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## A DAY OF MERCY AND FORGIVENESS ON ALL MANKIND!

On the Friday before Easter, Christians commemorate Jesus Christ's crucifixion. This day of remembrance, known as "Good Friday," originated during the early Christian era. In many parts of the world, the day is marked by solemn religious ceremonies and folk customs. Church rituals memorialize the biblical account of Jesus' crucifixion, in which soldiers close to Jewish religious leaders arrested Jesus on the evening of the Passover dinner. The next morning, the Roman ruler interrogated, beat, and sentenced Jesus to death. Roman soldiers placed a crown of thorns on his head. Broken and bleeding, Jesus was carried to Crucifixion, where he was nailed to a cross. That afternoon, he died on the cross. The most closely associated symbol is the cross or crucifix. Another sign of the occasion which recalls the crown of thorns placed on Jesus' head by Roman soldiers in an attempt to afflict and ridicule him.

Good Friday can also be referred to as Black Friday, Great Friday, or Holy Friday. Many countries around the world observe Good Friday as a national holiday, particularly Anglican and Catholic ones. This holy day is marked by fasting and solemn observances. Good Friday was first observed in the fourth century by Egeria. The term "Good Friday" is derived from the phrase "God's Friday".

There were numerous contradictory testimonies against Jesus, as well as numerous witnesses, and Jesus remained oblivious to all of this. The high priests then compelled Jesus to take the sacred oath, asking, "I adjure you, by the Living God, to tell us, are you the anointed One, the Son of God?" "You have stated it, and in time you will see the Son of Man seated at the right hand of the Almighty, coming on the clouds of Heaven," Jesus remarked cryptically. The Sanhedrin passed the death sentence on Jesus that day, after the high priest accused him for sacrilege. The interrogations proceeded just as Jesus had prophesied.

According to some experts, the first Easter

celebrations took place in the second century in key ancient towns such as Rome, Jerusalem, and Alexandria. These events took place on the Sunday following



Passover. A two-day fast preceded the Easter feast in some communities who practiced this ritual. Others, however, believe that the first Easter celebrations took place in second-century Asia Minor, which is today known as Turkey. Christians in this region placed a special emphasis on Jesus Christ's sacrificial death, a motif that was eventually allocated to Good Friday. They, like their Roman counterparts, named the holiday Pascha," a Greek word derived from the Hebrew word Pesach, which means Passover. Similarly, the Asia Region Christians celebrated Pascha on the same dates as their Jewish neighbours, on the fourteenth and fifteenth days of the Jewish month of Nisan. Fasting, prayers, and recitation from literature, along with the teachings of Jewish prophets and the Passover account as told in the Bible's Book of Exodus, were all part of the celebrations.

Christians in Jerusalem spent Good Friday at the Church of the Holy Sepulchre, a sprawling complex of

courtyards and chapels built over the crucifixion, burial, and resurrection of Jesus. They spent the morning praying at the Stations of the Cross. The people began attending a series of Bible readings in the afternoon, which included the writings of the texts verifying Jesus' fulfillment of these Old Testament predictions, as well as the Passion account. Another scripture session was held after that, which ended around seven o'clock in the evening. The church then initiated yet another ritual honoring Jesus' burial. Following the conclusion of this event, the clergy and worshipers began a protracted vigil around Jesus' tomb. Throughout the middle ages, Good Friday celebrations evolved. Human sin, the need for redemption, and Christ's suffering and sacrificial death were all highlighted in mediaeval Good Friday festivities. As a result, they took on a serious mood. Passion plays, folk dramas recreating the events of Jesus' last days, were also used by Christians to emphasize the terrible events of Good Friday.

Fasting, a religious practice primarily linked with Good Friday, although many Lenten fasting rituals have been abandoned by Roman Catholics in the last century or so, Church authorities nevertheless require the believers to fast on Good Friday. Astute Christians fast throughout Lent. Anyone that does not fast for the entire Lenten season will frequently fast throughout Holy Week, particularly on Good Friday. On Good Friday, some devout Christians intensify their fast, going without eating from Good Friday through Easter Sunday. Many other Christians practise some type of fast on Good Friday, despite the fact that their faiths do not demand it. Historically, many Irish Christians observed a "black fast" on this day, a regimen consisting of nothing but tea and Water.

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# ENLIGHTENMENT SHOULD BE THE OBJECTIVE OF HUMAN EXISTENCE!

**D**r. Bhim Rao Ambedkar, a fighter for caste eradication, was born on April 14, 1891 in a low-caste Mahar family at Mhow cantonment, which is presently Ambedkar Nagar in M.P. His Father Ramji Makoji Sakpal's was an army officer in the British India army. His family was of Marathi origin, hailing from the town of Ambawade. Dr. B R Ambedkar was born into a caste that was thought to be the lowest of the low. He was regularly subjected to social and economic prejudice, and was denied the right to sit with other kids.

Even after enrolling in a local Satara school, Ambedkar's experience with caste discrimination did not cease. Discrimination appeared to be pursuing him. When he returned from America, the King of Baroda chose him as his defense secretary. Even though he held such a high position, his upper-class authorities referred to him as "untouchable."

Dr. Ambedkar fought against Brahmanical Patriarchy, bold plans for the Hindu Code Bill, and proposals for a major restructuring of property relations all point to his challenge to the existing status quo. Dr. Ambedkar, possibly India's greatest radical thinker,



altered the social and political scene in the fight against British colonialism by making the oppressed politically aware of their own plight. "Educate, Agitate, and Organize," Ambedkar famously told everyone.

