

# The HULAHUL Times

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Editor - in - Chief  
Mr. Ravi Singh

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## Celebrating 3 Years of Success

We are thankful to our readers, interns, editors and all the staff members.

Year 2019-20	Year 2020-21	Year 2021-22	Year 2019-20	Year 2020-21	Year 2021-22
Subscribers: 2,469	Subscribers: 6,423	Subscribers: 11,453	Editors : 3	Editors : 4	Editors : 6
Online Consolidated Social Media Reach: Upto 25,000	Online Consolidated Social Media Reach: Upto 45,000	Online Consolidated Social Media Reach: Upto 60,000	Interns : 2	Interns : 16	Interns : 28
			Staff : 3	Staff : 10	Staff : 10



*From  
the desk of  
Editor - in - Chief*

Dear Readers,

Congratulations on completion of three years successfully with you. It has been an incredible journey. With this issue, we begin the exciting journey of our fourth year of publishing The HULAHUL Times.

On this occasion, I would like to congratulate all our supporters and those who are involved in the publication of HULAHUL Times in its current form and shape. I also want to thank the editorial board for their tireless efforts in publishing The HULAHUL Times as a result of excellent teamwork.

I would also like to express my heartfelt gratitude to the content writers who have contributed and improved its perfection and beauty through their articles on various topics.

I believe that individual and collective efforts to serve the cause of education will enable future generations to live in a world where "knowledge is free and the head is held high," and where the world has not been divided into fragments by narrow domestic walls. So, let our children grow into world-class citizens and a generation of eminent thinkers and wise planners by cultivating reading habits in them who contribute to a better world; that is my wish and our dream. In short, I want The HULAHUL TIMES to be known for its substance rather than its style.

Last but not the least, I want to thank all of our readers for their support over the last three years, and I look forward to continue to work with you to take The HULAHUL TIMES at new heights.

Happy Reading !!!

With Warm Regards  
**Mr. Ravi Singh**  
Editor - in - Chief

[hulahulfoundation.org/thehulahultimes.html](http://hulahulfoundation.org/thehulahultimes.html)

# INTERNATIONAL DAY OF ERADICATION OF POVERTY

***“Poverty cannot triumph against knowledge; it may be soundly defeated”***

**P**overty is defined by more than a lack of wages and economic assets to assure long-term livelihoods. Malnutrition and food insecurity are some of its expressions, as are restricted educational opportunities and other necessary services, social prejudice and marginalization, and a lack of involvement in decision-making processes.

A societal view on progress necessitates tackling poverty in all of its forms. It advocates for a people-centered methodology to poverty eradication, endorsing for the equality of people who are impoverished through full participation in all facets of political, economic, and social activities, particularly in the development and implementation of policies that influence society's most impoverished and vulnerable groups. An integrated approach for eradicating poverty requires the implementation of policies that encourage more fair income and wealth allocation.

A sociological poverty study necessitates a detailed check of the effect of economic and social policies on the poor and other vulnerable social groups. The Poverty and Social Impact Analysis (PSIA) technique is used to examine the economic and social impact of changes on various social and income categories. Properly performed PSIA contributes to national discussion on policy alternatives, promotes national responsibility of development initiatives.

The International Day for the Abolition of Poverty was first observed on October 17, 1987. Over thousand people assembled at the Trocadéro in Paris on that day to remember the victims of severe poverty, violence, and starvation. They

declared that poverty is a human rights violation and emphasized the importance of collaborating to ensure that these rights are upheld. These beliefs are memorialized in a monument dedicated on this day. Every year on October 17th, individuals of many



backgrounds and social origins have gathered to reconfirm their pledge and exhibit sympathy with the impoverished. Multiple copies of the commemoration stone have been placed around the world, serving as a meeting place to mark the occasion. One such duplicate can be found in the lawn of the United Nations Headquarters, where the yearly memorial is held by the United Nations Secretariat in New York.

The General Assembly proclaimed 17 October as the International Day for the Eradication of Poverty in Agreement 47/196, embraced on 22 December 1992, and welcomed all States to dedicate the Day to displaying and publicizing concrete matters pertaining to the poverty elimination and destitution, as suitable in the global setting. The settlement also welcomes inter - governmental and non-governmental organizations to overall

Sense in organizing nationwide operations for the Day's commemoration, and demands the Secretary-General to take the steps required to guarantee the progress of the Day's adherence by the United Nations within available resources.

designation of October 17 as the World Day for Overcoming Extreme Poverty, and the day's designation by the United Nations as the International Day for the Eradication of Poverty.

The 2030 Agenda reiterated the promise made in the Universal Declaration of Human Rights by pledging to fight poverty, safeguard the environment, and ensure that everyone worldwide enjoy stability and prosperity. However, in a world where enough food is generated to feed everybody, 811 million people do not have sufficient food, 44 million are at threat of hunger, 2 billion people continue to live without adequate drinkable water, and 3.6 billion do not have access to secure sanitation. 1.3 billion People are still living in multidimensional poverty, with nearly half of them being children and adolescents.

Inequality of resources, including access to critical services, and gender inequality remain, while wealth disparity is on the upswing and the divide between affluent and poor becomes larger by the year. In the previous year, millions struggled to survive the degradation of corporate power and the riches rose at an extraordinary speed.

Inequality and poverty are not unavoidable. They are the outcome of verbal threats or inactivity that weaken and violate the fundamental rights of the most vulnerable and impoverished people in our countries. Poverty's quiet and persistent violence - social isolation, structural discrimination, and marginalisation - makes it more difficult for people caught in extreme poverty to leave and denies them their rights.

