

The HULAHUL Times

Established - 2019

Year : 3rd

Vol. No. 2 - Issue No. 04

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Initiative by HULAHUL Foundation

A SELFLESS ACT TO PROTECT OUR NATION!

The security perspective is the set of relationships that exist between a security referent and its surroundings. According to this viewpoint, security and insecurity are determined first by whether the environment is advantageous or hostile to the referent, and second by how capable the referent is of responding to its/their environment in order to survive and prosper. Security referents might be individuals or social groups, items, institutions, ecosystems, or any other entity that is sensitive to unwanted change caused by environmental influences. The referent in question may combine multiple referents, just as a country state is made up of numerous individual people.

In India, we do have forces such as Army, Air force and Navy. These forces are securing our borders externally. One more forces which safeguard us is CISF .The Central Industrial Security Forces. It is an armed force in favor of protecting critical industries and buildings from threats and risks. One of India's Central Armed Police Forces is the Central Industrial Security Force (CISF). The CISF is a one-of-a-kind organization in India's paramilitary forces, working to provide security to over 300 industrial units, government infrastructure projects, institutions, and establishments spread around the country. Central Public Sector Undertakings (PSUs) own and control industrial sectors such as atomic power plants, space installations, mines, oil fields and refineries, major ports, heavy engineering, steel plants, barrages, fertilizer units, airports, and hydroelectric/thermal power plants, as well as currency note presses.

It was established on March 10, 1969, by an Act of the Indian Parliament, with a capacity of 2,800. Another Act of Parliament passed on June 15, 1983, declared the CISF an armed force of India. It currently has 148,371 active personnel. The government increased the sanctioned strength from 145,000 to 180,000 troops in April 2017. Among its objectives are the safeguarding of significant government facilities, the Delhi Metro, and airport security. The Union Ministry of Home Affairs governs the CISF, which has its headquarters in New Delhi.

Furthermore, the CISF's duty has expanded, and it now guards airports, seaports, metro rail networks, government buildings, heritage monuments (including the Taj Mahal and Red Fort), opium and alkaloids extraction, nuclear power facilities, space projects and country's most important infrastructures. It also excels in VIP security and



disaster management. Currently, the CISF is responsible for internal security, elections, anti-Naxal operations, and any other tasks delegated by the Government of India. The CISF is a one-of-a-kind organization in India's security forces, operating for seaways, airways.

To celebrate the selfless efforts offered by CISF members, every year on March 10, India observes CISF Raising Day (CRD). The administrators of CISF organize a parade, customized striking performances, and other martial arts demonstrations, among many other things. For remarkable and exemplary service, they are awarded service medals. Citizens are encouraged to collaborate with the CISF in order to protect the country's essential institutions and preserve peace and security around the country. This year 2022 would be the 53rd CISF's Raising Day. The CISF's primary goal is to improve "protection and security" of industrial estates both in commercial and government sectors of the nation. The CISF consist of 12

reserve battalions and 8 training institutes across the country.

As a central Indian police organization with a large representation of Indian Police Service officers, the CISF adheres to ranks and symbols identical to other Indian police organizations. The organization is very well with relevant sophisticated technologies, and the staffs that are trained with all technologies are outstanding and productive in personnel and skilled at dealing with current security risks. The CISF primarily functions in ensuring the prosperity of the Indian subcontinent and taking on human trafficking cases.

Individuals feel secure at airports and at other public amenities because of the CISF, and countries around the globe are "ready to invest in India" due to the obvious force's security. The force's readiness is of "utmost importance," and it must be constantly reinforced by adding improved technologies.

Initially, the CISF's recruiting and assignment of officers was reserved for men. Mrs. Asha Sinha was appointed Commandant of Mazagon Dock Shipbuilders Limited in 1992, making her the first woman commandant of a Central Armed Police Force in India. Previously, women were allowed to serve in the Central Armed Police Forces, which included the CISF, but only in supervisory positions. The Indian Parliamentary Committees on Women's Empowerment suggested that women be given more responsibilities in the CAPF, including the CISF. Based on these recommendations, the Ministry of Home Affairs (India) established reservation for women in paramilitary forces, and later decided that they can be recruited as officials in combat positions in the five National Armed Services.

The CISF also includes a Special Security Group (SSG) division that ensures protection to a significant number of "protectees" categorized as Z Plus, Z, X, or Y. It also act as a firefighting wing in case a fire.



NO SMOKING DAY: CHOOSE LIFE AND NOT TOBACCO!



"Cigarettes are a classy way to commit suicide."