Ambedkar was the only one of his siblings who passed his exams and got to high school. His life was marked by adversity, as his extreme recommendations to

address the Caste System were received with open hostility from the Upper Castes. Not only did he overcome all institutional and structural hurdles to continue his studies, but he also received a Doctorate in Economics from Columbia University in 1917. The man who faced humiliation as a result of his caste became the first Minister of Law in free India and helped create the country's Constitution.

Evidently, he placed a high value on education, particularly in areas where it had previously been denied. In fact, he is believed to have stated that education was more essential than Temple entry for the oppressed. He regarded education as a powerful tool that could strengthen every person to assist construct an egalitarian society and help remove the age-old restricting constraints of unequal social practices. We should aspire to embrace his ideals and assist future generations in building a comprehensive, democratic, and liberal society in Modern India.

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# FOREMOST VISIONARIES OF SOCIAL REFORM!



**T**he most auspicious day for the Jain community is Mahavir Janma Kalyanak, also known as Mahavir Jayanti. The Jain community observes this day around the world in honor of Jainism's last spiritual teacher. It is performed with the deepest modesty, and its purity is what characterizes this

event. With tremendous devotion, Jain communities around the country commemorate and celebrate the birth of Saint Mahavir. The Lord Mahavir idol is carried out in a procession known as Rath Yatra. The Abhishek is a ritual divinity applied to Lord Mahavir statues. On this fortunate day, many individuals of the Jain religion perform charity acts, worship, perform pujas, and fast. Monks give preachings in temples to promote the way of morality as taught by Lord Mahavir. Usually, a large number of practitioners visit ancient Jain temples around India to pay their respects and join in the celebrations.

He was born on the 13th day of the bright half of the moon in the month of Chaitra in 599 BC at Kshatriyakund, Bihar to king Siddhartha and Trisala. The astrologers interpreted it as an omen of the arrival of a noble soul. The child grew up to be a great guy. Lord Mahavir was married at first, but at the age of 30, he left his empire to seek deeper truth and achieve Nirvana, abandoning all earthly desires and walking the path of a monk. Many people were moved by Lord Mahavir's spiritual and moral excellence throughout his lifetime. He simplified Jainism and freed it from many ritual complexities, inspiring many to follow in his footsteps. His message and lessons about universal

love will carry on in perpetuity.

Lord Mahavir is regarded as one of the visionaries of social reform and harmony. He was a Jain propagator who proceeded in the path Teerthankara Parshvanatha. Lord Mahavir disseminated the message of hope and peacefulness, and his ideas affected a large number of followers. He established a five-point path for all people to follow: 'Ahimsa,' 'Asteya,' 'Brahmacharya,' 'Satya,' and 'Aparigraha.' Lord Mahavir's beliefs were founded on scientific reasoning of existence and the ultimate spiritual self. His principles are being embraced today, not just by Jain communities, but also by others.

On this day, people attempt to remember Lord Mahavir's teachings and make commitments that they will not harm anyone in the future, both consciously and inadvertently. Lord Mahavir's difficulties and hardships demonstrate how strong his personality and individuality were.

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# MOTHERHOOD'S STRENGTH CAN EXCEED UNIVERSAL LAWS!



## National Safe Motherhood Day

**M**otherhood is a crucial stage in a woman's life, and she requires the utmost love and protection during this time. The goal of National Safe Motherhood Day is to make motherhood the most wonderful experience in the lives of all mothers.

Every year on April 11, National Safe Motherhood Day is honoured. It is a White Ribbon Alliance India program (WRAI). The day is marked to raise awareness about women's prenatal and postoperative care and necessities. India is the world's first country to have a socially acknowledged National Safe Motherhood Day.

On April 11, 2003, the Indian government recognized April 11 as National Safe Motherhood Day. It was carried out at the request of the WRAI. When the Centre for Catalyzing Change, an NGO, brought together a number of individuals and organizations to campaign for safe motherhood in India, the White Ribbon Alliance for Safe Motherhood India was created. The objective of the WRAI is to inspire, support, and assist proponents of campaigns that women's rights to be protected during child-bearing age and even during the childbirth process.

It is a coalition of 1800 organizations. In 1999, the WRAI was established. The government chose this day since it is the birth anniversary of Kasturba Gandhi, the wife of Mahatma Gandhi.

Every year, WRAI members choose a topic and organize activities to raise awareness about maternity care and good healthcare for pregnant and nursing women. The purpose of these WRAI-organized activities is to raise awareness of the fact that every woman has the right to live and survive pregnancy and delivery. The topic for year 2022 is "Remain at home

amid coronavirus, safeguard mother and infant." The initiatives seek to raise awareness of the fact that every woman has the right to live and survive pregnancy and childbirth. On National Safe Motherhood Day, members and non-governmental organizations (NGOs) gather to share information and technical experience. The White Ribbon Alliance observes National Safe Motherhood Day to raise awareness about appropriate access to care during pregnancy, childbirth, and the postnatal period, with a focus on minimizing anemia. India is responsible for 15% of all maternal fatalities worldwide. Despite the fact that more than 80% of women give birth in a health facility, the fatality rate is significant. "Every year, 44,000 women die in India as a result of poor prenatal care," according to the World Health Organization.

Healthy motherhood means supporting all women with the care they require to be safe and healthy during pregnancy and childbirth. According to WRAI, "it is every woman's right to get good quality nourishment and competent healthcare services throughout and after pregnancy and childbirth." It also asks for the abolition of

child marriages, which may be an indirect cause of maternal fatalities. Because of the COVID-19 outbreak, it has been declared a Public Health Emergency is an International Concern. All pregnant mothers, whether or not they have been diagnosed with COVID-19, should have access to advanced care. This includes prenatal, newborn, postnatal, postpartum, and mental therapy. COVID-19 is a severe threat to the most vulnerable people in our life, but there are simple precautions we may take to keep them safe. Right now, staying at home is the greatest option. Pregnant women should avoid going out unless they have an emergency medical need conveyed by the World Health Organization.

