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## CONNECTING TO INDIVIDUALS AND SAVING MILLIONS OF LIVES!

Every year on April 30 in India, Ayushman Bharat Diwas is commemorated. To further the goals of the Ayushman Bharat Yojna, the Ayushman Bharat Diwas is observed. The Ayushman Bharat Diwas programme shows that the Indian government has achieved its goals, which are in line with the UN's Sustainable Development Goals. The purpose of the day is to emphasise how crucial healthcare resources are for all citizens. Prime Minister Narendra Modi introduced the Ayushman Bharat Yojna in 2018 to offer healthcare coverage to all Indians who cannot afford quality medical treatment. In order to achieve one of the Sustainable Development Goals (SDGs) of the United Nations, "leave no one behind," the administration of Narendra Modi started its signature programme along the lines of universal health care.

As was already noted, the Ayushman Bharat Yojna serves as the focal point of the Ayushman Bharat Diwas celebration. The Pradhan Mantri Jan Arogya Yojna (PM-JAY) is one of the most significant parts of this plan. This element was introduced in September 2018 by Prime Minister Narendra Modi. The largest healthcare programme in the world currently is Ayushman Bharat PM-JAY. It intends to provide each household with 5 lakh INR in annual health coverage for the impoverished. More than 10.74 crore disadvantaged and low-income families would have their healthcare requirements met through this programme, the government hopes. Beneficiaries of the PM-JAY include the lower 40% of India's population overall. The whole financing for this programme comes from the Indian Central Government. The central and the several states split the costs of implementation at the same time. People in

need can take use of a cashless hospitalisation facility, which is one of this program's most significant benefits. Pre-existing conditions are covered by the project right away. Approximately 1393 procedures are carried out as a result of this plan.

who depend on handouts for their survival.

- Families with no members between the ages of 16 and 59
- This principle extends to primitive tribal communities as well.
- Households with a history of scavenging.

- Replacement of a pulmonary valve
- Fixation of the anterior spine
- Stent-assisted carotid angioplasty
- Cardiovascular artery bypass grafting
- Tissue expander for burn-related deformity.
- Gastric pull-up together with laryngectomy

The Central government of India provides the majority of the money for this programme. One of the most significant aspects of this programme is the availability of a cashless hospitalisation option for those in need. Pre-existing conditions are covered by the project right away. The centre and the several states split the costs of implementation at the same time.

The Government of India has launched a fantastic effort called Ayushman Bharat Yojana or Pradhan Mantri Jan Arogya Yojana (PMJAY) to offer healthcare services at reduced cost to the low-income groups in our nation. However, you must make sure that you get a comprehensive health insurance plan for yourself and your loved ones if you are not qualified under this programme. Consider the health insurance policies offered by Bajaj MARKETS if you still haven't protected yourself with one. They provide a variety of perks including reinstatement benefits, cashless claim settlement, hassle-free renewal, etc.

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**AYUSHMAN  
BHARAT**  
*Diwas*

### Ayushman Bharat policy eligibility

- People from scheduled castes and persons with tribal ancestry are eligible to receive the policy's benefits.
- Families without any men between the ages of 16 and 59
- Families without access to adequate housing
- Families without any physically fit members or with at least one disabled member.
- Workers without access to housing or land.
- This guideline also applies to beggars

- Bound and freed lawfully working people.

### The ailments that the Ayushman Bharat policy covers

The government pays for the extension for many serious diseases. The following is a list of ailments.

- Breast Cancer
- Surgery involving the skull
- Replacement of two valves

## A KEY IDEA AND LEGAL NEED AT WORK IS A SAFE AND HEALTHY WORKING ENVIRONMENT

A safe and healthy working environment will now be a part of the International Labour Organization's (ILO) framework of fundamental principles and rights at work, the International Labour Conference (ILC) voted in June 2022. The International Labour Organisation (ILO) will commemorate this judgement on April 28, 2023, by convening experts and stakeholders to talk about the effects it will have on the workplace and how to realistically implement this right. Additionally, it serves to convey the results of studies on how well certain sections of Fundamental Conventions No. 155 and No. 187 are being implemented.

Using its traditional benefits of tripartism and social contact, the International Labour Organisation (ILO) established World Day in 2003 to promote the prevention of workplace diseases and accidents. According to the June 2003 International Labour Conference Conclusions, this commemoration is a critical component of the ILO's Global Strategy on Occupational Safety and Health. The World Day for Occupational Safety and Health is an important tool for raising awareness of how to make work safe and healthy, as well as the need to raise the political profile of occupational safety and health. One of the Global Strategy's primary cornerstones is advocacy. Since 1996, the trade union movement has observed April 28 as International Day of Remembrance for Lost and Injured Workers.

On April 28, the annual World Day for Safety and Health at Work promotes

workplace disease and accident prevention worldwide. It is a public awareness campaign aimed at drawing attention to the seriousness of the problem and the manner in which fostering and developing a safety and health culture may help reduce the

number of work-related fatalities and injuries.

We are all responsible for putting a stop to workplace deaths and injuries. The creation of a national policy and programme, as well as the establishment of an inspectional system to ensure compliance with occupational safety and health regulations, are just a few of the

infrastructure-related responsibilities that fall under our purview as governments in order to maintain worker employability and business success. It is our responsibility as employers to ensure that the workplace is safe and healthy. As employees, it is our

responsibility to work properly, to ensure our own and others' safety, to be aware of our rights, and to assist put preventative measures in place.

**Technological advancement, as well as social and organisational development, may result in new and increasing occupational hazards, such as:**

- Nanotechnology and biotechnology are examples of new production processes and technologies.

- Some examples of new working circumstances include increased workloads, downsizing-related job intensification, adverse conditions associated with labour migration, and professions in the informal sector.

- Self-employment, outsourcing, and short-term contracts are examples of newer sorts of labour.