-Kurt Vonnegut

The birth of No Smoking Day was in 1984 in the Republic of Ireland. The ruling clergy pertained to the idea of giving up cigarettes for Lent. The day was observed for the first time on Ash Wednesday. Slowly and steadily, people from different communities started to acknowledge the harmful effects it induces not only to lungs but also to the body as a whole. There is widespread reach and cannons of awareness programmes on the qui vive of struggles and dangers that smoking cites. In India, every packet of cigarette mentions "Tobacco causes cancer". Before screening movies in theatres, smoking advertisements are screened to implant the seed of wariness. In the light of this, you must remember every time you buy cigarette you are signing the unjust pact of compromising your health. Awareness helps human beings to transform their lives. To alert on smoking, the calendar reserves a special place for it. Looking at the pattern of celebration of No Smoking Day, we can perceive the shift from Ash Wednesday to second Wednesday of March. This year, it is the 9th of March. In the 1920s, medical reports had shown that smoking can cause cancer. This day is observed to encourage people to quit smoking. This day reminds us of our duty toward our family and friends to help them who have been prone to nicotine addiction. Between the range of 12 to 17 years, thousands of people

take this sweet coated poisoned pipe in their mouth. Some want to look cool acting all like grown ups and some do it out of inquisitiveness. What is the need to set aside a day to herald this event? Well, over the last few decades the effects of smoking are cropping up. The cancer does not hover around lungs only but also it pounces on stomach, liver, kidneys and even the urinary bladder. Smoking may be viewed as a personal choice. However, passive smoking hampers the body too. This is the reason that most of the public places have banned smoking.

The short term effects of smoking are:

1. Coughing
2. Throat irritation
3. Reduction in the senses of taste and smell
4. Bad breath
5. Discoloration of teeth and so on.

The long term effects of smoking are:

1. Bronchitis
2. Pneumonia
3. Stroke
4. Heart disease
5. Lung Cancer and so on.

In order to quit smoking, one needs to be obstinate on the decision that one wants to quit smoking. One needs to find a strong reason. One needs to ask oneself, " Why do I

want to quit smoking?" One should find the strongest reason and stick to it. It's easy succumbing to smoking but controlling one's habit is tough. Every time one will be at the crossroad, try reminding the sole reason, "Why?" This reason will pop up in the mind every time one tries indulging in smoking. This is how one can break away from the spell of smoking and set oneself free. One needs to attenuate one's urge and incite willpower to take the centre stage. All of a sudden, habits cannot be broken in a day but it will gradually improve.

Any tobacco user who wishes to quit can

- Join mCessation Programme of the Ministry of Health and Family Welfare.
- Give missed call on 011-22901701

Government initiatives are:

1. The Cigarettes Act(Regulation of Production, Supply and Distribution), 1975 made it mandatory to display "Cigarette Smoking Is Injurious To Health" on all advertisements of cigarettes.

2. In 2007-08, the Ministry of Health and Family Welfare launched the National Tobacco control programme to instill the harmful effects of tobacco.

3. The Cigarettes and other Tobacco Products, Second Amendment Rules, 2018 includes statutory warning "Tobacco causes cancer and two images of health warnings. The Third Amendment Rules, 2020 enclosed as any person engaged directly or indirectly in the manufacture, production, supply, import or distribution of cigarettes or any tobacco products shall ensure that all tobacco product packages shall have the specified health warnings exactly as prescribed.

People know smoking is bad but to what extend it impedes our lives people aren't exactly aware of it. People are living in the veil of relieving stress when it comes to smoking. However, smoking is the leading cause of preventable death. Every single year more than 7 million people are dying and the number will rise by 2030 if the pattern does not change. Data says that a person who smokes will die 10 years earlier than his counter parties on average. Smoking reduces the efficiency of workers. Hence, on a macro economic level it reduces the efficiency of the nation. Support groups can be formed to have a positive influence by sharing stories of smoking. When a person quits smoking the smoker body heals and tends to retain the vitality of the non-smoker body.

INTERNATIONAL WOMEN'S DAY: THE REAL ARCHITECT OF THE WORLD!



immersed in a global economy. Global research shows that when a society's economy and political structure change, women take the lead in assisting the family in adjusting to new realities and obstacles. According to a report by the United Nations Secretary General, women account for half of all human resources, making them the second most valuable human resource behind males.

But, in this modern era when we have reached mars, we still lack in the women empowerment and many times did not justify the role of women in our society and Gender equality is still a taboo across the world. Throughout the year we celebrate many days specially related to women but by any means are we really putting our efforts in changing the scenario of womens in terms of their socioeconomic growth and empowerment. We witnessed many cases everyday across the world were womens are treated viciously. There are many associations who are continuously working towards these issues.

March 8th is the dedicated day to execute and celebrate the accomplishments of womens worldwide and to make the world more respectful society against bias. Womens Day is originated from Europe and North America due to Labour movements happened in 20th century. It was earlier observed on 28th February 1909 and came into existence when it was adopted by The United Nations in 1977. From years, Women's day is celebrated worldwide with a theme to educate womens about their rights.

It is wonderful that we have a day like Women's Day, particularly in a country like India, which has been effectively destroyed by many atrocities against women such as dowry, genital mutilation, professional mistreatment of women and many more. Many governmental and private organizations prepare to engage in a variety of activities such as mass demonstrations, conferences, documentary, and television shows. Gender sensitive plays are organized for the advancement of women. Several groups are aiming to promote girl child education, the abolition of dowry culture, and the reservation of seats for women in local panchyat.