The government has launched a range of national initiatives to help pregnant women. The Indian government has launched Janani Shishu Suraksha Karyakaram to urge people who still want to deliver at home to choose skilled birth attendants. It is a campaign to verify that JSSK benefits reach every needy pregnant lady who visits a government institution.

Janani Shishu Suraksha Karyakaram (JSSK), which was introduced on June 1, 2011, makes all pregnant women who delivered in public healthcare facilities entitled for essentially free and no-cost delivery, including caesarean. Complimentary facilities for ; medication and supplies, diagnostics, blood wherever needed, and diet for 3 days during normal delivery and 7 days for C-section are among the benefits. It also offers free transportation from home to the institution. In 2014, these benefits were expanded to include prenatal and postnatal problems of pregnancy. Similar entitlements have been established for all sick newborns and infants seeking treatment at public health institutes.

The majority of maternal deaths are avoidable. If women seek health-care options to prevent or manage difficulties, they are more likely to succeed. All women should be informed of the importance of prenatal care, as well as care during and after childbirth. Maternal and infant health is deeply entwined. As a result, it is critical that all births are attended by trained health professionals in order to give timely treatment. This will make the difference between life and death for both the mother and the baby and both live a healthy life.

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## TIGER OF MYSORE, TIPU SULTAN, THE DOYEN OF HEROISM!

**T**ipu Sahib or the Tiger of Mysore a man with umpteen pieces of identification popularly known as Tipu Sultan, who is sure to be esteemed as the bravest spirit who fought a war against the British. with assiduous travailing, ineluctable vicissitudes, he irrefutably emerged as the doyen in the field of war. People are losing sight of the original fact that Tipu Sultan was the emperor remembered for his remarkable tales of bravery and courage.

The first-born son of Sultan Hyder Ali of Mysore, under the able tutelage of his father at the delicate age of 17, he earned afflatus and assisted his father in the battle of 1776. Upholder of revolution and to get the ball rolling, he commenced the coinage and built up a new land revenue system that expedited the thriving business of the Mysore silk industry, but that is not all, he also introduced the Mauludi lunisolar calendar.

When India was beleaguered by the British and they had kept accelerating the power in every possible field, Tipu worked assiduously with zest and got his gun makers, clockmakers, engineers, and, other experts from France. He then put up his manufacturer of bronze cannons, muskets, and ammunition.

To exert the power of his glory more vigorously, Tipu had the tiger images on his every paraphernalia including textiles, coins, his soldier uniforms, and swords. And that is when Tiger fame was all the rage for the Tipu sultan. There is another folktale that has been told again and again, often for generations, according to which on one occasion, when he went into the forest for hunting. Tipu Sultan came up against a great deal of resistance in dealing with the Tiger before him. As he approached to shoot the animal, the Tiger struck wildly at him at the same time. Afterward, Tipu Sultan also lost the grip of his dagger and it fell to the ground. But the sharp-witted Tipu was quick off the mark with Tiger, on which, without further ado, he hurried down, picked up his dagger, and killed the tiger thereupon. Consequently, he manifested himself as the Tiger of Mysore.

The first and rapid expansion against the Britishers came to the fore when he gained the foremost victory over Colonel Braithwaite near Tanjore and took hold of Chittoor from the British. Tipu Sultan then undertook power on December 22, 1782.

In the third Anglo war, to seize the two forts in Cochin, Tipu Sultan attacked the Raja of Travancore but seeing the stiff resistance from Travancore troops

it became obvious that all his efforts were in vain. Having been apprised of the situation and seeing this as an opportunity, the Britishers spearheaded the deliverance for Travancore. However, later when Coimbatore was under British sovereignty, Tipu Sultan had put a stop to British East India company from advancing further. Thus, becoming a threat to Britishers.

It was in 1791 when Britishers had held the power in Bangalore and set out to seize the Srirangapatnam, then to block the access of supplies to Britishers, Tipu destroyed the local resources. In whatever way, a year later Britishers were successful and won a victory over Tipu's territory. After the secession of the state from the Tipu Sultan, Britishers exacted promises to cede half of his territory and two of his sons as captives.

In 1799, it was the cessation of the Sultan's sultanate in the fourth Anglo war, when Hyderabad Nawab came to the aide of Britishers and attacked Srirangapatnam. Following this, he was put to death and buried next to his father.

As he never gave up easily in his whole life, Tipu's quality of combatant was unsurpassed. He was the one who invigorated the tough war against Britishers. That is why, Britishers extolled the virtues of Tipu, as he was the one who fought relentlessly till his last breath against their advancement.



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## RANI RAMPAL: JOURNEY FROM POVERTY TO OLYMPICS

**R**ani Rampal from Haryana is destined for great things from childhood. She is the youngest player to wear the national colors and play for the nation at the 2010 Hockey World Cup, at the age of 15 years. Rani Rampal, a talent with a combination of ability and consistency, has given the Indian women's hockey squad a much-needed spark. She has been named team captain since she sets a positive illustration. Rani took on the captaincy with confidence, leading the side to triumph in the Asia Cup after 13 years and then through the World Cup qualifying in 2018. The Olympics would be the next stage for Rani's team in order to reclaim lost glory in the sport. Rani is certain that the team's current condition and performance made India reach to Tokyo Olympics for the first time in the history of India in 2020. Her devotion to the game is obvious from the fact that she proceeded to participate in both the junior and senior teams in significant international championships, excelling in all categories.

