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Mr. Ravi Singh

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WORM FREE CHILDREN FOR HEALTHY FUTURE

Every year on February 10th, National Deworming Day is observed to raise awareness

about the importance of deworming all preschool and school-age children aged 1 to 19 years. Led by the Ministry of Health and Family Welfare, Government of India, deworming is done through the platforms of schools and Anganwadi centres in order "to improve their overall health, nutritional status, access to education and quality of life".

According to the World Health Organization (WHO), soil-transmitted helminths infect approximately 24% of the world's population (worms). As a result, approximately 241 million children in India between the ages of one and fourteen are at risk of parasitic intestinal worms known as soil-transmitted helminths. The Ministry of Health and Family Welfare established National Deworming Day in 277 districts across 11 states and union territories (UTs) in February 2015, including Assam, Bihar, Chhattisgarh, Dadra and Nagar Haveli, Haryana, Karnataka, Maharashtra, Madhya Pradesh, Rajasthan, Tamil Nadu, and Tripura. In 2016, the National Deworming Day (NDD), a day and initiative dedicated to deworming children, was extended to all districts across the country. Since then, it

has been observed twice a year, on February 10 and August 10.



NATIONAL DEWORMING DAY

The deworming programme is implemented in all government and government-aided schools and anganwadi facilities. On this day, children are given albendazole tablets (a deworming medicine). The following day is a Mop Up Day (MUD), with the goal of deworming children who did not receive their NDD

dose. Worm infections in children are caused by factors such as poor personal hygiene, uncooked and contaminated food,



NATIONAL DEWORMING DAY

and a high intake of sweets and junk food. Children frequently consume enough calories but are malnourished due to a lack of vital vitamins and minerals required for normal physical and mental development in their diets. In addition, intestinal worm infection, also known as soil transmitted

helminths (STH), causes, aggravates, and intensifies nutritional loss, particularly of vitamin A and iron. Micronutrient deficiencies coexist with worm infestation, resulting in stunted growth and development in children.

In terms of population, India is the world's second largest country after China. Indian children are particularly vulnerable to soil-transmitted helminth infections. According to the National Family Health Survey report, nearly 8 out of 10 children aged 5 months to 5 years have anaemia, particularly in rural areas due to a lack of hygiene.

The government, civil society, and non-governmental organisations (NGOs) should work together to eradicate worm infections by launching a nationwide health campaign centred on cleanliness and hygiene habits. The National Deworming Day gives us a unique opportunity to act at the individual level by promoting the government's health campaign in cities and rural areas.

THE NOBLEMAN - KAILASH SATYARTHI

This is a tale of a renowned social activist Kailash Satyarthi, a Nobel Peace Prize winner who has dedicated his entire life to the cause of children's rights. He has taken on the noble cause of freeing millions of children from the clutches of child labor and exploitation. Kailash Satyarthi was born on 11 January 1954, in Vidisha, Madhya Pradesh. He was always passionate about social service and took to the mission against child servitude.

In one of his childhood incidents, Kailash always was a keen child and questioned the wrong and unjust, as a small child of 5 years he was deeply disturbed when he saw a boy working with his cobbler father shining shoes at his school gate, on the first day of school. He wouldn't understand why some children were different from him. It did not take him much time to understand the crucial contrast between his life and that of the cobbler's son. On one end, Kailash was fully dressed in his new school uniform and shoes, and on another end what he saw was the fragile silken face of the cobbler's son with absolutely no dreams in his eyes. Kailash was sad and it disturbed his mindset, the first attempt.

Kailash went and asked his teacher about the boy outside the school gate, his question remained unanswered by his teacher and instead he was scolded back to be attentive in the class rather than just yearning to know what's happening outside, but the boy was determined, his inquisitive nature echoed several questions in his mind. Later in the noon he met his headmaster, who knew his family well and the curious boy asked him the same question that he had asked earlier to his teacher, the headmaster replied it was normal for kids to be rich or poor and for poor children to work for survival and as the cobbler was poor he was unable to send his son to school.

For next few days boy kept gazing at cobbler's son every time he entered or left the school premises, somehow he mustered the courage and went asked the cobbler "Why doesn't your son go to school"? The cobbler was surprised and hesitant in his response but on the boy insisting replied "Babuji (sir) no one has ever asked me this question before, it's from our ancestors we have worked as cobblers, and as, I am a cobbler, my son also will be the same so there is nothing new to this, we are born to work this way."

His answer made the little boy more confused than before, Kailash was told by his parents that everybody is born with good deeds for education and a decent job not everybody is fortunate and that's the reason for cobbler and his son leading a life of misery as it was their life journey.

One day it was the monsoon season and Kailash elder



brother had got him a raincoat and a colorful umbrella, it was during lunch time, he saw the cobbler beating his son, and boy was crying. He went and enquired and the cobbler said he had brought a plastic sheet to protect the shoes and asked his son to cover them in case it rains. But the boy chose to drape himself instead of covering the shoes and now all the leather shoes are gone spoiled in the rains. How will he payback what they had spent on these shoes as he barely earned much to make ends meet and said the boy was a fool. Kailash was stunned as the cobbler was completely alright with the boy getting drenched in the rain, all that worried him were the shoes, without a second thought Kailash gave the boy his favorite umbrella and that incident moved the boy to the core.

Kailash strongly believed that all children are equal and have a right to a good life. When he was 11 years with the help of a few like-minded friends he started a football club to raise money for such children not able to attend school. The fees collected as membership fees were donated to the cause to pay the school fees for the underprivileged children. Later Kailash also held stalls at fetes and fairs to raise more money for this cause, During holidays Kailash and his few friends hired a pushcart and yelled on top of their voices on houses on passing the examination, the books usually been discarded or sold at a throwaway price but instead they can donate these books for the poor and needy for a greater cause and so landed old books for donation. As people started voluntary donating and this way started gratitude for a good cause and his school later initiated on helping him.

