farmers Producers Organisation, Cooperatives and Exporters.

### Scenario of Exports in India:

- Cereals, non-basmati rice, wheat, millets, maize and coarse grains have grown in the export sector.
- US, China, Bangladesh, UAE, Vietnam, Saudi Arabia, Indonesia, Nepal, Iran and Malaysia are the largest markets for agricultural exports.
- Exports from some clusters have taken place

for the first time. The exports of fresh vegetables and mangoes from Varanasi and black rice from Chandauli.

- Maharashtra, Kerala, Nagaland, Tamil Nadu, Assam, Punjab, and Karnataka have finalised to implement the Agri export policy. These are the few states among 18 states who are up for this decision.
- 46 unique district clusters have been identified for export promotion.
- India has gained market access in Australia for pomegranate, mango and basmati rice in Argentina. It has got access to Iran for exporting carrot seeds. Wheat flour, basmati rice, mango, banana and soybean oilcake in Uzbekistan; tomato, okra and onion in Bhutan; and oranges in Serbia.
- The pesticide residue problems have affected Basmati rice exports due to stringent norms imposed by the EU for chemicals like Tricyclazole and Buprofezin, which are extensively used in rice cultivation in India.
- Efforts are also being made to ensure that the process for fixing Import Tolerance Limits (ITLs) for Tricyclazole and Buprofezin by the EU is not delayed.

The government plans to launch an app for farmers, consolidating multiple digital entities and existing mobile applications meant for them. The consolidation will help farmers in accessing information such as latest research and development, weather and market updates, services available, government schemes and advisories for different agro-climatic zones under one umbrella.

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## MOSQUITOES CAN SEE RED, WHICH COULD EXPLAIN WHY THEY FIND US SO APPEALING!



**A** new study has discovered one method by which insects target us. It's visible. Claire Rusch of the University of Washington in Seattle studies these bloodsuckers. She and her colleagues have been researching methods to avoid mosquito bites. It turns out that testing a mosquito's colour preference is difficult, so she enlisted the assistance of Diego Alonso San Alberto, a software engineer. The mosquitos ignored all

of the coloured discs before the CO2 was sprayed in the chamber. Mosquitoes ignored any disc that was green, blue, or purple when exposed to CO2. However, the insects flew toward discs that were red, orange, or cyan (light blue). These colours must have been very appealing. The mosquitoes seemed to prefer the colour red. The researchers looked into three other mosquito species that prey on humans. Red colours drew them in as well. However, these mosquitos appeared to prefer different colours. There is still a lot to learn about how these bloodsuckers perceive and navigate their environment. Mosquitoes appear to be attracted to reds because that is the colour human skin appears to them. It is still unknown why they are drawn to light blue. And, more importantly, how could this new information on colour preferences be used to create better mosquito traps or repellents?

## DYSON HEADPHONES INCLUDE AN AIR VACUUM FOR THE MOUTH

**D**yson has made its first foray into wearable technology with a striking pair of over-ear headphones that include an air-purifying mouth visor. Dyson, best known for vacuum cleaners, has expanded its product line in recent years to include fans and a hairdryer. The Dyson Zone headphones are intended to address the growing problem of air pollution. The headphones will be available for purchase in the autumn. Each ear cup of the noise-cancelling headphones contains a motor, a fan, and air filters. Air is sucked through the filters, which capture allergens and pollutants like nitrogen and sulphur dioxide, as well as brake dust. The purified air is then routed to the nose and mouth via the visor, which is magnetically attached to the bottom of the headphones. According to the company, it is 97 percent effective at delivering clean air to the lungs. There are four purification modes available, depending on whether the wearer is walking or sitting. The headphones use sensors to track breathing and exertion before switching modes. They also include an app that allows users to specify their location and determines when the filter needs to be replaced, as well as a face covering that fits into the visor. The product has a battery life of four hours in low filtration mode and 1.5 hours in high filtration mode. The designers considered non-contact to be a "must" in order to avoid discomfort and irritation. It was also Dyson engineers' first foray into audio. The Dyson Zone has taken six years and 500 prototypes to develop.