Rani Rampal, 26, was born in 1994 in Shahabad Village in Haryana's Kurukshetra district. Her skills were previously challenged; however she eventually displayed her promise to her instructor. She began playing field hockey in 2003 and learned at the Shahabad Hockey Academy under Dronacharya Award winner Baldev Singh. She participated in Junior Nationals in Gwalior and School Nationals in Chandigarh before joining into the national team. She earned her senior year at the age of 14,

making her the Indian Women's Hockey team's youngest player. As she began to play professionally, GoSports Foundation, a sports non-governmental organization, supplied her with financial help because her family was unable to fund her goals. She was a member of the Indian Hockey Team when it qualified for the 2016 Rio Olympics after a long time of 36 Years.

Even as she pursued her dream of being one of the best forwards in the country, Rani balanced her time between playing for the country and helping her family. MK Kaushik, a former women's team coach and 1980 Olympic gold medalist, offered her words of support. "I wished to go away from my situation; from the power outages, to the barely eating two square portions with seeing our house flooded whenever it rains," she recounted. Rani often ends up watching the teams play and wishing she could join them at a hockey academy near their house. Her father, who made around Rs.80 per day, couldn't afford

to purchase her a hockey stick, she remembers.

Rani grew up watching the legendary Dhanraj Pillay and began training at a nearby academy at the age of six. Rani faced several challenges, spanning from an economic meltdown to social shame. Amidst this, she moved on to become the

"Tournament" for both the 2010 World Cup and the 2013 Junior World Cup, and she subsequently helped the team earn bronze in the 2014 Asian Games. Rani Rampal has been recognized for the 2014 FICCI Comeback of the Year Award. Acknowledging her excellent achievement as the tournament's leading field goal scorer in 2016, she received the Arjun award,

which was like a roaring success for her. She was a member of the 2017 Women's Asian Cup, and they also won the title for the second time in 2017 at Kakamigahara in Japan, only after the trophy was presented for the first time in 2004. As a result, they were picked for the 2018 World Cup. The team earned a silver medal at the Asian Games in 2018, and headed to the World Cup quarter-finals beneath her captaincy. She carried the Indian flag during the closing ceremony of the 2018 Jakarta Asian Games. The squad came fourth in the Commonwealth Games that year.

Rani, the most successful player on the Indian team, sets a good

example. She wears a pendant with two hockey sticks and a ball. She has already aided the team's cause in the Tokyo Olympics and will be eager to achieve even greater success. Rani, with her age on her side, can continue to represent the country with excellence for a few years. In addition, the Government of India bestowed the Padma Shri honour her in 2020.

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captain of the Indian Women's Hockey Team. When she made the national squad, it all started paying off.

Rani Rampal being crowned "Young Player of the Tournament" in 2009 in Champion Challenge Tournament happened at Kazan, Russia and acquired India to gain 4 goals in the Final match. Rani was also crowned "The top Goal Scorer" after accumulating the best mark in the FIH Women's Champions Challenge II, and also won a silver medal with the Indian team at the 2009 Asia Cup.

Rani was named "Young Player of the



## FORBES TOP 10 BILLIONAIRES

The ranks of billionaires waned in the last year. The pandemic has caused their total worth to drop by \$400 billion. According to Forbes' annual World's Billionaires list there are 2,668 billionaires around the world. Last year 87 billionaires couldn't keep up in this intense situation. These 2,668 billionaires combined worth is \$12.7 trillion. The covid pandemic for 2 years has caused immense market disruptions. The Russian Ukraine war caused crude oil prices to cross \$100 per barrel which hindered the growth of many industries. The stock markets were in a shaky position. The U.S. has the maximum billionaires count, that is, 735, followed by China's 607. Elon Musk, the founder of Tesla and SpaceX topped Forbes' list for the first time with a net worth of \$219 billion. On seeing the Forbes list, we can say that more than half of the top 10 billionaires earned their fortunes in the technology sector.

### The top 10 billionaires are-

#### 1. Elon Musk (\$219 billion):

He is the founder, CEO at SpaceX. He was encouraged by plans to place a growth-chamber for plants on Mars. Musk had a net worth of \$27 billion at the beginning of year 2020. By the end of 2020, his net worth had increased by \$150 billion which was largely due to his ownership of around 20% of Tesla stock.

#### 2. Jeff Bezos (\$171 billion):

Bezos, who put his own \$10,000 into the company comprising himself, his wife, and two programmers. Within its first month after establishment in July 1995, Amazon sold books in every U.S. state and 45 nations around the globe. Now, Amazon has full-fledged business all over the world.

**3. Bernard Arnault and Family (\$158 billion):** Arnault runs brands including Louis Vuitton, Marc Jacobs, and Christian Dior (LVMH).

This is the world's luxury goods company. Arnault is amongst the richest people from Europe.

#### 4. Bill Gates (\$129 billion):

The major entrepreneurs of microcomputer revolution. He is the co-founder of Microsoft along with his late friend, Paul Allen.

#### 5. Warren Buffet (\$118 billion):

He started investing from 11 years. He is the CEO of Berkshire Hathaway. He is called the Oracle of Omaha. He believes in frugality.

#### 6. Larry Page (\$111 billion):

He is the owner of Google. He is the man who created Google along with Sergey Brin. Google is being used by millions of people in today's world. Larry Page is an American computer scientist and an entrepreneur.

