

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



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## ECHOES OF KARGIL: WHERE COURAGE CLIMBED HIGHER



Every year on 26 July, India observes Kargil Vijay Diwas to commemorate the bravery of soldiers who fought in the 1999 Kargil War. In 1999 on this day, Indian troops reclaimed the mountain heights intruded by Pakistani forces in a courageous campaign known as Operation Vijay. Even after years, the memory of this victory, and the sacrifice of over 500 soldiers, continues to inspire generations. Many brave soldiers like Captain Vikram Batra, Grenadier Yogendra Singh Yadav, Lieutenant Manoj Kumar Pandey, and others became national heroes for their fearless acts.

The Kargil War, fought in the high-altitude regions of Kargil, Drass, and Batalik in Jammu and Kashmir, was not a conventional war. It was unexpected, fierce, and difficult, not only because of the enemy but also due to the extreme terrain and weather conditions. The war lasted for nearly two months and ended on 26th July 1999, when India successfully pushed back the infiltrators and regained control of the posts. The cost was high with loss of over 500 Indian soldiers' lives. The day marks the unwavering bravery of many young men in their twenties, who fought with unshakable courage and unbreakable spirit.

Kargil Vijay Diwas is observed in honour of these martyrs and the countless unsung heroes who served the country selflessly. Across the nation, especially in military cantonments and schools, people pay tribute to the soldiers with patriotic songs, parades, speeches, and candlelight marches. The main celebration takes place at the Kargil War Memorial in Drass, where families of the fallen soldiers, army officials, and citizens gather to remember the heroes with great respect.

In 2025, this day is expected to be marked with even more heartfelt remembrance as India observes the 26th anniversary of the victory. A grand event is being planned at Drass, with participation from top military leaders, families of the martyrs, and school children from across the country. The Indian Army has announced a special “Run for Martyrs” campaign this year to promote national unity and awareness about the sacrifices made by our armed forces. Documentaries, short films, and real-life stories of bravery are also expected to be released to connect today's youth with the legacy of our soldiers.

26th July is not just a random date in Calendar. It's a date

that every year, reminds people the true meaning of Patriotism that it's about acknowledging that while we live in peace and safety, there are men and women at the borders facing challenges beyond our imagination. It's a day to salute not just the martyrs but also their families, who continue to live with pride, courage, and a quiet pain that never goes away.

Kargil Vijay Diwas isn't just history it's a living tribute. It is a powerful symbol of national unity, resilience, and the spirit of sacrifice. It teaches us that no matter how difficult the situation, with courage and determination, we can overcome any challenge. As we remember our brave soldiers on this day, let us also pledge to uphold the values they stood for: duty, honour, and country.

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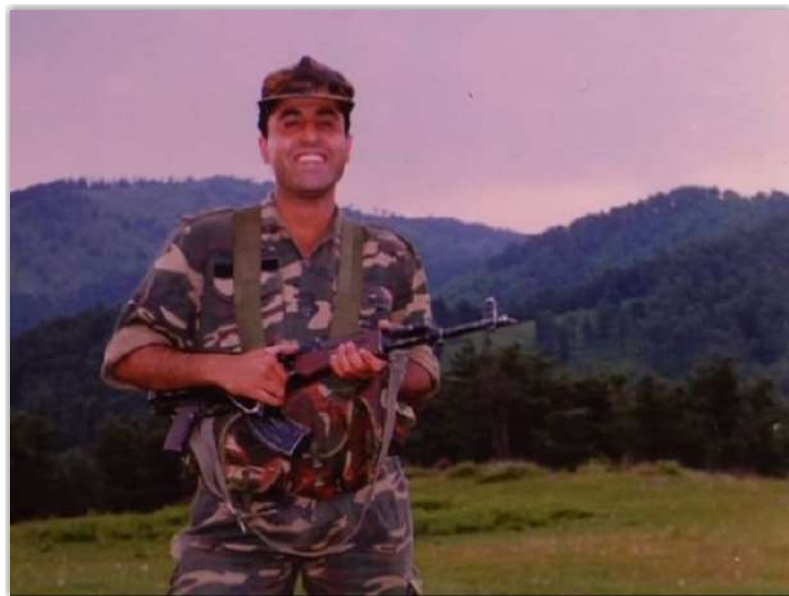
IMMORTAL FIRE: THE STORY OF KARGIL'S PARAM VIR CHAKRA HEROES

In the summer of 1999, while the rest of India prepared to celebrate the monsoon's arrival, dark clouds loomed over the snowy mountains of Kargil. Perched in the cold desolation of the Himalayas, at altitudes ranging between 16,000 to 18,000 feet, a silent war had begun. Temperatures dipped to a bone-chilling -30°C to -40°C, oxygen was thin, and the terrain was brutally unforgiving. Yet, it wasn't nature that posed the greatest danger, it was betrayal.

Pakistan had violated the peace treaty of the Lahore Declaration, signed just months before. In a shocking and unprovoked intrusion, Pakistani soldiers, along with militants, disguised as locals and shepherds, infiltrated across the Line of Control (LoC) and captured strategic peaks in the Dras, Batalik, and Kargil sectors. The aim was to sever the crucial Srinagar Leh highway and choke India's supply lines to Siachen Glacier. The enemy sat comfortably on the higher ground, making every step upward for Indian soldiers a journey through hell. But India did not back down.

Despite the near-vertical ascents, extreme altitudes, and enemy fire from above, our bravehearts launched Operation Vijay a mission of unshakable will and undying valor. And at the heart of this operation were the four sons of Bharat Mata Captain Vikram Batra, Grenadier Yogendra Singh Yadav, Lieutenant Manoj Kumar Pandey, and Rifleman Sanjay Kumar each a Param Vir Chakra awardee, India's highest wartime gallantry honor.

Captain Vikram Batra: “Yeh Dil Maange More!”



respect of his seniors and the love of his men.

In June 1999, Vikram's unit was tasked with capturing Point 5140. The enemy was well entrenched, the approach was steep, and the firing relentless. But Captain Batra led from the front, crawling and climbing in sub-zero conditions, dodging bullets and grenades. He killed several enemy soldiers in hand-to-hand combat and inspired his men to fight like lions. Upon success, he famously radioed back: “Yeh Dil Maange More!” a slogan that became synonymous with courage.

But he wasn't done. Days later, he volunteered to recapture Point 4875, another deadly mission. During the assault, when one of his men was injured, Vikram rushed to save him knowing well the sniper's eye was on him. He dragged the soldier to safety but was shot in the chest. With his last breath, he told his comrade,

“You go back. I'll handle them. Jai Mata Di!”

Captain Batra died a hero, but his voice still echoes in every Indian's heart.

Grenadier Yogendra Singh Yadav: Shot 15 Times, Declared Dead Twice, Yet Lived



the Indian troops.

To reach the enemy bunkers, Yogendra's Ghatak platoon had to scale a 90-degree ice wall. As the lead climber, Yogendra volunteered to fix the rope for others. Halfway up, he was shot 15 times in his shoulder, legs, and chest. But he didn't stop.

Wounded and bleeding profusely, he crawled to the enemy bunker, lobbed grenades, and killed four Pakistani soldiers. His actions turned the tide of the assault. Left behind, he was presumed dead and even declared dead twice by doctors. But Yogendra refused to die.

