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CELEBRATE THE TRIUMPH OF GOOD OVER EVIL!

Fairs and festivals abound in India. Hindus, Christians, Muslims, and others all have their own festivals. One of the most important Hindu festivals is Holi. It is a vibrant festival full of joy and enthusiasm. This festival is celebrated throughout the country as a day of pure fun and enjoyment. Holi marks the end of winter and the start of the spring season. According to the Hindu calendar, it is observed on the full moon night of the month of Phalgun (March). The Holi festival is also known as the Color Festival.

The Holi festival commemorates the triumph of truth over evil, Prahlad's victory over cruel King Hiranyakashyap. Prahlad was a devout follower of God. His father, Cruel King Hiranyakashyap, had no faith in God and instead trusted in his own abilities. King Hiranyakashyapa, unable to deviate from his son's devotion to God, decided to burn him alive. Holika, Hiranyakashyap's sister, had a God-given boon that she would not be burned in the fire. Holika and Prahlad sat in the blazing fire. Holika, on the other hand, was burned, while Prahlad escaped unharmed. This occurrence is witnessed at night before Holi by the burning of wood.

During the day, women worship Holi, a stack of wooden logs. On the full moon night, Holi is lit in sacred ways. Green barley and gramme ears are heated in the fire and distributed to friends and relatives. New friendships are formed, and old feuds

are forgotten. Even today, everyone burns a stack of wood and cow dung in the middle of the night and burns Holika, and then



everyone plays Holi by rubbing colours on each other's faces the next day. People wear white outfits and play Holi with coloured water balloons and water guns. They enjoy a special drink called "Thandai" and dance all day.

Children throw coloured water at each other, while the elderly apply 'gular' or 'abir'. People celebrate Holi by dousing each other in colours, hugging each other, and forgetting about their differences. For this festival, people use natural colours and play with watercolour guns. On this joyous occasion, people eat delectable foods such as Gujiya, Papad, Halwa, and Non-veg, and

drink Thandai, a cold drink mixed with other food items. Holi unites us all and brings the colours of love and affection into our

relationships. Some people associate the Holi festival with the 'Mahabharata' legend. On this day, Lord Krishna dispatched a demon named Putana. The male women of Vraja rose up in response to this joy. He played with colours and celebrated 'Rasleela' on that day. Later on, this festival spread throughout the country.

Holi is a two-day festival in Gujarat. Individuals light the campfire on the main day's night. Individuals throw raw coconut and corn into the fire. The second day is dedicated to shading, or "Dhuleti," which is celebrated by sprinkling coloured water and applying hues to one another. Dwarka, a

beachfront city in Gujarat, celebrates Holi with satire and music festivities as well as at the Dwarkadheesh sanctuary.

Barsana, a town near Mathura in Uttar Pradesh's Braj region, celebrates Lath Maar Holi in the sprawling compound of the Radha Rani sanctuary. Thousands accumulate to observe the Lath Mar Holi when ladies beat up men with sticks as those on the side-lines wind up insane, sing Holi melodies and yell "Sri Radhey" or "Sri Krishna".

Uttarakhand's Kumaoni Holi includes a musical component. It takes various forms, such as the Baithki Holi, the Khari Holi, and the Mahila Holi. Individuals sing tunes with a pinch of tune, fun, and mysticism during Baithki Holi and Khari Holi. These songs are based primarily on traditional ragas.

The Holi festival teaches us the value of good triumphing over evil. It teaches us to respect our ethics and the things we value. It also teaches us the value of working together. It also teaches the skill of forgiving others' mistakes and moving on. It also teaches you how to get rid of negative thoughts and attract positive things into your life. As a result, on Holi, even enemies become friends and celebrate the festival together.



THE REAL ARCHITECTS OF THE SOCIETY

International Women's Day is an annual global festival held on March 8th to celebrate women's cultural, political, and social achievements. It is also an important part of the women's rights movement, focusing on issues such as gender equality, reproductive freedom, and assault and abuse against women. It is an official holiday in some countries; in others, it is celebrated socially or locally to recognise and support women's achievements.

The United Nations commemorates the holiday with grand gestures and supports it by providing a specific theme or subject in women's rights campaigns around the world. It still has political roots in some parts of the world, with protests and calls for radical change; in others, most notably in the West, it is primarily social and focused on honouring femininity.

Theresa Malkiel is credited with organising the first Women's Day on February 28, 1909, in New York. To commemorate the occasion, a parade of female textile workers was held in New York on March 8, 1857. According to experts, this is a deliberate lie intended to distance Women's Day from its socialist roots.

Before the general assembly in August 1910, a Socialist Women's Conference was organised in Denmark. Later, personnel such as Clara Zetkin, Käthe Duncker, Paula Thiede, and other German politicians lobbied for a "Women's Day," but no date was set until then. Around 100 delegates from 17 countries supported the idea as part of a campaign to promote equal rights, including women's suffrage.

On March 19, 1911, nearly a million people in Austria, Denmark, Germany, and

Switzerland celebrated the first International Women's Day. In Austria-Hungary alone, there were 300 protests, with women waving banners in honour of



WOMEN'S DAY

the Paris Commune martyrs. Women protested sex discrimination in the workplace and sought the right to vote and hold public office throughout Europe.

On the last Sunday of February at the time, Americans observed National Women's Day. For the first time, Russia observed Women's Day on the last Saturday of February 1913. Women's Day was first observed in Germany on March 8, 1914, most likely due to the fact that the date fell on a Sunday. Germany's celebration, like that of other countries, was centred on women's voting rights, which German women did not obtain until 1918.

