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ACQUIRING A SENSE OF PERSISTENCE AND DETERMINATION

Sports are an activity that can be pursued by anyone, at any age or stage of life. Sports are open to everyone, including grownups, children, and the elderly. However, sports, like education, play a crucial role in a human's body. One must be knowledgeable both in sports and civilization in order to achieve comprehensive and all-round progression in daily existence. Sports polish up the body and strength and conditioning while training refines the intellect. As a result, both are required.

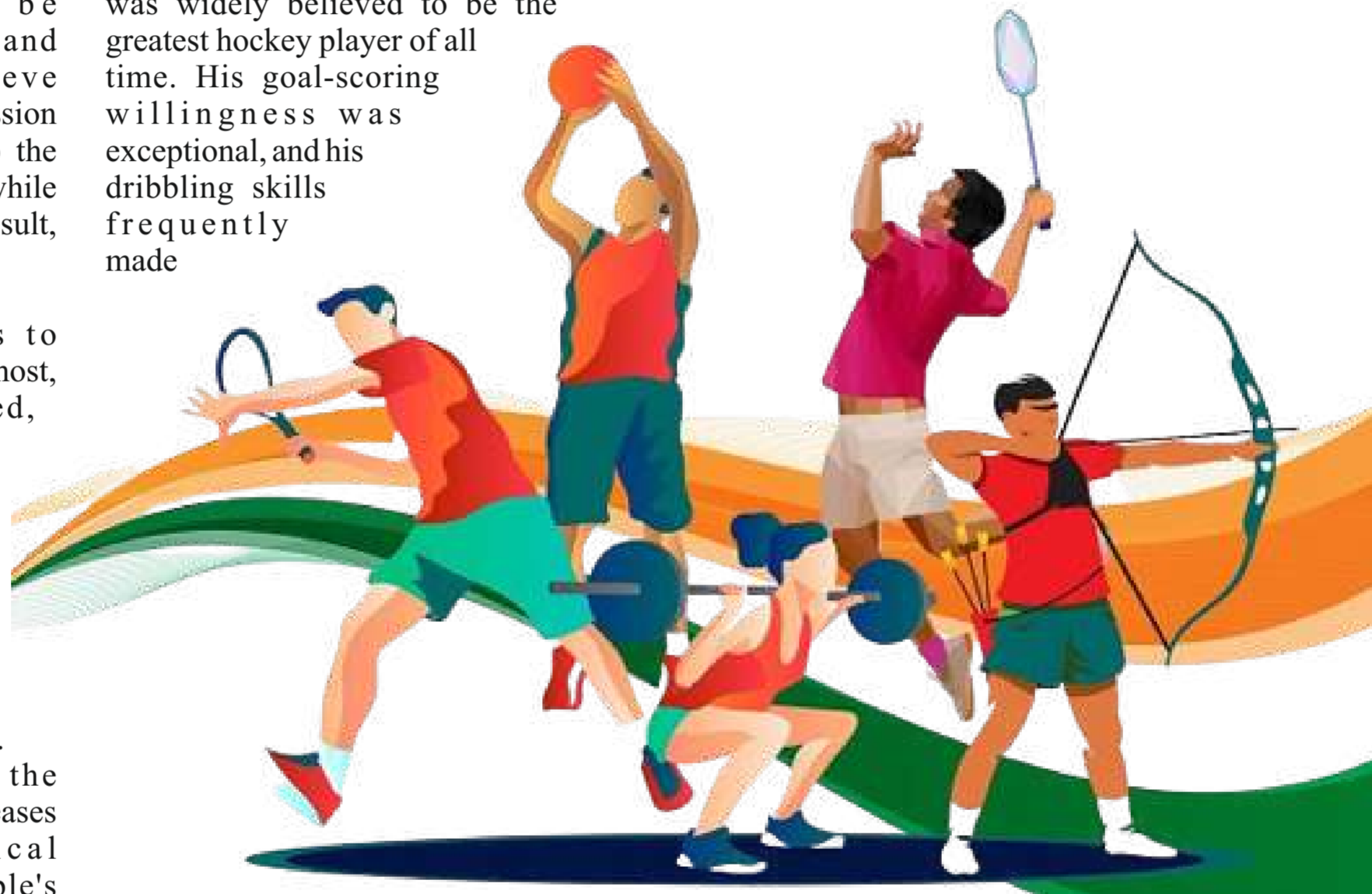
There are major benefits to participating in sports. First and foremost, as is universally acknowledged, championships improve an individual's personal fitness levels. Furthermore, sports make a contribution to a healthy intellectual health. Assorted studies have shown that individuals who participate in sports on a daily basis have better physical and mental health. Furthermore, a sport reduces the likelihood of a person contracting diseases or experiencing physiological interruptions. Sports boost people's resistance and endurance.

National Sports Day is observed by each country to encourage more physical activity participation. Consider taking a look at the background linked with National Sports Day, also known as Rashtirya Khel Diwas, as well as the relevance and related events in India on National Sports Day.

On August 29, the country observes National Sports Day to commemorate the birth anniversary of hockey superstar Major Dhyan Chand. This day is witnessed to promote understanding of the value of games and physical activity into everybody's life, with an emphasis on staying healthy and physically active. The President of India confers significant accolades on this day, including all the

Khel Ratna, Arjuna Awards, Dronacharya Awards, and Dhyan Chand Awards, on influential sports personalities.

Born on August 29, 1905 in Prayagraj, Uttar Pradesh Major Dhyan Chand Singh was widely believed to be the greatest hockey player of all time. His goal-scoring willingness was exceptional, and his dribbling skills frequently made



opposition teams look like sitting ducks. Chand was instrumental in India's 3 straight Olympic gold medal wins in 1928, 1932, and 1936.

