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AN INITIATIVE TO CONSERVE THE WILDLIFE BIODIVERSITY



Every year on July 29, International Tiger Day is observed. The tiger has the distinction of always being the world's largest big cat. Tigers are easily distinguished by their differentiated orange and black stripes on their body and face. International Tiger Day is observed around the world to raise awareness about tiger conservation. The day's goal is to create a global system dedicated to defending tigers and their wildlife ecosystems. A secure and flourishing habitat for tigers implies that we must also protect other species and our woodlands. We could indeed perform for a coming years where individuals and tigers can live together peacefully by celebrating International Tiger Day.

The tiger is not only our largest species, but it also represents the eco - system. Wild tigers, as top predators, represent an essential role in the proper functioning of the earth's natural ecosystems. If the tiger goes extinct, the whole eco-system suffers, and our plants and animals suffer greatly. The tiger is India's national animal. The tiger has a large territory and requires a large forest area. Because tigers require a large range, we must concentrate on

landform interconnection and preservation, which benefits the whole natural ecosystem.

Project Tiger, a one-of-a-kind plan to save the world's tigers, was launched in India in 1973. There were 9 tiger reserves in its early years, but the Tiger Initiative now covers 50. However, the World Wildlife Fund estimates that there are only about 3,900 wild tigers left in the world. Over 95 percent of the world's tiger inhabitants have been dropped although since turn of the last century. The setting traps turmoil is said to be a significant threat to wild tigers throughout Asia. Tigers come in several varieties, which include Siberian tigers, Bengal tigers, Indochinese tigers, Malayan tigers, and South China tigers. The Bengal tiger is principally reported from India, with a relatively small population in Bangladesh, Nepal, Bhutan, China, and Myanmar. With over 2,500 remaining in the forest, it would be

the most innumerable of all tiger distinct species. The establishment of tiger reserves in India in the 1970s aided in the stabilization of tiger populations. The Indian government estimated the country's tiger population to be 2,967 in 2019 after conducting a survey in 18 states. According to the Tiger Assessment Fact sheet 2018, launched by Prime Minister Narendra Modi on July 29, 2019, the tiger total population enhanced to 2,967 in 2018 from 2,226 in 2014.

The tiger population began to decline again at the turn of the century. The main Protected Area (PA) that was devoid of tigers due to illegal hunting was the Sariska Tiger Reserve in Rajasthan in 2004-2005, followed by the Panna Tiger Reserve in Madhya Pradesh in 2007-2008. Tigers had disappeared altogether from the Sariska Tiger Reserve by 2005. This sparked outrage between many wildlife preservationists and embarrassed the Rajasthan government. This prompted numerous inquiry commissions at the state and national levels to investigate the cause. Following that, the administration reconstructed

'Project Tiger' and renamed it the National Tiger Conservation Authority (NTCA). The NTCA had much more authority to combat illegal hunting and protect the tiger inhabitants.

Following the Sariska debacle, the Rajasthan government took on the challenge of reintroducing tigers in Sariska, forming a steering committee in June 2008 with the collaborative efforts among several national and state organizations. This investigation team was successful in reinstating tigers to Sariska. The realignment and reinstatement of tigers ushered in a new period in the country's nature conservation historical record. This is evidenced by the rapid increase in population from 1,411 in 2006, according to the tiger census, to 2,226 in 2015, and 2,967 in 2018.

Though the tiger population is growing and is expected to double by 2022, there are other concerns. Each year, more than 100 tigers are died due to myriad of purposes (like health factors or poaching). They start moving among natural environments, so while conservation areas are necessary and essential, a connected environment is also necessary. As so many advancement, mining, and extraction initiatives are planned for these places, safeguarding is very often constrained. Such actions not only deplete our rain forests, but also give poachers more opportunity to attack and chase tigers and leopards. Pertaining to one research, the dissipation of the source population in some areas of Central India has decreased by up to 50% in the last 25-30 years.

Tigers are one of the world's greatest animals and are regarded an 'Umbrella Animal' because their environmental protection in same area helps protect many other species. The International Tiger Day was established in 2010 once the 13 tiger range countries came with each other to start creating TX-2 and double the tiger variety by 2022. The trebling of tigers is important for not only the tigers, but also for essence and for all of us.



KARGIL VIJAY DIWAS – CELEBRATING SOVEREIGNTY OF OUR WARRIORS

Kargil was component of Gilgit-Baltistan prior to India's division with Pakistan, but following the first Kashmir conflict in 1947-48, the majority of the Kargil area stayed in Indian Territory. However, when Pakistan was defeated in the Indo-Pakistan war of 1971, the whole Kargil region became Indian sovereignty. This hamlet of Kargil is located 120 kilometers from Srinagar on the Line of Control (LOC), which is the de-facto crossing point dividing India and Pakistan. It faces the northern regions of Pakistan. However, the battle for the Siachen Mountains and growing insurgent activity in Kashmir complicated the problem. In attempt to settle the Kashmir dispute peacefully, India and Pakistan signed the Lahore Declaration in 1999. During 1998-1999, both countries successfully accomplished nuclear tests, reigniting tensions between the two countries, and the Pakistani armed forces sent several soldiers in order to lift away Indian soldiers from the Siachen Mountains, so attempting to destroy the link between Ladakh and Kashmir.

The year 1999, however, things had changed. The Pakistan Army already has recaptured the advanced positions earlier than scheduled. By May 1999, the Pakistani army was destined to take over through the Kargil stations, and they accomplished so, gaining control of the region. This region was in Indian Army control; however they tried to take advantage and re-occupied the LOC Kargil regions before springtime. The Pakistani Army, together with specialized soldiers from Special Service units and 4 to 7 battalions of the Northern Light Infantry, were supported by Kashmiri insurgents and Afghans who established camps on locations where the Indian Army had authority. They were all prepped and outfitted for the conflict.