- They may become more well recognised as scientific understanding improves, such as the influence of ergonomic hazards on musculoskeletal issues. Changes in the perception of some risk factors, such as the influence of psychosocial variables on work-related stress, may have an effect on them.

Adequate workplace safety and health precautions can be vitally crucial in minimising disease transmission while protecting employees and the broader public. Governments, corporations, and employees must work together to successfully solve the COVID-19 problem.

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### 28th April



## World Day for SAFETY AND HEALTH AT WORK

## THE JOURNEY OF SUDHANA - LEARNING THE LESSON OF DETACHMENT



Once upon a time, in a remote village in India, there lived a young boy named Sudhana. He was born into a family of merchants and was the only child. His parents loved him dearly and gave him everything he ever asked for. Sudhana was very bright and intelligent, and he loved to learn new things. He was very curious and always asked his parents about everything he saw around him.

One day, Sudhana's parents decided to send him to a famous teacher who lived in a nearby town. The teacher was known for his wisdom and knowledge, and Sudhana's parents wanted him to learn from the best. Sudhana was thrilled at the prospect of going to school and begged his parents to let him go.

When Sudhana arrived at the teacher's house, he was amazed at what he saw. The teacher's house was filled with students from all over the country, and they were all busy studying different subjects. Sudhana was excited to start his studies and asked the teacher what he would be learning.

The teacher smiled and said, "I will teach you the most important lesson in life - the lesson of detachment. You must learn to let go of your desires and attachments to material things. Only then can you find true happiness and peace."

Sudhana was puzzled and asked the teacher how he could let go of his desires. The teacher said, "You must travel the world and meet people from all walks of life. You must learn to see beyond the material world and find the true meaning of life."

Sudhana was excited at the prospect of traveling the world and meeting new people. He thanked the teacher and set out on his journey.

As Sudhana traveled through different lands, he met many people and had many adventures. He met kings and queens, merchants and farmers, and people from all walks of life. He learned about their lives and their struggles, and he began to see the world in a new light.

One day, Sudhana met a group of monks who were on a

pilgrimage to a holy site. Sudhana was intrigued by the peaceful aura that surrounded the monks and decided to join them on their journey.

As they walked, Sudhana listened to the monks' stories and learned about their way of life. He was fascinated by their simple lifestyle and the way they lived in harmony with nature. Sudhana began to see the true value of detachment and how it could bring inner peace and happiness.

After many months of traveling, Sudhana returned to the teacher's house. He was a changed person and had learned the true meaning of life. The teacher was pleased with Sudhana's progress and asked him to share his experiences.

Sudhana spoke of his travels and the many people he had met. He spoke of the lessons he had learned and the peace he had found within himself. He spoke of the monks he had met and the value of detachment.

The teacher smiled and said, "You have learned well, my son. You have found the true meaning of life, and you have discovered the secret of inner peace and happiness. You are now ready to go out into the world and share your knowledge with others."

Sudhana left the teacher's house and went out into the world to spread the message of detachment and inner peace. He traveled far and wide, and wherever he went, people listened to his words and were inspired by his message.

In the end, Sudhana became a great teacher himself and had many disciples who followed in his footsteps. He lived a long and happy life, spreading the message of detachment and inner peace until the end of his days.

Moral of the Story: The true meaning of life lies in letting go of desires and attachments to material things. One can attain inner peace and happiness by embracing the value of detachment and living a simple and harmonious life.

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# UNSUNG HEROES OF THE FREEDOM MOVEMENT, 1857-1947

*Let's raise our voices high and shout out their names  
The unsung heroes of freedom fighters  
Who bravely stepped up to the challenge  
Fighting against injustice and all the pain*

*They sacrificed their life so that we may be free  
Fighting for a cause they believed in  
A debt of honour we can never repay  
To these heroes of our history*

The independence war for India involved a huge number of freedom fighters. Even while we honour many freedom warriors, not all of them receive the recognition they deserve. We now have an opportunity to recognise and honour India's Unsung Heroes of the Freedom Struggle, something we don't usually do.

## 1. Tirupur Kumaran



Tiruppur Kumaran was an Indian freedom fighter and revolutionary who took part in the movement for Indian independence. He was also known by the names Kodi Kaatha Kumaran, Kumaran, and Kumarasamy Mudaliyar. He was born on October 4, 1904, and died on January 11, 1932. In the Madras Presidency of British India's Chennimalai district, Kumarasamy Mudaliyar was

born. Nachimuthu Mudaliyar and Karuppaayi were his parents. He founded the Desa Bandhu Youth Association and organised anti-British demonstrations. He was injured on January 11, 1932, while participating in a protest march against the British administration on the banks of the Noyyal River in Tiruppur. He passed away as a result of his injuries. He was given the nickname Kodi Kaatha Kumaran, which means "Kumaran who protected the flag," since he was carrying the Indian Nationalists' banner at the time of his death, something the British had forbidden.

## 2. Khudiram Bose

Khudiram Bose, sometimes known as Khudiram Basu, was an Indian rebel born in the Bengal Presidency who resisted British rule in India. He lived from 3 December 1889 until 11 August 1908. He and Prafulla Chaki were executed for their participation in the Muzaffarpur Conspiracy Case after being found guilty as

one of the young martyrs of the Indian Independence Movement. By detonating explosives on the carriage they believed to be carrying Magistrate Douglas Kingsford, Khudiram and Prafulla Chaki attempted to assassinate the British magistrate. Magistrate Kingsford, on the other hand, was a passenger in a different car when the explosives detonated and two British ladies perished. Prafulla shot himself to death with a gun before being caught. Khudiram was detained, put on trial for the killings of the two ladies, and sentenced to the death.