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## International Day for the Eradication of Poverty

October 17

The 17th of October is an occasion to commemorate the work and suffering of those who live in poverty, a chance for them to have their problems acknowledged, and an opportunity to remember that impoverished people are the first to battle poverty. Involvement of the disadvantaged has been the heart of the Day's commemoration since its inception. The remembrance of October 17th also shows those living in poverty's commitment for using their knowledge to strive to the abolition of poverty.

This year marks the 27th anniversary of the General Assembly's proclamation of 17 October as the International Day for the Eradication of Poverty in its resolution 47/196 of 22 December 1992. This year additionally celebrates the 32nd anniversary of Father Joseph Wresinski's Call to Action, which prompted the

## SAINT DNYANESHWAR – A PRIDE OF MARATHI SPIRITUAL CULTURE

This story comes from the thirteenth century, when there were not many people who understood Sanskrit in Maharashtra. There was a small percentage following the religion as a result majority of people were unaware of religious books and language. It was during this stage that a star was born, who was determined to bring change in the mundane life of people and pledged to write books in the regional language Marathi. This star was none other than the great Saint Dnyaneshwar, who dared to write books in Sanskrit and used Marathi as a medium for preaching to people. His Dnyaneshwari was so appreciative that readers would feel the bliss of sweetness of nectar just reading it.

Saint Dnyaneshwar's great-grandfather Trimbakant was the seed of philosophies and religious bent of mind followed by his son Govindpant and later followed by his son Vithalpant. Vithalpant (father) of Saint Dnyaneshwar, at a young age of seven, took the traditional thread ceremony and started his studies on Vedas and Shastras. He started his religious voyage visit to various religious places. He later married to Rukminibai. After the death of his parents Vithalpant was told to take over on his household duties, but he stayed aloof from them. Vithalpant often told his wife about his strong desire to leave the materialistic world and go to Kashi, but his wife never permitted him. But one morning he took permission from his wife to go for a bath in the river but instead went straight to Kashi (Benaras) where he became a disciple of Shri Ramanand Swami and observed celibacy, but he lied to Swamiji about his bonded relations to initiate him as a Sanyasi. Swamiji gave him the name 'Chaitanyashram' after his vows.

After Twelve years rolled by at one evening as usual Rukminibai went to the Maruti temple, there she met a Swamiji and out of religious gesture bowed down to Swamiji for taking his blessings, Swamiji there blessed her for a son. Rukminibai laughed to herself. Curious Swamiji asked on her, what the matter was and there she

narrated to him, her entire story. Suddenly, it flashed upon him back of mind that Chaitanyashram was Vittalpant. And he felt sorry for the lady that she had been deprived of her right of the pleasures after marriage. Swamiji went back to Kashi along with Siddopant (father) and Rukminibai and he called upon his disciple and asked him facts on his life and why did give a false statement and expressed his grief, immediately ordered him to cast his "Sanyasa" and return to family life (Grishastha-shram). Vithalpant was speechless and had no choice but to obey and implement the orders given by his Guru and returned with father-in-law and wife to Alandi.

Soon as per Swamy's blessing Rukminibai got her first son in the year 1195 and named him Nivrittinath this way had three more children, Dnyaneshwar (1197), Sopan (1199) and a daughter Muktabai (1201).

As time passed and children grew under the religious care and love of parents there came a day for the elder son (Nivrittinath) thread ceremony and as a tradition. Vithalpant asked the Brahmins to perform the ceremony for his son, but was refused as they said he was a sinner as he had gone against the Shastras and started family life after taking oath on being a 'Sanyasi'. The remedy was that Vithalpant and his wife should take Jal Samadhi and sacrifice their lives to free themselves from the great sin at a conference of Ganga and Yamuna. A guilty Vithalpant accepted the unanimous decision and the and he and his wife took Jal Samadhi into the holy waters of Ganga and Yamuna at Prayag. As a result, the four kids suddenly became orphanage. The eldest son of Vittalpant rose from grief and sorrow to console his siblings on the massive loss. And society too turned a blind eye to them and shut doors to relatives in

Apegoan to these homeless and desolate orphans.

Nivrittinath and Dnyaneshwar started begging for alms as they kept their body and souls together, baffled by no support coming from relatives. The kids left Apegoan and arrived at Alandi, but there too they were treated as outcasts. Paithan was in those days a great place for learning and a stronghold for Brahmins, Dnyaneshwar had a strong feeling to get a certificate of purity from the learned brahmins. At the request of Dnyaneshwar, Nivrittinath along with his brother came to Paithan on foot. All the



Brahmins present there was scorn and when Dnyaneshwar said, "God was alike all living beings".

He was asked by the one Brahmin to make a buffalo passing by, reciting the holy Vedas. Soon Dnyaneshwar stepped ahead and put a hand on the

head of the animal, then he and the Buffalo started reciting the Vedas. The animal kept reciting the Vedas for hours and all the other Brahmins gathered to see the miracle to this felt ashamed and accepted the greatness of the supernatural power of Dnyaneshwar resulting in the Brahmins issuing a certificate of purity, but the thread ceremonies of Nivitti and Dnyaneshwar was not performed.

