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A LAND OF VALOR AND VIBRANCY: CELEBRATING MAHARASHTRA DAY

On the 1st of May each year, Maharashtra, India, pulsates with pride and reverence as it celebrates Maharashtra Day, a momentous occasion marking the state's formation in 1960. This day holds profound significance, deeply etched in the collective consciousness of its people, symbolizing the culmination of a prolonged struggle for a unified Marathi-speaking state. Maharashtra Day serves as a poignant reminder of the indomitable spirit and unwavering resolve of the Marathi populace, whose relentless efforts paved the way for the state's establishment.

As the sun rises on Maharashtra Day, a palpable sense of anticipation fills the air. The iconic Shivaji Park in Mumbai emerges as the epicenter of festivities, adorned with vibrant decorations and bustling with activity. Grand floats, adorned with intricate designs depicting Maharashtra's rich cultural heritage, gracefully maneuver through throngs of cheering onlookers. The rhythmic beats of the dhol, a traditional drum, reverberate through the streets, accompanied by the graceful movements of Lavani dancers, resplendent in their nine-yard sarees.

The official ceremony at Shivaji Park is a harmonious blend of solemnity and jubilation. Dignitaries, including the Governor of Maharashtra, address the assembled crowd, reflecting on the historical significance of the day. References to the legendary Chhatrapati Shivaji, the revered founder of the Maratha Empire, resonate deeply, serving as a source of inspiration and pride for generations of Maharashtrians. Maharashtra Day becomes a bridge connecting the past to the present, reminding everyone of the sacrifices and struggles that paved the way for the state's inception.

Beyond the pomp and grandeur, Maharashtra Day is a celebration

of the state's vibrant present. From the bustling streets of Mumbai, the financial capital, to the serene landscapes of the Sahyadri mountains, Maharashtra captivates with its diverse offerings. This day serves as an opportunity to showcase the state's thriving industries, celebrate its rich cultural heritage, and acknowledge its spirit of innovation and progress.

Local fairs and cultural events spring to life across the state, offering glimpses into Maharashtra's traditional cuisine, folk dances, and artistic brilliance.

As the day draws to a close, Maharashtra Day leaves an indelible mark on the hearts and minds of its people. It serves as a powerful reminder of the collective dreams and aspirations that united Maharashtrians in their quest for statehood. Maharashtra Day is more than just a commemoration; it is a reaffirmation of the values of unity, resilience, and progress that define the essence of Maharashtra. As the state looks towards the

future, Maharashtra Day serves as a beacon of hope and inspiration, guiding its journey towards greater heights of success and prosperity.

Maharashtra Day stands as a testament to the spirit of unity, heritage, and progress that permeates the fabric of Maharashtra. It is a day of celebration, reflection, and renewal, honoring the past, embracing the present, and charting a course towards a brighter tomorrow. As Maharashtrians come together to commemorate this auspicious occasion, they reaffirm their commitment to building a prosperous and inclusive future for generations to come.



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DIVINE LESSONS: THE TALE OF BRAHMA'S AWAKENING

In the vast tapestry of Hindu mythology, the story of Lord Brahma, the creator of the universe. Lord Brahma, the deity of creation in Hindu mythology, holds a pivotal role in the cosmic cycle. According to the ancient scriptures, Brahma emerged from a golden cosmic egg known as Hiranyagarbha, which symbolizes the birth of the universe. This egg, floating in the primal waters, expanded to form the universe, including the planets, stars, galaxies, and all living creatures.

Brahma's creation unfolds through deep meditation and contemplation. It's believed he crafted the four Vedas, revered scriptures holding the universe's wisdom and existential truths. These texts shape humanity's ethical and spiritual path, forming the bedrock of righteous living known as dharma.

In Hindu cosmology, the universe's lifespan is a single day, called Brahmakalpa, lasting four billion earth years, followed by dissolution, or pralaya, and recreation by Brahma. Originally with one head, Brahma created the universe, later growing four more to embody diverse qualities. Brahma's infatuation with Saraswati, whom he created, led him to manifest five heads to watch her constantly. When Saraswati tried to escape his gaze at Prayag, she turned into a river, beyond Brahma's sight.

With his five heads, Lord Brahma traversed the vast expanse of the world, brimming with pride and admiration for his creation. He began to speak disparagingly about the Devas and the other Trimurtis, succumbing to vanity and becoming insufferable. The Devas grew weary of his behavior and turned to Lord Shiva, entreating him to curb Brahma's newfound arrogance.

"Maheshwara," they pleaded in unison, "The actions of Lord Brahma are becoming increasingly challenging to tolerate. We struggle to endure his boastful speeches about his own greatness. Please intervene and bring an end to this."

Lord Shiva, the omniscient, silently acknowledged the situation, assuring the Devas that he was aware and that things would improve soon. The Devas then convened to devise a straightforward plan to provoke Lord Shiva's ire towards Brahma. Unanimously, they concluded that the most effective and simplest method was to send Brahma to Kailash. Given his propensity for verbosity, remarked one of the Devas, "He is bound to irk Maheshwara sooner or later." With unanimous agreement, they approached Brahma and casually suggested he visit Kailash to meet Lord Shiva, to which Brahma readily consented. Brahma arrived at Kailash, anticipating a long-awaited friendly

conversation with his divine counterparts. However, Lord Shiva was absent on his daily cosmic rounds, leaving Devi Parvati alone. Spotting Brahma from afar, the divine mother mistook him for Lord Shiva's return and hurried to him with the requisite materials for Paada Pooja, a ritual of foot



worship. Without lifting her gaze to see his face, Shakti began venerating Brahma's feet, while Brahma stood silently, secretly relishing this gesture of reverence. As Lord Shiva entered, one glance at Lord Brahma's embarrassed countenance revealed the situation, igniting his fury. Brahma could only stammer in response.