## 3. Birsa Munda



The Munda tribe's Birsa Munda, an Indian folk hero, lived from 15 November 1875 to 9 June 1900. He played a significant role in the history of the Indian independence struggle by serving as the head of a tribal religious millenarian movement that emerged in the Bengal Presidency (now Jharkhand) in the late 19th century, while the British Raj was in power. Khunti, Tamar, Sarwada, and

Bandgaon are all included in the Munda belt, which is where the majority of the uprising took place.

## 4. Jhalkari Bai

She was born into a Dalit household in 1830. Because of her lower caste, she was unable to attend school. Her father, on the other hand, taught her how to ride a horse and handle a weapon. According to local folklore, she approached a neighbouring forest and killed a leopard and a tiger that were assaulting villagers. She married an army officer from Jhansi. After recognising a resemblance, Lakshmibai asked about Jhalkari Bai. When she discovered Jhalkari



Bai's bravery and ability, she abducted her and trained her in warfare in the women's army. Jhalkari Bai soon climbed to become the queen's counsellor. Following the demise of the monarch in 1854, the East India Company acquired control of Jhansi. In March 1858, Jhansi revolted and decided to seek independence. As a result, they engaged in combat with the British. According to legend, Jhalkari Bai convinced Lakshmibai to depart with her son when it became clear that Jhansi would not be able to win the battle.

## 5. Kamaladevi Chattopadhyay

Kamaladevi Chattopadhyay was a social reformer and supporter of Indian independence from 3 April 1903 to 29 October 1988. Her efforts to the Indian independence movement, her role in the revival of Indian handicrafts, handlooms, and theatre in independent India, and her pioneering work to improve the socioeconomic status of Indian women made her a household name.

Although she didn't win, she opened the path for upcoming female candidates because she was the first woman to run for office in India from the Madras Constituency.



## 6. Matangini Hazra

From 19 October 1870 to 29 September 1942, Matangini Hazra, an Indian revolutionary, fought for her country's freedom before British Indian police shot and murdered her in front of the Tamluk Police Station. Gandhi buri, which is Bengali meaning "old woman Gandhi," was an ironic allusion to her.

We are unable to quantify the number of unsung Indian freedom fighters because everyone gave a lot for the independent India in which we now live. We have honoured and recalled a handful of them in this article.



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## NMIMS BANGALORE CELEBRATES ITS 14TH CONVOCATION CEREMONY, WITH 191 STUDENTS RECEIVING DIPLOMAS



The 14th convocation ceremony at Bangalore's Narsee Monjee Institute of Management Studies (NMIMS) took place on April 21, 2023. 191 students received their degrees at the event from the MBA course, postgraduate diploma in management (PGDM), and postgraduate diploma in data science and analytics. Shailesh Patel, the institute's chancellor, Ramesh Bhat, and delegations from Mumbai, including Venkataraman SV, presided over the convocation ceremony. The occasion provided an opportunity for institution executives to review the organization's major successes during the 2022-2023 academic year.

According to a statement from the institute, the institute saw 100% placements in the academic year 2022-23, as well as a 25% rise in remuneration packages. The average wage climbed from 10% in 2021-22 to 19% in 2022-23. The institute also had students from more than 20 states from throughout the country, with a gender ratio of 60:40. In addition, 74 actual projects conducted by MBA students during the school year 2022-23 are included. As part of the International student exchange programme, the institute's students also attended a number of global events at the School of Management in Paris and the Grenoble Ecole de management in France.

Vice Chancellor Ramesh Bhat congratulated the graduates and said, "As you embark on your journey, I extend my best wishes, hoping that each of you finds a sense of contentment and pride in everything you do." I have no doubt that your extraordinary talents and efforts will help you succeed in life.

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## IIT DELHI LAUNCHES THE VENUS CHAIR TO ADVANCE RESEARCH ON FIBROUS AIR FILTERS

Venus Safety and Health Private Limited has struck a deal with the Indian Institute of Technology (IIT) Delhi. Pursuant to an announcement, a deal has been made to establish a Venus chair at the institute to foster quality and leadership in teaching, research, and development in the field of fibrous air filters. Venus Safety and Health Private Limited is situated in Maharashtra's Navi Mumbai.

According to the institute, fibrous air filters are used to remove airborne particles and the byproducts generated from them, including respirators, particulate filtering masks, bag filters, HVAC filters, HEPA filters, ULPA filters, engine intake air filters, steam

air filters, and air purifiers. According to the business, Venus Safety and Health Private Limited produces personal protective equipment all over the world. Mahesh Kudav, the company's managing director, will assist IIT Delhi in conducting strong research and development in the direction of fibrous air filters. The managing director of the firm stated: "Fibrous air filters are one of Venus Safety and Health Private Limited's core business sectors while they were signing the contract. The business has produced top-quality air filtration products by cleverly combining research and technology.

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## BML MUNJAL UNIVERSITY HAS SIGNED AN ARRANGEMENT WITH ZELL EDUCATION TO PROVIDE ACCA CERTIFICATION TO BCOM STUDENTS

BML Munjal University has partnered with Zell Education, a finance and accounting Ed-tech platform. According to a university release, the collaboration aims to offer integrated curricula to students beginning in July 2023 to finish ACCA with many exemptions to expedite certification. The deal was inked by university registrar Abhay Sharma and Zell education co-founder Anant Begani. According to university remarks, the arrangement will result in accounting and finance students being upskilled by giving them with access to globally acknowledged ACCA certification. Students pursuing BCom and BCom (Hons) at the institution will now earn NAACA+ accreditation, as well as the chance to finish ACCA.

"This tie-up creates an excellent opportunity for our students to earn global credentials," stated Jaskiran Arora, Dean of the School of Management at BML Munjal



University, while signing the deal. Pursuing an ACCA certification with a bachelor's degree would assure students' comprehensive growth, preparing them to enter the workforce as soon as they graduate. Anant Begani, co-founder and director of Zell education, stated, "ACCA qualified professionals are always in high demand in the world of accounting and finance." As a result of our collaboration with BML Munjal University, students may now receive ACCA instruction to expedite their certification. When combined with their standard degrees, this would undoubtedly provide them with a solid head start in their careers."