As a young man, he was inspired by Mahatma Gandhi's teachings of non-violence and decided to dedicate his life to the cause of children's rights. He began his career

as an electrical engineer but soon quit his job to pursue his mission of freeing children from exploitation.

In 1980, Kailash Satyarthi founded Bachpan Bachao Andolan (Save the Childhood Movement) to fight against child labor and exploitation. He has since then been leading a massive movement against child labor and exploitation. He has led several campaigns and marches against the exploitation of children, including the South Asian March Against Child Labor in 1997 and the Global March Against Child Labor in 1998.

Kailash Satyarthi has also been instrumental in the passing of several laws to protect children's rights in India. He was one of the main architects of the Right of Children to Free and Compulsory Education Act, of 2009, which made it mandatory for all children between the ages of 6 and 14 to receive free education.

Kailash Satyarthi's tireless efforts have been recognized internationally. In 2014, he was awarded the Nobel Peace Prize for his struggle against the suppression of children and young people and for his efforts to promote their rights.

In the years since winning the Nobel Prize, Satyarthi has continued to be a powerful voice for children's rights, speaking out against the exploitation of children in India and around the world. He has been an outspoken critic of child labor in various forms, including in the manufacture of goods for export and in the worst forms of child labor, such as slavery and trafficking.

Satyarthi's work has not been without challenges and setbacks, however. He has faced opposition and resistance from those who profit from child labor and exploitation, and has faced personal danger in his efforts to rescue children from slavery and exploitation. Nevertheless, he has continued to press forward, never losing sight of the children he is fighting for and the importance of his work.

Today, Kailash Satyarthi continues to work tirelessly to improve the lives of children and ensure their rights are protected. Through his leadership and advocacy, he has inspired a generation of activists to take up the cause and join the fight for a better world for children. He remains a beacon of hope for children everywhere, and a powerful example of what one person can do to make a difference in the lives of millions.

DR. HANSA JIVRAJ MEHTA - ALL INDIVIDUALS ARE BORN EQUAL!

Dr. Hansa Jivraj Mehta is one such woman warrior who was recognized as freedom fighter and lawyer for who worked for women's rights. She was the one who changed the phrase given by Universal of Human Rights i.e. Men are born for freedom and equality. The sentence has been changed by Dr. Mehta to, "Every human being is born with equal and liberated rights."

On July 3, 1897, Hansa Jivraj Mehta was born in Surat, Gujarat. She first studied philosophy at Baroda College. She was immediately departing for England, where she planned to attend the London School of Economics to study journalism and sociology. A fortunate meeting in London with yet another strong woman introduced her to the alluring demeanor of the person she used to tease as "Mickey Mouse."

Hansa travelled all across Atlantic as part of an exchange trip from London. She may have been miraculously predestined to survive and succeed in grandeur in the future. She was trapped in a large earthquake while travelling from San Francisco to her homeland in the United States via Tokyo. The guesthouse she was stayed at was among the few structures that were spared destruction. Through Colombo, Shanghai, and Singapore, she was able to eventually approach Indian shores.

Mehta first heard Sarojini Naidu in London in 1920, and she later introduced her to Mahatma Gandhi and the Indian women's independence struggle.

Although Hansa Mehta was incarcerated in Sabarmati Jail in 1922, Sarojini Naidu acquainted her to "Mickey Mouse," but it was the Mahatma who pushed Hansa into the heart of India's fight for independence. Based on her own opinion, Hansa was "clearly touched."

Jivraj Mehta, a distinguished physician who had formerly cared for Bapu, married Hansa in 1928. Mehta

would later become Gujarat's first chief minister. Jivraj belonged to a class that was "below" than Hansa's—the Vaishya Mehta—and was a Nagar Brahmin. As a



female was then supposed to married inside the religion and status, the marriage generated a stir in her family and neighborhood. Sayajirao Gaekwad III, the liberal Maharaja of Baroda, was the person who stepped in and convinced Hansa's father to change his mind.

On Bapu's recommendation, Hansa headed the first group of the Desh Sevika Sangh in a nonviolent protest on May 1, 1930, which included protesting in the streets stores selling foreign clothing and alcohol. As President of the Bombay Congress Party and recipient of the moniker "Dictator of Bombay," Hansa's administrative ability was recognized. Hansa was detained and given a three-month prison term. In accordance with the Gandhi-Irwin Pact, which was established on March 5, 1931, she was released along with the other political dissidents.

Both Hansa and until that point her politically independent husband were detained in 1932. The Servant of India by

Gopal Krishna Gokhale humorously described the detention. Dr. Mehta is not recognized to be an engaged activist, and his stay in jail can be justified solely on the

assumption that he sheltered a Congress member in the name of his wife.

With Gandhi's approval, this Gujarati woman entered the Bombay Legislative Council in 1937. Her tenacity was evident to everyone right away. Hansa chose to enter the Council via the ordinary procedure rather than running for a specific seat, which she held until 1949.

after breaking into the political realm, Hansa eventually rose to become its President of All India Women's conference in 1946. As chairperson, Hansa Mehta supervised the development of the Indian Women's Declaration of Rights and Obligations a statement in favour of gender equality, which was an indication of what was to come.

Although we feel that justice and freedom are critical for human development and also woman is similarly a human as male and, therefore, is entitled to grow as an independent citizen, the

Constitution's prologue states. The Constitution had a significant clause that called for eliminating "constraints to marriage on the basis of race or religion."

