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THE STORY OF WISDOM AND ENLIGHTENMENT

Whenever we contemplate Buddha, our souls fill with profound serenity and peace. It is not really his identity, but is also his appearance, gaze, and gestures that offer us a healthy style of living. Let's take a look at Gautam Buddha's Journey of Knowledge and Revelation.

In 563 B.C., in Kapilavastu, Nepal, a prince who pioneered a different beginning to enlightenment and morality was brought into the world. He was the son of Sakya's greatest valued and respected king, Suddhodana and queen Mahamaya. Suddhodana was regarded as the King of the Regulations. The monarch always followed all the rules and was revered by his nobility and courtiers. The child was given the name 'Siddhartha.' This name translates as "the one whose desires shall be accomplished." Everybody was overjoyed to witness so much good in the realm.

Everyone was overjoyed with the arrival of the noblest child. Devi Maha Maya, however, died of illness two days after his naming ceremony leaving everybody in a depressed state. The Wise scholars had already counseled King to keep Siddhartha out of pain. They stated that if the prince saw anyone old, sick, deceased, or a monastery, he would desire to depart the kingdom and become a monk personally, rather than a ruler.

Siddhartha enjoyed learning and was the most talented in his grade and best at competitions. He was well-liked by his peers since he was constantly courteous toward others. Siddhartha had always been distinctive from the others and learned to see the difficulties and hardships of life at a very young age. He apologized for the small things surrounding him. The king planned Siddhartha's marriage to Princess Yasodhara to distract him from pondering about the outside world. The king didn't want Siddhartha to learn that everyone gets sick, gets old, and dies. Despite the king's attempts, Siddhartha was dissatisfied. He was curious about the lives of those who remained outside of the palace walls.

After a while, King Suddhodana finds it impossible

to keep Siddhartha within the palace's walls. Siddhartha was on a tour of the kingdom one fine day when he spotted



the deprived and sorrowful people on his way and asked his attendant to return home. Siddhartha did not sleep for the entire night. Following this series of events occurred that marked a significant turning point in his life. He was curious to know about the fact that creatures suffer and how they can escape from their sufferings. Siddhartha decided to leave all his wealth and fame behind and wanted to be a monk.

Therefore, at the age of 29, Siddhartha began his monastic life as a homeless person. He started to live a simple life and give up all of the joys and aspirations that had previously enticed him. He used to begin his days by pleading for his dietary needs. He recognized that most humans don't grasp how life is all about, which pushed his desire to discover the truth.

He counseled everyone he considered to be in need of knowledge. There have been several such experiences and lectures that have awakened people to the truth of existence and motivated them to follow Siddhartha's ideas. On his journey of monastic life, he met several scholars and disciples, with whom he spread the Buddhist religion worldwide.

To recognize the affirmations of Gautam Buddha, Buddha Purnima or Buddha Jayanti is celebrated worldwide. The occasion of his birth is also known as Buddha Purnima or Vesak. India, Sri Lanka, Myanmar, Cambodia, Java, Indonesia, Tibet, and Mongolia hold extravagant festivals to mark the auspicious day of Buddha Jayanti known as 'Vesak.'

Buddha Jayanti is one of the most sacred Buddhists, cheerful celebrations marking Gautama Buddha. The 'Enlightened One,' Buddha, who surpassed 'Karma,' was emancipated from the cycle of reincarnation.

He was a substantial creature - a scholar, spiritual guide, religious leader and monk who reached enlightenment after 49 days of intensive meditation under the Bodhi (banyan) tree in Bodh Gaya, and revealed the method to ending the sufferings.'

In Sarnath, Gautama preached his first sermon. He is also known as Shakyamuni (Sage of the Shakyas), Tathagata, and the 'Fully Awakened One.'

For 45 years, he preached harmony, compassion and the way to 'nirvana.' Despite growing up into a monarchy, He gave up the comfortable lifestyle and left home at the age of 30, leading a life of penance and austerity in pursuit of the truth that frees one from the agonies of hardship.

According to Hindu traditions, Buddha is the ninth Vishnu avatar (reincarnation). Buddha Purnima holds a great deal of respect. Buddhist groups and monasteries all around the world pray, meditate, fast, study His speeches, and his teachings. The ritual of bathing in the divine River on Buddha Jayanti is based on the notion that it takes away impurities.

FAMILY THAT ACTS AS A COMPASS TO DIRECT US

The family is the fundamental unit of society. This day is an opportunity to raise understanding of family concerns and enhance information about the social, cultural, and economic dynamics that influence it. As parents, we would like to give our kids the best possible chance. Numerous studies have shown that the foundation built in a family has a huge impact on a child's performance. The more steady the family environment for a child, the more probable they will be healthier — both emotionally and physically.

Societies throughout the whole of the world encounter problems that compromise family functioning. The United Nations began to understand this in the 1980s, when the Secretary General brought attention between judgment and the community at large. The UN went on to develop a day of observation and, each year, chose a different family-focused subject to address worldwide concerns including learning, unemployment, healthcare, and work/family balance. The Authority for Social Development demanded the Secretary-General in its resolution on the Role of the Family in the Development Cycle (1983/23) to increase awareness among decision-makers.

In its resolution of May 29, 1985, the Council requested the General Assembly to take into account along with an item titled "Families in the Development Process" on the temporary agenda of its forty-first session, with a view to considering an application to the Secretary-General to introduce a process of developing worldwide awareness of social problems involved, aimed at government agencies, inter - governmental and non-governmental organizations, and public sentiment.

