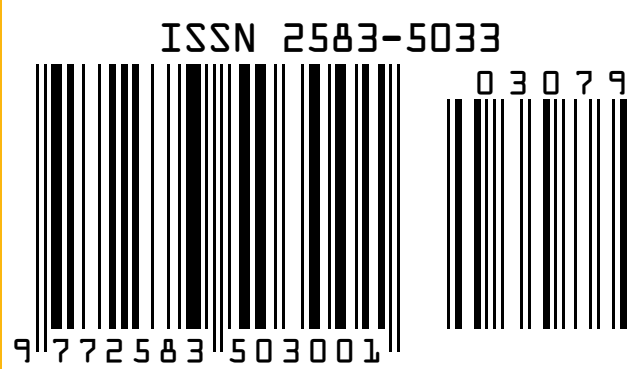


A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Tanishka Verma

## BEHDIENKHLAM : A SYMPHONY OF TRADITIONS

India is a country in which every great religion finds a home.”- Annie Besant

India, one of the most diverse countries of the world,is a land of festivals. Every region, every community has its own unique way of celebrating seasons, festivals and traditions. One such beautiful and colourful festival is Behdienkhlam, celebrated by the Pnar (also known as Jaintia) tribe of Meghalaya. This festival holds deep meaning for the people of Meghalaya who celebrate it and is also a fine example of the rich cultural diversity that our country holds.

The whole festival Is a testament to the valuable connection between man and nature, which the people of Jaintia continue to celebrate year after year.

Behdienkhlam is made up of the following three words: 'Beh' meaning 'to get rid of,' 'Dien' meaning 'wood or log,' and 'Khlam' meaning 'plague.' Taken together, the word means 'to get rid of the plague.' Thus, meaning “driving away the plague”.

It is believed that through this festival, evil spirits, diseases, and negative energies are chased away to bring peace and prosperity to the land.

This festival usually takes place in July, during the monsoon season, and goes on for four days. This year the festival will began on 11th July and will go on till 14th July.

The most eye-catching part of Behdienkhlam festival is the procession of decorated wooden logs called 'raths' or 'rots'. These tall structures are beautifully painted and carried by strong young men through the streets and finally immersed in a sacred pool called Aitnar. This event is then accompanied by traditional dance, drum beats, and cheers from the local crowd.

Another key highlight is the Dad-lawakor ,a unique football-like game played with wooden ball in the muddy grounds among different localities. Apart from spreading waves of joy this ritual also symbolizes good over evil. The team that wins is believed to receive divine blessings for the year.

Women, though not the active participant in the rituals, play an important role in preparing food and organizing community gatherings during the festival.

During this four day festival the homes are cleaned, women prepare traditional dishes which are shared and enjoyed by families, friends, and strangers to celebrate the joy of togetherness.

Furthemroe , another important aspect that makes Behdienkhlam truly special is that despite being a religious festival, it goes beyond religious lines. People from other faiths, tourists, and visitors are welcomed warmly focusing on unity, culture, and celebrating life with gratitude.



In order to mark the smooth celebration of Behdienkhlam festival, the Meghalaya government generally makes all the arrangements to ensure safe and smooth celebration of this festival. These arrangements include declaring local holidays in affected areas, providing security, and organizing cultural events. In today's fast-moving world, festivals like Behdienkhlam remind us to stay connected to our roots, to respect nature, and to celebrate not just our own culture, but also learn and appreciate those of others. India is a diverse country and its strength lies not in uniformity but in acceptance, respect, and celebration of every faith, and tradition.

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Durgesh K. Dubey

# ANNA BHAU SATHE – THE VOICE OF THE VOICELESS, THE PEN OF THE PEOPLE!

In a dusty village called Wategaon in Maharashtra, born into the Matang Dalit community, came a child in 1920 who would grow up to be the voice of millions who had none. His name was Tukaram Bhaurao Sathe, affectionately known to the world as Anna Bhau Sathe. Born in a time of systemic caste oppression and colonial rule, Anna Bhau rose not by climbing ladders of privilege, but by smashing the walls of discrimination with his words, stories, songs, and relentless spirit.

### The Road from Invisibility

Anna Bhau's early life was one of extreme hardship. As a boy, he worked as a laborer, cleaned gutters, and faced humiliations no child should endure. The doors of schools remained shut for children of his caste. He was denied education, respect, and even a place to sit in society. Yet, this did not silence him. Instead, it ignited a fire in his heart. With no access to formal learning, he taught himself to read and write by observing others. He listened to folk songs, powadas, and the Bhakti poetry of Sant Tukaram and Sant Namdev, which spoke of equality, devotion, and protest. Those voices whispered to his soul: “You are not lesser. You are lightning waiting to strike.”

### The Pen Becomes a Plough

When Anna Bhau moved to Mumbai in search of work, he became part of the mill workers' community. He worked long hours by day and by night, wrote poems and short stories. His writing did not describe kings or gods—it reflected the lives of sweepers, washermen, rickshaw pullers, mill workers, and exploited women.

He once said, “If literature is to be meaningful, it must speak for the hungry stomach and the broken back.” His stories did just that. With vivid emotion, raw truth, and deep empathy, his pen ploughed the fields of human suffering to grow seeds of awareness and revolt.

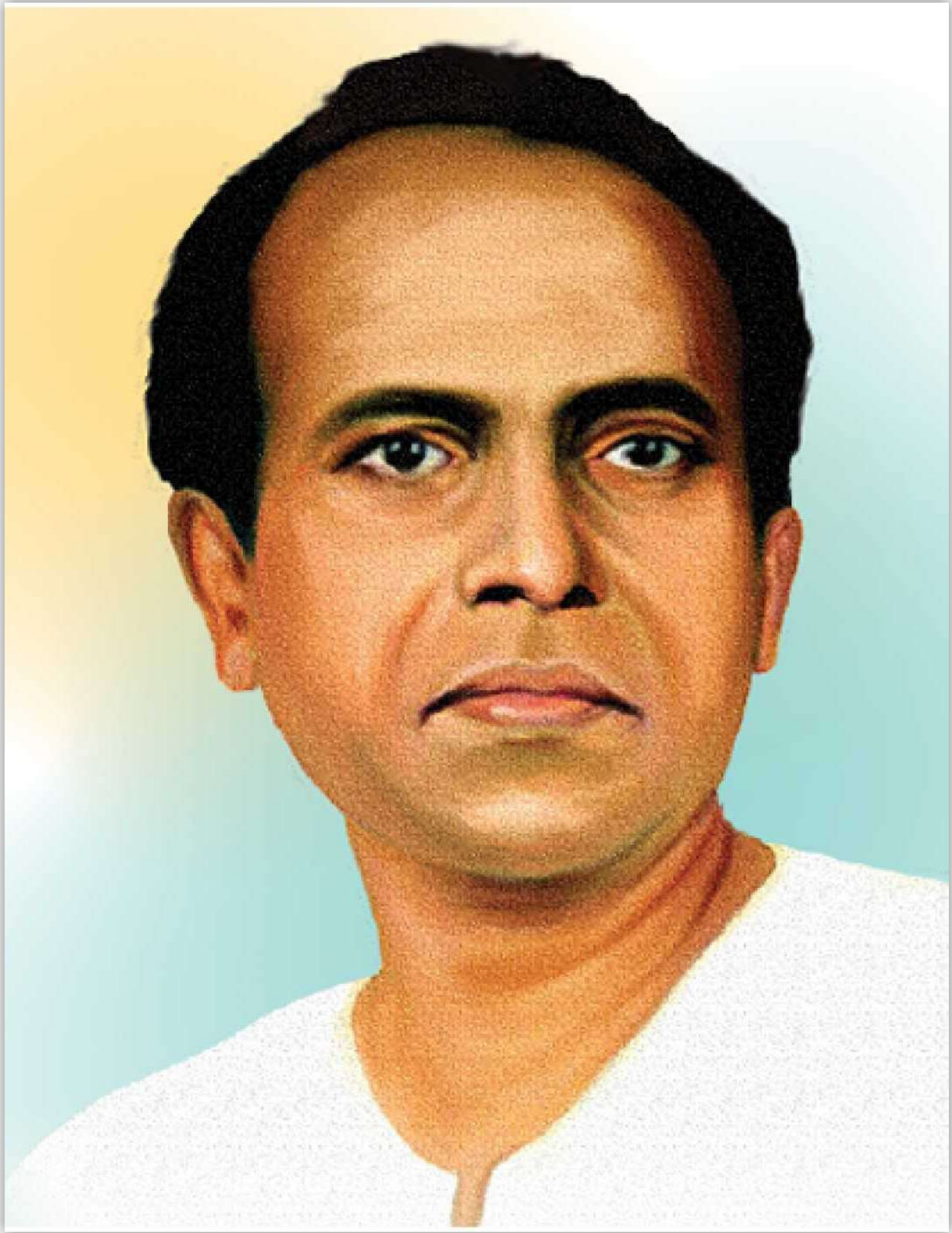
### The Revolutionary Wordsmith

Anna Bhau became closely associated with the Communist movement and the Progressive Writers' Association. But more than politics, it was human dignity that drove him. He believed social justice was not a favour it was a right. Through his literature, he called upon the oppressed not to beg, but to rise and claim their rightful place.