#### 7. Sergey Brin (\$107 billion):

Sergey Brin and Larry Page were the co-founders of Google in 1998. The two have stepped down from their executive roles in 2019. Both of them didn't sell their shares which have tripled meanwhile.

#### 8. Larry Ellison (\$106 billion):

He gets his vast majority of wealth from his Oracle ownership. Under Ellison's leadership Oracle grew from a start up to the largest supplier of database software.

#### 9. Steve Ballmer (\$91.4 billion):

He was the CEO of Microsoft from 2000 to 2014. He is presently the proprietor of the Los Angeles Clippers.

#### 10. Mukesh Ambani (\$90.7 billion):

Mukesh Ambani is the chairman and managing director of Reliance Industries. He is the richest man from India who has managed to place his rank among the top 10 billionaires in the world.

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## DEMOGRAPHIC DIVIDEND MAY SANS ENOUGH JOBS AND SKILLED WORKFORCE

India's demographic dividend may turn into a liability in the absence of required jobs and skilled labour force. A demographic dividend means the growth of an economy as a result of the age structure of a country's population. Declining fertility and mortality rates typically bring a change in age structure. A country that experiences low birth rates with low death rates an economic dividend or benefits from the increase in productivity of the working population. As the labour participation force increases, it is considered that the country will reap the benefits of its resources.

The government has to take care of job opportunities to reap benefits of demographic dividend. As the country is expected to add another 183 million people to the working age group of 15-64 years between 2020-2050, the problem of reaping benefits is becoming difficult. Confederation of Indian Industry reported that working age population is necessary but not sufficient for it to sustain the economic growth. It's high time for India to create new jobs and adept the workforce for those jobs otherwise the demographic dividend may turn into liability. Education and skill development sectors are the highest reapers for this dividend.

### What role does the Confederation of Indian Industry play?

- To strengthen industries' role for economic development.
- To act as a catalyst in bringing about the growth and development of Indian industries.
- Provides up to date information and data to industry and government.
- Integration into the world economy and globalisation of Indian Industry.

### Insights of Confederation of Indian Industry:

- The report says India does not have much time to utilize this benefit of demographic dividend.
- India is likely to add 101 million people in the working age population between 2020-30, this number will reduce to 61 million and

then to 21 million for 2030-40 and 2040-50, respectively. It may happen that India's working age population will start declining in the decade 2050.

- High quality school education, higher education and skill development aligned to industry needs are some of the prerequisites, if India is to become an economic powerhouse which will create good quality jobs for its youth.
- India's labour market imbalances show how the skill mismatch and shortage can impact productivity growth, which will be impeding India to enhance its long-term growth.
- In these two years of pandemic, children have been away from schools. The gap in their learning process should be filled by some mission like a catch up campaign.

India has very less proportion of formally skilled workers when compared to other countries in the world. Industry transform models can be created which will transform supply based to demand-based skill systems. The government should also consider setting up multi skill training institutes in MSME clusters to impart skills based on local demand. Corporations should invest in employee education and training. This will help in meeting high demand for skilled workers. Greater government and industry collaboration will play a significant role in providing skills to the increasing workforce.

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## MAHARASHTRA GOVERNMENT HAS BEGUN TO USE BLOCKCHAIN TECHNOLOGY FOR CASTE CERTIFICATE VALIDATION



The Maharashtra government began using a blockchain-based system for caste certificate validation on Thursday. Caste certificate validation currently requires a lot of manual intervention and is vulnerable to fraud and forgery, according to officials. False caste certificates can deprive qualified individuals of job or educational opportunities. The state government will now record all of the necessary information for a

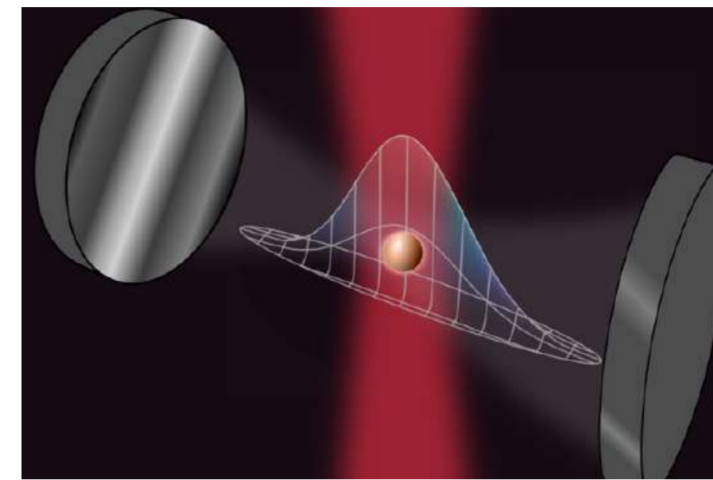
caste certificate and issue it to the applicant. The data will be saved in the form of a QR code using blockchain technology once it is issued. According to Deependrasinh Kushwah, CEO of the Maharashtra State Innovation Society, any government department can then scan a candidate's QR code and cross-check his or her caste certificate. The first project has been chosen for the Etapalli sub-division of the Gadchiroli district. It has validated the castes of 65,000 people using blockchain technology. He also said that the government's citizen facilitation centres will soon begin issuing caste certificates with QR codes. LegitDoc, a start-up that won the Maharashtra government's 'hackathon' event in 2019, developed the technology. Additional collector Shubham Gupta stated that this will put an end to document forgery and misuse. It will save a significant amount of time and money. According to Neil Martis of LegitDoc, such verification and validation of key government documents is widely used in many counties. It's great that our country is following suit.