This year, 2022, marks the 23rd anniversary of the triumph in "Operation Vijay," often known as the "Kargil War."



After 60 days of fighting, India was successful in retaking control of the hilltop stronghold of Kargil, which had been surrendered to Pakistani militants, and the 26th of July is commemorated as Kargil Vijay Diwas. The operation is called Vijay, and after being successful, it was renamed "Kargil Vijay Diwas."

The Indian army created the Kargil Conflict Memorial in Dras, where the real war did take place, to memorialize the Kargil War between India and Pakistan in 1999. The Indian Army has a variety of festivities scheduled in Delhi and Dras in Jammu and Kashmir. The commemoration will commence on July 25th in Delhi and conclude on July 27th at the Kargil Memorial Site in Dras.

Each year on July 26th, Kargil Vijay

Diwas is observed to remember Kargil War Heroes who gave their lives for our country. The Indian government acted with Operation Vijay, a mobilization of 200,000 Indian troops. The battle effectively ended on July 26, 1999, and was commemorated as Kargil Vijay Diwas.

The operation was in high gear, with some 250 artillery weapons rushed in to remove the militancy from the stations in the sight line. The Bofors FH-77B field howitzer was crucial, with Indian soldiers making full advantage of the environment. Nonetheless, their effectiveness below was limited leading to a shortage of space and depths to execute it.

On the occasion of Kargil Vijay Diwas, Indian army authorities light 559 oil lamps in commemoration of all the heroic

men who helped Operation Vijay succeed. The Indian army organizes the ceremony every year at the Kargil War Memorial in the Dras district of Ladakh. On Kargil Vijay Diwas, or Kargil Diwas, Indians honor all the warriors who gave their lives serving their homeland against Pakistan in Kargil in 1999. Both countries have decided that the hilltop posts would be left empty however no troops would deploy during in the winter time when the snow in the mountains melts. Eventually, the Pakistani army deceived the Indian army and grabbed command of crucial places inside this Indian army by using snow melting.

This resulted in the Kargil war between the two countries in 1999, wherein the Indian army participated in action, defeated the Pakistani army, and recaptured all of India's major strongholds. Because the Indian army destroyed the Pakistan army on July 26, 1999, the Indian people have observed Kargil Vijay Diwas on that date every year to salute our soldiers. On July 26, the Prime Minister of India will pay tribute to all Kargil war veterans at the Amar Jyoti in New Delhi. As component of the Kargil Vijay Diwas celebrations, the Indian Army recognizes the sacrifices and devotion of Indian soldiers in the Kargil valley on July 26.

Every Indian should observe Kargil Vijay Diwas to recognize the courage of our troops who gave their life to battle for their country and defeat enemy. Over 500 Indian troops were killed in the fight, but they all sent a powerful message to the whole world: while India is a stable democracy, the Indian army would never allow invasion.

FARMER'S SORROWS - STORY OF MAHATMA BUDDHA

Once upon a time in a village a farmer was very sad with his miseries. Somebody told him that you should take refuge of Gautam Buddha for the solution of your sorrows, he will solve all your sorrows. Hearing this, the farmer went to the shelter of Buddha.

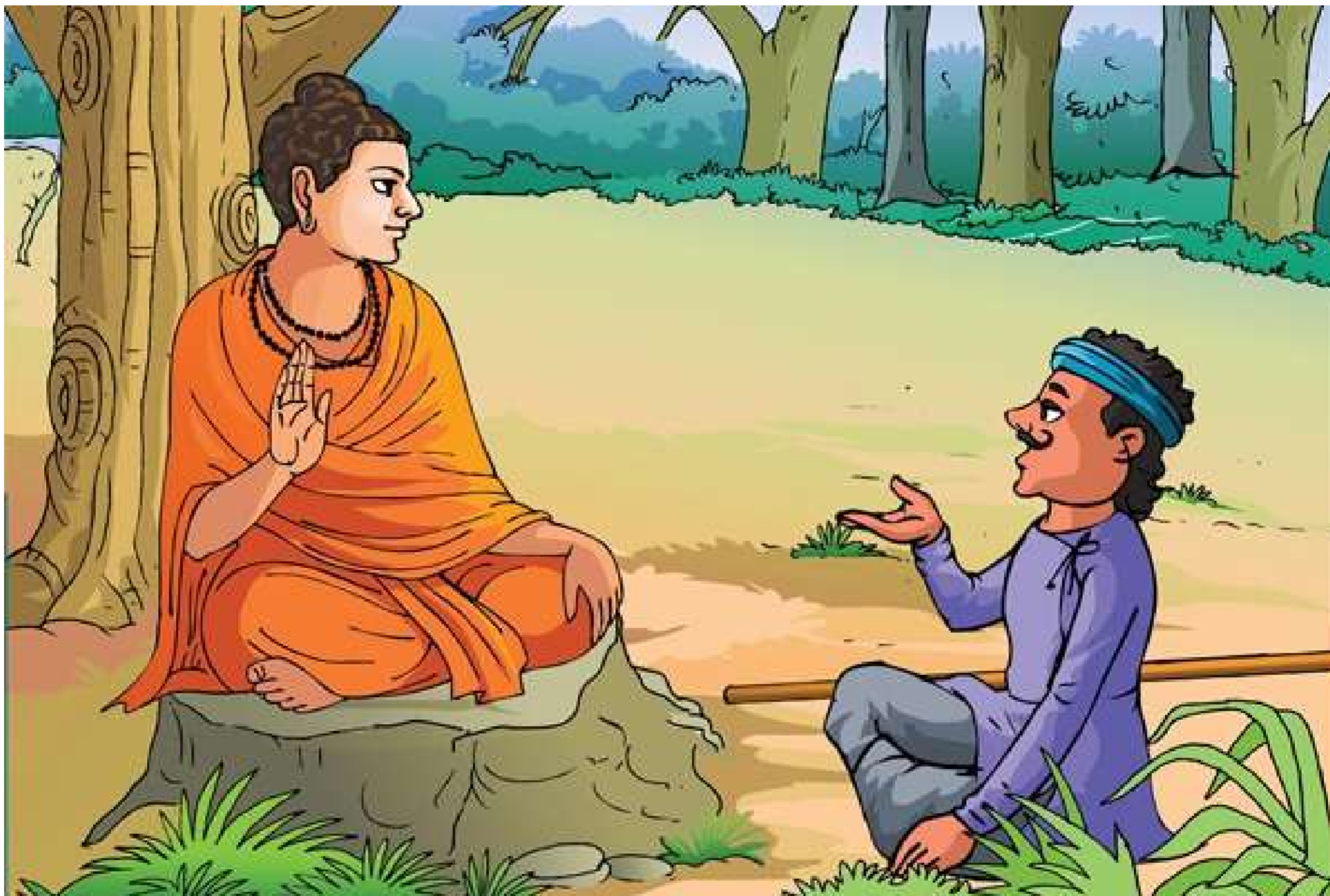
He reached Gautam Buddha and said, O Mahatma, I am a farmer and I do farming for my livelihood. But sometimes the rain is not enough and my crop gets ruined. The farmer further said that I am married, my wife takes care of me and I love her, but sometimes she bothers me. Due to which I feel that I am tired of her and I think how good it would be if she was not in my life. Keep listening to Gautam Buddha calmly about that farmer.