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## THE UNIVERSITY OF HYDERABAD HAS SIGNED AN AGREEMENT WITH RGUKT TO INTERNATIONALISE HIGHER EDUCATION



The University of Hyderabad struck an agreement with the Rajiv Gandhi University of Knowledge Technologies (RGUKT). Devesh Nigam, Registrar of the University of Hyderabad, and P Satish Kumar, Director of RGUKT, signed the agreement in the presence of V Venkata Ramana, Vice Chancellor of the University of Hyderabad. According to a university release, the agreement's goal is to give guidelines for the development of unified programmes in the field of higher education at RGUKT. The university's secondary goal is to develop future plans for the internationalisation of higher education in the state and to encourage the improvement of technical education at RGUKT.

On the occasion, RGUKT Vice Chancellor Venkata Ramana stated, "RGUKT partners with leading institutions, and we are pleased to partner with one of the leading institutions and an eminent institution, the University of Hyderabad." As stated by university officials, Chetan Shrivastava from the University of Hyderabad's School of Management Studies will act as the coordinator, while Deva Raju from RGUKT will take on the job. During the signing ceremony, both university deans and faculty members were in attendance in significant numbers.

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## NEW AIS FORM FOR ITR FILING: WHAT IS IT AND WHY IS IT IMPORTANT?

The Income Tax Department of India has introduced the Annual Information Statement (AIS) and Taxpayer Information Summary (TIS) forms to make filing income tax returns (ITR) easier and more transparent.



**NEW AIS ON TAX 2.0 PORTAL**

The AIS form gives taxpayers details of all the income earned through different means, including savings account interest income, recurring and fixed deposit income, income from dividend, mutual funds, and income from securities transactions, money received from abroad, etc. By having access to AIS, taxpayers can see all types of transactions in one place and receive lump sum information about the taxable amount, making the ITR filing process much simpler.

It is advised that taxpayers should not file their ITR without AIS, as there can be discrepancies in the figures. Although the updated AIS is not yet available, it is likely to be available to taxpayers in the first week of May. To download the AIS and TIS forms, taxpayers can visit the Income Tax Filing Portal and log in to their accounts using their PAN number and password. They can then go to the Services tab in the top menu, select 'Annual Information Statement (AIS)' from the dropdown, and download both AIS and TIS in PDF or JSON format.

To make things even more convenient, the AIS app has also been launched, which allows taxpayers to easily view the

information available in AIS or TIS on their mobile phones. The app is available for free on Google Play and App Store, and taxpayers can register by filling in their PAN card details and completing the authentication process through an OTP and registered e-mail on the e-filing portal. With the AIS app, taxpayers can get information on 46 types of transactions on their mobile phones, making filing ITR much easier.

Before filing their ITR, taxpayers are advised to keep some documents ready, including Form 16, bank statement, interest certificate received from the bank, and if there is a home loan, its statement is necessary. It is also important to note that the deadline for filing ITR for the financial year 2022-23 (FY23) is 31 July.

In conclusion, AIS and TIS forms have been introduced to make the ITR filing process more transparent and easier for taxpayers. By having access to AIS, taxpayers can see all types of transactions in one place, making the process much simpler. Taxpayers should download AIS and TIS before filing their ITR and make use of the AIS app to avoid mistakes while filing ITR.

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## APPLE FINALLY LAUNCHES ITS RETAIL STORES IN INDIA: A PREMIUM EXPERIENCE FOR APPLE LOYALISTS"

Apple finally opened its first retail stores in India in Mumbai and Delhi on April 18th and April 20th, respectively. These stores are unlike any other stores that Apple users in India have been accustomed to, as they are providing a premium experience for Apple loyalists. The Mumbai store is located at the Jio World Drive Mall in Bandra Kurla Complex, occupying 22,000 square feet, while the Delhi store is located in the Select City Walk Mall and is spread over around 10,000 square feet. Apple CEO Tim Cook oversaw the launch of the stores and met with Prime Minister Narendra Modi to discuss the impact of technology in education and other sectors.



The lease agreement for the Mumbai store, which was signed with Reliance, prohibits 22 competing brands from being part of the "exclusive zone" for the store. The store has a space of around 20,800 square feet, and the rent will increase by 15% every three years, with a minimum monthly payment of INR 42 lakh and a 2% revenue share contribution for the first three years. This contribution will increase to 2.5% after that.

The Apple flagship stores are designed to provide unique customer experiences in the form of distinctive "town squares" for consumers seeking aspirational lifestyles. In addition to providing consumers with an opportunity to touch, feel, explore, and experience devices, these stores also act as a customer service touchpoint and a community center for consumers, with specially curated "Today at Apple" sessions to explore, learn, and unwind.

The new stores have a different design from the classic white-themed retail stores, with pleasing designs inspired by the iconic Kaali Peeli taxi art unique to Mumbai. The stores have a wide range of inventories, including variants and colors, resulting in less or no delays in getting hands on Apple products. The stores also have Apple specialists to help customers select and set up a device, transfer data, activate a cellular plan, choose the right financing plan, and more. Customers can also receive hands-on technical support and hardware repairs at the Genius Bar, and the stores offer convenient delivery and pickup options, special carrier offers, great trade-in values, and expert support.

The opening of the Apple Shops is part of a broader strategy by the company to deepen its

presence in India. Apple has been working to expand its retail footprint in the country for several years, with mixed success. The company currently operates a handful of stores in major cities like Mumbai and Bengaluru, but these are often crowded and lack the spaciousness and amenities of Apple's flagship stores in the US and Europe.

The new Apple Shops in Mumbai and Delhi are expected to offer a more premium shopping experience, with larger and more comfortable spaces, a wider selection of products, and better customer service. The shops will also serve as a showcase for Apple's latest products and innovations, giving Indian consumers a chance to try out the company's newest gadgets before they buy.