At this time, Hansa was chosen to represent India as a member to the UN Commission on Human Rights. As Vice-Chair to Eleanor Roosevelt, one of the most distinguished American first women to record, she placed herself on the United Nations Commission on Human Rights.

According to legend, Hansa Mehta's fingerprints were all over the change from "All men are born fair and independent" to "every human being is equivalent" in Article 1 of the UDHR.

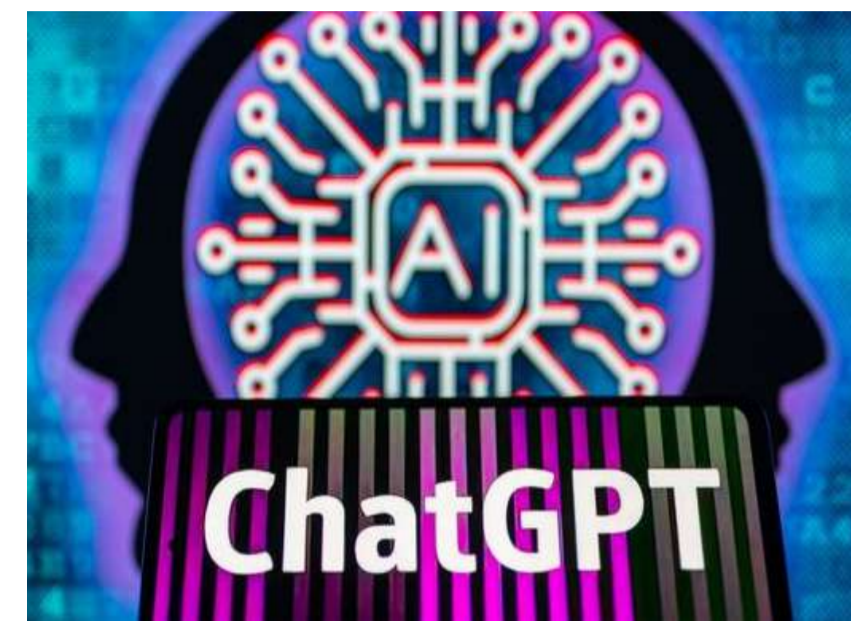
The world may applaud Dr. Hansa Mehta, an Indian woman, for changing the wording in the UDHR, stated Secretary General of the United Nations Ban Ki-Moon in 2015. Hansa was nominated to India's Constituent Assembly on a ticket from the Congress party; therefore it was only appropriate that she was assigned to the Sub-Committee on Fundamental Rights.

Hansa Mehta achieved a number of firsts. When she accepted a position at the SNDT University in Bombay, she made history as India's first female vice chancellor. She became the first woman to lead a co-ed institution when she was named vice chancellor of the newly created Baroda University in 1949.

Hansa Mehta received a Padma Bhushan from the government in 1959. She continued to live until April 4, 1995, bringing to a conclusion a truly incredible trip.

According to Mehta, we have pursued that justice is the foundation of shared recognition and acceptance, and without which collaboration between men and women is not realistic.

KARNATAKA'S EDUCATIONAL INSTITUTIONS START TO CRACK DOWN ON THE USE OF CHATGPT



Bengaluru's private universities are starting to take action against ChatGPT, which has grown popular among the student population. An open-source platform called ChatGPT, created by OpenAI and released in November 2022, can expertly produce papers, articles, and essays in response to a brief instruction. And anyone with an internet connection can use this service for free.

In addition to responding to "follow-up inquiries," ChatGPT may "admit its mistakes, dispute faulty premises, and reject improper requests," according to OpenAI's description. It is based on the GPT 3.5 series of language learning models from the business (LLM). Generative Pre-trained Transformer 3 (GPT) is a type of computer language model that uses deep learning strategies to generate text that resembles human speech based on inputs.

Educational institutions, who think that students may simply submit their assignments with the help of ChatGPT, are concerned due to the platform's nature. As a result, institutions in Karnataka are developing their own policies and holding review sessions on the responsible use of the ChatGPT platform so as not to interfere with students' academic performance and creative expression.

Dr. Sanjay Chitnis, dean of the School of Computer Science and Engineering, emphasised that when original submission is required from students or faculty, such as code in the first-year programming course or original essays, answers to questions, etc., AI agents like ChatGPT, GitHub copilot, or blackbox should not be used.

BEGINNING ON FEBRUARY 15, THE ATAL RESIDENTIAL SCHOOLS ADMISSIONS PROCESS

The Uttar Pradesh government will start admitting children of laborers to Class 6. A laborer's family is only allowed to send up to two kids to school. The official stated that negotiations are currently taking place to sign a Memorandum of Understanding for the entrance exam to be administered by the CBSE. A principal, an administrative officer, and 11 teachers would be employed by each Atal Residential School, which is being constructed along the lines of Navodaya Vidyalayas.



Applications will be accepted from February 15 through February 20. The official also mentioned the possibility of applying online. The Central Board of Secondary Education (CBSE), which will administer the entrance exam, will do so at the end of May. The merit list will then be made public in the middle of June. In July, lessons will start.

In the first year of each Atal Residential School, 80 pupils would

Children of registered laborers will receive free services from the schools, according to a previous statement by Adityanath. He had stated that the state government will guide pupils toward independence through the development of their skills.

PUNJAB HAS THE SECOND-MOST FOREIGN STUDENTS, ACCORDING TO THE ALL-INDIA SURVEY ON HIGHER EDUCATION

In addition to hosting the second-highest number of international students in the nation, Punjab also sends the most students abroad.

The Union Ministry of Education's 11th All-India Survey on Higher Education (AISHE) 2020-21 revealed this information. According to the report, there are 48,035 international students enrolled in higher education nationwide. In Punjab's higher education institutions, foreign students make up as much as 13.65% of the total student body.

