

# The HULAHUL Times

Established - 2019

Year : 4<sup>th</sup>

Vol. No. 2 - Issue No. 53

Pages : 10

Editor - in - Chief  
Mr. Ravi Singh

Initiative by HULAHUL Foundation

## LORD SHIVA'S WISDOM BRINGS HARMONY AND BALANCE TO LIFE

Hindus celebrate Lord Shiva on Maha Shivaratri, an annual festival that marks the culmination of Shiva's marriage to Parvati. On the 13th night/14th day of each lunisolar Hindu month, there is a Shivratri festival. However, Maha Shivaratri refers to "the great night of Lord Shiva," which occurs once a year in February or March, just before the start of summer. Maha Shivaratri is observed in 2023 on February 18, Saturday.

It is a significant Hindu holiday, and the solemn celebration honours the "overcoming of darkness and ignorance" in both life and the universe. It is observed by praying, fasting, and meditating on morals and virtues like self-assurance, honesty, harm to others, forgiveness, and the discovery of Lord Shiva in remembrance of Lord Shiva. Great devotees keep themselves up all night. Others make a pilgrimage to the Jyotirlingas or one of the Shiva temples. It is a long-standing Hindu festival, the beginning of which is still a mystery.

In India, the majority of Hindu holidays are observed during the day; the exception is Maha Shivaratri, which is observed at night. The Saiva Hindus mark this night as "overcoming darkness and ignorance" in one's life and the world, and they mark the occasion with "Jagaran," a nightly vigil and prayers. Lord Shiva is worshipped by those who fast throughout the day and offer fruits, leaves, sweets, and milk offerings, while others engage in meditation. The Lord Shiva's sacred mantra, "Om Nama Siva," is continuously chanted in Shiva temples. Depending on the Hindu Luni-Solar calendar, Maha Shivaratri is observed over the course of three or ten days. There is a Shivaratri

festival once per lunar month (12 per year). On the 13th night (the waning moon) and the 14th day of the P h a l g u n a month, also known as Maha Shivaratri or the G r e a t Shivaratri, the main festival is celebrated. The day takes place in February or M a r c h according to the G r e g o r i a n calendar.

M a h a Shivaratri is regarded as the day on which the Adigogi, or first teacher, first became conscious of the material plane of existence. Tantra claims that the genuine experience does not take place and transcends the mind during this conscious phase. Time, space, and logic are all transient in meditation. When a yogi reaches nirvana, the final stage of samadhi or illumination, it is regarded as the brightest night of the soul.

It occurs in Malliah Gutta near Kambalapalli, Gundlakamma Kona near Railway Kodur, Kandalakona, Bhairavkona, and Uma Maheshwaram in Andhra Pradesh and Telangana. After Shivratri, one of the 12 Jyotirlinga locations in Srisailam celebrates Brahmots. At the Rudreswara Swamy temple in Warangal,

which has a thousand pillars, Mahashivaratri festivities are held. At Srikalahasti, Mahanandi, Y a g a n t i, Antarvedi, Kattamanchi, P a t i s i m a, Bhairavakona, Hanmakonda, Kisaragutta, Vemulawada, Panagal, and Kolanapukka, devotees congregate for special poojas.

M a h a Shivaratri celebrations are well-known to take place at the Mandi Festival in Mandi town. The city will change as the believers

saturate in. On the day of Maha Shivaratri, the more than 200 deities in the area are said to congregate here. Mandini, one of the oldest towns in Himachal Pradesh, is situated on the banks of the Beast and is referred to as the "Cathedral of Temples" due to the 81 temples of various gods and gods that are situated along its edge.

The lingam was supposedly seen as a fiery column at dawn or dusk, and Vatuku Bhairava and Rama (or Ramana) Bhairava were the sons that Mahadevi's mind gave birth to. However, it utterly failed to identify either its start or end. They went to Mahadevi and merged with her magnificent

flame-lingam, singing its praises while simultaneously feeling apprehensive and excited. The fact that men worship both Goddess Vatuka and Ramana, that they will accept their offerings on that day, and that those who adore them will grant all of their wishes, is a blessing for both of them.

Mahadevi glances at Vedula Bhairava as he emerges from this watery mound fully equipped with all of his weapons (and even Rama). Then he is symbolised by a puddle of water in which a walnut is placed for worshipping Lord Shiva, Parvati, Kumara, Ganesha, their attendant deities, Yoginis, and Kshe Rapalalu. Then, Nivea receives the soaked walnuts. Shiva has a large following in Central India. One of the most revered shrines for Lord Shiva is the Mahakaleswar Temple, where a large number of followers gather to pray on the day of Maha Shivaratri. The festival is also fervently observed in two other locations: Tilwara Ghat in Jabalpur City and Jeonara, the Math Temple in Seoni Village.

Shobha Yatras are organised in Punjab by a variety of Hindu organisations in various cities. Hindus in Punjab enjoy this festival very much. The Maha Shivaratri Mela is held in Gujarat's Junagadh, where taking a bath in the Mrigi Kund is revered. Legend has it that Lord Shiva visits Murgi Kund to take a bath. Unmarried girls in West Bengal who are looking for a good husband observe Maha Shivaratri and frequently travel to Tarakeswar.

\*\*\*\*





# LET'S USE OUR BRAINS TO END EPILEPSY

*"You alone are responsible for your happiness, so you have the power to alter any aspect of your life or self that you choose."*

The theme of this year's International Epilepsy Day, "Step Up Against Stigma," gives those who have epilepsy and those who care for them a chance to refute myths with the truth.

According to Dr. Francesca Sofia, president of the International Bureau for Epilepsy, "Epilepsy affects almost every aspect of the life of the person diagnosed with the disease" (IBE). "The stigma associated with the condition is frequently harder to deal with for many people living with epilepsy than the condition itself."