Dhyan Chand, a hockey epic, was born on August 29, 1905 in Allahabad. Young Dhyan was uninterested in sports, though he enjoyed wrestling. Dhyan Chand did not play any hockey before joining the army, aside from a few games with his mates in Jhansi. Chand joined the Indian Army when he was 16 years old, in 1922. Subedar-Major Bale Tiwari acknowledged his ball handling attributes while in the army. He became his coach, assisting Dhyan Chand in improving his game. He participated in army hockey tournaments and regimental sports between 1922 and 1926. Dhyan Chand was ultimately chosen for the Indian Army team tour of New Zealand.

Dhyan Chand was unable to compete in the finals of the 1936 Berlin Olympics because of an injury. Dhyan Chand removed his shoes and stepped onto the field bare

feet at half - time, when India led 1-0. He scored six further goals to lead India to a resounding victory. Adolf Hitler couldn't stand it any longer and left even before game was over. Adolf Hitler later tried to offer to elevate 'Lance Naik' Dhyan to the Colonel's rank if he relocated to Germany, which Dhyan Chand declined.

He retired from the army as a Major in 1956, at the age of 51. He mentored for a time after retiring and ultimately settled in Jhansi. Dhyan Chand's final days were not delighted because he was short of funds and was generally forgotten by the nation. He once travelled to a tournament in Ahmedabad and was refused entry because no one knew his identity. He developed liver cancer and was admitted to the AIIMS in New Delhi's general ward. He died on December 3, 1979, poor and disrespected

for in a hospital, having received only a pitifully small pension. Every year on his birthday, National Sports Day is observed. In his honor, the Indian Postal Service granted a postage stamp, and the Dhyan Chand National Stadium in New Delhi was decided to name after him.

Regarding the first commemoration of the day in India in 2012, the government has used the opportunity to launch a multitude of sports-related projects, such as the Khelo India movement. India's Prime Minister Narendra Modi announced it in 2018. Numerous sports celebrities have also received influential athletic recognitions from India's president, including the Khel Ratna, Arjuna Awards, Dronacharya Awards, and Dhyan Chand Awards. On August 6, 2021, the Rajiv Gandhi Khel Ratna Award has been renamed the Major Dhyan Chand Khel Ratna Award. The award is given to outstanding athletes who have symbolized India at the international level for 4 years. The momentous occasion comes with a cash prize of Rs. 25 Lakh. As a result, on this National Sports Day, we encourage you to get outdoors and enjoy your favorite sport while channeling your inner Khiladi!

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UPAMANYU – A TRUE DEVOTEE OF GURU AYODDHAUMYA

Ayodhdhaumya used to provide education to the students in his ashram. He had many disciples, one of whom was Upamanyu. Due to his guru-bhakti, Upamanyu became the most beloved disciple of Maharishi Ayodhdhaumya and even today the example of his guru-bhakti is given.

Upamanyu was entrusted with the task of grazing cows in the ashram of Maharishi Ayodhdhaumya. He used to go out to the forest with the cows at dawn and return to the ashram at dusk. After returning to the ashram, he used to go for rest after paying obeisance to Maharishi Ayodhdhaumya.

Maharishi Ayodhdhaumya was astonished to see Upamanyu physical fitness. There was no arrangement for his food in the ashram. From morning till the whole day, he used to wander in the forest behind the cows. Still, he was getting stronger day by day.

One day Maharishi Ayodhdhaumya called Upamanyu to him and asked, "Vats! I am amazed to see you so strong. You did not get food from the ashram. Throughout the day you are busy grazing cows. So how do you make your living?"

Upamanyu replied, "Guruvar! I go to the village and do alms. Whatever food I get. Let him quiet my apps. This is how I am making a living."

Hearing the answer of Upamanyu, the sage Ayodhdhaumya said, "Vats! How can you use the food received in alms without offering it to the Guru? This is a grave sin. You should bring the food received in alms and offer it to me first. From today you will do the same."

"Whatever order, Master." Saying that Upamanyu left.

From that day onwards, he started offering the food received in alms to Maharishi Ayodhdhaumya. Maharishi would keep the whole food himself and did not give even a grain of food to Upamanyu.

Days were passing like this. One day Maharishi Ayodhdhaumya noticed that there was no difference in Upamanyu's strength even after not receiving the food of alms. He was as strong as ever.

They asked him again, "Vats! You offer me all the food received in alms. But still your physique is as strong as before. I want to know how are you doing your living now?"

"Guru! After offering alms to you, I do alms again. I am subsistence from the food received from him.

"Child! This is unfair. In this way you are creating obstacles in the livelihood of other monks. You shouldn't do that." Maharishi Ayodhdhaumya said.

Upamanyu left from there saying, "It will not happen from now on, Guruvar".

A few more days passed. But Upamanyu remained as strong as before. Seeing no change in him, Maharishi Ayodhdhaumya called him again and asked, "Vats! What is your means of subsistence at present?"

"Guruvar! I am subsistence by drinking the milk of cows. Upamanyu replied.

On this the Maharishi said, "Vats! You should not drink cow's milk. It has the right of calves."

"Whatever order, Master." Saying that Upamanyu left.

There was no change in Upamanyu's physical fitness even after this. Then

Maharishi called him again and asked the same question. This time Upamanyu replied, "Guruvar! After drinking the milk of the calves, the froth that comes out, I pacify my hunger only after drinking it.

"Child! In this way the calves will go hungry. Perhaps, they would have spewed more froth for you out of pity. Don't you think your act is inappropriate? From today onwards you will not drink the froth spewed by the calves."

"Whatever order, Master." Saying that Upamanyu left.

Upamanyu had no means of livelihood left. Without food, he became weak. One day while grazing the cows in the forest, he ate the leaves of Aak to satisfy his hunger and lost his eyesight due to the effect of its poisonous leaves.

Even after losing his eyesight, he kept following the cows after hearing the sound of bells. While walking, he reached a place where there was a dry well and he fell into it due to lack of sight.

When it was dusk, Maharishi Ayodhdhaumya, not seeing Upamanyu in the ashram, asked other disciples about him. He was told by the disciples that Upamanyu had not returned to the ashram. Maharishi Ayodhdhaumya started worrying about Upamanyu. Even though he used to show harsh behavior towards the disciples from outside for imparting life lessons, but he used to love them immensely in his heart. He immediately took some disciples with him and went out to find Upamanyu.