The farmer continued to say further and said that I have children too, they are good, but sometimes they do not listen to me and at that time I get very angry, it seems that they are not my children at all. The farmer kept on saying similar things to Buddha and he told all his sorrows one by one.

Gautam Buddha went on listening carefully to the problems of that farmer, he did not say a word in between. The farmer went on telling his problems and in the end there was no problem left with the farmer to tell.

After his mind became light, he became silent and waited for Buddha's answer but Buddha did not say anything. The farmer could no longer be patient, he said with a loud voice, "Won't you solve my problems?"

"I can't help you." Buddha replied. The farmer could not believe his ears,



"What are you saying, people say that you solve everyone's sorrows, so will you not solve my sorrows?"

Buddha said, "Everyone has difficulties in life. There is no new difficulty in your life. These difficulties come in everyone's life. Sometimes man is happy and sometimes he is sad. Sometimes he feels alien to himself and sometimes his people start feeling alien to him. This is the cycle of life, no one can get out of it. In reality our life is full of difficulties. My life, yours and everyone's life is full of problems. So I can't solve these problems. Even if you solve one problem, a new problem will arise in its place. This is the eternal truth of life.

Hearing this, the farmer got angry, said, "Everyone says that you are a Mahatma, I came here with a hope that you will help me. If you can't solve my problems at all, then my coming here is in vain. It means all the people lie, I came to you in vain."

After saying this, the farmer got up and started leaving. Then Buddha said, "I cannot solve these problems of yours, but yes I can solve another problem of yours."

The farmer said in surprise, "Apart from these problems, what other problem is that? Buddha said, that is – you do not want there to be any problem in your life.

Many other problems have arisen because of this problem. You accept the fact that everyone has problems in life, there are difficulties. You think you are the saddest person in the world and no one else is as sad as you!

Look around you, are those people less sad than you? You feel your sorrow big but the people who live around you feel great about them. Everyone in this world feels their sorrow is big. Whether the sorrow is small or big, but to the one with whom it is happening, that sorrow appears to be big.

But yes, you can rise above happiness and sorrow, it is possible for you.

We cannot stop happiness and sorrow from coming, but we can make such arrangements that happiness and sorrow should not affect us. And it starts with understanding the fact that whatever we do, there are bound to be joys and sorrows in life, but we should not get distracted by them.

Therefore, from today you should stop wishing that there should be no problem in your life, and then you will be able to absorb the happiness and sorrow that comes in your life. You will be able to remain calm even in the middle of a storm and you will be able to stay balanced even in the noise of joy."

The farmer fell at the feet of Buddha! He knew what to do now!

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MANGAL PANDEY - THE REVOLUTIONARY HERALD

Mangal Pandey is remembered in Indian history as a national hero who sacrificed his life to liberate India from British rule. He was a prominent player in the 1857 revolution, also recognized as the Revolt of 1857. He is well-known in India as one of the country's first resistance fighters. Mangal Pandey is comparable with grit and determination and bravery is born on July 19, 1827, into a Brahmin family in Nagwa, a village in Uttar Pradesh's upper Ballia district. In 1849, he enlisted in the army of the East India Company. Pandey served in the 6th Company of the 34th Bengal Native Infantry and is better remembered for his role in an invasion through several officials of the army unit.

It is widely assumed that Pandey repeatedly tried to instigate his regiment's other army personnel to take up arms against British officers and started planning a resistance movement against British rule. On March 29, 1857, Lieutenant Baugh, Commandant of the 34th Bengal Native Infantry, posted at Barrackpore, learned that a few of his squadron's soldiers were aggravated and also that one Mangal Pandey, carrying weapons with a loaded weapon, was trying to incite his fellow officers to rebel. Pandey threatened to murder the first European he had seen. Thus according to statements made at various investigations, the enraged Pandey captured weapons and tried to rush to the quarter-guard building after learning that a British soldiers' disassociation had reached on a steamer and was disembarking near to the quarter-guard building.