Shakti, upon noticing Shiva's wrathful expression, immediately comprehended her error and hastily retreated from the scene. Lord Shiva, addressing Brahma, questioned, "Just because Shakti inadvertently performed Paada Pooja without seeing your face, does that mean you accept it without objection?" Brahma remained silent, his usually loquacious mouth now sealed shut.

In light of the trouble caused by your five heads, Shiva declared, "may you forfeit one of them!" With a swift motion, Shiva severed one of Brahma's heads, reducing him to four. Thus, Brahma fulfilled his promise to the Devas, departing with his head bowed in shame.

However, this was just the beginning of Lord Shiva's tribulations. Having harmed Lord Brahma, the foremost Brahmana, Shiva incurred the Brahma Hatya Dosha. Brahma's skull, symbolizing this curse, adhered stubbornly to Shiva's hands, refusing to detach. Lord Shiva was dismayed by this unforeseen complication, finding himself burdened with the skull on his hand. In his distress, he

implored Agni, the ultimate purifier, to remove the Kapala, but Agni's efforts proved futile. To exacerbate matters, Agni also incurred the Dosha. With mounting terror, Lord Shiva scoured the world in search of a solution. It was then that Parvati came to his aid, advising, "My lord, only Vishnu can alleviate your suffering." Travel to various places and seek alms in the Kapala. Wherever it overflows, you will be freed from the Dosha. Following her counsel, Lord Shiva traversed from one location to another, carrying the Kapala as a beggar. Wherever he received alms, it vanished upon touching the Kapala, leaving it empty. Finally arriving at Thirukkandiyur, the deity there dispatched Mahalakshmi to offer alms to Lord Shiva. Mahalakshmi, radiant in her divine form, poured alms into the Kapala, causing it to overflow and fall to the ground. Some versions of the legend suggest that Lord Vishnu, in an act of compassion, even sacrificed his own blood to fill the Kapala. Instantly liberated from the curse, Lord Shiva expressed gratitude to Lord Vishnu for his timely intervention. As Vishnu had relieved Shiva of his curse, he came to be known as HaraSaabaVimochanar, while Shiva remained in the place as Brahma Sira Khanedeeshwarar. The temple stands across the street from the Hara Saabha Vimochana Perumal Temple located in Thanjavur Dist, Tamil Nadu.

These stories serve to illustrate the law of karma, demonstrating that even the supreme Trinity cannot evade it, whether it be Brahma's improper attraction or Shiva's harm to the Creator himself. It serves also as a reminder that the moral order of the world must be upheld, and those who defy it will face significant consequences. The narrative serves as a poignant reminder that even creators are bound by the principles of righteousness and integrity.

From Brahma's saga, we glean the profound lesson that genuine creation entails more than mere manifestation; it involves upholding equilibrium and honoring the natural order and interpersonal boundaries. It underscores that wisdom lies in moderation and that the pursuit of knowledge should be tempered by ethical considerations rather than selfish ambitions.

Let Brahma's journey inspire us to create with intention, to reverence the divine in all manifestations, and to recognize the ripple effects of our actions. In our personal endeavors, may we endeavor to embody the virtues of modesty, reverence, and honesty, mirroring Brahma's eventual transformation.

A STORY OF RESILIENCE: SHASHANK SINGH'S PATH TO IPL GREATNESS!



The roar of the crowd at the IPL stadium is a world away from the dusty pitches of Shashank Singh's childhood in Chhattisgarh. Unlike many IPL stars, Shashank wasn't a prodigy blessed with natural talent. He was a product of sheer determination, a testament to the unwavering spirit that burns bright even in the most unexpected places.

Cricket wasn't a glamorous pursuit in Shashank's small town. The pitch was a patch of uneven ground, the wickets fashioned from old bricks, and the bat, a hand-me-down passed down through generations. Yet, for Shashank, it was a portal to a world of dreams. Every hour spent honing his skills under the unforgiving sun was fueled by a burning desire to play on the grandest stage.

The path to professional cricket was a narrow one, riddled with obstacles. Local tournaments were his only battleground, and

recognition seemed a distant mirage. But Shashank, the embodiment of grit, never wavered. He devoured every opportunity to play, his passion a constant beacon in the face of doubt. He practiced for hours on end, his strokes echoing with the silent determination of a warrior preparing for battle.

In 2023, fate took an unexpected turn. The high-octane drama of the IPL auction unfolded, a world of astronomical sums and established names. Shashank wasn't even on the main stage, waiting in the wings for a chance amongst the lesser-known talents. As the big names were snapped up by franchises, a flicker of disappointment flickered in his eyes, but hope remained undimmed.

Then, the world watched in stunned silence as the Punjab Kings placed a surprise bid on Shashank. It seemed like a strategic blunder, a last-minute decision in the heat of the moment. Was it a genuine interest in the 32-year-old batsman, or a mere blip in the system? The cricketing fraternity was left



scratching their heads.

For Shashank, however, it was a dream come true. This unexpected bid was his golden ticket, a chance to break free from the limitations of his small town and step onto the biggest stage in Indian cricket. But the story took another dramatic turn. The Kings XI Punjab, realizing their "accidental purchase," tried to back out. Yet, the IPL governing body stood firm, and Shashank Singh, the unknown entity, became an overnight sensation.

The media frenzy surrounding the "accidental buy" could have easily overwhelmed a lesser player. But Shashank remained grounded. He knew this was his opportunity, and he was determined to seize it. He trained with a renewed focus, his hunger for success burning brighter than ever before. His dedication caught the eye of the coaching staff, who were impressed by his work ethic and his ability to adapt to the professional environment.