## SHOPEE, A SINGAPORE-BASED E-COMMERCE COMPANY, WILL CLOSE ITS INDIA OPERATIONS!



**S**hopee, a Singapore-based e-commerce company, has decided to close all of its operations in India, just months after launching in the country in November 2021. A Shopee spokesperson told the press that the company decided to shut down operations "in light of global market uncertainties." On March 28th, Shopee also informed employees of the shutdown in an all-hands company-wide meeting. The e-commerce company operated as a pure-play online marketplace for sellers

and buyers, with a mobile-first approach and an asset-light strategy. The e-commerce company announced in a note to its sellers that it will cease operations on March 29, 12 a.m. (IST). Buyers will be unable to place new orders after this date. However, Shopee's seller dashboard will be available for payment withdrawal until May 30, according to the note to sellers. Shopee, which focuses primarily on low-cost goods with huge discounts, has a sizable market share in regions such as Southeast Asia and Taiwan. It is also present in seven other markets and was first introduced in Singapore in 2015. Shopee's departure from India comes less than a month after the company shut down operations in France in February of this year.

## THE CENTRE TIGHTENS THE RULES GOVERNING THE SURRENDER OF ENVIRONMENTAL CLEARANCES

**I**n a first, the union environment ministry has established a standard operating procedure for project proponents hoping to surrender environmental clearances (EC) for failed projects. The procedure was outlined in an office memo (OM) dated March 28. It has been brought to the attention of this Ministry that several Project Proponents, after obtaining EC from the concerned Competent Authority, abandon the project or surrender the EC after partial or complete implementation of the project for a variety of reasons, including land acquisition issues, court matters, and financial constraints. After abandoning the project for one reason or another, the Project Proponents frequently do not notify the Competent Authority and surrender the EC and leave the project, according to the ministry's OM. It goes on to say that such practices not only defeat the purpose of the EIA Notification (2006), but also "pose an acute risk to local people in the vicinity." According to the Union Environment Ministry, abandoning projects is also a violation of the conditions under which ECs are granted in the first place. In the future, it will be mandatory for all project proponents to notify their state environment department by filling out a pro forma if they wish to abandon either partially or fully implemented projects. The OM applies to the majority of activities covered by Schedules 3-8 of the Environment Impact Assessment notification, including metallurgical industries and cement plants, petrochemicals, oil and gas pipelines, airports, industrial estates and special economic zones, ports and harbours, highways, and real estate development.





## ARJUN ERIGAI SI HAS WON THE DELHI INTERNATIONAL CHESS CHAMPIONSHIP



**G**randmaster and national champion Arjun Erigaisi produced yet another inspired performance on March 29th, smashing through Karthik Venkataraman's defences to win the 19th Delhi International open chess tournament. Arjun left nothing to chance as he went for an offensive right from the start in a Sicilian Najdorf game as white, and even though Karthik posed some challenge in the middle game, the young national champion romped home easily

with some finely crafted manoeuvres. Arjun received Rs 4 lakh rupees as the winner's purse, as well as a gleaming trophy, and looks like a lock for selection to the main team in the upcoming Chess Olympiad in Chennai, having scaled past 2675 in live Elo ratings. D Gukesh, who had also fought tooth and nail with Arjun in the national championship, finished second after defeating last event's winner Abhijeet Gupta in a level endgame. Gukesh's Nimzo Indian as black resulted in a level endgame, but Abhijeet took unwarranted risks, which led to his downfall. Harsha Bharthakoti took third place on a tie-break, defeating S P Sethuraman, who played black. For the record, Arjun, Gukesh, and Harsh all received 8.5 out of a possible 10 points. After a two-years gap, the caravan is now on its way to Ahmedabad for the final of three international events planned in India. The Delhi Open will be a much larger event in several categories next year, with Rs 1.25 crore in prize money, according to an announcement made on the first day of this event by All India Chess Federation (AICF) secretary and Delhi Association president Bharat Singh Chauhan.

## ROHIDAS RETAINS HIS POSITION AS INDIA'S HOCKEY CAPTAIN



**A**mit Rohidas was retained as captain, and defender Neelam Sanjeep Xess made a comeback in India's 22-man squad for this weekend's FIH Pro League doubleheader against England. Neelam was a member of India's team at the Asian Champions Trophy in Dhaka last December, where they finished third after defeating Pakistan 4-3. The team consists of Krishan Bahadur Pathak, PR Sreejesh as goalkeepers; Surender Kumar, Harmanpreet Singh (vice-captain), Neelam Sanjeep Xess, Varun Kumar,

Amit Rohidas (captain), Jugraj Singh as the Defenders and the midfielders are Jaskaran Singh, Manpreet Singh, Hardik Singh, Nilakanta Sharma, Shamsher Singh, Raj Kumar Pal, Sumit Lakra England captain Sorsby is eager to gain experience ahead of the World Cup: England men's hockey captain Tom Sorsby is looking forward to the "challenging" prospect of playing the FIH Pro League double header in India against the hosts, as it will provide valuable experience for his team ahead of the World Cup in Bhubaneswar next year. Sorsby said that they are a relatively new team, but this group has recently gained valuable experience in the Pro League. He thinks that all of the experience they gain here will be valuable, especially between now and the World Cup.