Sergeant-Major Hewson showed up on the battle field and instructed Jemadar Ishwari Prasad, the Indian officer in command of the quarter-guard, to arrest Pandey. Prasad, on the other hand, stated that he cannot capture Pandey alone because his NCOs have gone for

assistance. In the meantime, after having to learn about the rebellion, Lieutenant Baugh armed himself and rode his horse towards the boundaries. Seeing him approaching, Pandey took up stance behind the depot gun in front of the 34th's quarter-guard and attacked at Baugh. The bullet struck Baugh's horse, knocking him to the ground. Baugh then shot at Pandey but ended up



missing him, and as he was just about to catch his sword, the valiant Pandey struck him down with a heavy Indian sword. Shaikh Paltu, another sepoy, tried to stop Pandey from hurting the adjutant any further. Hewson then forced to confront Pandey, but was struck by his musket and dropped to the ground. Other barracks sepoy tried to rush in after having heard the gun shots but denied to go against Pandey to assist Paltu in attempting to defend the two English people. Some sepoy threw stones at Paltu, threatening to kill him if he did not release Pandey. Paltu managed to hang on to Pandey until the two Englishmen could rise and flee.

Pandey was court martial on April 6, 1857, having followed his healing process.

He was questioned about whether he had been under involvement of any actual content. He responded that he rebelled under his own and no one had any influence over him. He was sentenced to death. Jemadar Ishwari Prasad was also attempted and condemned to death after three Sikh quarter-guard members testified that Prasad had issued instructions not to arrest

Pandey. Although Pandey's implementation was scheduled for April 18, 1857, British law enforcement agencies, suspecting an uprising of a larger revolt, lynched him on April 8, 1857. On April 21, Prasad was also sentenced to death.

Mangal Pandey's revolt against the British is widespread considered as the beginning of the Indian Rebellion of 1857, which transformed out to be a major uprising in India. The revolt, also known as 'India's First Struggle for Independence,' 'the Great Revolution,' 'Sepoy Rebellion,' and 'the Indian Mutiny,' took place between 1857 and 1858 against the rule of the British East India Company, which governed as a sovereign authority on behest

of the British Crown.' Pandey's bravery quickly spread, and it is widely regarded as one of the precipitating reasons that contributed to a slew of popular uprisings that erupted in the following months. Several other brave and noble sons of the beloved country were motivated by Pandey's behaviour and went on to become cultural icons in the Indian Nationalist Movement. V.D. Savarkar, an Indian pro-independence activist, political leader, lawyer, journalist, writer, and composer, was among those who saw Pandey's motivation as characterizing Indian patriotism. Even though modern British viewpoints criticized him as a liar and remorseless killer, modern Indian patriots portray him as the genius who schemed a mutiny against the British, whereas modern India recalls him as a brave hero and one of the heralds of the independence Campaign.

On October 5, 1984, the Government of India issued a postage stamp commemorating Mangal Pandey, a brave warrior of Indian independence. In Barrackpore, a park was established to mark the anniversary the site in which the courageous person led a rebellion against British officers and attacked them. He was honoured with the Shaheed Mangal Pandey Maha Udyan. In West Bengal, a valorous soldier monument was also constructed at the Barrackpore Cantonment on Surendranath Banerjee Road.

Pandey's life was also depicted in the play 'The Roti Rebellion.' Supriya Karunakaran wrote and directed it, and it premiered in June 2005 at Andhra Saraswat Parishad in Hyderabad, Andhra Pradesh.

INDIA AND UK SIGN AN AGREEMENT RECOGNIZING EACH OTHER'S HIGHER EDUCATION QUALIFICATIONS



develop courses that can be provided in both countries.

James Cleverly, the UK's Secretary of State for Education, claims that one of the nation's "finest exports" is worldwide education and that all of the world is rightfully "envious" of UK schools.

By reducing obstacles, allowing even more of India's brightest students to study here, strengthening our economies, and improving our campuses and communities, this agreement will expand collaboration between the UK and India. It expands the options for UK students to study abroad in India and makes it possible for our world-class institutions to offer additional degree programmes in one of the world's most lively and quickly developing countries.

The agreement on educational qualifications was regarded as a "landmark, historic deal" by Vivienne Stern MBE, Chief Executive of Universities UK International (UUKi). "Qualifications received by students will be recognised on both sides," he added, "making it simpler for pupils to proceed in school and transition into careers." The acceptance of UK Masters is a particularly significant milestone. It implies that Indian graduates of the UK's top colleges would gain formal acknowledgment for their achievements, as well as complete access to jobs in India's public sector, he said.

During the India-UK virtual summit in May last year, Prime Minister Modi and Prime Minister Johnson upgraded the India-UK partnership to a Comprehensive Strategic Partnership. At the summit, the two sides agreed on a 10-year plan to strengthen ties in important sectors such as commerce and economics, defence and security, climate change, and people-to-people contacts, among others.

ON AUGUST 15, RECRUITMENT FOR ONE LAKH GOVERNMENT JOBS WILL BEGIN IN MADHYA PRADESH

Shivraj Singh Chouhan, Chief Minister of Madhya Pradesh, said on Saturday that recruitment for one lakh government positions in the state will commence on August 15. Chouhan made the remark while kicking off a two-day Yuva Mahapanchayat (youth congress) here to commemorate liberation warrior Chandra Shekhar Azad's birth anniversary. Azad was born on July 23, 1906, in Bhavra, Alirajpur, Madhya Pradesh. The recruitment procedure for one lakh government posts will begin on August 15 and would last a year, according to the chief minister. Citing unemployment as a major issue, Chouhan stated that his administration will provide self-employment chances to two lakh youngsters each month, with melas hosted

around the state to facilitate this. In Bhopal, a statue of Azad, who died as a martyr opposing the British, will be erected. He believes the statue would inspire young people and instil patriotism in them.

According to Chouhan, the state was bustling with development activity, and numerous new initiatives, including start-ups with large investments, had emerged. The chief minister went on to say that the gender gap in the state is shrinking, and that having a female child is increasingly seen as a blessing rather than a burden. In 2012, the gender ratio was 912 females to 1,000 boys. It has now improved to 978 females to 1,000 boys, which he considers good.