In 1943, he wrote his first powada (ballad) on the Rashtriya Mill Mazdoor Sangh and soon became a celebrated people's poet. His novel “Fakira”, based on a Dalit rebel who fights the British and social inequality, won a state award and remains a milestone in Dalit literature. His characters were not defeated victims; they were fighters with fire in their veins.

### Art as Weapon, Story as Scripture

Anna Bhau used lokshahitya (people's literature) not just as entertainment, but as enlightenment. He travelled from village to



village, singing powadas, enacting street plays, and reciting poetry in local dialects that even the unlettered could understand.

A famous quote attributed to him is: “If books don't reach the poor, I will take the poor to books.” He refused to let literature remain a luxury of the elite. His work became a mirror for society and a hammer to break the chains of caste, class, and colonialism.

### The Champion of Humanities

At the heart of Anna Bhau's philosophy was human dignity. Influenced by Jyotiba Phule and Dr. B.R. Ambedkar, he believed that no man is born untouchable it is society that makes him so. He promoted the idea that every human being deserves education, opportunity, and equality, regardless of caste or creed.

He said, “No revolution is complete unless the last person is heard, healed, and honored.” He believed art and activism must walk together. A writer's job was not just to tell stories, but to stir souls, awaken conscience, and ignite collective courage.

### Global Reach, Local Roots

Even as his influence grew, Anna Bhau remained grounded. His works were translated into many languages and even taught in Russian universities as exemplary proletarian literature. Yet, he continued to live among the people he wrote for.

He never chased awards or fame. His reward was when a laborer cried after reading his poem, or when a Dalit child recited his powada with pride. For Anna Bhau, that was the real change, the real revolution.

### Legacy of the Firebrand Bard

When he passed away in 1969, Anna Bhau left behind 35 novels, 15 collections of short stories, 12 folk plays, and numerous ballads and essays. But more than that, he left behind a movement of voices a tradition of Dalit literature that refuses to be silenced. Today, statues of him stand tall across Maharashtra. Streets are named after him. His birthday, August 1st, is observed as Lokshahir Din (People's Poet Day). But his greatest monument is not made of stone it is the courage he breathed into the broken.

### Conclusion

Anna Bhau Sathe's life is a blazing testimony to the strength of the human spirit. He was not born into privilege, nor given a platform but he created one with his words. He rose from the mud of oppression to become the lotus of liberation. His story teaches us that greatness is not born of ease, but of struggle; that the pen, when guided by compassion, can become a sword against injustice.

For today's youth, his life is a reminder that no voice is too small, no background too humble. That when one writes with truth, speaks with courage, and walks with purpose, they do not just tell stories they create history. Let Anna Bhau's life echo in every young heart: "Be the writer of your fate, the fighter for your truth, and the voice for those who are still unheard.”

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Ravi Singh & Tanishka Verma

FLUSHING OUT INJUSTICE: ONE WOMAN'S MISSION FOR SANITATION!



*Resilience is a choice. It's choosing to rise above your circumstances, no matter, how difficult, and become the person you're meant to be.*

~ David Goggins

In the streets of Kanpur's urban slums, open defecation used to be common, and sanitation was often ignored. But, one woman had the courage to change this reality. Kalavati Devi, a resident of Rakhi Mandi, a slum area in Kanpur, Uttar Pradesh, has become a symbol of resilience, change, and dignity. Her journey from an ordinary homemaker to a community leader who transformed many lives is a story worth sharing.

Kalavati Devi is not a name that most people in India would instantly recognize. She is the unheard hero who doesn't appear on TV or in advertisements. Yet, for hundreds of families in Kanpur's slums, she is a real hero. She took charge of a problem that had been ignored for years and improved the lives of many.

Born into a poor family, Kalavati faced challenges similar to those many women in slum areas encounter, such as poverty, lack of education, early marriage, and limited freedom. Like thousands of women, she accepted these as facts of life. However, her life changed when she got involved with a local NGO called Shramik Bharti, which focused on water, sanitation, and hygiene in the Kanpur region.

Through her active involvement with this

organization, she learned about the dangers of open defecation. It wasn't just about health issues; women also faced safety concerns when they had to relieve themselves outside, often before sunrise or after dark. Kalavati realized that even a simple toilet could significantly improve the lives of women and children regarding safety, dignity, and health.

Motivated by this insight, Kalavati decided to take action in her community. Her first step was to build a toilet in her home. Convincing others was not easy. Many saw toilets as an unnecessary expense or were used to defecating outside. In some households, cultural taboos were associated with having toilets inside. Many questioned her, some laughed, and others simply ignored her efforts.

But Kalavati didn't give up. She went door to door, talking to people, especially women, about the importance of sanitation. She used simple language, real-life examples, and much patience. She helped people understand that investing in good sanitation could easily prevent many diseases. Gradually, her efforts began to yield results.

With support from Shramik Bharti and financial help from the government under the Swachh Bharat Mission, Kalavati helped build over 400 toilets in and around Kanpur's slum



areas. She started by constructing 55 toilets in her neighbourhood and installed an 11,000-litre water tank.

In one interview, Kalavati Devi said, "The one who envisions bringing change in society must not look back at those who mock the change agent."



Her dedication drew attention, and she was even trained as a "Master Mason," which was rare for women in her area. She began supervising toilet construction, ensuring it was done correctly and cost-effectively.

Kalavati didn't stop at building toilets. She worked hard to ensure people actually used

them. She educated the community about the importance of toilets and the dangers of open defecation. Her work eventually gained recognition beyond Kanpur. In 2020, she received the prestigious Nari Shakti

Puraskar, India's highest civilian award for women, presented by President Ram Nath Kovind. This award was a proud moment not just for her but for every woman who has fought against odds for change.

Despite all the recognition, Kalavati Devi remains humble. She still lives in her modest home in Rakhi Mandi and continues her work

with the same energy. For her, awards and media attention are not important. What matters most is that women in her neighbourhood no longer have to walk long distances or wait until dark to relieve themselves.

Kalavati Devi's story reminds us that development is not just about building roads, malls, or technology. Real development is when basic needs like clean water, toilets, and hygiene become available to everyone, especially the most marginalized. Her journey shows how a simple idea, when pursued with commitment, can change hundreds of lives.

She is a powerful example of what happens when women are empowered with knowledge and given a chance to lead. Her story illustrates that change doesn't always come from those in power. Sometimes, it starts in the overlooked lanes of a slum, with one woman deciding enough is enough.

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MIDWEST BRACES  
FOR FLASH FLOODING  
AS STORMS SOAK  
FARMLANDS



The agricultural heartland of the Midwest is on high alert as severe storms sweep through the region, bringing intense rainfall and the looming threat of flash flooding. Northeastern Nebraska was hit overnight with powerful storms that dumped 1 to 4 inches of rain, overwhelming already saturated soils and raising alarm among farmers and rural communities.

The National Weather Service (NWS) has expanded its flood warnings and watches across eastern Iowa and northern Illinois, where repeated rounds of thunderstorms continue to drench croplands. The persistent downpours are increasing runoff and straining natural drainage systems, with creeks, streams, and low-water crossings at risk of overflowing.

Flash flooding poses significant concerns for agriculture, especially during the peak growing season. Standing water can damage crops, delay fieldwork, and impact soil health. Farmers are urged to monitor local forecasts closely and take precautionary measures to protect livestock and equipment.

Authorities emphasize that the situation remains dynamic and are advising rural residents to stay updated through official weather alerts. As the Midwest grapples with another bout of extreme weather, the focus remains on safeguarding lives, property, and the region's vital agricultural output.

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MUSTARD PRODUCTION IN INDIA SEES  
DECLINE: A CALL FOR STRATEGIC REFORMS



Mustard, a vital Rabi oilseed crop in India, is widely used for producing mustard oil an essential ingredient in Indian kitchens. In the 2024-25 crop year, mustard production declined to 126.06 lakh tonnes from 86.29 lakh hectares, with an average yield of 1,461 kg per hectare. This marks a fall from 132.59 lakh tonnes harvested in 2023-24 across 91.83 lakh hectares.

Experts suggest that to reverse this decline, India must expand cultivation areas, introduce high-yield seed

varieties, and ensure fair pricing policies for farmers. Such measures are key to reducing dependence on imported edible oils and moving toward self-sufficiency in oilseed production.

Mustard contains up to 40% oil, and its by-product mustard cake is India's second-most exported oilseed product after soybean meal. A

NITI Aayog report indicates that mustard oil constitutes 61% of edible oil consumption in North India and 45% nationally.

With mustard oil consumption rising by more than 4% annually, India must adopt robust strategies to meet this growing demand. Improved production techniques and government support could help farmers secure better yields and strengthen the agricultural economy.