The move is also significant for India, which has been eager to attract more foreign investment and boost its tech sector. Apple's decision to expand its retail presence in the country is a clear vote of confidence in India's growing economy and its potential as a global tech hub.

In conclusion, the opening of the first Apple retail stores in India is a significant milestone for the company and its customers in India. The premium experience offered by the stores, including the unique design, wide range of inventories, Apple specialists, and Genius Bar, is sure to delight Apple loyalists in the country. The new stores will also provide a significant boost to Apple's market outreach strategy in India, and we can expect to see more such stores opening in the country in the future.

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## FIRST CENSUS OF WATER BODIES IN ALL OF INDIA

### WATERBODY COUNT

#### STATES WITH MOST WATERBODIES

State	No. of waterbodies
West Bengal	7,47,480
Uttar Pradesh	2,45,087
Andhra Pradesh	1,90,777
Odisha	1,81,837
Assam	1,72,492
Jharkhand	1,07,598
Tamil Nadu	1,06,957

#### STATES/UTS WITH LEAST WATERBODIES

Sikkim	134
Chandigarh	188
Delhi	893
Arunachal Pradesh	993

#### WATERBODIES LOST TO ENCROACHMENTS

Uttar Pradesh	15,301
Tamil Nadu	8,366
Andhra Pradesh	3,920



No encroachment on waterbodies was reported from West Bengal, Sikkim, Arunachal Pradesh and Chandigarh

In accordance with the Centrally Sponsored Scheme "Irrigation Census," the Ministry of Jal Shakti has begun the First Census of Water Bodies and the Sixth Minor Irrigation (MI) Census. The appropriate State Governments are largely responsible for taking action because water is a state issue under the 7th Schedule of the Indian Constitution. The Central Government provides technical and financial support for their efforts through a variety of plans and programmes. As a sample, the Repair, Renovation, and Restoration (RRR) of Water Bodies is covered by the Pradhan Mantri Krishi Sinchayee Yojana (PMKSY)-Har Khet Ko Pani (HKKP) programme. Water body information was only accessible at the village level up until the fifth minor irrigation census. Data on all varieties of waterbodies in both rural and urban regions were included in the first water body

census. During the census, information on the encroachment of water bodies was also collected for the first time. There are 24,24,540 water bodies in the nation, of which only 2.9% are in urban regions and 1% are in rural areas. South 24 Parganas in West Bengal has been identified as the district with the most water bodies (55 lakh) nationwide. The most ponds and reservoirs are in West Bengal, whereas the most tanks are in Andhra Pradesh. The most lakes are in Tamil Nadu, and Maharashtra is the state with the most water conservation initiatives.

## TWO SINGAPORE SATELLITES WERE SUCCESSFULLY LAUNCHED INTO ORBIT BY ISRO'S PSLV-C55



The fourth stage of a Polar satellite launch vehicle rocket was used by scientists from the Indian Space Research Organisation at this spaceport on Saturday to launch a "in-orbit scientific experiment." Soon after TeLEOS-2 and Lumelite-4, two Singapore satellites, were successfully launched into orbit by ISRO's PSLV C55 rocket at 2:19 p.m., the scientists used the PSLV Orbital Experimental Module-2 (POEM-2) as an orbital platform to conduct scientific experiments with the non-separating

payloads that it was carrying. Scientists would energise the payloads on POEM-2 to carry out the procedure. A ground command would direct the solar panel on the platform to face the Sun. The platform would make sure the deployed solar panel is pointed towards the Sun in the best possible way utilising the proper sun pointing mode, increasing the capacity for power production. Depending on their needs, the power would be given to the payloads and avionics equipment. The scientists' effort on Saturday is the third time the fourth stage has been utilised as a platform for experimentation following satellite separations.

## MANGOES THAT HAVE BEEN CHEMICALLY RIPENED COULD BE BAD FOR YOU. ASKS FOOD REGULATOR



Food commissioners in all states and union territories were advised to take action against the unlawful use of artificial fruit ripening agents on Thursday by the Food Safety and Standards Authority (FSSAI) of India. The food authority has been cautioning against using substances like calcium carbide to ripen fruit. Fruits are artificially ripened in a regulated manner to obtain the ideal level of ripeness ahead of schedule, which would therefore be welcomed by customers and allow for a longer

shelf life of these fruits. For instance, during the logistical process, ripe mangoes become squishy and perishable. As a result, they are transported under unripe circumstances and then artificially ripened at the market of destination. According to the clause in the sub-regulation of the Food Safety and Standards (Prohibition and Restriction on Sales) Regulation, 2011, the use of calcium carbide, one of the dangerous artificial fruit ripening agents, has been outlawed. The manufacturing of acetylene gas as well as the mining and metal industries frequently employ calcium carbide, usually referred to as "masala." It is a very reactive substance that produces acetylene gas, which is used to make fruits artificially ripe. However, using it might have negative health effects. 'Masasla' is a very hazardous substance that can harm your health and cause cancer as well as respiratory issues and skin rashes. The FSSAI issued a warning that using this chemical compound might result in the creation of harmful arsenic and phosphorus. 'Masala' has frequently been employed as artificial fruit ripening agents despite several cautions. They are used because they are inexpensive and often simpler.