Furthermore, depending on the Committee for Social Development's findings from its 30th round of meetings, the Assembly urged all States to express their opinions on the possibility of declaring a worldwide year of the family, as well as to submit their thoughts and initiatives.

The Commission also suggested that the Secretary-General submit to the General Assembly at its forty-third session a comprehensive report based on Member States' comments and proposals on the potential declaration of such a year, and other ways and implies to improve the



status and well-being of the family and strengthen international cooperation as component of international efforts to promote social advancements. The General Assembly recognized 1989 to be the International Year of the Family in Resolution on December 9, 1989.

The General Assembly determined in a resolution (A/RES/47/237) in 1993 that the 15th of May should be marked as The International Day of Families each year. This day is an opportunity to know of family concerns and gain a deeper understanding of social, financial, and cultural factors that influence families.

The United Nations' 193 member states universally adopted the Sustainable Development Goals on September 25, 2015, a set of 17 goals aimed at eliminating economic inequality, marginalization, violence, and avoidable deaths, addressing destruction of the environment, and attempting to bring in a period of advancement for all individuals, everywhere. Families, as well as community plans and practices, are critical to achieving several of these objectives.

Family programs are a cornerstone of global public policy and the most effective means for governments to impact the living conditions of future generations. Family strategies play a significant role in achieving objectives across several of the Sustainable Development Goals (SDGs) as part of realizing the international implications of the SDGs.

Throughout many countries, International Day of Families is an occasion for families to connect together again and discuss the various concerns that are important to them. It is indeed an opportunity to spend time with family members and to cherish your family, both close and distant.

The International Day of Families is the contribution that families play in supporting education and the overall well-being of their family and friends. In Washington, it is believe that family is more about the one you are born into; it also encompasses your acquaintances, entire family, and pets. To us, family is the people with whom you feel happy and secure.

Here are some bonding activities you can undertake at home in appreciation of this particular day.

1. Spend the day outside in the sun, planting a family garden. Kids are spending more time indoors nowadays, so urge your family to connect by digging a spot in the garden to grow flowers or veggies. Teach your children how to generate, nurture, and preserve life - a skill that all children should master.

2. Each family's memories are unique – no one else in the world has the same story. Recounting past and present personal stories to your children not only draws the family closer, but also builds an everlasting connection among generations. The more rich and detailed, the better! Your children will not only be interested to learn about their great-grandparents and beyond, but they'll also have treasured memories that they will never forget. There are numerous advantages to telling family stories that go beyond connecting.

REBOOTING THE INFRASTRUCTURE BY TECHNOLOGY!

Technology plays a crucial role in the development of individuals and of the country, and has become an enormously relevant part of everyone's life. Technology is helping people to engage and participate more efficiently in the field of education, trade as well as many other domains. One wouldn't have anticipated conversing with your family or watching the news on a device like a tablet and knowing about what is going on around the world if it weren't for technologies.

Technology enables us to gain a broader standard of life while also equipping us with diversified future career opportunities. We could now browse the web due to technological advances that would have not been conceivable beforehand. The learning and entertainment companies have drastically improved the quality of 3D games with excellent graphics. Online schools and universities have made distance education viable.

Technology is the only thing that's keeping us rational and tethered to the rest of the world in the midst of a catastrophic event. As a result, we should all observe one day designated to technology and convey our appreciation for our researchers' and technologists' hard work and technological breakthroughs. Perhaps all could recognize that technological advancements are one of humankind's crowning accomplishments. It really has undoubtedly made it more convenient, better economical, and more creative, and for that we will be truly thankful.

To celebrate the technologies and innovation and to dignify the accomplishments of all the scientists, innovators, researchers and technologists across the nation, 11th May is celebrated as National Technology Day is held each year to highlight India's technological achievements. This day marks the Pokhran Nuclear Test (Operation Shakti) in 1998, when India developed and tested the nuclear missile Shakti-I at the Indian Army's Pokhran Test Range in Rajasthan. Former President Dr. APJ Abdul Kalam led the strike, which was called Action Shakti or Pokhran-II, and two days later, India successfully deployed two nuclear weapons at the detonation as part of operation Shakti. Shakti, or the Pokhran Nuclear Test, was conducted in May 1974, using



the first nuclear test code, 'Smiling Buddha.' The second test was Pokhran II, a series of five nuclear bomb detonation tests conducted by India in May 1998 at the Indian Army's Pokhran Test Range. Interestingly, numerous major countries, including the US and Japan, have turned such nuclear testing into crippling sanctions against India.

The Defence Research and Development Agency of India, on the other hand, did not stop here at all. The same day, they launched their first indigenous aircraft, the Hansa-3. This was a light-weight, two-seater aircraft used at flying courses for sports, pilot instruction, aerial photography, surveillance, and environmental considerations and subsequently test launched the Trishul missile. The Trishul missile was part of India's Comprehensive Guided Missile Transformation Program, which helped in the emergence of the Prithvi, Akash, and Agni missile defense systems.

National Technology Day is an attempt to showcase the importance of science in our daily lives while also encouraging the next generations to pursue it as a viable career. Late Prime Minister Atal Bihari Vajpayee introduced the national Technology Day. After that, Prime Minister Atal Bihari Vajpayee proclaimed India to be a nuclear state, making it the sixth nation in the world to represent the "nuclear community" and first that is not a signatory to the Nuclear Weapons Non-Proliferation Treaty (NPT).