It was primarily a communist holiday until around 1967, when it was adopted by the second wave of feminists. The day was reborn as an active day and is now known as the "International Day of Struggle for Women" throughout Europe. Progressive labour organisations joined forces with women's groups in the 1970s and 1980s to advocate for equal wages, income equality, legal rights, reproductive choice, sponsored child-rearing, and the abolition of violence

against women.

The United Nations established Women's Day in 1975 as part of the

International Women's Year. In 1977, the United Nations General Assembly requested that March 8th be declared an official United Nations holiday in order to promote women's rights and international peace. Since then, the United Nations and much of the world have observed it on an annual basis, with each commemoration focusing on a different theme or issue concerning women's rights.

Large Soviet-style celebrations were held annually in the Czechoslovak Socialist Republic. When Communism fell, the holiday, which had been regarded as a significant symbol of the previous system, faded into obscurity. In 2004, the Czech Parliament re-established International Women's Day as an official "Important Day" on the proposal of the Social Democrats and Communists. This has sparked controversy because many members of the public and the political right see the holiday as a relic of the country's Communist past.

Men in Italy celebrate the festival by handing out yellow mimosas to women. Teresa Mattei, a communist politician,

chose the mimosa as the symbol of Women's Day in 1946 at the suggestion of Luigi Longo. Because the French symbols of Women's Day, violets and lily of the valley, were too rare and expensive to use in impoverished rural Italian communities, Teresa suggested the mimosa as a substitute.

In the United States, actress and human rights activist Beata Pozniak collaborated with Los Angeles Mayor Eric Garcetti and California Governor Jerry Brown to encourage members of the United States Congress to support formal recognition of the event. In February 1994, Representative Maxine Waters introduced H. J. Res. 316, which received 79 votes, to formally recognise March 8th as Women's Day. The House Post Office and Civil Service Committees referred to the bill, which is still being considered. This legislation was not voted on in either house of Congress.

We are approaching a historic juncture in which the world will recognise gender equality. Women are being liberalised as a result of a significant increase in Women's Day celebrations around the world, as well as many more female-focused days and projects. Thus, on this Women's Day, let us recognise the value of women in our lives and society and encourage them to achieve even more in the future. They are altering our surroundings, and most importantly, they play an important role in the development of children and the formation of any family. Our role is to recognise and thank the women who succeed in their lives and help other women and those around them succeed.

PREM BEHARI NARAIN RAIZADA: THE CALLIGRAPHER OF THE INDIAN CONSTITUTION

The story of the Indian Constitution is incomplete without mentioning the man who wrote it by hand. That man is Prem Behari Narain Raizada, a renowned calligrapher of his time. Prem Narain was born on 16 December 1901 in a family of a renowned handwriting researcher from Delhi. He had a sad childhood where he lost his parents at a very young age. After his parents died, he was taken care of by his grandfather Ram Prasad Saxena, his grandfather was a known calligrapher and also a scholar in Persian and English. He taught Persian to high-ranking officials of the English government.

Prem Behari showed an interest in calligraphy from a very young age. He would watch his grandfather write and was fascinated by the way the letters took shape on the paper. His grandfather presented him with a set of penholders, nibs, and an ink bottle, and under his watchful eyes, Prem Behari started crafting letters on paper. His grandfather taught him the secrets of handcrafting artistic letters, emphasizing that a calligraphy pen is an artist's brush and that letters should bloom like flowers.

After graduating from St. Stephen's College in Delhi, Prem Behari started practicing calligraphy and became an expert calligrapher like his grandfather. Little did he know that he was going to have a hand in writing a historic document: the Constitution of free India.

The Constituent Assembly, consisting of people's representatives, met for the first time on December 9, 1946, to make a constitution for India. The Drafting Committee of constitution experts, headed by Dr. B. R. Ambedkar, worked day and night to prepare the Constitution. Jurist B. N. Rau was appointed as the constitutional adviser and traveled to the US, Canada, Ireland, and the UK to hold discussions with scholars, judges, and authorities of legislative law. In early 1948, he prepared the original draft of the Constitution, which was later debated and revised by the drafting committee, steered throughout by Dr. B. R. Ambedkar. The draft Constitution was discussed by the Constituent Assembly, under the chairmanship of Babu

Rajendra Prasad. It took nearly three years to complete the discussion. After several sittings, finally, the Constituent Assembly adopted the Constitution of India, which came



into force on January 26, 1950.

The then Prime Minister Pandit Jawaharlal Nehru wanted the constitution in handwritten calligraphy italic letters instead of print. When Prem Behari was summoned for this purpose, he was elated when Panditji told him that he had been chosen to write the Constitution of India on his own.

Panditji gave him a room in the house of Parliament to set up his calligraphy studio. Bundles of parchment sheets were neatly arranged, and over 400 pen holders with nib number 303b were kept ready. The nibs were brought from England and Czechoslovakia. Before Prem Behari began the work, President Rajendra Prasad took him to Santiniketan to meet artist Nandalal Bose.

Prem Behari discussed with Bose how the pages would be laid out, where the text would appear, and where Bose would place illustrations and decorations to add beauty to the precious book that the nation was eagerly waiting for. The famous painter Nandalal Bose and his students designed the borders of every page and adorned them with a beautiful art piece, in the miniature style. The "Preamble" page was done by Beohar Rammanohar Sinha.