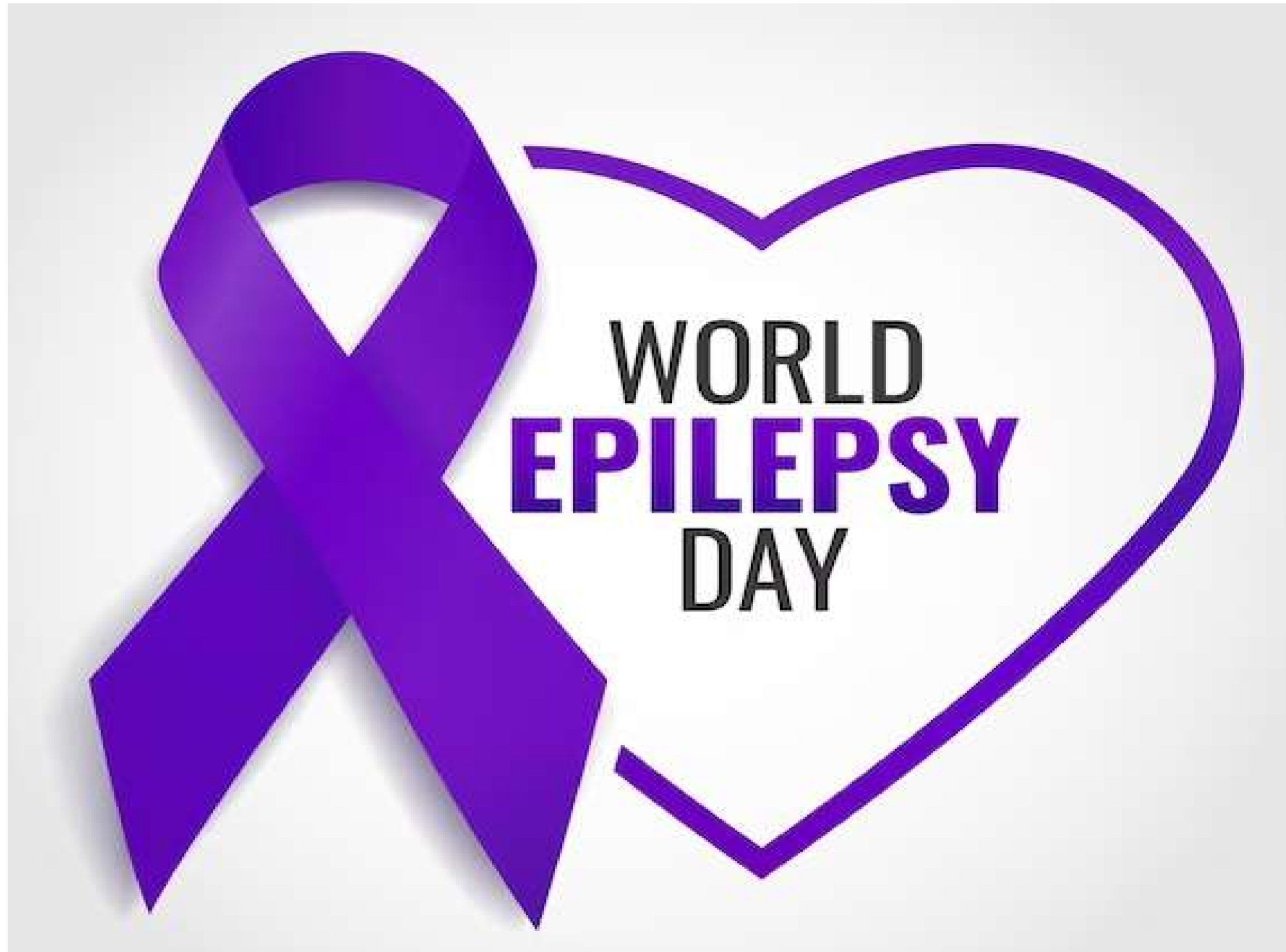
Epilepsy is still largely underdiagnosed as a treatable brain disorder, which poses a major public health challenge in many nations. Epilepsy education and debunking of myths can lessen stigma and prejudice at school, work, in the clinic, in the community, and at home.

The celebration of International Epilepsy Day includes ministerial meetings, educational workshops, awareness-raising campaigns, fundraising events, and social media activity. It is observed in more than 100 countries.

IBE and the International League Against Epilepsy (ILAE) invite the public to print a "Epilepsy Is..." card and write a statement that refutes common misconceptions. To commemorate the day, these messages can be shared online.

The Intersectoral Global Action Plan on Epilepsy and Other Neurological Disorders [IGAP], which aims to improve the quality of life for people with neurological disorders, their carers, and families, as well as reduce stigma and increase access to treatment, was endorsed by the World Health Organization in 2022.

By 2031, 80% of countries must have created or updated their legal frameworks



to advance and defend the rights of those who have epilepsy, according to a specific strategic objective on strengthening the public health approach to epilepsy in the IGAP.

According to Helen Cross, president of ILAE, "IGAP speaks directly to the mission, needs, and aspirations of the global epilepsy community." As a result, it is an effective tool for bridging the unacceptable gaps in epilepsy inclusion, treatment, prevention, and research that exist today.

More than 50 million people worldwide are thought to be affected by epilepsy. Epilepsy is the tendency to experience recurrent seizures.

Up to 70% of people with epilepsy could have their seizures under control if safe, powerful, and very affordable (\$5 per person/year) anti-seizure medications were made available.

With an estimated 125,000 deaths per year worldwide, epilepsy is one of the top five neurological disabilities in the world. Epilepsy is a condition that poses a serious risk to life. Epilepsy sufferers experience a death rate that is three times higher than the general population.

Addressing and reducing risk factors like stroke, brain infections, birth injuries, and head trauma could prevent every fourth case of epilepsy. However, there are still few

and undeveloped prevention methods.

Additionally, other illnesses like depression, anxiety, dementia, migraine, heart disease, peptic ulcers, and arthritis have a disproportionately negative impact on people with epilepsy.

The goal of the International League Against Epilepsy (ILAE), a global association of medical professionals and researchers, is to eliminate epilepsy from human existence.

\*\*\*\*



# AN EPITOME OF BRAVERY - RANI CHENNAMMA

India got independence in 1947, but the struggle for this freedom has lashed many memorable stories on the pages of history, some are relevant and some missed out from pages of history, one glorified saga is of Queen Chennamma was born in a small village in the north of Belagavi District of Karnataka, on October 23, 1778, that's almost 56 years prior than then brave Rani Lakshmi Bai Jhansi. From a tender age, she received training in horse riding, sword fighting, and archery, she was also well-known for her brave acts across town.