## AFTER A BRIEF OUTAGE, ZOMATO AND SWIGGY ARE BACK ONLINE

Users in India were unable to access the food delivery apps Zomato and Swiggy. Users were unable to refresh the feed or place food orders. Several users reported receiving the message "Something went wrong. When they attempted to access the Zomato app, they received "Please try again later" messages. According to reports, the two apps crashed due to a technical snag caused by Amazon Web Services. Swiggy was only down for a few seconds, and Zomato appears to be functioning normally for users. However, it did cause problems for users while it was not operational. A user reported that his order was on its way when the app crashed, rendering him unable to track it. Another user complained that he couldn't order food for a few days after upgrading to Zomato's subscription plan. He, like many other users, was unable to access the food menu. Zomato and Swiggy responded to user complaints by saying they were investigating the "temporary glitch." Swiggy acknowledged the problem, saying that they were currently unable to process the request due to technical constraints. Not to worry, their brightest minds are working on it, and that they will be back up and running soon. Zomato, too, stated that it is working to resolve the "technical glitch." They are experiencing a brief hiccup. They have requested to be assured that their team is working on this and that they will be back up and running soon.



## A NANOPARTICLE TRAPPED BETWEEN FUNCTIONS AS A QUANTUM SENSOR



Sensors are a key component of the Internet of Things, providing data that can be used to control a wide range of objects. Precision is critical here, and this is where quantum technologies could help. Researchers are now showing how nanoparticles in tiny optical resonators can be transferred into the quantum regime and used as high-precision sensors. Advances in quantum physics open up new avenues for significantly improving sensor precision and, as a result, enabling new

technologies The researchers propose that by taking advantage of the system's fast unstable dynamics, the motional fluctuations of a nanoparticle trapped in a microscopic optical resonator could be reduced significantly below zero-point motion. Mechanical quantum squeezing reduces the uncertainty of motional fluctuations below zero-point motion, and it has previously been demonstrated experimentally with quantum resonators. The researchers now propose a novel approach, tailored specifically to levitated mechanical systems. Light is reflected between mirrors in an optical resonator and interacts with the levitated nanoparticle. Such interaction can result in dynamical instabilities, which are frequently regarded as undesirable. The study proposes a novel application of optical cavities as mechanical quantum squeezers, as well as a viable new route in levitated optomechanics beyond quantum ground state cooling. Thus, micro-resonators provide an intriguing new platform for the development of quantum sensors, which could be used in satellite missions, self-driving cars, and seismology, among other applications. The European Union provided financial support for the research in Innsbruck and Zurich.

## NGT CHIEF PLEDGES TO SAVE THE ENVIRONMENT AND BRING SUSTAINABILITY TO THE PERSONAL LEVEL

On Friday, Justice Adarsh Kumar Goel, chairperson of the National Green Tribunal (NGT), called on people to help save the environment from pollution. "Bringing sustainability to a personal level is an effective way to curb environmental problems of the twenty-first century," he said at Rayat Bahra University's one-day workshop on 'Environment Consciousness for Sustainable Future - Save Blue, Live Green.' Justice Goel stressed the importance of understanding the relationship between the environment and health at a workshop organised to educate students and faculty about sustainable living for a better future. On his arrival, Justice Goel was greeted by Rayat Bahra University chancellor Gurbinder Singh Bahra and vice-chancellor Dr Parvinder Singh. After that, Justice Adarsh Kumar Goel went to the Green Projects Display and Herbal Garden, where he took part in a tree-planting activity. The NGT chief also attended a weather forecasting exhibition hosted by the Chandigarh Department of Metrology. On this occasion, students from Rayat Bahra University presented a Nukkad Natak on 'Environmental Pollution and Health.' Justice Jasvir Singh, Dr. Adarsah Pal Vig, chairman of the Punjab Pollution Control Board, Urvashi Gulati, retired chief secretary of Haryana, and other guests were in attendance.



## ITTF RANKINGS: MANIKA BATRA AND ARCHANA KAMATH BREAK INTO THE TOP FIVE IN WOMEN'S DOUBLES ANI



**A**rchana Girish Kamath and Manika Batra, India's women's doubles pair in table tennis, have entered the Top 5 of the WD category in the International Table Tennis Federation's latest rankings. The duo climbed two spots to fourth place. Kamath and Batra were eliminated from the WTT Star Contender Doha 2022 last week after losing in the women's doubles semi-finals.

However, their appearance in the final four was enough to earn them a bronze medal. Li Yu-Jhun and Cheng I-Ching of Chinese Taipei defeated the second-seeded Indian pair 3-0 (11-8, 11-6, 11-7) at the Lusail Sports Arena in Qatar's capital. Archana Girish Kamath moved up to 10th place in the women's doubles (individuals) rankings, while Manika Batra moved up to 12th. With 4289 points, the Chinese duo of Wang Manyu and Sun Yingsha leads the chart, followed by the Japanese duo of Mima Ito and Hina Hayata and Luxembourg's Xia Lian Ni and Sarah de Nutte.