## ARJUN MUNDA, UNION MINISTER FOR TRIBAL AFFAIRS, HAS LAUNCHED A PLAN TO PROMOTE TRIBAL PRODUCTS

At a solemn event held in the auditorium of the Manipur State Film Development Society on April 18, Union Minister of Tribal Affairs Arjun Munda introduced the "Marketing and Logistics Development for Promotion of Tribal Products from North-Eastern Region (PTP-NER)" programme in the presence of Chief Minister N Biren Singh. Through improved efficiency in the procurement, transportation, and marketing of tribal items from North Eastern states, the programme seeks to improve the prospects for tribal craftsmen to support their livelihoods. Th. Biswajit Singh, Minister of Forests, Environment, and Climate Change; Letpao Haokip, Minister of Tribal Affairs and Hills; Dr. M. Ampareen Lyngdoh, Minister of Agriculture and Farmers Welfare; Ramsinh Rathwa, Chairman of TRIFED; Dr. Rajesh Kumar, Chief Secretary of Manipur; and representatives from the Tribal Affairs Ministry of the Government of India; and Tribal Cooperative Marketing Development Federation (TRIFED) The Central Sector Project of the Indian Government fully supports the PTP-NER project, and a budget of about Rs 143 crores has been allocated for its implementation.



## INDIA LOST 3-0 TO JAPAN IN THE 2023 BILLIE JEAN KING CUP TENNIS MATCH



In a Wednesday friendly match in Madrid against Atletico Madrid U-17, the India U-17 team easily prevailed. The team of Bibiano Fernandes is currently in Thailand for the AFC U-17 Asian Championships. They triumphed 4-1 in the game. India opened the scoring in the sixth minute after holding off a few Atletico attacks. The goals started to come in quickly after that. Korou Singh Thingujam took a shot at goal after receiving a through ball on the right side to give India the lead right away. Atletico was put on the back foot and forced

to build up play and create a few chances of their own, but these opportunities were thwarted by a tenacious Indian defence. Captain Surajkumar Ngangbam led the group and was constantly in the ideal position to head away or clear an incoming cross. India doubled their lead shortly after the halfway point, with Korou serving as the provider this time. The winger received Danny Meitei's throw-in and crossed the ball into the penalty area for Lalpekhlu, who calmly tapped it in. In the 38th minute, Atletico equalised thanks to Gabriel's goal off a rebound after Sahil had stopped the initial attempt to keep the hosts in the game as they headed into halftime. In the second period, India was content to play on the counter, with the team concentrating more on keeping its shape, attention, and discipline away from the ball. In the 59th minute, Korou was put through on goal by Shashwat. However, the custodian made a great save on the latter's pass.

## VEDAANT, MADHAVAN'S SON, WINS 5 GOLD MEDALS IN SWIMMING FOR INDIA: "ECSTATIC AND THANKFUL"

R Madhavan is a very happy father. In a swimming competition in Malaysia, the actor's son Vedaant represented India and brought home five gold medals. Madhavan posted several pictures of Vedaant at the competition as well as pictures of the medals to his social media accounts to celebrate the happy occasion and inform his followers of the news. Vedaant won five gold medals for India in the 50-meter, 100-meter, 200-meter, 400-meter, and 1500-meter races at the Malaysian invitational age group championships, 2023, held this past weekend in Kuala Lumpur, he wrote in the caption. elated and deeply appreciative. "My sincere congratulations to you, Sarita, Vedaant, and the team. Congrats," the director Aanand L Rai said. I am so happy for Vedaant. Prior to that, Vedaant made a big accomplishment at the Khelo India 2023 competition. While competing for team Maharashtra, Madhavan's son won five gold medals in the 100-, 200-, and 150-meter races as well as two silver medals in the 400- and 800-meter races. When Madhavan shared a birthday message for Vedaant last year, we were given a glimpse into the close relationship between father and son. Happy birthday, my son. We both have a big year ahead of us. I'm hoping that this year will be everything you hope for and more," he wrote.



## AFTER SETBACK IN HIS RECOVERY, RAFAEL NADAL TO MISS THE MADRID OPEN

By swimming continuously for eight hours, a 15-year-old from Purai village in Chhattisgarh's Durg district added her name to the Golden Book of World Records. Chandrakala, a Class 10 student, has been swimming since she was 5 years old. She comes from a family of national and state champion swimmers. In junior open national and state competitions, she took home three gold and two silver medals. Her younger brother Siddharth plays for the state, while her older sister Bhumika is a national swimmer. In addition to pursuing a swimming career, Chandrakala hopes to improve the swimming abilities of other young people in the state. To help the aspiring swimmers, she suggested that their village build a pool and an academy. Chandrakala began swimming in the Purai village pond at 5.10 am after saying her prayers, and she continued swimming there until 1.10 pm. As the newest member of the record-breaking sports village Purai, she entered her name in the Golden Book of World Records. Chandrakala spent 10 to 12 hours per day perfecting his world-record performance. Om Kumar Ojha, her trainer, insisted that she receive help from everyone in her village, with one group keeping an eye on her diet and another on her sleep to make sure she got enough exercise. After 8 hours of nonstop swimming, Chandrakala was applauded by everyone as she emerged from the water. She was awarded the certificate and medal from the Golden Book of World Records by State Home Minister Tamradhwaj Sahu after Dr. Manish Bishnoi, Asia Head of the Golden Book of World Records, announced her achievement. There are 103 young swimmers in Purai right now who have competed in national and state competitions.



## ARSHDEEP SINGH OVERTAKES PUNJAB KINGS TO TAKE THE LEAD AND MOVE UP TO FIFTH PLACE

At the Wankhede Stadium in Mumbai on Saturday, Punjab Kings returned to winning ways with a thrilling 13-run victory over Mumbai Indians in Match 31 of the IPL 2023. After setting a target of 215 runs, MI was able to reach 201/6 in 20 overs thanks to half-centuries from Suryakumar Yadav (57) and Cameron Green (67). Arshdeep Singh, a fast bowler for PBKS, dominated the evening on Saturday by taking four wickets against Mumbai, two of which came in the final over. PBKS initially declared 214/8 in 20 overs. Regular captain Shikhar Dhawan was not present, so stand-in skipper Sam Curran led the team with a performance of 55 runs off 29 balls. Atharva Taide (29), and Harpreet Bhatia (41) also contributed significant quickfire knocks. Green and Piyush Chawla each claimed two wickets for MI's bowling unit. With 343 runs in six games, RCB's Faf du Plessis is leading the IPL 2023 Orange Cap race. Virat Kohli (279) of the RCB is in third place, followed by DC captain David Warner (285) in second. KL Rahul, the LSG captain, is fourth (262) and Devon Conway, the CSK opener, is fifth (258). Arshdeep Singh of PBKS is currently leading the Purple Cap race with 13 wickets through seven games. Mohammed Siraj (12) of RCB, Rashid Khan (12) of GT, Mark Wood (11) of LSG, and Yuzvendra Chahal (11) of RR are in his second through fifth positions, respectively.