When she was barely 15 years Rani Chennamma was married to Mallasarja of the Desai family, a ruler of Kittur (Karnataka) but destiny gave her a devastating moment in her life twenty-three years later when her husband died in 1816. She had a son from the marriage, and her husband left her with a son and a state full of volatility, but fate swayed like a tragic game with her and she lost her beloved son breathing his last in 1824, leaving behind a lonesome Queen to fight back against the British. The doctrine of lapse was imposed on native states where rulers were not allowed to adopt a child if they had no children of their own, the territory would further be formed a part of the British empire automatically.

Chinnamma after the death of her son had adopted a boy named Shivalingappa and named him the heir to the throne, but her adopted son was not accepted by the British East India Company as per the doctrine. The state of Kittur came under the administration of the Bharwad collectorate in charge of Mr. St John Thackeray. Mr. Chaplin was the commissioner of the region. Both did not recognize the new ruler and the regent and were informed that Kittur had to accept the British regime.

Rani Chinnamma opposed the decision of the British along with the local people, she was the first women's independence activist of Bharat who stood alone with a vibrant fiery eye against the British empire. Thackeray invaded Kittur, and in the battle that ensued hundreds of

British soldiers were killed along with Thackeray, the humiliation of defeat was not digested by the British, they brought in bigger armies from Mysore and Solapur and surrounded Kittur, Rani Chennamma as with the continuous attack she and lieutenant Sangolli Rayanna fought bravely, she even tried negotiated with Chaplin and

The Rani was soon defeated (1824 CE) she was taken as a prisoner and kept in the fort of Bailhongal for life. She spent her last days reading the holy text and performing puja. She breathed her last on 21 February 1829. Kittur Chennamma could not win a war against the British she etched her presence for many centuries in the world of

history, her revolt, this feat turned her into a folk hero in the Karnataka culture as well as the prime symbol of the Independence movement, and she is revered in Karnataka as an 'Icon of Bravery'. Rani Chennamma became a legend during the freedom movement, her brave resilience with British formed theme of plays, songs and stories, folk songs, or lavannis were legion and freedom struggle a good boost through singing bards who moved throughout the region. Queen Chinnamma was buried in Bailhongal which is a memorial site for Samadhi.

It's heartening news that a statue of Kittur Chinnamma was erected in the parliament building's premises in New Delhi on 11 September 2007, a most fitting tribute to the valor of the Queen, who was the earliest ruler of Bharat to fight back against British rule. Her story is a brave epic for many women to rise against the British and to every woman alone as a ferocious lioness, Today, she is well known as Kittur Rani Chennamma, every year Kittur celebrates the Kittur Utsav from the 22nd to 24th of October as a mark of respect for the Queen. Two more statues were installed in Bangalore and later a daily train between Bangalore to Kolhapur was named after the Queen as Rani Chennamma Express.

A Queen remembered as an epitome of bravery stands by against all odds creating history is a name to be cherished in hearts for women to dare against all the consequences in life and stand for their rights whether it be injustice or civil rights valor to be saluted by every Indian as a Queen faith did choose her, but she chose her faith of daring on the spirit of 'never give up.'

\*\*\*\*



Governor of Bombay Presidency under whose regime Kittur fell, but she pleads fell to deaf ears. As Chennamma was compelled to declare war, for 12 days, the valiant Queen and her soldiers defeated the fort. But as is a common trait, traitors sneaked in and mixed mud and dung in the gunpowder in the canons.



## DASHRATH MANJHI – A MAN OF MOTIVATION AND ACCOMPLISHMENTS!

Anyone claimed belief can overcome any obstacle would have encountered Dashrath Manjhi, India's Mountain Man. So, who exactly was this man? Dashrath Manjhi, who was he? He was a common poor worker with a remarkable determination and energy to improve the world as a place to live in.

He was one of India's poorest of the poor. He made the decision that if the people in position would not aid his countrymen, he would. He was a man who excavated a path across such a mountain for 22 years using only a hammer and a chisel in Gaya in Bihar. He began dismantling the mountain in 1960, following the devastating loss of his wife, completely alone, without assistance, and wanting nothing at all in exchange. He finished excavating a way across it in 1982.

Dashrath created a roadway so his people wouldn't have to journey 70 kilometers for basic necessities. He did not, however, stop here anyway. He began knocking on doors and requesting that the route be paved and linked with the main road. He walked the entire way to New Delhi all along railway line. He petitioned there for his road and a hospital for his countrymen. The government recognized his contributions with a honor, but Manjhi stated, "I am not interested in these honours, recognition, or wealth."

The year was 1960. Individuals in Gehlour's Musahar village, where Manjhi and his family stayed, had to journey across and around the mountain for 75 kilometers to access essential services such as clinics, education, and water system. Nearly every day, Manjhi would climb a mountain to work on the farms of a landowner located on the other mountain's other side in order to provide for food for his family. In the afternoons, while he trekked up the dangerous mountainside, his wife

would bring him lunch.

Manjhi's wife was late one afternoon, and he became irritated. However when she arrived, she was wounded and severely hurt. Manjhi's wife, who was in sobs by the time

mountain to shatter and making it straightforward for him to convert the stone to debris. Eventually and slowly, Manjhi chiseled the path, and soon, others began assisting him, preparing meals for his family, and referring to him as 'Baba' out of respect.



As destiny would have it, his wife became extremely ill and died because she could not be transported to a hospital quickly enough. This infuriated Manjhi even more and he determined to finish the road he had began cutting several years before.

He eventually finished the 360-kilometer-long, 30-foot-wide road, which benefited not only his hamlet but also 60 nearby communities by minimizing the distance they had to travel to just five kilometers. Manjhi finished the road after 22 years of hard effort and sacrifice. But Manjhi was not finished. Immediately after accomplishing the relatively close accomplishment, he proceeded to meet with then-Bihar Chief Minister Nitish Kumar to have the road paved. The Chief Minister is claimed to have granted Manjhi his position out of reverence, a momentous effort given the Musahar caste's history of subjugation in caste-ridden India.

she arrived at her husband's side, had slid down the mountain and wounded her leg. Manjhi has decided to take matters into his own control at this point. He sold three of the family's goats to buy a chisel, hammer, and pickaxes to dig a path through the mountain. Everything he ever wanted was for his folks to have basic necessities. The townspeople mocked him, laughed at him, and referred to him as a madman. But nothing would stop Manjhi. He persisted. He would work his day salary in the morning and then return at evening to chisel out the road.

his people's fate. It is proof of just about everything he rooted in. Even after his death, he continues to motivate the residents of his town and thousands of individuals across the nation.