In the forest they were all calling the name of Upamanyu. When the sound of the

Maharishi and other disciples heard in the ears of the blind Upamanyu who had fallen into the dry well, he cried out, "Guruvar! I am here in this dry well."

Moving in the direction of the sound, Maharishi reached near the well and peeping into it, he found Upamanyu in it. On being asked, Upamanyu told that due to eating the leaves of Aak, the light of his eyes has gone.

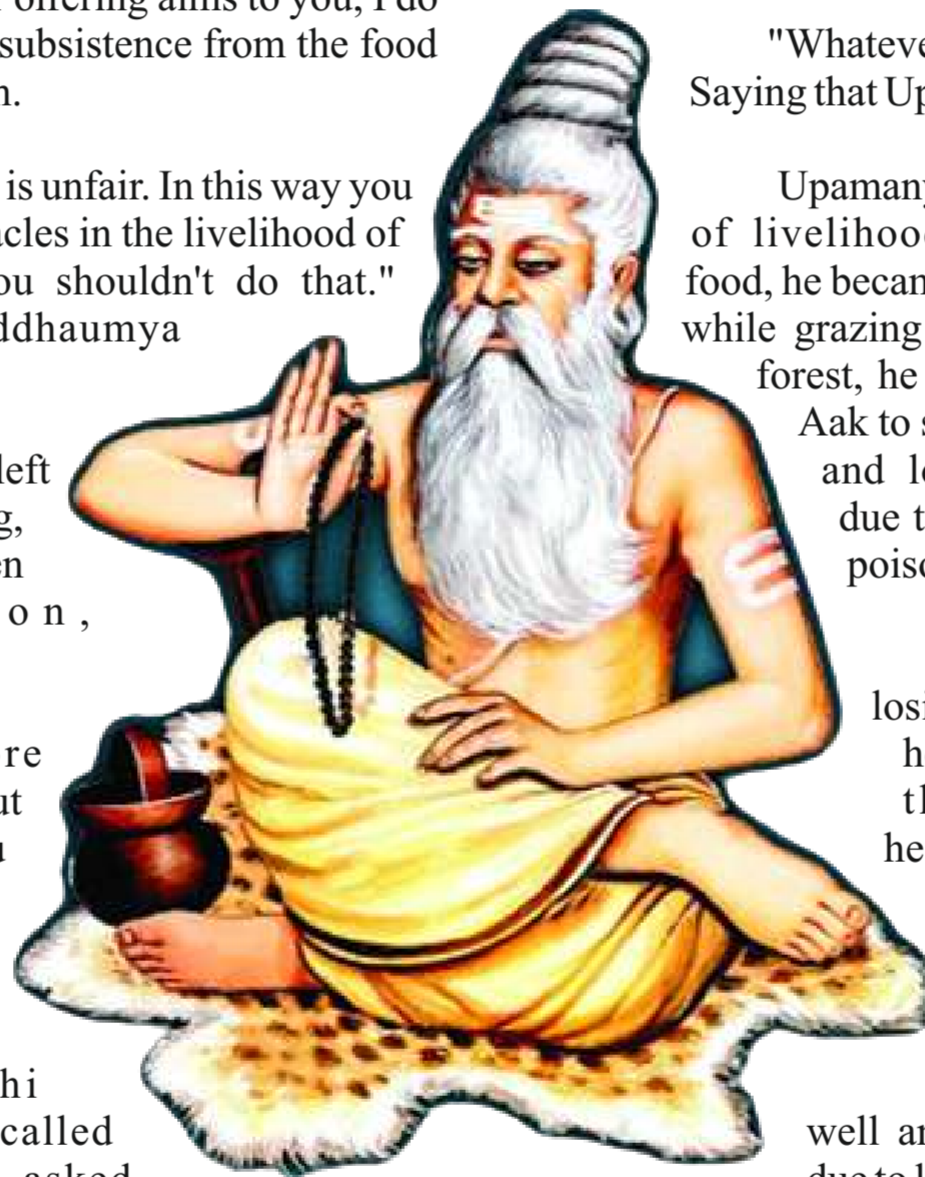
Maharishi asked him to invoke the Ashwini Kumars, the Vaidyas of the gods, by chanting the mantras of Rigveda. Upamanyu started invoking the Ashwini Kumars. Ashwini Kumar appeared and gave Upamanyu Pua to eat. But Upamanyu refused to eat Pua without the Guru's permission.

The Ashwini Kumars told him that his Guru Maharishi Ayodhdhaumya had consumed the Pua given by us without taking the permission of his Guru. Therefore, he should eat it without hesitation. But Upamanyu did not agree.

Ashwini Kumar was very pleased to see Upamanyu's Guru-Bhakti. They said, "Upamanyu, we are happy to see your devotion to Guru and give you the boon of eye light. You will always have welfare because of your Guru-Bhakti. You will sparkle in all genres."

In this way, by the boon of Ashwini Kumars, Upamanyu got the eye light again. After coming out of the well, he touched the feet of Maharishi Ayodhdhaumya. The Maharishi said, "Vats! I was taking the test of your Guru-Bhakti. You have passed it. I am very pleased with you. You are my greatest disciple. According to the Ashwini Kumars, you will always have welfare and you will be energized in all disciplines.

Later, Upamanyu also became an Acharya like his Guru. Upamanyu's name is eternally immortal due to knowledge and devotion to Guru.



USHA SUNDARAM - AN EXAMPLE TO RETHINK THE ASSUMPTION OF WOMEN

Usha Sundaram was the first woman to fly across the clouds of post independent India. Beginning with co-piloting with her husband, the Bangalore pilot progressed to flying the Maharaja of Mysore's private plane DC-3 and carrying great leaders of the nation such as Sardar Patel, Pandit Nehru, and Dr. Rajendra Prasad with good ability. Thus, Usha Sundaram, then 22, set a world record for the swiftest flying time on a piston-engine Dove flight from England to India in 27 hours which has yet to be cracked.