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SAFEGUARDING FARMERS' RIGHTS GLOBALLY

Global discussions around the International Treaty on Plant Genetic Resources for Food and Agriculture (ITPGRFA) have sparked renewed concerns over national sovereignty and farmers' rights. Over 65 countries are currently meeting in Lima, Peru, to deliberate on possible changes to the Treaty's framework. A key proposal aimed at expanding unrestricted access to all plant genetic materials has raised alarms among scientists and civil society. They warn that such a move could weaken domestic laws like India's Biodiversity Act and jeopardize traditional seed rights held by farmers, including the freedom to save, use, exchange, and sell seeds.

In a formal letter to India's Agriculture Minister, experts emphasized that the updated benefit-sharing mechanisms do not provide fair compensation to countries primarily developing nations that are the main sources of these valuable genetic materials. They also highlighted the risk



of digital through unregulated access to digital sequence information (DSI), which becomes difficult to trace once uploaded online.

India, serving as co-chair of the talks, plays a critical role in shaping outcomes. Scientists, farmers' groups, and environmental advocates are urging stronger protections and a fairer payment structure. The outcomes of this crucial meeting will be submitted to the treaty's Governing Body session scheduled for November 2025.

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ONION FARMERS DEMAND DIRECT APMC  
PURCHASES TO ENSURE FAIR PRICING



enabling collective selling, farmers argue the system has failed to deliver. Instead of fostering transparency and fair payment, it has allegedly allowed manipulation, with some farmers either excluded from the procurement process or facing payment delays.

Farmers believe that enabling onion sales through APMCs would enhance transparency, foster healthy competition, and secure better prices for their produce. They have appealed to the central government to step in, end the current inefficiencies, and implement APMC-based procurement policies.

The Maharashtra government has also backed this demand, requesting the Centre to authorize direct onion purchases via APMCs. Farmers are hopeful that this move will protect their interests and ensure fair compensation for their labor-intensive efforts.

Onion farmers across Maharashtra are urging both state and central governments to buy onions directly through Agricultural Produce Market Committees (APMCs), rather than relying on intermediaries such as Farmer Producer Organizations (FPOs). Farmers claim that agencies like NAFED and NCCF, which currently procure onions via FPOs, have enabled corruption and unfair trade practices. As a result, many farmers feel cheated, receiving below-market rates while middlemen profit.

Although FPOs were originally designed to empower farmers by

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SIKKIM'S AQUATIC AMBITION: HOW FISHERIES  
SECTOR IS MAKING WAVES IN LOCAL ECONOMY

It's fantastic to hear about the thriving fisheries sector in Sikkim, with over 2,000 families actively engaged in pisciculture, as highlighted by Chief Minister Prem Singh Tamang on National Fish Farmers' Day. This demonstrates a significant stride towards self-employment, food security, and a bolstered local economy within the state.

Sikkim's commitment to sustainable fisheries is truly commendable, with the embrace of cutting-edge aquaculture technologies like Recirculatory Aquaculture Systems (RAS) and biofloc. This forward-thinking approach, coupled with the increasing interest from Sikkim's youth in adopting these modern methods, paints a promising picture for the future.

The government's innovative plan to introduce Organic Fish Farming further aligns with Sikkim's



overarching organic vision, which is not only environmentally responsible but also set to unlock exciting new market opportunities for local farmers. This proactive support from the government has clearly empowered fish farmers, transforming them into pioneers of innovation and resilience. Their dedication has made fish farming a genuinely profitable and sustainable livelihood, contributing substantially to the state's overall progress.

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Dr. Smita Kuntay & Preety Kumari

UTTAR PRADESH GOVERNMENT BRINGS SPACE  
EDUCATION TO RURAL SCHOOLS WITH NEW ASTRO LABS



In a major effort to promote science education, the Uttar Pradesh government has begun setting up Astro Labs—also known as Amrit Kaal Learning Centres—in government schools across rural areas. The initiative aims to make hands-on science learning accessible to students beyond textbooks.

Under the leadership of Chief Minister Yogi Adityanath, these labs are being developed at the block level through a public-private partnership (PPP) model. Several labs are already functional in various districts, offering students the opportunity to engage directly with scientific tools and experiments. Each Astro Lab features modern equipment such as Dobsonian telescopes, VR headsets, light kits, microscopes, and anatomical models. This setup allows students to observe

natural phenomena, conduct experiments, and explore subjects like astronomy, human anatomy, and physics in an interactive way.

In Ballia district, labs have been installed in all 17 blocks. District Magistrate Mangla Prasad Singh emphasized the initiative's impact on making science more exciting and approachable. Chief Development Officer Aojaswi Raj mentioned that each lab costs around ₹2.5 to ₹3 lakh, covering both equipment and teacher training. Raj noted that students are now showing a keen interest in space science, asking thoughtful questions and expressing ambitions to work at ISRO or NASA. The program is not just enhancing classroom learning but also inspiring dreams in remote areas. By bridging the gap between urban and rural education, the Astro Lab project is helping students imagine futures filled with scientific discovery and exploration.

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PUNJAB BRINGS BUSINESS & MARKETING  
EDUCATION TO GOVERNMENT SCHOOLS



Punjab has launched business and marketing education for Class 11 and 12 students in government schools as part of the Punjab Young Entrepreneurs Scheme. The initiative aims to instill entrepreneurial thinking and practical skills at an early stage.

Education Minister Harjot Singh Bains stated that the focus is on helping students think like entrepreneurs. Students won't just learn theories—they will create and present real business ideas as school projects. To support this, innovation labs are being set up to offer hands-on experience in product creation and technical skills.

The initiative received major attention at the Business Blasters Expo 2025, where student teams showcased

startup ideas. Judged by educators and professionals, projects included handmade crafts, organic skincare, simulators, and cycle-powered transport. A student from Mullanpur Dakha stood out for selling decorative items in the local market and earning a decent profit.

Minister Bains highlighted the growing gap between job seekers and job availability from 2014 to 2022. This scheme is designed to address that gap by preparing students to become job creators.

Initially piloted in 30 schools, the program is now being expanded statewide. The curriculum covers financial literacy, market research, product development, and customer engagement with a focus on real-world application. The state is also working with industry experts and technical institutes to provide mentorship and practical exposure.

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BIHAR INTRODUCES INDUSTRY-FOCUSED  
PROFESSIONAL COURSES IN UNIVERSITIES



Bihar is taking a progressive leap in higher education by introducing seven new industry-focused professional courses across its universities. These four-year undergraduate degree programs are tailored to meet the dynamic demands of today's job market, equipping students with both technical skills and practical expertise.

Offered under the Choice-Based Credit System (CBCS), the courses provide academic flexibility, enabling students to align their studies with individual interests and career aspirations. A senior official from the Bihar State Education Department emphasized that the initiative bridges the gap between traditional education and industry needs by focusing on hands-on learning, industry collaboration, and project-based teaching.

The newly introduced programs span areas such as banking, e-commerce, creative writing, healthcare, and digital electronics. Each course has been meticulously crafted to match specific industry requirements. A key highlight is the inclusion of internships with stipends, offering students valuable work experience and financial support during their studies.

To further strengthen industry-academia linkages, the state plans to collaborate with professionals for guest lectures, workshops, and placement support. This ensures students gain real-world exposure and professional networking opportunities even before they graduate.

Education experts view this initiative as a game-changer for Bihar's academic landscape. By prioritizing skill development and practical training, the state is positioning its youth for success in both national and global job markets—marking a vital shift toward a more employable and future-ready workforce.

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NO BAG DAY: A NEW APPROACH TO LEARN  
AND GROW FOR STUDENTS

Picture a morning when children step into school without the weight of books on their backs. That is the promise of “No Bag Day,” a joyful initiative introduced under the National Education Policy (NEP) 2020. On these special days, textbooks stay at home while classrooms become theatres, gardens, labs, and creative studios, encouraging hands-on discovery.

Targeted at Classes 1 to 8, states across India are gradually adopting the concept. Jharkhand has implemented it in every block, Delhi mandates ten such days annually for Classes 6–8, and Madhya Pradesh, Rajasthan, Uttar Pradesh, and Manipur also follow suit, especially on Saturdays.

Children engage in activities like farm visits, monument sketching, carpentry, storytelling, and skits on social issues. They learn through painting, gardening, clay modelling, and simple science experiments — moving learning from the page to practice. Teachers add value with health talks, music, and group games that promote empathy and communication.



The outcomes are far-reaching. Lighter loads ease physical strain, while varied activities reduce stress and re-ignite interest. Experiential learning deepens understanding, and collaborative projects foster leadership, teamwork, and respect for diverse talents.

To support implementation, NCERT and state departments have provided activity guides, ensuring structure without extra burden on teachers.

No Bag Day is not a day off—it's a fresh approach to education, making learning more engaging, meaningful, and enjoyable for every student.

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TRIPURA CM URGES STUDENTS  
TO TAKE PART IN SOCIAL  
WORK ALONGSIDE  
ACADEMICS



Tripura Chief Minister Manik Saha recently highlighted the importance of combining education with social responsibility. Speaking at the launch of the Tripura School Quality Assessment and Accreditation Framework (TSQAAF) in Agartala, he said that true education goes beyond textbooks and exams — it shapes character and builds values.