\*\*\*\*

Manjhi made utilize what he possessed. He splashed water on the boulder and burned firewood on it, causing the



## DU TO ORGANISE STUDENT EXCHANGE PROGRAMMES AND SIGN MOUS WITH FOREIGN COLLEGES AT THE G20 CONFERENCE



The Delhi University is prepared to "internationalise Indian education" by utilising India's G20 leadership. By setting up student exchange programmes, organising conclaves, and signing MoUs with foreign colleges and institutes, the university intends to achieve this.

Over 200 meetings are set to take place at 55 various sites across India, which last year on December 1 took the G20 chair. A meeting will be held in Delhi in September to conclude things.

For students at the varsity to interact with their peers and delegates from G20 member nations, there will also be a number of programmes, including entrepreneurial conclaves, a Model UN, and a G20 Conclave, an official said.

To plan and execute programmes and events during India's G20 chairmanship, the DU formed a 10-member committee. The panel was established on January 25, according to the official.

The official, who is a committee member, stated that Delhi University also intends to take advantage of this chance to raise the university's stature internationally. The institution will emphasise the participation of foreign students in the events. He added that it intended to invite dignitaries from G20 nations to some of these activities.

\*\*\*\*

## NASSCOM INTRODUCES SIX COURSES TO EDUCATE EDUCATORS ABOUT CUTTING-EDGE TECHNOLOGIES

Red Hat, a provider of open source solutions, and the Sector Skills Council (SSC) of NASSCOM have joined together to offer the first batch of six training courses that are in line with the National Skill Qualification Framework (NSQF). These courses, which have been approved by NCVET (the National Council for Vocational Education and Training), will be offered on SSC NASSCOM platforms.

Red Hat OpenShift Development I, Red Hat OpenStack Administration I, Red Hat Linux Automation with Ansible, and Red Hat Application Development I are among the courses offered. Red Hat Linux System Administration I and Red Hat Linux System Administration II are also included.

The goal of the effort is to use the

\*\*\*\*

## PM'S PARIKSHA PE CHARCHA'S 5 EDITIONS COST AROUND RS 28 CRORE, ACCORDING TO THE MINISTRY OF EDUCATION



According to the Ministry of Education, the first five iterations of Prime Minister Narendra Modi's "Pariksha Pe Charcha" with children, parents, and instructors cost about Rs 28 crore.

The yearly interaction's sixth iteration took place at Delhi's Talkatora Stadium on January 27. The figures were disclosed by Annapurna Devi, the Union Minister of State for Education, in a written response to a question in the Lok Sabha.

Spending for the first edition of PPC in 2018 was Rs 3.67 crore, with subsequent years seeing expenditures of Rs 4.93 crore, Rs 5.69 crore, Rs 6 crore, and Rs 8.61 crore.

The statement omitted any information about the specific costs associated with the event this year. 'Every year, at Pariksha Pe Charcha, Modi engages with students taking board exams.

On February 16, 2018, the stadium hosted the first iteration of the prime minister's interactive session with high school and college students. This year, a record-breaking 38 lakh pupils signed up to take part in the competition. Last year, there were at least more than 15 lakh registrations.

\*\*\*\*

## THE GOVERNMENT WILL RESTRICT ACADEMIC COLLABORATIONS WITH CHINESE COMPANIES AT EDUCATIONAL INSTITUTIONS



The Centre has made the decision to advise colleges and universities to "restrict" academic cooperation with Chinese corporations, particularly tech firms, citing security concerns. According to News18, it intends to instruct educational institutions to perform thorough research before signing any Memorandum of Understandings (MoUs) with such companies.

According to sources, the government has made the decision to issue directives to educational institutions, particularly technology institutes, in the upcoming days after discovering several crucial pieces of evidence that China is allegedly conducting a global espionage operation through its technology companies.

According to sources, educational institutions will also be recommended to obtain prior approval from the relevant ministries before signing any type of MoUs and initiating educational exchange programmes with businesses, universities, and institutions situated in China.

During the recent meeting of Director Generals and Inspector Generals of Police, which was chaired by Prime Minister Narendra Modi and Union Home Minister Amit Shah, top police officials also highlighted the significance of CCEs in intelligence gathering in the nation. Officers' papers for the conference, which took place in the nation's capital from January 20 to 22, underlined the function of CCEs. The conference website initially posted all of the submitted papers, however they were eventually taken down.

\*\*\*\*



## TATA'S AIR INDIA PLAN TO PURCHASE 500 NEW AIRCRAFTS WORTH \$150 BILLION



minerals and other resources that can help drive economic growth and create new jobs in the region. This latest discovery is a testament to the ASI's commitment to supporting India's efforts to reduce its dependence on foreign sources of critical minerals.

This discovery will also have a positive impact on the Indian economy as a whole. Lithium is a crucial component in the production of batteries, and this new source of lithium will help reduce the country's dependence on imports and create new jobs in the manufacturing sector. The discovery will also help drive innovation and competition in the battery industry, leading to better products and services for consumers.

However, the development of this new source of lithium will not be without challenges. The ASI will have to navigate complex regulatory requirements and environmental concerns, as the extraction and processing of lithium can have a significant impact on the environment. The ASI will also have to work closely with local communities to ensure that the development of this new resource benefits the local economy and does not have a negative impact on the environment.

In conclusion, the ASI's discovery of a significant source of lithium in Jammu and Kashmir is a major step towards a greener future. This new source of lithium will help reduce the country's dependence on foreign sources of this critical mineral, create new jobs, and drive economic growth. With its commitment to supporting India's efforts to achieve a more sustainable energy future, the ASI is poised to play a critical role in the years to come.

\*\*\*\*

Government of India has announced on Thursday that The Archaeological Survey of India (ASI) has made a breakthrough discovery in the Salal-Haimana area of Reasi district of Jammu and Kashmir: a significant source of lithium of around 5.9 million tonnes. Lithium is a key component in batteries for electronic devices and electric vehicles, making this discovery a significant step towards a greener future.

Jammu and Kashmir, known for its natural beauty and rich cultural heritage, is now poised to become a major contributor to India's efforts to reduce its dependence on foreign sources of lithium. The discovery of this mineral resource is expected to bring new economic opportunities to the region and help create new jobs.

Lithium is an important resource for the production of batteries, which are increasingly being used in electronic devices and electric vehicles. The demand for lithium is expected to increase significantly in the coming years, as the world moves towards a more sustainable energy future. India is already taking steps to reduce its dependence on foreign sources of lithium, and this discovery will play a critical role in achieving this goal.