The wait was agonizing, but finally, his chance arrived. In a crucial match against the Kolkata Knight Riders, the Kings XI Punjab top order faltered, leaving the team in a precarious position. The pressure mounted with every fallen wicket, and all eyes turned to the unassuming Shashank Singh.

Walking onto the field, Shashank wasn't

burdened by the weight of expectation. He played with the maturity of a seasoned veteran, his strokes finding the gaps with elegance and power. He stitched together crucial partnerships, his bat a blur of controlled aggression. With each boundary cleared and each six soaring over the ropes, Shashank silenced the doubters and wrote his name in the IPL history books. His unbeaten 68 wasn't just a match-winning knock; it was a declaration of his talent and a testament to his unwavering belief.

Shashank Singh's journey is an inspiration for every aspiring cricketer, a beacon of hope for those who dream of achieving the seemingly impossible. It's a story that reminds us that talent can bloom even in the most unexpected places, and that with unwavering self-belief and relentless hard work, even the most "accidental" opportunities can be springboards to greatness. So, the next time you step onto the field, remember Shashank Singh. Remember that the path to your dreams might be unconventional, but with grit and determination, you too can rewrite your destiny.

INDIA TO REVISE
AGRICULTURE EXPORT
POLICY, PRIORITIZING
UNREGULATED PRODUCTS

India is recalibrating its agricultural export strategy, with a notable emphasis on unregulated products to enhance global trade presence. The government has pinpointed 20 farm items, including fruits, alcoholic beverages, meat, milk derivatives, and cereals, with a combined global import value exceeding \$405 billion. However, India's current share in the world exports of these products stands at a modest \$9.03 billion, merely 2.23%.

According to the Agriculture Processed Food Export Development Authority (APEDA), the unrealized export potential for these items amounts to a staggering \$56.7 billion. The government aims to devise a detailed action plan within the next three to four months to capture 10% of the global trade in these identified products over the next five years. This strategy entails close collaboration between APEDA, state governments, and the Ministry of Agriculture to pinpoint production clusters requiring focused attention.

Recognizing the challenges posed by frequent export restrictions on essential agricultural commodities, the government is shifting its focus to unregulated sectors. The objective is to promote sustained growth in agriculture exports while ensuring surplus commodities are seamlessly connected to global markets. Notably, exports of regulated commodities like wheat, rice, sugar, and onions will only occur if there is a surplus.

Despite recent declines in agriculture exports due to export bans and regulatory constraints, certain products such as fresh fruit, buffalo meat, processed vegetables, basmati rice, and bananas have shown positive growth. Basmati rice exports, for instance, surged by 22% to \$5.2 billion during the period under review.

While geopolitical tensions in the Middle East between Iran and Israel have raised concerns, there hasn't been a significant impact on agriculture exports thus far. However, authorities remain vigilant and are closely monitoring the situation for any potential disruptions in trade.

INDIAN GOVERNMENT ANTICIPATES FOOD PRICE RELIEF
FOLLOWING ABOVE-NORMAL MONSOON PREDICTION



The Ministry of Finance highlights expectations for a reduction in food prices post-monsoon, backed by the India Meteorological Department's forecast of above-normal rainfall. Food inflation, driven by elevated vegetable and pulse prices, has prompted government interventions like stock limits and imports.

Negotiations with countries like Brazil and Argentina aim to secure long-term pulse imports. CRISIL's report echoes optimism for easing vegetable prices post-June, contingent upon favorable monsoon distribution. Despite March's vegetable inflation decline to 28.3%, volatility persisted throughout fiscal 2024. The Reserve Bank of India flags weather shocks and geopolitical tensions as risks to food prices, while expressing optimism for Kharif crop prospects. Globally, nations including Germany, Italy, and the UK also grapple with high food prices, necessitating concerted efforts to mitigate pressure.

SKILLGATI REVOLUTIONIZES AGRICULTURE
WITH ACCESSIBLE KNOWLEDGE FOR FARMERS



Chaitanya Belhekar, inspired by European agricultural advancements, recognized the knowledge gap among Indian farmers. Witnessing the disparity between modern techniques and traditional practices, he co-founded SkillGati in December 2021 with Tejas Gaikwad. Their mission: democratize agricultural knowledge by eliminating barriers of access, language, and literacy.

SkillGati aggregates expertise from institutes, colleges, and experts, offering practical content in Hindi, Marathi, and English. Recognizing the shortcomings of platforms like YouTube, SkillGati provides verified, structured content. They offer online training programs, live sessions, and a WhatsApp community, bridging the gap

between farmers and experts.

Despite investing over ₹21 lakh in development, SkillGati has attracted 10,000 users and 2,500 paid customers, generating revenue exceeding ₹13 lakh. To scale further, they seek ₹1.5 crore in funding and plan to collaborate with e-seva kendras, government organizations, and cooperative banks to reach rural audiences effectively.

With rural India's digital penetration surpassing urban areas, SkillGati aims to empower farmers through accessible knowledge, envisioning a future where every farmer has the expertise to thrive.

NORTHEAST INDIA'S
COLLABORATIVE INITIATIVE
BOOSTS SUSTAINABLE
AGRICULTURE

The North Eastern Region Farm Machinery Training & Testing Institute collaborated with Shymal Farmers Producer Company (FPC) to raise awareness in Cheyanichick village, Jamugurihat, Sonitpur District, on sustainable land restoration practices, focusing on Direct Seeded Rice (DSR) cultivation. DSR, utilizing pre-germinated seeds and zero Seed cum Fertilizer Drill technology, boosts crop productivity while reducing environmental impact through minimal tillage. Dr. P.P. Rao, Director of the Institute, emphasized their commitment to modern farming for sustainable agriculture.