DELHI'S CHIEF MINISTER INTRODUCES FREE "SPOKEN ENGLISH COURSE" FOR STUDENTS AGES 18 TO 35

On July 23 at noon, the leader of the Aam Aadmi Party and the chief minister of Delhi held a news conference. At the press conference Arvind Kejriwal introduced the SPOKEN ENGLISH COURSE. According to the minister, students who fall into the lower middle class or poor category have trouble conversing in English. The Delhi Skill Entrepreneurship University will teach the course. Those who passed the inter test and completed English coursework through the eighth grade are eligible to apply.

1 lakh individuals will be registered for this programme in the upcoming year. There will be 50 new facilities opened in phase one. The University of Cambridge will disregard the course despite its high calibre. The age requirement to apply is 18 years old, and the maximum age is 35 years old. The course will last for three to four months and need 120 to 140 hours in total. Arvind Kejriwal, the mayor of Delhi, said that courses will be offered in the evenings or on weekends because persons

this age typically work. The course seeks to shape the personalities of the incoming pupils. Candidates will find it simpler to land a decent job if they have strong interpersonal skills and charisma. The chief minister of Delhi stated that it is his ambition to see all pupils receive a top-notch education, regardless of their caste.

Candidates need to be aware that the training is free. To enrol in the course, students must pay a security deposit of Rs. 950, according to the Delhi Chief Minister. He added the candidate will receive a refund of their tuition price if they successfully finished the course with the requisite attendance. According to the Minister, this is being done to encourage students to treat the course seriously. The AAP anticipates far more attendance than the 1 lakh seats. According to the minister, the security fee will be paid to ensure that students finish the course and do not squander their seats.

EXPORT JUMPS 27% IN FIRST 6 MONTHS



in encouraging the goals of trade, tourism, technology and investment has been expanded. It also said that numerous banking and financial relief declarations were made to give a boost to domestic manufacturers during the COVID-19 pandemic. There was a special importance given on MSMEs, which have a major share in exports. These have also assisted in increasing exports.

Increase in exports leads to increase in Imports

In the current financial year, during the first quarter (April-June) of 2022-23, the merchandise exports from the country stood at \$ 118.96 billion. This is a positive growth of 24.51% compared to \$95.54 billion in the same period last year. But, in relations to commercial imports, it stood at \$189.76 billion in the first quarter of the current financial year. Although, it was \$ 126.96 billion in the same period last year i.e. it has increased by 49.47%.

The trade deficit widened

The trade deficit during April-June, 2022 is estimated to be \$70.80 billion, as against \$31.42 billion during the same period last year. In this way the trade deficit has augmented by 125.34%. In June alone, there has been a jump of 23.52% in goods exports over the last year, to \$ 40.13 billion. While, imports have augmented by 57.55% in this month to \$ 66.31 billion.

On the other hand, in terms of cumulative exports, it has augmented by 24.51% between April-June this year and has been \$ 118.96 billion. Whereas, imports recorded an increase of 49.47%, which stood at \$189.76 billion.

Positive result of numerous reform initiatives

The Ministry has said that the government has taken numerous remedial measures to boost exports. The role of Indian missions abroad

1.3 CRORE PEOPLE LOST THEIR JOBS IN JUNE, HARYANA ON TOP

Thousands of people who lost their jobs during the Corona epidemic are still floundering for livelihood. Questions are also being raised on the profitable programs of the Modi government, citing reports of unemployment rate being at a record position. In one similar report, India's unemployment rate has been revealed to be 7.8 %. The report, grounded on data from the Center for Monitoring Indian Economy (CMIE), states that Haryana has the loftiest unemployment rate in India. Under Manohar Lal Khattar's government, the unemployment rate of Haryana is 30.6%. It's followed by Rajasthan, Assam, Jammu and Kashmir and Bihar.

The matter of unemployment in the top 10 countries

The Ashok Gehlot government of Rajasthan is also in the wharf in. There's 29.8% unemployment in this Congress-ruled state. In the matter of dwindling job openings, the profitable programs of the governments of numerous further countries are in the wharf. The names of Sikkim, Jharkhand, Delhi, Himachal Pradesh and Telangana are also included in the top 10 countries. All these countries have an unemployment rate of further than 10%.

1.3 crore people lost their jobs!

A Business Today report on unemployment quoted CMIE data as saying that 13 million people lost their jobs in June. According to this report, CMIE director Mahesh Vyas said, in June the unemployment rate increased to 7.80 %, while the number of jobless people increased by 3 million.

The sharp drop in job openings

The country's rising unemployment rate also includes the loss of 13 million jobs, substantially in the agrarian sector. The unemployment rate had risen to 8.03 % from 6.62 % in May. According to CMIE, the unemployment rate in civic areas was 7.30 % in May, which was slightly better than the former chance-7.12 %.

The number of jobless increased by 3 million

CMIE Managing Director Mahesh Vyas

said, the biggest drop in employment during the non-lockdown month came in June. The reason for this is pastoral events and change in rainfall. Agrarian conditioning in pastoral areas is less during this period. Circumstances are most likely to change when sowing begins in July." During the reporting month (June), people lost 13 million jobs, while the number of jobless increased by only 3 million," he said. He said that the rest of the jobs fell because the labor force shrunk in the labor request by 10 million. The CMIE believes that the decline is substantially due to informal requests unemployment. CMIE Director said, it's possible that the increase in unemployment isn't a profitable malaise, but substantially the issue of labor migration.

What's the government doing?

