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THE ECONOMIC IMPLICATIONS OF THE OLYMPIC GAMES

One of the best examples of a global sporting mega-event is the Olympic Games. It is frequently stated that hosting the Olympic Games brings many benefits to the host country, and some countries go to great extents to bid for the Olympic Games. However, in recent years, countries have been less eager to bid for the opportunity to host the Olympics, as people continue to debate the exact impact of the Olympic Games. So, what are the economic and social outcomes of the Olympic Games? Should a country choose to host the Olympic Games if given the chance?

Economic implications

First, Olympic Games inputs increase with each event. This is evident from an examination of the budgets for the games in Athens, Beijing, Sydney, and London. Security costs for the 2012 Olympics have risen to \$1.6 billion, up from an initial estimate of \$361 million. According to financial data obtained from previous Olympics, the event has continued to present host countries with more financial constraints. Athens spent \$15 billion on the games in 2004, while Sydney spent \$23 billion in 2000. Beijing spent \$43 billion in 2008, while London spent \$19 billion in 2012. High spending has been linked to economic decline in a number of countries. Financial analysts attribute the Greek government's debt crisis to the high costs of the 2004 Olympic Games. This is a sufficient reason for the games' discontinuation.

Security is one of the Olympic Games' major concerns, and it is also one of the most expensive. Statistics show that the cost of security at the Olympics is rising. Sydney spent \$ 180 million, Athens \$ 1.5

billion, Beijing around \$ 6.5 billion, and London \$ 1.6 billion. Costs increase in subsequent games as cities compete to outdo one another, resulting in increased spending. Projections for future Olympics are higher, and many cities are not competing to host the games. The benefits of the Olympics are only visible in the long run and are limited.

They are, however, expensive and harmful to the economies of the host countries.

The Chinese government spent \$423 million to build the Bird's Nest stadium solely for Olympic purposes. It is, however, rarely used nowadays. As a result, the event's organisers were forced to find alternative uses for the stadium. In addition, the stadium requires maintenance, which incurs additional costs. Because the stadium is rarely used, the government uses taxpayer funds to cover maintenance costs. It does not generate enough revenue to cover its operating costs. Following the Olympics, it showed high financial gains because many tourists visited China to see the stadium, which had then become a tourist destination. However, the number of tourists has declined significantly since 2008.

Profits from the Olympics are so low that they are insufficient to cover the cost of hosting the games. After spending more than \$ 10 billion to finance the games, the 2004 Athens Olympics lost US \$ 15 billion. Beijing made a profit of \$ 146 million, while London broke even. Sponsors contribute significantly to the cost of organising the

Olympic Games. As a result, the revenues generated by the events primarily benefit the games' planning committees rather than the host country's economy. Companies invest heavily in advertising in the hopes that the games will increase sales throughout the duration of the games. When this occurs, businesses increase their revenues, and the

government earns more in taxes. However, in most cases, the games only benefit a few companies, while others suffer massive losses.

Alternative applications for the funds

The money spent on hosting the Olympics could be put to better use, such as alleviating poverty in third-world countries. A lot of money is spent to build new stadiums, running tracks, and other game-related amenities. According to research, the majority of these facilities are left unused after the games. Building facilities whose intended uses do not cover the construction costs is unnecessary. Many African countries suffer from hunger and drought for the majority of the year. This money could be donated to such countries to assist them in resolving annual problems.

Additionally, the funds could be used to fund HIV and AIDS research, cancer research, or the eradication of diseases such as malaria. Vaccines are required for many diseases. They have not, however, been developed due to a lack of funding. Such projects could be funded with the funds.

People in poor countries face a slew of issues, including inadequate housing, malnutrition, disease, and hunger. The funds could be used to help people in developing countries improve their standard of living. Diseases are the leading cause of Africa's high mortality rate. Monetary assistance could assist many African countries in providing people with quality health care services and in eradicating diseases.

Conclusion

The Olympic Games debate has raged on for a long time, with many people advocating for their abolition. Opponents advocate for the games' abolition due to the negative economic impact on host countries. The increasing financial requirements of subsequent Olympic Games demonstrate this. Many countries have suffered significant losses as a result of the games' failure to generate profits. Following the 2000 Olympics, Sydney suffered significant financial losses. It spent \$ 6 billion on game financing, which was three times its initial estimate. Today, facilities built for use during the Olympics are losing money. Sponsors contribute significantly to the cost of hosting the Olympic Games. As a result, revenue generated by the event benefits the games' planning committee rather than the host country's economy. This leads to significant losses. Money spent on the Olympics could be put to good use in a variety of ways. It could be used to fund HIV/AIDS and cancer research projects, as well as the eradication of diseases like malaria. It could also be used to improve the lives of people living in impoverished countries.



THRIVING TO PRESERVE THE CONSTITUTION OF INDIA

India observes Constitution Day, sometimes referred to as "National Law Day," on November 26 every year to remember the day the Indian Constitution was ratified.

The months among the Constitution's adoption and implementation have been used to examine the document cautiously and translate it from English to Hindi. Before the Constitution became ratified, the Constituent Assembly met for 166 days over a length of two years, eleven months, and eighteen days.

On January 24, 1950, the individuals of the Constituent Assembly manually signed copies of the document, one in Hindi and one in English. The Indian Constitution got here into impact days later. Many important topics, including language, rights, minorities, and governance frameworks, were discussed.

The day before the Constituent Assembly's business came to an end on November 25, 1949, BR Ambedkar delivered an inspirational speech. Three future admonitions were given at the conclusion. The first dealt with the function of public protest in a democracy. The second caution addressed blind obedience to charismatic power. Inequality and authority were still deeply ingrained in Indian society, thus Indians shouldn't be satisfied with political democracy, was his parting advice.

The Indian Constitution was approved by the Constituent Assembly on November 26, 1949, and it went into effect on January 26, 1950. On November 19, 2015, the Indian authorities posted a gazette notification designating November 26 as Constitution Day. This day was once recognised as Law Day. The date of 26 November was selected to raise awareness of both the value of the constitution and of Ambedkar's ideals.

The government planned in May 2015 to commemorate B. R. Ambedkar, who is regarded as the father of the Indian constitution, on his 125th birthday "in a huge fashion." The Indian Prime Minister will serve as the chairman of a special committee for the entire year long celebrations. Throughout the year, several ministries and

departments staged a variety of events to promote Ambedkar's views. The Indian Prime Minister Narendra Modi declared November 26 to be "Constitution Day" as part of the celebrations when laying the foundation stone for B. R. Ambedkar's Statue of Equality at the Indu Mills premises in Mumbai on October 11, 2015. The government formally established the day's celebration in November 2015.