The discovery of lithium in Jammu and Kashmir also first time in India is a result of the ASI's efforts to explore the region's natural resources. The ASI has been working to identify new sources of

## EXCITING DISCOVERY: ASI UNCOVERS MAJOR LITHIUM SOURCE IN JAMMU AND KASHMIR

TATA's Air India, one of the largest airline companies in India, has made an exciting announcement recently: they plan to purchase 500 new aircraft. With a total value of \$150 billion, the aircraft order of 250 Airbus and 220 Boeings, priced at their listed rate, will be received by the company over the course of the next 8 years. This major purchase, which is set to become one of the largest in aviation history, is a sign of Air India's commitment to expanding their services and improving the travel experience for their customers.



grow and more people are able to afford air travel, the demand for flights is expected to increase significantly. Air India's investment in 500 new planes will help meet this demand and provide travelers with more options and a better travel experience.

However, the purchase of 500 planes also presents several challenges for Air India. Financing such a large investment will require careful planning and a sound financial strategy. The company will also have to navigate complex regulatory requirements and environmental concerns, as air travel is one of the largest contributors to greenhouse gas emissions.

This significant investment will help Air India modernize their fleet and enhance the efficiency of their operations. The new aircraft will include both narrow-body and wide-body planes, allowing the company to offer a wider range of services to a larger number of destinations. The new planes will also feature state-of-the-art technology, including advanced engines and systems, making air travel more efficient and comfortable for passengers.

This major purchase is also expected to have a positive impact on the Indian economy, as it will create thousands of new jobs in the aviation and manufacturing industries. Air India's investment will also drive innovation and competition in the aerospace sector, leading to better products and services for consumers. The company will be able to leverage this purchase to enter new markets, expand their reach, and increase their market share, which will be crucial in maintaining their position as one of the leading airlines in India.

This move by Air India is also a testament to the strong demand for air travel in India and the growing middle class in the country. As the Indian economy continues to

Despite these challenges, Air India remains confident in their decision to purchase 500 new aircraft. The company sees this investment as a key step towards their goal of becoming a leading player in the global aviation industry. With their commitment to innovation, customer satisfaction, and economic growth, Air India is poised to make a major impact in the years to come.

In conclusion, Air India's purchase of 500 new aircraft is a major milestone in the company's history and a testament to the bright future of the aviation industry in India. This investment will help Air India expand their reach, improve their services, and drive economic growth in the country. With its commitment to innovation and customer satisfaction, Air India is poised to make a major impact in the years to come and cement its position as one of the leading airlines in India.

\*\*\*\*



## INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE 2023 OBSERVED ON 11 FEBRUARY

International Day of  
**WOMEN & GIRLS**  
in Science

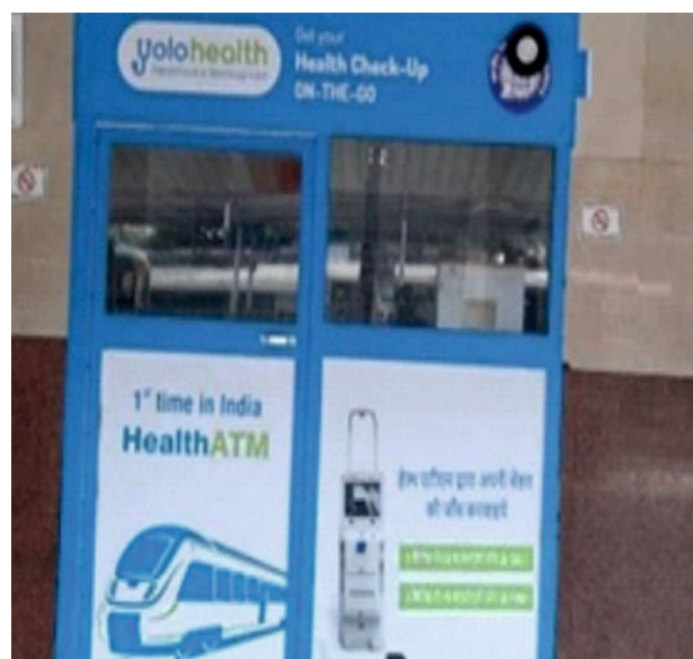


The International Day of Women and Girls in Science was established by the UN General Assembly on February 11 in order to recognise the significant contribution that women make to the fields of science and technology. It aims to achieve gender equality and give girls and women access to study in

the fields of science, technology, and mathematics. Gender equality in science is outlined as a key goal in the 2030 Sustainable Development Goals by the United Nations. "Innovate" is the focus of the 8th International Day of Women and Girls in Science. Bringing communities forward for sustainable and equitable development is the mission of "Demonstrate. Elevate. Advance (IDEA)." The significance of the Sustainable Development Goals in relation to the participation of women and girls in science will be the main topic of this year's International Day of Women and Girls in Science. This day gives us the chance to acknowledge the contribution that women and girls have already made to science and to encourage young girls to pursue careers in STEM fields. Additionally, it provides assistance to women and girls who are interested in technical and scientific fields in their academic and professional endeavours.

## INDIA HEALTH LINK AND THE U.P. GOVERNMENT SIGNED AN AGREEMENT TO PUT 4.6K HEALTH ATMS IN THE STATE

India Health Link, a private company, has signed an MoU with the government of Uttar Pradesh under the Invest UP programme in order to install health ATMs offering screening of various health parameters at more than 4,600 community and primary health care centres in that state. According to Swadeep Srivastava, Co-Founder & President of India Health Link, the health ATM, hPod, offers a non-invasive digitally connected environment that enables primary, preventive, and predictive healthcare (IHL). This self-service, walk-in health ATM allows individuals to get screened for more than 20 health vital parameters in just ten minutes, including their blood pressure, weight, pulse, temperature, and ECG, all without requiring the assistance of a paramedic. "India Health Link (IHL) has agreed to invest up to Rs 1,000 crore and create significant job opportunities in Uttar Pradesh over the next five years by establishing a manufacturing plant in the state's first Medical Device Park," claims Srivastava. Chief Minister Yogi Adityanath's recent announcement to equip up to 4600 CHCs and PHCs with rapid screening Health ATMs is the main impetus behind bringing the technology to UP.