## KIDAMBI SRIKANTH IS KNOCKED OUT IN THE SECOND ROUND OF THE KOREA OPEN BY JONATAN CHRISTIE

**K**idambi Srikanth of India lost in straight games to third seed Jonatan Christie of Indonesia in the men's singles semi-final of the Korea Open Badminton Championships 2022 on Saturday at the Palma Stadium. In the first game,



world no. 12 Kidambi Srikanth took a 5-2 lead by winning four consecutive points against world no. 8 Jonatan Christie, but the Indonesian clawed his way back to tie the game at 6-6. Srikanth had a three-point lead going into the break, with the score 11-8. The third-seeded Indonesian fought on, as did Srikanth. Srikanth led 18-17 at one point, but Christie won three points in a row to win the first game 21-19. In the second game, the Indonesian shuttler took a 3-0 lead after winning three consecutive points. Christie's lead was maintained as both players

went into the break, with world champion Srikanth trailing 8-11. Srikanth clawed his way back to take a 14-13 lead, but the Indonesian responded with six straight points to race to a 19-14 lead and go on to win the second game 21-16. Kidambi Srikanth lost the match 19-21 16-21 in 50 minutes, effectively ending India's campaign in the Korea Open. Srikanth recently lost to Jonatan Christie in the Swiss Open semi-finals last month.

## PRIYANGKA DEVI'S STRIKE GIVES INDIA THE VICTORY OVER EGYPT



**P**riyanka Devi scored the lone goal as the Indian women's football team defeated lower-ranked Egypt 1-0 in the first friendly on Wednesday at the Prince Mohammed Stadium. It was Priyanka's first goal for the Blue Tigresses against Egypt, who were ranked 95th. The first half began with the Indian team pushing hard to take the lead. Captain Ashalata Devi attempted to take an early lead in the 18th minute with a long-range shot, but Anju, who latched on to the ball, missed the opportunity. Manisha almost scored the first goal of the night a few

minutes later when Dalima's pass from the right was intercepted by the Egyptian goalkeeper. Before the opposition could settle into the game, Priyanka scored in the 30th minute to give India an early lead that would stand as the only goal of the match. The second half followed a similar pattern, with India creating more chances as head coach Thomas Dennerby made his first substitution at the restart, replacing forward Renu with Pyari Xaxa. Engy Ahmed Sayed, the prolific captain, tried her luck from close range before the hour mark, but Sowmiya stood tall to confidently deny her. Hayam Abdellatif had Egypt's final shot in the dying minutes of the game, but it was saved by Sowmiya's gloves. The match was quickly over, with India claiming their first victory in Jordan. This is the first match since the national team was forced to withdraw from the AFC Asian Cup group stage, which India hosted in January-February, due to a COVID-19 outbreak inside its bio-bubble in Mumbai.

## PV SINDHU'S CAMPAIGN ENDS IN THE SEMI-FINALS OF THE KOREA OPEN AFTER SHE FAILS TO DECODE AN SE-YOUNG

**P**V Sindhu of India was defeated for the fourth time in a row by the young An Seyoung in the semifinals of the Korea Open Super 500 badminton tournament here on Saturday. The third seeded Indian tried everything but couldn't overcome the world number four Korean, falling 14-21 17-21 in 48 minutes. An Seyoung, 20, provided ample evidence of her athleticism with her diving returns to keep the rallies alive and didn't falter in her precision, leaving Sindhu to play catch-up from the start. The second seeded Korean gallop to a 6-1 lead early on, riding on her superb retrieving skills. She then dove twice in quick succession on both flanks to deflect Sindhu's attack before sealing it with a delightful drop. Sindhu tried to pick up the pace, but An Seyoung used a variety of shots to stay one step ahead. The Indian scored a few points with her smashes, but she was unable to put any pressure on the Korean. Sindhu's long shot was followed by a net winner to keep the score at 9-9, but the Korean was relentless in her retrievals and soon took a two-point lead when Sindhu shot one to the net. Sindhu rattled off three points in a row to keep the match alive, but An Seyoung deflected one from the Indian's backhand, and the Indian went to net next, handing the Korean three match points. An Seyoung unleashed another smash to seal the deal and fall to her knees in ecstasy.





EXPERT



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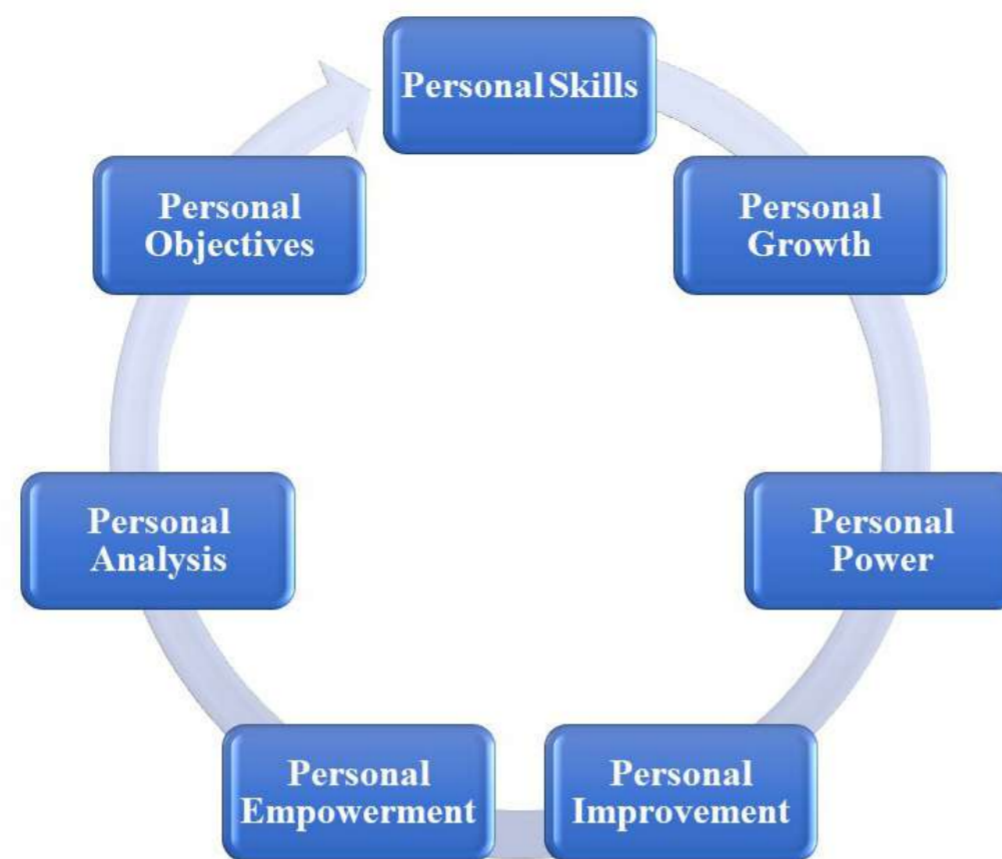
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FAQs ON STRESS MANAGEMENT