He miraculously survived, carried down the mountain, and eventually recovered. His story is one of superhuman resilience, duty beyond pain, and a willpower so intense that even death could not claim him.

Lieutenant Manoj Kumar Pandey: "If Death Strikes... Before I Prove My Blood..."



Manoj Kumar Pandey of the 1/11 Gorkha Rifles hailed from Sitapur, Uttar Pradesh. As a child, he idolized soldiers. When asked during his SSB interview why he wanted to join the Army, he replied, "To win the Param Vir Chakra." True to his word, he did.

In the mission to capture Jubar Top, Manoj led his troops under heavy artillery and machine-gun fire. He was hit in the

shoulder but refused evacuation. With blood pouring, he climbed further, destroyed two enemy bunkers with grenades, and led his men shouting “Na Chhodnu!” (Don't spare them!).

Then came the final bunker. He was shot in the leg and forehead, yet continued crawling, tossing grenades till the very end. His body lay lifeless, but the hill was ours.

His diary later revealed: “If death strikes before I prove my blood, I swear I'll kill death.” And he did.

Rifleman Sanjay Kumar: Alone Against the Gun



A proud son of Bilaspur, Himachal Pradesh, Rifleman Sanjay Kumar of 13 JAK Rifles was the embodiment of raw courage. His mission: to capture Flat Top at Point 4875. The enemy had mounted machine guns that pinned down his unit.

Sanjay volunteered to lead. Charging through a shower of bullets, he was shot twice in the chest but still managed to reach the bunker. There, in close combat, he killed three soldiers, seized their machine gun, and used it to fire back at the enemy, opening the path for his unit to climb.

Though critically injured, he refused evacuation until the peak was secured. His ferocity stunned even the enemy. He fought not for glory, but because he believed the motherland must never bow.

The stories of these four warriors are not just tales of military triumph they are sacred verses in the eternal scripture of Indian bravery. In a war fought at unimaginable altitudes and impossible odds, they did not flinch. They bled in the snow so that we could breathe in freedom.

From Captain Batra's undying spirit to Yogendra Yadav's resurrection, from Manoj Pandey's divine determination to Sanjay Kumar's storm of steel, these men lived by the highest dharma—to protect, to serve, and to sacrifice.

Their legacy is not just in the medals they received, but in the fire they lit in millions of hearts. In them, we see the moral compass of India's youth selfless, strong, and deeply rooted in duty and ethics.

They remind us that patriotism isn't just saluting the flag it's living and dying for what it stands for. And as long as the Himalayas stand tall, their names will echo in every gust of wind that blows across the peaks they conquered.

Jai Hind!

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SAGA OF A VILLAGE THAT BREATHES LIFE : PIPLANTRI

Once Mahatma Gandhi said “Be the Change you want to See in the world”, and Shyam Sunder Paliwal (former sarpanch) became that change for the Village Piplantri of Rajasthan and its people. He wasn't always an everyday social activist but, turned into one when in 2006, he lost his daughter Kiran due to dehydration. Grief-stricken Shyam Sunder turned his personal loss into a generational mission and became an unwavering model of Eco-feminism, bridging the deep gender chasm with environmental stewardship. In an interview with WikiBio he painfully recalls “August 21, 2007, was the saddest day of my life... she could not be saved. But I decided my daughter shall stay with me forever... each person in the village shall feel the pride to be a parent of a daughter.”



This unfortunate incident became a catalyst for him and planted the seed for the “Kiran Nidhi Yojna”. Under this Yojna he took the resolution to plant 111 saplings for every girl born in Piplantri, to celebrate the auspicious occasion. Furthermore, a fixed deposit of ₹31,000 is also created created ₹10,000 from the family and ₹21,000 pooled by the community with complete legal assurance of education and marriage only post 18 years. Additionally, he spearheaded the construction of nearly 1,800 check-dams, ponds, and rainwater harvesting systems across community and government that bore most astonishing results with massive rise in the groundwater table, from over 330–500 feet deep to around 10–40 feet below the surface along with hundreds and thousands of trees flourishing across the village.

He is truly an Eco Feminist, who not only changed the fate of diminishing nature but, also the life and fate of daughters of the village for better. He gives some simple yet very important lessons to respect the girl child, restore and safeguard the environment, harvest and save water and, use community ownership to sustain progress.

Also, more than 3.5 lakh trees have been planted over time, including alovera and rose shrubs that generates income and employment in the village.

Paliwal's leadership style is rooted in honesty, accountability, and urgency. He believes that a sarpanch must fulfil demands the same day to avoid cost and quality erosion. It was through his sincere efforts that, Piplantri became the first Nirmal (open defecation-free) Gram Panchayat in Rajasthan and earned the Nirmal Gram Award in 2007 from President A. P. J. Abdul Kalam. Later, in 2021, the Government of India also honored him with the Padma Shri award for his social work and sustainable development model.

His grounded personality and his work is an inspiration for many including various filmmakers. Many films and documentaries take pride in featuring his generous work. A bilingual film titled “Piplantri” (Hindi and Malayalam) and an Argentine documentary “Sisters of the Trees” beautifully tells his transformation story.

Besides, the village's success Is now taught in schools of Rajasthan and even Denmark and, a training centre in Piplantri hosts sarpanches from across India to learn



from Paliwal's model. In 2024, the Astral Foundation partnered with Paliwal to adopt the template in a village in Gujarat. They facilitate tree watering infrastructure and oversee plantation for each girl born, impacting hundreds of families and promoting ecotourism.

In the backdrop of horrendous cases of girl child abuse in various parts of the country, Mr.Shyam Sunder has been standing tall as a strong pillar of respect and safety for daughters and aims to spread this message far and wide. He has a very stable approach towards life and his work. He Urges for a long-term, systemic mind-set and says “Build long-term projects, not quick profits”, “No Ajanta Cave was built in five years... It took fourteen years of hard work to complete this job.”

Shyam Sundar Paliwal, a drop out from school has given the world some very thought

provoking messages that are beyond any formal textbook.

Today, Piplantri stands as an example of how rural India can regenerate. It is lush, biodiverse, water-rich, and economically active with girls empowered, forests grown, and pride restored. Paliwal's journey shows that motivation, simplicity, honesty, and the courage to act can transform a village and through it, the nation. From losing his own child to turning a water deficient village into a flourishing, green, girl-friendly village, his story is one of pure hope, resilience, and practical wisdom.

Through his sincere he has taught us that real change begins at the grassroots, with a commitment to positive intent, truth, nature, and each other.

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MAHARASHTRA LAUNCHES ₹25,000 CR 'KRISHI SAMRUDDHI' SCHEME TO EMPOWER FARMERS



the rural economy, is the core objective.

The scheme will achieve this by encouraging investments in modern farm infrastructure, promoting crop diversification, and integrating climate-resilient agro-technologies. It also focuses on boosting productivity, lowering farming costs, and

The Maharashtra government has unveiled a significant new initiative for farmers called 'Krishi Samruddhi'. This scheme, backed by a substantial budget of Rs 25,000 crore over the next five years, aims to make farming more sustainable, climate-friendly, and cost-effective.

strengthening the entire agricultural value chain. Farmers will receive financial support for adopting new technologies, improving soil health, conserving water, and adding value to their produce after harvesting.