3,551 male students and 1,376 female students make up Punjab's foreign student population when

broken down by gender.

B.Tech is the most preferred field of study among international students in India. According to the survey, 13 programmes account for more than 75% of the foreign students and each programme has more than 1,000 foreign students.

The survey's finding that there are significantly more women teachers in Punjab than men is another noteworthy finding. In higher education institutions, there are 50,478 teachers, 20,217 of them are male and 30,261 female.

GIRLS' EDUCATION IS EMPHASIZED BY PRESIDENT MURMU IN HER ADDRESS TO THE FIRST LEGISLATURE



In her first speech to the legislature on Tuesday, President Droupadi Murmu noted that "Beti Bachao, Beti Padhao" has been a great success and that women are well-represented in all fields. She claimed that the government has been working to eliminate all obstacles to "daughters'" education and employment.

Murmu discussed the "Sukanya Samridhi Yojana," which enables the opening of savings accounts for the promising futures of daughters around the nation, as well as how the new National Education Policy has made significant advancements in the education of females.

Murmu said that initiatives like the sanitary pad programme or the installation of separate restrooms for girls in the nation's government schools had a big impact on the drop-out rate. She also praised the "Swacch Bharat Abhiyan," saying that it enhanced women's dignity and helped establish a safe atmosphere for them.

When discussing the hiring of women in various fields, Murmu stated that there are prospects for women in everything from mining to army forward positions. She applauded the government's initiatives to let female students enrol in Sainik and military institutions.

She claimed that the programme will give the nation's youth the best possible chances to join the armed forces.

UNION BUDGET 2023-24 - THE VISION FOR AMRIT KAAL

The Union Minister for Finance & Corporate Affairs, Nirmala Sitharaman, announced the budget on 1st February 2023 and stated that the Indian economy has been recognized as a "bright star" with an estimated 7% economic growth, the highest among major economies, in the 75th year of India's Independence, despite the global slowdown caused by COVID-19 and the Russia-Ukraine War. She stated that the Indian economy is on the right track and heading towards a bright future, despite facing challenges.

The Finance Minister, Nirmala Sitharaman, stated that the Union Budget 2023-24 is built on the foundation laid in the previous budget and aims to create a prosperous and inclusive India. She highlighted the country's achievements, including its digital infrastructure, successful COVID-19 vaccination drive, proactive role in climate goals, and food security measures. India's global profile has risen and its presidency of the G20 provides an opportunity to strengthen its role in the world economic order. Since 2014, the government's efforts have led to a better quality of life for citizens, with a doubled per capita income and a more formalized economy as evidenced by increased EPFO membership and digital payments.

This is the first Budget of Amrit Kaal", with these words finance minister Nirmala Sitharaman started the presentation of the last full Budget of the Modi government. Article 112 of the constitution of India requires the government to present this statement to the parliament. On this day the finance minister presented the Budget in the parliament which consists of two major parts first part is the budget speech and announcement followed by accounts.

The vision for Amrit Kaal:

The vision for Amrit Kaal is a technology-driven and knowledge-based economy with strong public finances and a robust financial sector.

The focus of the economic

agenda is on facilitating opportunities for citizens, especially the youth, promoting growth and job creation, and strengthening macro-economic stability.

Our opportunities for transformation during Amrit Kaal include:

Economic Empowerment of Women through the Deendayal Antyodaya Yojana National Rural Livelihood Mission and the



formation of large producer enterprises.

- PM Vishwakarma Kaushal Samman to support traditional artisans and craftspeople by providing financial support, skill training, and access to modern techniques and markets.

- Tourism promotion on a mission mode with active participation of states and public-private partnerships.

- Green Growth through programs for green fuel, energy, farming, mobility, buildings, and equipment to reduce carbon intensity and create green job opportunities.

As per the receipt budget the

government will generate a revenue of 33 lakh crore through taxes out of which 10 lakh crore will be distributed among the states for completion of the respective projects, the Central government estimates to generate a net revenue of approximately 23.3 crore whereas the non-tax revenue is 3 lakh crore which indicates a total revenue of 26 lakh crore, on contrary to this the expenditure is of 45 lakh crore which leads to a deficit of 19 lakh crore which is to be

borrowed. In terms of expenditure allotment highest is made to the Ministry of Finance for repayment of interest on loan which amounts to 10 lakh crore, second highest allotment is made to Ministry of defense with 5,39,000, Ministry of Consumer Affairs Food and Public Distribution with 2 lakh crore 1.75 lakh crore worth subsidies are provided to Chemical and fertilizers, but the sector where the amount is very high is infrastructure.

Indian Railways has received a capital outlay of Rs 2.40 lakh crore for the first time ever. This is the highest capital outlay for railways, Sitharaman said. The Union Budget has hiked the outlay on capital expenditure by 33% to Rs 10 lakh crore. This would be 3.3% of the GDP.

Apart from this there's a glad tiding for the middle-class population, as the tax exemption has been increased and instead of 2.5 lakh income up to 3 lakhs is exempt and in aggregate up to 7 lakh rupees no income tax is to be paid. The new slab are as follows:

- Up to Rs 3 lakh income there is 0% or NIL tax
- From Rs 3 lakh to Rs 6 lakh the tax rate is 5%
- From Rs 6 lakh to Rs 9 lakh the tax rate is 10%
- From Rs 9 lakh to Rs 12 lakh the tax rate is 15%
- From Rs 12 lakh to Rs 15 lakh the tax rate is 20%
- Above Rs 15 lakh the tax rate is 30%.