The Constitution of India is not just a lifeless book of dry rules and regulations, but it reflects the dreams and

aspirations of every Indian. The handwritten pages of the Constitution are a gallery of the greatest figures of our nation's history. There is a beautiful line drawing of Nataraja, as depicted in the Chola bronze tradition, geography and culture of India. The seals of the Indus Valley Civilization featured in it, episodes from the Ramayana and Mahabharata, and the lives of Gautama Buddha, Mahavira, Emperor Ashoka, King Vikramaditya, Emperor Akbar, Queen Lakshmibai of Jhansi, Tipu Sultan, Mahatma Gandhi, and Subhas Chandra Bose. These were painted with great thought, matching them to the content on the pages. Finally, after several sittings, the

Constituent Assembly adopted the Constitution of India, which came into force on 26th January 1950, the day we proudly celebrate as Republic Day.

It was the single-handed effort of Prem Behari Narain Raizada that brought to life, the primary content and the preamble to the Constitution. The manuscript was signed by Dr. Rajendra Prasad, and first Prime Minister Jawaharlal Nehru, while the last sign was Firoze Gandhi, the then President of the Constituent Assembly.

The Indian Constitution is a 251-pages of parchment paper that had to be used to write the constitution bound volume, measuring 22 inches in length and 16 inches in width, weighing 3 kilos and 650 grams. It is housed today in a case in the Library of India's Parliament House in New Delhi. The nitrogen-filled case in which a temperature of 20°C is maintained, protects it from decay. Prem Behari the legend behind the write-up died on February 17, 1986.

DR. ADITI PANT: AN INDIAN OCEANOGRAPHER IN FROZEN TERRAIN OF ANTARCTICA!

In earlier civilizations women were regarded inferior to men and were expected to stay inside the walls and look after their families. The position of women in the community has evolved with the advancement of time. Yet, this shift was the consequence of much work and dedication on the part of some outstanding women such as Smt. Indira Gandhi, Kalpana Chawla, Anne Besant, and several others.

For a long period of time, male scientists ruled the technological world in every way. When men are in charge, women are often disregarded. But that doesn't imply there's room for masculine prejudice. Women have a great deal of ground to cover up. They are taking every effort to establish a name among themselves as prosperous individuals.

Women scientists are quite scarce, and there aren't many women that volunteer in the scientific community. In terms of their existence, they had made substantial contributions to scientific discovery and have challenged the limits of human understanding. They have struggled to obtain a diploma and an employment. They have, nevertheless, conquered these challenges to pass with excellent grades.

Dr. Aditi Pant is however one woman who has carved a place for herself in history. She was the first Indian woman to travel to the most remote part of the globe, Antarctica. She was an oceanographer who did the utmost best as the first woman to stepped foot on the frozen surface of the North Pole of Antarctica in 1983. She established herself as a notable oceanographer in the field of geology and oceanography. Incidentally, she was a participant in the third and fifth Indian expeditions to Antarctica to conduct oceanography and geological studies. By becoming the very first Indian woman to embark in an Antarctic expedition, she did the whole Indian presence known. Aditi Pant gets full marks for setting an example for the group. Aditi and her colleagues have contributed significantly to the initiative. She was recognized up with three other coworkers for their outstanding achievements. She later worked at the National Institute of Oceanography as well as the National Chemical Laboratory.

Alister Hardy's book provided her with very much encouragement. She accelerated her profession by pursuing a Master's degree in Marine Science at the University of Hawaii on a US government scholarship. Aditi then finished her Doctorate at Westfield College, University of London. Her PhD dissertation focused on the physiology of marine algae. She moved to India following finishing her education to work at the National

Institute of Oceanography in Goa.

Dr. Aditi Pant was born in the region of Nagpur, and little is documented about her formative years. But, information concerning her schooling years demonstrates how intelligent and wonderful a lady Dr. Aditi Pant is. She completed her B.Sc. at the University of Pune.

Women were not permitted to get an adequate degree at the period. Dr. Aditi Pant, on the other hand, had demonstrated to the women's department that not just can women achieve space, but they can even confront the



extreme obstacles of the ocean. Dr. Aditi Pant started working at the National Institute of Oceanography in Goa after completing her study. Aditi Pant researched the beaches and explored the Western Coastal districts of India from 1973 to 1976.

Dr. Aditi Pant was the first Indian woman to attend the Third Expedition to Antarctica in 1983. She was a member of the Indian Antarctic Program, which explored the chilly and frigid areas of Antarctica. Underneath the tough and

terrible weather circumstances Dr. Aditi Pant studied the region for four months and come out with amazing findings.

Dr. Aditi Pant, a wonderful woman, received the Antarctica Prize for her participation in the mission. She was a lovely and very strong woman who is an example to all other ladies across the country to accomplish what they desire and accomplish things anywhere in the Cosmos!

Her father may have been the most influential aspect in her career choice. He was fascinated by how things would work why, and family dinner topics ranged from steam turbines to galaxies. Growing up doing trekking and mountaineering - another one of her father's pastimes - Aditi Pant desired a profession which provided freedom of movement and as well as thinking. At this time, she was finishing her BSc at the University of Pune, and a colleague of her father's handed her a book titled "The Wide Sea" by Sir Alistair Hardy. The book explained marine life as witnessed by this Cambridge researcher, and she was captivated for lifetime!