Ultimately, 'Krishi Samruddhi' seeks to bring lasting prosperity to farmers, ensuring not just higher yields but a more profitable and resilient agricultural sector.

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GOVERNMENT CROP INSURANCE SCHEME PMFBY OPENS FOR KHARIF 2025 IN UTTAR PRADESH



the majority of the cost.

In UP, eligible Kharif crops include important ones like paddy, maize, soybean, and various pulses and oilseeds. Both farmers who have taken crop loans and those who haven't can participate.

Registering is straightforward. Farmers need their Aadhaar card, bank passbook, land records, and details about their planted crops. They can register online at pmfby.gov.in, through the Crop Insurance App, via WhatsApp (7065514447), or by visiting common service centers (CSCs), banks, or agriculture offices.

Should any crop damage occur, farmers must report it within 72 hours. PMFBY offers crucial financial protection, bringing peace of mind and contributing to a stronger, self-reliant India.

For the upcoming Kharif 2025 season, farmers in Uttar Pradesh have until July 31, 2025, to sign up. The scheme is designed to be affordable: farmers pay a small premium—2% for Kharif crops, 1.5% for Rabi crops, and 5% for commercial/horticultural crops—with the government covering

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NDIA'S AGRICULTURAL SECTOR FACES CHALLENGES DUE TO IRREGULAR RAINFALL PATTERNS



The uneven rainfall distribution across various states in the country implies a near-term supply-shock in prices of key crops, according to a report by ICICI Bank.

According to the report, several states have received excess rainfall. Rajasthan recorded 118 per cent above the Long Period Average (LPA), Madhya Pradesh received 57 per cent above LPA, Gujarat saw 48 per cent above LPA, and Haryana received 24 per cent above LPA. The report highlighted that crop damage in certain regions, where rainfall has been deficient, could lead to upward pressure on prices.

In contrast, Karnataka (8 per cent

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above LPA), West Bengal (4 per cent above LPA), and Chhattisgarh (3 per cent above LPA) have received normal rainfall.

On the other hand, key agricultural states such as Bihar (42 per cent below LPA), Telangana (22 per cent below LPA), Andhra Pradesh (15 per cent below LPA), Tamil Nadu (6 per cent below LPA), Maharashtra (3 per cent below LPA), Punjab (2 per cent below LPA), and Uttar Pradesh (2 per cent below LPA) have received lower-than-normal rainfall. India's cumulative rainfall, as of July 21, stands at 374 mm, which is 6 per cent above the long-term average. However, this is a decline from the 9 per cent surplus recorded last week, mainly due to reduced rainfall in the Central and Northeast regions of the country.

The report suggested that while overall Kharif sowing is progressing well, the divergence in rainfall could impact crop production in rain-deficient regions and may lead to supply-side price pressures in the near term.

UNION AGRICULTURE MINISTER HIGHLIGHTS WOMEN EMPOWERMENT AND FARMING INNOVATIONS IN JUNAGADH



August 15, noting that 1.5 crore have already reached this achievement through the National Rural Livelihood Mission (NRLM). He praised these women for transforming rural areas and promoting local products. The Minister emphasized the importance of training, credit, and infrastructure to help them succeed and contribute to a "Viksit Bharat" (Developed India).

Union Agriculture Minister Shivraj Singh Chouhan recently visited Junagadh, Gujarat, where he met with farmers and women from self-help groups (SHGs) at the ICAR Directorate of Groundnut Research. He unveiled the institute's 2024 Annual Report and a collection of 50 inspiring stories about 'Lakhpati Didis'—SHG women earning over ₹10 lakh each year.

Chouhan highlighted the government's goal to empower 2 crore women to become 'Lakhpati Didis' by

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KHARIF SOWING SEES SIGNIFICANT JUMP IN 2025



As of July 18, 2025, Kharif sowing across the country has reached 708.31 lakh hectares, according to the latest data from the Ministry of Agriculture and Farmers Welfare. This marks an increase of nearly 28 lakh hectares compared to 680.38 lakh hectares recorded during the same period last year.

The most significant jump, covering 176.68 lakh hectares, up by 19.47 lakh hectares from last year. The rise in rice acreage is attributed to timely monsoon showers and improved irrigation facilities across eastern and central states.

The maize area increased by 9.48 lakh hectares, while bajra expanded by 6.85 lakh hectares. Total coverage under coarse cereals stood at 133.65 lakh hectares, up from 117.66 lakh hectares last year. Maize and bajra, key coarse cereal crops, have also shown healthy growth.

The total area under oilseeds has dropped to 156.76 lakh hectares, down by over 6 lakh hectares compared to 2024. In contrast, oilseed cultivation, particularly soybean, witnessed a notable decline.

Sugarcane sowing showed a marginal rise to 55.16 lakh hectares, while jute and Mesta witnessed a slight decline.

The Ministry stated that it will continue to monitor sowing patterns closely as monsoon rains advance through the remaining parts of northwest and central India.

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MINISTRY OF EDUCATION WORKING ON BILL TO  
CREATE UNIFIED HIGHER EDUCATION BODY



The Ministry of Education (MoE) is currently drafting a bill to establish the Higher Education Commission of India (HECI), a unified regulatory body for higher education. This was informed by Minister of State for Education Subhas Sarkar in the Lok Sabha. The proposed body aims to replace the existing multiple regulators like the University Grants Commission (UGC), All India Council for Technical Education (AICTE), and National Council for Teacher Education (NCTE).

Sarkar mentioned that the plan aligns with the National Education Policy (NEP) 2020, which recommends creating a single regulatory framework to ensure better coordination, improved quality, and reduced administrative

overlap in higher education. The move is intended to streamline processes and enhance transparency, efficiency, and accountability across universities and institutions.

The HECI will focus on setting academic standards, regulating higher education institutions, and ensuring a consistent policy across disciplines. However, medical and legal education will remain under their respective councils.

The minister confirmed that the draft is still being finalized, and once completed, it will be shared with stakeholders for feedback before being introduced in Parliament. The aim is to build a more flexible, student-centric education system that encourages innovation and critical thinking.

This step is seen as a major reform to simplify the current regulatory setup and support the modernization of India's higher education landscape in line with global standards.

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UP'S INCLUSIVE SCHOOLS EMPOWER 400  
STUDENTS WITH DISABILITIES



In a significant move towards inclusive education, Uttar Pradesh has introduced a commendable initiative by transforming several government schools into inclusive institutions. This development has brought hope and opportunity to around 400 children with disabilities across the state. The goal is to ensure equal access to education for all, regardless of physical or intellectual challenges.

Under the guidance of the Basic Education Department, these schools have adopted various inclusive practices. This includes infrastructural improvements like ramps, accessible washrooms, and specialized learning tools. Teachers have also been trained to address the unique needs of students

with disabilities, enabling a more supportive learning environment.

The initiative not only focuses on academic growth but also aims to build confidence and social skills in students. Through this inclusive model, children are encouraged to participate in classroom activities with their peers, breaking the barriers of isolation and promoting mutual respect.

Parents of these children have expressed immense satisfaction and relief, as their children are finally receiving quality education close to home. Moreover, local authorities have praised the efforts and ensured continued support for the expansion of this model to more schools.