Er. P.C. Meshram, Senior Agricultural Engineer, highlighted DSR's potential to revolutionize traditional practices, advocating for agricultural sustainability. Pankaj Baruah from Assam Agribusiness and Rural Transformation Project (APART) shared insights into sustainable agriculture. Anjan Nath, Chairman of Shymal FPC, outlined their aim to cultivate 1000 bighas of paddy via DSR, stressing collaboration for rural development.

The program featured interactive sessions and practical demonstrations, allowing farmers to learn DSR techniques firsthand. Participants praised the initiative's relevance in empowering rural communities. This collaboration showcases a synergistic approach to sustainable agriculture, leveraging technology and community engagement to drive positive change. Such initiatives offer practical solutions to enhance productivity, livelihoods, and environmental sustainability, fostering resilience and prosperity in Northeast India's agricultural sector.

CBSE SET TO INTRODUCE
BIANNUAL BOARD EXAMS
FROM 2025



Exciting news emerges as the Ministry of Education sets forth plans for the Central Board of Secondary Education (CBSE) to implement biannual board exams starting from the 2025-26 academic session. While the semester system won't be adopted, the focus is on providing students with more chances to excel.

Consultations with school principals are on the horizon, highlighting a collaborative effort to shape this transformative initiative. The CBSE is meticulously crafting the logistics, ensuring a seamless integration of biannual exams without disrupting undergraduate admission schedules.

With the aim of reducing stress and maximizing benefits for students, the CBSE envisions conducting two editions of board exams annually, granting students flexibility and choice. Union Education Minister Dharmendra Pradhan emphasizes that this option will be entirely voluntary, offering students the freedom to opt for the best score, akin to the JEE engineering entrance exam.

While challenges exist, including logistical considerations, the CBSE is committed to crafting a flawless plan. This endeavor builds upon past reforms, such as the Continuous and Comprehensive Evaluation (CCE), and reflects a dedication to enhancing the educational landscape.

As the education sector evolves in response to the changing needs of students, the introduction of biannual board exams marks a significant stride towards a more dynamic and inclusive system. It heralds a future where students are empowered to thrive, armed with opportunities to showcase their abilities and chart their own academic journey.

PM MODI CELEBRATES RESEARCH FOCUS
AS INDIAN UNIVERSITIES SHINE IN QS RANKINGS

Prime Minister Narendra Modi heralded a new era of emphasis on research, learning, and innovation, echoing the praise from QS President Nunzio Quacquarelli, who commended the remarkable advancements in Indian higher education. Quacquarelli's revelation that Indian universities demonstrated the highest performance improvement among G20 nations, with a significant 14% year-on-year boost in average rankings, underscored India's rising prominence on the global academic stage.

PM Modi, buoyed by these developments, affirmed his government's steadfast commitment to fostering a culture of research and innovation. In a social media post, he lauded the progress, envisioning even deeper emphasis in the future, ensuring the empowerment of India's Yuva Shakti, or youth force.

Jawaharlal Nehru University (JNU) emerged as India's frontrunner in the QS rankings, securing the 20th position globally for development studies. The stellar performance of prestigious institutions like the Indian Institutes of Management (IIMs) further solidified India's position, with IIM-Ahmedabad ranked among the top 25 globally for business and management studies, while IIM-Bangalore and IIM-Calcutta secured spots among the top 50.

This accolade not only reflects the prowess of Indian academia but also signals a promising future for research and higher education in the country. PM Modi's endorsement of this trajectory instils confidence and pride within the academic community, reinforcing the government's commitment to nurturing a vibrant ecosystem of learning, innovation, and progress.

AICTE AND APNA.CO JOIN FORCES TO LAUNCH
CAREER PORTAL FOR 3 MILLION STUDENTS

The All-India Council for Technical Education (AICTE) has joined forces with apna.co, a prominent jobs and professional networking platform, to introduce a groundbreaking career portal set to debut on April 30, 2024. This innovative initiative aims to transform the job search landscape for over 3 million students nationwide by providing a comprehensive array of features. From curated Indian and international job opportunities to cutting-edge AI resume building tools, the AICTE Career Portal equips students with indispensable resources for career planning. Real-time notifications and robust community engagement further enhance the user experience, ensuring that students remain informed and connected throughout their journey.

A core objective of the AICTE

Career Portal is to extend comprehensive support to more than 12,000 colleges in facilitating placements for their students. By bridging the gap between academia and industry, the portal seeks to streamline the job search process, making it simpler for students to explore internship and employment opportunities that align with their skills and aspirations. This initiative represents a significant milestone in empowering India's youth and providing them with the necessary tools to thrive in today's competitive job market. With the AICTE Career Portal, students can embark on their professional journeys with confidence, knowing they have the support and resources they need to succeed.

UGC'S STUDENT
AMBASSADORS FOR
ACADEMIC REFORMS

The University Grants Commission (UGC) proudly presents NEP SAARTHI, a platform empowering students to lead academic reform in India. Selected from prestigious Higher Educational Institutions (HEIs), these ambassadors embody excellence, communication prowess, and visionary leadership. NEP SAARTHI stands as a beacon for student engagement, aiming to implement the National Education Policy (NEP) 2020's provisions. The initiative fosters an environment where students actively drive higher education reforms, connecting with communities and shaping the future.