The issue of unemployment is also related to pending government replenishments. In such a situation, the central government has shown a shaft of stopgap in the thunderstorm session of Parliament. The government has said that an action has been taken to fill up 10 lakh posts in colorful ministries and departments in a time bound manner. According to Dr Jitendra Singh, Minister of State in the Prime Minister's Office, action will be taken in charge mode to fill the vacant posts. Let us inform that last month Prime Minister Narendra Modi had also asked to retain 10 lakh people in charge mode in the coming one and a half year time.

God of rain won't save jobs

With regard to unemployment in the private sector, the CMIE Director said, the openings for jobs have also dropped in the private equity-funded new world. In the future, jobs shouldn't be snared at this speed, people's jobs should be saved as well as employment openings should be created, for this rapid-fire development of the frugality is necessary. In the environment of thunderstorm-grounded frugality, he said that the rain god cannot save these jobs.

PRESIDENT OF COP 26 AND NITI AAYOG UNVEILED STEPS TO PROMOTE ELECTRIC MOBILITY

The Glasgow Breakthroughs, announced by the United Kingdom during the COP26 climate summit, have been recognised and agreed upon by 42 global leaders, including India. India, the United States, and the United Kingdom are co-hosting the Glasgow Breakthrough on Road Transport. The Zero Emission Vehicles (ZEVs) Breakthrough aims to make them inexpensive, accessible, and sustainable worldwide by 2030. ZEVs include two- and three-wheelers, automobiles, vans, and heavy-duty vehicles. The UK government

and NITI Aayog have been collaborating to boost low-carbon infrastructure such as e-vehicles, charging infrastructure, and battery storage. India is the world's fifth-largest and fastest-growing car industry, and there is plenty of space for electric vehicle adoption there.

EXPO "SPACE ON WHEELS" PUT ON BY ISRO AIMS TO INCITE YOUNGSTERS' INTEREST IN SCIENCE

The mobile exhibition "Space on Wheels," which includes replicas of launch vehicles, satellites, and other spacecraft, has been brought to Tripura by the Indian Space Research Organisation of the Department of Space's Satish Dhawan Space Center. This is done as part of the Azadi Ka Amrit Mahotsav celebration of India's 75th anniversary of independence. Every ministry has been organising different events to highlight the successes over the



previous 75 years, and the Indian Space Agency has made the same efforts. Since the 1960s, ISRO has started a number of programmes to investigate a universe beyond our own. This event was planned with the intention of revealing ISRO's expertise in launching rockets, satellites, and using such technologies to realise India's objective of scientific advancement. The travelling exhibit "Space on Wheels" has drawn interest from a wide range of pupils as well as the general public. The SHAR's small rocket models are awe-inspiring to the kids, and the scientific applications inspire their natural curiosity about science. The SHAR administration, in collaboration with the district education department, is organising the mobile exhibition vehicle was organised for three days from, July 18 to 20, at three places in Tripura City. Models of the first two launch pads, the Chandrayaan-1 mission, the Indian Mangalyaan Mars orbiter programme, technological applications like the Indian regional navigation satellite (IRNSS), an Indian satellite communication application, among other things, are all included in "Space on Wheels." An artistic representation of the astronaut and Chandrayaan-II spacecraft was placed on the Moon's surface to provide viewers a better understanding of the space environment. Some of the significant missions planned for the upcoming year are Aditya L-1, Chandrayaan-3, Gaganyaan, Venus Orbiter, and NISAR. The next missions will significantly advance scientific research and development while also improving the nation's technical capabilities.

AN AN, THE WORLD'S OLDEST MALE GIANT PANDA, DIES AT THE AGE OF 35

An An, the oldest male giant panda in human care and 35 years old, was put to sleep on Thursday, according to the Hong Kong amusement park where he resided. His age is comparable to 105 years in human years. An An had been at Ocean Park, a



marine and wildlife centre, since 1999. Over the previous few weeks, his health had shown consistent symptoms of decline, and he had stopped eating. The Chinese government sent the world's oldest female giant panda, Jia Jia, who passed away in 2016 at the age of 38, and An An as gifts. Ocean Park released a statement saying that it was "truly grieved to announce the passing of An An." Jia Jia and An An's care allowed Ocean Park to establish itself as a key hub for panda conservation, according to the park,

which expressed gratitude for the chance. "An An is an important part of our family who grew up in the Park. He has also built deep bonds with both residents and visitors." Ocean Park currently boasts two giant pandas in addition to walrus, penguins, and dolphins. Le Le and Yi Ying. In 2007, China granted Hong Kong the male Le Le and female Ying Ying. The couple has been expecting to give birth at the park, but they have yet to do so.

THE GOVERNMENT INTRODUCES THREE PROGRAMMES FOR MSMEs IN THE PHARMACEUTICAL INDUSTRY

Three programmes were introduced by the government on Thursday to support Micro, Small and Medium-Sized Enterprises (MSMEs) in the pharmaceutical industry. The programmes call for the establishment of clusters of effluent treatment facilities, shared research centres, and technological upgrades for pharma MSMEs. The initiatives were launched by the chemicals and fertilisers ministry under the slogan "Strengthening Pharmaceuticals Industry" (SPI). Pharmaceutical MSMEs with



a track record of success might update their technology with the help of the Pharmaceutical Technology Upgradation Assistance Scheme (PTUAS). The programme allows for either a capital subsidy of 10% on loans up to a maximum of Rs. 10 crore with a minimum payback period of three years, or an interest subsidy of up to 5% (or 6% in the case of units owned by SC/ST) on a declining balance basis. Similar to this, the Assistance to Pharma Industries for Common Facilities Scheme (API-CF) will increase the capacity of the current pharmaceutical clusters for long-term expansion. It allows for assistance up to Rs 20 crore, or 70% of the approved project cost, whichever is smaller. The grant-in-aid amount for the Himalayan and north-east regions will be Rs 20 crore per cluster or 90% of the project cost, whichever is less. As part of the Pharmaceutical and Medical Devices Promotion and Development Scheme (PMPDS), study reports on subjects important to the Indian pharmaceutical and medical device industries will be prepared. The plan aims to compile a database of the pharmaceutical and medical device industries.