This step by Uttar Pradesh reflects a broader vision of accessible education for all, aligning with national goals of inclusive development. As awareness and support grow, such initiatives can become a blueprint for other states to follow, ultimately ensuring that no child is left behind.

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INDIA TO SOON HAVE THE LARGEST AI-READY  
SCHOOL POPULATION: JAYANT CHAUDHARY

As the Skill India Mission celebrates its 10-year milestone, Union Minister Jayant Chaudhary announced that India is on track to become home to the world's largest AI-ready school-going population. He emphasized the importance of preparing young students with future-ready skills, especially in artificial intelligence (AI), digital literacy, and technology.

Speaking at an event marking a decade of the Skill India Mission, Chaudhary praised the government's efforts in transforming skill development across the country. He highlighted that more than 1.5 crore youth have been trained under various programmes since the mission's launch. With the increasing integration of AI into industries, preparing school students early will be crucial to meet future workforce demands.

Chaudhary also underlined the role of collaboration between the education and skill development ministries. He mentioned that efforts are underway to include AI and coding as part of the school curriculum, especially through initiatives like PM SHRI Schools and



the National Education Policy (NEP) 2020.

The Minister stressed the need to ensure equal access to technology and training for students from all regions, including rural and underserved areas. He expressed confidence that by focusing on AI-readiness from a young age, India will not only lead in numbers but also in innovation and technological growth.

This vision aligns with the broader goals of Digital India, aiming to build a future workforce that is smart, skilled, and globally competitive in emerging technologies like AI and machine learning.

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ASSAM TO SET UP 80 NEW MODEL SCHOOLS IN  
TEA GARDEN AREAS



In a significant step towards improving education in underprivileged regions, the Assam government has announced the establishment of 80 new model schools in the tea garden areas of the state. The initiative is part of the government's commitment to ensure quality education for students living in these remote and economically weaker regions.

Assam Chief Minister Himanta Biswa Sarma made the announcement during a public event. He stated that these schools would be constructed in a phased manner, with the goal of creating equal educational opportunities for all. Each school will be equipped with modern

infrastructure, digital classrooms, and trained faculty to provide students with a better learning environment.

The tea garden communities in Assam have long struggled with educational backwardness due to lack of access, poverty, and poor infrastructure. By setting up these schools, the government aims to bridge this gap and uplift the literacy rate in these regions. These model schools will follow the curriculum of the state education board and will be built under the guidance of the Education Department.

The move has been welcomed widely, especially by educators and social activists, who believe this step can bring long-term change in the socio-economic condition of the tea garden workers and their families. With education being a powerful tool of transformation, the government's plan is expected to improve not just literacy but also create better future opportunities for children in these area.

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DR HOMI BHABHA STATE  
UNIVERSITY AND TEAMLEASE  
LAUNCH BSC IN BUSINESS AI



Dr Homi Bhabha State University (HBSU) in Mumbai has partnered with TeamLease EdTech to introduce a new BSc programme in Business Artificial Intelligence. This three-year undergraduate course aims to prepare students for the growing demand in AI-related jobs by combining technical skills with business knowledge.

The course is structured to help students understand AI tools, data analytics, machine learning, and how these technologies are applied in real-world business scenarios. It also focuses on practical skills like problem-solving, decision-making, and data interpretation to equip students for careers in various sectors, including finance, marketing, and supply chain management.

TeamLease EdTech, known for its industry-aligned education models, will provide digital learning tools, internships, and placement support to ensure students are job-ready. Classes will include both online and offline learning methods, with interactive projects and assessments.

This programme is designed to bridge the gap between traditional education and modern industry requirements. It supports India's growing digital economy and is especially targeted at students who want to pursue careers in tech-driven business roles.

The Vice Chancellor of HBSU highlighted that the programme aligns with the National Education Policy 2020, aiming to bring innovation and employability into higher education. With AI becoming essential in today's job market, this course offers a timely opportunity for students to build a strong foundation in both business and technology.

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# U.S. TRADE DEALS WITH JAPAN AND INDONESIA PUT INDIA IN A TIGHT SPOT AHEAD OF TARIFF DEADLINE

In a rapidly evolving geopolitical landscape, the United States has struck bold and far-reaching trade deals with Japan and Indonesia—moves that are not just reshaping regional economic alliances but also compelling India to rethink its own trade strategy under growing pressure. With Washington signaling a new phase of assertive economic diplomacy, New Delhi now finds itself at a critical crossroads.

Under the U.S.–Japan agreement, Tokyo has committed to invest a whopping \$550 billion into American industries, a move expected to generate significant employment in the United States. In return, Japan will benefit from a reduction in tariffs on its exports to the U.S.—down to 15% from the previously looming 25%. Meanwhile, Japan has also agreed to open its domestic markets wider to U.S. automobiles, energy exports, and even sensitive agricultural imports like rice and genetically modified feed.

Simultaneously, Indonesia's agreement with the U.S. is no less significant. Jakarta has pledged to eliminate 99% of tariffs on U.S. goods, while Washington will apply a 19% tariff on Indonesian exports. Additionally, Indonesia has committed to \$22.7 billion in purchases of American aircraft, energy, and agricultural commodities. In a move viewed as a major win for the U.S., Indonesia has agreed to ease digital trade barriers, embrace American safety standards, and relax restrictions on the export of minerals critical to the tech and renewable sectors.

In contrast, India is still negotiating a comprehensive trade deal with the United States—talks that have been clouded by deep disagreements over agriculture, digital data policies, and industrial standards. The

urgency is amplified by a proposed 26% reciprocal tariff on Indian exports to the U.S., scheduled to take effect from August 1.

Trade analysts see Washington's recent deals as part of a larger strategy to pressure Asian partners into making strategic concessions in exchange for economic incentives. Ajay Srivastava, founder of the Global Trade Research Initiative, described the Indonesia deal as a “cautionary tale,” warning that India must avoid striking agreements that erode its regulatory autonomy or long-term strategic interests.

Agriculture remains one of the most contentious areas. While both Japan and Indonesia have yielded to U.S. demands in this sector, India remains hesitant. With over 50% of its population directly or indirectly linked to farming, liberalizing access to its rice, dairy, and genetically modified crop markets could have severe socio-political consequences.

Digital trade is another thorny issue. Indonesia's agreement to adopt U.S. digital standards raises concerns that India too may come under pressure to water down its data localization rules and privacy regulations—moves that could benefit American tech giants but compromise India's control over its digital infrastructure.

India is reportedly pushing for a better tariff rate than Indonesia's 19%, hoping to retain some negotiating leverage. But American officials are insisting on broader market access and increased purchases of U.S. goods, potentially forcing India to make concessions that may not align with its long-term development goals.



As the August 1 deadline nears, New Delhi faces a strategic dilemma: whether to protect sensitive sectors and risk economic penalties or to accept certain compromises in order to secure favorable trade terms. The stakes are high—not just in terms of tariffs, but in how India positions itself within the shifting power dynamics of the Indo-Pacific.

This episode reflects more than just trade frictions; it marks a testing ground for India's broader foreign policy and economic self-reliance. How India responds could define its role in the evolving architecture of global trade and regional influence in Asia.

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# PM MODI'S UK VISIT SEALS HISTORIC INDIA–UK FREE TRADE AGREEMENT

Prime Minister Narendra Modi concluded a significant two-day official visit to the United Kingdom with the signing of a historic Free Trade Agreement (FTA), marking India's first major trade pact with a European economic power.