The world is facing a lot of turbulence after Covid crisis in aspect of economic, literacy and poverty and domestic violence towards humankind and one should not keep the celebrations to the date only instead of practicing it daily to make the world more sustainable not only for women but for sort of humankind.

The year 2022 is essential in order to achieve gender equality in the context of climate change, environmental and other major global concerns of the twenty-first century and it would be unable to achieve a sustainable and equal future. This year's International Women's Day observance recognizes the women and girls who are leading the way on adaptation to climate change and response, as well as their commitment and contribution to a sustainable future.

2021 was a year overbooked by Covid-19 and it has not only impacted the health of an individual but also there has been numerous cases of domestic violence has witnessed worldwide. To overcome such instances and violence, the theme for International Women's Day 2021 was "Women in leadership: Achieving an equal future in a COVID-19 world," to sensitize the victims of such incidents, there are many virtual seminars and documentaries has been made and showcased across the country with the help of NGO'S to provide the opportunity to all age women to defend themselves.

All through centuries, women's key role in society has secured national stability, progress, and long-term development. Women's contributions to a society's gradual transition from preliterate to literate, from a largely independent group to a member of a nation

Gender equality is not only a basic human right, but it is also a prerequisite for a peaceful, affluent and sustainable world. Over the last few decades, the progress has been noticed when more girls are attending school, fewer girls being compelled into early marriage, more women are serving in parliament and positions of leadership and laws are being modified to enhance gender equality.

Despite these achievements, many challenges still remain like discriminatory policies, persistence of social expectations and women kept under - represented at all levels of social leadership. One in every five women and girls between the ages of 15 and 49 report experiencing physical or sexual violence by an intimate partner in the previous years. To extend the reach of Gender Equality, The United Nations has initiated the theme for International Women's Day for 2022 is "Gender equality today for a sustainable tomorrow". Women play a substantial role in the COVID-19 Virus outbreak, mainly as frontline healthcare professionals and caregivers at home which resulting of education cuts. Women are also particularly affected by the economic consequences of COVID-19, as they work in fragile labor markets. Almost 60% of women labor in the informal employment, placing them at a higher risk of falling into hardship.

ARE YOU BEING TRAPPED IN A GUILT TRIP?



If you want to travel the world, go ahead, but don't let people endorse in the memory lane and sink in the guilt trip. People in this world are so cruel that they will always try to find a way to blame you for something over which they have no control. When it comes to maintaining a relationship, we frequently swallow the blame and deposit it in the deepest recesses of our hearts as unknown. We are all taught to agree with the people we care about the most, whether they are friends, spouses, or family. These blames or agreements can sometimes become a huge trap of a never-ending trip known as a Guilt Trip. Most

importantly, it is so surprising to realise how much we have all become accustomed to it that we are completely unaware of it and have always misinterpreted it as such.

To be honest, being on a guilt trip is much more than overthinking, but we have always failed to identify the procedure because we have never been conscious of our feelings and emotions, and we often prefer the world over ourselves.

Let's talk about how guilt-tripping appears.

- They always undervalue your efforts while exaggerating what they have done to you.
- Blame you for everything, even if you have no connection with them.
- Always try to remind you of wrongdoings or past mistakes.
- Avoidance behaviour that makes you wonder if you have done something wrong or if you have failed to fulfil your responsibilities.
- We always believe that emotional blackmailing is a healthy aspect of a relationship, but we frequently fail to recognise that everything is good to a certain extent. When partners begin to use emotional blackmail to persuade you to do anything they want you to do, they are more likely to weave the walls of guilt-tripping.

And we never know how emotional manipulation in the form of guilt-tripping can destabilise the mental peace. It would be wonderful to be able to deal with the guilt feeling; otherwise, it will slowly eat you up inside.

1. Identifying the red flag
2. Express your feelings.
3. Demand an explanation if they are blaming you unfairly.
4. Recognize and respect your own worth.
5. Try not to give more than you receive.

Always remember that relationships are important in life, but they are not everything. It's fine to have an emotional connection with someone, but it's unjust to let them control and undervalue you. Don't get caught up in a never-ending cycle of guilt for the sake of a long relationship or anything else.



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VIDYA RAJPUT- ALL HUMANS ARE ENTITLED TO FAIRNESS AND EQUALITY!

**INTERVIEW BY
PREETI SHARMA**



Vidya Rajput

in her body. She was born as a boy named Vikas Rajput. She told to The HULAHUL Times that being born as a stigma in transgender community, she believes that this is her primary responsibility to remove the discrimination and work for the welfare and upliftment of her community. She approached the local officials to raise awareness and there she got an opportunity to participate in a program of NACO in Delhi. Under this program she worked for spreading awareness of HIV testing and its treatment. During this time, Vidya realize the need of creating a community for transgender with a major focus on to build the network and provides them healthy and positive environment for a sustainable life as the transgender people were hesitant about



their identity and facing challenges and unable to earn a respectful life. The community started in Chhattisgarh as Mitwa Samiti in 2009. In the early times, the transgender were mostly involved in singing and dancing at wedding ceremonies or childbirth as a part of their traditional greeting culture, or engaged in some begging and prostitution for their livelihood; but Vidya wanted to change his perspective.