INDIA ENDS CAMP AS SUJEET WINS GOLD ON FINAL DAY AS INDIA FINISH WITH 23 MEDALS AT ZOUHAIER SGHAIER WRESTLING



At the Zouhaier Sghaier Wrestling Ranking Series 2022 tournament India won 23 medals against their name. Out of the 23 medals six medals came on the day of the finals. In the men's 65kg freestyle category Sujeet won the gold medal on the final day while Udit (57kg), Aman (61kg), Sagar Jalan (74kg) and Viky (92kg) won silver medals. Karan settled for a bronze in the 70kg weight division. Gourav Baliyan, a two-time Asian championships silver medallist, meanwhile, was disappointed not to have medalled at the event. He finished fourth, behind American wrestler Chandler Shane Marsteller, in a field of seven extremely talented wrestlers. Sujeet, 20, competed in the men's 65kg division in a Nordic round format against just four other grapplers. The youngster finished first after defeating Adlan Askarov of Kazakhstan, John Michael Diakomihalis of the United States, and Agustin Alejandro Destribats of Argentina. In the 57 kg, Udit put up a strong performance to qualify for the gold medal match but was defeated by Thomas Patrick Gilman of the USA, who won bronze in Tokyo 2020, in the decisive match. Aman finished second to another American wrestler, Seth Anthony Gross, in the five-man 61kg division, earning silver, while Sagar Jalan lost to Iran's Yones Aliakbar, the current Asian champion, in the 74kg division. In the 70 kg division, Karan fell to Syrbaz Talgat of Kazakhstan in the semifinals but managed to place third by defeating fellow countryman Kossai Ajimi in the bronze medal match. India won six gold, ten silver, and seven bronze medals at the Tunis competition.

INDIA VS ENGLAND 3RD ODI HIGHLIGHTS: RISHABH PANT'S ODI CENTURY POWERS INDIA TO 2-1 SERIES VICTORY



In the final ODI to clinch the three-match series 2-1 India defeated England by 5 wickets. England were bowled out for 259 in which Jos Buttler top scored with 60 while the opener batter Jason Roy made 41 runs. Hardik Pandya took four wickets while Yuzvendra Chahal also bagged three as India bowled out England in the ongoing third ODI at the Old Trafford Cricket Ground in Manchester. Chasing 260, Rishabh Pant made an unbeaten 125 while Pandya made 71, as India overhauled the target in 42.1 overs. The pair added 133 runs for the fifth wicket as India chased down the total with 47 balls to spare. Hardik was out on 71 while Pant remained unbeaten on 125, smashing his first ton in ODIs. Reece Topley shone bright again with the ball, returning with a grand figure of 3/35. All-important partnership between Butler and Moeen Ali, was broken by Ravindra Jadeja dismissing the latter on 34. England captain Jos Buttler and Liam Livingstone in the 37th over were dismissed by Hardik Pandya before Craig Overton and David Willey's cameos took England past the 250-run mark. The player of the match was taken by Rishabh Pant for his outstanding performance while the player of the series was awarded to Hardik Pandya for his consistency throughout.

VEDAANT, SON OF ACTOR MADHAVAN, BREAKS NATIONAL JUNIOR SWIMMING RECORD

At the current 48th Junior National Aquatic Championships being held at the Biju Patnaik Swimming Pool in the venerable Kalinga Stadium, Bhubaneswar, Maharashtra's Vedaant Madhavan, son of actor Madhavan, who is now a proud father, rewrote the national record in the 1500m freestyle event for group I boys. He established a new meet milestone by breaking the previous holder's record of 16 minutes. A video has been shared by Madhavan of his son Vedaant at the aquatic meet which featured the commentator's voiceover in the background. Surprising everyone, he was seen quickly picking up pace to achieve a new feat. At the 780 m mark, he broke Advait's record in about 16 minutes, but he did so after picking up his pace admirably. "Never say never. National Junior Record for 1500m freestyle broken," wrote Madhavan and added several hearts and emojis and also thanked everyone. At the Danish Open 2022 in Copenhagen Vedaant is a professional swimmer and won a gold in swimming. Madhavan frequently boasts about his accomplishments and documents them. In April, Vedaant, son of R Madhavan's, made headlines after he won a gold medal in the men's 800m freestyle at the Danish Open in Copenhagen.



BADMINTON, TAIPEI OPEN SUPER 300: FAROOQUI INDIA'S TEEN DEFEATS MALAYSIAN NO 2; DHRUV-ARJUN WINS TOO

Samiya Imad Farooqui, an Indian teenager produced one of the best results of her career. She defeated Kisona Selvaduray Malaysian No 2 in straight games in the Taipei Open Super 300 tournament on Wednesday. Commonwealth Games campaign coming up, with the top stars from the country India's second rung of shuttlers are in Taipei. For the Indian contingent, in a day of mixed results Malvika Bansod and Krishna Prasad-Vishnuvardhan lost the opening round. Bansod's result against world No 171 Liang Ting Yu was perhaps the biggest disappointment of the day for India as Krishna-Vishnu, seeded seventh, lost against a pair currently outside the top 150 but former top 30 in Law Cheuk Him and Lee Chun Hei Reginald. For India with third seed Parupalli Kashyap leading the way, and youngsters Kiran George, Priyanshu Rajawat and Mithun Manjunath joining the veteran in the second round sees Men's single the biggest presence. Being a scare were fifth seeds Dhruv Kapila and MR Arjun as they squandered match points in Game 2 but won in three games.



EXPERT



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FAQs ON STRESS MANAGEMENT

Q1. I wish to change my behaviour, but not able to stick to the pattern. Please help.