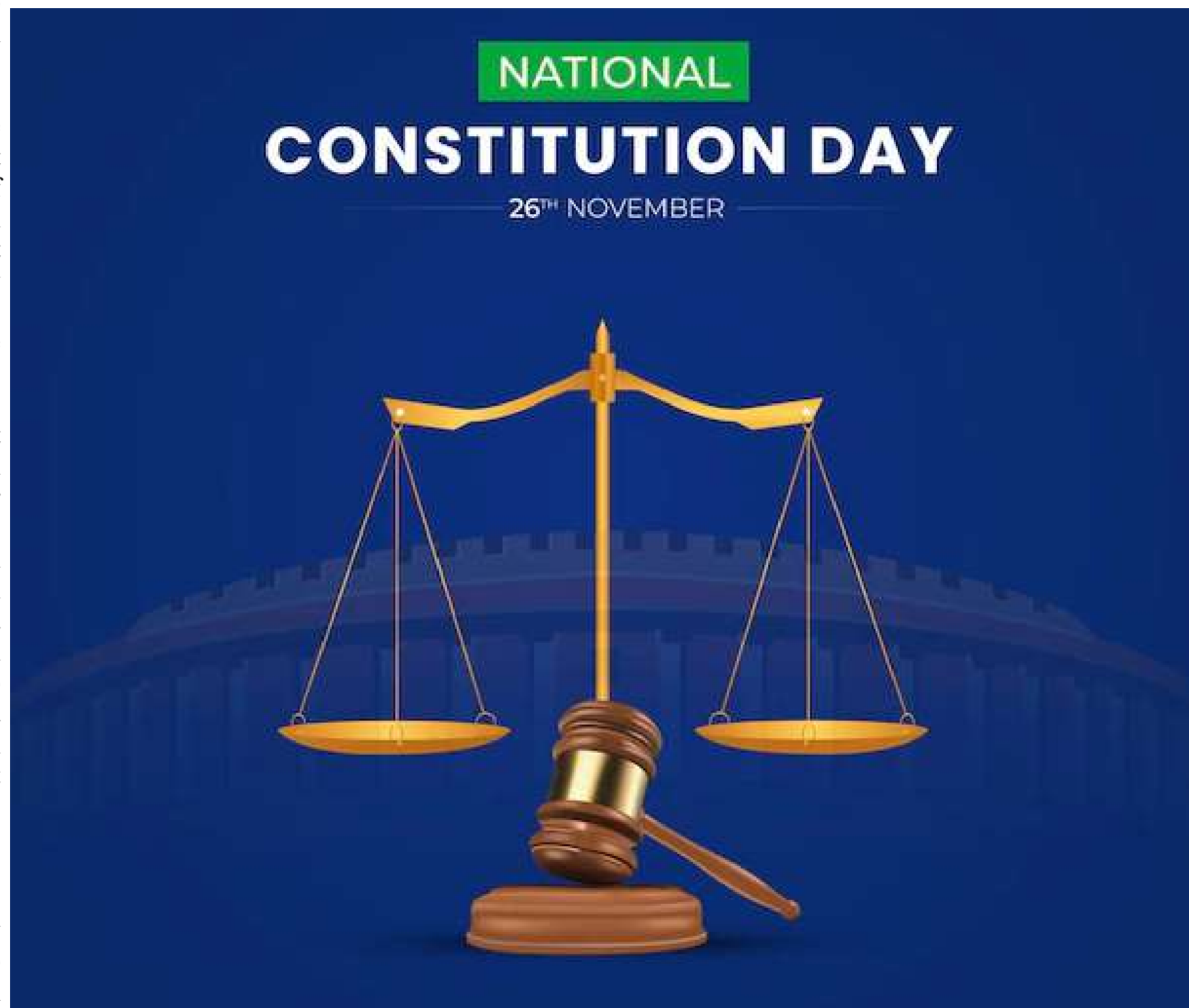
the populace toward the ideals and values embodied in the Indian Constitution and to inspire all Indians to fulfill their constitutionally mandated roles in advancing Indian democracy. The goal is to promote the beautiful, vibrant, and diverse composite culture of our country.

It provides an opportunity to teach the kids about the constitution, which is the main governing document of the nation. Additionally, it strives to raise awareness of the Indian Constitution's inherent Fundamental Duties.

It is not a holiday on Constitution Day. The Preamble of the Constitution is studied by the Department of Education and Literacy. Through lectures and seminars, students are made aware of the key elements of the constitution. On the Indian Constitution, various essay and quiz contests are held. Along with that, many universities held simulated parliamentary debates in the colleges in accordance with the Department of Higher Education's directives. At the Ambedkar University in Lucknow, the University Grants Commission (UGC) also held an all-India quiz contest.

Additionally, the Ministry of External Affairs has directed all Indian schools abroad to observe November 26 as National Constitution Day. The Indian constitution was to be given at various academies, libraries, and colleges after it had been translated into that country's local language by the embassies. The Department of Sport sponsors the "Race for Equality," a symbolic run, on November 26 every year.

The Government of India made a positive choice by choosing to observe Constitution Day. It not only remembers the constitution's adoption but also pays tribute to those who worked tirelessly to draft it.



The constitution of India is the supreme most governing document of India, which is also the longest written constitution in history. It lays out the rules for how the legislative, judicial, and executive branches of democracy should operate.

To spread awareness of the Constitution's principles among the nation's youth is the goal of celebrating Constitution Day. The festival can also be considered as a homage to Dr. Bhimrao Ambedkar's legacy because he played the most significant contribution in the creation of the legal document describing rights and laws pertaining to Indian people. These initiatives seek to remind and reorient

LAL BAHADUR SHASTRI: FEW INSPIRATIONAL LIFE STORIES

Lal Bahadur Shastri's full name was Lal Bahadur Sharda Prasad Srivastava. A village named Mogalsarai (district Varanasi, Uttar Pradesh) was the place where he was born on 2 October 1904. He was born to Sharda Prasad, the father of the family, and Ramdulari Devi, the mother of the family. During the year 1928, he was married to a woman named Lalita Shastri. The late Shastri died suddenly of a heart attack on 11 January 1966 at the age of 61, when he was 61 years old. Shastriji's birth name was Lal Bahadur Srivastava. In 1917, at the age of 12, he decided that he would no longer use Srivastava (surname) in his name. As a consequence, he abandoned the use of this surname. In honor of him, the Varanasi International Airport is now known as the Lal Bahadur Shastri International Airport.