## TOP SEED SAI PRANEETH WAS ELIMINATED IN THE FIRST ROUND OF THE ORLEANS MASTERS, WHILE MITHUN AND ANUPAMA ADVANCED TO THE QUARTERFINALS



**T**op seeded Indian shuttler B Sai Praneeth withdrew from the men's singles competition at the Orleans Masters on March 31st after a shocking straight-game defeat to France's Christo Popov. Praneeth lost his Super 100 pre-quarterfinal match 12-21 11-21 in 35 minutes. He advanced to the round of 16 after defeating Jan Louda of the Czech Republic the day before. However, Mithun Manjunath defeated Denmark's second seed Hans-Kristian Solberg Vittinghus 16-21 21-10 21-11 to advance to the men's

singles quarterfinals. Anupama Upadhaya also advanced to the quarterfinals of the women's singles competition, defeating Léonice Huet of France 21-17 21-16 in 38 minutes. Ira Sharma lost her women's singles match to Australia's Hsuan-Yu Wendy Chen 11-21 17-21, but the seventh seeded Indian duo of Ishaan Bhatnagar and Tanisha Crasto defeated the Netherlands' Ties Van Der Lecq and Debora Jille 21-18 22-20. Earlier, the Indian trio of Kiran George, Meiraba Luwang Maisnam, and Manjunath advanced to the men's singles pre-quarterfinals after contrasting victories in the tournament's second round While George defeated third seed Mark Caljouw of the Netherlands 19-21 21-16 23-21, qualifier Meiraba defeated eighth seed Toby Penty of England 21-16 21-16, and Manjunath defeated compatriot Siddharth Pratap Singh 21-14 21-10 in another second round match. Ashwini Bhat K and Shikha Gautam defeated Danish duo Amalie Schulz and Christine Busch 21-23 21-12 21-10 to advance to a match against French duo Flavie Vallet and Emilie Vercelet. PS Ravikrishna and Sankar Prasad Udayakumar advanced to the pre-quarterfinals of the men's doubles competition with a 19-21 21-11 21-12 victory over the German pairing of Marvin Datko and Patrick Scheiel.

## MAHARASHTRA HAS WON THE NATIONAL PARA SWIMMING CHAMPIONSHIP

**M**aharashtra asserted their dominance at the 21st National Para Swimming Championship, finishing first with 306 points at the Maharana Pratap Khel Gaon in Udaipur. The tournament, co-hosted by the Paralympic Committee of India (PCI) and Narayan Seva Sansthan, featured 306 male and 77 female competitors competing in 14 categories. Prashant Agarwal, Global President of Narayan Seva Sansthan, commented on the tournament that they were extremely pleased with how the tournament was organised. Their organisation last hosted the national para swimming tournament in 2017. Their mission is to assist and encourage children with special needs to succeed in life. And introducing them to a sport keeps them motivated, and the praise that comes with winning is extremely motivating for them. In tandem with their efforts to assist the differently abled, they have also established a para sports academy in Udaipur. They are looking forward to hosting an international para swimming event in Delhi next year. Dr. VK Dabas, Chairman of the PCI, stated that such events invigorate the spirit of the participants, encouraging them to overcome their disability and reach new heights. The World Paraswimming Body recognises PCI, and their results are authorised and certified. The championship was based on standard international swimming rules, which required the use of Automatic Officiating Equipment (AVOI) for accurate time and distance measurement.



## EXPERT



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## FAQs ON STRESS MANAGEMENT

**Q1. When we strive to become better than we are, everything around us becomes better too, Really? It works?**

**Ans.** "When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too" - Paulo Coelho. Yes, it does! When we strive to become better than we are, everything around us becomes better too. This is a modest positive energy coming your way, courtesy of Paulo Coelho. Basically this indicates that the act of self improvement has the influence of improving others around us. The positiveness of striving to better oneself has an active energy that others pick up on. They consciously or subconsciously provide for that positive energy to build a change for themselves and that positive thrash goes on...!

If one's heart is overflowing with love,

compassion and most significantly has empathy towards each, he or she will certainly overcome hurdles towards their purpose in life. These qualities keep the person peaceful, steady and grounded in all sorts of circumstances. If the soul of the person is contented and positive then he will multiply the same vibes around him.