## THE UJJIVAN SMALL FINANCE BANK INTRODUCES A MICRO-BANKING APP FOR CUSTOMERS IN RURAL AREAS

In order to provide banking access to people with limited reading and writing abilities, Ujjivan Small Finance Bank developed "Hello Ujjivan," a mobile banking application with 3 Vs — voice, visual, and vernacular — enabled features. Through the app, the bank hopes to instill good financial habits in its rural and micro-banking customers. In eight regional languages—Hindi, Marathi, Bengali, Tamil, Gujarati, Kannada, Oriya, and Assamese—the app is voice-accessible. To conduct banking transactions and access services like paying loan EMIs, opening FD and RD accounts, transferring funds, and more, users can speak to the app. Together with Navana, the app was made. AI The release of the app strengthens our commitment to promoting financial and digital inclusion across the nation. Ittira Davis, MD and CEO of Ujjivan Small Finance Bank, is confident that this innovation will further simplify the banking process for people who are technologically oriented but challenged because her bank serves a mass market. Over 72 million customers are served by Ujjivan SFB through its 600 branches, and its 9,000 staff members who work in micro- and rural banking help customers learn about the app. The app will initially only be accessible to current micro-banking customers. but later it will add more languages, banking options, and services like creating new customer accounts, paying bills, getting repeat loans, and recharging DTH and mobile devices.



## INDIA WILL BEGIN DISCUSSIONS ON SUSTAINABILITY AND THE ENVIRONMENT SPONSORED BY THE G20



The Union Environment Ministry launched discussions on climate and sustainability under the auspices of the G20 intergovernmental summit with a focus on land degradation and biodiversity loss, a sustainable blue economy, and a circular economy. On July 28, following a series of discussions, a communiqué from the G20 ministers is expected to be made public. India, which assumed the forum's presidency in December, will host 200 sessions this year with participation from global leaders in 32 industries. Important environmental issues are currently being discussed in the G20 working groups. They fall under the category of climate finance in the working group for catastrophe risk reduction, whereas the heading for lifestyles and consumption in the development working group is climate resilience. The energy working group is currently debating the energy transition. The environment ministry will guide discussions on the three issues of land degradation, blue economy, and circular economy because they are priority areas for India.



## 2023 KENYA LADIES OPEN GOLF: ADITI ASHOK OF INDIA WINS HER FOURTH LET TITLE



**A**diti Ashok of India won the Kenya Ladies Open 2023 golf tournament at Vipingo Ridge, Kenya, on Sunday for her fourth victory on the Ladies European Tour. Aditi Ashok ended with a 12-under (67-70-69-74) to win the match ahead of Alice Hewson of England and April Angurasarane of Thailand, who both had 3-under final scores. On the fourth and final day of the golf competition, Angurasarane was in second position, six strokes behind Aditi

Ashok. After a double bogey and three more bogeys on the back nine, Angurasarane ultimately tied for second place with Alice Hewson. Over the course of the four rounds, the 24-year-old Aditi Ashok maintained her composure. With a 6-under 67 in the opening round of the Kenya Ladies Open golf competition, which included an eagle and five birdies, she got off to an excellent start and never lost the lead. After a third round on Saturday without a bogey, the Indian golfer solidified her place atop the leaderboard. On Sunday, Aditi Ashok easily won the tournament despite making two bogeys on the back nine. Avani Prashanth of India tied for ninth place with a score of 3-over (75-75-73-72) while Amandeep Drall tied for 52nd place with a 16-over (74-74-83-77). Aditi Ashok won the Kenya Ladies Open in 2017, her first victory since taking home the Fatima Bint Mubarak Ladies Open in Abu Dhabi, United Arab Emirates. This was her fourth championship overall on the Ladies European Tour. Aditi Ashok became a professional in 2016 and competed for India at the Olympics in Rio. Aditi Ashok won the Women's India Open that year to become the first Indian woman to win a LET golf championship. In that same year, she also won the Qatar Open. Aditi Ashok finished fourth at Tokyo 2020, just missing out on becoming the first Indian golfer to win an Olympic medal in 2021.

## IGA SWIATEK, RAFAEL NADAL, AND NOVAK DJOKOVIC ARE ON THE LIST OF COMPETITORS FOR INDIAN WELLS



**A**ccording to ESPN, the two biggest names on the men's Indian Wells Open entry list, Novak Djokovic and Rafael Nadal, are not likely to compete in the Southern California event. Novak Djokovic was included on the list of players for the upcoming Indian Wells event on Wednesday, although it's likely that his travel to the US will be restricted due to his Covid vaccination status. Five-time winner Djokovic was unable to participate in last year's

competition because of his immunisation history. If Djokovic is prohibited from competing in any other tournaments in the United States this year, it would be "disgraceful," according to Tommy Haas, the director of the Indian Wells competition. Djokovic, one of the most well-known players in the world who is not immunised, missed the Australian Open in 2022. With his victory at the Australian Open in 2023, he tied the record for most Grand Slam titles won and rose to the top of the world rankings. This year, he was allowed back into the gathering. Even if Djokovic is unable to compete, Indian Wells will still have a tonne of quality. The second-ranked player, Carlos Alcaraz, will return at Indian Wells after missing the Australian Open due to injury. Last year, Alcaraz made it to the semifinals. Competitors include No. 3 Stefanos Tsitsipas, No. 4 Casper Ruud, and No. 5 Andrey Rublev. The tournament's defending champion is Taylor Fritz. Iga Swiatek, the current world number one, will return to defend her title. Aryna Sabalenka, the Australian Open champion and runner-up, will accompany her. No. 3, Jessica Pegula, No. 4, Caroline Garcia, and No. 6 are Ons Jabeur. Also included are Coco Gauff. The remaining spots in the draws will be filled by the individuals who won the qualifying event and those who obtained wild cards; their names will be made public in the upcoming weeks.