Her master's thesis focused on the impact of tropical light strengths on photosynthesis in real plankton populations, as well as the type and amount of reduction in carbon transport from phytoplankton to bacteria. It became hard to gauge rates of transmission immediately in the sea, and she and her instructor concluded that she required a single alga-single type of bacteria model prior to actually studying a complete population.

Throughout her Masters and PhD studies, one persistent concern was: What will be next? As She approached the completion of her Doctorate experimental investigation. She had her eye on a handful of institutions where she would have thrived.

Surprisingly, on one of the missions (Aditi went on two), the temperature in the Antarctic was 10 degrees Celsius, as compared to -20 degrees Celsius in Canada! She also recalls her interactions with the Royal Penguin. It really doesn't mind if it isn't disturbed."

**ARTIFICIAL INTELLIGENCE WILL
REVOLUTIONISE EDUCATION, AGRICULTURE,
AND ADDRESS ISSUES FACING
THE AVERAGE PERSON**



On Tuesday, Prime Minister Narendra Modi stated that industries like medical, education, and agriculture can all be greatly improved by technologies like 5G and AI. The prime minister also requested participants to list 10 issues that the average person faces that can be resolved with AI.

He added that technology would assist India in achieving its goal of becoming a developed country by 2047. Also, PM Modi described the cutting-edge digital infrastructure being built to make sure that everyone may benefit from the digital revolution.

The administration wants to lower the cost of compliance for small enterprises, the prime minister added.

At a post-Budget webinar on "Unleashing the Potential: Ease of Living With Technology," Modi said that India is building a cutting-edge digital infrastructure and that the government is making sure that everyone benefits from the digital revolution. He continued by saying that technology is being used to bring about a qualitative change in people's lives.

In addition, according to PM Modi, technology is being employed to solve taxpayer issues and make the tax system impersonal. He also emphasised how One Country One Ration was built on technology.

**MUMBAI'S NATIONAL INSTITUTE OF INDUSTRIAL
ENGINEERING (NITIE) AND EDTECH COMPANY
JARO EDUCATION COLLABORATE**

Global Online Courses and Executive Programs are now available thanks to a partnership with top edtech company Jaro Education and India's top business school, National Institute of Industrial Engineering (NITIE), in Mumbai. Jaro Education wants to support the government's vision for the PM Gati Shakti Scheme, commonly known as the National Master Plan for Multi-Modal Connectivity, by joining forces with this organisation. The Edtech Company will introduce distinctive executive education programmes that ensure an all-encompassing learning experience and beyond while covering a wide range of topics including Digital Supply Chain, Analytics, Technology, and others.

Jaro Education and NITIE recently developed the Global Online Course, titled "Business Analytics: From Data to Insights and Decision Making," in part as a result of the

effort. Prof. David Simchi-Levi, a famous management scientist and thought leader from MIT in the United States, is the program's director. Improving critical thinking and data comprehension, enabling data-driven decision-making through supply chain digitisation, and identifying value-creating opportunities through business analytics are the three major objectives that the programme has been carefully developed to deliver for participants.

Through its partnerships with the top universities and institutes in the world, Jaro Education has maintained its reputation for excellence in offering top-notch executive education programmes that assist professionals in gaining the skills and knowledge necessary to succeed in their professional careers.

**IIT KANPUR AND IISC WILL LAUNCH AN
EVALUATION PLATFORM, ACCORDING
TO SATHEE**

A self-assessment website for Indian students will soon launch, according to an announcement made today by the head of the University Grants Commission (UGC), M. Jagadesh Kumar.

The name of this new platform will be SATHEE (Self Assessment Test and Help for Entrance Exams). In collaboration with IIT Kanpur, the Ministry of Education has launched a new programme. Indian students will be able to use this new website as a self-paced interactive learning and evaluation tool as they get ready for competitive tests and other exams.

Through watching videos created by IIT and IISc faculty members, SATHEE seeks to help students



master the ideas and concentrate on their weak topics so they feel confidence to take any tests, the professor continued. According to Kumar, Dharmendra Pradhan, the minister of education, would officially introduce SATHEE on March 6, 2023, at 10:45 am.

**"VAIBHAV FELLOWSHIP" IS
OFFERED BY THE CENTRE TO
NRI RESEARCHERS**



The government introduced a fellowship on Tuesday to send scholars of Indian descent to institutions of higher learning in the nation for up to two months each year.

The fellowship gives NRI researchers the chance to work in India for a research organisation or academic institution for a minimum of one month and a maximum of two months per year. The government would provide the scholars with up to Rs 37 lakh during the course of the fellowship's three-year length.

Science and Technology Minister Jitendra Singh unveiled the "VAIBHAV Fellowship," which aims to enhance the research ecosystem of India's higher educational institutions by facilitating academic and research partnerships with the best institutions worldwide through the mobility of researchers from abroad institutions to India.

The scholarship will be open to researchers from institutions that rank among the top 500 universities worldwide. The Department of Science and Technology website will announce the "VAIBHAV Fellowship" call for applications.

SEBI BANS ARSHAD WARSI AND WIFE MARIA



claimed that in order to lure the investors the YouTube videos were uploaded which recommended the investors to invest in the stocks for extraordinary profits.