Self-improvement habits will help you live a happier, more productive life and is easy to implement into your daily routine.

1) **Develop your interests:** Spending time on activities you enjoy or are good at does more than just make you feel good. It give power to you with a sense of liberty to articulate your emotions and motivates you to keep effective on building your skills.

2) **Develop a growth mindset:** The way you perceive your successes and failures can affect your well-being, which is why it's important to develop a growth mindset. This is the belief that you're capable of improving. One of the ways you can reinforce this mindset is by conquering challenges.

3) **Set 'smart' goals:** Having an aim does not only gives you a clear sense of direction in life, but also promises a sense of achievement each time you get closer to your goal.

4) **Identify and use your strengths:** While having to complete tasks you lack experience or skill in can be defeating, doing things you're naturally good at can give you pleasure and satisfaction. You can utilize this to provide you the self-confidence to deal with the task you were struggling with.

5) **Look at failures from different perspectives:** When people or things fall short of your expectations, you can get overwhelmed with negative emotions, which can cloud your judgement. This is when you should challenge your thoughts.

6) **Practice gratitude:** When you're knee-deep in school work, it's easy to forget to take some time to appreciate how much you have. A daily, simple practice of gratitude can keep you happy and healthy.

7) **Build harmonious relationships:** The quality of our interpersonal relationships often dictates our mood, which is why a strong rapport with family and friends is the bedrock of good mental health.

8) **Look for the next level of you:** You can also look at your life timeline to think about how your past achievements and experiences could help you build a more meaningful future.

I was influenced by words of my Class teacher when i was in 8th Standard! She shared few powerful self improvement techniques for us, which i hold as my life philosophy.

1. **Let go past:** Leave all memories in the rear. Past is passed; don't hold it even if it is very clear! Learn lessons from bad memories, absorb gratitude from good memories, and let the past go with all your memories....You will enjoy the bliss of happiness always.

2. **Let dreams drive you:** Let your dreams be ahead of you. If you are habituated to dream your future, develop a positive and strong mindset to act on your dreams, it will lead to positive outcomes. So, make a wish to be happy always, where your dreams will come to reality. Learn to dream, you will enjoy the bliss of happiness always.

3. **Love unconditionally and live:** Develop compassion! Develop a vibrant surrounding with unconditional love. Attract positive vibes and commit yourself to making choices that will help you release the greatest expression of your unique magnificence. Love and Live, you will enjoy the bliss of happiness always.

4. **Get inside you for all you need:** The word 'Kadavul' in Tamil language denotes God and means that 'get inside'. Learn to get inside to empower yourself. When you can get whatever you want by just moulding yourself, why not give a try? Find the happiness within you, enjoy the bliss of happiness always....

When we try hard to become superior than we are, the whole lot around us becomes superior too. Enjoy the bliss of life, 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

**Keep reading**



For any queries  
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# QUIZ TIME

1. Which Union Ministry has chalked out a four-point strategy to handle the blockage at Suez Canal?
2. 'VAJRA PRAHAR 2021' is a military exercise held between the special forces of India and which other country?
3. "Anandam: The Center for Happiness" has been inaugurated at which institution?
4. What is the full form of HSN?
5. Which state has amended its provisions in the Legislative Assembly to maintain the decorum of the house?
6. What is the theme of the World Health Day 2021?
7. How many companies have been registered with the Ministry of Corporate Affairs during the Financial Year 2020-21?
8. Which international organization releases the 'Global Gender Gap Report'?
9. Which body decides the interest cut on small saving schemes such as the PPF and NSC?
10. Which telescope captured the M 87 black hole with its magnetic fields?



1. What breaks but never falls, and what falls but never breaks?
2. What has four fingers and a thumb but isn't alive?
3. What disappears the instant you say its name?
4. If you have me, you will share me. If you share me, you don't have me. What am I?
5. I am really light, but it's really hard to hold me, what am I?
6. How are you able to throw a ball as hard as you can only to have it come back to you without it bouncing off anything?

1. Ministry of Commerce and Industry
2. USA
3. IIM Jammu
4. Harmonised System of Nomenclature
5. Haryana
6. Building a fairer, healthier world
7. 1.55 Lakh
8. Work Economic Forum
9. Department of Economic Affairs
10. Event Horizon Telescope

**Answers**

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**For Internship**

Please mail your updated CV on  
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1. Dusk and dawn
2. A glove
3. Silence
4. A secret
5. Breathing
6. Throw the ball straight into the air

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