After performing one miracle Dnyaneshwar went to Newari where they found a person lying dead and his wife lamenting bitterly by the side of the body. Dnyaneshwar asked what was the name of the person and was told that he was Satchitananda, He said a person bearing that name cannot be lifeless and soon touched the lifeless body with his nectar-like hands and asked the person to get up, when Satchitanand at once got up as if he was sleeping.

Among the other miracles, he performed in his lifespan was, at Paithan once a Brahmin wanted to perform the Shraddha (Death anniversary) of his father. So, Dnyaneshwar requested the Brahmin to make all the preparations and after going there invited all the forefathers for lunch. In other places, these ancestors are supposed to come, but they are not visible. However, here they remained physically present and enjoyed the feast.

Saint Dnyaneshwar composed 'Dnyaneshwar Vijay' book at the early age of sixteen. The knowledge of all these philosophical books came into existence, and the different theories of life and manners of the people of his times, make readers wonder how a sixteen-year boy could have so much maturity and knowledge of that age. Dnyaneshwar wrote the "Amritanubhava" or "Anubhavamrit". This work of Dnyaneshwar, though not so universally acknowledged, is also as great and important as Dnyaneshwari itself.

It is said, after composing 'Amritanubhava', Dnyaneshwar went to visit many holy places along with Namdeo. In his Abhangas known as 'Tirthwala', Namdeo has described their visits to holy places. After his visits, Dnyaneshwar felt his mission accomplished in life and expressed his wish to make a life Samadhi, when near ones came to know they felt an ocean of knowledge was leaving them. Dnyaneshwar was very firm on his decision on the 13th day of the second half of Kartik 1218, Dnyaneshwar Maharaj took live Samadhi in Alandi. A heartbreaking incident pictured by Namdeo in his Abhangas as "Samadheeche Abhanga."

Just like after the setting of the sun of knowledge, pitch darkness spreads same before the eyes of the Dnyaneshwar brothers and sister. After the departure they also decided to end their mortal existence in the world, and within a year from the Samadhi of Dnyaneshwar Maharaj, they all left this perishable world.

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## RANI TARABAI - A WOMAN OF UNWAVERING BRAVERY AND ESSENCE!

The magnificent statue of a warrior queen astride a horse stands in Kolhapur's central square. This grittier personality in Indian history was also known as the 'rainha dos Marathas' or the 'Queen of the Marathas' by the Portuguese. Rani Tarabai Bhonsle is Chhatrapati Shivaji's courageous daughter-in-law and one of History's greatest ancient royals.

Rani Tarabai, one of the rare women in history to have saved an empire through pure strength and fortitude, ranks alongside the iconic Rani Laxmi Bai of Jhansi, The Warangal Queen Rudramma and Queen Abbakka Chowta of Ullal. But beside this, the world was very little known about this warrior queen or her inspiring story.

Tarabai was born in 1675, the daughter of Shivaji's Maratha army's world-famous Sar Senapati (commander-in-chief), Hambir Rao Mohite. As a young girl, she was strong and independent and is very well in swordplay, target shooting, cavalry, war tactics, statesmanship, and all the other aspects of politics and diplomacy.

Tarabai, a woman who encountered the development and decline of the Marathas, was only eight years old when she married Shivaji's younger son Rajaram. During this period, the Mughal and Marathas were constantly in conflict for regulation of the Deccan.

Shivaji was crowned ruler of the impartial Maratha kingdom he formed in 1674. At the height of Mughal power, the empire quickly had become a crucial force in politics in India under his capable leadership.

Now since Raigad fort slipped to a Mughal army with over fifteen thousand in 1689, the eldest son of Shivaji and his first wife Saibai, Sambhaji (who had contributed the Marathas for more than a decade), was seized and executed. His wife, Yesubai, and son, Shahu, were abducted and taken as enemy combatants to the Mughal dynasty.

During that same war, the new Maratha king, Rajaram (Shivaji's second son and Tarabai's husband), used costume to flee Raigad. He inevitably succeeded in getting to Gingee fort (in modern-day Tamil Nadu) before establishing court in Satara. However, in yet again another setback for the Marathas, he died of lung disease in 1700, after only a brief reign.

Tarabai became ruling monarch of the Maratha dynasty a month after his untimely death (for her 4-year-old son, Shivaji II). Recognizing the critical need for corporate strategy and strong leadership if the Marathas were to cease the Mughal constant barrage (led by Aurangzeb himself), the 25-year-old widow assumed control of the Maratha army as well.

Despite her emotional pain over her husband's death, Tarabai did not waste her time crying. Instead, she managed to throw herself into organizing a well-thought-out and ferocious resistance to Aurangzeb. In fact, historian Richard Eaton quotes the following lines from Khafi Khan in his book, A Social History of the Deccan.

On the contrary side, the Mughal believed that defeating two young children

and a weak and vulnerable woman would indeed be simple. They considered their adversary was weak, despised, and dejected; but Tara Bai, Ram Raja's [i.e. Rajaram's] wife, demonstrated excellent

authority and government abilities, and the battle expanded and the Marathas' power grew with each passing day.

Tarabai, an intelligent woman, had established a reputation for her understanding of constitutional, strategic, and military affairs during her husband's entire lifespan. She used her understanding to inspire from the front by planning to travel among forts, strengthening critical alliances, and mobilizing resources and men. She was a competent horseback warrior who

inspired her commanding officers and army personnel by face to face guiding direct attacks against the invading army.

Bhimsen (a Mughal army officer) writes in his autobiography that Tarabai "was a bigger and more powerful conqueror than her husband" and that Tarabai "had become all encompassing and tightly controlled tasks so effectively that not a single Maratha commander continued to act without her order."