“Education isn't just about passing exams. It's about becoming a responsible and compassionate human being,” Saha said at the event held at Rabindra Shatabarshiki Bhavan. He encouraged schools to promote student participation in social work alongside academics, saying it helps children develop empathy, discipline, and a deeper connection with society.

Saha also spoke about the state's efforts to improve the education system. He mentioned that teachers are being recruited through the Teacher Eligibility Test (TET), and more appointments will follow. He stressed that education must evolve with time to give students the best opportunities.

The newly launched TSQAAF, he explained, will assess school performance and offer recognition, aiming to raise educational standards across Tripura. This will allow students to compete nationally on equal footing.

He also voiced strong support for the National Education Policy (NEP) 2020, calling it a step toward unified and holistic learning across the country. According to him, common curriculums and uniform assessments will level the playing field for all children.

Saha concluded by urging educators to teach life skills, values, and nation-building alongside academics, helping students grow into confident and socially aware citizens.

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STRICTER SCRUTINY DELAYS TAX REFUNDS IN FY 2025–26: WHAT TAXPAYERS NEED TO KNOW

As income tax season rolls out for assessment year 2025–26, many taxpayers across India are expressing growing concern over delayed refunds and tightened scrutiny by the Income Tax Department. According to official data, over 1.16 crore income tax returns (ITRs) have been filed so far, with 1.09 crore already verified. Yet, despite this volume, delays in refunds have sparked anxiety, especially among salaried individuals and small businesses who rely on timely refunds for financial planning.

Experts tracking the situation believe the primary cause of delay is procedural. Unlike previous years, when ITR filing utilities were released as early as April, this year saw an unusual lag. The utilities for ITR-1 and ITR-4 were made available only by May 30, and those for ITR-2 and ITR-3 came even later — on July 11. For larger entities and firms that file ITR-5, 6, and 7, the wait continues, as those utilities are yet to be released. As a result, the government had to extend the return filing deadline from July 31 to September 15, 2025.

Tax professionals have suggested that the refund delays are not just due to late filings, but also linked to deeper procedural changes. In the last two Union Budgets — July 2024 and February 2025 — as well as through year-round notifications from the Finance Ministry and the Central Board of Direct Taxes (CBDT), several major reforms were introduced. These included making the new tax regime the default, requiring additional disclosures in ITR forms, and tightening data reconciliation protocols using AIS (Annual Information Statement) and Form 26AS.

According to tax consultants, the department's systems are now

flagging returns that reflect high refund claims or any mismatch in reported data and third-party records. In such cases, refunds are being withheld pending manual or automated verification. This means even accurate filings might take longer to process if discrepancies, even minor ones, are detected.

Another layer of complexity comes from pending tax assessments of earlier years. In cases where an individual or entity's prior year returns are under review or have unresolved tax demands, the department can legally withhold or adjust current year refunds. Experts are advising taxpayers to review their tax history and ensure that all previous assessments have been cleared to avoid disruptions.

While this has created discomfort for many, tax authorities insist the objective is to improve accuracy and eliminate fraudulent claims. For those experiencing delays, the government offers several avenues to check refund status — including the “View Filed Returns” and “Refund/Demand Status” sections on the official portal. Taxpayers must also ensure their bank accounts are pre-validated and linked with the e-filing profile.

If concerns persist, the “e-Nivaran” grievance redressal platform and the Central Processing Centre (CPC) are available for assistance. Escalations can also be made to jurisdictional assessing officers when necessary.

On the brighter side, as per Section 244A of the Income Tax Act, the department is required to pay interest on delayed refunds beyond the prescribed time. This provision offers a small financial cushion for those



caught in the delay.

In summary, the delay in income tax refunds this year is not merely a result of late filings but a reflection of India's evolving and more stringent tax compliance ecosystem. While it promises cleaner books and fewer fraudulent claims in the long term, taxpayers will need to navigate this new landscape with greater diligence and awareness.

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NAVI MUMBAI AIRPORT SET TO SOAR BY SEPTEMBER: A GREEN GATEWAY FOR INDIA'S FUTURE AVIATION



Maharashtra is preparing to open the skies with the long-awaited Navi Mumbai International Airport (NMIA), which is now poised to begin operations by September 30, 2025. Chief Minister Devendra Fadnavis, during a detailed site inspection alongside Deputy Chief Minister Eknath Shinde and Minister Ganesh Naik, revealed that 94% of the construction work has already been completed. The remaining portion, mostly interior finishing and ceiling work, is expected to wrap up in the coming weeks.

The Chief Minister indicated that the airport would be formally inaugurated by Prime Minister Narendra Modi, who also laid its foundation stone. He stressed that efforts are underway day and night to meet the September deadline, emphasizing the significance of the project

not only for Maharashtra but for India's growing aviation ambitions.

Fadnavis remarked that NMIA is expected to become the most technologically advanced and modern airport in the country, eventually surpassing even Mumbai's Chhatrapati Shivaji Maharaj International Airport in capacity and features. Once both runways are operational, NMIA will be equipped to handle up to 90 million passengers annually—a milestone that puts it in the league of global mega-airports.

Among the airport's many standout features is its high-tech baggage-handling system, which will use 360-degree barcode scanning for rapid and accurate luggage transfers. Authorities have been instructed to aim for the world's fastest baggage claim experience, signaling a strong commitment to passenger convenience.

While the primary runway is already complete, the terminal building is in its final phase, with teams focused on ceiling and interior works. More than 13,000 workers are currently active at the site, and the Chief Minister confirmed that additional manpower would be mobilized if necessary to meet the operational target. Simultaneously, commercial licensing and readiness protocols are being finalized to ensure the airport is immediately functional upon launch.

Fadnavis also emphasized NMIA's eco-conscious infrastructure, branding it as a "green airport." With a renewable energy capacity of 37 MW and all airport vehicles designed to run on electricity or alternative fuels, NMIA is poised to be a leader in sustainable aviation. It also plans to promote the use of sustainable aviation fuel, reinforcing India's broader

commitment to environmentally responsible transport solutions.

Connectivity to the airport has been planned with equal precision. The CM shared updates on the Atal Setu-Coastal Road link, expected to be completed by March 2026, along with an elevated road from Thane. Furthermore, the integration of suburban rail, metro, and even water transport systems will ensure easy access from all corners of Mumbai Metropolitan Region.

For travelers, comfort will go far beyond amenities. Future phases include baggage check-in facilities in other cities—so passengers can arrive at the airport luggage-free—and an underground train connecting terminals within the airport itself. Terminal access will also be improved with travelators and compact bays no more than 500 metres apart, limiting the need for long walks.

On the issue of naming the airport, Fadnavis confirmed that a proposal has been submitted to the Centre, and both he and Shinde intend to follow up with the Prime Minister for approval.

The Navi Mumbai International Airport, long in the making, now stands on the brink of becoming a transformative aviation hub for India. With world-class infrastructure, green innovation, and multi-modal connectivity, NMIA is expected to redefine the passenger experience and place Maharashtra on the global aviation map.

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EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

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Q. How to grow Emotional  
Intelligence?

**Ans.** Emotional Intelligence (EI) is the ability to identify, understand, manage, and influence emotions in both yourself and others. Developing EI can significantly enhance your personal relationships, work performance, and leadership qualities. Emotional intelligence is an essential skill for personal growth and professional success. By developing self-awareness, compassion, integrity, and other core elements of EI, you can enhance your ability to connect with others and create meaningful relationships. These principles not only elevate your personal life but also help foster a healthier and more productive work environment. This article explores key elements from A to Z that will help you grow your emotional intelligence to deepen the understanding of each concept.

• A - Awareness (Self-Awareness): Self-awareness is the foundation of emotional

intelligence. It involves being in tune with your emotions and understanding how they affect your thoughts and behavior. Self-awareness enables you to recognize your emotional triggers and the patterns that shape your responses. Practice mindfulness to become more aware of your emotional state throughout the day. Regular reflection, journaling, or meditation can also help increase self-awareness. "आत्मविज्ञानं सर्वोत्तमं विज्ञानम्" (Self-awareness is the highest form of knowledge.) This Subhashitam emphasizes that knowing oneself is the highest wisdom.

• **B – Balance:** Emotional intelligence requires emotional balance, which means staying calm under pressure, handling stress effectively, and not letting your emotions take control of your actions. Practice techniques like deep breathing or grounding exercises to maintain emotional balance during challenging situations. "संतोषे सुखमाप्नोति" (Contentment brings happiness.) Achieving emotional balance through contentment helps in dealing with life's challenges with calmness.

• **C – Compassion:** Compassion involves understanding others' emotions, offering support, and being there for them. It enhances interpersonal relationships and fosters a culture of empathy in your environment. Show genuine concern for the well-being of others by offering help, listening actively, and providing emotional support when needed. "परदुःखदुःखं तद्गुणं दुःखं सुखं च" (The sorrow of others should feel like your own, and their happiness should bring you joy.) Compassion grows when we connect with others' emotions deeply.