The personal income tax proposals in the budget include an increased rebate limit of ₹7 lakh, reducing the number of tax slabs to five and increasing the tax exemption limit to ₹3 lakh, extending the standard deduction to the salaried class and pensioners, reducing the highest surcharge rate from 37% to 25% for income above ₹2 crore, increasing the tax exemption limit on leave encashment for non-government employees from ₹3 lakh to ₹25 lakh, and making the new tax regime the default option while still allowing citizens to opt for the old regime.

The government has made this slab as default but people who wish to opt for the old one can do so. Per capita income has increased to Rs 1.97 lakh. At the same time, India's economy has grown from 10th to 5th largest in the world in the last 9 years. The Indian economy is on the right track, and heading towards a bright future, Sitharaman said in her budget speech.

The indirect tax proposals focus on simplifying the tax structure with fewer tax rates and reducing compliance burden, reducing the number of basic customs duty rates from 21 to 13, and making minor changes to duties, cesses, and surcharges on items like toys, bicycles, automobiles, and naphtha.

AZAD ENGINEERING IS INDIA'S FIRST SUPPLIER OF NUCLEAR TURBINE PARTS



Azad Engineering Private Limited, a Hyderabad-based market leader in precision engineering, has been approved as the first Indian company to supply critical rotating parts for nuclear turbines. The company has delivered its first set of critical parts. These will now be assembled on nuclear turbines made in Belfort, France. Azad Engineering has signed a long-term supply agreement with General Electric (GE) Steam Power for the supply of nuclear turbine parts.

According to the company, this creates a significant supply opportunity. "We are extremely proud and delighted to announce that we are the first and only Indian company to have nuclear parts approved. In addition, we have signed a long-term agreement with GE Steam Power to manufacture critical rotating parts for nuclear turbines in one of the most demanding environments." Azad Engineering is managed by Rakesh Chopdar. According to GE Steam Power, it provides a broad portfolio of power plant technologies and services, assisting customers in delivering reliable power as they transition to a lower-carbon future. The world is rapidly moving toward energy generation from zero-emission clean energy sources. Nuclear power is currently one of the most cost-effective, clean, zero-carbon electricity sources. It is one of the most viable alternatives to coal-fired power plants. Azad Engineering, an end-to-end solution provider, expects to deepen its relationship as a preferred partner and maintain its flagship position with the opening of a new facility in the next 18-24 months.

JUPITER HAS THE MOST MOONS, WITH 12 NEWLY DISCOVERED

Astronomers have discovered 12 new moons orbiting Jupiter, bringing the total to 92 for the first time. That amount is greater than any other planet in our solar system. Saturn, the former leader, comes in second place with 83 confirmed moons. According to Scott Sheppard of the Carnegie Institution, who was part of the team, the Jupiter moons were recently added to a list kept by the International Astronomical Union's Minor Planet Center. They were discovered in 2021 and 2022 using telescopes in Hawaii and Chile, and their orbits were confirmed by subsequent observations. According to Sheppard, the size of the newest moons ranges from 0.6 mile to 2 mile (1 kilometre to 3 kilometres). "I hope we can image one of these outer moons in the near future to better determine their origins," he wrote in an email Friday. The European Space Agency will launch a spacecraft to Jupiter in April to study the planet and some of its largest, icy moons. In addition, NASA will launch the Europa Clipper next year to investigate Jupiter's moon of the same name, which may harbour an ocean beneath its frozen crust. Sheppard, who discovered a slew of moons around Saturn a few years ago and has participated in 70 moon discoveries around Jupiter so far, expects to keep adding to both gas giants' lunar tally. Jupiter and Saturn are teeming with small moons, which are thought to be fragments of larger moons that collided with one another or with comets or asteroids, according to Sheppard. The same is true for Uranus and Neptune, but their distance makes moon-spotting even more difficult. Uranus has 27 confirmed moons, Neptune has 14, Mars has two, and Earth has one. Venus and Mercury both come up short. The newly discovered moons of Jupiter have yet to be named.



AT THE ECOSOC FORUM, AN INDIAN NGO SHARES INITIATIVES ON ROAD SAFETY AND THE ENVIRONMENT

At the annual forum of the UN Economic and Social Council (ECOSOC) here, an India-based NGO shared initiatives such as reflective stickers for bicycles, a 'Helmet Bank', and a 'Children Challan Book' for road safety and environmental conservation. The ECOSOC meeting emphasised the importance of "revitalised partnerships" in order to recover from the pandemic and achieve the 2030 Agenda for Sustainable Development. This week, Patiala Foundation CEO Ravee Singh Ahluwalia attended the Economic and Social Council Annual Partnership Forum 2023, where NGOs accredited with the UN body, agencies, and stakeholders gathered at the UN headquarters in New York to highlight the need for coordinated efforts to combat challenges such as the pandemic, Ukraine conflict, and other crises.



The organisation primarily operates in the state of Punjab, but it also has projects in other cities throughout India. The forum provides new opportunities and ideas for us to work toward our principles of creating a better social environment for our people and bringing about positive social change. Outlining the foundation's various initiatives, including those undertaken during the COVID-19 pandemic, Ahluwalia stated that in order to improve road safety, the organisation provided reflective stickers for bicycles, initiated the concept of a 'Helmet Bank', designed a 'Children Challan Book' to promote traffic rule awareness among young children, and established a 'Road Victims Memorial' in memory of those who lost their lives in road accidents.

According to Ahluwalia, around 25,000 people have been directly sensitised to road safety through 137 talks at schools, colleges, universities, associations, and organisations as part of this initiative. Nearly 100 reflective sticker camps have been held in Punjab and Chandigarh, over 2,000 Children Challan books have been distributed among school children, 500 helmets have been distributed in Patiala and Chandigarh, and 500 people have received training and support on basic road safety measures. Under the livelihood project iSEWA, the foundation also increased its focus on developing digital platforms for essential service providers. The Patiala Foundation used this initiative to map all essential service providers in Punjab and surrounding states and provide their information on a single digital platform for community use. Patiala Foundation organises events and heritage walks for schoolchildren, the local population, and visitors as part of the iHERITAGE project to raise awareness about the local heritage and culture. Patiala Foundation distributes dry leaf composters to citizens as part of the Prithvi' environmental conservation project to help them manage and recycle garden waste.