Tarabai's greatest attribute was her ability to never limit learning, despite if it is

from the opponent. She practiced Aurangzeb's unique technique of bribing enemy leaders. Tarabai and her commanders also started penetrating the long-held regions of the Mughal Empire and assigning their own revenue collectors, employing the same methods as the imperial forces.

Perhaps when her personal forts fell into Aurangzeb's grip, Tarabai maintained control over the resources from her lasting collection centers in the Mughal domain!

During her seven-year time in power as regent, Tarabai led the Maratha opposition against the huge army of Aurangzeb, the world's fiercest ruler at the time.

Tarabai, an unstoppable warrior queen who was highly dedicated to her empire, not only prevented the Maratha Confederacy from falling to pieces at its weakest moment, but she also played an important role in its emergence to global sovereignty.

On March 2, 1707, an elderly Aurangzeb died in the middle of constant failures to pacify the Maratha rigidity. Faced with a political vacuum at the top, the Mughal cunningly released Shahu (Tarabai's nephew) to start dividing the Maratha governance by appointing a new heir to the crown.

Tarabai died in 1761, at the age of 86, just months after Ahmad Shah Abdali completely destroyed the Maratha Army at the Third Battle of Panipat. If the unstoppable queen had not taken ownership in 1701, the Marathas would have faced a comparable surrender much sooner, and India's historical background would have been much more different.

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## THIS YEAR, NITK AWARDED THE MOST PHDs



For the first time in the institute's history, the 20th annual convocation, which was held on October 15, awarded a total of 126 PhD degrees. Vidya Shetty K, dean (academics), NITK, Surathkal, told reporters on Thursday that this year's convocation had seen the highest number of PhD degrees awarded. During the convocation, 9 B.Tech students and 30 postgraduate students received gold medals from the institute as well as medals sponsored by various agencies for achieving the highest CGPA. There were 1787 graduates in total, including 126 PhD, 817 PG, and 844

B.Tech students. As many as 249 B.Tech students received minors in other disciplines in addition to their B.Tech degree.

The guests of honour was Yajnanarayana, an alumnus of NITK Surathkal 1973 batch and managing director of Sona Group of Industries in Bengaluru, and Milind Baride, an alumnus of NITK Surathkal 1981 batch and vice president, India Region, Maire Tecnimont in Italy. During his visit, Union Minister Dharmendra Pradhan had also lay the foundation stone for the newly constructed 'Central Research Facility (CRF) and School of Interdisciplinary Studies [CoEs] building, which cost Rs 48 crore, and lay the foundation stone for the lecture hall complex in Block-D. It will cost Rs 54.76 crore, according to Narendranath S, dean of student affairs at NITK, Surathkal.

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## PROFITS CAN BE REPATRIATED BY FOREIGN UNIVERSITIES THAT ESTABLISH CAMPUSES IN GIFT CITY

To encourage foreign universities to establish campuses in Gujarat's GIFT City, the Centre has issued regulations stating that such entities are free to repatriate profits to their parent campuses. The International Financial Services Authority's (IFSCA) regulations, which govern GIFT City, come at a time when the University Grants Commission (UGC) is drafting rules to govern foreign educational institutions that want to set up campuses in India. Except in GIFT City, where only the IFSCA guidelines will apply, the UGC rules will apply to all such potential projects. The IFSCA guidelines, published in the Gazette of India on October 12, stated that "the Parent Entity shall be permitted to repatriate profit, if any, without any restriction."

Notably, an Education Ministry committee that recently framed guidelines for the expansion of IITs in



foreign countries recommended that the parent institutes in India should expect a reasonable royalty from such offshore campuses — roughly 10% to 15% of the overall expenditure of the offshore campus. Similarly, the IFSCA regulations will permit foreign institutes to repatriate profits from campuses established in GIFT City. In fact, the IFSCA's draught regulations issued in June did not address this issue.

Meanwhile, the IFSCA's notified

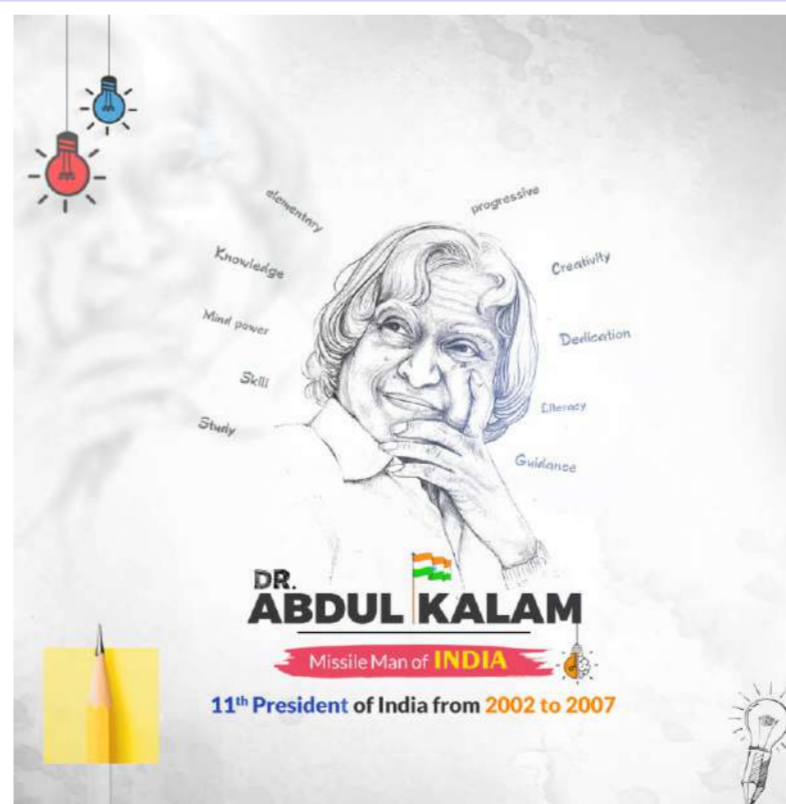
regulations emphasise that the courses or programmes offered by foreign university campuses "shall be identical in all respects with the course or programme" offered by them at home. According to the regulations, the degree, diploma, or certificates must also be identical. These will also "be accorded the same recognition and status as if they were carried out by the parent entity in its home jurisdiction." In the annual Budget 2022-23, Union Finance Minister Nirmala Sitharaman announced that world-class foreign universities and institutions would be allowed to offer courses in financial management, FinTech, science, technology, engineering, and mathematics "free from domestic regulations." The regulations require that the applicant foreign universities rank among the top 500 in the most recent round of QS rankings.