## EXPERT



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### FAQs ON

### Learning and Development through Ancient Indian Wisdom

**Q1. Is it possible to forget someone who came like a friend (Now is disconnected for last one year!) but just used you for their personal achievement?**

**Ans.** Forgetting someone who used you for their personal gain can be difficult, but it is possible to move on and let go of the negative emotions associated with the experience. Here are some tips that may help in the light of learnings from Indian epics:

**Acknowledge your feelings:** It is important to recognize and acknowledge the emotions you're feeling, such as hurt, anger, or betrayal. Do not attempt to overpower or disregard these feelings, as they are a natural part of the healing process. There is a Sanskrit sloka: **उद्वेगः क्षमया नृणां, हियते दुर्गति पर्ययैः । विषदपरीक्षा पुण्या, साधू वाक्यमुपास्यते ॥** This subhashitham highlights the importance of practicing forbearance, or patience, in the face of hurtful situations. It also emphasizes the value of introspection, or self-reflection, as a means of

gaining insight and wisdom. One such example is the story of Lord Rama and his friend, Sugriva. In Ramayana, Sugriva took Rama's help to defeat Bali and regain his kingdom. Sugriva promises to assist Rama in finding his wife, Sita, who was abducted by Ravana. However, Sugriva later forgets his promise and neglects his duties towards Rama. When Hanuman, the loyal devotee of Rama, asks him why he is forgiving Sugriva, despite his betrayal, Rama explains that he understands Sugriva's behavior is a result of his past experiences and therefore he does not hold a grudge. The story teaches us that forgiveness is crucial in building strong relationships and moving forward from past mistakes.

**Let go of resentment:** Holding onto resentment and anger towards the person who used you will only prolong your pain. Try to let go of these negative emotions by focusing on the positive aspects of your life and the people who do care about you. To validate this let me share a Sanskrit sloka: **क्षमा विहीनस्य ध्वंसः, क्षमा वश्यस्य पातकम् । क्षमा संहरते तत्त्वं, क्षमा सौभाग्यमाश्रयेत् ॥** This subhashitham emphasizes the importance of forgiveness and how it can benefit both the forgiver and the forgiven. It highlights how resentment can harm us and how forgiveness can free us from negative emotions and bring good fortune. In the Indian epic, Mahabharata, Yudhishtira was betrayed and defeated by his cousin Duryodhana, who resorted to cheating and unfair means. Despite this, Yudhishtira chose to forgive and make peace with him after winning the war. Yudhishtira realized that forgiveness was crucial for his own spiritual growth and inner peace. He also acknowledged that Duryodhana was influenced by negative tendencies and bad company. Yudhishtira's magnanimity is a powerful example of how forgiveness can heal and help move on from betrayal. Forgiveness may be a difficult process, but it is necessary for letting go of negative emotions and finding strength. It is a sign of spiritual maturity.

**Practice self-care:** Take care of yourself by fetching joy and relaxation in whatever you do. This can include hobbies, spending time with friends and family, or practicing self-care activities like meditation or exercise. There is a Sanskrit sloka: **विना रोगा पशु व्याधि विनाशनम्; विना आत्म-विहीनस्य कैवल्यम् नास्ति ॥** This subhashitham highlights the importance of taking care of oneself for both physical and spiritual well-being. It emphasizes that without good health, we cannot experience happiness or peace of mind, and that self-care is essential for achieving self-realization. The Indian epic "Ramayana"

provides an example of self-care through Lord Rama's forgiveness towards Ravana. Ravana, the demon king of Lanka, had abducted Rama's wife Sita, leading to a final battle between the two, in which Rama emerged victorious. Before dying, Ravana expressed regret for his actions and sought forgiveness from Rama. Despite the pain caused by Ravana's deeds, Rama forgave him and acknowledged his positive qualities as a scholar, musician, and ruler. This story illustrates the significance of forgiveness, focusing on the good in others, and letting go of anger and resentment, promoting reconciliation and understanding.

**Focus on personal growth:** Use this experience as an opportunity to grow and learn more about yourself. Set personal goals and focus on achieving them, which can help you regain a sense of control and self-worth. **उद्धरेत् आत्मनात्मानं, न आत्मानं अवसादयेत् । आत्मैव ह्यात्मनो बन्धुः, आत्मैव रिपुरात्मनः ॥** This subhashitham emphasizes that personal growth is an individual responsibility and that one should focus on uplifting oneself through personal efforts rather than degrading oneself. It highlights the power of the mind in determining one's relationship with oneself and others, emphasizing that the mind can be both a friend and an enemy. In the Ramayana, Lord Rama forgives his stepmother Kaikeyi for plotting against him and exiling him to the forest. Despite being wronged by her, he shows compassion towards her and accepts her as his mother. Individual holding grudge against mother or any one of such kind will never be able to attain spiritual maturity. It is better to forgive and let go the bitter feelings for personal growth is the learnings.