Courage of little Nanhe: There was a boy named Nanhe. His height was also very small. There were also many other economic problems in those days. Still he used to cross the river Ganga on his way to study with his classmates to make sure he would be able to study. To cross the river Ganga everyone had to pay the fare to manjhi (boatman) before crossing the river.

It was once upon a time that the little one had only two paise. When Majhi asked for the fare, he replied, "I have only two paise, if I give this also to you, what will I be able to eat in the afternoon?"

Majhi did not listen to him and dropped him from the boat. It was necessary to go to school, there was no money. He had little thought about it and then gave the book to another friend and he jumped into the rapid current of the river.

When everyone saw this little one's courage, their teeth were clenched, their tail finger was pressed, and there was a feeling of panic. However, the little one somehow managed to swim across the river, and thus the whole situation ended in success. In the future, this little boy came to be known as Lal Bahadur Shastri.

The post is not what matters, the

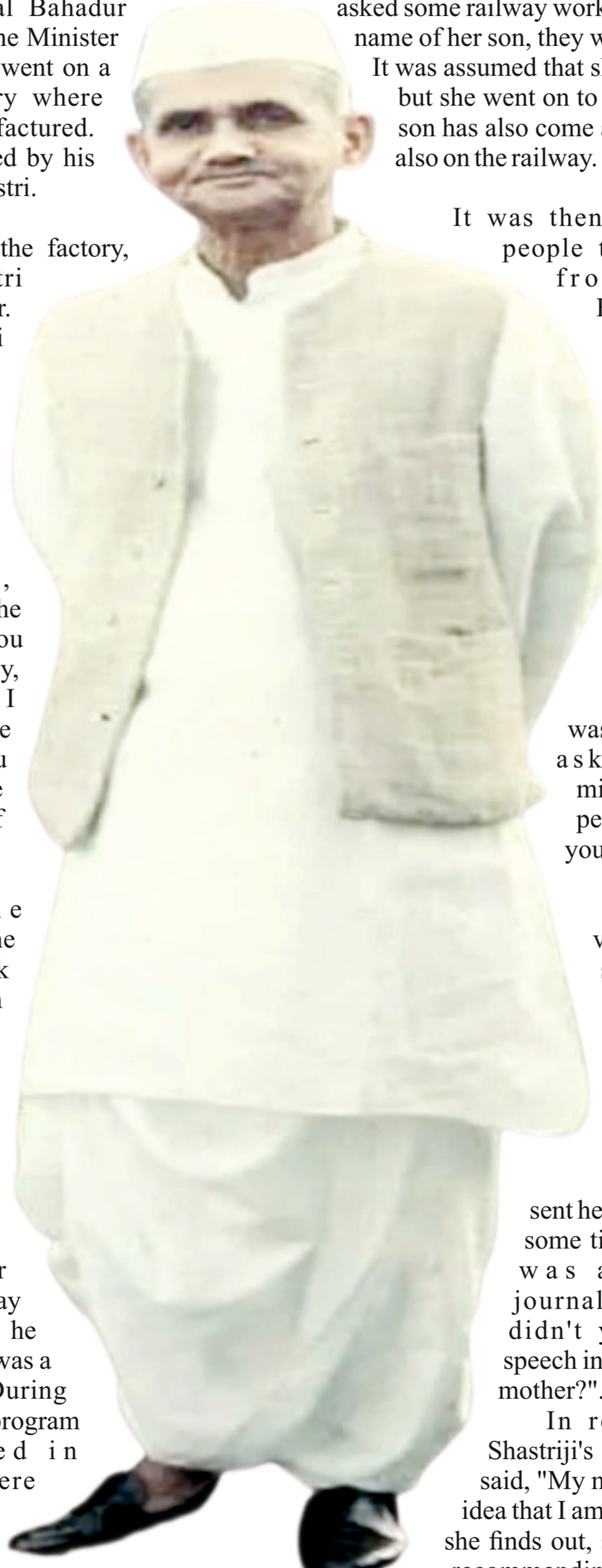
person does: This story is about the days when Lal Bahadur Shastri was the Prime Minister and on one day, he went on a visit to the factory where sarees were manufactured. He was accompanied by his wife Mrs. Lalita Shastri.

After visiting the factory, Mrs. Lalita Shastri liked a saree, so Mr. Lal Bahadur Shastri offered its price to the owner of the factory, but he refused to accept it.

At that point Shastriji said, "Today, when I am the Prime Minister, you are not taking money, but tomorrow, when I will not be Prime Minister, will you still give me the saree free of charge?"

He became speechless when he heard this and took the money from him quietly without a word.

The ultimate sophistication lies in simplicity: As a matter of fact, Shastri Ji had never informed his mother that he was a Railway Minister, but rather he had told her that he was a railway worker. During this time, a railway program was organized in Mughalsarai, where Shastriji's mother went to find him.



When she was searching him, she asked some railway workers about the name of her son, they were shocked. It was assumed that she was lying, but she went on to state that her son has also come and that he is also on the railway.

It was then that some people took her in front of Lal Bahadur Shastri and asked, "Is that your son?" As the mother she said, "Yes, indeed, that is my son."

There was a question asked to the minister by the people, "Is she your mother?"

It was very surprising for Shastriji to see his mother, he sat with her for a while and then he sent her home. After some time, Shastriji was asked by journalists, "Why didn't you give a speech in front of your mother?"

In response to Shastriji's question, he said, "My mother has no idea that I am a minister. If she finds out, she will start recommending people to

me and I will be unable to refuse her recommendations and she will behave arrogant." Everyone was shocked by his answer.

The foundation stone: It was clear that Lal Bahadur Shastri was a cheerful individual. People were convinced of his qualities, including his ability to give speeches and his selfless service. However, when he became a member of Lok Seva Mandal, he developed a shy nature. It wasn't a big deal for him to have his name published in newspapers and to receive praise.

In one of his conversations with a friend, he was asked, "Why do you refrain from putting your name in the newspaper?"

Afterwards, Shastriji stated that, "Lala Rajpatrai, when teaching about the work of Lokseva Mandal, had mentioned that the Taj Mahal is made of two types of stones, the first of which is marble, a stone that is praised by everyone, and the second of which is granite. Some of these stones are also used as the foundation stones of the Taj Mahal. But they are the foundation and base of Taj Mahal. I still recall his words to me, which is why I would like to remain the foundation stone."

After signing the joint Declaration on 10th January 1966 with Pakistan in Tashkent. Lal Bahadur Shastri died that evening. The news of his death hit the entire nation like a bolt from the blue, causing the entire nation to be devastated. Some people suspected foul play was involved. It was gone the war hero and the messenger of peace, the great statesman who restored India to honour and respect in the assembly of nations. A tiny, tidy figure has been seen as his successor. This man lived in perfect purity of thought, word, and deed. The very embodiment of selflessness, detachment, and simplicity. He belongs to the race of Indian heroes.