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## REMEMBERING DR. A.P.J. ABDUL KALAM ON WORLD STUDENT'S DAY

October 15, India celebrates World Students' Day. On October 15, World Students' Day commemorates the birth anniversary of former President APJ Abdul Kalam. Dr. Kalam was a great teacher, eminent scientist, and statesman who served as India's 11th President from 2002 to 2007. On World Students' Day 2022, we recall how the former President always encouraged students to dream big and to never be afraid of failing. Dr. Kalam is also an inspiration to teachers. President Kalam believed that good teachers make great people.

Dr. Kalam was born on October 15, 1931, in Rameswaram on Pamban Island, then in the Madras Presidency,



and now in Tamil Nadu, to a Tamil Muslim family. Dr Kalam had average grades in school but was described as a

bright and hardworking student with a strong desire to learn. He studied for hours, especially mathematics. Dr. Kalam desired to be remembered as a teacher. Dr. Kalam returned to teaching the day after completing his term as India's 11th President.

"The aim of the teacher should be to build character, human values, enhance the learning capacity of children through technology, and build confidence among children to be innovative and creative, which will make them competitive to face the future," the former President believed.

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## INDIA'S EV SECTOR AT A PINNACLE



As the lithium-ion batteries imports have jumped to 87% and major imports is from China and Hong Kong. Besides efforts are being made to search cobalt and lithium assets overseas by a joint venture of three state companies National Aluminum Co., Hindustan Copper Ltd. and Mineral Exploration Corporation. The Prime Minister of India has made certain amendments by derestricting the production of minerals by private companies which include Lithium, Beryllium and Zirconium. These changes would allow the government to allow auction permits to exploit these reserves however nothing regarding this was made public. The Government agencies have been exploring for lithium and found a resource in Southern Karnataka according to the mine ministry.

### Survival of the Fittest

Recognizing the potential of lithium batteries many companies are making an endeavor to develop Lithium-Ion batteries.

**Reliance** - It has announced plans to set up a plant for the same in Gujarat.

**Maruti Suzuki to form Alliance** - The company has plans to form an alliance with Tata Motors and Mahindra to develop Lithium-Ion Batteries for electric vehicles as all three companies are into the automobile sector.

**Ola with SD, Samsung and LG chem for battery supply** - Ola is working on electric vehicles and is in talks with Samsung, LG Chem, SDI for the supply of batteries. This is a significant step for Ola as it has no dependence on petrol and diesel and has announced plans to add one million vehicles in its fleet by 2025.

**Tata Motors and Panasonic** - Tata Motors has and Panasonic's partnership to produce the batteries is a major step in the electric vehicle market as it will reduce the cost of batteries and improve the technology. Panasonic has lot of experience in this area and its expertise will be invaluable to Tata. As a result of so many players getting into the competition will surely result in better products at lower price

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## TELECOM AUCTION STRIFE COMES TO AN END

India's biggest spectrum war between Gautam Adani, Mukesh Ambani led Reliance Jio and Sunil Bharti Mittal led Airtel has now confirmed at ₹1.5 lakh crores coming in after seven days of bidding and spread over 40 rounds. This decision of Adani group to participate in the 5G auction in the first direct contention with Ambani. Adani group further added that they want this spectrum for private network solutions along with cyber security in the port, airport, logistics and power generation, transmission, distribution and various manufacturing operations and not the consumer mobility space.



### 5G Auction by the Government

The fifth generation of telecom service auction had started on 26th July and was approved by the cabinet a month prior to it and almost after 40 rounds of bidding the bid closed on the seventh day. The Telecom department notified in its notice of invitation of application. The regulator (Telecom Regulatory Authority of India) had recommended an about 39% cut in the floor price for the sale of 5G spectrum for mobile service. A total of 72097.85 MHz of spectrum had been put on auction the bidders were given an option to make payment in 20 instalments at the beginning of each year they can also surrender the spectrum after 10 years and no future liabilities with respect to the balance instalments no spectrum usage charges shall be paid on the airwave auctioned in this round further no requirement for bank guarantee and financial guarantees.