Perhaps nowadays, the aircraft industry and society as a whole are hesitant to acknowledge women's proficiencies as pilots. The tale of Usha Sundaram, the first woman pilot in post - independence era, serves as an illustration of how to reconsider the widely held belief that women were much less equipped to fly.

This absolutely outstanding woman demonstrated her grit and determination not only as a commercial pilot who flew both the countries first Prime Minister Pandit Jawaharlal Nehru and President Dr. Rajendra Prasad, but also as a courageous pilot who faced challenging circumstances to navigate through the heart of areas of conflict to effectively encourage humanitarian missions in during partition.

Just after her marriage, Usha Sundaram moved to Bangalore with her husband in 1946. Since Usha was introduced to flying by her husband, V Sundaram, who was a skilled and experienced pilot, her professional life was not reliant on him. Usha graduated from the Government Flying Training Academy (GFTS) in Jakkur as the first Indian woman to receive a pilot license in post - independence era on May 1, 1949. As more women enter the aviation industry, — in particular as pilots, it is essential to remember Usha Sundaram, the proponent who not simply conquered the

airspace but also demonstrated fortitude while sharpening her flying skills. She flew into the heart of conflict, carrying out countless rescue operations in the immediate wake of the division.

Notwithstanding the stressful political climate, she never shied away from missions that implicated safely carrying passengers from Pakistan to India. Since with the lack of advancement in the



aviation sector in the 1950s, cabin differential pressure was changeable, making flying scary at times; Usha did not hesitate to fly at cruising altitude and in adverse weather conditions.

It should not come as a surprise that she was bestowed with flying many important officials in Indian History after completing such successful tasks under dubious conditions. Vijaya, a Kannada author and journalist wrote about one of these incidents in the articles of the city encyclopedia Bangalore Darshana. In 1974, while flying the Dakota Plane from Madras (now Chennai) to Cochin with President Dr. Rajendra Prasad. The President was so impressed with flying

abilities of Usha that he applauded her in the presence of high-ranking dignitaries during the journey.

Usha Sundaram, together with her husband, played an integral feature of Sardar Vallabhai Patel's goal to bring the country together. Patel, who was absolutely stunned to encounter a woman in her twenties in the pilot's seat, quickly warmed up with her and became friends. Political

elites frequently favored the twosome because they had a whole flying crew as opposed to their colleagues who had combined crew members with British and Americans. Usha Sundaram kept on going even when Captain Sundaram took break from flying to start concentrating on aviation industry business.

The de Havilland Dove, a British short-haul jetliner, was praised internationally for its fatigue strength and contemporary design in the late 1940s and early 1950s. In 1950, the Government of Madras desired to acquire one for them. Usha and her husband Captain Sundaram were chosen for the task. They travelled to England by ship and returned by plane the

forementioned year. They co-piloted the 27-hour flight from London to Bombay via Paris, Karachi, and Baghdad.

Possessing learned to fly at the age of 20, her achievement in two years says loudly regarding her ability and dedication. Prior to establishing the Blue Cross, Usha Sundaram and Captain Sundaram talked about the prospect of establishing a leprosy home—all of which marks to a woman who was not only engaged in showing excellence in her chosen career, but also in achieving profound feeling of duty to humanity. Blue Cross India is a well-established animal welfare NGO with key initiatives.

Her aerial history proves her loyalty and dedication to her profession, from regular flights from Ceylon to Madras carrying air freight across the Bay of Bengal to rescue operations, to flying the most influential political figures of her time until her retirement in 1952. Usha Sundaram continued to travel until 1996, a year before her husband passed away.

Amidst retiring early to care for her family, Usha Sundaram was an outspoken supporter of the aviation sector. A woman's capability to fly an airplane is comparable to that of a man." She proceeded to participate for Blue Cross until her death on April 6, 2010, at the age of 86. "There should not be a gender differentiation in the aviation sector" Usha said in an interview in 2001. However after 75 years of independence, India's female pilot recognition is as minimal as 15%, which is the highest proportion of female pilots in the world. In this circumstance, reviving this uplifting woman from the books of history will end up serving as an encouraging remembrance.

FROM THIS YEAR, COURSES ON HAPPINESS AND EMOTIONAL INTELLIGENCE TO BE PLANNED BY DELHI UNIVERSITY

As a part of the Undergraduate Curriculum Framework-2022(UGCF), value-addition courses like emotional intelligence, the art of being happy and Indian fiction will start in Delhi University for the 2022-23 academic year. Recently, during the DU academic council meeting, a decision to introduce 24 courses aimed at the development of critical thinking was approved. This will then be presented to the executive council of DU, which ranks first in the hierarchy of the decision-making body of the university.

The students will be able to take one or more of these value-addition courses per semester and the student's Academic Bank of Credits will be updated with the credits that they will earn through these courses. These courses have been prepared by a committee headed by professor Niranjana Kumar and will include Emotional Intelligence, Art of Being Happy, Financial Literacy and Ethics, Vedic Mathematics and Value of Indian Tradition System.

When talking about the courses, Kumar said that the National Education Policy 2022 was taken into consideration when creating the value-added courses and that they have various components like critical thinking, compassion, teamwork, scientific temperament, Indian knowledge systems, ethical, cultural and constitutional values, and creative writing. In terms of social-building, he even called it a game-changing move.

Several of the courses were influenced by some important initiatives launched by Prime Minister Narendra Modi,

including Fit India and Swachh Bharat. The Art of Being Happy will be a two-credit course and the students will learn stress management techniques, the physiological and hormonal basis of happiness, elements of happiness and interpersonal interactions that promote self-actualization. Under the Emotional Intelligence course, students will learn to establish positive relationships and uncover their personal competence and methods for developing emotional intelligence, self-awareness, self-management, social awareness, and relationship management. The institution will also launch a course that will familiarise students to English-language Indian fiction and teach them to analyse books critically and in the context of their personal experiences. Students will get an awareness of Indian ethos and ideals through reading Indian fiction, improve creative thinking skills through reading the novels, and recognise the power of fiction to affect societal and cultural change.