Vidya then began working for the third gender welfare board of transgender people in Chhattisgarh, and following her efforts, the state government decided to establish the Third Gender Social Welfare Board in 2015. Vidya is currently a member of this board and works on transgender issues and along with



this she is also a member of South Asia Transgender Network Committee.

Vidya was obliged to bear the things at the start of her life. She started feeling her identity of a girl when she was ten years old, despite being born as a boy. She informed her family about the changes and development, but nobody really backed her up, and rather than supporting her, she suffered a barrage of insults. She tried to commit suicide to end her life, but there's something in her heart kept her from doing so. After a while, she decided to alter her identity to that of a female, as she had always felt on the inside. Vidya, on the other hand, completed her studies in Social Work while working. To support the rights of transgender people and

after years of efforts, the Ministry of Social Justice and Empowerment passed a law for bisexual people in 2016 and after that there were so many task been done in favor of transgender community. Vidya believes that all of her hard work is now paying off her years of prejudice. This law helped in connecting the community to the mainstream. After several conferences with various officials, the welfare of the Third Gender group in Chhattisgarh was ultimately formed on October 8, 2014. This welfare organization strives to educate and empower the transgender community, as well as connect them with other government programmes.

Vidya is presently working as a trainer for the administrative and police academy in Raipur, and she has actively collaborated with the Chhattisgarh police department to provide employment prospects for transgender individuals. She worked with the Indian Sports Ministry to integrate transgender youth in the renowned Khelo India Games in 2012. Vidya, along with

government officials in Chhattisgarh, provided 190 flats to Trans individuals at risk of social isolation in Raipur as part of her social initiative. She had recently convinced administrators to incorporate sections on the LGBT community in textbooks.

Transgender discrimination is a global issue, and many transgender activists like Vidya are battling hard for their communities for their extension and she believes that more people should learn about the Trans population. She is aware that people are hesitant to accept them because they don't know much about the transgender although they have same right as others to live and treat us as their own.

Vidya Rajput is a much known name not only in transgender community but as an individual. She has always believe in putting efforts and making it possible and it is her all the accomplishments that now



transgender are getting all the amenities from government .In COVID crises , she along with the community members of Mitwa member, worked for migrants and for people who are unable to feed themselves.

Some documentaries, such as Aaina- A Life of a Transgender, The Shining Star-Mitwa, have been made and have been shown at various film festivals. We want everyone to love and support us, she stated. Despite the fact that there is a sense of consciousness among the people, society still does not know much about us. Vidya has been awarded by many awards on State and National Level for her tremendous work.

IN ASIA, THE MOMENT OF TRUTH FOR INDIA AMIDST



oil importer, the situation hardly augurs well for India which is likely to be adversely impacted by rising oil prices. Rising crude oil prices render ineffective as gloom-ridden predictions of 10% rise in oil price would curtail - 0.20pp from GDP growth following the result of the conflict leaving consumers and businesses in shock, analysis by the financial service company Nomura.

While the raft of further restrictive measures has been taken previously, the Monetary Policy Committee in India did opt to go for an accommodative stance in a recent policy meet. with inflation extending the upper limit of its endurance of band in the latest report, owing to which Reserve Bank of India will adopt a definitive perspective.

Depending upon how the tension simmers the vexatious problem has also been aggravated by events over the past months indicative of multi-dimensional impact on the Indian economy. "at the moment when Russia bears down on the supplying need of natural gas and crude oil to the rest of the world, inflation and extension of the deficit on India would be the primary ramification of this geopolitical unrest", a statement by Vivek Kumar, Economist at QuantEco Research.

As Russia and Ukraine put together suppose to shore up the economy being the prime source of palladium, fertilizers, and sunflower oil, the overall impact could run beyond fuel items.

If current prices seem to linger on, it is discernible that India's current account deficit could substantially jump from 1.5% of GDP in FY22 to 2.5% in FY23.

MAHARASHTRA LAUNCHED FIRST STATE AGRICULTURAL EXPORT POLICY - TO SHORE UP STATE'S AGRI EXPORTS

The Government of Maharashtra leading in the country to launch an independent Agricultural Export Policy (AEP) for the state on Friday 25, February 2022. For the first time, the state's Agricultural Export Policy has been formulated to achieve the goal of being at the forefront of Maharashtra's agricultural exports.



Maharashtra accounts for 70% of the country's total agricultural exports. Last year, the state's agricultural exports increased by 14 per cent. The agricultural export policy formulated mainly based on the concept of export growth and cluster.