Speakers at the ECOSOC forum, according to the UN, emphasised the need for renewed broad-based engagement, reinvigorated political commitment, and revitalised partnerships across all sectors of society to recover from the COVID-19 pandemic and realise the 2030 Agenda for Sustainable Development. The lingering effects of the pandemic, the war in Ukraine, conflicts, and humanitarian challenges, according to ECOSOC President Lachezara Stoeva, are reopening deep-seated scars and fragilities and compounding inequalities between and within countries. While national governments bear primary responsibility for making this happen, Stoeva stated in a UN press release that they cannot do so without the active participation of stakeholders from all sectors of society, adding that they must leverage the knowledge and resources of all actors and foster truly transformative and game-changing partnerships.

INDIAN AMAN SEHRAWAT WINS BRONZE IN THE MEN'S 57KG CATEGORY AT THE ZAGREB OPEN CHAMPIONSHIPS



Aman Sehrawat of India won bronze in the men's 57kg category at the Zagreb Open Championships. Aman, 17, defeated Zane Raye Rhodes Richards of the United States 10-4 on points to finish third in the ranking tournament. Aliabbas Rzazade of Azerbaijan won gold, defeating Yuto Nishiuchi of Japan in the final 2-0. Beka Bujishvili of Georgia won the other bronze medal, defeating Islam Bazarganov of Azerbaijan. Aman had earlier defeated Georgia's Roberti Dingashvili in the quarterfinals before losing to Nishiuchi in the semifinals

to qualify for the repechage round, while his Japanese opponent advanced to the final. Another Indian wrestler, Pruthviraj Babasaheb Patil (men's 92kg), will compete in the repechage round against Mongolia's Gankhuyag Ganbaatar. Patil had lost 10-0 to Georgia's Miriani Maisuradze in the semifinals. In the quarterfinals, he defeated Radoslaw Marcinkiewicz of Poland 5-2. Shivani Pawar of India was eliminated in the quarterfinals of the women's 50kg after losing 4-0 on points to Erin Simone Golston of the United States. The top eight wrestlers from India, including Vinesh Phogat, Bajrang Punia, and Ravi Dahiya, had opted out of the tournament following their revolt against the Wrestling Federation of India and its president, Brij Bhushan Sharan Singh. Deepak Punia (86kg), Anshu Malik (57kg), Sangeeta Phogat (62kg), Sarita Mor (59kg), and Jitendra Kinha (79kg) have all withdrawn from the event.

AFTER YUKI BHAMBRI'S DEFEAT, SUMIT NAGAL BRINGS INDIA BACK WITH A CLOSE WIN IN THE DAVIS CUP

Sumit Nagal's come-from-behind victory in the second singles lifted India back into the Davis Cup World Group Play-off tie against Denmark after Yuki Bhambri was outplayed in the opening match. It was always going to be a difficult task for Bhambri to face world number nine Holger Rune, and it came as no surprise when Denmark's top singles player raced to a 6-2 6-2 win on Friday to put the hosts up 1-0. Yuki needed a special effort against a formidable opponent, but he was defeated in 58 minutes. Nagal, India's number one player, rallied from a one-set deficit to beat August Holmgren 4-6 6-3 6-4 in two hours and 27 minutes to tie the match at one. Nagal, ranked 506, dropped serve in the first game of the match, but once he got his nerves under control, he was his usual fighting self. He got the break back, but squandered the opportunities Holmgren provided. The set was eventually won by the Danish player, ranked 484. Nagal took the first blood in the second set, going up 5-2. In the ninth game, he served out the set to force a decider. Holmgren gave Nagal another break chance when he tried to pick a low volley but couldn't keep the ball in play and then double faulted, giving the Indian a 3-2 lead. Nagal maintained his lead, and he served for the match in the tenth game. Holmgren's forehand error gave the Indian three match points, the first of which was converted on an unforced error by a home team player. Rune, 19, broke Bhambri twice in each set of the first singles. Rune converted four of seven break chances, while the Indian did not get a single break chance. In the lopsided match played on indoor hard courts, Rune played percentage tennis while Yuki struggled with his first serve, double faulting four times. Yuki has retired from singles on the ATP Tour.

BADMINTON ASIA MIXED TEAM CHAMPIONSHIPS 2023: INDIA DRAWN ALONGSIDE MALAYSIA, THE UNITED ARAB EMIRATES, AND KAZAKHSTAN

India has been drawn in Group B with Commonwealth Games champions Malaysia, hosts UAE, and Kazakhstan for the Badminton Asia Mixed Team Championships 2023, which will be held from February 14 to 19 at the Dubai Exhibition Centre in the UAE. The last time India and Malaysia met was in the Commonwealth Games 2022 mixed team final, which Malaysia won 3-1. The draws for the third edition of the Badminton Asia Mixed Team Championships were held at the Dubai Sports Council in the presence of PV Sindhu, India's two-time Olympic medalist who will lead India's challenge in women's singles at the upcoming championships. 17 countries will compete for the title of Badminton Asia Mixed Team Championships. The teams were divided into four groups (A-D), with the top two teams in each group advancing to the quarter-finals. Champions from the previous season China is in Group A, while Japan was the 2017 champion. The biennial tournament's 2021 edition was canceled due to COVID-19. China and Japan are the top two seeds for the 2023 edition as well. Heavyweights Indonesia are seeded third in the five-team Group C, while India's Group B rivals Malaysia are seeded fourth. A 'tie' will be determined by five matches: women's singles, men's singles, mixed doubles, women's doubles, and men's doubles. The tie is won by the first team to win three matches. While PV Sindhu will lead India's women's singles challenge, Thomas Cup heroes HS Prannoy and Lakshya Sen are expected to lead India's men's singles challenge. It remains to be seen whether Satwiksairaj Rankireddy recovers from a groin injury in time for the tournament in men's doubles. The Indian badminton player and his partner Chirag Shetty are currently ranked No. 5 in the world and had a successful BWF season last year. The Indian mixed badminton team did not advance past the group stage in 2019 and was eliminated in the quarter-finals of the inaugural Asian Mixed Team Championships in 2017.