The value-added courses under the Undergraduate Curriculum Framework (UGCF), according to some university teachers, will "discourage critical thinking." At the meeting held on August 3, seven members of the academic council voiced their disagreement.

"The narrow view of the VAC framework is unquestionably a result of a centralised project in which teachers from all subject areas were not invited to participate. As a result, several specialties are underrepresented," according to a statement from the instructors.

PROPOSAL TO RENAME ALL 23 AIIMS APPROVED BY GOVERNMENT

All India Institute of Medical Sciences (AIIMS) in India to be given specific names based on local heroes, freedom fighters, landmark events or monuments of the region according to a proposal approved by the government. After the Union Ministry of Health and Family Welfare asked for suggestions, most of the 23 AIIMS, have submitted a list of names. Since these institutes are only known by their generic names and only distinctly identified through their location, the Union health ministry created a draft to name all the AIIMS institutes, including those that are currently operational as well as those that are currently being set up under the Pradhan Mantri Swasthya Suraksha Yojana (PMSSY).

In this context, the suggestions that were requested for these different AIIMS institutes included those that were connected to any

prominent local hero, independence fighters, a unique geographical identity of the area or even some historical event or monument of the region. Most of these top-tier health organizations are said to have suggested three to four names, along with descriptions of the suggested names.

In the Phase 1 of PMSSY, six new AIIMS, these included Bihar (Patna), Chhattisgarh (Raipur), Madhya Pradesh (Bhopal), Odisha (Bhubaneswar), Rajasthan (Jodhpur) and Uttarakhand (Rishikesh) were approved and are fully functional. Of the 16 AIIMS established between 2015 and 2022, 10 have started MBBS courses and outpatient department services, while another 2 have only just started MBBS courses. The remaining four institutes are in various phases of development.

GUIDELINES FOR HIRING A 'PROFESSOR OF PRACTICE' APPROVED BY UGC

At the 560th meeting of the University Grants Commission (UGC), the draft guidelines for employing a 'Professor of Practice' in colleges and universities were approved. Soon enough, the draft document will also be made public to get the opinions of the stakeholders. The aim of this decision is to promote the National Education Policy 2022 whose goal is to bring changes to higher education in the economy and bring a workforce that meets the requirements of the industry.

Mamisala Jagadesh Kumar, the chairman of UGC, said that only when learners think like employers and employers think like learners will the youth be able to optimal-level skills. The aim of this new initiative is so that the educational institutions have someone with professional and industry expertise. By bringing a Professor of Practice, they will be able to achieve their aim efficiently as well as be an add-on to the resources of these academic institutions. By bringing their expertise and their practical skills to the classroom, the Professor of Practice will help in helping produce educated and skilled individuals that can benefit the industry and society.

The aim of the new guidelines issued by UGC is also to make sure that the courses and the modules taught in the academic institutions meet the requirements of the industry and society. In order to maximize the benefits for the institutions as well as the industry experts, the education institutes will get consultancy services from the industry experts and the opportunities to collaborate for future research projects. The higher education institutions will be able to bring industry experts from a variety of fields, including but not limited to science, engineering, technology, commerce, entrepreneurship, social sciences, literature, media, legal, public administration, fine arts, armed forces, and civil services. Only those individuals who have made extraordinary contributions in their work field will be eligible to become a Professor of Practice. The employment period will not exceed three years and only in special cases can it be extended by another year but will never extend the four-year period. The number of employment for Professors of Practice won't be more than 10% of the authorized posts.

AN UNNOTICEABLE THREAT TO NDTV

Action speaks louder than words has been demonstrated by

Mr. Gautam Adani by purchasing 29% stake in NDTV (New Delhi Television Ltd) a news channel which used to criticize Adani group and favoritism by the Modi government. Questions are being raised about Mr. Ravish Kumar an Indian journalist, Author and media personality senior executive head of NDTV India. People are trolling Mr. Ravish Kumar that he will now start worshipping the enterprise which he used to criticize at a time. After months of speculation Adani has finally acquired 29.18% stake in NDTV on Tuesday and has further made public offer of 26% stake to get a total control over NDTV.



Prime Mover of this Takeover:

An Indian company named Vishwa Pradhan Commercial Limited (VCPL) which had forwarded an interest free loan of 403 crore to NDTV which was taken by Prannoy Roy and Radhika Roy by forming a private limited company RRPR (Radhika Roy Prannoy Roy private Ltd) which was largest stakeholder with 29.18% and had issued VCPL convertible warrants of 99.9 % stake in RRPR LTD. So the mastermind Mr. Gautam Adani has purchased VCPL in just 103 crore and exercised the warrant conversion option which has brought him the 29.18% stake in NDTV.

Public Offer of 492.8 Crore for 26% Stake:

Mr. Gautam Adani has made a public offer to NDTV shareholders at a price of 294 per share which totals to \$62 million which will make him 55% stakeholder of the company with Prannoy Roy and Radhika Roy holding 32% shares and rest 13% are with other shareholders with some large investors in NDTV viz LTS Investment fund with 9.75% and Vikas India EIF fund with 4.42% there are also six more companies including GRD securities, Adesh broking house, Drolia agencies and other companies holding stake in the company who are indirectly related to Adani group may sell their shares. So in short span of time, it will be disclosed that whether NDTV is been taken over by Mr. Adani or not.

CREDITSIGHT REPORT AFFECTS ADANI'S STOCK



Adani group is an Indian multinational agglomerate which was founded by Gautam Adani in 1988 as a commodity trading business with the flagship company Adani Enterprises which has diversified into port management, electronic power generation and transmission, renewable energy, mining, airport operation, natural gas, food processing and infrastructure. The Adani stocks have shown a jump in market capital in last two to three years which now seems to be under pressure, Adani transmission down by 3%, green by 5.5%, port by 2% and total gas is down by 1%.