Annually, the Technology Development Board of India (a statutory entity) honors National Technology Day by presenting National Awards to professionals for their contributions to science and technology in India. Shri Ram Nath Kovind, President of India, emphasized on the shared characteristics of the innovations honoured. "First, they provide answers that are appropriate for the Indian context and help to our people's economic and social demands." Second, they execute all of this at reasonable pricing. "Third, they don't cut corners on quality," he added.

National Technology Day celebrations:

To commemorate National Technology Day, contests, polls, talks, and demonstrations are held at schools, engineering colleges, and technological institutes.

The President of India bestows the National Science and technology Award on various businesses and individuals for their contributions to science and technology. The Ministry of Science and Technology organizes numerous events to advance science in our country. School children, joined by their teachers, tour research facilities, various Technology Development Centres, computer laboratories, and Nano-Technology to stay up to date on the latest breakthroughs in science, pharmacy, agriculture, and information technology.

Since 1999, the technology development board has held a webinar on a variety of science - technical themes. According to the 2020 technology development board, the webinar theme was "Rebooting the Economy via Science, Technology, and Research Translations."

These topics emphasise on the significance of science and technology, as well as how advancements might benefit Economic growth and assure its strong future.

SHRAVAN KUMAR: A CONSCIENTIOUS MAN

History is full of examples of devotion to duty. The narrative of this story is a Hindu mythological which is a moving story of an unfortunate boy named Shraavan Kumar with an inescapable outcome. Followed by his greatest admiration for his old, fragile, blind parents, Shraavan Kumar is a character in the Hindu epic Ramayana.

Far in the past, there was a boy called Shraavan Kumar. As his parents were blind. Down on his luck, Shraavan Kumar had to do all the household chores after taking care of his parents.

Being obedient and docile he took duties very seriously. Devoted to his parents, he remained faithful to his parents throughout his life and used to fulfill all the wishes of his parents. One day, their parents showed a willingness to go on a pilgrimage. Back then, people in their old age used to go on a pilgrimage to follow a ritual bath to purify their souls.

He took notice of his parent's demands and brought two big baskets and laid down each of his parents in each basket. Then the basket was fastened to a bamboo stick for making a balance like a device to carry the weight of his parents. Afterward, carrying his parents on his shoulder he began his journey for pilgrimage.

During the journey, he stopped for a while and made his parents eat some fruits, as they ambled along covering a long distance his parents longed for a drink. Soon they arrived at the forest near Ayodhya and Shraavan Kumar set down his parents in a comfortable place under the tree and resorted to River Sarayu to fetch water from it.

At that time, the crown prince of Ayodhya and father of Lord Rama Dasarath was sauntering in the forest in search of his prey. In the past, hunting wild animals was a rage for royal activity. Dasarath was capable of shooting an arrow at an animal just by hearing the sound without aiming for it.

While prince Dasarath busied himself with hunting

the animal, at the same time Shraavan Kumar who was there to fetch water from the river, poured water into the empty earthen pot that produced a burbling sound.

Hearing the sound, Prince Dasarath who was engrossed in hunting the animal came forward and misapprehended the sound with the animal's presence



and shot the arrow in the direction where from the sound was coming. The arrow swiftly moved into the air and pointed to Shraavan Kumar and pierced into his chest who groaned in excruciating pain.

Hearing the wailing sound of a human, Prince Dasarath hurried away and was taken aback to see the hermit writhing in pain and agony.

The eerily sight made Prince Dasarath upset and he got closer to the boy, thereupon, Shraavan Kumar said that to quench the thirst of his blind parents who are keenly waiting on the other side of the river, he came to the river to fetch the water.

He then beseeched Prince Dasarath to withdraw the arrow from his chest and extricate him from further pain, take the water and go after my parents telling them that their son has died. Then as he was told by Shraavan

Kumar, Dasarath withdrew the arrow from his chest and carried the filled pot of water, and went to look after Shraavan Kumar's old blind parents who were looking for their son to return.

When Dasarath approached the blind parents of Shraavan Kumar, they got the impression that something untoward had happened and sensed it was not their son and repudiated the offered water. Then they began to put several questions before him, about who he is? And what happened to their son? And why did he not come to us? Then Dasarath let out all the things and narrated all that happened, revealing his identity and confessed that he had attacked their son.

Hearing the grieving plight of their son, the blind parents of Shraavan Kumar couldn't control themselves and burst into tears and asked Dasarath to take them to the place where the torso of their son was lying. To this, Dasarath carried them to the place where their son was lying. As the Shraavan Kumar was on the verge of dying having his parents there and he said, he would be waiting for them in heaven and would continue his services to them there. As he put every emotion into words, he let out a sigh of happiness after succumbing to his injuries he fell at the feet of his parents and died.

Then they stood in the forest looking dejected and couldn't take the brunt of the life loss of their son, thus, they spelled an ill-fated future for Dasarath.

At a later period, their curse worked when Dasarath was grappling with getting separated from his son Rama, who had been exiled and was sent to the forest for 14 years, Dasarath couldn't tolerate the separation, hence, he grieved and died in pain.

The story emphasizes the equality in the eye of god, no matter how Dasarath repented for his sins, god charged him with sinning against those blind miserable parents by creating the same fate for him.