Handpicked for their outstanding qualities, NEP SAARTHI ambassadors undertake multifaceted roles. They serve as ambassadors, advocates, and mentors, spreading awareness, disseminating information, and collecting valuable feedback to enhance NEP 2020 initiatives. The objectives are clear: raise awareness, motivate participation, and establish a robust feedback mechanism. Through their efforts, NEP SAARTHI ambassadors bridge the gap between policy and implementation, ensuring student voices are heard and concerns addressed.

Responsibilities encompass organizing awareness drives, fostering dialogue, planning engaging events, and leveraging social media for outreach. NEP SAARTHI initiatives resonate across campuses, sparking discussions, competitions, and collaborative endeavors.

In the digital realm, NEP SAARTHI amplifies its impact, engaging a wider audience through online campaigns and interactive platforms. Additionally, NEP help desks provide tangible support at college fests, offering guidance and assistance to students navigating educational reforms.

The UGC believes that participation in NEP SAARTHI is not only personally enriching but also instrumental in shaping the future landscape of higher education in India. With NEP SAARTHI leading the charge, the journey towards academic excellence and reform is well underway.

IRDAI'S LANDMARK MOVE: ELIMINATING
AGE LIMITS FOR HEALTH INSURANCE
ACCESS IN INDIA

In a momentous stride towards enhancing the accessibility and inclusivity of healthcare coverage, the Insurance Regulatory and Development Authority of India (IRDAI) has scrapped the age cap of 65 years for individuals procuring health insurance policies. This pivotal departure from conventional norms marks a substantial shift towards ensuring comprehensive protection for individuals of all age brackets.

The elimination of the maximum age restriction for acquiring health insurance policies underscores IRDAI's dedication to fostering a healthcare ecosystem that is more accommodating and equitable. Previously, individuals faced limitations due to the age ceiling of 65 years when endeavoring to obtain new insurance policies. However, with the recent amendment, which took effect on April 1, individuals of any age are now eligible to initiate the purchase of new health insurance policies.

In a recent gazette notification, IRDAI stressed the importance for insurers to tailor health insurance products to suit diverse age demographics. Insurers are encouraged to develop products specifically catering to senior citizens, students, children, maternity, and other specified demographics. Moreover, insurers are mandated to extend health insurance coverage to individuals with pre-existing medical conditions of any nature.

Of significant note, insurers are now barred from rejecting policy issuance to individuals grappling with severe medical conditions such as cancer, heart or renal failure, and AIDS. This directive underscores a commitment to ensuring that individuals facing formidable health challenges have access to indispensable insurance coverage. Additionally, insurers are empowered to offer premium payment options in installments, thus enhancing convenience for policyholders.

The notification also specifies that



INSURANCE
REGULATORY
AND
DEVELOPMENT
AUTHORITY

travel policies can solely be provided by general and health insurers. Moreover, there is no limit on coverage for AYUSH treatments, encompassing holistic systems like Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy. These treatments will receive coverage up to the insured sum without any cap, thereby ensuring comprehensive healthcare coverage for policyholders.

Another notable provision outlined in the notification permits policyholders with benefit-based policies to lodge multiple claims with various insurers, thereby amplifying flexibility and choice. Furthermore, the proposed regulation aims to address the grievances and claims of senior citizens through a dedicated channel, ensuring a more personalized and responsive approach to their specific needs.

Overall, IRDAI's decision to abolish the age limit for purchasing health insurance policies signifies a significant stride towards democratizing access to healthcare coverage in India. By dismantling barriers based on age and medical history, this regulatory reform empowers individuals to secure crucial protection against unforeseen medical expenses, thereby fostering greater financial security and peace of mind across all segments of society.

BATTLING THE STORM: RBI'S INSIGHTS
ON INDIA'S ECONOMIC GROWTH AMID
EXTREME WEATHER CHALLENGES

In its recent bulletin, the Reserve Bank of India (RBI) highlighted the potential risks to India's inflation trajectory arising from a combination of factors, such as extreme weather events and geopolitical tensions. The central bank emphasized how the ongoing disinflation process faces disruption due to the pressure exerted by food prices, compounded by uncertainties stemming from adverse climate conditions and geopolitical dynamics.

India's susceptibility to extreme weather conditions was underscored, with forecasts indicating a higher probability of experiencing more heat-wave days than usual between April and June. These climatic challenges exacerbate inflationary pressures, posing challenges to the RBI's efforts to maintain price stability.

Despite these obstacles, there are encouraging signs concerning India's economic growth trajectory. The RBI observed an upward trend in growth, supported by strong demand for investment and positive sentiments among businesses and consumers. This trend, characterized by a sustained increase in real gross domestic product (GDP) growth, is driven by "capital deepening," primarily fueled by continued public investment and enhancements in productivity.

The Indian economy demonstrated resilience by registering a growth rate of 8.4% in the October-December period, surpassing expectations and marking its quickest pace in eighteen months. This growth momentum reflects the effectiveness of policy measures and the inherent strength of the economy in navigating challenges.

Moreover, the RBI anticipates stability in India's foreign exchange market, underpinned by comfortable foreign exchange reserves and a resurgence in capital inflows. These factors contribute to reinforcing the country's external resilience amid uncertainties in the global economic landscape. As India endeavors to align inflation with its target of 4%, the RBI



stresses the significance of data-driven decision-making. Although retail inflation decreased to a five-month low of 4.85% in March, the central bank remains vigilant, aiming for a lasting and sustainable alignment with the inflation target. The RBI's projection of retail inflation averaging at 4.5% in 2024-25 underscores its dedication to maintaining price stability.

Looking forward, the RBI underscores the importance of closely monitoring incoming data to gain greater clarity and confidence in the disinflation path. As the Indian economy continues its growth trajectory, supported by prudent policies and favorable economic indicators, the central bank remains committed to steering the economy towards stable and sustainable growth while addressing emerging challenges posed by both domestic and global factors.