• **D - Decision Making:** Being emotionally intelligent also means making decisions that align with your values and emotional state. Emotional intelligence helps you stay logical while also considering how your decisions impact others emotionally. Before making a major decision, consider both the emotional and practical aspects. Ask yourself how it will affect your well-being and the well-being of others. "विवेकं धर्मेण स्थिता" (Wisdom rooted in righteousness leads to right decisions.) Emotional intelligence guides decision-making when aligned with clear values.

• **E – Empathy:** Empathy is the ability to understand and share the feelings of others. It helps to build strong relationships by enabling you to connect with others' emotional experiences. Actively listen to others and try to put yourself in their shoes. Practice understanding their emotions and perspectives before responding. "सर्वजनहिते रतम्" (One who seeks the well-being of all is truly wise.) Empathy fosters the well-being of everyone, creating a harmonious environment.

• **F – Flexibility:** Emotional intelligence requires the flexibility to adapt your emotional responses to the situation at hand. Being flexible enables you to manage changing circumstances effectively. Cultivate the ability to change your approach when things don't go as planned. Adapt to new challenges with an open mind. "विपरीतं धीरं यः क्षणं स्याद्विपरीतं धर्मेण" (One who is flexible in response to challenges is grounded in wisdom.) Flexibility in emotions leads to better problem-solving and growth.

• **G – Gratitude:** Gratitude is a powerful emotion that enhances emotional intelligence. It shifts your focus from what's lacking to what's abundant in your life, fostering positive relationships and self-contentment. Practice gratitude daily by acknowledging the good in your life. Start a gratitude journal or take a moment each day to reflect on things you're thankful for. "धन्यं धर्मेण धर्मज्ञं" (Gratitude brings prosperity and wisdom.) Gratitude aligns your emotions with righteousness, promoting personal and professional growth.

• **H – Humility:** Humility is the ability to stay grounded, regardless of your achievements or status. Emotionally intelligent individuals recognize their

limitations and are open to learning from others. Be open to feedback and show appreciation for others' contributions. Accept your mistakes and seek opportunities for growth. "न हि धन्यं विना धर्मेण" (One without humility is never truly wealthy.) Humility enhances emotional intelligence, ensuring a deeper connection with others.

• **I – Integrity:** Integrity is crucial for emotional intelligence, as it aligns your actions with your values. Being honest and transparent builds trust and respect in relationships. Stay true to your word. Keep promises and demonstrate reliability in all your dealings. "सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम्" (Speak the truth in a kind manner; never speak the truth in a harsh way.) Integrity and truthfulness contribute to deepening trust and mutual respect.

• **J – Judgment:** Emotionally intelligent individuals make sound judgments, considering both logic and emotions. Their decisions are based on careful thinking and emotional understanding. Pause before making decisions to consider all emotional and rational aspects. Balance both perspectives before concluding. "यदा धर्मेण कार्येण सदा धर्मेण प्रतिष्ठितं" (One who is always grounded in righteous action, judgment will never mislead them.) Good judgment is the result of emotional intelligence coupled with wisdom.

• **K – Kindness:** Kindness is an essential component of emotional intelligence. It fosters goodwill and creates a supportive and positive environment for others. Perform small acts of kindness regularly. Help a colleague, express appreciation, or simply offer a listening ear. "कान्तारं शब्दबद्धं च यः समृद्धं समुत्थितं" (A kind and empathetic word lifts the spirit of the listener.) Kindness goes a long way in fostering emotional connections.

• **L – Listening:** Listening is a critical skill for emotional intelligence. Truly listening to others without judgment or interruption helps to understand their emotions and perspectives. Practice active listening by focusing on what the other person is saying, without thinking about your response while they are speaking. "श्रवणेन ज्ञानं प्रवर्तते न हि अन्यथा" (True understanding comes through listening.) By listening deeply, you show empathy and respect toward others' thoughts and feelings.

To be continued next week....stay connected

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THE FUTURE OF FRIENDSHIPS: DEEP TALKS OVER DIGITAL LIKES

In an age where friendships are often measured by story reactions and post likes, a quiet yet powerful shift is taking place one that values presence over performance, and heart-to-heart conversations over highlight reels. As social media continues to evolve, many are beginning to question: are digital likes enough to sustain real friendships? Increasingly, the answer is no.

The rise of social platforms brought an illusion of connection. A simple "like" or a flame emoji became the go-to gesture for showing support. But what many have come to realize is that these



The Future of Friendships: Deep Talks Over Digital Likes

fleeting interactions lack the depth that true companionship requires. In fact, studies suggest that too much dependence on online validation can negatively affect mental health. A 2019 study published in Journal of Social and Clinical Psychology found that limiting social media usage to 30 minutes per day can significantly reduce levels of loneliness and depression.

The future of friendships, it seems, lies in going back to the

basics meaningful conversations, shared experiences, and emotional presence. In a post-pandemic world, where isolation made people reconsider the value of real-world interactions, there's a growing hunger for authenticity. Coffee catch-ups, late-night calls, or even quiet walks with a friend are being cherished more than ever.

Psychologists explain that authentic friendships act as emotional anchors. Dr. Marisa Franco, author of Platonic, explains, "Friendships based on emotional intimacy where people feel truly seen and understood are not only more fulfilling, but they also protect against anxiety and depression." This shift is more than just a trend; it's a mental health movement.

Offline connections promote trust, empathy, and emotional regulation qualities that are hard to cultivate in curated digital spaces. A face-to-face conversation activates mirror neurons in the brain, fostering empathy and genuine emotional resonance, something a "like" button can never replicate.

Young adults, especially Gen Z, are leading this shift. Despite growing up in a hyper-digital world, many are now actively pursuing "screen-free" friendships or hosting phone-free meetups to foster real engagement. Apps like "Slowly" (which lets people exchange digital letters over time) or platforms that focus on journaling and mindful messaging are gaining traction all signs that

depth is overtaking speed.

Moreover, redefining friendship away from follower counts reduces social comparison. When the goal is no longer to impress but to connect, people are more likely to be their true selves, easing the pressure to perform and improving self-esteem.

So, what does the future hold? Likely, a blend digital tools that support real-world friendships rather than replace them. Social media might still be a bridge, but not the destination. The value will shift from how many people see your post to how many truly know your heart.

In the end, we may forget who double-tapped our photo, but we won't forget who showed up for us in silence, in struggle, and in person.

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DIGITAL DOPAMINE: ARE WE ADDICTED TO NOTIFICATIONS?

In today's hyperconnected world, the constant sound of a notification has become almost as familiar as our own thoughts. Whether it's a new message, a social media update, or a breaking news alert, our attention is repeatedly pulled toward our screens. But what's really happening inside our brains when we respond to these digital nudges? Are we simply staying informed or are we becoming dependent on them?

At the core of this behavior is a brain chemical called dopamine. Often known as the "reward molecule," dopamine plays a central role in motivation and pleasure. It's what encourages us to repeat actions that feel good, such as accomplishing a goal or connecting with others. In a balanced life, dopamine is a helpful guide. But in the digital age, it's being triggered constantly and sometimes unnecessarily.

Every time we receive a notification, our brain experiences a small release of dopamine. This mechanism is similar to what motivates people to keep checking for updates, even when they're not expecting anything important. The randomness of notifications, sometimes meaningful, sometimes not keeps the brain curious and engaged. This unpredictability makes them especially difficult to resist.

Scientific studies have explored this in depth. Research published in Nature (Volkow et al., 2011) explains how dopamine responds not only to rewards,

but also to the anticipation of them. This is why notifications, with their uncertain outcomes, are so powerful in attracting our attention. Additionally, a study from Harvard University found that sharing personal content online activates the same brain regions associated with emotional satisfaction and positive feedback.

Unfortunately, this continuous engagement with digital devices can have side effects. Many people experience reduced attention spans, difficulty concentrating, and increased stress when disconnected from their phones. These signs suggest that our reward systems are being conditioned to seek constant stimulation, leaving little room for calm, focused thinking.