Q1. How can I contribute in personal development?

Ans. Personal development is a phrase that refers to actions intended to improve talents, potential, employability, and even wealth. Any time you are deliberately making an effort to improve yourself, you are participating in personal development. To make an effort, one needs to understand 'what does personal development mean'. There are seven main categories of personal development.

- **Personal Skills:** Personal skills can be ones you were born with as well as skills gained through deliberate practice. They're often referred to as soft skills. That means people obtain them logically or through practise, rather than prescribed study. Personal skills are abilities that assist people positively interrelate with one another. Sometimes called interpersonal skills or people skills.



- **Personal Growth:** Having a personal growth plan is one of the first steps toward bettering yourself and stepping out of your comfort zone. It is the process by which a person knows self and constantly develops him or herself to reach his or her complete potential. Personal growth is an important division of a person's development, maturity, achievement and contentment.

- **Personal Power:** Personal power is the authority others believe you to have in certain circumstances and is fuelled by your connections, knowledge, and financial status. Personal power is a core management ability that everyone needs to build up before they can lead others.

- **Personal Improvement:** Personal improvement stems from good work habits and having a positive mental attitude. Self-improvement is any action or goal that enhances your quality of life or helps you arrive at your full prospective and recognize your dreams.

- **Personal Empowerment:** Personal empowerment is similar to Personal Power, except empowerment is the power you see within yourself, instead of how others view you. Personal empowerment is about taking power over of your own life, and making positive decisions based on what you desire. It's closely linked to attributes like self-esteem and self-confidence, but true empowerment comes when you alter intention into action.

- **Personal Analysis:** It is very important to be conscious of areas in which you are naturally gifted as well as analyze areas in which you need improvement. This is called personal analysis. A Personal SWOT analysis is an exercise in self-introspection to know self and arrange for development.

- **Personal Objectives:** Personal objectives are actionable statements for individual growth. Ambition goes to squander when there are no apparent goals in vision. Developing short-term and long-term goals is a key step in truly accomplishing them and budding as a complete person.

Now ask yourself 'what is my self-rating of these seven categories'. Identify where you need to focus to enhance and plan ahead. Creating a plan for personal development helps you get a better sense of control over your life and will make you better prepared for whatever comes your way. Personal development is the belief that you are worth the effort, time and energy needed to develop yourself. Personal development enhances your qualities and abilities that help you grow both personally and professionally. So, develop yourself, all the very best, stay blessed!

AN INITIATIVE OF HULAHUL FOUNDATION

FEELING STRESSED?  
NEED A SOLUTION



Ask the EXPERT

The HULAHUL Times is giving an opportunity to our readers who find that stress is affecting their daily life and needs professional help; can ask maximum two(2) questions to our panel of professional experts and counselors and get advice and health tips from them.

Every Monday you will get answers to your questions which will be published in our E-newspaper without revealing your identity.

Just get ready with your questions and email it on [stressmanagementhulahul@gmail.com](mailto:stressmanagementhulahul@gmail.com)

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

**Please note:**  
Only selected questions will be answered

Keep reading



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# QUIZ TIME

1. Which institution announced that it favoured adoption of Global minimum tax on corporate profits?
2. What was the target for the number of houses in the 1st phase of PMAY- Gramin?
3. SARTHAQ', which was seen in the news recently, is an implementation plan related to which policy?
4. Online Grievance Management Portal of which commission has been launched on 14th April 2021?
5. The Union Agriculture Ministry has signed a MoU with which organization, for a pilot project in 100 villages of six states?
6. The Benin Bronzes, which was seen in the news recently, were found in which country?
7. 'Climate Vulnerability Assessment for Adaptation Planning in India' Report is set to be released by which department?
8. Which is the first known species to be capable of both increasing and decreasing its brain size?
9. Which racing driver clinched the Emilia Romagna GP, held in April 2021?
10. What is India's rank in the WEF Energy Transition Index?



1. What can fill a whole room without taking over any space?
2. What has roots that no one sees and rises much higher than trees? Yet does not grow; what is it?
3. More you create the more you leave behind. What am I?
4. I am a hunter, but I don't have a rifle, I lay net but I am not a fisherman, what am I?
5. When you hear about me, I deserve everything but when you find out who am I, I am nothing. [Who am I?](#)
6. What can't be burned during a fire or drowned in water?

- Answers**
1. IMF
  2. 1 crore
  3. New Education Policy
  4. NCSC
  5. Microsoft
  6. Nigeria
  7. Department of Science and Technology
  8. Indian jumping Ant
  9. Max Verstappen
  10. 87

## The HULAHUL Times Team

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- Answers**
1. Light
  2. A mountain
  3. Footprints
  4. A spider
  5. A riddle
  6. Ice

## Good News!!

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