DR. VERGHESE KURIEN – THE MAN OF VISION!

Dr. Vergheese Kurien is the creator of "Operation Flood," the leading dairy development authority in the world, which has made India the global milk producers. Dr. Kurien was a man of extraordinary imagination who has invested his entire life to achieving his goal of uplifting India's farm owners. He also goes by the names "Dudhwala of India" and "Father of the White Revolution."

This word best describes Dr. V. Kurien's life's work: emancipation, namely the emancipation of marginalized and small-scale farmers and indentured servants. In addition to the Milk Revolution that he effectively started, his effort has had a massive social, cultural, and most significantly, economical influence on the daily lives of millions of cooperative dairy producers.

In addition to the Milk Renaissance that he skillfully started, his work has had a significant social, political, and most significantly, economic impact on the lives of millions of cooperative dairy farmers. The independence he achieved through the Amul-model (also referred as Anand-pattern) cooperatives are what ultimately led to the milk revolution. Dr. Kurien said that he wasn't in the dairy industry. Only such "channel" of dairy was employed by him to give the producers more authority.

The only title for Dr. Kurien is "the Milkman from Anand." He is referred to as "the Founder of the White Revolution" as well.

He served as the chairman and the founder of many renowned organizations, including NDDDB, GCMMF (Amul), IRMA, and others. He has done a tremendous job of creating institutions. As Chairperson of GEB, Vice Chancellor of GAU, Director, Central Board of RBI, Director, LIC, Director, IDBI, and Director, Bank of Baroda, to mention only some, he had occupied very high ranking positions in government institutions there too. He had previously been named Chancellor of Allahabad Central

University by the Indian government.

Vergheese Kurien was born in Kozhikode, Kerala, on November 26, 1921. In 1940, he earned a degree in Physics from Loyola College in Madras before completing a B.E. (Mech) at the University of Madras. In 1943, he started working as a graduate trainee at the TISCO Technical Institute after completing his training. Just two years later, he left TISCO



after being awarded a grant from the Indian government to research dairy engineering. Having receiving some specialized training at the Bangalore-based Imperial Institute of Animal Husbandry & Dairy.

He travelled to the United States on a government scholarship to complete his master's degree in mechanical engineering with dairy engineering as minor at Michigan State University in 1948. Dr. Kurien joins the Government of India's Dairy Department in 1948.

On May 13, 1949, Friday, he landed in Anand. He was hired as a dairy engineer by the Government Research Creamery, a smallish Anand milk-powder business. However at this moment, the privately operated Polson Dairy, which had hitherto monopolized the dairy market, was posing serious difficulties to the recently

established cooperative dairy, Kaira District Cooperative Milk Producers Union Limited (KDCMPUL), at Anand. Sardar Vallabhbhai Patel took the effort to establish the KDCMPUL in 1946. Dr. Vergheese Kurien quit from his government position and offered his assistance to Shri Tribhuvandas Patel, the Chairman of KDCMPUL, since he was motivated by the opportunity to aid the milk farmers. As administrator, Dr. Kurien gave the dairy

cooperative the operational and technical guidance it needed, resulting in its fast growth.

His work life was devoted to enabling Indian farmers via cooperatives. He held a range of roles throughout his profession, including Executive Head of Kaira Union in 1950, Founder Chairman of the National Dairy Development Board from 1965 to 1998, the Gujarat Co-operative Milk Marketing Federation Ltd. from 1973 to 2006, and the Institute of Rural Management from 1979 to 2006. His contribution to the establishment of the co-operative society has made it a good example not only to India but for other emerging countries and international organizations working on dairy development. Dr. Kurien developed Mission Flood in the late 1960s with the goal of flooding Indian villages with milk

using monies raised through food contributions from abroad.

Operation Flood has surfaced as India's biggest rural employment programmed, unleashing the corporate, innovative, manufacturing, and social dimensions of dairy development. Secondary cooperatives proceed provide the farm animals livestock breeding and health services. The co-operatives established as part of Operation Flood continue to instruct rural residents about democracy, giving the rest of the country peace of mind. Today, 14 million farmers in over 1 lakh villages, federated to nearly 180 milk unions distributed all over 24 states, can look forward to a better world. The infrastructure by such farmers has given them a bigger proportion of the rupees that consumers spend.

His work has garnered widespread national and international acclaim. The Indian government awarded him the "Padma Vibhushan." In addition to numerous distinctions and awards from around the globe, he has received the World Food Prize, the Ramon Magsaysay Award for Community Leadership, the Carnegie - Wateler World Peace Prize, and the United States' International Person of the Year. Accolades are valuable appreciation points in one's life, but his work has grazed the lives of millions of Indians every day. Dr. Kurien is India's unarguable 'Dudhwala.'

Dr. Kurien's major result has been the layout of systems and structures that facilitate people to grow themselves, as he thinks that growth of man can best be accomplished by placing advancement tools in his hands. He contends that the biggest attribute of this nation is its humans, and he has devoted his entire life to utilizing the power of individuals in ways that advance their wider preferences.

KERALA WANTS TO EDUCATE SCHOOL CHILDREN ABOUT BODY SHAMING



According to State General Education Minister V Sivankutty on Sunday, the Kerala government would educate students about body shaming and may include it to the curriculum. According to the minister, body shaming is an evil deed for which many victims have lost their minds.

Sivankutty said in a Facebook post that he had received a comment requesting him to flatten his stomach. According to him, whatever the justification, body-shaming expressions should never be used. It sounds as though it was stated with love. This occurs on a number of levels in our culture.

He related the story of one of his friends' siblings, a school student, who had to deal with prejudice because of his skin tone. The other pupils turned against the child after he later protested to the teachers. The boy had to switch schools and experienced significant trauma, according to the ministry.

As per him, this important topic must be incorporated into the school curriculum. He also emphasized on the need to include the discussion of this topic through the teacher-training programmes.

In a Facebook post, the minister stated that he would speak with the youngster who had experienced discrimination and would encourage his family to support him. He emphasized that ideals like goodness of heart are what matter, not one's race or wealth.

TECHNOLOGY LIKE AI AND ML COULD REVOLUTIONIZE HIGHER EDUCATION

The magic ingredient required to alter the effectiveness and relevance of Indian higher education may be the utilization of artificial intelligence and machine learning.