Formulation of Export Policy

In order to increase the export of agricultural products from the country, the Central Government announced the Agricultural Export Policy in 2018. It was suggested that the states should also be actively involved in the implementation of this policy and each state should formulate its own independent policy. A committee was set up to formulate an independent export policy in Maharashtra in May, 2019. The committee consisted of officials from all concerned departments of the state government, representatives of agricultural companies and experts. The draft was prepared by the committee in consultation with farmers, producers 'co-operative societies, producers' unions, companies buying agricultural products, exporters and agricultural universities.

Attributes of the policy

- The main objective of this policy is to increase the export of agricultural commodities from the state.
- The policy includes development of skills of productive farmers, agricultural exporting companies and institutions in the state, exploration of new markets for export of agricultural commodities, setting up of facilities based on modern technology for

export.

- Infrastructure development, export of organic products, export of products with a Geographical Indication (GI), are some of the other important objectives of the policy.

- It is proposed to provide crop wise community centers and the facilities required by them as well as many other facilities for export.

- It will provide basic facilities mainly at ports as well as railway stations.
- Pack house, cold chain, special processing center, export facility center, transportation facilities, infrastructure will be available. All these facilities will be based on modern technology, the policy states.
- The State Agricultural Marketing Board has been appointed as the intermediary body to implement this policy.

Development of Community Center

The concept of cluster has been introduced in the policy to ensure efficient implementation of this policy. Major crops have been identified in the state and 21 community centers have been set up. These include pomegranate, banana, hapus mango, saffron mango, orange, grape, citrus, onion, cashew, flowers, raisins, vegetables, non-basmati rice, pulses and cereals, oilseeds, jaggery, spices (red chillies), spices (turmeric), Includes dairy products, fish, meat products. For the implementation of the policy, there will be a state level steering committee and a group center, group sub-center support cell. The committee will work under the chairmanship of the district collector of the district where the production of the crop is higher among the fixed crops. For example, efforts will be made by Nashik District Committee to increase the export of grape and onion products. The committee will work to facilitate exports, implement various schemes and initiatives. The Success of is based on competent mechanism for effective implementation.

TOYOTA STOPPED MANUFACTURING FOLLOWING AN ALLEGED CYBER STRIKE!

Toyota has suspended manufacturing at all 28 lines at its 14 Japanese factories due to a system issue as a result of a cyber attack. Kojima Industries Corporation, suspected an issue in the server system and had identified a cyber attack due to which the company claimed that their system was unable to communicate with Toyota or supervise production, despite the fact that there was nothing physically wrong with the production equipment. Tomohiro Takayama, a representative for Kojima, said the business was reviewing and trying to resolve the issue. Toyota relies on Kojima for a wide range of parts, including steering wheel components, air conditioning, and other indoor and outdoor components. It is uncertain when the issue would be resolved and manufacturing could continue. Toyota Motor Corporation, which manufactures the Prius hybrid and Camry car, regretted the disturbance and offered to resolve the issue as early as possible. A Toyota group truck maker Hino Motors said two of its Japanese manufacturing units were equally impacted by a failure. Daihatsu Motor, a Toyota subsidiary that manufactures small automobiles, was also impacted and has halted manufacturing. Other manufacturers and Toyota are already dealing with computer chips as well as other component shortfalls as a result of the coronavirus outbreak.

THE COMMERCE MINISTRY ADVISED THE FOUR NATIONS TO IMPOSE ANTI-DUMPING DUTIES ON MELAMINE!

To defend domestic industry from cheap inbound shipments, the commerce ministry's arm, Directorate General of Trade Remedies (DGTR), has proposed implementation of anti-dumping tax on import of melamine, a chemical used in laminates, from the UAE, European Union, Qatar and Japan. Following an inquiry into the dumped imports, the DGTR proposed the duty and came to the conclusion that the quantity of dumped imports from these nations had risen in absolute and relative terms. It stated, "The authority urges the application of definite anti-dumping duties." Usually the tariff was between USD 119 and USD 428 per ton on imports. The DGTR advises the duty and the finance ministry makes the final decision to implement it within three months of the recommendation. Countries launch anti-dumping investigations to determine whether their domestic businesses have suffered due to increase in minimal imports. As a protective measure, they impose duties under the WTO's multilateral structure. Pro measures are implemented to ensure balanced deals and to increase competition for the domestic market. It is not intended to cause an unjustifiable increase in product prices. Gujarat State Fertilizers and Chemicals have submitted an application with the directorate to begin anti-dumping inquiries on importation of 'melamine' from the four nations mentioned.

META IS DESIGNING A DIGITAL VOICE PARTNER TO HELP WITH METAVERSE DRIVE

Meta Platforms Inc, a company of Facebook, is developing a digital audio operator to enable consumers communicate hands-free with physical gadgets including the company's Gateway video-calling device and augmented-reality glasses. CEO Mark Zuckerberg stated that the business is developing the assistant in anticipation for the so-called metaverse, a much more comprehensive version of the internet that will allow individuals to engage the internet via real and augmented reality glasses. To help people traverse this new online environment, digital assistants would need to "learn the way humans do," said Zuckerberg. It will be the first time an AI system can genuinely perceive the world through our eyes, and Mark Zuckerberg hopes to create AI assistants in the future that can "navigate between both the physical and digital worlds." Even though the AI assistant has no label, Meta referred to the project as "Project CAIRaoke."