### Who is the Conquistador?

Gautam Adani has been the champ and won the auction, a total of 51.2 GHz that ways upto 71% of the auction was bought by him for ₹1.5 lakh crore. The Minister of Communication Ashwini Vaishnav was good enough for covering all circle of the country estimating good coverage of 5G in coming two -three years. The expected total first annual instalment that the government will get from the bidder is approximately ₹13,365 crores. Apart from generating revenue to the government, it has other benefits to provide high speed data connectivity for users, a number of enterprise level solution like machine-to-machine communication, connected vehicle and a lifetime experience.

### Biggest Spender

Reliance Jio has spent almost ₹88,078 crores and acquired a total of 24.7 GHz of spectrum in the 700 MHz, 800 MHz, 1800 MHz, 3300 MHz and 26 GHz band and is the only one among the four participants to have acquired in the 700 MHz premium band. This band is best suited for areas with high density and is best suited for data network and consumer-led services. Country's second largest telecom Bharti Airtel took 19.8 GHz of spectrum for ₹43,084 crores in the 900 MHz, 1800 MHz, 2100 MHz, 3300 MHz and 26 GHz band. Vodafone Idea has spent ₹18,799 crores for acquiring 6,228 MHz of airwaves in the 1800 MHz, 2100 MHz, 3300 MHz and 26 GHz band.

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## SMART CALCULATORS BY YOUNG STARTUP A BOON FOR SHOPKEEPERS

**P**raveen Mishra, a 21 year cofounder of To Hands has come up with smart calculators which not only helps in calculations but also maintains records. The young man realised the importance of such a device when he saw a woman running a little shop, struggling to keep track of all transactions. Praveen Mishra who is a resident of Pratapgarh, Uttar Pradesh started ToHands in 2017 with Satyam Sahu and Shanmuga Vadiwal. Mishra developed the first version of the Smart Calculator which was a Raspberry Pi-powered prototype of a device with keyboard and two buttons. He then approached the shopkeepers and showed them the device for which he also got a pre order of 7 devices. Soon the team started working on the second version of the calculator. This time it was a polished product with calculation functionality along with credit and debit facilities. The start up was selected at T-Hub an incubation for IT Start-ups in Hyderabad. It was then that the team was inspired to take the other shot at hardware and layer the look to create smart calculators a reality. Presently the calculator is priced Rs. 3000. It features an integral memory of 16MB which might store 5 million transactions.



## THE GREAT INDIAN BUSTARD: ON THE VERGE OF EXTINCTION

**O**nce upon a time The Great Indian Bustard (GIB) was in the race to become a national bird. But today only 14- of these birds are alive. The local name of this bird is 'Godawan' in Rajasthan and 'Maldhok in Maharashtra also referred as 'Son Chiraiya' in Madhya Pradesh. It looks like an Ostrich. Its body is oval, with long legs. It weighs around 10 to 15 kgs and is about one meter in height. This bird is not agile as other birds though it flies easily. It is an Omnivores bird, usually feeds on wheat, millet, insects, snakes scorpions and lizards. Today, GIB is categorised as critically endangered by the International Union for Conservation of Nature (IUCN). It once inhabited 12 states but today it is seen only in some pockets of Jaisalmer in Rajasthan, Kutch in Gujarat and the trijunction of Maharashtra, Karnataka and Andhra Pradesh. The reason for it being on the verge of extinction is the shrinking grasslands, rising number of electricity wires and wanton killing. The grasslands are shrinking due to lack of water. Study says that on its flight the bird cannot see straight ahead. It can sight things from the side. Hence when it encounters the electric wires it loses its life. Also, the bird lays only 1 egg in a year and its nest is built on the ground. As a result, dogs and other animals consume 50% of its eggs. It is the state bird of Rajasthan. Hence hunting of this bird is totally banned in India. But, there is still a long way to go to help this bird retain its position in the ecosystem.



## NEXT -GEN VEHICLE BY ISRO MAY REPLACE PSLV



**A**s said by Mr. S. Somnath, Chairman ISRO, The Indian Space and Research Organisation (ISRO) is developing a Next – Gen Launch Vehicle (NGLV) which will be replacing the operational system like the Polar Satellite Launch Vehicle (PSLV). As the 'trusted workhouse' PSLV will have to retire someday, the NGLV will replace it. The NGLV will be featuring semi-cryogenic propulsion for the booster stage which will be cheaper and efficient. The NGLV comes with a robust design which will be helpful in bulk manufacturing in minimal turnaround.

It will be a cost- efficient three stage reusable heavy lift vehicle. The payload capacity of the vehicle will be 10 tonnes Geostationary Transfer Orbit (GTO). Correspondingly, the Low Earth Orbit (LEO) will be twice that. Its potential uses will be in the areas of launching communication satellites, deep space mission. Future human spaceflight and cargo mission. Mr. Somnath also said that the PSLV will be operational as long as there is a commercial demand for it. The technologies, the manufacturing and cost associated with the systems all go through changes. Developing a business model for NGLV is essential so that it serves its aims, This creation by ISRO will turn out to be a national asset.

## INVESTMENT OF RS 4 CRORE FOR MENTAL HEALTH APP BY WYSA



**A**n artificial intelligence digital platform Wysa is investing Rs 4crore with Act Grants to develop a Hindi language mental health app which will be accessible on WhatsApp. Its backers include Google Assistant Investments, Health Quad and British International Investments (BII) who along with other investors will be developing the app, and it is expected to go live in January 2023. Wysa aims to help 50 million users by 2025 by going beyond the barriers of literacy and language to create access to mental health support for all. The app will be executed in two phases, from development to scaling. A team of five people is working to develop the app. As told by Ramakant Vempati, Cofounder of Wysa, most health services which are being provided give access to therapists who have been trained

in English. Improving languages and using distribution platforms such as wats app will play an important role in changing the process of language hinder accessibility to such services. As Wysa appeals to those who are unwilling to come forward to talk about their mental health problems, this Hindi version of the app will prove to be of great help.