In summary, the RBI's bulletin highlights the multifaceted nature of the challenges facing India's economy, while also acknowledging the positive indicators that underpin its growth prospects. Through proactive measures and a focus on data-driven decision-making, the central bank aims to navigate these challenges and foster a conducive environment for sustainable economic development.

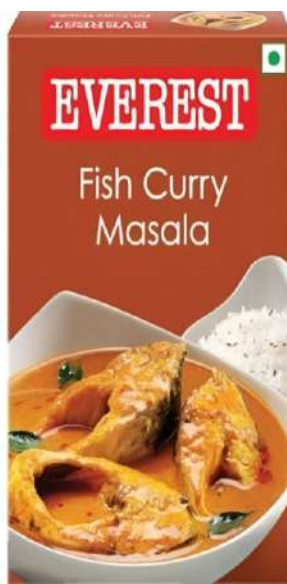
NASA'S TIMED TO SUSTAIN AN ENCOUNTER
WITH DEFUNCT COSMOS 2221, RAISING
CONCERN

Russia's defunct spy satellite Cosmos 2221 and NASA's TIMED spacecraft have sustained a close encounter in orbit as reported by space.com. Initially it was determined that both the satellites passed under 65 feet of each other. However, further studies revealed that the original distance was much lesser than the earlier calculation. Pam Melroy, the deputy administration of NASA stated that the satellites traveled within 33 feet of one another. Space debris has been a major concern for a long time. Yunhai 1-02, the Chinese military satellite, in August 2021, was stuck with the space junk particles most likely to be a fragment from the 1996 launched Russian Zenit-2 rocket. The collisions concerning TIMED are getting more frequent with the increase in congestion in the Earth's orbit. Recently, 11500 spacecrafts are orbiting the Earth, among them 9000 are operational, as per ESA (European Space Agency). Approximately, 36500 pieces of junk is estimated with an average of 4 inches. NASA is working on this issue to fix the space debris problem with the implementation of passivating satellites in the upper phase of orbit to lessen the explosive potentials. The agency further highlights the need for immediate action to deal with the issue by introducing 'space sustainability strategy'



EVEREST, MDH MASALA BAND: GOVERNMENT
TO CALL ON DETAILS FROM SINGAPORE AND
HONG KONG

The commerce ministry officials have recently reported that the root cause of the spice ban row will be determined following the exporters concern. The Government of India has evidently called on the details from Singapore and Hong Kong food safety regulators after the ban of exports of certain spices by Indian spice brands like Everest and MDH. The Spices Board of India is apparently settling the grounds of the ban. Moreover, the central cause of the objection and necessary actions will be implemented along with the exporters concerned, as stated by the commerce ministry. Everest and MDH are the two widely used brands in India that have been banned in Hong Kong and Singapore for allegedly inclusion of ethylene oxide and pesticide beyond the acceptable limits. During the 2022-23 fiscal year, the country exported spices worth ₹32,000 crore. Cumin, spice oil, chili and curry powder, turmeric, cardamom and oleoresins are mostly exported. According to the officials, the ministry called on the details from the Centre for Food Safety and Singapore Food Agency and the Environmental Hygiene Department, Hong Kong. The food safety regulator has strict instructions to the consumers not to purchase these goods both for consumption and trading purposes.



NASA TO INTRODUCE MOONQUAKE DETECTOR
WITH THE ARTEMIS 3 LANDING

NASA announced that the Goddard Space Flight Center is working on the moonquake detector for astronauts to install it on the Moon followed by the landing of the Artemis 3 mission. It is planned to function on the lunar surface from three months up to two years and might become the chief station in the upcoming lunar geophysical network. Initially, Moonquakes were perceived by Apollo missions while placing the seismometers within 1969 to 1972. These are produced by the tug of gravity similar to that of the ocean tides. The Moon's surface quivers as soon as it contracts and expands due to temperature fluctuations. But Scientists are yet to discover the seismic data from the lunar south pole that will enable them to analyze the global and local lunar surface structure. The space agency chose the instrument, LEMS (the Lunar Environment Monitoring Station) as the potential payloads of Artemis 3. LEMS is a dense seismometer to support the monitoring of ground motion in moonquakes. Various other candidate detectors are the Lunar Dielectric Analyser instrument, which is led by scientists at JAXA (Japan Aerospace Exploration Agency) and the Tokyo University and the Lunar Effects on Agricultural Flora Instrument led by scientists at Space Lab Technologies.



MASSIVE STORMS HITS CHINA, 11 MISSING



As per the reports stated in the state media, tens of the thousands population have been evacuated away with the severe storms in southern China. Xinhua, the state news agency, confirmed that the heavy rainfall hit most areas. 11 people are reportedly missing along with 53000 of the population have been relocated. Among them 45000 were evacuated from Qingyuan (northern Guangdong city). The meteorological agencies claimed chances of heavy downpour till Monday. The other neighboring provinces including areas of Guangxi, Guizhou, Fujian will also be impacted for a short term. The population of Guangdong is approximately 127 million, one of the most densely populated areas. In other areas like the town of Jiangwan, few were trapped in landslides, six were injured. The state broadcaster CCTV reveals that the flood is 5.8 meter higher than the alarming limit. The people took refuge in the public sports club due to the waterfront houses which were shattered by the layer of brown mud. Current reports state that the extreme weather conditions with grinding, droughts, severe floods and record heat in China are causing it to be the world's greatest emitter of greenhouse gasses.