After investigation SEBI found that in July 2022 certain false and misleading video about Sadhna were uploaded on two YouTube channels 'The Advisor' and 'Moneywise' and both the YouTube channels are operated by Manish Mishra. It was claimed by the channel that Adani group is going to take over the channel and soon they will be shifting from TV production to movie production. It was observed by SEBI that subsequent to the release of the YouTube video there was an increase in the trading volume of the shares of the company the total numbers of small shareholders had increased from 2,167 to 55,343 shareholders in short span of time and the price of the share which was 5.5 rupees had jumped to 33 rupees. It has been estimated that Arshad Warshi has made a profit of 24.9 lakh rupees and his wife Maria has made a profit of 37.8 lakh rupees however SEBI has ordered these 45 entities to open an escrow account with a scheduled bank and transfer all the money with the stipulated time or the consequences would be worse. The youtuber Manish Mishra, as of now removed all the contents from his channel and Arshad Warsi has tweeted that he is a victim to this scam and like others even he has lost his hard-earned money.

QUAD FOREIGN MINISTERS REAFFIRM COMMITMENT TO PEACE AND SECURITY IN INDO-PACIFIC REGION

The Quad foreign ministers of the United States, Japan, India, and Australia gathered in New Delhi on Friday for their sixth meeting, where they discussed regional and global issues of common concern. The group reaffirmed its strong support for the peaceful resolution of the Russia-Ukraine war and the conflict in Myanmar, as well as its commitment to a free and open Indo-Pacific region. The ministers also condemned North Korea's missile launches and the use or threat of use of nuclear weapons, calling for a comprehensive, just, and lasting peace in Ukraine in accordance with international law.

One of the outcomes of the meeting was the creation of a joint working group on counter-terrorism. The ministers agreed that the listings of terrorists, as well as counter-terrorism listings, should not be politicized. They also expressed serious concern about the militarization of disputed features in the South and East China Seas, the dangerous use of coast guard vessels and maritime militia, and efforts to disrupt other countries' offshore resource exploitation activities.

In addition, the Quad foreign ministers called for greater collaboration in support of the ASEAN Outlook on the Indo-Pacific, and opposed any unilateral actions that seek to change the status quo or increase tensions in the area, understood to indicate recent tensions over Taiwan. The group announced that the "Quad Maritime Security Working Group" would meet in Washington later this month.

The Quadrilateral Security Dialogue (QSD), or Quad, is a strategic forum comprising the US, Japan, India, and Australia. Initially convened in 2007 by former Japanese Prime Minister Shinzo Abe, the forum was established to deepen diplomatic and military arrangements between the four countries. The group aims to promote a free, open, and inclusive Indo-Pacific region and advance common interests such as maritime security, connectivity, infrastructure development, and counterterrorism.

The Quad countries have collaborated to enhance regional security and stability, particularly in the Indo-Pacific region. They have conducted joint military exercises, shared intelligence, and conducted joint

patrols to counter piracy, terrorism, and other security threats. These include the expansion of military and naval exercises like the Malabar naval exercise and the Australian-US joint Exercise Talisman Saber.

The four-member countries have also collaborated on the COVID-19 response, including vaccine production and distribution, medical research, and public health initiatives. The group has emphasised the importance of promoting democracy, human rights, and the rule of law in the region. Presenting a united democratic front, the group has condemned authoritarianism, cyber threats, and disinformation campaigns.

However, the economic element of Quad discussions has been lacking due to differences in policy aims between the four countries. While the Quad countries have sought to strengthen economic ties and promote free and open trade in the region, the economic issues discussed have been limited to supply chain resilience, critical minerals, infrastructure development, and other economic issues.

Some experts see the rise of the Quad as a direct challenge to China's increasingly bellicose stance in the region. The group has maintained that it was not created to oppose any country. Nonetheless, the Quad is seen as a significant development in the Indo-Pacific region and has achieved notable outcomes in various sectors, including economic and diplomatic understanding, regional security and military cooperation, COVID-19 response, and more.

In summary, the Quad foreign ministers' meeting in New Delhi reaffirmed the group's commitment to peace and security in the Indo-Pacific region. The group's joint statement condemned North Korea's missile launches, expressed concern about the militarization of disputed features in the South and East China Seas, and called for greater collaboration in support of the ASEAN Outlook on the Indo-Pacific. The Quad countries have collaborated on various issues, including regional security and stability, economic ties, COVID-19 response, and promoting democracy and human rights

PM MODI INTRODUCED THE eSANJEEVANI APP



National Teleconsultation Service

PM Narendra Modi launched the eSanjeevani OPD app in the 98th episode of his radio talk show 'Mann ki Baat' to improve healthcare and make it easier for people in rural areas to connect with doctors. The Ministry of Health and Family Welfare is behind the eSanjeevani app (MoHFW). It is a telemedicine app that allows for doctor-to-doctor as well as doctor-to-patient communication. The eSanjeevani app offers a variety of services to help doctors and patients communicate more effectively. The app offers patient registration, token generation, queue management, audio-video consultation with a doctor, e-prescription, and SMS and email notifications, is free of charge, and fully configurable (number of daily slots, number of doctors/clinics, waiting room slots, consultation time limit, and so on).

How do I create a token with eSanjeevani?

- Go to the eSanjeevani official website or the iOS and Android mobile apps.
- At the top of the page, select Patient Registration.
- Next, enter your mobile number and press the Send OTP button.
- Confirm the OTP sent to your mobile phone.
- Next, complete all of the information on the registration page.
- Next, make a token generation request.
- Upload medical records (if any).
- After completing the preceding steps, you will receive an SMS with your Patient ID and Token.
- Select the "Patient Login" tab to re-enter the token ID into the portal.