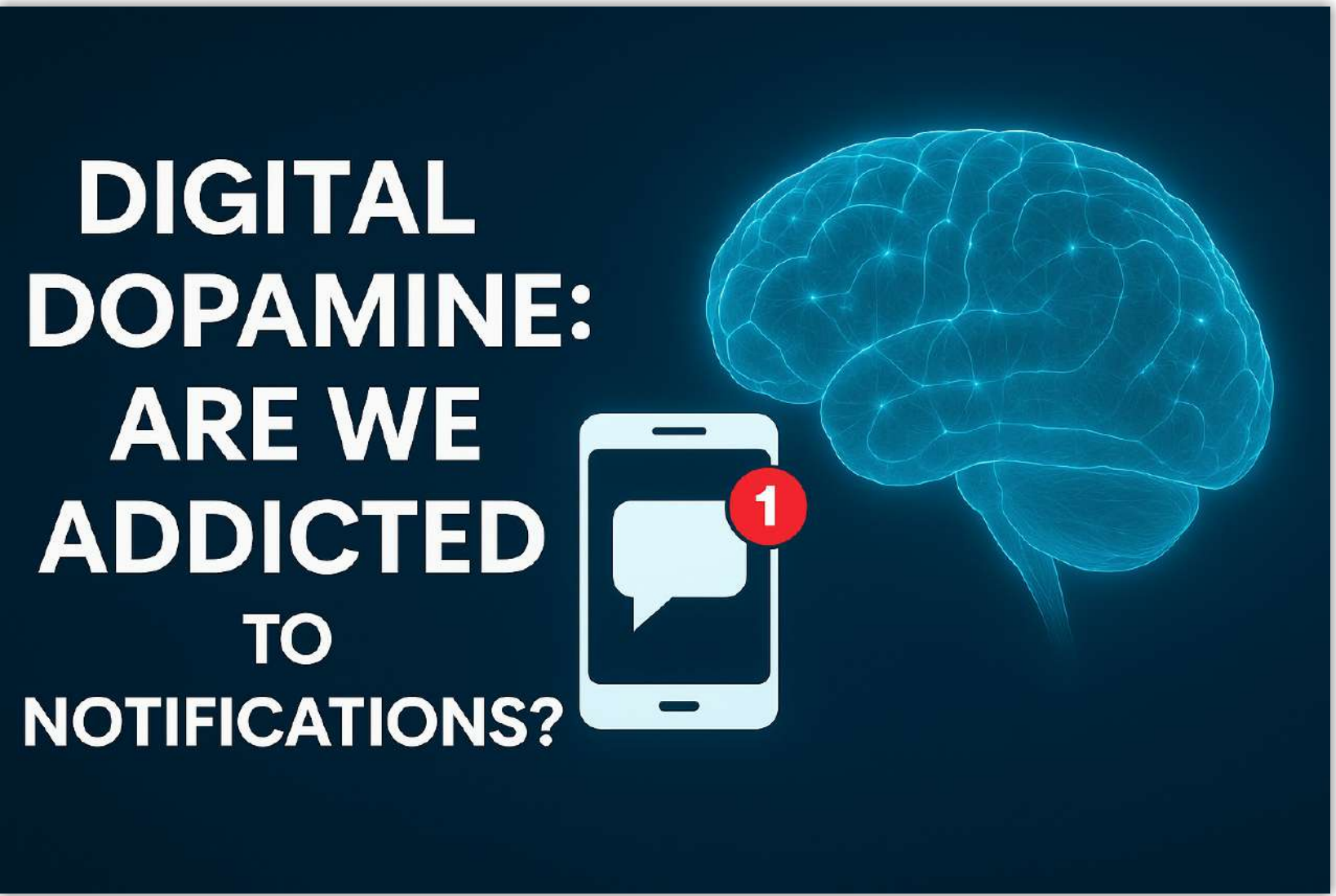
So, how can we break this pattern and create a healthier relationship with technology?

- Turn Off Non - Essential Notifications:** This simple action can significantly reduce interruptions and improve focus. Only keep alerts that are truly necessary.
- Use "Do Not Disturb" Features:** Set aside specific times in your day to work, relax, or sleep without digital distractions.
- Schedule Technology - Free Time:** Dedicate blocks of time especially in the morning or before bed—for

screen-free activities like reading, walking, or journaling.

- Practice Mindfulness:** Mindful breathing or short meditation sessions can help retrain the brain to focus and reduce impulsive behaviors.
- Create Real - World Rewards:** Shift your attention toward fulfilling offline experiences like spending time with loved ones or engaging in creative hobbies.

Technology is a powerful tool, but when it begins to shape our behavior in unconscious ways, it's time to reflect and reset. By understanding how our brains



respond to digital rewards, we can take meaningful steps toward using technology more thoughtfully and living with more intention.

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SUBHANSHU SHUKLA, AXIOM-4 CREW TO RETURN TO EARTH ON JULY 14: NASA



Captain Subhanshu Shukla, an Indian astronaut, along with the rest of his Axiom-4 crewmates, are set to return to Earth around July 14 from the International Space Station, NASA said. The members of Axiom-4 mission are Former NASA astronaut Peggy Whitson, ISRO astronaut group captain Shubhanshu Shukla, ESA astronaut Slawosz Uznanski- Wisniewski of Poland, and Tibor Kapu of Hungary. Shukla and his fellow Axiom-4 astronauts have spent around two weeks in orbit and likely to return on 14 July. The Axiom-4 mission was launched from Kennedy Space Center in Florida on June 25, and its Dragon spacecraft docked with the International Space Station on June 26 after a 28-hour journey. The astronauts are more likely to be flown back to Florida or California. Just after landing, they undergo basic medical check-ups. This mission plays a significant role in India's growth as it marks the country's return to human spaceflight after a long time and highlights its growing role in global space exploration. It also supports future missions like Gaganyaan and demonstrates India's scientific capabilities on the international stage.

FIRST STATE TO IMPLEMENT ICMR'S TB DEATH PREDICTION MODEL IS TAMIL NADU

Tamil Nadu is the state which implements ICMR's National Institute of Epidemiology's created AI-based TB (Tuberculosis) Detector Model. TB Detector Model is a feature that has been added to Tamil Nadu's existing TB Seva (Severe TB Web Application 2022). Under the initiative model, Tamil Nadu Kasanoi Erappila Thittam (TN-KET). This TB detector model was developed after analysing data from approximately 56,000 TB patients who were registered at public health facilities in Tamil Nadu between July 2022 and June 2023. This model supports early diagnosis and treatment by evaluating the severity of disease based on five key health parameters: Body Mass Index, respiratory rate, oxygen saturation level, ability to stand without support, and presence of pedal oedema (swelling in the legs). The model is intended to help patients and doctors understand the level of illness in order to correctly diagnose and effectively treat the right medication. Tuberculosis (TB) remains a crucial health issue for India and according to the national tuberculosis elimination programme (NTEP), India is at 26.07 lakh cases in 2024. Implementing this model will help assist in timely patient diagnosis and treatment, it is most importantly ensuring severely ill patients have been admitted to the hospital and with no delays.



PCMC GETS SEIAA NOD FOR PAVANA RIVER PROJECT

The Pimpri Chinchwad Municipal Corporation (PCMC) has finally received environmental clearance for its big Pavana River Rejuvenation Project. This approval came from the State Environment Impact Assessment Authority (SEIAA). The Pavana River project had been delayed for a long time, as it was first proposed in December 2019, but it received approval from environmental clearance for implementation in July 2025. The official said that they are focusing on bringing change, not on how much money is being spent, or how much needs to be spent on this project. According to officials, the budget can go up to ₹1,500 crore. It covers approximately 24 km of the river area to work on improving it. This project will seek to contain pollution along the Pavana River, repair the ecology, access and preserve the riverbed, and other actions to protect, restore, and beautify the river. The next issue will be funding. The project will proceed when the funding plan is finalized. Ultimately, this project will also seek to heal the Pavana River, and in doing so, model sustainable practices for communities. The resurrection of the river ultimately serves as a vehicle for hope, and success will unite communities for a better future.



TATA STEEL, INQUIK JOIN FORCES TO BRING MODULAR BRIDGE-BUILDING TECHNOLOGY TO INDIA

Tata Steel signed a memorandum of understanding (MOU) with Australia's InQuik to introduce InQuik's use of modular bridge-building technology to India. The partners are paving the way for an improvement to India's infrastructure and to address an evolving infrastructure need. T.V. Narendran, Chief Executive Officer and Managing Director of Tata Steel, said that the company focuses on delivering smart and sustainable construction solutions to meet the growing infrastructural needs of modern India. Tying up with InQuik is reimagining technology-driven infrastructure construction practices in the country, creating more ways to use steel smartly and offering a chance to help shape how India builds its roads and bridges. India requires such solutions. The government has been focusing on the development of rural areas and their connectivity with urban centres. However, many rural areas still wait for years for a bridge that connects them to markets, schools, and hospitals. This is also a big moment for InQuik. The Australian company wants to expand globally and considers India the right place to grow. Tata Steel sees this as part of its push to move beyond steel production and deliver smart construction solutions that meet India's rapidly evolving needs. Both firms see great potential in this collaboration.



PRIME VIDEO CONFIRMS PANCHAYAT SEASON 5 AFTER SEASON 4 RELEASE



Jitendra Kumar's Panchayat Season 4 was released on 24th June, and they have officially announced Season 5 of the series. The announcement of Season 5 was formally made on Prime Video India's official Twitter handle. This series is a phenomenon in more than 42 countries including the UK, US, Canada, Australia, and UAE. People are super excited, and they have shared their excitement as the makers have announced Season 5. Panchayat Season 1 was released in 2018, produced by The Viral Fever, it focused on the life in rural India as well as the issues and day-to-day life of Indian villages. This small-town story, created by Chandan Kumar and his team, has won multiple awards and gained global recognition. Jitendra Kumar, Neena Gupta, and Raghubir Yadav continue to impress, and the continued relatability and freshness of the series will only help it to reach audiences in both urban and rural demographics going forward. While there's no release date yet for season 5, filming is expected to ramp up soon. The series promises to deliver even more surprising political stunts and village drama.

INDIA IS 4TH AMONG THE MOST ECONOMICALLY EQUAL SOCIETIES IN WORLD.