D. GUKESH TO BREAK GRANDMASTER GARRY KASPAROV'S 40 YEARS RECORD IN THE CANDIDATES CHESS TOURNAMENT

D Gukesh was acclaimed by Grandmaster Garry Kasparov for the magnificent victory in the Candidates Chess tournament, flattering the title of the youngest world contender. The 17 years old Gukesh will compete against Ding Liren from China in the world title contest in November. Prior to Gukesh, Kasparov held the triumph of the youngest winner of the Candidates Chess tournament in 20 years in 1983-84. Hikaru Nakamura finished with nine points out of 14 with Gukesh who played out a draw in his 14th and final match of the competition. His closest competitors, Ian Nepomniachtchi, Fabiano Caruana and Nakamura, all ended in 0.5 points adrift. Russia's Kasparov commented on Gukesh's historic win and termed it an "Indian earthquake in Toronto", indicating a major shift in power dynamics in world chess tournaments. Chennai born Gukesh received €111,000 after winning the Candidates Chess tournament. He appropriately, obtained massive praise outside the platform on his triumph. Gukesh's mother stated that Anand's contesting Magnus Carlsen in the World Championship clash, in 2013, inspired Gukesh to take up Chess as his sport. Kasparov further expresses his gratitude towards Viswanathan Anand, the sole other Indian to hit the Candidates Chess tournament, for Gukesh's victory.



JANNIK SINNER TO UNDERGO AN ONEROUS TASK WHILE COMPETING CARLOS ALCARAZ AND NOVAK DJOKOVIC

Jannik Sinner shrugged off the notion of being the finest player in the globe, considering that he should not be collated with his top three contenders, Carlos Alcaraz and Novak Djokovic. The Italian player ranking number two can touch the top ranker Djokovic in the game if he gains a triumph in Madrid and appears in the Spanish capital with confidence along with an overwhelming record of 25-2 win loss for the season. Djokovic is currently reigning the Australian Open champion and happens to be the first player in the open era to grip three consecutive titles in 2024. He is ranked number one in the ATP's (Association of Tennis Professionals) fixture to Turin, and is 1,650 score in advance to Daniil Medvedev the second placed player. Sinner had never been able to cut it past round three in any of his previous appearances in the Caja Magica and would be looking forward to switching from the current play. With the absence of Djokovic, Sinner grips the tournament and turned out as the lead player in Madrid, as he faced Lorenzo Sonogo or Richard Gasquet in round 2.



NARSINGH PANCHAM YADAV GETS ELECTED AS THE CHAIRMAN OF WTI

Narsingh Pancham Yadav the former gold medallist of the Commonwealth Games is elected as the chairman of the Wrestling Federation of Indian Athletes Commission. Eight candidates opted for the seven positions followed by polling on the ballot paper. Among the elected seven, Narsingh was shortlisted by the commission. Prior to the 2016 Olympics, Narsingh stole the headlines when Sushil Kumar the two times Olympic medallist sought for a trial session against him. Sushil was unable to attend the qualification event because of his injury. Sushil then advanced towards the Delhi High Court and soon after his plea was not granted, it was determined that Narsingh would represent India at the Rio Olympics. Moreover, there is an unexpected turn of events with Narsingh failing the medical examination. He was proscribed by the Court for four years of Arbitration for Sport even though NADA (the National Anti-Doping Agency) had considered him clean on the petition that states his failure in the test as a result of obstruction. Among the elected members of the Athletes Commission there is Sweta Dubey from Bengal, Bharti Bhaghei from UP, Sahil from Delhi, Khushboo S Pawar from Gujarat, Nikki from Haryana, and Smitha AS from Kerala.



SAURAV GHOSAL TO BID FAREWELL FROM PROFESSIONAL SQUASH

The twice won Asian Games gold medalist Saurav Ghosal announced his retirement from the professional circuit. After retiring from the professional front, Ghosal will still continue to play for India. He holds a significant record after winning the commonwealth games thrice, along with a gold in the World Doubles Championships 2022 in Glasgow. Further, he won medals at the Hangzhou and Incheon Asian Games and is the sole Indian squash player to reach the world's top 10. The Kolkata born player made his PSA debut in 2003 and won 281 among 511 contests on the PSA Tour. He struck 10 PSA titles and qualified for 18 final matches. With this, he hits 13 Indian Nationals titles and the later of those coming in 2020. However, he is yet left with the game and aspires to represent the nation for some more times. He hopes to carry forward his dream to represent India in the Olympics with its debut in the Los Angeles edition, 2028 which would earn him the biggest honor. Ghoshal expressed his sincerity and dedication towards the game stating that the game not only offers him better opportunity but also moulds him as a better individual.



EXPERT



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FAQs ON

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

Q. What is workplace mobbing?

Ans. Workplace mobbing, led by a few, involves persistent hostility towards a colleague, damaging their reputation and well-being. It spans organizations and education settings, causing significant distress through verbal abuse, social exclusion, gossip, sabotage, and hindering professional growth. Workplace mobbing can be a challenging and distressing experience for those who face it. It often involves targeted psychological harassment from colleagues, superiors, or subordinates. Here is a breakdown of each type with examples and their impact:

1. Verbal Harassment: Verbal harassment is a form of abuse that uses language to hurt or intimidate another person. Examples include:

- Name-calling or insults: Using disrespectful language to demean someone.
- Threats: Verbally threatening harm or danger.
- Loud and aggressive speech: Raising your voice or speaking harshly to intimidate.
- Mockery or ridicule: Making fun of someone in a derogatory way.
- Attacks on personal traits: Criticizing someone's appearance, intelligence, or background.
- Demeaning language: Using words to undermine someone's confidence.