Because knowledge was overemphasized at the cost of skill development, education suffered. In response, a system of education that emphasizes both knowledge and skills was developed. Knowledge without skills equates to unemployment, but skills sans education results in decreased productivity.

Annual exams must be replaced with ongoing feedback because they haven't shown to be effective. Today's platforms powered by AI and data can monitor a learner's understanding of a subject and build individualized adaptive routes through sophisticated recommendation engines.

Digital assistants with AI capabilities



can give students a more individualized learning experience by reminding them to study, keeping track of how long they study for, and even analyzing their grades. The idea is to support teachers rather than replace them and lighten their administrative load so they can concentrate on the more imaginative and compassionate aspects of teaching and learning.

Being able to view and engage with the body or a tiny cell instead of merely reading about that in a book would change how individuals participate with the

subject matter. Immersive learning options are made possible by AI-powered technology.

ML tools collect in-the-moment, minutely detailed behavioral data and offer perceptive visual analytics, resulting in a seamless learning environment for the learner. This may give students more control over their learning pace, understanding of their preferred learning styles, and lifelong feedback on their own cognitive and behavioral preferences.

As some of them can read student handwriting, discern instructor grading patterns, and grade assignments faster than a teacher, data driven AI and ML engines offer the chance to do away with traditional testing methods and quantify academic talents and accomplishment in a more sophisticated way.

IIT-MADRAS TO OFFER COURSE ON ADVANCED QUANTUM COMPUTING

An advanced quantum computing course lasting two weeks will be offered by the Pravartak Technologies Foundation of the Indian Institute of Technology, Madras (IIT Madras). The training is being provided in conjunction with Mphasis Centre for Quantum Information, Communications, and Computing and Association for Computing Machinery (ACM) India (MCQuICC).

According to IIT-Madras, the goal of this new course is to introduce specialized themes to students who are already familiar with the basics of quantum computing. Additionally, it will introduce the QISKIT runtime, which will eventually become the standard way to



program in IBM QISKIT.

The two-week course will be taught from December 5 through December 16 at the IIT Madras campus. Participants from businesses and government agencies are welcome. The registration deadline is December 2. The official registration page is located at wsaqc.pravartak.org.in.

The ACM school on quantum computing, which was held in January 2022, is a follow-up to this one. The program's goal is to teach participants how to use sophisticated IBM QISKIT modules on quantum simulation, quantum finance, and quantum machine learning.

The National Mission on Interdisciplinary Cyber Physical Systems of the Government of India's Department of Science and Technology (DST) provides funding to the IIT Madras Pravartak Technologies Foundation (NM-ICPS). Its goal is to create and commercialize Cyber Physical Systems solutions with a focus on Indian needs.

THE LIST OF FORTUNE'S 40 UNDER 40 INCLUDES TWO INDIAN ENTREPRENEURS

A list of the 40 most influential individuals shaping business in 2022 has been released by Fortune magazine. Fortune said this year's list of founders, executives, investors, and activists create and seize opportunity, empower others, seek out new treatments for diseases that affect millions, connect people, build upon their success as athletes and entertainers, pioneer in their fields, and even start new ones.



the crypto downturn and has invested in more than 100 crypto companies in just about a year, Fortune said.

In an article discussing Ankit Gupta's profile, Fortune states that improving access to treatment and recovery services is the most urgent need to address the opioid crisis in America, but 40 percent of US counties do not have facilities to provide medication-assisted treatment. Ankit Gupta's Bicycle Health aims to fill that gap by offering specialized telehealth services for opioid use disorders.

As a result of government regulations being relaxed in 2020, more opioid-treatment medications can be prescribed online. Gupta founded the company in 2017 after buying a single clinic in Redwood City, Calif. In the past decade, Bicycle Health has expanded to 29 states, treated 20,000 patients, and raised \$83 million in venture capital.

Fortune reports Gupta plans to expand Bicycle into six more states over the next two quarters, improve Bicycle's technology, and get more health plans to offer Bicycle's services with the USD 50 million in funding received in June 2022.

There are five categories within the 40 under 40 list - Venture and Startups, Culture and Society, Finance and Crypto, Technology and Innovation, and Health and Bioscience.

Kanav Kariya and Ankit Gupta are among Indian-origin entrepreneurs who have made Fortune's 40 under 40 list for 2022, which also features celebrated artist Rihanna and world's most-followed TikToker Khaby Lame.

Ankit Gupta (35) is the Founder and CEO of Bicycle Health, while Kanav Kariya (26) is the President of Jump Crypto.

The company's 170-person digital assets division, Jump Crypto, was rebranded last year after Kanav Kariya started as an intern at a Jump Trading startups incubator.

The company has been positioned as a major player in Web3 since then thanks to his efforts overseeing billions of dollars in crypto investments. In terms of his future ambitions, Kariya told Fortune he hopes that Jump Crypto will become a key infrastructure builder and become an integral part of the industry as it grows. Kariya's Jump Crypto remains unfazed by

INDIA AND THE GULF COOPERATION COUNCIL WILL NEGOTIATE A FREE TRADE AGREEMENT



crude oil and natural gas, and it exports pearls, precious and semi-precious stones, metals, imitation jewellery, electrical machinery, iron, and steel, and chemicals to them.

Data from the commerce ministry shows that India's exports to the GCC grew by 58.26 percent to USD 44 billion in 2021-22 compared to USD 27.8 billion in 2020-21. In 2021-22, these six countries accounted for 10.4 per cent of India's total exports, up

Six countries make up the Gulf Cooperation Council, including Saudi Arabia, the United Arab Emirates, Qatar, Kuwait, Oman, and Bahrain.

from 9.51 per cent in 2020-21. Also, the data showed that imports increased by 85.8 per cent to USD 110.73 billion from USD 59.6 billion in 2020-21.

In order to boost economic ties between India and the Gulf Cooperation Council (GCC), negotiations for a free trade agreement are expected to begin on November 24. Saudi Arabia, the UAE, Qatar, Kuwait, Oman, and Bahrain are the six nations that make up the Gulf Cooperation Council.

During 2021-22, GCC members accounted for 18 per cent of India's total imports, up from 15.5 per cent in 2020-21. During this period, bilateral trade increased from USD 87.4 billion to USD 154.73 billion. The Gulf nations are also home to a large Indian population. Of the 32 million non-resident Indians (NRIs), almost half work in the Gulf. These NRIs send significant amounts of money home to their families.

Earlier this year, India implemented a free trade agreement with the UAE. According to the official, the FTA will be launched on November 24. GCC officials will attend the launch of the talks. Indian minister of commerce and industry Piyush Goyal had said on November 16 that India would be launching a revised free trade agreement (FTA) next week.