## FIFA WOMEN'S U-17 WORLD CUP: INDIA LOSES 0-3 TO MOROCCO, KNOCKING THEM OUT OF CONTENTION FOR A QUARTERFINAL SPOT

Hosts India were eliminated from the FIFA Women's Under-17 World Cup on Friday after conceding three goals in the second half to Morocco in their second Group A match. India, who were also making their debut as hosts as automatic qualifiers, were defeated by the United States 0-8 in the first match on Tuesday. On October 17, they play Brazil in their final group match, which will only be of academic interest. Morocco remained in contention for a quarterfinal berth with three points after title contenders Brazil and the United States drew 1-1 earlier in the day in another Group A match here. After two matches, both Brazil and the United States have four points. Morocco, who lost 1-0 to Brazil on Tuesday, will face the United States on October 17. It was a much improved Indian side after their humiliating 0-8 loss to the USA, and they dominated briefly in the first half, which was largely evenly contested. However, the hosts lost their way in the second half, conceding three goals to the African team. Melody Keisham, who took over for Anjali Munda after the USA game, had a forgettable game, allowing Morocco's second goal. India applied pressure to the opposing defence in the eighth minute of the game. Nitu Linda collected the ball in Morocco's box and attempted to set up Anita Kumari, but the ball was cleared by a defender. The Indian corner produced nothing.



## LAKSHYA SEN OF INDIA HAS RISEN TO A CAREER-HIGH EIGHTH PLACE IN THE BWF WORLD RANKINGS

Lakshya Sen of India advanced one spot in the latest men's singles BWF World Rankings, which were released on Tuesday, to a career-high eighth position. Meanwhile, two-time Olympic medalist PV Sindhu remained sixth in the women's singles world rankings, while Saina Nehwal, who has struggled with fitness this year, fell two places to No. 32. Kidambi Srikanth, the world No. 11 in men's singles, retained his world No. 11 ranking. HS Prannoy, who recently became world No. 1 in the BWF World Tour 2022 Rankings, climbed one spot to 13th. Lakshya Sen has been in excellent form since taking bronze at the BWF World Championships in December of last year. At the time, he was ranked outside the top 20. After winning the India Open BWF Super 500 tournament in January and silver at the All England Open BWF Super 1000 tournament in March, the Indian shuttler broke into the top ten in the following months. Sen caused some major upsets at the All England Open before losing in the final to Denmark's world No. 1 Viktor Axelsen. Lakshya Sen also advanced to the finals of the German Open Super 300 event and helped India win its first Thomas Cup title in May of this year. Lakshya Sen won the gold medal at the Commonwealth Games 2022 in Birmingham in August, but he was eliminated in the round of 16 at the 2022 badminton world championships in Tokyo. Chirag Shetty and Satwiksairaj Rankireddy, India's top men's doubles pair, remained eighth in the standings, while MR Arjun and Dhruv Kapila rose two places to a career-high ranking of world No. 21. Ashwini Ponnappa and N Sikki Reddy are ranked 23rd in women's doubles. Tanisha Crasto and Ishaan Bhatnagar are India's top-ranked mixed doubles pair, ranked 31st in the world.



## DAY 2 OF THE ASIAN WEIGHTLIFTING CHAMPIONSHIPS 2022: INDIA FAILS TO QUALIFY

On the second day of the Asian Weightlifting Championships 2022 in Manama, Bahrain, India failed to win a single medal, as all three competing weightlifters finished outside the medal positions in their respective divisions. Shrabani Das, competing in the women's 55kg weight class, finished seventh out of ten competitors with a total lift of 181kg (77kg snatch + 104kg clean and jerk). Zulfiya Chinshanlo of Kazakhstan won the gold medal in the category with a 220kg (95kg+125kg) lift. Linglong Yu of China won silver with a 210kg (95kg+115kg) effort, while Nigora Abdullaeva of Uzbekistan took bronze with a 193kg (87kg+106kg) effort. Rishikanta Chanambam Singh of India finished fifth in the men's 61kg with 120kg snatch and 151kg clean and jerk for a total of 271kg. Madhavan Thirumurugan, a youngster competing in the same category, finished sixth with a lift of 263kg (116kg+147kg). Gold was won by Xionghui Jia of China, who lifted 296kg (140kg+156kg). Nguyen Tran Anh Tuan of Vietnam finished second with a lift of 295kg (134kg+161kg), while Ricko Saputra of Indonesia completed the podium with a lift of 291kg (133kg+158kg). Harshada Garud, the reigning junior world champion, won bronze in the women's 45kg category earlier on Saturday. Jhilli Dalabehera, the defending champion, finished fourth in the women's 49kg.