RISING TEMPERATURE LINKED TO THREE DUST STORMS IN MUMBAI



The recent, unexpected drop in Mumbai's environmental quality due to three sand storms in less than a month is being pinned on human-caused global warming. This change happened in January and February this year and caused a significant decrease in vision. Experts at the Indian Tropical Meteorology Institute in Pune believe that westerly instability coincided with sandstorms originating from all over the Pakistan-Afghanistan borders, producing the state's worsening pollution levels in years,

could be driven by increasing temperatures. According to Gufran Beig, program director of System of Air Quality and Weather Forecasting And Research(SAFAR), numerous westerly disruptions combining with frequent storm are an uncommon event that could be related to increasing temperatures and investigations are going on disruptions over the Arabian Sea. According to the IPCC's (Intergovernmental Panel on Climate Change) 2021 report, climate change is visible in the state. Extreme drought episodes have increased fourfold in Maharashtra especially in the Konkan region. As per the second report, "A measure that combines heat and humidity known as wet bulb temperature is harmful to humans. A wet-bulb temperature of 31°C is extremely dangerous to people, while a temperature of 35°C is non survivable for more than 6 hours." Also if emissions continue, portions of central India, including Vidarbha, are at risk of exceeding wet-bulb temperatures of 32-34°C.

THE UNITED NATIONS ENVIRONMENT ASSEMBLY CONVENES GOAL OF ERADICATING PLASTIC POLLUTION

Delegates from 170 countries attended the three day hybrid assembly which was held under the theme Strengthening Actions for Nature to Achieve the Sustainable Progress Goals. With intervention on a worldwide legal contract on plastic waste at the top of the agenda, United Nation Environment Assembly-5(UNEA-5) participants addressed a slew of other challenging issues affecting the planet and its inhabitants, such as the nature for weather;



existence for human and environmental health; existence for fighting poverty and economic success; and nature for agricultural systems. The President of UNEA-5 and Norway's Climate and Environment Minister, Espen Barth Eide, recognized that the Assembly was convening at a time of great external imbalances, stating that "more than anyone, we must show that multilateral diplomacy can accomplish." Also "if we move it into a recycling and reuse, it is a thing which can be used over and over. I am sure that a legally valid agreement to end plastic waste is now essential." We have witnessed significant progress on negotiations for an internationally legally binding instrument to end plastic pollution," stated UN Environment Programme Executive Director, Ban Ki-moon. I am confident that once approved by the Assembly, we will be dealing with something truly momentous.

RITIKA WINS HER THIRD STRAIGHT STATE BADMINTON TITLE WITH SIMRAN, PLUS SILVER IN MIXED DOUBLES



The city shuttlers had mixed luck on the final day of Maharashtra's first state badminton championship after a two-year pandemic break. In the Nandu Natekar Memorial Maharashtra State Senior Badminton Championship at the Divisional Sports Complex, Mankapur, Ritika Thaker became the city's lone gold medalist, winning silver in the mixed doubles event, and Rohan Gurbani & Nikkita Joseph lost their semi finals to win

bronze. The Nagpur-Mumbai duo won their third straight state title while winning the women's doubles gold medal with her nine-year partner Simran Singhi. Ritika-Simran, the top seed, rallied to beat Akshaya Warang-Harika Veludurthi 21-17, 21-19 in 44 minutes. Ritika and Deep Rambhiya reached their first final in the mixed doubles event, but were defeated 19-21, 24-22, 21-16 by top seeds Pratik Ranade and Akshaya Warang in a thrilling 56-minute match. Ritika was content with the dual titles. Ritika and Simran were down 10-15 in the second game despite being confident of winning the women's doubles title. Pune-based shuttlers Varun Kapur and Purva Barve were crowned men's and women's singles champions, respectively. Varun Kapur defeated Darshan Pujari 21-14, 21-12 in an all-Pune final, while second seed Purva Barve surprised top-ranked Neha Pandit 21-8, 21-15. Varun had previously broken the hearts of fans of local favourite Rohan Gurbani in the men's singles semifinal. Varun defeated Rohan 9-21, 21-11, 21-17 in a thrilling 44-minute match.