The World Bank reported in November 2021 that India received USD 87 billion in foreign remittances in 2021, of which a large portion came from GCC countries. Saudi Arabia ranked fourth in India's trade last year. From Qatar, India imports 8.5 million tonnes of LNG and exports commodities such as cereals, meat, fish, chemicals, and plastics. During the last fiscal year, Kuwait ranked 27th among India's trade partners, while the UAE ranked third.

As earlier two rounds of FTA negotiations were held between India and GCC in 2006 and 2008, this would be a resumption of those conversations. The third round of negotiations was not able to take place because the GCC delayed negotiations with all countries and economic groups. Gulf nations like Saudi Arabia and Qatar import most of India's

THE GOVERNMENT OF INDIA HAS ESTABLISHED INDIA'S FIRST NATIONAL REPOSITORY FOR LIFE SCIENCE DATA

Jitendra Singh, India's Science and Technology Minister, unveiled last week India's first national repository for life science data generated by publicly funded research in the country. The Indian Biological Data Centre (IBDC), located at the Regional Centre of Biotechnology, has a four petabyte data storage capacity. The 'Brahm'-High-Performance Computing Facility is also located there. According to Union Minister Jitendra Singh, the Indian Biological Data Centre (IBDC) is committed to the FAIR (Findable, Accessible, Interoperable, and Reusable) principles of data sharing. Prof Sudhanshu Vрати, Executive Director of IBDC, stated that life sciences data was previously stored in data repositories in the United States and Europe, and there was a need to house the data within the country. The Indian Biological Data Centre (IBDC), India's first national repository for life science data, has opened in Faridabad, Haryana. According to the Government of India's BIOTECH-PRIDE guidelines, IBDC is mandated to archive all life science data generated from publicly-funded research in India. The DBT-funded Center has been established at the Regional Centre of Biotechnology in Faridabad, with a data disaster recovery site at the National Informatics Centre (NIC) in Bhubaneswar, Odisha. The Centre also hosts an online Dashboard for genomic surveillance data generated by INSACOG labs, which offer customised data submission, access, data analysis, and real-time SARS-CoV-2 variant monitoring across India. Other data types' submission and access portals are being developed and will be available soon.



THE WORLD'S FIRST CHILD-FOCUSED APPROACH TO FUNDING CLIMATE RISK IS BEING URGED BY UNICEF



UNICEF is establishing a new climate financing project to strengthen nations' resilience to climate change, children's and youth's readiness for disasters, and children's protection from the effects of upcoming climate-related disasters. The Today and Tomorrow initiative is an integrative model to financing climate change that, for the first time, funds programmes for children's risk reduction and climate resilience today while also utilising risk transfer financing from the insurance market to creatively prepare for cyclone disasters tomorrow. Children and young people are a particularly at-risk demographic group that are among those most impacted by climate change, catastrophe risk, and the effects of severe weather events like cyclones. According to UNICEF's Children's Climate Risk Index, 400 million children worldwide—nearly 1 in 6 kids—are currently extremely exposed to cyclones. With full support for the Tomorrow portion of the risk transfer instrument obtained from the German and UK governments under the recently launched G7-V20 Global Shield against Climate Risks, UNICEF's Today and Tomorrow is the first pre-arranged and event-based climate disaster risk financing mechanism that directly targets this Child Protection Gap. Research by UNICEF has demonstrated that interventions that lessen cyclone exposure and harm from other hazards can significantly lower total climate risk for millions of kids. UNICEF wants authorities to act immediately to safeguard children from the effects of climate change by modifying the vital social services they depend on, in addition to pressuring governments and large corporations to drastically decrease emissions.

INDIA INTERNATIONAL TRADE FAIR'S 41ST EDITION IS OFFICIALLY OPENED BY UNION MINISTER PIYUSH GOYAL

According to a press release, Union Minister Piyush Goyal on Monday advocated for the expansion of trade shows at the national and state levels to enhance the trade show ecosystem and to advance business, industry, and regional arts and crafts. According to the press release, he spoke to the crowd after officially opening the 41st India International Trade Fair (IITF) in New Delhi today. The Minister proposed holding the Trade Fair twice a year, with the second event focusing on the theme of "Athmanitbhar Bharat," exhibiting India's swadeshi potential and its burgeoning strength. Shri Goyal believed that in order to promote regional handicrafts and handlooms, regional fairs needed to be held all across the nation, particularly in conjunction with holidays and busy travel times. The Minister added that India's fintech sector was among the strongest around the world and that attempts might be made to move all financial transactions at the fair on digital platforms. The Minister stated that 600 crore digital transactions were conducted in India last month. He added that holding virtual fairs might be an option. Shri Goyal suggested that ITPO and IIFT take into consideration co-developing some programs in the physical, hybrid, or virtual modes in order to train specialists who will help us make these fairs cutting-edge, post-modern, and significantly more appealing to businesses and the general public.



DIGITAL SHAKTI 4.0 LAUNCHED BY THE NATIONAL COMMISSION FOR WOMEN



In order to assist women across the country increase their level of understanding about the digital world, develop resilience, and combat cybercrime in the most efficient methods, Digital Shakti was founded in June 2018. The goal of Digital Shakti 4.0 is to empower women with the digital skills and knowledge they need to confront any inappropriate or illegal online behavior. Together with Meta and the CyberPeace Foundation, NCW started the campaign. More than 3 Lakh women in India have been educated about cyber safety through this project. It is assisting women with reporting and complaint processes, data privacy, and technological use for their advantage. The goal of Digital Shakti 4.0 is to empower women with the digital skills and knowledge to speak out against any illegal or inappropriate online behavior, in keeping with its commitment to establishing safe environments for women and girls online. It was started by NCW in association with the Meta and CyberPeace Foundation, according to the Ministry of Women and Child Development. According to the press release, Rekha Sharma, Chairperson of NCW, underlined the Commission's ongoing efforts to empower women in all areas of society while speaking. The program's third phase was officially launched in March 2021 at Leh by NCW Chairperson in the presence of Ladakh MP Jamyang Tsering Namgyal and Lieutenant Governor Radha Krishna Mathur. A Resource Center was also created as part of the project's third phase to provide details on all reporting options for women who encounter cybercrime.

ANWESHA GOWDA, 14, ADVANCES TO THE SECOND ROUND OF THE AUSTRALIAN OPEN 2022



Anwasha Gowda, a 14-year-old Indian badminton player, advanced to the second round of the Australian Open 2022 women's singles competition on Wednesday at the State Sports Centre in Sydney. Anwasha Gowda, ranked eighth in the latest junior badminton world rankings, defeated 20-year-old Pitchaya Elysia Viravong of Australia in the first round of the BWF Super 300 tournament in 21 minutes.