AMITA DESHPANDE- A STEP TOWARDS LIVELIHOOD AND SUSTAINABILITY

INTERVIEW BY
PREETI SHARMA



Amita Deshpande

Waste management has become a worldwide problem nowadays. There are lots of private and government authorities working on this serious matter, since it is not only harming the environment but also the human kind. There are many research programs on how to control waste management and to reduce the use of plastic, and plastic material has been encouraged at every level. In the same way Amita Deshpande from Pune proved with her efforts to recycle the plastic waste, and has made a benchmark in recycling. It is not only a cycling or recycling process, rather it is a support to provide the livelihoods to the tribal people in remote rural areas and a step to conserve the environment.

Amita Deshpande, the founder of ReCharkha is an Entrepreneur and innovator who is working on upcycle of Plastic products. Amita has been very conscious and always thought that if it does not become soil then one should not use it in the first place. This is what she

realized and actually started following it she told 'The Hulahul Times.' She did some campaigns in school life to raise awareness towards sustainable living. But she never thought of it as a primary career, it was all about lifestyle change. Wherever she goes, whether it is trekking or river cleaning programs, Amita picks up the plastic waste from there and brings it back to the city. Amita is an Engineering graduate and has worked for IT companies in India almost 4years, but soon she realized that it is not the work she always wanted to pursue full time.

Amita gave up her well profound Engineering career and went to the US for education in the field of sustainability from Purdue University and worked with CSR teams for sustainability. Later, she moved to India and worked for CSR Consultancy, but Amita was more interested in doing grass root activity.

In 2015, Amita started venture Aarohana Eco Social Developments which is into upcycling of plastic waste, as she realized two problems in India which are not taken care off; out of which one was Waste Management, which is largely now a huge matter of concern and many associations and companies working towards it, and second was livelihoods in



rural areas of our country; since the level of employment in rural areas is very low. These two factors made her think to work upon and hence her project of up cycling with these two considerations.

Aarohana Eco Social Developments was restructured and branded as ReCharkha in 2020. It was all a network

marketing through which ReCharkha became a popular brand. The first production unit was started in a tribal village of Dadra and Nagar Haveli. The reason for choosing tribal locations for production units is to provide livelihood and sustainability to needy people including tribal women of the Warli tribe and impaired people. ReCharkha has two production houses one is located at Pune at Karve Nagar and other is in a tribal village of Dadra and Nagar Haveli. The tailoring



division in Pune consists of a 37-person team consisting designers and tailors.

The process starts at Dadra and Nagar Haveli unit where the plastic waste is brought to them by waste pickers and people from all over the country on their own, it is then segregated which is a really challenging job as we do not take plastic combined with wet garbage, says Amita. It is then washed and sanitized before being cut with scissors. The yarn is then spun and weaved on charkhas and handlooms. Even though the colors of the products are original they do not use dyes.

They also emphasize that no chemicals or electricity are used in this procedure. Denim remnants are also used in some items, but not as the basic material. A bag can take up to 50-70 plastic bags and wrappers, and a half week to produce.

Amita never went into considering profits from this venture. Profit is just a byproduct; it is only to make something better. It's almost 7years, she has started this and now people do understand her thought process and transforming it by reducing the use of plastic and its

byproducts and that's the only profit she has earned which is very encouraging for her to move to the next level. At first, Amita had to convince her distributors to sell her products. Then she concentrated on the distinctiveness of her enterprise and its products and ended up selling them in the market and online and ultimately turning a profit of over 70 lakhs before the pandemic hit the country. Other than India, ReCharkha products are sold in the UK, Singapore, Germany, France and are looking to make their presence in other countries to make people more aware about the environment and their conservation.

So far, ReCharkha has upcycled 7,00,000 pounds of plastic garbage into attractive mats, home decor items, bags, baskets, and other goods. They intend to gather more trash than before and to serve more to society by reducing toxic waste, maintaining the environment and uplifting rural residents by offering employment possibilities through their efforts.



The story of ReCharkha is not only a venture rather it is a channel and a social cause which everyone now should think of in making this society and planet a better and beautiful place for us and coming generations. Entrepreneurs should do proper research to make products which are eco-social in nature, as we have only one planet and it's high time to save it and nurture it.

RBI HIKES REPO RATE BY 40 BASIS POINT

Key policy rates:

While the repo rate has been hiked by 40 basis points, the governor did not mention anything about reverse repo rate. Hence, it remains the same at 3.35 per cent. The Standing Deposit Facility rate is at 4.15 percent while the marginal standing facility rate and bank rate are at 4.65 per cent. The RBI also increased the cash reserve ratio by 50 bps to 4.5 per cent effective May 21.

Impact on EMI:

A hike in repo rate by RBI often leads to a rise in interest rates on loans given by banks. Besides, the hike in CRR which is the share of a bank's total deposit that a bank is obligated to maintain by the RBI is likely to put further pressure on interest rates. Since banks will now need to keep more money with the RBI, it will leave them with less funds to provide loans to consumers. Therefore, people paying EMIs should be prepared for a rise in monthly payments as banks may start raising interest rates on loans.

Impact on residential demand:

Developers and industry watchers are concerned that this could lead to a rise in home loan interest rates. This will impact residential demand that has remained the same for the last two years. Rising interest rates and inflationary trends in basic raw materials in construction including cement, steel, labour cost, etc will add to the burden of the residential sector. This rise in interest rates will ultimately impact overall acquisition cost for homebuyers — and may dampen residential sales to some extent.