THE FIRST WORLD SEAGRASS DAY EMPHASISES CONSERVATION

Seagrasses are marine flowering plants found in shallow waters from the tropics to the Arctic Circle, covering more than 300,000 square kilometres of ocean floor. Although they are not as colourful as coral reefs or as mysterious as mangrove forests, they provide numerous advantages to humans and marine life. Seagrass meadows, also known as "blue forests," provide food and shelter to thousands of species of fish, seahorses, turtles, and other marine animals, as well as supporting some of the world's largest fisheries. Non-marine species rely on them as well, including some

geese and ducks that graze on seagrasses during their autumn migration. Seagrasses improve water quality by filtering, cycling, and storing nutrients and pollutants, lowering seafood contamination. They store up to 18% of the world's oceanic carbon as part of the marine ecosystem. They also serve as the first line of defence along coasts, protecting communities from the increasing risk of floods and storms. Seagrass meadows are in jeopardy, despite their importance in climate mitigation. According to UNEP, a football field's worth of seagrass is lost every 30 minutes, and an estimated 7% of meadows are lost globally each year. Ocean acidification, coastal development, and rising ocean temperatures as a result of climate change are key drivers. The goal of World Seagrass Day is to raise awareness about the threats to these ecosystems and promote their conservation, which is critical for meeting the Sustainable Development Goals (SDGs) and the Paris Climate Agreement. The UN General Assembly established it in a resolution passed in May 2022.

ISRO SUCCESSFULLY COMPLETED A KEY ROCKET ENGINE TEST FOR CHANDRAYAAN-3

According to the Indian Space Research Organisation, the flight acceptance hot test of the CE-20 cryogenic engine, which will power the cryogenic upper stage of the launch vehicle for the Chandrayaan-3 mission, was a success. According to ISRO, the cryogenic engine will be further integrated with the propellant tanks, stage structures, and associated fluid lines to achieve a fully-integrated flight cryogenic stage. Earlier this year, the Chandrayaan-3 lander passed an EMI/EMC test at the U R Rao Satellite Centre in Hyderabad. It was noted that an EMI-EMC (Electro - Magnetic Interference/ Electro - Magnetic Compatibility) test is performed for satellite missions to ensure the functionality of satellite subsystems in space and their compatibility with the expected electromagnetic levels. The propulsion module, lander module, and rover module comprise the Chandrayaan-3 interplanetary mission. Because of the mission's complexity, radio-frequency (RF) communication links must be established between the modules. According to ISRO, launcher compatibility, antenna polarisation of all RF systems, standalone auto compatibility tests for orbital and powered descent mission phases, and lander and rover compatibility tests for post landing mission phase were all ensured during the Chandrayaan-3 lander EMI/EC test. Chandrayaan-3 is a follow-up mission to Chandrayaan-2 that will demonstrate end-to-end capability in safe lunar landing and roving. The mission is scheduled to launch in June by ISRO. It will be launched by the Satish Dhawan Space Centre's Launch Vehicle Mark 3 (LVM3) from Sriharikota (Andhra Pradesh). The lander and rover configuration will be carried by the propulsion module until they reach 100 km lunar orbit. The Spectropolarimetry of Habitable Planet Earth (SHAPE) payload on the propulsion module is used to study spectral and polarimetric measurements of Earth from lunar orbit.



PM GATI SHAKTI WILL ASSIST BUSINESSES IN INCREASING THEIR COMPETITIVENESS: GOYAL

Commerce and industry minister Piyush Goyal said on Thursday that the PM Gati Shakti national master plan and logistics policy will help businesses improve their competitiveness and attract investments to India. He stated that layers of data are available at the PM Gati Shakti portal, where various geological, ecological, and infrastructural elements throughout the country have been mapped and captured. There are currently about 1,300 layers of data, including forests, wildlife sanctuaries, rivers, and UNESCO world heritage sites, among others, he said, adding that Gati Shakti would not only address critical infrastructure gaps but would also aid in the planning of social infrastructure such as schools, nursing homes, and hospitals. He went on to say that lowering logistics costs is critical to India's goal of becoming a developed country by 2047. The PM Gati Shakti - National Master Plan was launched last October 13 with the goal of developing integrated infrastructure to reduce logistics costs. All logistics and connectivity infrastructure projects worth more than Rs 500 crore are routed through the network planning group (NPG).



THE 81ST GRANDMASTER OF INDIA IS SAYANTAN DAS



The 26-year-old received his final GM norm in 2017, but it took another six years for him to pass the 2000 mark and become a grandmaster. After breaking the 2500 mark in live ratings and winning the Cannes Open with a score of 7.5 out of 9, Sayantan Das became India's 81st Grandmaster and the 11th player from West Bengal to do so. Das received his final GM norm in 2017, but it took him another six years to break the \$2000 barrier and become a grandmaster. "I've finally

accomplished my goal. I'm satisfied. "The monkey is finally off my back," Das said in an interview with the Telegraph. Das began the tournament in Cannes with 2476 rating points and finished with 2504. He joins Dibyendu Barua, Surya Shekhar Ganguly, Sandipan Chanda, Neelotpal Das, Deep Sengupta, Saptarshi Chowdhury, Diptayan Ghosh, Saptarshi Roy, Mitrabha Guha, and Koustav Chatterjee as West Bengal general managers. Das, a member of Kolkata's Alekhine Chess Club, is a former U-12 World Champion and bronze medalist at the U-16 Chess Olympiad.