Arriving in London on July 23, PM Modi was received by British Prime Minister Keir Starmer at the Chequers estate, the official countryside residence of the UK Prime Minister. The visit marked Modi's first official engagement with the new Labour-led government. Both leaders engaged in wide-ranging discussions focused on boosting cooperation in trade, defence, climate sustainability, innovation, and education.

The central achievement of the visit was the finalization of the India–UK Free Trade Agreement, a deal that had been in the works for over two years. The agreement aims to enhance economic ties by reducing trade barriers, facilitating market access, and encouraging sectoral cooperation. Experts project the pact could raise bilateral trade by as much as £25 billion by 2040.

“This agreement represents a new chapter in India–UK relations,” said Prime Minister Modi during a joint media address with PM Starmer. “It is built on mutual trust and a shared vision for prosperity.”

### Key Highlights of the Trade Deal

The FTA introduces substantial tariff reductions on numerous goods and services exchanged between the two nations. For India, it unlocks

increased opportunities in areas such as textiles, information technology, agriculture, and electric mobility. For the UK, it opens the door for greater exports of Scotch whisky, cars, premium chocolates, and professional services.

One of the major benefits for the UK is the steep reduction in import duties on whisky — currently at 150% — which will be halved immediately and gradually brought down to 40% over the next decade. British car manufacturers will also see their import tariffs into India reduced to 10%.

India, on the other hand, stands to gain from duty-free access for nearly 99% of its exports to the UK. This is expected to significantly support India's small and medium enterprises, especially in the textile and manufacturing sectors.

### Expanding Collaboration Beyond Trade

The dialogue between the two leaders extended beyond economic matters. Agreements were also reached on joint research and innovation in artificial intelligence, clean energy initiatives, space cooperation, and academic exchange. New provisions will also ease visa pathways for Indian professionals and students seeking to work or study in the UK.

On the second day of his visit, PM Modi met with King Charles III at Sandringham House. While the interaction was largely symbolic, it reaffirmed the enduring cultural and diplomatic bonds between the two Commonwealth nations.

### Warm Reception from the Indian Diaspora

The Indian diaspora in the UK welcomed the Prime Minister with great enthusiasm. Crowds gathered outside his hotel and at Chequers, waving flags and participating in cultural events, highlighting the deep-rooted people-to-people ties between the countries.

### Looking Ahead

Following his engagements in the UK, Prime Minister Modi is heading to the Maldives, where he will be the Chief Guest at the island nation's Independence Day celebrations on July 26. His focus there will be strengthening regional collaboration, particularly in defence and infrastructure development.

This landmark trade pact with the UK marks a diplomatic milestone for India, reinforcing its growing stature in global trade and setting the foundation for future agreements with other leading economies.

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Dr. (Mrs) Chandra Hariharan Iyer

EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

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Q. How to grow Emotional Intelligence?

Ans. Continued from earlier week (THE HULAHUL TIMES - 14 July - 20 July 2025) ...If not read, please refer to that article.

**M – Motivation:** Motivated individuals harness their emotions to inspire themselves and others. Emotional intelligence fuels both intrinsic and extrinsic motivation. Stay focused on your long-term goals and remind yourself why they are important to you. Inspire others by leading with passion. "यत्र प्रवर्तते कार्यं सदा श्रवणेन तत्र" (Where there is purpose and motivation, success follows.) Motivation fuels action and emotional intelligence ensures that action is aligned with greater goals.

**N – Nurturing Relationships:** Emotionally intelligent individuals understand that strong relationships are built through trust, consistency, and mutual respect. They

actively nurture their connections, whether personal or professional, through empathy and meaningful communication. Check in regularly with colleagues or loved ones. Celebrate their successes and be present during challenging times. "मैत्रीं कृणुयात् सतां मध्ये नित्यं स्वार्थविवर्जिताम्" (Build friendship among the virtuous, always free from selfish motives.) This highlights that nurturing genuine, selfless relationships is a sign of emotional depth.

**O – Open-Mindedness:** Open-mindedness is the ability to listen and accept new ideas without rigid judgment. Emotionally intelligent people welcome diverse perspectives and are willing to adjust their views when needed. Approach conversations with curiosity instead of judgment. Ask questions to understand, not to defend. "यो यस्य मतमिच्छेत् स च तं पूजयेत् सदा" (He who respects another's view is always honored.) Emotional intelligence is enhanced by being receptive to other people's perspectives.

**P – Patience:** Patience is vital when managing emotions—yours and others'. It allows emotionally intelligent people to stay composed under pressure, thoughtfully respond rather than react, and give space for others to express themselves. Pause before replying in emotionally intense situations. Let your emotions settle before making decisions. "क्षमा शस्त्रं कस्येव वक्त्रं हि मधुरं वचः।" (Forgiveness is a weapon in hand; sweet speech is its voice.) Patience and compassion are powerful tools of an emotionally wise person.

**Q – Questioning Assumptions:** Emotional intelligence involves being aware of biases and questioning assumptions about situations or people. This fosters fair thinking, empathy, and wiser responses. When feeling triggered, ask yourself: “Is there another explanation for this behavior?” or “Am I assuming something without proof?” "निन्दां न शृणुयात् कणौ न तु तर्कं विना वदेत्" (Do not lend ears to blame or speak without reasoning.) Emotional growth lies in suspending judgment and seeking understanding.

**R – Respect:** Respect is the foundation of emotional intelligence. It's not only about honoring others' perspectives but also about self-respect—recognizing your own value without arrogance. Treat every team member or peer with equal dignity. Use inclusive language and be open to different ideas. "न हि ज्ञानेन सदृशं पवित्रमिह विद्यते" (Nothing is more sacred than knowledge.) And with knowledge comes the wisdom to treat others with respect and humility.

**S – Self-Regulation:** Self-regulation is the ability to manage disruptive emotions and impulses. Emotionally intelligent people don't allow anger, jealousy, or fear to control their behavior. When emotions surge, take a mental break. Breathe, reflect, and respond rather than react. "क्रोधः शत्रुः" (Anger is the enemy.) This timeless reminder shows that unchecked emotions can destroy peace, but emotional mastery leads to inner strength.

**T – Transparency:** Being transparent about your thoughts and emotions builds trust and authenticity in relationships. Emotional intelligence thrives where openness is encouraged. Communicate your feelings honestly—but kindly. Clarify expectations and be open about mistakes or limitations. "सत्यं वद, धर्मं चर". (Speak the truth, live righteously.) Truthfulness expressed with integrity nurtures trust and emotional credibility.

**U – Understanding:** Understanding is at the heart of empathy. Emotional intelligence grows when you make the effort to truly understand where others are coming from. Listen beyond words. Observe tone, body language, and unspoken cues to better grasp others' emotions. "वाचो विनययुक्तं स्यात्, श्रोतव्यं च समं सदा". (Let speech be humble, and listening be equal for all.) Emotional maturity is shown in your ability to understand others with humility.

**V – Vulnerability:** Vulnerability isn't weakness—it's the courage to be authentic and human. Emotionally intelligent individuals are not afraid to

show vulnerability, as it deepens connection. Share your challenges and emotions when appropriate. It builds trust and invites openness in others. "स्वस्मिन्नेव सदा विश्वासो बलं पौरुषमेव च". (Belief in oneself—even in vulnerability—is true strength.) Emotional strength arises from being honest about your feelings.