Anwasha Gowda has had a strong 2022 season, winning four junior BWF titles and finishing second twice. However, in the second round, the teenager from India will face Malaysia's 2018 Youth Olympic Games champion Goh Jin Wei. In her first-round match, Goh Jin Wei defeated Tanya Hemanth, 19, 21-15, 21-16 in 31 minutes. Anwasha Gowda is also the only Indian badminton player still alive in Australia. Rutaparna Panda and Swetaparna Panda lost 16-21, 14-21 to Chinese Taipei's Lee Chia Hsin and Teng Chun Hsun in the women's doubles. Meanwhile, Indian men's badminton player Sameer Verma and women's doubles pair Simran Singhi and Ritika Thaker withdrew from the Sydney meet before their opening matches. Commonwealth Games champions PV Sindhu and Lakshya Sen had previously withdrawn from the BWF Super 300 event due to injury. While PV Sindhu is still recovering from an ankle injury, Lakshya Sen was unable to compete due to a throat infection.

CLASS 9 STUDENT, THE SON OF SWEET VENDOR, WINS SILVER AT THE 4TH ASIAN YOUTH ATHLETICS CHAMPIONSHIP, HOPES TO COMPETE IN OLYMPICS

After a stellar performance at the national level, Arjun won a silver medal in the Javelin throw at the 4th Asian Youth Athletics Championship 2022 in Kuwait. He had a javelin throw distance of 70.98 meters. Arjun is a ninth-grade student at Modern Public School in Shalimar Bagh, Delhi. The 15-year-old athlete is currently ranked first in India, third in Asia, and tenth in the world in the under-18 boys' javelin throw category. For the past two years, he has been preparing to compete in the Asian Games. Arjun's outstanding performance at the 17th National Youth Athletics Championship 2022 earned him a gold medal and a spot on the Indian squad for the 4th AYAC. Arjun's father is a sweet vendor in Delhi, and his mother is a housewife. Arjun's father, he claims, was a Discus Throw athlete who inspired him to participate in sports. Arjun's parents have always supported him academically and athletically, and he aspires to compete on an international level. While Arjun wishes for government assistance in obtaining better education, he maintains that his school is the sole reason for his success thus far. During school hours, he is permitted to train on the school playground, but he is not permitted to train elsewhere. He was also given training equipment by the school. Speaking of his future plans Arjun said he admires Olympic gold medalist Neeraj Chopra and hopes to compete in the Olympics one day. Thirty Asian countries participated in the 4th AYAC, which concluded on October 16th in Kuwait. During the four-day championship, India won the most medals, with six gold, eleven silver, and seven bronze. The Indian squad was made up of 35 people. The Chinese Taipei team finished first runner-up with six gold, one silver, and two bronze medals.

SWAPNIL, A PARA-SWIMMER FROM KOLHAPUR, HAS BEEN AWARDED THE ARJUNA AWARD

Swapnil Patil, a para-swimmer from Kolhapur, will receive the Arjuna award from President Droupadi Murmu on November 30. "I have always believed in hard work," said the 24-year-old, who is undergoing training at the Bengaluru-based academy. Despite the fact that my father (Sanjay) is a swimming coach, I had no intention of becoming a swimmer. At the age of six, I was involved in an accident that resulted in a deformity in my left leg. That almost compelled me to seek water therapy as part of my treatment. Swimming was fun for me, and I improved with the help of professional coaches." Swapnil won two medals at the Asian Para Games. In 2018, he improved from bronze in 2014 to silver. Swapnil, who is pursuing a master's degree at Shahaji College, stated, "I train for three hours in the morning and three hours in the evening." During the afternoon, I study and exercise. Teachers and friends have always been there for me, which has allowed me to finish school and graduate with little difficulty. "There is no substitute for hard work." Sometimes you get lucky, but hard work with goals in mind and not caring too much about what others think will pay off in the end." Swapnil stated that he wishes to establish a swimming academy in Kolhapur specifically for physically challenged dreamers. "Right now, my father is training a few." "He is putting in every effort so that I can realize my dream," he explained. And that dream is coming true at the Paris Paralympics in 2024.



MANIKA BATRA BECOMES THE FIRST INDIAN WOMAN TO WIN A MEDAL AT THE ASIAN CUP 2022 TABLE TENNIS TOURNAMENT



Manika Batra of India defeated world No. 6 Hina Hayata of Japan in the Asian Cup 2022 women's singles bronze medal match on Saturday in Bangkok, Thailand. It was India's third medal of the continental competition. Chetan Baboor was the only Indian table tennis player to win an Asian Cup medal before this, with silver in 1997 and bronze in 2000. Manika Batra became the first Indian woman to win a medal at the Asian Cup table tennis tournament with her victory. Manika Batra, India's top-ranked table tennis player at world No. 44, defeated Hina Hayata, the bronze medalist at the 2021 Table Tennis World Cup, 4-2 (11-6, 6-11, 11-7, 12-10, 4-11, 11-2) in the medal match at the Huamark Indoor Stadium. Manika Batra led the match 2-1, but Hayata appeared to be on the verge of tying it with a 10-6 lead in the fourth game. Nonetheless, Manika Batra won the next six points with powerful forehand winners, reversing the momentum. Manika Batra had earlier lost in the semi-finals to Tokyo 2020 bronze medalist Mima Ito of Japan. After a close match, the world No. 5 Japanese player defeated Manika Batra 4-2 (8-11, 11-7, 7-11, 6-11, 11-8, 7-11). Manika Batra had earlier in the tournament defeated world No. 23 Chen Szu Yu of Chinese Taipei in a thrilling quarter-final to become the tournament's first Indian woman to reach the semi-final stage. She had also pulled off a major upset in the first round against world No. 7 Chen Xingtong of China. India's top-ranked men's singles player, Sathiyam Gnanasekaran, and national champion Sharath Kamal, ranked 44th, were both knocked out in the first round of men's singles.

EXPERT



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FAQs ON

Learning and Development through Ancient Indian Wisdom

Q1. Can you illustrate why Ekadashi is given so much importance?

Ans. Fasting and feasting are fundamental part of many religions and cultures in our country. Weekly fast on specific week days and monthly fasts during Ekadashi, Purnima, and Pradosha, Shashti, Ashtami, and longer fasts during the Navratras nine days are very common in Indian continent. Ekadashi fasting is observed even today; in the light of some research findings i will try to reply your question. Ekadashi is the 11th day after the full moon and the 11th day after the new moon. The human physiology goes through a cycle called a mandala, approximately every 40 to 48 days⁽¹⁾. Maintaining a light stomach on Ekadashi can create a helpful situation to turn innermost. In this sequence, three specific days will occur when the body does not demand food. This wont be same for every individual and differ. Ancient days Dashami, Ekadashi & Dwadashi were observed to cleanse the system. Ekadasi fasting is taken by devotees with utmost purity

and unconditional faith⁽²⁾.