SHANE WARNE, A CRICKET LEGEND FROM AUSTRALIA, DIED AT THE AGE OF 52



Shane Warne, an Australian cricket legend who helped his country win the World Cup in 1999 and was a member of five Ashes-winning teams during his career, died on Friday at the age of 52. This is the second piece of bad news for Australian cricket in the last 24 hours, as fellow legend Rod Marsh died on Friday after suffering a major heart attack last week. In a tweet just 12 hours before his own death, Warne expressed his condolences for Rod Marsh's death. "Sad to hear the news that Rod Marsh has passed. He was a legend of our great game & inspiration to so many young boys & girls. Rod cared deeply about cricket & gave so much-especially to Australia & England

players. Sending lots & lots of love to Ros & the family. RIP mate," he had posted. He made his Test debut at the SCG in 1992 against India and rose to international prominence when he bowled the century ball in 1993, a moment that cricket fans around the world will remember for the rest of their lives. With 708 Test match wickets, Warne was arguably the greatest leg-spinner of all time. He also took 293 One-Day International wickets and appeared in over 300 One-Day Internationals for Australia across all formats. In addition, Warne holds the record for most Ashes wickets of any bowler in history. Warne was named one of Wisden's Five Cricketers of the Century for his extraordinary achievements over a 15-year career from 1992 to 2007.

INDIA'S WOMEN SUFFER THEIR FIRST FIH PRO LEAGUE DEFEAT AT THE HANDS OF SPAIN



The Indian women's hockey team suffered their first loss of the FIH Pro League season at Kalinga Stadium in Bhubaneswar, as Savita stopped a penalty stroke and made numerous saves but couldn't keep the Spaniards at bay. They did not, however, win a penalty corner for the second time, while Spain won seven. Indians will also have to improve their defence. They would have conceded a lot more goals if it hadn't been for Savita. Spain had earlier gone all out from the start, taking the lead in the fourth minute. Begona Garcia dived to deflect it in after Maria Lopez played it from the top of the D. India did not take long to strike, scoring seven minutes into the second quarter. Salima Tete broke past the Spanish defenders, ran down the right side of the D, and put the ball past Spain goalkeeper Ana Calvo with a precise reverse shot. India began to improve as the game progressed into the third quarter. After a while, the momentum shifted, and Spain looked as dangerous as ever, with numerous scoring opportunities. Savita's heroics, on the other hand, helped India stay in the game. Even as Spain continued to attack, India remained patient and equalised four minutes into the fourth quarter through Namita Toppo. But it was in vain, as Spain won a PC with 26 seconds left on the clock, which Xantal put beneath a diving Savita to give them their first Pro League victory.

INDIA WINS 3-0 IN THE T20 SERIES AGAINST SRI LANKA



The Indian team, led by Rohit Sharma, won the first match of the three-match T20I series against Sri Lanka by 62 runs in Lucknow. Ishan Kishan and Shreyas Iyer were the architects of India's big win, as the duo ruled the roost and guided

India to a 199/2 total in 20 overs. Sri Lanka could only muster 137/6 in 20 overs in response. With plenty of talent on the wings, Rohit Sharma named four changes to his starting eleven from the previous T20I. India's win in the third and final T20I extended their winning streak in T20Is to 12, equaling the world record for the most consecutive victories. The second Twenty20 International took place in Dharamshala, Himachal Pradesh, on February 26. India defeated Sri Lanka by 7 wickets on Saturday to win the series for the second time under Rohit Sharma's captaincy. As India chased down a 184-run target with 17 balls to spare, Shreyas Iyer (74*) was crucial, while Sanju Samson (39) and Ravindra Jadeja (45*) shone with the bat. With this victory, India has won three consecutive series since Rohit Sharma was named full-time captain in November. After India lost Rohit Sharma and Sanju Samson early in the third and final T20I in Dharamshala, Shreyas Iyer hit his third consecutive fifty to steady the run chase. Avesh Khan and Mohammed Siraj had given India a strong start, taking three wickets in the first six overs. With plenty of talent on the wings, Rohit Sharma named four changes to his starting eleven from the previous T20I. India's win in the third and final T20I extended their winning streak in T20Is to 12, equaling the world record for the most consecutive victories.

EXPERT



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FAQs ON STRESS MANAGEMENT

Q1. How to handle misery due to the toxic people around?

Ans. We are responsible for our happiness and peace and not others actions or perceptions. We have to take stand for our self in a correct manner based on our values. You can't make everyone happy always. But nothing at the cost of your principles and values! This will make you a better person for sure! You don't need the acceptance of others as self-acceptance is the real elixir of life! One suffers due to the self guilt, feel bad factors and not exactly due to others comments or perceptions.

Protecting yourself from toxic people around say the energy drainers is a real challenge. A significant fraction of personal energy is utilized for protecting self in opposition to anything or anyone that can drain our vital energy force, commonly referred to as "energy drainers". You will find energy drainers everywhere. It is not our role to babysit the insecurities of such petty

dictators, big heads and big bullies. We have to learn to walk away from these toxic individuals who are real energy drainers and keep self-divine and affirm positive attitude.

Individuals with divine nature could channelize via good company (satsang) but the toxic natured or say demonic express it by bullying, hurting, putting others down. The Big heads, Big Bullies and petty dictators never get associated with graceful people! Normal people never put down others, so don't permit the toxic to control your emotions. Observe, carefully those who hurt others will be never happy. They are not doing it intentionally, but their past hurts made them so stone hearted not able to understand the pain of others!