Ans. Most individuals know what they want to change, but aren't booming at essentially making changes stick. Behaviour change is difficult and complex because it requires a person to interrupt a present habit while concurrently nurturing a new, possibly unusual, set of actions. This progression takes time, usually longer than we desire. Something as easy as drinking an extra mug of water a day can take an average of two months to become a steady habitual behaviour. Behavioural changes need strong intentions to implement the planned action.

Please focus on your intentions to implement the change you want in your behaviour. Do you have a plan to bring the change you wish to bring? Intentions are striking when they encourage and inspire you to take positive actions to improve yourself, develop your current

position. Greatness isn't achieved suddenly. It takes lots of small steps to get where you desire to go. Literally putting one foot in front of the other, day after day after day, helps us moving ahead. Intention is the first step, but without action, it's just dreaming, desires or converse. Keep moving towards your desired change, you may fail initially, but keep moving, keep going.

Many research studies prove that intention to change is more important than motivation. If you desire to attain your goals, then you should have a plan for exactly when and how you're going to perform on them. Words like enthusiasm, determination, and aspiration get tossed around a lot. But the fact is, we all have these things to some degree. If you want to make a change at all, then you have some level of "desire to implement." We need to create an implementation intention. The format for making an implementation intention is: "When situation A arises, I will perform response B."

Hundreds of Research studies have revealed that implementation intentions are useful for sticking to our goals. Many people believe they require motivation when what they actually lack is clarity. It is not always clear 'when and where' to take action. Some people expend their entire lives waiting for the time to be accurate to craft an improvement. Once an implementation intention has been set, you don't have to wait for motivation to hit your mind. Example 'Do I write an article Friday evening or Saturday morning?' Here, i am having clarity to complete the task of writing the article when and where. 'Do I go for walk before or after dinner?' When the minute of deed occurs, there is no want to make a decision. Simply follow your programmed plan.

Sometimes you won't be able to implement a new behaviour, no matter how perfect your plans may be. In situations where you find it difficult to stick to your actions, it's great to use the "if-then" version of this implementation intention technique. Many who procrastinate or couldn't stick to dream were able to help themselves with this implementation intention technique and thanked me for guiding them. If you don't plan out your behaviours, then you depend on your inspiration to motivate you to act. But if you do sketch out when and where you are going to carry out a new behaviour, your goal has a time and a room to live in the actual world. This shift in viewpoint allows your surroundings to act as a signal for your new behaviour. Planning out when and where you will do specific activities rotates your surroundings into a trigger for accomplishment. Please understand that the time and place will trigger your behaviour and not your level of motivation.

So I suggest you to learn implementation intention technique for not deviating from your desired goals. Believe me, it works! Let us discuss five steps you need to turn knowledge and intention into action:

• **Step 1 Decide what you want to do:** Set Your Intention first. Set your sights on one goal only. Systematically map your dreams into plan and set visual reminders of your goal to maintain you focused on your dream achievement. Set a simple and fairly achievable behaviour.

- **Step 2 Decide when you want to do it, Get Clarity:** Write down five forms of action that you will need to take, to help you towards achieving your goal. Pick a time which will surely trigger your action. Set clear goals. Make sure the behaviours you desire to change are precise, quantifiable, and achievable.
- **Step 3 Decide how you accomplish, Organize Yourself:** Put the above mentioned what and when together now and take action today! It was procrastination that prohibited you from seeing your intentions reaching the destination; so, make a list of what you be capable of doing today to make sure that not anything stops you from setting off on the way to your goal tomorrow. Literally hundreds of studies conducted all over the globe have exposed those individuals who put together "If... then..." statements are significantly more probable to accomplish their goals.
- **Step 4 - Celebrate Your Progress!:** Be sure to record all of your progress in a journal or on a calendar. Set yourself milestones. And when you arrive at them, congratulate yourself with a well-deserved prize! Celebrate your progress with the reward you will enjoy the most!
- **Step 5 Don't give up!:** Keep trying, keep repeating these steps till you achieve your goal. At times we tempt to go back to our old habits, so start again from step one mentioned above! Return your dream boards and visual reminders from Step one if needed.

Each of us has to to make extra efforts towards sustainable behaviour changes, both in our personal lives and at work. Action creates change. Life will remunerate your positive actions, not your intentions. So focus to turn your intentions into achievements, Wish you good luck, Stay blessed!

Mail your questions on
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or

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

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

QUIZ TIME

1. Which Indian state is included in the 'World's 50 Greatest Places of 2022' by Time Magazine?
2. Which company is set to produce India's first Quadrivalent Human Papillomavirus vaccine (qHPV) against cervical cancer?
3. In which city, Ministry of Culture hosted the 'Dhammacakka Day 2022 celebration'?
4. India reported its first monkey-pox case in which state/UT?
5. Who became India's second Grand Master in Chess after Vishwanathan Anand?
6. Who was the 1st ODI captain for India?
7. The 'Dronacharya Award' is given to?
8. The Rath Yatra at Puri is celebrated in honour of which Hindu deity?
9. The Centre for Cellular and Molecular Biology is situated at?
10. The Indian delegation to the first World Conference on Human Rights was led by whom?

ANSWERS

1. Kerala
2. Serum Institute of India
3. Sarnath
4. Kerala
5. Dibrugarh
6. Ajit Wadekar
7. Coaches
8. Jagannath
9. Hyderabad
10. Dr. Mamohan Singh

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🤔 GUESS

The Name of the City

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8. NA 🧔
9. P U X
10. 🔥 RA

ANSWERS

1. New Delhi
2. Chandigarh
3. Pondicherry
4. Indore
5. Calcutta
6. Gangapur
7. Guwahati
8. Nashik
9. Pune
10. Agra

Aspiring young writers & artists from 10years & above are invited to share their articles & creative work with **THE HULAHUL TIMES**.
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