The most sacred periodic fasting in the smritis is Ekadashi. Both vaishnavites (followers of Vishnu) and "smarthas" (who follow Adishankaras' advaitic philosophy) observe Ekadashi fasting. Vaishnava devotees fast or abstain from foods made with grain⁽³⁾. The unwell, children, and pregnant women are excused from this fast⁽⁴⁾. The merits of Ekadashi fasting obtained for a devotee is numerous is the belief⁽⁵⁾. On the day of Ekadashi, if we keep our body light and accessible, our consciousness will turn inward. If you have a full stomach, and you are unaware and dull, you will not notice the lightness of body and mind. So to stay aware and also to cleanse the body, remain without food on that day⁽⁶⁾. The book Ekadashi Upavasa- Fasting A Pathway To Spiritual Progress by Sri Sri Yogi Shivananda Parama hamsa puts light on Ekadashi as to its a) scientific explanation, b) Medical explanation c) Ecclesiastic explanation and d) ancient yogic practices conductive for upavasa⁽⁷⁾.

Scientific study says, from the eleventh day till fifth day post new moon or full moon day, moon influences us maximum and imbalance our digestive system. This also causes decrease in brain's functioning and cause weakness in memory, thought and decision making. Therefore, to evade all these difficulties, it's imperative to clean our digestive system on every 11th day of lunar cycle. This assists our digestive system to clean up all the food and disarray in our body. That is the reason for fasting on Ekadashi. And it is also a healthier scheme to fast at least once in fifteen days to maintain our digestive system perfectly. Many people with diabetes observe fasting or feasting during various festivals in India, hence management of diabetes during these phases becomes extremely important⁽⁸⁾. Fasting is a ritual of purification. Therefore, in Ekadashi fast, the observer has to refrain from all kinds of grains, cereals, poultry, and meat. Fasting permits the digestive system to have time to recover and rest well. It is a method of cleansing that permits body to reset and decreases the chances of getting health disorders. Fasting on Ekadashi brings changes in lifestyle and positively contributes for personality development. This is because the ekadashi fasting helps the observer to return to a state of purity, which helps them becoming kinder and stronger. In due course, they find will ve able to better handle stress and frustrations in their life⁽⁹⁾.

The Dharma-shāstras aslso insist that the Ekādashi fast should be observed. On that day, one should not allow impure thoughts of lust, anger, avarice, etc. One research study found that religious belief was the main reason for keeping fast mainly kept fast on the ekadashi, janamastmi, ramnavmi and during navratras⁽¹⁰⁾. According to this research none of the subjects in high income group was observing fast while 20 % of low income group subjects were keeping fast.

As a rule Hindus allow themselves milk and fruit on a fasting day⁽¹¹⁾. Any nourishing diet which provides goodness for the Body, Mind and Soul can be termed as spiritual nutrients. To be apparent, any nutrient which has been detailed in ancient traditions as an assoc0iate of God giving dietary benefits can be termed as spiritual nutrients. After a calorie limited Ekadashi, usually on the next day i.e. Dwadashi, fast is bust by taking two essential nutrients. These are the goose berry or the amla fruit and the agathi leaves knwon as

micro greens⁽¹²⁾. Normally 36 hours of fasting were observed in ekadasi fasting ritual, starting on dashami day evening and breaking of the fast on the Dwadashi day morning by rice, greens ("agathi keerai" in Tamil), gooseberry (amla), and turkey berry with tamarind gravy (sundaikai kozhambu in Tamil) as a part of the brunch.

Many ancient scriptures describe the relevance of fasting in Ekadashi. Vishnudharma Purana, Surya Puana, Narada Pancharatra, Skanda Purana, Agni Purana, Gautamiya Tantra, Matsya Purana, Bhavisya Purana, Brahmada Purana, Bhavisya Purana, Padama Purana are few amongst them⁽¹³⁾. To control the mind some prefer doing a fast on Ekadashi⁽¹⁴⁾. I hope the answer is sufficient to satisfy your question to know the importance of Ekadashi. Stay blessed.

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Mail your questions on
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OR

DM your questions on our instagram handle @thehulahultimes

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



QUIZ TIME

- Which nation and India co-hosted the "LeadIT Summit" concurrent with COP27?
- Which nation launched the moon rocket known as "Artemis"?
- What will be the focus of India's 2022 G20 Presidency?
- What is the population of the globe, as of November 2022, according to the World Population Prospects 2022?
- Which international organization unveiled the "Global Shield" insurance programme?
- Which Indian Armed Forces undertake the structured exercise known as "Prasthan"?
- India has disclosed a USD 5 million donation to which bloc's Science and Technology fund?
- What year did the "National Hydrogen Mission" begin?
- Which state has issued an official prohibition on songs that promote violence as well as the open exhibition of weapons?
- The Twenty20 World Cup championship for 2022 was won by which team?

MATHS PUZZLE

$$\begin{aligned}
 & \text{Apple} \times \text{Apple} \times \text{Apple} = 27 \\
 & \text{Apple} \times \text{Lemon} \times \text{Lemon} \times \text{Lemon} = 24 \\
 & \text{Apple} \times \text{Lemon} \times \text{Orange} \times \text{Orange} = 96 \\
 & \text{Orange} + \text{Apple} \times \text{Lemon} = ?
 \end{aligned}$$

Solution

In the first row,
each apple possesses the number 3 since $3 \times 3 \times 3 = 27$

In the second row,
let hold "M" such that:
 $3 \times M \times M \times M = 24$
 $3M = 24/3$
 $3M = 8$
 $M = 2$
Each mango = 2

In the third row:
Let each orange equal to "N".
Thus, $3 \times 2 \times R \times R = 96$
 $6 \times 2R = 96$
 $2R = 96/6$
 $2R = 16$
 $R = 4$
Each orange = 4

Finally, in the fourth row:
 $\text{Orange} + \text{Apple} \times \text{Mango} = 4 + 3 \times 2$
 $= 4 + 6$
 $= 10$

10.	England
9.	Punjab
8.	2021
7.	ASEAN
6.	Indian Navy
5.	G-7 and V20
4.	8 million
3.	One Earth, One Family, One Future
2.	USA
1.	Sweden

Answers

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