- Observe the bullies in your life; they just can't see you happy!
- Observe the big heads in your life; they just can't accept your achievements!
- Observe the petty dictators in your life; they just can't hear good words about you!

When you start giving the control of your emotions to such people how you will be happy? If you start reacting and perceiving their actions, how you will be happy? Understand that we are no one to correct others. We are no one to find the objective behind others mistakes. We are responsible for our self and our purity. Start accepting the situation as it is. Do stick to your values and continue your journey with purity of self. It is your responsibility to empower your awareness skill and have control over your emotions.

Yes, i do agree, it is very much painful to keep on sacrificing for the toxic people around. I remember my mother used to give hot rice and sambar on Sundays to an old lady beggar. One my day mother went for a marriage and as the previous days left over rice was there I decided to make my favourite curd rice! When the beggar lady came I thought of sharing curd rice with her and was to put on her plate, she stopped me and asked where the hot rice and sambar is. I said it is not available as today I am eating this only and my mother went out for a marriage. That's all, another 30 minutes she stood on the gate and showered me with terrible words. She gave me branding 'good for nothing fool' and cursed my mother and the person who invited her for marriage. As a teenager then I lost my temper too. But later I realize we can't reply to toxic people. They are what they are and we have to be what we are!

One needs to reach a stage to walk with spiritual diplomacy and ignore the negativity in the environment. Purity in thoughts, feelings and behaviour is very important to retain your true intellectual value. We need not judge others behaviour. We will be never be happy if we start analysing others actions. We will end up in tension if we try to find the intension behind others mistakes. Live your life! Enjoy the bliss of life. Learn to ignore negativity in the environment and stick to your positive state is the perfect solution to save yourself from the toxic people.

A significant energy drainer is unexpressed emotions that we have withdrawn over prolonged periods of time. When we allow unpleasant feelings like guilt, shame, anger and resentment to fester within us, it can eat away at our spirit and reduce our

sense of inner peace. This makes us to find effective passage to process our painful emotions. Individuals with divine could channelize via good company (satsang) but demonic express it by bullying, hurting, putting others down. Be stronger and for eternity come collectively to clear the misapprehensions. A concrete relationship would have the know-how to stay away from misunderstandings. Even if there is misunderstanding, clear at once. Don't wait for a longer time and the devilish ego lead you to a heartless mode. Even if you fight don't leave your modesty. Don't hurt the emotions of your own people.

Normal people never put down others, so don't permit the toxic to control your emotions. Observe, carefully those who hurt others will be never happy. They are not doing it intentionally, but their past hurts made them so stone hearted not able to understand the pain of others! Observe the bully's they just can't see you happy! Observe the big head they just can't accept your achievements! Observe the petty dictators they just can't hear good words about you! When you start giving the control of your emotions to such people how you will be happy? If you start reacting and perceiving their actions, how you will be happy? Understand that we are no one to correct others...we are no one to find the objective behind others mistakes.

We are responsible for our self and our purity. Start accepting the people as themselves. Do stick to your values and continue your journey with purity of self. It is your responsibility to empower your awareness skill! It is very necessary that one must retain ones emotional equilibrium, one as to make one self emotionally strong. So that one remains incurred to external disturbances and does not get emotionally disturbed. Enjoy peaceful life, stay blessed.

Ask the
EXPERT

Mail your questions on
stressmanagementhulahul@gmail.com

or

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

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

QUIZ TIME

1. With which sport are the following people associated with- Maana Patel, Saloni Dalal, Richa Mishra?
2. Which country has won maximum number of medals in the AIBA World Boxing Championships?
3. Who was the Captain of India Men's Hockey team in Rio Olympics 2016?
4. What is the theme of the 'National Science Day 2022'?
5. What does 'S' stand for in 'SWIFT' financial messaging service?
6. Millennium Challenge Corporation (MCC) is an initiative of which country?
7. Which is the headquarters of the International Atomic Energy Agency (IAEA)?
8. Which Tennis player won the Mexican Open Title 2022?
9. Hemananda Biswal was the first tribal chief minister of which state?
10. When is the 'World NGO Day' observed across the world?



1. How can you make six into an odd number?
2. How can someone go 25 days without sleep?
3. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
4. I'm often running yet I have no legs. You need me but I don't need you. What am I?
5. I Start with M, end with X and have never ending amount of letters. What am I?

1. Swimming
2. Cuba
3. P.R. Sreejesh
4. Integrated Approach in Science and Technology for Sustainable Future
5. Society
6. USA
7. Vienna
8. Rafael Nadal
9. Odisha
10. February 27

ANSWERS

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1. Remove the letter S and you have IX which is 9 in roman numerals.
2. He sleeps at night.
3. The Letter "R"
4. Water
5. Mail Box

ANSWERS

Good News!!

Aspiring young writers & artists from 10years & above are invited to share their articles & creative work with **THE HULAHUL TIMES** Mail your article & creative Work on hulahulgrp@gmail.com