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DEVELOPMENT OF INDO- GERMAN BILATERAL RELATION

Prime Minister Narendra Modi started his three-day three nation tour on 2nd May, 2022. The countries he will be visiting are Germany, Denmark and France. He has visited Berlin to hold a bilateral discussion with H E Olaf Scholz, Federal Chancellor of Germany. Modi arrived in Berlin on 2nd of May morning. He tweeted that the talk between him and Olaf Scholz was productive. He said he got the opportunity to interact with business and Indian community leaders. He thanked the German Government for their hospitality. Modi and Olaf Scholz reviewed all arenas of bilateral ties, including giving an incentive to trade as well as cultural linkages. Prime Minister Modi and Chancellor Scholz met for the sixth plenary session of the Intergovernmental Consultations (IGC). Modi invited for German participation in India's 'Atmanirbhar Bharat' (self-reliant India) campaign.

The highlights of the meet

- Germany on 2nd May committed an additional 10 billion euros assistance to India to help achieve climate action targets set for 2030.
- It included sourcing 50% energy requirement from renewables and installing 500 Gigawatt of non-fossil fuel electricity capacity.
- Mr Modi and Mr Scholz said the Indo-German Cooperation on Sustainable Development and Climate Action was led by their commitments under the Paris Agreement and the Sustainable Development Goals.
- Both the countries will make an effort limiting the increase in the global average temperature to well below 2 degrees Celsius.
- The Indo-German Partnership for Green and Sustainable Development paved the way to develop an Indo-German Green Hydrogen Roadmap supported by the Indo-German Energy Forum (IGEF). Green hydrogen, made from water and renewable electricity, will play a role in cutting emissions globally, offering a route to decarbonization for heavy

industries like steel and cement.

- Modi and Scholz agreed to establish an Indo-German Renewable Energy Partnership focusing on solar energy and other renewable energies including the associated challenges for electricity grids, storage and market design to induce energy transition.
- The Leh-Haryana transmission line and the project of a carbon neutral Ladakh will be looked after by India and Germany as a result of collaboration on green energy corridors.
- Risk finance and insurance solutions against climate and disaster risks as well as capacity building via the Global Initiative for Disaster Risk Management have been agreed by both countries.
- Agreements covering the issues like reducing greenhouse gas emissions, protecting biodiversity and improving agricultural land use.
- Both talked on other areas like migration, nuclear research and the establishment of secure communications channels between governments of India and Germany.

Talk on Russia and Ukraine conflict: Germany Chancellor Olaf Scholz tried to seek India's support for the tough stance taken by Europe and the United States toward Russia over the war in Ukraine.

Modi repeated that he wants both Russia and Ukraine to end the war saying: "We believe that no party can emerge victorious in this war." Modi bounced back from over criticizing Russia and maintained a neutral stance on this conflict just like from Day 1 from the start of the war.

Germany welcomed the Indian announcement to become a member of the Ins Resilience Global Partnership. Scholz also invited India to attend the meeting of the Group of Seven major industrialised economies in Germany at the end of June 2022.



The Reserve Bank of India surprised the nation on Wednesday by hiking key repo rate by 40 basis points (bps) to 4.40 per cent amidst rising inflationary pressures in the economy. This action is expected to raise borrowing costs for corporates and individualiser's monetary policy committee (MPC) held meeting on 2nd to 4th of May with all six members voting for a rate hike while maintaining the accommodative stance. The RBI's repo rate has been kept unchanged at 4 percent since May 2020. Retail inflation in India increased to a 17-month high of 6.95 percent in March from 6.07 percent in February, driven by high food prices. If inflation concern persists and there are no shocks to growth, interest rates will likely be hiked later this year.

Repo rate is the interest charged by the central bank (Reserve Bank of India) when commercial banks borrow from them by selling their securities to RBI. Basically, RBI lends money to commercial banks in the event of a shortfall of any funds.

Reasons to increase repo rate:

- The rate hike was announced with the main objective of curtailing inflation that has remained obstinately above the RBI's upper tolerance limit of 6 per cent for the last 3 months.
- International crude oil prices continue to remain above \$100 per barrel. This has hampered industry supply. Crude oil is the basic need for any industry.
- The risks of input cost pressures are translating into another round of price increases for processed food, non-food manufactured products and services.

TATA MOTORS INTRODUCES MINI ELECTRIC TRUCK: RECEIVES 39,000 RESERVATIONS FROM E-COMMERCE COMPANIES



According to Tata Motors, the new mini electric truck has a range of 154 kilometres and a regenerative braking system. Tata Motors unveiled an electric four-wheel small commercial vehicle (SCV) on Thursday (5 May) as an EV version of its successful Ace mini-truck, which debuted 17 years ago. Ace EV is a mini electric truck with a range of 154 kilometres and a regenerative braking system. The Ace EV, according to the company, is the first product to use Tata Motors'

EVOGEN powertrain. The new SCV is powered by a 27kW (36hp) motor with a peak torque of 130 Nm. According to the company, the Ace EV has the highest cargo volume of 208 cubic feet and grade-ability of 22 percent, allowing for easy ascend in fully loaded conditions. The Ace EV's container is made of lightweight, durable materials that are ideal for e-commerce logistics. It provides a safe, all-weather operation, as well as an advanced battery cooling system and regenerative braking system to increase driving range. For maximum uptime, the vehicle has regular and fast charging capabilities. Tata Motors also announced the signing of a strategic Memorandum of Understanding (MoU) with leading e-commerce and logistics service providers such as Amazon, BigBasket, City Link, DOT, Flipkart, LetsTransport, MoEVing, and Yelo EV. This MoU calls for the delivery of 39,000 Ace EV units, the establishment of dedicated Electric Vehicle (EV) Support Centers to ensure maximum fleet uptime, the deployment of an optimal fleet management solution, and the support of Tata UniEVerse, the enabling eco-system of relevant Tata Group companies.