Report by Credit Sight:

An assumed reason for this drastic downfall is said to be a report by a debt research company Fitch Ratings subsidiary (Credit Sight) which has triggered this degradation. The report said that Adani group is 'deeply overleveraged'. The reason behind this is excess expansion made by Adani group in existing as well as new businesses which is predominantly funded by loans and credit which is putting pressure on the credit metrics and cashflow. The report mentions that the company is

performing satisfactorily and is at a stable position but if this operation continues for a longer period of time, then soon the company will be in a debt trap if the company fails to generate requisite revenue. Another reason for this extreme expansion can be the strong competition with Mukesh Ambani to achieve market

dominance, so despite good political relations the company has the fear to lose its forefront position in stock markets which has resulted to some imprudent financial decisions at company's head.

Adani's Acquisition this Year:

In July Adani acquired Haifa port of Israel worth \$1.2 billion dollars, in may Holcim's Indian cement unit for \$10.5 billion it has also made expansion in media, health care and digital services. Adani group is India's largest port operator, Airport operator, coal miner, City gas distributor. Though the promoters hold maximum shares of the companies which indicated that if there will be any downfall the investor alone will not suffer because Gautam Adani himself holds more than 70% stake of the company and has a record of best expanding subsidies, yet the credit rating agencies are skeptical about this and show concern on their vigorous expansion and investment in recent events.



GREEN GANESHA: THE SHADU MAATI WAY!



The switch from Plaster of Paris (POP) to eco- friendly idols is a challenge every Environment concerned devotee of bappa faces. POP idols are in demand because they are cheaper and convenient to transport. On the other hand, people who wish to go for Eco- friendly Ganesha opt for Shadu maati (natural clay found on the banks of rivers) idols. This is non toxic and water soluble but at the same time it's a costly affair and also involves a risk of breaking. Because of which the artisans find it difficult to switch to Shadu Ganesha. As a solution to this, various brands are offering to their customers environmentally sustainable options at reasonable price. Also, DIY kits are available with a complete step by step tutorial video, where in you can create your own eco- friendly Ganesha yourself. The kit offers various tools and implements with Shadu maati. Thus, making the process of DIY Ganesha a fun and learning activity. This will eliminate the risk of damaging the idol in transportation, and is cost effective too. So, let us celebrate Green Ganesha, "The Shadu Maati way!"

TRAIN THE TRAINER



On the 23rd of August 2022, Educate Girls, a non-profit organisation, collaborated with the government of Rajasthan to train the government trainers on how to use digital technology, under "Train the Trainer" model, as per the Memorandum of Understanding (MOU). The main aim of the project is to counter the impact of COVID-19 on children's education across the state by training government teachers using digital technology to collect real-time data on out-of- school children. The initiative will aim to increase the identification of out- of- school girls and make it easier to enrol them and retain them in schools, so that most of the girls could at least complete their primary education. It is expected that with digital technology at hand the task of identifying and enrolling out-of-school girls will take less time. Pallavi Singh, associate director, programs, Educate Girls, stated, "Educate Girls expects that with this digital technology, teachers will take less time in identifying and enrolling out-of-school children and real-time data analysis will be available at the state level."

ENROUTE DELHI – JAIPUR: THE FIRST HYDROGEN FUEL BUS



The (National Thermal Power Corporation limited (NTPC) is planning to launch a hydrogen fuel bus service between Delhi to Jaipur. This will be the first Fuel Cell Electric Vehicle (FCEV) in India to commute for intercity. This bus service will be testing the viability of fuel buses and will be analysing the affordability quotient of fuel cell buses. At the launch of 'Go Electric' campaign in Delhi, Power Minister R.K. Singh announced about the plan of starting the premium hydrogen fuel bus. He also stated about experimenting running electric bus on the same route. However, no specific timeline has been provided for when the services would be started. This pilot project would help in reducing pollution level to a great extent, thus marching towards a greener and better India.

TO PAY OR NOT TO PAY?

Google pay, Phonepe, Paytm and many such apps have made digital payment hassle free and convenient. United Payment Interface (UPI) has become one of the most popular methods of online payment. As per the National Payments Council of India, the total value of UPI transactions for the month of July alone was 10,62,992.76 crore. In such a scenario RBI's indication that there could be charges on these transactions raised concerns among the users. In a press released on August 17, the RBI had asked for feedback on a discussion paper titled "Charges in Payment Systems". The paper covers all the aspects relating to charges in payments systems such as. Unified Payment Interface (UPI), National Electronic Funds Transfer (NEFT), Prepaid Payment instruments (PPIs) etc. All the other forms of money transfer such as NEFT, RTGS etc, have a bank fee levied on them, determined by the amount. But, the mention of UPI in the press release led to a confusion that soon charges on UPI transactions would be applied. This confusion was cleared by the Finance Ministry stating that there is no consideration to levy any charges for United Payment Interface (UPI) and that the RBI is only seeking a public feedback on the issue of payment systems and issues. So, transferring money via UPI without any worry can be continued by the users.



BWF WORLD CHAMPIONSHIPS: IN THE ROUND OF 16, LAKSHYA SEN WILL COMPETE AFTER HS PRANNOY STUNS KENTO MOMOTA



The reigning Commonwealth Games champion Lakshya Sen also advanced into the men's singles pre-quarterfinals of the World Championships in Tokyo on Wednesday. Second seed Kento Momota was shockingly defeated in straight games by HS Prannoy. In a second-round match, unseeded

Prannoy outperformed expectations to defeat crowd favourite and two-time former world champion Momota 21-17, 21-16. It was also Prannoy's first victory over Momota in eight games. The Indian player had only one victory over his higher-ranked Japanese opponent in their previous encounters.