INDIA DEFEATS PAKISTAN, ADVANCES TO FINAL OF JUNIOR KABADDI WORLD CHAMPIONSHIPS

The Indian junior kabaddi team defeated rival Pakistan in the semifinals to advance to the final of the second World Junior Kabaddi Championships in Iran. The team from India romped to a 75-29 victory to win the lopsided match in favour of the boys in blue and advance to the finals. Iran is hosting the competition for the second time in a row, and in the first event, the hosts won the championship. India, who didn't participate in the previous edition, made a statement in the current competition by dominating Thailand 67-34 in their Group C opener on March 01st. They continued their winning streak into the following game, defeating Chinese Taipei 67-34. With their third consecutive victory during the campaign against Bangladesh, the Indian team guaranteed their place in the quarterfinals. India put on yet another outstanding performance in their 74-23 victory over Bangladesh in the quarterfinal match to advance to the semifinals. With strong performances from their junior players, Pakistan defeated Nepal 61-41 in their Group D opener to advance to the final four. They followed it up with yet another impressive showing against Georgia, cruising to a 73-30 victory. Pakistan's quarterfinal victory over Kenya, the losing finalist from the previous year, 56-24, qualified them for a semifinal matchup with India. Following Iran's 60-37 demolition of Nepal in the first semifinal of the competition, India took on Pakistan in the second semifinal. The young Indian players defeated Pakistan's hopes of competing in the summit match by a score of 75-29, showing no mercy to their opponents. India will compete for the championship against Iran, the defending champions and a resounding force throughout the competition.



TAJINDERPAL SINGH TOOR WINS GOLD AT 2023 INDIAN OPEN THROWS COMPETITION, QUALIFIES FOR ASIAN GAMES



Tajinderpal Singh Toor, the Asian Games shot put champion, kicked off his domestic campaign on Wednesday by winning the gold medal at the Indian Open Throws Competition 2023 in Bellary, Karnataka. Toor successfully defended his title at the Inspire Institute of Sports (IIS) in Bellary with a new meet record of 19.95m. He had just won the gold medal at the Asian Indoor Championships in Kazakhstan the previous month. Tajinderpal Singh Toor also exceeded the Asian Games qualification threshold for men's shot

put, set by the Athletics Federation of India, which was 19.00 during this process. With a 19.54m effort good enough for silver at the Asian Indoor Championships, Karanveer Singh qualified for the Asian Games as well. In the 10-man field, Sahib Singh's 18.77m effort earned him a bronze medal. Tajinderpal Singh Toor launched the ball at 19.57 and 19.78 metres. The Tokyo Olympian fouled on his third and fourth attempts, but on his fifth attempt, he recorded his best distance of 19.95m before finishing with his worst distance of 19.51m. India's national record holder reached 19.94 metres at the first Indian Open Throws Competition, which was held in Patiala last year. On Thursday, the same location will host the Indian Open Jumps Competition in 2023. There will be some of the best jumpers in the nation competing, including Eldhose Paul, the male triple jump Commonwealth Games champion.

SATWIKSAIRAJ RANKIREDDY ALL SET FOR ALL ENGLAND BADMINTON CHAMPIONSHIPS

The fans of badminton have some good news. Satwiksairaj Rankireddy, who has fully recovered from his injury, will return to the court soon. Satwik, a doubles expert, will compete at the All-England Championships, which will take place in Birmingham from March 14 to March 19. The 22-year-old Satwik missed more than a month of competition after getting hurt on January 19 at the India Open in New Delhi. Satwik and Chirag Shetty, the defending champions, were forced to drop out of the India Open Super 750 after the former injured his left hip adductor. In the second round, the popular Indian team was supposed to compete against Liu Yu Chen and Ou Xuan Yi of China. Chirag had to play with a new partner, Dhruv Kapila, during the Badminton Asia Mixed Team Championships in Dubai last month, where India lost to China by a narrow margin of 2-3. Satwik was out recovering from an injury at the time. Satwik and Chirag Shetty, the world No. 6 men's doubles team, made history at the 2017 All England Championships by becoming the first Indian team to advance to the semifinals. After the India Open, Satwik and Chirag also missed the Thailand Open and dropped to No. 6 in the world rankings. In addition to leading India to its first Thomas Cup victory, Satwik and Chirag also won two World Tour titles and the gold medal at the Commonwealth Games in 2022.



EXPERT



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FAQs ON

Learning and Development through Ancient Indian Wisdom

Q1. What is dharmic living??

Ans. When I hear dharmic living the very first thought hit my brain is Subhashitha. As I were studied in Sanskrit high school, the value driven education was empowered with the magnificence of Subhashitha. I cannot stop myself not referring to Subhashitha, when any question comes about Dharmic living. The central focus of many Subhashitha is dharma which teaches us how to remain faithful to righteousness (śīla) in the face of challenges posed by life's struggles and trials. They test our moral being and render us a better human being in the process.

1. विदेशेषु धनं विद्या व्यसनेषु धनं मतिः । परलोके धनं धर्मः शीलं तु निखिलं धनम् ॥ Knowledge (vidya) is asset in a foreign land; wealth comes handy in tough times. Righteousness (dharma) is the only wealth that can secure the other world. Good Conduct (Sheela) alone is currency everywhere and at all the times. So, practice dharma, educates the Subhashitha!