## CHILEAN WRITES HISTORY, SWIMS ANTARCTICA'S FROZEN SEA

**B**arbara Hernandez, a Chilean ice-water swimmer, set a record by swimming 2.5 kilometres in Antarctica's frozen seas to promote the need to safeguard its waters. Hernandez is now on a Chilean Navy ship in Antarctica. Hernandez is an accomplished open water swimmer who has held numerous world records, including the Guinness World Record for swimming one mile through the Drake Passage in the quickest time. She has been supporting the call for world leaders to take action to ensure the conservation of the ocean and the continent at a meeting that will be taking place in Santiago, Chile in June as a member of the Antarctica2020 group of leaders calling for greater marine protection in the region and working closely with the Antarctic and Southern Ocean Coalition. Barbara completed the 45 minutes and 50 second swim in Chile Bay, Greenwich Island in the Antarctic Peninsula, pushing through the frigid waves in just a plain swimsuit, without any protective clothes or oil. Within the international organisation in charge of protecting Antarctica's waters, the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR), three significant marine protection proposals are currently on the table for the East Antarctic, Weddell Sea, and Antarctic Peninsula—the same locations where Hernandez undertook her extreme swimming challenge. These ideas, which together encompass about 4 million square km (1% of the world's ocean), have been up for agreement for years, but geopolitics has slowed down development because China and Russia have not yet joined the coalition. A special CCAMLR meeting on MPAs has been scheduled for June 19–23 in Santiago, Chile, to help break through this deadlock. The climate catastrophe is exerting more and more pressure on Antarctica, the ocean that surrounds it, and the species that lives there. This is made worse by intensive krill fishing in the region, which is displacing food sources for a large portion of Antarctica's fauna, including whales, penguins, and seals that depend on krill for survival. According to scientific research, marine protected zones are an essential tool for boosting the capacity of ocean habitats and wildlife to adapt to local environmental changes.

## KHELO INDIA YOUTH GAMES 2022: MANGKYA ESTABLISHES WEIGHTLIFTING NATIONAL RECORD

**O**n Tuesday, weightlifter Boni Mangkhya earned the second gold medal for Arunachal Pradesh in the 55-kg weight category by setting a new national record by lifting 176 kg. For Arunachal Pradesh in the 5th Khelo India Youth Games (KIYG)-2022, which are being held in 11 sites across cities in Madhya Pradesh, she lifted a total of 176 kilograms (Snatch 74 kg, Clean & Jerk 102 kg). Monday's 61-kg weight class saw weightlifter Shankar Lapung win the first gold medal for Arunachal Pradesh. Overall, he lifted 248 kg (Snatch 108-kg, Clean & Jerk 140-kg). Chief Minister Pema Khandu, Unkion Minister of Law and Justice Kiren Rijiju, State's Minister of Sports and Youth Affairs Mama Natung, staff members of the Sports Directorate & Youth Affairs, and the Sports Authority of India have congratulated the pair for their achievement. On Wednesday at 10 a.m. at the Balaghat Football Stadium, the Arunachal Pradesh girls' football team will play the West Bengal team in the first semifinal match. The Manipur girls' football team will play host state Madhya Pradesh on the same day in the second semifinal game. The Khelo India Youth Games 2023 would include around 5000 competitors competing in 27 sports. The KIYG started on January 30 and ended on February 11. The Khelo India Youth Games 2023's main event is a project of the Indian government's Khelo India programme. Athletics, boxing, wrestling, shooting, kayaking and canoeing, rowing, volleyball, judo, swimming, basketball, weightlifting, table tennis, kabaddi, football, tennis, badminton, hockey, gymnastics, mallakhamb, yogasana, kho-kho, archery, fencing, cycling, thang-ta and gatka are among the sports that will be taking place.



## EXPERT



**Dr. (Mrs) Chandra Hariharan Iyer**

Assistant Professor, Department of Management Studies, B.K.Birla College (Autonomous), Kalyan.

PhD(Management-Finance), M.Phil(Management),  
MBA(Finance), M.com, M.Sc.(Psychology),  
M.A. (Philosophy and Religion)  
DBM, PGDBM, PGDFM,  
PG Diploma in Guidance & Counselling

### FAQs ON

### Learning and Development through Ancient Indian Wisdom

#### Q1. What is dharma?

**Ans.** Dharma the very foundation of life and it means "that which holds" the individuals of this world and the whole creation. Dharma is the "law of existence" without which things cannot occur. Dharma originates from the root "धृ-धारणे." It is a concept that sustains and enlivens everything and everyone. It is "dharma," which holds society together. Hence if something is able to embrace individuals together, no hesitation, it is dharma.

Eating, sleep, fear, and sexual instinct are common to both human beings and animals. The following words were uttered by Duryodhana in response to Draupadi's question, "In spite of having many common things between the Kauravas and the Pandavas, viz. same family, same Acharya Dronacharya, and same grandfather Bhishma, why do Kauravas always follow the path of adharma and Pandavas always the path of dharma? Duryodhana says, "It is not that I did not know what was dharma is and what is adharma. I cannot follow dharma because it is

not in my nature and I cannot abandon adharma because I cannot stop from not doing it". This Subhashitha addresses a very delicate nature of the human mind. Many are able to distinguish between what is right and what is wrong but some unknown force prevents them following the right path.

Dharma is not merely a set of beliefs having no necessary connection with the daily life of humanity, but it is the very principles of a healthy and beneficent life. To describe Dharma, let me try to list few from the ancient Indian Wisdom:

**1) Bhagavad-Gita:** The Bhagavad-Gita denotes to dharma, which is the right assembling that chains the universe. Dharma is equivalent to natural law and conscience. In the Bhagavad-Gita, Arjuna loses his will to fight and has a debate with his charioteer Krishna, about duty, action, and renunciation where Krishna advises him about the dharmic law and ethics.

**2) Bhagavat Purana:** According to the Bhagavat Purana, virtuous living or life on a dharmic path has four aspects: austerity (tap), purity (shauch), compassion (daya) and truthfulness (satya); and adharmic or unrighteous life has three evils: pride (ahankar), contact (sangh), and intoxication (madya). The spirit of dharma lies in having a certain ability, power, and spiritual strength. The strength of being dharmic also depends on the sole mixture of spiritual brilliance and physical expertise.

**3) Brihadaranyaka Upanishad:** The Brihadaranyaka Upanishad says that dharma is complete virtuous and that there is no higher principle in either the material or spiritual dominions (BU 1.4.14).

**4) Dharmapadam:** As per Dharmapadam, the need to stick to dharma is emphasized for attaining wisdom. One who has a disorganized mind, one who has no comprehension of true. Dharma and who has a butterfly mind will not achieve wisdom. Hatred begets only hatred; it is love, only love that can cure hatred according to the eternal Dharma. Just like tongue can identify the taste similarly association with wise can help one to identify the secrets of dharma.