According to the data released by the World Bank, India ranks 4th position in terms of having equality among people's earning, expenditure, and livelihood. The other three nations which rank higher than India are Slovak Republic 24.1, Slovenia 24.3, and Belarus 24.4. The World Bank data indicates that the income equality in India was better than those in 167 countries. Income equality is measured through the Gini Index, which ranges between 0 and 100. A higher Gini score is reflective of greater inequality among the incomes, and the lower score is indicative of a more equal society. India's Gini score for 2022 -23 is 25.5, which is far improved from last released data in 2011-12, which is 28.8. The major economies of the world have a far higher inequality index as compared to India, which is 41.8 for the United States and 35.7 for China. The government welfare programs and policies play an important role in improving the inequality index in India. The initiatives like Ayushman Bharat and PM Jan Dhan Yojana lead an impactful role in this improvement which led many people out from below poverty line.





Afreen Mazgaonkar & Roshni Kumari

SRIKANTH KIDAMBI'S HEAVY LOSS - CANADA OPEN 2025



India's top badminton player “Srikanth Kidambi” has lost the Canada Open 2025. He started his tournament perfectly focused and energetic. He played quite well in the middle of the match, but suddenly in the most crucial moment he was unable to make a successful smash and cost him the game. The tournament was intense. Srikanth played really well and showed his talent and skills, but a few wrong moves cost him the match. Experts and fans were hoping to bring back his old form of playing. He showed that staying mentally strong and consistent is very important. Srikanth's performance reminded people of his best days. It was heartbreaking to lose the tournament. But the heartbreak is not just for Srikanth but also for every fan who hoped to see him return to success again. Many still feel he has not reached the end of his story. With time and practice, in the right setting conditions, he too can come back much stronger to the next tournament. A loss does not define a player. It is just a process, and champions always come back.

INDIA TO WIN FIRST GOLD MEDAL, AT WORLD BOXING CUP 2025

India earned its first gold medal at the World Boxing Cup 2025 in Astana, Kazakhstan, courtesy of Sakshi, a two-time youth world champion. Sakshi competed in the women's 54 kg category and defeated USA's Yosline Perez by unanimous decision. There was no doubt in the judges' eyes. Sakshi was full of energy, footwork, good combinations, and control from the first round and they gave him the decision, and freed India's first medal up onto the gold podium. The Indian boxing group delivered its best-ever performance in the 38-year history of the World Cup event. The Indian boxers secured 11 medals in the Kazakh leg of the event, including 3 gold, 5 silver, and 3 bronze medals. Also, this is the best medal performance for Indian boxing on the world stage, bettering the previous six medals in the Brazil leg of the event. Along with Sakshi's gold medal, the Indian boxers Meenakshi (48 kg), Jugnoo (85 kg), and Pooja Rani (80 kg) all brought home silver medals as well. Other Indian boxers Hitesh Gulia, Abhinash Jamwal, Jaismine, and Nupur were solid with their determined performance and podium finishes. This latest achievement adds to the growing army of world-class Indian boxers on the international boxing platform stage. The India squad wants to continue building momentum with more finals approaching and indicating strength for future boxing competitions against other countries.



HARMOL SINGH GILL TO DEAL WITH ARM WRESTLING CHAMPIONSHIP 2025

Harkomal Singh Gill, a student at CT University, Ludhiana, made a considerable impact in his age and weight class at the National Arm Wrestling Championship 2025 in Kerala. Competing in the 80 kg weight category, Harkomal's performance throughout the tournament demonstrated strength, skill and commitment, but the depth of talent was simply outstanding. Harkomal brought home a total of 4 gold medals, and proves he is one of India's best arm wrestlers. Harkomal's dominance across the different rounds of competition didn't just amaze spectators, he received the title of "Champion of Champions," meaning that he was recognized as the best overall competitor in the entire tournament. Harkomal's strength and fast reflexes reflect the work commitment that comes with a strong dedication and extraordinary training method that is diligently pursued, similar in many aspects to professional weight lifting and power sports. Harkomal's accomplishments have brought tremendous pride upon CT University, and stands to inspire countless other aspiring athletes especially in strength based sports including weightlifting and arm wrestling. Harkomal's accomplishments illustrate the willingness for commitment, consistency, and mental toughness in competitive sports.



HARVINDER SINGH'S DOUBLE GOLD PLACES INDIA SECOND IN THE ASIAN PARA CHAMPIONSHIP

The world leading Paralympics champion Harvinder Singh won 2 gold medals at the Beijing 2025 Asian Para Championship. He made India to stand second place with his outstanding performance while China took first place, which was held on Sunday. India gained a total— 3 gold medals, 3 silver medals and 3 bronze medals. Harvinder Singh made the record of 663 points in recurve qualifying round. In the event of recurve open mixed team. He won the gold medal with his teammate Bhawna. Singh's effort has been lauded by sports authorities and fans, who considered his performance a landmark for Indian para-archery. His continued stability and presence of mind made him a hero for the whole nation and provided inspiration for many upcoming para-athletes back in India. His victory also further cements his legacy to be one of India's foremost Paralympic archers. India has collected 3 gold, 3 silver and 3 bronze medals and ended up with second place. At the same time China achieved 10 gold, 4 silver and 3 bronze medals. The Asian Para Championship allowed India to achieve a total of 9 medals. After Harvinder Singh succeeded 2 gold medals.



INDIA'S U-20 WOMEN WRESTLERS STREAK TO CHAMPIONS TROPHY WITH 8 MEDALS



India's U-20 women wrestlers showcased an outstanding performance at the 2025 Asian Wrestling Championship in Bishkek, to win the Champions Trophy with an astounding eight medals in ten weight categories. The Indian Team topped the team standings with 183 points, ahead of China with 155 points. A total of seven Indian wrestlers, Saarika (53 kg), Reena (55 kg), Neha Sharma (57 kg), Anjali (62 kg), Muskan (65 kg), Harshita (72 kg), and Kajal (76 kg) won gold medals. Saarika began their gold medal streak with a 3-0 quarterfinal victory over the Kazakh, followed by a fall on Chinese Taipei in the semifinals, and finished with an 8-7 win over Japan. Reena once again reaffirmed her class by winning all her top-rank competitions against compatriots from Kyrgyzstan, Japan, and China. Neha Sharma displayed technical dominance with an 8-0 victory over China in the finals. Anjali defeated competitors from Kyrgyzstan, Mongolia, Kazakhstan, and China. Muskan, Harshita, and Kajal dominated in all their matches and won by technical superiority. Kajal pinned her adversaries from Turkmenistan and Uzbekistan and defeated Japan in the finals 6-2. The Indian team also picked up one bronze through Ashlesha Kalyan (59 kg), who won by technical superiority against Kazakhstan to earn third. For two other wrestlers the podium eluded Shruti (50 kg) and Mansi Lather, who did not medal. This dominant showing highlights India's growing depth in junior women's wrestling, thanks in no small part to their level of training, support and commitment.

INDIA'S FIRST EVER INTERNATIONAL JAVELIN THROW EVENT, SUCCEED BY NEERAJ CHOPRA

The most attractive athlete, Neeraj Chopra, who was also the two- time Olympic Champion, participated in the International Javelin Throw Event. Which was held in Kanteerava stadium, Bangalore. It's a category of World Athletics. Neeraj won the inaugural International Javelin Throw , which made him proud by his excellent performance. His throw was 86.18mts. Which was the bestest throw at the event. He made the historic record in India at the event with his outstanding performance. India has organized this International Javelin Throw Event for the first time in Bangalore. He is the Back - to - back Olympic Champion medalist, who created a history of his achievements. The event has also been named after him as “Neeraj Chopra Classic.” This victory also represented a third consecutive title for Neeraj this season to add to his global success story. Although he demonstrated India's growing stature in athletics with this performance, he also inspired a new generation of young athletes every day across the country.





Dr. Smita Kuntay

RESERVE BANK OF INDIA (RBI)  
RECRUITMENT 2025 - APPLY  
NOW FOR LEGAL OFFICER,  
MANAGER & ASSISTANT  
MANAGER POSTS!



RBI Recruitment 2025  
for Manager Grade B, Assistant Manager Grade  
A & Legal Officer

The RBI Services Board invites online applications from eligible Indian citizens for 28 prestigious vacancies for the posts of Legal Officer (Grade B), Manager (Technical – Civil/Electrical), and Assistant Manager (Rajbhasha & Protocol & Security) for the Panel Year 2024.

- Important Dates:**
- Notification Released: 11th July 2025
  - Apply Online: From 11th July 2025 (10:00 AM)
  - Last Date to Apply: 31st July 2025 (6:00 PM)
  - Last Date to Print Application: 16th August 2025

- Vacancy Details:**
- Legal Officer (Grade B): 05 posts
  - Manager (Technical – Civil): 06 posts
  - Manager (Technical – Electrical): 04 posts
  - Assistant Manager (Rajbhasha): 03 posts
  - Assistant Manager (Protocol & Security): 10 posts
  - Total Vacancies: 28

- Eligibility Criteria:**
- Age (as on 01.07.2025): Legal Officer: 21–32 yrs, Manager: 21–35 yrs, AM (Rajbhasha): 21–30 yrs & AM (Protocol & Security): 25–40 yrs.
  - Education: Legal Officer: LLB with 50% + 2 yrs experience, Manager (Civil/Electrical): B.Tech with 60% + 3 yrs experience, AM (Rajbhasha): MA in Hindi/English with specific combinations & AM (Protocol & Security): Ex-Servicemen with 10 yrs Commissioned Service.