**Create new connections:** Try to connect with new people who share similar interests or goals as you. Building new connections can help you move on from the past and create positive experiences in the present. **यथाभावम् तथा भवति, यथासम्बन्धम् तथा क्रिया । तथा सम्बन्धम् आरोहति, वायुः सह महामुने ॥** This subhashitham suggests that creating new connections with positive and supportive individuals can help us to cultivate positive thoughts and emotions, take actions that align with our personal values and aspirations, and move forward in life to achieve our goals. The Indian epic of Ramayana provides an example of forgiveness through the story of Lord Rama and Vibhishana. Vibhishana, the younger brother of the demon king Ravana, sought refuge with Rama after disagreeing with his brother's actions of abducting Rama's wife, Sita. Despite knowing Vibhishana's relation to his enemy, Rama welcomed him with open arms.

During the final battle, Vibhishana joined Rama's army and helped defeat his own brother. Rama later crowned Vibhishana as the king of Lanka, which Ravana had ruled. This story highlights the importance of forgiveness, even in difficult situations. Rama's act of forgiveness and acceptance not only helped Vibhishana but also enabled Rama to achieve his ultimate goal of defeating Ravana and rescuing his wife.

Forgiveness is a personal choice and can be a difficult process. Here are some things to consider:

- **Give yourself time:** It's important to allow yourself time to process your emotions and feelings of betrayal. This may take some time, so be patient with yourself.
- **Communicate with your friend:** It can be helpful to communicate with your friend about what happened and how you feel. This can be a difficult conversation, but it may help you both move forward.
- **Seek support:** Consider looking for support from a reliable friend, family member, or counsellor. Talking to someone can help you gain perspective and work through your emotions.
- **Practice empathy:** Try to put yourself in your friend's shoes and understand why they may have made the decision to cheat. This doesn't excuse their behavior, but it can help you gain empathy and perspective.
- **Consider forgiveness:** Forgiveness is a personal choice and may take time. When you're ready, consider forgiving your friend. Forgiveness doesn't mean you condone their behavior, but rather that you choose to let go of the anger and resentment towards them.

Remember that forgiving a friend who has cheated is a personal decision and may take time. It's important to take care of yourself and seek support as you work through your emotions. Practice forgiveness which will heal you and augment your authentic happiness. Good Luck, stay blessed.

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

# QUIZ TIME

1. The PTP-NER Scheme has been launched by which Ministry?
2. Where is 'Mt Annapurna' situated?
3. Which state in India has become the first to adopt Water Budget?
4. Kisan Sampark Abhiyan Programme is associated with which state / UT?
5. Bathukamma, which was seen in the news, is associated with which state?
6. Which state celebrates the 'Bhed Mata Mela' Fair annually?
7. Arjun Halakurki, Sunil Kumar and Neeraj, who were seen in the news, are associated with which sports?
8. Which is the first Indian city to operate an organic waste-powered EV charging station?
9. What is the National Consumer Helpline (NCH) in India?
10. Union Health Ministry signed MoU with which Union Ministry to eliminate TB in India?

1. Ministry of Tribal Affairs
2. Nepal
3. Kerala
4. Jammu and Kashmir
5. Telangana
6. Gujarat
7. Wrestling
8. Mumbai
9. 1915
10. Ministry of Panchayati Raj

**Answers**

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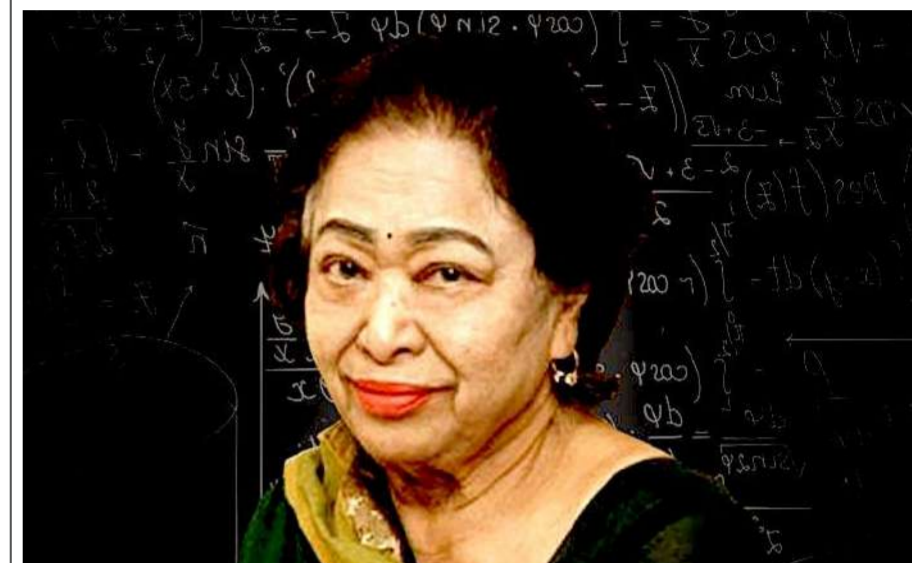
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## DID YOU KNOW?

### SHAKUNTALA DEVI AKA HUMAN COMPUTER



**S**hakuntala Devi was an Indian mathematician, writer, and mental calculator, as we all know. She is better known as the 'Human Computer'. Shakuntala Devi was born in Bangalore on November 4, 1929. Shakuntala Devi's father was a trapeze artist who did trapeze, tightrope, and cannonball acts. Her father noticed her mathematical ability when they were playing cards together. She won the game just by remembering the cards. Her father left the circus and brought her on travelling performances that showcased her mathematical abilities. She accomplished this despite having no formal schooling. She proved her math ability at the University of Mysore when she was six years old. Her skill won her a spot in the 1982 edition of "The Guinness Book of World Records."

Despite Devi setting the world record on June 18, 1980, at Imperial College in London, the certificate was awarded posthumously on July 30, 2020. She could also determine the day of the week for any given day in the previous century on the spot. A Bollywood film on the mathematician's life was created in the year 2020. Anu Menon's biographical drama Shakuntala Devi stars Vidya Balan as the title character. On April 21, 2013, she passed away at a hospital.

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