APPLE HAS SUSPENDED CARD PAYMENTS IN INDIA

Apple users have been complaining for the past two months about not being able to pay for app subscriptions with saved cards. This means that users of Apple devices who have subscriptions on their iPhones or iPads will need to update their payment methods in order for recurring payments to continue. While Apple began making changes to its payment methods last month, they are still being rolled out to customers across the country. The Reserve Bank of India issued two directives on auto debit mandates and card tokenization, which are at the heart of Apple's changes. Separately, any company that stores card details of users on their websites or apps will be required to purge those details beginning July 1. Other recurring payment apps and websites, such as OTT platforms like Netflix, Hotstar, and others, began migrating their users from card-based recurring payments to UPI or net-banking-based recurring payments in September. The RBI issued guidelines on auto-debit mandates that would "affect purchases in India initiated via credit and debit cards for auto-renewable subscriptions." Apple advised developers who offer auto-renewable subscriptions in their apps to promote payments through the Apple ID wallet. If users are having trouble with subscription auto-renewal on their Indian credit and debit cards, Apple recommends adding balance to their Apple ID wallets, which will enable recurring payments. Most credit and debit cards, as well as Net Banking, RuPay, and UPI, can be used to load Apple ID wallets.



RESEARCHERS HAVE DEVELOPED A PLASTIC-EATING ENZYME THAT CAN BREAK IT DOWN IN DAYS



Researchers at the University of Texas at Austin have developed an enzyme variant that can degrade plastics that normally take centuries to degrade in hours or days. This discovery could aid in the resolution of one of the world's most pressing environmental issues: what to do with the massive amount of plastic piling up on the planet. The project's focus is on polyethylene terephthalate (PET). It's the most common type of plastic used in bottles and other types of

packaging. Polyester clothing fibres contain it as well. More than 70 million tonnes of the material are produced globally each year, accounting for roughly one-fifth of all new plastic in any given year. It accounts for 12 percent of all global waste. The enzyme developed by the scientist, known as FAST-PETase (functional, active, stable, and tolerant PETase), can depolymerize — or break down into smaller parts — post-consumer waste plastic at low temperatures. The enzyme was shown to be effective on 51 different post-consumer plastic containers, five different polyester fibres and fabrics, and water bottles made of PET. These plastics can be completely broken down to monomers in as little as 24 hours in some cases. Following that, the team intends to work on increasing enzyme production in order to prepare for industrial and environmental applications.

EMPEROR PENGUINS FACE EXTINCTION DUE TO CLIMATE CHANGE

The emperor penguin, which roams Antarctica's frozen tundra and icy seas, is facing extinction as a result of climate change within the next 30 to 40 years. The emperor penguin, the world's largest penguin and one of only two penguin species endemic to Antarctica, gives birth during the Antarctic winter and requires solid sea ice to nest fledgling chicks from April to December. If the sea freezes later or melts too quickly, the emperor family will be unable to complete its reproductive cycle. This happened at the Halley Bay colony in the Weddell Sea, the second-largest emperor penguin colony, where all the chicks died for three years. Every August, in the middle of the southern hemisphere winter, Libertelli and other scientists at Argentina's Marambio Base in Antarctica ride their motorcycles 65 kilometres (40 miles) to the nearest emperor penguin colony in temperatures as low as -40 degrees Celsius (-40°F). They count, weigh, and measure the chicks, collect geographical coordinates, and take blood samples once they arrive. They also perform aerial analysis. The findings of the scientists point to a bleak future for the species if climate change is not mitigated. The emperor penguin has the longest reproductive cycle among penguins. After a chick is born, one parent keeps it warm by carrying it between its legs until it develops its final plumage. According to Libertelli, the disappearance of the emperor penguin could have a dramatic impact throughout Antarctica, an extreme environment where food chains have fewer members and fewer links. The World Meteorological Organization issued a warning in early April about "increasingly extreme temperatures coupled with unusual rainfall and ice melting in Antarctica." The increase in tourism and fishing in Antarctica has also jeopardised the emperor's future by affecting krill, one of the primary food sources for penguins and other species.



DHANUSH SRIKANTH HITS THE BULLSEYE FOR INDIA'S FIRST-EVER SHOOTING GOLD MEDAL AT THE DEAFLYMPICS



On Wednesday, Dhanush Srikanth became the first Indian shooter to win a gold medal at the Deaflympics. After shooting a world-record score for the hearing impaired in the final, the Hyderabad shooter won the yellow metal in the men's 10m air rifle event at the 24th Deaflympics in Caxias do Sul, Brazil. Dhanush shot 247.5 in the final, while Kim Woo Rim of Korea took silver with a score of 246.6. Dhanush's teammate Shourya Saini

took bronze with a score of 224.3. Dhanush, 19, broke German shooter Colin Muller's 2019 record of 243.2. In Hyderabad, he attended Gagan Narang's Gun For Glory Academy. Dhanush, the first hearing-impaired shooter to be selected for the Indian national team in 2019, competed in a hearing-impaired athletes event for the first time. And it wasn't easy for him either. Dhanush has been practising his speech since he was a child. His mother, Asha said that he attempts to speak. A person who hasn't spent time with him won't understand at first, however after spending time with him, one will understand what he's trying to say. She said that she is grateful to his coaches at the Gun For Glory academy, who have worked with him for many years and have a thorough understanding of him. Dhanush had to work extra hard on his communication skills before going to the Deaflympics because he had never learned sign language. Despite having won a Deaflympics gold medal, the young shooter's goal is to win a medal at the 2024 Paris Olympics.