Lakshya Sen, the defending Commonwealth Games champion, defeated Spain's Luis Penalver in a straight games match earlier in the day to advance to the pre-quarterfinals. Sen, a rising star in Indian badminton, completed the formality in 72 minutes while winning his match in the second round 21-17, 21-10. On Thursday, an all-Indian matchup in the round of 16 will pit Prannoy and Sen against one another. Kidambi Srikanth, who finished second in the previous edition, was eliminated after falling to Zhao Jun Peng, who is ranked 32 in the world, in a single game. The match between Srikanth and his Chinese opponent lasted only 34 minutes before Srikanth lost 18-21, 17-21. Zhao took a 1-0 lead in the first game after just 12 minutes, so the 29-year-old was out of sorts. The already outmatched Indian tried to up the ante in the second game and led 16-14, but Zhao was able to win due to too many unforced errors. Sen, a rising star in Indian badminton, completed the procedures in 72 minutes and won his second-round match 21-17, 21-10. After falling behind 3-4, the ninth-seeded Sen gained a six-point advantage to make it 13-7.

Before easily winning the first game, the Indians maintained their lead. Sen, a bronze medalist at the world championships, continued to dominate the Spanish shuttler after that and took the second game by a wider margin. The first six points of the second game were shared by the two players, but the 21-year-old Indian player pulled ahead thanks to his superior performance. After enjoying a commanding nine-point lead at one point in the second game, Sen eventually completed the task. Ashwini Ponnappa and N Sikki Reddy of India lost in the second round of the prestigious tournament, but MR Arjun and Dhruv Kapila of India advanced to the pre-quarterfinals. In their second-round match, unseeded Arjun and Kapila defeated eighth seeds and bronze medalists from the previous edition Kim Astrup and Anders Skaarup Rasmussen of Denmark 21-17 21-16. They will then face Hee Yong Kai Terry and Loh Kean Hean of Singapore. Top seeds Chen Qing Chen and Jia Yi Fan of China, on the other hand, handed Ponnappa and Sikki a 15-21, 10-21 defeat in the men's doubles match in 42 minutes. The other women's doubles team, Pooja Dandu and Sanjana Santosh, lost to the third-seeded Korean team of Lee So Hee and Shin Seung Chan 15-21 7-21 and was eliminated from the tournament. Chirag Shetty and Satwiksairaj Rankireddy, the eighth-seeded men's doubles team, thrashed Solis Jonathan and Anibal Marroquin of Guatemala 21-8, 21-10 to advance directly to the Round of 16, where they will face Jeppe Bay and Lasse Molhede of Denmark.

PHASE ONE OF THE KHELO INDIA U-16 WOMEN'S HOCKEY LEAGUE COMPETITION COMES TO A THRILLING CONCLUSION

16 teams from all over the nation are taking part, according to the Ministry of Youth Affairs and Sports. In Phase 1 of the league, a total of 56 games will be played, and more than 300 players will participate. Sports Authority of India 'A' won their Pool A match against Smart Hockey Academy Raipur 17-0 on Tuesday. Binati Minz Kajal, Tanuja Toppo, and Dipika Barwa each scored three goals, while Sports Authority of India 'A' also received goals from F Lalbiaksiami, Karuna Minz, Jyoti Xaxa, Captain Sunelita Toppo, and Nisha Dadel. Sports Hostel, Odisha defeated Bhai Behlo Hockey Academy Bhagta 9-1 in Pool A's second game of the day.



For Sports Hostel, Odisha, Monica Tirkey scored four goals, Archana Xalxo scored three goals, Sushmita Dungdung scored one goal, and Premsila Bage scored another. Ghumanhera Riser's Academy dominated Mumbai School Sports Association 27-0 in Pool A's third match of the day. Sunaina scored four goals, Pooja scored six, and captain Nisha led from the front with a total of 12 goals for the victorious team. On the final day of phase-1, Deepika scored twice, Yashika, Payal, and Preeti each scored once, giving Ghumanhera Risers Academy a commanding victory. Pritam Siwach Hockey Academy Sonapat defeated Citizen Hockey XI 21-0 in the fourth game of the day to maintain their perfect phase 1 record. In the Pool A match for Pritam Siwach Hockey Academy Sonapat, Sakshi Rana led the way with seven goals, while Captain Khushi, Ravina, Manjinder, and Riya each scored three times. Sakshi also scored twice. On the final day, in a thrilling Pool B game, Madhya Pradesh Hockey Academy defeated Sports Authority of India 'B' by a score of 2-0. The winning team's goal scorers were Sujata Jayant and Tanvi. The Sports Authority of Gujarat Academy defeated Anantapur Hockey Academy 7-0 in Pool B's sixth match of the day. Gadghe With four goals, Komal Sunilrao led the scoring for the winning team. Kodarvi Twinkal Anilbhai added two goals, and Gamar Parvati Sardarbhai added one.

Har Hockey Academy defeated Salute Hockey Academy 7-0 in the seventh game of the day to win Pool B at the end of Phase 1. In the tenth game of phase 1, Kirti scored three goals, while Captain Pooja, Shashi Khasha, Bharti, and Seema each netted one for Har Hockey Academy. Odisha Naval Tata Hockey High Performance Center defeated Delhi Hockey 12-0 in the final game of phase 1. For the Odisha Naval Tata Hockey High Performance Center, Khushboo Kukur, Captain Ahalya Lakra, Pragya Patel, and Harpreet Kaur each scored one goal. Nirmala Senbar, Doli Bhoi, Neharika Toppo, and Anushka Bhawre each scored twice. In Lucknow, Uttar Pradesh, in October 2022, the second phase of the Khelo India Women's Hockey League 22 (Under-16) will be played.

EXPERT



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FAQs ON STRESS MANAGEMENT

Q1. I feel the team synergy is falling in my organization, how can I support my team leader?

Ans. Thank you for asking this question, the reply will help many team members as the fall in team synergy is the major issue in today's corporate. The good team members in an organization keep adding to its success. Greatest challenge of today's corporate is the widening gap between the leader and the team. An organization with good leaders and inspired followers keep multiplying its success. Developing Team synergy and managing it is predominantly in the hands of the 'true leader' rather than the team of followers. But, yes, as a responsible team member you can definitely support your team leader if there is 'openness' in the system. Let me help you with some of the factors which influence the team synergy which is 'in the control' of team members:

1. Empathy: Empathy skill is the most influential idea for the team which creates the team synergy as well as reason for its decline. As a team player observe your empathy skill. Accept that the reason for fall in team synergy can be your unreasonable empathy skill too. Stop crying that 'I always give my best and i am taken for granted by all others'. Being a responsible team member have you failed to support your team leader to correct the team members who err? In the name of empathy, do you accept the unfair situation in the organization? Whether your team leader tolerates mediocrity of few of her or his favourite members of the working team and you have to pay price for it? Please explain your team leader (in a positive tone) and request to understand the situation and correct it. Please try to focus on re-skilling and up-skilling your empathy, as your goodness shall not support fall in team synergy or augment the leader's fake superiority.