**W – Willingness to Change:** Growth in emotional intelligence comes with the willingness to change behaviors, thoughts, and emotional responses that no longer serve you or others. Embrace feedback as a tool for growth. Reflect on patterns that may hinder your progress. "नियतं कर्तव्यं कर्म". (One must always strive to do what is necessary and right.) Self-improvement is a key aspect of emotionally intelligent leadership.

**X – eXample (Lead by Example):** One of the most powerful ways to grow and reflect emotional intelligence is by setting an example. Others are inspired by actions more than words. Model emotional control, respectful communication, and empathy in daily interactions. "नित्यं यथाचारणं तत्स्मरणं". (What one practices regularly is what they truly embody.) Emotional integrity is seen in actions, not declarations.

**Y – Yearning for Growth:** An emotionally intelligent person never stops seeking personal growth. They are constantly looking for ways to improve themselves emotionally, mentally, and spiritually. Set personal development goals. Attend workshops, read, and reflect regularly. "न हि ज्ञानेन सदृशं". (Nothing equals the value of knowledge.) Yearning for growth is at the core of evolving emotional intelligence.

**Z – Zeal:** Zeal or enthusiasm is what gives emotional intelligence its vibrancy. It's the passion that fuels connection, understanding, and resilience. Approach relationships and challenges with energy and positivity. Let your passion reflect in your efforts. "उत्साहो बलवानार्यः". (Enthusiasm is strength for the noble.) Zeal, when driven by empathy and insight, turns emotional intelligence into impactful leadership.

Let each of these letters be a step in your journey toward emotional mastery. Growing emotional intelligence is not a destination—it's a lifelong journey of reflection, humility, and connection. As ancient wisdom beautifully complements modern insights, we see that emotional intelligence isn't just about managing feelings—it's about living with integrity, compassion, and purpose.

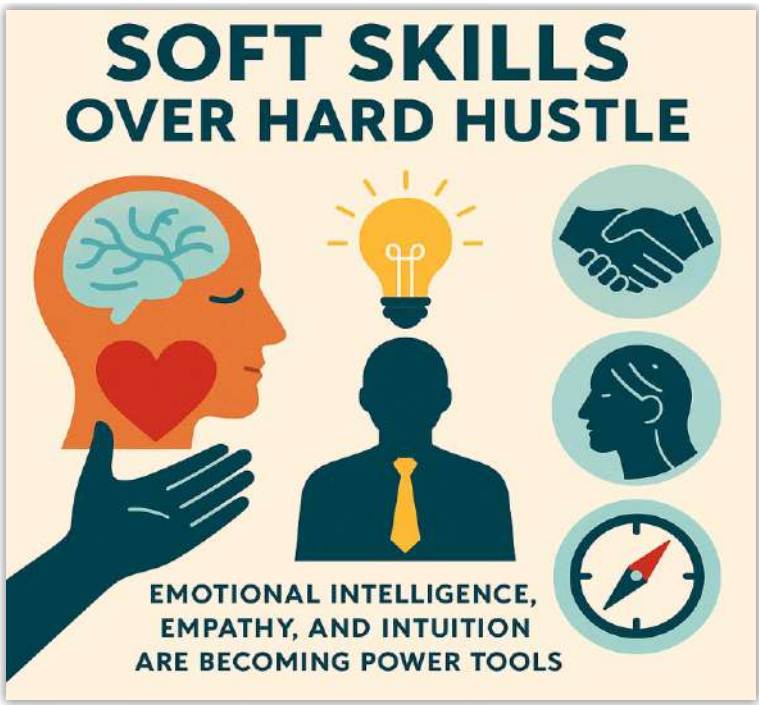
Each element of EI—from awareness to motivation—is crucial in navigating life's challenges with emotional maturity. By practicing these traits and reflecting on the teachings of ancient wisdom, you can cultivate a higher level of emotional intelligence and achieve long-term success in both your personal and professional endeavours. Wish you much and more, stay blessed!

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SOFT SKILLS OVER HARD HUSTLE: WHY EMPATHY AND INTUITION ARE TODAY'S REAL POWER TOOLS

For years, hustle culture dominated the professional narrative: wake up at 5 a.m., grind without breaks, brag about burnout. Success was measured in 80-hour workweeks, side hustles, and “no days off” mantras. But a subtle, powerful shift is taking place in boardrooms, classrooms, and coworking cafés across India the rise of soft skills as true indicators of success. Today, emotional intelligence, empathy, self-awareness, and intuition are not just “nice-to-haves” they are the superpowers of the 2025 workplace.



The emotionally intelligent entrepreneur who builds not just a product, but a community.

It's no wonder that companies like Google, Microsoft, and Infosys are prioritizing empathy and collaboration in their hiring matrices. The World Economic Forum lists emotional intelligence and active listening as top 10 skills of the future.

Empathy Is the New Edge

We often mistake empathy for weakness. But the modern world is revealing otherwise. An empathetic leader builds trust faster, retains teams longer, and fosters innovation. During the pandemic, companies with emotionally attuned leaders reported higher employee engagement and resilience. Startups too, are waking up to the reality that compassionate cultures outperform toxic hustle. In fact, empathy-driven brands (like Tata, Zoho, and Jaipur Rugs) are attracting both talent and loyal consumers.

Intuition: Your Inner CEO

In a data-driven era, intuition might seem out of place. But intuition is often the sum total of our subconscious experiences and emotional processing. It's the quiet inner compass that helps you read the room, trust a gut feeling, or pivot before analytics confirm it. Many high-performing leaders from Steve Jobs to Ratan Tata have spoken openly about the value of instinct in their decision-making process. The best entrepreneurs know when to analyze and when to feel.

Soft Skills in Action: Real-World Wins

- Consider this:
- A customer support rep who de-escalates angry calls with patience and care
  - A content creator who tailors stories with cultural sensitivity and emotional depth
  - A teacher who uses emotional intelligence to uplift struggling students
  - A team lead who reads body language and avoids silent disengagement

These aren't rare skills. They're teachable, practicable, and increasingly valued more than technical credentials.

Goodbye Toxic Hustle, Hello Human Leadership

The glamor of overworking is fading. Burnout is now recognized by the WHO as a legitimate syndrome,

and mental health breaks are becoming normalized in professional spaces. The new success language? Boundaries, empathy, clarity, and care. Productivity now includes pausing. Leadership now means listening. And growth now includes emotional growth.

How to Build Your Soft Skill Arsenal

- Practice Active Listening:** Don't listen to reply listen to understand.
- Develop Self-Awareness:** Regular reflection through journaling or coaching.
- Show Empathy in Action:** Small gestures like checking in on a colleague go a long way.
- Trust Your Gut:** When logic and data stall, your inner wisdom can lead.
- Celebrate People, Not Just Results:** Recognize effort, emotions, and evolution.

The age of performative productivity is giving way to purpose-driven presence. As we move into a more conscious world of work, it's clear: soft skills are no longer soft, they are solid, strategic assets. So yes, build your résumé. Learn the code. Chase the numbers. But don't forget to cultivate the skill of being deeply, beautifully human.

That's where the real power lies.