INDIA'S PRAGGNANANDHAA ONCE AGAIN FRUSTRATES WORLD NO. 1 MAGNUS CARLSEN

Rameshbabu Praggnanandhaa, an Indian chess prodigy, once again frustrated World No.1 Magnus Carlsen as the two faced off in the 85th Tata Steel Chess Masters 2023. On Saturday, Praggnanandhaa and Carlsen faced off in the Final Round 12, with the former producing one of his best saves of his career. Praggnanandhaa drew for the first time in a 'Classical game' against Carlsen in only his second Classical match against the World No. 1 ranked player. "I'm really annoyed. I feel like I should've gotten a lot more out of my position. But he's an excellent defender. To be honest, I think this was a bit of a setback. Obviously, the tournament victory is gone, and we'll see if I can find some motivation to try again tomorrow, but for now, it's disappointing," Carlsen said after the match. Praggnanandhaa had previously defeated Carlsen at the Airthings Masters in February of last year. Praggnanandhaa defeated Carlsen in the eighth round of the Airthings Masters, an online chess tournament. With the victory, Praggnanandhaa became the youngest chess player to defeat Carlsen since the latter was crowned world champion in 2013. Following that, in May, Praggnanandhaa defeated Carlsen in the Meltwater Champions Chess Tour Chessable Masters 2022 online tournament. Praggnanandhaa defeated Carlsen in the tournament's fifth round. In the final round of the FTX Crypto Cup in August, Praggnanandhaa outwitted Carlsen with a superb performance. It was his third victory over the Norwegian in 2022.

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

Learning and Development through Ancient Indian Wisdom

Q1. Who is wise??

Ans. All of us are really trying hard to find the answer to this question. Still, with the help of ancient Indian knowledge system let me try to answer:

1. Whose endeavors are preceded by a firm

निश्चित्वा यः प्रक्रमते नान्तर्वसति कर्मणः ।
अवन्ध्यकालो वश्यात्मा स वै पण्डित उच्यते ॥

commitment, who does not take long rests before the task is accomplished, who does not waste time and who has control over his/her mind is wise.

2. The wise should be trained to accept

युक्ति युक्तं प्रगृहीयात् बालादपि विचक्षणः ।
खरेविषयं वस्तु किं न दीपः प्रकाशयेत् ॥

wisdom from anybody, even from a child. Doesn't the small night lamp shine things which the sun cannot.

3. As per Nityaneeti, a wise human being must give happiness in whatever way to whatever living being; that itself is the adoration of God. He who craves after pleasures without money and he who is angry without power-will never be happy, educates Sharngadhara Padhathi -1548.

येन केन प्रकारेण यस्य कस्यापि देहिनिः ।
सन्तोषं जनयेत् प्राज्ञस्तदेवेश्वरपूजनम् ॥

4. A Wise person is down to earth, respectful, flexible, adaptable and is open to help others. The branches

नमन्ति फलिनो वृक्षा नमन्ति गुणिनो जनाः ।
शुष्ककाष्ठश्च मूर्खश्च न नमन्ति कदाचन ॥

of a tree loaded with fruit curve downward just as the highly cultured persons bow down out of respect to others. The unwise say Murkha, however, are like the dry log that never bends. Many youngsters were so much influenced by the style of the hero's dialogue and started keeping his dialogue 'Thaggede Le' as ring tone which means 'I will not bow down now'. It is ok to enjoy a movie, admire a hero, enjoy the dialogue which was made with a justifiable reason in the film, but not ok to enchant and practice in life not to bow down!

5. A wise person is having balanced emotions in life and stick to it in every situation. Everybody suddenly becomes wise and qualified to tender advice to others when they are in distress. The same wisdom is however is forgotten when the wise find themselves in a similar difficulty.

परोपदेश्वेलायां शिष्टाः सर्वे भवन्ति वै ।
विस्मरन्तीह शिष्टत्वं स्वकार्ये समुपस्थिते ॥

6. Wise persons have faith and never argumentative. Indra, इन्द्र मित्रं वरुणमग्निमाहुर्द्यो दिव्यः स सुपर्णो गरुत्मान् । 'एकं सद विप्रा बहुधा वदन्ति' अग्निं यमं मातरिश्रवानमाहुः ॥

Surya, Varuna, Agni, Garuda, Yama, and Vayu are all manifestations of the same righteous and truthful God (Say Satya-Swaroopa). Wise call this spirit by different names and celebrates life with bliss.

7. A wise person remains contented even in difficult situations. The Mahabharata (12:25.28) observes that only two types of persons in this world are truly happy: those who are foolish and those of superior intellect. The vast majority, that occupies the middle ground, is the one that really suffers [The foolish do not realize the gravity of a problem and can therefore remain indifferent while the wise manage to find a solution to it].