2. धर्म यो बाधते धर्मो न स धर्मः कुधर्मकः । अविरोधान्तु यो धर्मः स धर्मः सत्यविक्रम ॥ This verse from the Mahabharata is addressed to Satyavikrama. Any dharma (way of life, religion) which violates another's dharma is not true dharma. It is, rather, bad dharma (kudharma). That dharma, on the other hand, which flourishes without harming interest of others, is true dharma indeed.

3. धृतिः क्षमा दमोऽस्तेयं शौच मिन्द्रियनिग्रहः । धीर्विद्या सत्यमक्रोधो दशकं धर्मलक्षणम् ॥ Fortitude, forgiveness, (self) control, non-stealing, purity, restrained senses, intelligence, learning, truth, and non-anger: these ten qualities constitute the characteristics of 'dharma'

4. यस्तु सञ्चरते देशान् सेवते यस्तु पण्डितान् । तस्य विस्तारिता बुद्धिस्तैलबिन्दुरिवाम्भसि ॥ Knowledge is (your) friend as you travel, says the Mahabharata, wife is the colleague at home, drug is a trusted ally in illness, and dharma is the closest friend beyond death. So, practice dharma, educates the Subhashitha!

5. परस्य पीडया लब्धं धर्मस्योल्लंघनेन च आत्मावमानसंप्राप्तं न धनं तत् सुखाय वै - महाभारत
As per Mahabharata, Wealth earned by (1) troubling others, (2) by disobeying dharma, or by (3) pocketing insult does not bring happiness. So, practice dharma, educates the Subhashitha!

6. अव्यवस्थितवृत्तानामभिन्नश्रुतिचक्षुषाम् । अधर्माजितभोगानामाशीरप्यहितोचिता ॥ Those who are unruly in conduct, those who are scandal-mongers, those who have enjoyed themselves at the cost of Dharma, even the blessing of such people is a curse. So, practice dharma, educates the Subhashitha!

7. अकृत्वा परसन्तापं अगत्वा खलसंसदं अनुत्सृज्य सतांवर्तमा यदल्पमपि तद्बहु ॥
Whatever little you progress you are able to make along the path of dharma is adequate if it is accomplished without hurting others, without associating with bad people, and without losing the company of the good. So, practice dharma, educates the Subhashitha!

8. परोपदेशे पांडित्यं सर्वेषां सुकरं नृणाम् धर्मे स्वीयमनुष्ठानं कस्यचित् सुमहात्मनः । It is easy to advise others, revealing one's wisdom, about how to behave, what is good, what is bad etc. But oneself practicing dharma that you preach (to others) is very difficult; only noble souls can accomplish that. So, practice dharma, educates the Subhashitha!

9. अकृत्यं नैव कर्तव्यं प्राणत्यागेऽपि संस्थिते । न च कृत्यं परित्याज्यम् एष धर्मः सनातनः ॥ The deed which is not to be done (because it is bad, akritya) should not be done even at the risk of losing life and the deed which has to be done (because it is your duty kirtya) should never be abandoned even at the risk of losing life. This, indeed, is the sanatana dharma.

Concluding the explanation of the ancient wisdom on dharmic living is like trying to fill ocean in a bottle! It is essential for us to live our life with grace. The divine spirit says energy and consciousness or god, being at the root of all significant human endeavors cannot be denied. It is the thread of spirituality that weaves individual, God and environment together. All principles, ideas and ideals emanate from the Supreme and the Divine. An uneducated person, a lazy person who is not ready to work hard, who does not donate from whatever he has, who does not have awareness, who does not have a good temperament, good qualities

and one who does not follow dharma, such a person on this earth is just a hopeless person, he is as good as any other animal. So be an enthusiastic youth and grow, stay blessed.

AN INITIATIVE OF HULAHUL FOUNDATION

LEARNING AND DEVELOPMENT THROUGH
ANCIENT INDIAN WISDOM

ARE YOU FINDING DIFFICULTY IN LEARNING?

NEED A SOLUTION

Ask the EXPERT

The HULAHUL Times is giving an opportunity to our readers who finds difficulty in learning and needs professional help; can ask maximum two(2) questions to our panel of professional experts and counselors and get advice and tips from them.

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QUIZ TIME

1. Who serves as the 22nd Law Commission's chair, whose term has recently been extended to 2024?
2. Which nation will have the lowest fertility rate in the world in 2022, at 0.78?
3. In which nation has the "Commercial Arms Transfer (CAT) Policy" been implemented?
4. The "Pradhan Mantri Bhartiya Janaushadhi Pariyojana" is carried out by which Ministry?
5. When is "National Science Day" observed annually?
6. What country is the "World Responsible Tourism Conference" taking place in?
7. Which state is home to the Dharoi Wetland, the site of a recent bird survey?
8. The "International Bio-resource Conclave & Ethno-pharmacology Conference 2023" will take place in which city?
9. What city now carries the moniker "Chatrapati Sambhajinagar"?
10. What state is Kaziranga National Park situated in?

DID YOU KNOW?



A 30 ft. effigy of a demon carrying a message to eradicate corruption, dirty politics and inflation for Holika Dahan made by members of Veer Netaji Krida Mandal at BDD Chawl in Worli under the guidance of Artist Mr. Sameer Mayekar.

ANSWERS

1. Justice Rituraj Awasthi
2. South Korea
3. USA
4. Ministry of Chemicals and Fertilisers
5. February 28
6. Kerala
7. Gujarat
8. Imphal
9. Aurangabad
10. Assam

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