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STYLING GREEN: CELEBRATING HARIYALI TEEJ WITH FASHION & ECO-FRIENDLY RITUALS

As the monsoon breathes life into the earth, turning every tree and field into a canvas of lush green, Hariyali Teej arrives like a poetic celebration of nature, womanhood, and culture. Falling in late July this year, the festival isn't just about rituals, it's about reviving traditions with a touch of modern elegance. From vibrant green ensembles to sustainable practices, Hariyali Teej is an opportunity to blend style with sensibility.

Why Green? The Significance Behind the Shade

The festival is dedicated to the reunion of Goddess Parvati and Lord Shiva. The color green, symbolic of fertility, harmony, prosperity, and nature, dominates the celebration. Married and unmarried women dress in green attire, apply mehendi (henna), and participate in joyous swings, folk songs, and community pujas. But beyond the ritual lies a growing cultural wave, eco-conscious celebrations that honor the earth as much as the divine.

The Green Wardrobe: Traditional

Meets Trendy

- This year, fashionistas and influencers are turning to heritage fabrics and modern silhouettes:
- Bottle Green Lehengas with mirror work or gota patti detailing
  - Emerald Georgette Sarees paired with ruffled or puff-sleeve blouses
  - Chikankari Anarkalis in moss and olive tones for a graceful daytime look
  - Sharara Sets with gold embroidery, blending Mughal chic with contemporary flair

**Accessory Alert:** Don't forget glass bangles in shades of green, floral gajras, and oxidized silver jhumkas to complete the look. For a modern twist, some are opting for green Indo-western fusion, like flared pants with embroidered crop tops or sarees paired with jackets.

Eco-Friendly Celebrations: Style With a Purpose

Hariyali Teej isn't just about dressing up, it's about living in harmony with nature. Here's how to keep it sustainable:

- Go Organic:** Choose handwoven or organic fabrics like cotton, chanderi, or khadi. They are breathable, biodegradable, and support artisan communities.
- Natural Beauty:** Ditch the chemical makeup for herbal kajal, turmeric-based masks, and rosewater mists. Use fresh flowers for adornment instead of plastic hair accessories.
- Eco-Friendly Mehendi:** Use homemade or certified natural henna instead of chemical-laced cones that harm the skin and environment.
- Sustainable Gifting:** Gifting between friends or family? Opt for plant saplings, handmade candles, jute bags, or organic wellness kits.
- Waste-Free Rituals:** Use metal or clay thalis, avoid plastic decorations, and compost flower offerings after rituals.

TeejTales: Influencers Setting the Tone

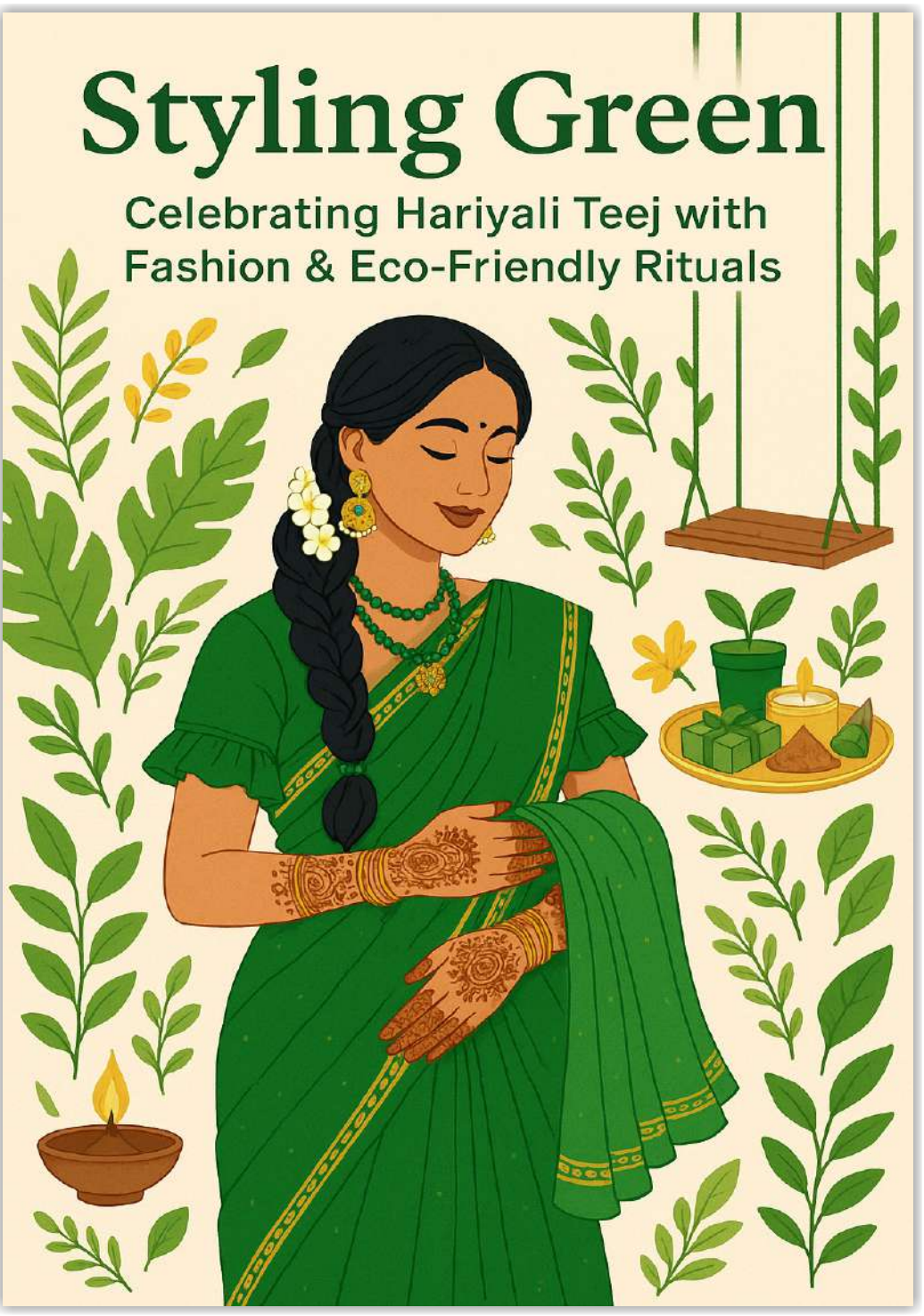
This year, Instagram and Moj are abuzz with creators flaunting their Hariyali Teej looks. Trending hashtags like #GreenElegance, #EcoTeej, and #TeejVibes reflect a shift in how this

festival is celebrated, where tradition walks hand in hand with sustainability and style. From terrace mehendi parties to temple photoshoots in heritage sarees, the aesthetic is both earthy and elegant.

Hariyali Teej is more than just a date on the calendar. It's a celebration of feminine grace, devotion, and ecological consciousness. Whether you're dancing on a swing under mango trees or lighting a diya at home, let your celebration reflect the green beauty of tradition and the modern soul of sustainability.

So go ahead, drape that saree, sing those songs, apply your mehendi and do it all with heart, heritage, and harmony with nature.