THE 12-DAY SENIOR WOMEN'S NATIONAL CHAMPIONSHIP OF HOCKEY INDIA 2022 GETS UNDERWAY

The 12-day Hockey India senior women's national championship 2022 kicked off on May 5th at 3 p.m. at the Dhyanchand Hockey stadium in Bhopal, and was inaugurated by Minister of Sports Yashodhara Raje Scindia and Director of Sports Ravi Kumar Gupta, with Olympians Aslam Sher Khan (1972, 76) and Jalaluddin Rizwi attending as special guests. Scindia began the championship by meeting the players from Group G, Delhi and Gujarat. The 27 teams competing are divided into eight pools.



Hockey Madhya Pradesh, Hockey Chandigarh, and Hockey Bihar are in Pool A, while Hockey Haryana, Assam Hockey, and Hockey Bengal are in Pool B. Hockey Punjab, Chhattisgarh Hockey, and Tripura Hockey make up Pool C, while Hockey Maharashtra, Hockey Rajasthan, and Hockey Uttarakhand make up Pool D. Hockey Jharkhand, Hockey Andhra Pradesh, and Hockey Le Puducherry have been placed in Pool E, while Hockey Karnataka, Hockey Unit of Tamil Nadu, Hockey Arunachal Pradesh, and Hockey Andaman & Nicobar have been placed in Pool F. Pool G is made up of Uttar Pradesh Hockey, Delhi Hockey, Goans Hockey, and Hockey Gujarat, while Pool H is made up of the Odisha Hockey Association, Kerala Hockey, Telangana Hockey, and Hockey Himachal. In the most recent edition, held in October 2021, Hockey MP was the defending champion. Following eight days of pool play, the quarter finals will be held on May 14, the semifinals on May 16, and the medal matches on May 17. Back-to-back national championships have been held in the state capital. Bhopal has also recently hosted the senior men's hockey championship.

SIX-YEAR-OLD ASHWATH KAUSHIK WINS THE UNDER-8 WORLD CADETS CHESS CHAMPIONSHIP



Ashwath Kaushik, a six-year-old Indian chess player, made history by winning gold in the Open Under-8 category at the World Cadets and Youth Championships 2022 for Rapid and Blitz in Rhodes, Greece, from May 1-3. The tournament, which was the first major event on the FIDE calendar this year, drew over 330 players from 40 countries. In Round 3, Kaushik defeated top seeds Modith Aaroh Mutyalapati (ELO 1598) of Canada and Raghav Pathak (ELO 1355) of the

Netherlands en route to victory. He began as the seventh seed and worked his way up to finish the season with 8.5 points out of a possible nine, defeating eight of the top twelve finishers. Ashwath's coach, FIDE master Balaji Guttula of SMCA, attributed his success to his quick memory. According to Balaji, Ashwath can recall the entire game of 30-plus moves he plays in any tournament. Apart from chess, Kaushik enjoys building intricate Lego car models, cycling, and watching Formula 1. He aspires to be a Grandmaster by playing attacking chess like his idol Mikhail Tal and will compete in the Indian school nationals next.

INDIAN BADMINTON SQUAD WINS GOLD IN MIXED TEAM EVENT AT THE DEAFLYMPICS 2021

The Indian badminton team performed admirably to win a gold medal in the Mixed Team event at the Deaflympics 2021. To accomplish this, they defeated Japan 3-1. The Indian badminton team left no stone unturned and won gold in the Mixed Team badminton event at the ongoing Deaflympics 2021 in Caxias do Sul, Brazil, defeating Japan in the finals 3-1. Although India did not begin on a high note, losing the first

match of the tournament to Japan in the Mixed Doubles, where Abhinav Sharma and Aaditya Yadav were defeated in straight sets by Masaaki Numakura and Chihiro Numakura, 16-21, 11-21 in 33 minutes, they quickly made up for the loss in the remaining matches. Jerlin Jayaratchangan dug deep against Mai Yakabe in the Women's Singles, playing a tight three-setter before recording India's first gold medal victory, 17-21, 21-12, 21-14 in 35 minutes. In the Men's Singles, Abhinav Sharma faced Kohei Kakiuchi and dominated his Japanese opponent, winning 21-16, 21-11 in 30 minutes. Continuing their winning streak in the Women's Doubles, Jerlin Jayaratchangan and Aaditya Yadav easily defeated Manami Nagahara and Chihiro Numakura, 21-15, 21-15, to claim India's first gold medal from the badminton event this year. With this triumphant performance, India appears to be the dominant force in the badminton sphere at the Deaflympics, and more medals are expected from this group once the individual events begin on May 6, 2022.



EXPERT



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FAQs ON
STRESS MANAGEMENT

Q1. How can I strengthen my personal power?