ये च मूढतमाः लोके ये च बुद्धेः परं गताः । ते एव सुखम् एधन्ते मध्यमः क्लिश्यते जनः ॥

8. Wise persons are those who have learned to correct and never repeat the six crucial faults. As per Subhashitha One, who wishes to prosper in this world, should get rid of the following six faults too much sleep, lethargy, fear, anger, laziness, and procrastination.

षड् दोषाः पुरुषेणैह हातव्या भूमिच्छिता । निद्रा तन्द्रा भयं क्रोधः आलस्यं दीर्घसूत्रता ॥ पंचतंत्र

9. Those who had mastered the time management skills are wise. As per the Subhashitha even if you were to surrender all the jewels in your possession you will not get back a single moment of time that has passed away in

आयुषः क्षण एकोपि सर्वरत्नैर्न लभ्यते ।
नायते तद् वृथा येन प्रमादः सुमहानहो ॥

your life. Wasting time is the most awful blunder to commit. So the learning from this subhashitha emphasizes the power of time management for bliss of life.

10. A wise person practices the righteousness and stay contented in all situations. We say the noble are those who walk their talk. It is easy to counsel others, revealing one's wisdom, about how to act, what is virtuous, what is evil etc. But practicing dharma that you preach to others is very difficult; only noble souls can do that.

परोपदेशे पाडित्यं सर्वेषां सुकरं नृणाम्
धर्मे स्वीयमनुष्ठानं कस्यचित् सुमहात्मनः

11. A wise person is free from the troubles of procrastination. As per Subhashitha Nobody knows what will happen tomorrow and to whom. The wise therefore finish tomorrow's tasks today itself. According to the Bhagavad Gita (18.28), people with tamasic tendencies tend to be lazy and procrastinate things. It cautions against the perpetual procrastination that characterizes those who function in ignorance. So, the wise person have to free self from tamoguna. A person is said to have tamoguna who is undisciplined, rude, stubborn, deceitful, lazy, hopeless, and a procrastinator.

न काश्चिदपि जानाति किं कस्य श्वा भावेष्याति
अतः श्वः करणीयानि कुर्यादद्यैव बुद्धिमान् ॥

12. A wise person is one who speaks the essential facts and accepts the mere truth. The Subhashitha explain that a greedy

लुब्धमर्थेन गृह्णीयात् क्रुद्धमञ्जलिकर्मणा ।

मूर्खं छन्दानुवृत्त्या च तत्त्वार्थेन च पण्डितम् ॥

person can be quieted by use of wealth say by bribing; an angry person may be pleased by being polite to him/her. A fool may be convinced by making him feel that you are obeying his order, but the wise person should be induced by providing him/her with the essence of the matter. It is not possible to silence or please or convince a wise person with manipulative approach. It is never possible to complete the learning list, it will keep going. The more we study, the more we can absorb to enjoy the graceful life. Learning of scriptures helps us to have the talent to handle the situations and develop problem solving skills. Our ancient Indian knowledge system is the reservoir of practical solutions to all the problems and is never outdated. Let us go back to our roots, let us join hands together to make our mother nation a better place to live! Stay blessed!

Mail your questions on
thehulahultimes@gmail.com

or

DM your questions on our instagram handle
[@thehulahultimes](https://www.instagram.com/thehulahultimes)

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

QUIZ TIME

1. Which nation and India signed a memorandum of understanding (MoU) to exchange radio and television programmes of various genres?
2. Which nation in the world started the "trade-plus-one" (T+1) settlement cycle after China?
3. Which district has registered 10,000 new MSMEs first?
4. Which state's health minister, Naba Kishore Das, was recently killed by a gunshot?
5. Which state received the most GST compensation from the federal government, according to a recent research by the RBI?
6. The Shanghai Cooperation Organization (SCO) Film Festival was held in which city in 2023?
7. All government cars older than how many years will be scrapped, according to the Road Transport and Highway Ministry.
8. What was the name of the first Indian solar-observing space mission?
9. Which state made the announcement that starting in the following fiscal year, it will provide a monthly allowance to young people without jobs?
10. In which Indian state is the CBS (Caste-Based Survey) being conducted?

Answers

1. Egypt
2. India
3. Ernakulam
4. Odisha
5. Maharashtra
6. Mumbai
7. 15
8. Aditya-L1
9. Chhattisgarh
10. Bihar

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

Content Writers

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

For free subscription of e-newspaper mail on
thehulahultimes@gmail.com

For Internship

Please mail your updated CV on
hr.hulahulfoundation@gmail.com

DID YOU KNOW?

AUTUMN RAAT RANI BLOOMS!



Bihar boxer Rani, who is competing in the Khelo India Youth Games (KIYG) in Madhya Pradesh for the first time, has struggled to maintain her passion for the sport. She is one of the best representations of the KIYG in its purest form because of this quality. The

fact that Munger, a light flyweight boxer from Bihar, is present speaks volumes about the success of competitions like the KIYG, which give amateur athletes a chance to show off their skills. Rani, who lives in the small village of Hasanganj in Munger, Bihar, overcame many obstacles to travel to the SAI Regional Center. The boxer, who turned 18 on February 2, is the sixth of a farmer's seven children, and she and her family struggle to make ends meet. But she continued to dream despite these difficulties. Rani declared, "I am the only girl to play Khelo India Youth Games from Munger. We are practising on the roof of a rented house in Hasanganj under the watchful eye of my brother's friend. For me, it is a source of pride. I also participated in Youth Nationals (in Chennai). Although I'm proud of what I've accomplished in the past 18 months, not everyone can handle the challenges I had to overcome to accomplish so much." In her weight class, Rani received a first-round bye and went on to defeat a boxer from Sikkim in the second round. Rani recalled practising on the terrace with her brother's friend while wearing only very cheap gloves and no shoes.

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