For instance, a colleague publicly criticizes a coworker's performance or belittles their opinions during meetings, affecting their confidence and professional reputation. Another example the team leader always accuses the team member of poor listening skills. A team leader who uses intimidating actions, such as banging the table, can create a hostile and stressful work environment for employees. etc.

The subhashita from the "Hitopadesha" emphasizes the power of words and the harm they can cause: “सत्सु हि शब्दं वर्जयेत् समक्षगणके निजम् ॥ कुरुते बन्धुं शब्देन शब्दं वीरयते यदि ॥” Words can either bond or sever relationships, depending on how they are used. Wise individuals should be careful with their words." This subhashita highlights the importance of using words wisely and avoiding verbal harassment, as words have the power to either create bonds or cause harm and division in relationships.

- 2. Social Exclusion:** Social exclusion involves isolating someone from social networks or groups, often intentionally. This can include:
- Being left out of activities: Not being invited to social events or meetings.
 - Avoidance: Deliberately avoiding a person or refusing to acknowledge them.
 - Rumors and gossip: Spreading unkind talk that isolates the individual.
 - Exclusion from decision-making: Ignoring someone's input or excluding them from discussions.

For example, a team member is regularly left out of work-related meetings, leaving them feeling disconnected from their peers and work environment. When important projects arise, professional jealousy can lead to the exclusion of intelligent employees from participating.

Here is one Subhashita from the "Hitopadesha" that speaks about the importance of including others and treating everyone equally: “सर्वेषां साधुजातीनां स्नेहं कुर्वीत सज्जनो। स्नेहहीनः निन्द्यः स्यात् सज्जनानां महीयताम्॥” A virtuous person forms bonds of friendship with all noble individuals. A person without affection becomes despised among the virtuous and falls out of their favor." This Subhashita highlights the importance of fostering relationships with good and noble people and being inclusive. It warns against

the dangers of being someone who does not form relationships, as they may face disapproval and exclusion from virtuous company.

- 3. Gossip and Slander:** Gossip and slander can damage an individual's reputation and cause emotional distress. Here is what these involve:
- Gossip: Sharing personal information, rumors, or secrets about someone without their knowledge.
 - Slander: Making false, harmful statements about someone that could damage their reputation.

For instance, colleagues might falsely accuse a team member of being old fashioned in dressing, outdated or aged, any other personal conduct, causing their credibility to be questioned.

The following subhashita emphasizes the destructive nature of spreading rumors and false information: “अशक्ताश्चाप्यनिष्ठाय किं कृतं दूषणेन वः। उभौ दोषौ स्मरत्येनं रहसि च सत्सु च॥” Even an unintelligent person can harm you with slander; people remember both the act of slander and the person behind it, in private and in public." This Subhashita warns against the spread of slander and false accusations, highlighting that even someone with limited understanding can cause damage through harmful speech.

- 4. Sabotage of Work:** Sabotage involves actions meant to disrupt someone's work or professional success. Examples include:
- Task obstruction: Intentionally interfering with someone's tasks or assignments.
 - Undermining authority: Questioning someone's abilities or decisions in front of others.
 - Blocking opportunities: Preventing someone from accessing career advancement.
 - Misuse or destruction of materials: Hiding or damaging someone's work resources.
 - Spreading false information: Sharing lies about someone's work to create distrust.

For instance, someone deliberately misplaces a colleague's work materials or gives them incorrect information to hinder their progress. Another example the files submitted to documentation team is misplaced so that the excellence of work will not be in record.

The importance of good conduct and mutual support in achieving goals, is emphasized in the following subhashita: “उद्यतेऽशस्त्रपाणीनां येषां दृष्टिर्महारथाः। तत्क्षणे एव तेषां कुर्वन्ति प्राणापायं मुहुर्मुहुः॥” When a person of great valor sees their enemy raising weapons against them, they strike back swiftly to end the danger." This subhashita uses the metaphor of a warrior defending themselves from an armed opponent to explain how one must be vigilant and proactive in protecting themselves from harm. In the context of workplace sabotage, it suggests the need for awareness and decisive action to prevent or mitigate the damage caused by those who seek to obstruct your progress.

....Continued on Pg 10

5. Undermining Professional Development: This involves actions that prevent someone from growing or advancing in their career. Examples include:

- Blocking promotions: Deliberately hindering someone's chance for advancement.
- Withholding training: Denying access to learning and development opportunities.
- Taking credit for someone's work: Claiming another's achievements or ideas.
- Providing misleading feedback: Giving feedback that impedes growth or improvement.
- Excluding from key projects: Leaving someone out of important projects.
- Interfering with relationships: Disrupting relationships with key stakeholders.

For example, a supervisor may overlook a team member for a promotion due to personal bias, blocking their career progression. A team leader may select an employee as best performer based on personal preference rather than work performance.

The subhashitam highlights the importance of uplifting others and working towards the collective good: “सन्तः परोपकाराय सतां जीवितमुत्तमम्। वायसस्य च जीवानं परविघ्नाय दुर्जनः॥” The life of good people is dedicated to helping others, while that of wicked people is devoted to harming others." This subhashita highlights the contrasting behaviors of good and wicked people. Good individuals aim to assist and support

others, much like mentors who help others advance in their careers. On the other hand, wicked individuals focus on causing harm and disruption, such as undermining professional development. The saying emphasizes the value of altruism and the dangers of sabotage and interference in others' growth.

Experiencing workplace mobbing is damaging, but seeking support, documenting incidents, and setting boundaries can help. Report the behavior following organizational policies, prioritize self-care, and seek higher-up advice if needed. Employers should uphold respect, fairness, and inclusivity, with clear policies against harassment and discrimination. Promoting open communication fosters a safe and respectful work environment for all.

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