Ans. Personal power is the power you have based on your skills, competencies, qualities, and other individual attributes. It is essential to assess what you value most and evaluate how much of your life is dictated by these values. Here come few tips to strengthen personal power, which I call LIGHT of our life:

- **Love:** Love yourself; the locus of control of your life is with you, self love is essential. When you lack self love, you tend to let people push your buttons and tune your life their way! Whether it is a superior, colleague, client or dealer, individuals will push your buttons and you will be excited to respond robotically. You basically hand over your personal power to the individual pushing your button when you start automatically responding. Stop going on autopilot mode and you will find the individuals are not able to push your buttons

and are forced to change their behaviour. It is not easy, they will portray you as an angry bird or aggressive or egoistic, let it go, be truthful to yourself and keep control of your life with self. The moment you take accountability for your emotions your personal power develops.

- o Take some time to ask yourself the following questions: Did you give away your personal power and put someone else in charge of your emotions? How did that feel?

- o Now decide how you are going to break the cycle the next time someone pushes your button.

- **Integrity:** Belief driven actions depict our integrity. Acting with integrity means understanding, accommodating, and choosing to live in harmony with one's principles, which will include honesty, equality, fairness, graciousness and decorum. An individual of integrity will constantly demonstrate good character by being free of corruption and hypocrisy. Do you compromise on your values and act against your belief to 'get ahead' in life? What makes you act by setting aside your belief? What tempts you: Money, power, status or something else? When our actions are not as per what we believe in, it weakens our personal power.

- o Take some time to figure out if you really believe in what you are doing at work or got infected by the 'dead people working pattern' virus?

- o Start analysing and decide how you can balance your belief system with your work?

- **Goodness:** Practice unconditional goodness and stick to it. Yes, life is difficult for good people. Bad things happen to good people because they are easy targets of toxic people. Situation may pressurize you to be a victim, but you can save your soul with your goodness attitude. Don't be a refugee of your self-pity feelings. Learn to help others, to stop victimizing and release yourself from the hook. Learn to enjoy the bliss of goodness and could prove the hypothesis that good people who 'suffered a lot' can definitely inspire others to 'not to be victimized'. The regard of personal power derived from goodness has more eminence than the so-called 'ultimate formal power'.

- o Take some to time to make out whether you surrender for the formal power and cry on helplessness or stick to your goodness irrespective of the situation pressure.

- o Start understanding the power of unconditional goodness and save your soul from toxic people around.

- **Harmony:** Living harmoniously with our values is the ultimate purpose of our life. Do you follow Value driven life? Check if you are enjoying a harmonious life: Live your life passionately, express gratitude, appreciate, have compassion, express self respect and stay positive. These characteristics add to your personal power which leads you to your destiny. Values are the emotional set of laws that guide your life, the essential basis for every decision you craft. Values give your

life focus, sense and power.

- o Take some time to make out what you VALUE the most. Then, assess how much of your life is built around and dictated by these values. While assessing wherever you feel a gap, please note it down.

- o Do refer these gaps and start working on how to fill this value gap.

- **Truth:** Be truthful to yourself first. Find your True-power spot, where the synergy between your abilities, passion and needs coincides with each other. If you attain the True-power spot, the joy you derive from your day to day actions will enhance your personal power. Have you followed your strengths and passion to find your happy spot? Or are you sticking to your job because of the amount credited in your account every month? Be truthful to self, be genuine. It takes fortitude to be you! Your values and inherent beliefs are what make you the REAL-YOU. If you start being someone you aren't, believe me, your personal power will be drained out. We all are unique and have the right to live life our way. If we leverage our uniqueness by living our values out loud we strengthen our personal power.

- o Take some time to make out that you can be yourself at work or does fear cause you to be a riddle? What price are you paying for pretending? Is it at the cost of loss of energy, poor health or the effectiveness?

- o Think how you can improve and start being the real you! Decide what being REAL at work looks like, start acting like YOU and enjoy the increase in your personal power.

Hope the practice of this LIGHT model explained above will enhance your personal power. Stay blessed.

Mail your questions on
stressmanagementhulahul@gmail.com

or

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

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

QUIZ TIME

1. Which Indian state is the first to set up a Gene Bank Project?
2. Which Indian Bank launched the 'Open-for-all' Digital ecosystem for MSMEs?
3. Which institution launched the 'Mandate document' for National Curriculum Framework (NCF)?
4. Which is the venue of the 'Semicon India Conference-2022'?
5. 'National Behavior Change Communication Framework for Garbage Free Cities' has been launched under which scheme?
6. Atal New India Challenge is a flagship program of Atal Innovation Mission of which institution?
7. The Ministry of Skill Development and Entrepreneurship signed a MoU with which Indian organization to up skill its technical staff?
8. 'Declaration for the Future of the Internet', which was announced recently, is associated with which field?
9. Which University has been ranked first among all public universities in India by Times Higher Education (THE) Impact Rankings 2022?
10. As a part of Mission SAGAR IX, INS Gharial recently delivered critical medicines to which country?



1. I can be driven, but I do not have wheels. I can be sliced, but I always remain whole. What am I?
2. Tom's mother has three children. One is named April, one is named May. What is the third one named?
3. Why do flamingos stand on one leg?
4. What's a teacher's favorite nation?
5. Why was the tree excited about the future?
6. Where would you go to borrow books?

1. Maharashtra
2. IICI Bank
3. Union Education Ministry
4. Bengaluru
5. Swachh Bharat Mission-Urban 2.0
6. NITI Aayog
7. ISRO
8. Prevention of Digital authoritarianism
9. Calcutta University
10. Sri Lanka

ANSWERS

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1. A golf ball
2. Tom
3. If they lifted the other leg, they'd fall over.
4. Expla-nation
5. It was ready to turn over a new leaf.
6. Library

ANSWERS

Good News!!

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