## CHADHA, A GOLFER FROM CHANDIGARH, HAS TAKEN THE LEAD AFTER THE SECOND ROUND

Abhijit Singh Chadha of Chandigarh claimed the sole lead with an overall score of 11-under-133 after the second round of the fifth edition of the Rs 1.5 crore Jeev Milkha Singh Invitational presented by Take, which was played at Chandigarh Golf Club. Chadha, who was tied for seventh after the first round, now has a one-stroke lead over Kapurthala golfer Gaganjeet Bhullar. Chadha, who opened with a four-under-68, finished the second round with two eagles and three birdies. The Chandigarh golfer, who has three PGTI Tour titles, began the day with confidence, making an eagle on the second hole before sinking a birdie on the seventh hole and finishing the front-nine with a score of three-under-33. Chadha then birdied the 11th and 13th holes before making an eagle on the 16th. He parred the final two holes to finish with a second round score of seven-under-65. Bhullar, who was tied for 13th after the first round, shot the day's joint best round of seven-under-65. In his second round on Friday, the Kapurthala golfer made eight birdies and one bogey. Bhullar finished the day with an overall score of 10-under-134 after making two birdies and one bogey on the front nine and six birdies on the back nine. In round two, Gaganjeet Bhullar (69-65) had eight birdies and one bogey. Bhullar, who ended India's four-year international victory drought with a win on the Asian Tour a few months ago, made one 15-foot birdie conversion and landed the majority of his other birdies by hitting it within 10 feet.





## EXPERT



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## FAQs ON STRESS MANAGEMENT

### Q1. How can I retain a positive and strong mindset always?

**Ans.** A positive and strong mindset will lead to positive outcomes. Make a wish, where dreams come into reality. Try to commit yourself to achieve your desired goals. Goal-setting is the process of taking active steps to achieve your desired outcome. To set goal for developing a positive and strong mindset, Promise yourself the following:

- **To develop a strong attitude to retain peace always:** Make a habit to live with an attitude “nothing at the cost of my peace”. Always focus on developing an attitude to think only the best, to work only for the best, and to expect only the best
- **To be cheerful always:** Our daily lives we must see that it is not happiness that makes us grateful but gratefulness that makes us happy. Think positive..... Be Grateful, Be Happy

- **To talk in a cheerful tone and focus on positive news :** Always interact with affirmation and take the discussion to positive aspects. Always reply you are doing better and in high spirits! Always focus on making all your friends feel that there is something in them.
- **To have an unconditional faith to make your optimism come true:** A peaceful mind can think well than a stressed mind. Daily practice 'silence (Maunam)' for a few hours. Practice affirmation techniques. This will help your mind to set your life the way you expect it to be!
- **To wear a cheerful expression with an unconditional smile always:** The greatest gift in life is to be remembered. Live the way you want to be remembered. Whatever you are or want to be, be the best one! Try to forget the mistakes of the past and press on to the greater achievements of the future, keep moving with positive mindset.
- **To give so much time to the improvement of yourself that you have no time to criticize others:** Sometimes, in our relationships, we become defensive, irritated, say something to hurt others and end up making hasty decisions. Whenever you feel suspicious against the person, try to be patient enough to take time to think over again about that person's positive qualities. No one is bad, people are wrong, so have empathy and forgive!
- **To be too huge for worry, too gracious for anger, too tough for fear; and too contented to allow the occurrence of trouble.** Anger and stress are two things that are sufficient to damage a person's physical as well as mental health. And patience is the cure to both these deadly illnesses called anger and stress. Being stress-free and happy helps you stay healthier. When you fetch peace to your past, you can move bold to your future...
- **To think well of yourself and to declare these fact not in loud words, but in grand deeds:** Never lose your cheerfulness to express kudos to self and others. Develop an attitude to be just as enthusiastic about the success of others as you are about your own. Push yourself, take chances, tell people you love them, laugh, listen to music, be silly & live your life the way that's best for you...
- **To live with unconditional trust that the entire world is on your side to support you:** If you find any life circumstances challenging, or find it hard to bear, try to re-frame that condition and try to see its positive side. Smile is a symbol of not just friendship, but best friend for self peace. Don't forget to Smile in the mirror ... it makes a big difference in your life.

Positive and Peaceful mind produces right values, right values produces right thoughts, right thoughts produce right actions! Goals are vital and dominant factor for success and to retain happiness. I am sure the above goals you set for a strong mindset development will be extremely useful in your life. Stay focused, go after your goals and keep moving toward your dreams...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

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# QUIZ TIME

## GUESS

### The Country

1. 2 + (R) + 
2.  + A
3.  + 
4. O + 
5.  + A + (R)
6. J + 
7.  + 
8.  + U + 
9.  + A
10. U + 

1. Abilympics” are the competitions held for Persons with Disabilities, in which field?
2. Ecowrap' is the flagship report released by which institution?
3. Which is the headquarters of the European Parliament?
4. What is a “Shopper', which was sometimes seen in news recently ?
5. Apple recently partnered with which company to develop a technology solution for Contact Tracing activity?
6. Which country has recently signed a partnership agreement with Pacific island nations?
7. Which country is the leading exporter of Basmati Rice to the global market as of 2021-22?
8. What is the name of the first indigenously developed light combat helicopters (LCH)?
9. Which country has scrapped the proposal to cut tax for the wealthy?
10. India's Mars Orbiter Mission (MOM) was launched in which year?

10. Ukraine
9. Libya
8. Portugal
7. Germany
6. Japan
5. Qatar
4. Oman
3. Iceland
2. China
1. Turkey

10. 2014
9. UK
8. Prachand
7. India
6. USA
5. Google
4. Malware
3. Strasbourg, France
2. State Bank of India
1. Skill Demonstration

### ANSWERS

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### ANSWERS