2. Enhancing teams Image: Please understand that for better team synergy, each and every follower needs to support the team leader. Leader can be better than (has to be!) all in the organization, but can't do everyone's job is reality. So it is responsibility of team to up-skill and improves the working pattern for better result. Accept that delegation multiplies the productivity and helps leader as well as team to enjoy accomplishments. Giving credit to team members has to be the character of leader and performing the best on the delegated activity has to be the focus of team member which will enhance teams' image. As a team member you need to mark credit to your team leader for your accomplishments and the team leader can enjoy the share of your success and yes, he or she has to share the responsibility of your mistakes too. When there is failure, as a team member you need to change yourself for betterment and also support your team leader to change his approach towards the team for improvement. Your strength should help your leader also to mature to the changing situations which will enhance the teams' image in the organization.

3. Empowered team: An organization which focuses on empowered team will definitely benefit in long run. Delegation of work to team members is not forfeiting responsibilities of team leader. As a team member you are given sufficient autonomy with delegated work to accomplish the task but your team leader hold the responsibility. Admit and appreciate that you have to share the credit with the team leader. So both the leader and the team can enjoy the fruit of results as there is a perfect balance between giving autonomy and holding responsibility while delegating the work. If the team synergy is falling please observe is there any imbalance in the system where team members who were given autonomy to perform snatch the responsibility too? The autonomy to successfully complete the task is given to you as the team member, but the responsibility of the task accomplishment is with your team leader, please respect the fundamental value system. You can contribute for successful team synergy if you respect that leadership is about decentralization of work with centralization of responsibility.

4. Enigma of the team force: As a responsible team member you can always get the benefit of external motivation from your team leader as well as the other team members. But a true leader should never expect external motivation, if this situation arise, accept that there is issue in the organization system and there is a need to focus on rebuilding the organization culture. Yes, the team leader is

responsible for evolving the organization culture but the team members are responsible for organizational discipline which will augment the system positively. It is essential to think that there can be days when your team leader can also go out of form at times (Only true leaders got the grace to accept this!) and need your support to revive back the power of team force. Graciously agree that if you can lose on the fundamentals of team building at times, your leader can also lose on the fundamentals of leadership at times. No matter how much we all grown in the organization if we lose out on the fundamentals of managing humility, we lose big time in our life! The faster the team and the leader focus together to bring back the value system, the team synergy will glow again!

5. Emerge of Handling mistakes: Please understand that your leader may be from another generation holding different work ethics or worth ethics. His or her way of handling the teams' mistakes may be different from your expectations, but focus on the intention, you will understand, respect and feel the 'tough love' of your leader. It is responsibility of team member to help the leader to polish the leadership style; explain your leader the dire necessity to change with the time. Express your unconditional support to your leader and explain that the aspiration of the entire team depends on the leader's charm to handle the mistake retaining the grace of the team. Let the organization practice the culture of discussing the mistakes with grace; discussion has to help the team to learn not to repeat the mistake without making the person feel, as if he or she is a wrong person. Failure can never be a person, it is just an event is golden rule for retaining team synergy.

6. Emerge of Situation handling: As a team member observe the challenges faced by your team leader. Support to handle the sensitive situation without losing the team synergy. Make your leader understand that in the current era leaders are also supposed to provide all the information for taking right decisions and or to give all information regarding the decision which the team has to abide. Positively explain that gone are the days of confidentiality where the emotions formed the basis of team spirit; today the basis of team spirit is transparent information. At the same time respect the hardships of your team leader in the past to build the team synergy. Admit that good teams are born from good leadership. Today if the team synergy is falling, the team is also responsible and not just the team leader, accept that good leadership is born from bad teams. Appreciate that support of the good team can build good leadership and boost growth to the entire team. Your goodness to contribute to your leader to build the team synergy will assure peace and happiness for all in team.

Hope the above 6E model explained from team members' perspective will help you to fill the gap in your organization to regain your team synergy. Your career success depends on the quality of relationship of the team. Mutual respect can only retain the team synergy as the need to be respected is always greater than the need for career growth. If you can express your unconditional gratitude to your team leader, definitely your feedback will be considered to rebuild the team synergy. When your leader do not feel respected, he or she will resist every feedback given, so express your respect by appreciating his or her hard work in the past to build the team. Accept your leader, appreciate your team and grow the team synergy in your organization, all the very best, stay blessed.

QUIZ TIME

1. The Anang Tal Lake, which was declared a monument of national importance, is located in which state/UT?
2. Where is the 'International Conference on Indian Minerals and Metals Industry' held?
3. Which country marked the Ukraine's Independence Day with USD 3 billion in security assistance?
4. Which leader has been honoured with the '2022 Liberty Medal'?
5. Antim Panghal, who was seen in the news, plays which sports?
6. First woman to win Dronacharya Award.
7. Crawl is associated with which sport?
8. The Centre for Cellular and Molecular Biology is situated at?
9. The Dr. Babasaheb Ambedkar Marathwada University is at which of the following places?
10. Which city is known as 'Electronic City of India'?

GUESS

The Chocolate

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Answers

1. New Delhi
2. New Delhi
3. USA
4. Volodymyr Zelenskyy
5. Wrestling
6. Hansa Sharma
7. Swimming
8. Hyderabad
9. Aurangabad
10. Bangalore

The HULAHUL Times TEAM

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1. KitKat
2. Mango bite
3. Candy Man
4. Five star
5. Gem
6. Melody
7. Snickers
8. Munch
9. Coffee Bite
10. Poppins

Answers