- Pay Scale:**
- Grade A: ₹62,500/- p.m.
  - Grade B: ₹78,450/- p.m.
  - Allowances as per RBI norms

- Selection Process:**
- Written Exam → Interview → Document Verification

- Application Fee:**
- Gen/OBC/EWS: ₹600 + GST
  - SC/ST/PwBD: ₹100 + GST
  - RBI Staff: Nil

For more details, candidates can refer to the official notification.

BANK OF BARODA LBO RECRUITMENT 2025 - APPLY ONLINE FOR 2500 OFFICER  
VACANCIES ACROSS INDIA

Bank of Baroda (BoB), one of India's leading public sector banks, invites online applications from talented, experienced graduates for the post of Local Banking Officer (LBO) in Junior Management Grade/Scale-I (JMG/S-I). This is a golden opportunity to become a part of one of India's most trusted banks and serve in your home state with a promising banking career.

- Post Details:**
- Post: Local Banking Officer (JMG/S-I)
  - Vacancies: 2500
  - Pay Scale: ₹48,480 – ₹85,920 + allowances
  - Experience Required: Minimum 1 year as an Officer in a Scheduled Commercial Bank or RRB
  - Job Location: Pan India (as per vacancy list)

- Eligibility Criteria:**
- Qualification: Graduate with at least 60% marks from a recognized university
  - Age Limit: Max 28 years as on 01/07/2025 (relaxations as per rules)
  - Local Language Proficiency: Mandatory – to be tested via LPT or educational certificates

- Selection Process:**
1. Online Test (pattern to be notified)
  2. Language Proficiency Test (LPT)
  3. Psychometric Assessment
  4. Personal Interview
  5. Document Verification



- Application Fee:**
- General/OBC/EWS: ₹650
  - SC/ST/PwD/Women: ₹175 (Online payment only)

- How to Apply:**
- Apply online through BoB's official IBPS portal from 4th July to 24th July 2025. Upload all required documents (photo, signature, resume, education & experience proof, etc.) and retain your registration credentials for future use.

- Important Dates:**
- Apply From: 04/07/2025, Last Date to Apply & Pay Fee: 24/07/2025
  - Exam Date: To be announced

For more details, candidates can refer to the official notification.

SSC CHSL RECRUITMENT 2025 – APPLY ONLINE FOR 3131 VACANCIES!  
LDC, JSA & DEO POSTS

The Staff Selection Commission (SSC) has officially released the SSC CHSL (10+2) Notification 2025 on 23rd June 2025. This national-level recruitment drive offers approx. 3131 vacancies for Group 'C' posts: Lower Division Clerk (LDC), Junior Secretariat Assistant (JSA), and Data Entry Operator (DEO) in various Central Government Ministries, Departments, and Offices across India.

- Post Details & Salary:**
- LDC / JSA: ₹19,900 – ₹63,200
  - DEO: ₹25,500 – ₹92,300
  - DEO Grade 'A': ₹25,500 – ₹81,100

- Eligibility Criteria (as on 01/01/2026):**
- Age: 18 to 27 years (born between 02/01/1999 and 01/01/2008) (Relaxation: 5 yrs SC/ST, 3 yrs OBC, 10 yrs PwBD, etc.)
  - Educational Qualification: 12th Pass or equivalent from a recognized Board/University. For certain DEO posts, 12th in Science stream with Mathematics is mandatory. Candidates appearing in 12th exams may apply but must qualify by 01/01/2026

- Selection Process:**
1. Tier-I: Computer-Based Exam (Objective)
  2. Tier-II: CBE + Skill Test
  3. Document Verification
  4. PET/Medical Standards (for LDC in BRO, male only)




- Application Fee:**
- General/OBC: ₹100/-
  - Women/SC/ST/PwBD/ESM: Exempted
  - Correction Fee: ₹200 (1st), ₹500 (2nd)
  - Payment Mode: Online via UPI, Cards, Net Banking

**How to Apply:**  
Visit [ssc.gov.in](https://ssc.gov.in) or use My SSC mobile app. Complete

One-Time Registration, upload a live photo, signature, and required documents. Apply Between: 23/06/2025 to 18/07/2025 (11:00 PM)  
Correction Window: 23–24 July 2025  
Exam Dates (Tier-I): 08/09/2025 to 18/09/2025

For more details, candidates can refer to the official notification.





1. What does the acronym AMRUT stand for, which was launched on June 25, 2015?

2. Which organization approved the second living drug, Qartemi, for the treatment of blood cancer?

3. What is the name of the mascot for the 2024 Khelo India Winter Games?

4. Which city will host the World Audio-Visual & Entertainment Summit (WAVES) in 2025?

5. Kariyachalli Island, which was recently in the news, is situated in which state?


6. Which state has been recognized as the top-performing state in the CareEdge State Ranking Report 2025?

7. During the SCO Defence Ministers' Meeting, which traditional painting was presented by India's Defence Minister to his Chinese counterpart?

8. Where was the Rashtriya Boudhik Sampada Mahotsav (RBSM) 2025 held?

9. Which organization introduced a digital policy called DHRUVA (Digital Hub for Reference and Unique Virtual Address)?

10. Which ministry launched the Krishi Nivesh Portal?



1) I am a nation that recently hosted the G20 summit and am famous for my Bollywood film industry and rich cultural diversity. Which nation am I?

2) I am an international sports event that occurs every four years, uniting athletes from across the globe. This year, I took place in Paris. What event am I?

3) I am a social media platform that has recently undergone a rebranding with a new name and logo, known for my emphasis on short videos. What platform am I?

4) I am a natural event that recently inflicted considerable damage in a coastal region of India. I am a powerful storm originating from the ocean. What am I?

5) I am a tech company that has recently introduced a new smartphone model featuring advanced camera capabilities. I am a significant player in the technology sector. Who am I?

5) Apple

4) A cyclone.

3) X (previously known as Twitter).

2) The Olympics.

1) India.

10. Ministry of Agriculture and Farmers Welfare.

9. Department of Posts.

8. Dehradun.

7. Madhubani painting.

6. Maharashtra.

5. Tamil Nadu.

4. Mumbai.

3. 'Sheen-e She' (Shan).

2. Central Drugs Standard Control Organization

1. Atal Mission for Rejuvenation and Urban Transformation.

ANSWERS

QUIZ TIME

10 RIDDLES



# LAUKI KHEER BLISS

This Week, We're Simmering Lauki Kheer Bliss – A Sacred Bowl of Creamy Calm for Shravan

Lauki Kheer Bliss, a light and sattvic dessert, is a soulful blend of grated bottle gourd simmered in creamy milk, sweetened with jaggery or sugar, and delicately flavored with cardamom. Often prepared during the holy month of Shravan, it's not just a dessert—it's an offering, a tradition, and a moment of serene indulgence.

**Ingredients:**

**Main Base:**

- Lauki/Bottle gourd (1 medium, peeled, grated, and squeezed)
- Full cream milk (1 liter)
- Sugar or jaggery (4 tbsp or as preferred)
- Cardamom (4–5 pods, crushed)
- Ghee (2 tbsp)

**For Garnish & Richness:**

- Cashews (10–12), Raisins (8–10), Almonds (10–12, slivered) & Saffron strands (a pinch, optional)

**Steps:**

- Grate & Prep Lauki: Peel, grate, and squeeze lauki to remove excess water.
- Sauté: In a thick-bottomed kadhai, heat 1 tbsp ghee. Add lauki and sauté for 6–8 minutes until softened and its raw smell disappears.
- Boil the Milk: In a separate pan, boil the milk. Simmer for 10–12 minutes, stirring often, until slightly reduced.
- Mix Together: Add the sautéed lauki to the simmering milk. Cook on low heat for 15–20 minutes until it thickens. Stir occasionally to prevent sticking.
- Sweeten & Flavor: Add sugar or jaggery and crushed cardamom. Let it cook for another 5 minutes until flavors blend well. Add saffron if using.
- Fry & Garnish: In 1 tbsp ghee, fry cashews, raisins, and almonds till golden. Add to the kheer and gently stir.

This sattvic delicacy is perfect as prasad or a nourishing dessert after your fast. Serve it warm for comfort or chilled for calm, Lauki Kheer carries the sacred simplicity of Shravan in every spoon.



Introducing Our New Column

## ARTWORK OF THE WEEK

We invite all young artists to showcase their talent in our weekly e-newspaper, The HULAHUL Times. Submit your hand-drawn artwork to be featured!

**CRITERIA**

- Age Limit: Up to 24 years
- Artwork Size: A4
- Format: Hand-drawn only

**SUBMISSION DETAILS**

- Email your artwork to: thehulahultimes@gmail.com
- Subject Line: ARTWORK
- Include: Your Name, Age, School/College Name, and Phone Number

**CONTACT INFORMATION**

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