**5) Jaiminiya Purvamimamsa:** Jaimini defines Dharma as that which is charged by the Vedas and which does not lead to grief. The Jaiminiya Purvamimamsa has named dharma as the driving force of all deeds (JS 1.1.2). Dharma as understood by Mimamsa can be loosely translated into English as "virtue," "morality," or "duty," the set of ritual obligations and prerogatives that, if properly performed, maintains the accord of the creation and promotes the individual well-being of performer.

**6) Mahabharata:** The Dharma of Mahabharata asks you to perceive over the evil and plan appropriate approach and action to defend the larger benefits of Dharma and to continue a living Dharma, at any cost. That is still pertinent in this Kaliyuga too.

**7) Manusmriti:** Manusmriti recommends ten vital rules for the adherence of dharma: Patience (dhriti), forgiveness (kshama), piety, or self control (dama), honesty (asteya), sanctity (shauch), control of senses (indraiya-nigrah), reason (dhi), knowledge or learning (vidya), truthfulness (satya) and absence of anger (krodha). Manu further inscribes, "Non-violence, truth, non-

coveting, purity of body and mind, control of senses are the essence of dharma". Therefore, dharmic laws oversee not only the individual but all in society. What is it that cannot be attained by righteous conduct, queries manusmriti.

**8) Nityaneethi:** As per Nityaneethi, Dharma destroys him who destroys Dharma. Dharma does protect him who protects it. Dharma therefore should not be abandoned. That Dharma, which is going to succumb shall not finish us. As per Nityaneethi, Dharma is compared as closest family. Truth is mother. Knowledge is father. Dharma, the righteousness is brother. Compassion is preceptor. Peace is friend. Forgiveness is sister. These six are my true relatives, says Nityaneethi.

**9) Panchatantra:** As per learnings from Panchatantra those who live day after day without Dharma, like the bellows of a blacksmith, though breathing, still are not alive. Listen to and practice Dharma, the essence of which is not to inflict on others what hurts oneself.

**10) Purva Mimamsa:** Purva Mimamsa 1.1.2 speaks of Dharma as Vedic rites leading to happiness and heaven; and protects one from ruin and misery. It also talks in terms of Apurva, which means the delicate result of actions performed in harmony with the scriptures.

**11) Ramayana:** The Dharma of Ramayana teaches honoring ones ordained duty, in the context; and adherence to Truth amidst temptations. That is relevant today too.

**12) Shabbara Bhashya:** The Shabbara Bhashya says that dharma is the absolute good; it means that it is liked by all people. The sabarabhasyam states very clearly that the word Dharma stands for all that is beneficial to the humans, nothing else. And Dharma alone attaches the human being with all that is helpful and favorable. From this one can know how confusing are the clarifications of Dharma, often made by the individuals who have no actual knowledge of the patronizing philosophy of this Mimamsa Sastra.

**13) Viduraniti:** Viduraniti tells don't entertain those who deviate from dharmic path. These ten persons do not know or don't care what Dharma are viz., the intoxicated, the inattentive, the mad, the fatigued, the angry, the starving, the hasty, the greedy, the frightened and the lustful. Therefore, a wise person should always avoid attachment to their company. (ViduraNiti-223)

**14) Yajnavalkya Smriti:** As per Yajnavalkya : "The Vedas, along with the Puranas, the Nyayas, the Mimamsas, the Dharmashastras and the Angas, are the fourteen sources of knowledge and Dharma. The scholar should illustrate the Vedas with the help of the Itihasas and Puranas.

Let me conclude with quoting learning from Subhashitha. What is Dharma? Compassion towards all beings is called dharma. What is happiness? Health. What is friendship? Fellow-feeling. What is learning? That which brings liberation. (Subhashitam-17-769). So those who wish to liberate should focus on better learning, be healthy, have good friends, and enjoy the bliss of happiness. Stay blessed.



# QUIZ TIME

1. Which Union Ministry oversees the autonomous organisation known as the National Research Foundation?
2. What day of the year is observed as "International Day of Zero Tolerance for Female Genital Mutilation"?
3. Which month does India mark "India Energy Week"?
4. With which courtiers has India committed to a trilateral cooperation programme in the areas of economy, military, and energy?
5. Which Ministry and the Ministry of Cooperation inked an MOU to allow Primary Agricultural Credit Societies (PACS) to operate as Common Service Centers?
6. What is the name of the most recent "Indian military joint training exercise"?
7. Which nation has appointed Manuela Roka Botey as its first female prime minister?
8. Which nation has recovered the lost radioactive capsule from January?
9. Which month is "World Interfaith Harmony Week" observed?
10. Which cricketer set a new mark for the highest individual score by an Indian in T20I cricket by scoring 126 runs?

1. Ministry of Science and Technology
2. February 6
3. February
4. France and UAE
5. Ministry of Electronics and IT
6. Trishakti Prahar
7. Equatorial Guinea
8. Australia
9. February
10. Shubman Gill

**ANSWERS**

## The HULAHUL Times TEAM

**Editor-in-Chief : Mr. Ravi Singh**

### Editors

- Dr. (Ms.) Smita Kuntay
- Dr. (Mrs.) Chandra Hariharan Iyer
- Mr. Durgesh Kumar Dubey
- Ms. Afreen Mazgaonkar
- Ms. Deepika Singh

### Content Writers

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

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

**For Internship**

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

## DID YOU KNOW?

### BING POWERED BY CHATGPT MAKES ITS DEBUT

**M**icrosoft's new ChatGPT-powered Bing experience is now available for everyone as a "limited preview" on desktop. Users will have a limited number of queries that can be used with it, according to The Verge, an American technology news website, but users will be able to sign up for full access soon. If you visit



Bing.com, you may see some sample searches that you can try out if the new interface is displayed. By clicking on them, you will be taken to a Bing search page with traditional results on the left and an AI-generated answer in a chat window on the right. You won't be able to ask follow-up questions or clarify the findings until you have complete access. According to The Verge, despite the new chat-style UI on the homepage, searching for your own query will return standard Bing search results. Microsoft claims that if you sign in with your Microsoft account, set Microsoft defaults on your PC, and download the Bing app, you'll get a higher priority in the waitlist. According to a FAQ, you'll receive an email once you've cleared the waitlist and can access the new chat experience. Th as well as a mobile version of the experience.

\*\*\*\*

**To place an  
Advertisement  
please call on  
+91- 8433608140**