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INDIA BEGINS THIRD-PHASE TRIALS FOR FIRST INDIGENOUS DENGUE VACCINE



The Indian Council of Medical Research (ICMR) and Panacea Biotech Limited are initiating the third phase trial of an indigenous dengue vaccine. The trial will take place at 20 centres across the country, including Chennai, Pune, Hyderabad, and Delhi. The tetravalent dengue vaccine strain originally developed by the National Institutes of Health (NIH), USA, has claimed promising results in preclinical and clinical trials worldwide. The trial will evaluate the efficacy of India's indigenous tetravalent dengue vaccine. The funding and expenditure are managed by ICMR with partial support from Panacea Biotech. Dengue is one of the major health problems in India. Till now, there is no antiviral treatment or vaccine available for dengue in India. With ICMR, the collaboration with Panacea Biotech is working on a phase 3 clinical trial across the country involving more than 10,335 healthy adult participants. The phase 1 and 2 trials were held in 2018-19 and got promising results. The initiative of both the premier institutions represents a significant step towards India's own vaccine to fight the biggest public health problem and moves one more step ahead towards Atmanirbhar Bharat.

ENVIRONMENT MINISTRY CLARIFIES MISINTERPRETATION OF REVISED SO<sub>2</sub> EMISSION NORMS

The Environment Ministry released a revised framework on July 11 regarding the installation of flue gas desulphurization units in thermal power plants to reduce sulphur dioxide emissions. Under the revised norms, the government has exempted thermal power plant units from installing flue gas desulphurization units. This change in the norm has simply made 78% of India's thermal power plant units not need to install flue-gas desulfurization units to reduce SO<sub>2</sub> emissions in the environment. Environmental experts raised objections to the ministry's move, terming it a retrograde step against India's pollution control efforts and a reminder of the unfulfilled promises made at the Paris Climate Summit in 2015. The Ministry stated in its clarification that the order was "grossly misinterpreted" and that they did not imply a complete removal of SO<sub>2</sub> emission norms. Officials explained that the exemption is based on specific categories of plants which are located far from populated areas and on older units that are nearing retirement. According to environmentalists, the exemption of 78% of the thermal power plants of India from the installation of FGD Units would be a cause for acid-rain risk along with respiratory and grave environmental hazards. In reply, the Ministry delineated that controls on emissions still stand, the exemptions being provided on economic grounds and the basis of practical feasibility.



LENSKART COLLABORATES WITH SNAPDRAGON TO DEVELOP AI-POWERED GLASSES IN INDIA

Lenskart partners with Qualcomm to launch Snapdragon-powered smart glasses in India. The confirmation of the collaboration was announced at an event in New Delhi called Snapdragon for India - XR Day (extended reality), where Lenskart's CEO revealed that the smart glasses would contain Qualcomm's AR 1 Gen 1, AR 2 Gen 1, and W5 Gen 1 chipsets. The integration moves India a step forward into the technological era, benefiting AI-driven experiences and Snapdragon-powered smart glasses. Smart AI glasses are lightweight, power-efficient, and have on-device AI processing, which runs AI tasks directly on the glasses without relying on your phone. They also enable hands-free navigation, translation, and display of object information in your field of view. Snapdragon-powered AI glasses also respond to voice assistants, check information, and perform tasks with simple voice instructions. They will really create a good impact on the healthcare sector, field works, and for people with disabilities in terms of object recognition, obstacle alerts, and much more. Qualcomm said that its technology aligns with the "Viksit Bharat" Initiative in transforming access to education in remote regions and empowering front-line workers. The collaboration is a significant step towards making technology convenient and hands-free.



NASA-ISRO NISAR SATELLITE TO BE LAUNCHED BY END OF JULY



The NISAR (NASA-ISRO Synthetic Aperture Radar), an Earth-observing satellite developed collectively by scientists and researchers from both NASA and ISRO, has moved another step closer to launch. The revolutionary Earth observing satellite will be launched at the end of July from ISRO's Satish Dhawan Space Centre (SDSC) in Sriharikota. It was built in collaboration with the US and India under a partnership agreement signed in 2014. The satellite will be launched into low Earth orbit using ISRO's Geosynchronous Satellite Launch Vehicle Mark II. NISAR will map the entire globe in 12 days and provide information and consistent data for understanding changes in Earth's ecosystems, environment, ice mass, vegetation biomass, sea level rise, groundwater, and natural hazards including earthquakes, tsunamis, volcanoes, and landslides. It carries L- and S-band dual-band Synthetic Aperture Radar (SAR), which operates with the Sweep SAR technique to achieve a large area with high-resolution data. This collaboration would have major contributions from both agencies. NASA is responsible for providing the L-band SAR payload system, while ISRO supplies the S-band SAR payload. "NISAR represents a collaboration and a fusion of Indian and American scientific excellence, built by two teams of expert engineers working for a great mission," said an ISRO engineer.

INDIA-U.S. TRADE TALKS END WITHOUT AGREEMENT IN FIFTH NEGOTIATION ROUND

US President Donald Trump initially set a July 9 deadline for countries to sign a trade deal, later revising the deadline to August 1. The India-US trade deal remains inconclusive even after the fifth round of negotiations on reciprocal tariffs (tax). Under the new tariff policy of the US, 'Liberation Day Tariffs', they impose a 10% universal tariff on trade, plus country-specific reciprocal tariffs, which are up to 26% on India for trade in US markets. India's demands: Removal of the 26% tariffs on Indian items in the US market, such as steel and aluminium exports. US demands: Access to India's agricultural and dairy markets. The US wants to introduce its agricultural and dairy products into the Indian market at cheaper prices. India refuses to open its dairy and agricultural markets to the US, as a huge number of farmers and the domestic population rely on this for their earnings and livelihood. The negotiations remain inconclusive because the US wants concessions in these sectors before withdrawing the proposed tariffs. The Indian Coordination Committee of Farmers Movements (ICCFM), representing farmers from 11 states, said agriculture should be excluded from the trade deal as it affects livelihood of millions of farmers.



THE FIRST INDIAN DOLBY CINEMA RELEASE, WAR 2, STARS HRITHIK ROSHAN AND JR NTR

India's first Dolby Cinema theater is in city pride and the first Indian movie to release in Dolby Cinema is War 2, starring Hrithik Roshan and Jr NTR. Yash Raj Films takes cinema to the next level by releasing War 2, the first Indian film in Dolby Cinema. The movie will be released on August 14, primarily in Hindi and Tamil. The collaboration extends a decades-long partnership between YRF and Dolby that has consistently pushed technological boundaries in Indian cinema. Dolby Cinema is a premium movie theater format that offers the best in picture quality, sound, and theater design to deliver a mind-blowing experience to viewers. YRF has always tried to push boundaries to deliver the most enriching cinematic experiences to its viewers. From embracing Dolby Audio in the 90s to pioneering Dolby Atmos in our blockbusters – and now, leading the way with Dolby Cinema – we remain committed to storytelling that doesn't just entertain, but gets you into the story, said Rohan Malhotra, VP of distribution at Yash Raj Films. The makers are saying it is a landmark move for Indian cinema to spread Indian cinema globally through worldwide cinema sales.





Afreen Mazgaonkar & Roshni Kumari

SWIMMER SRIHARI NATARAJ CREATED HISTORY BY  
BREAKING INDIA'S FASTEST 100M FREESTYLE RECORD



A talented Indian swimmer, Srihari Nataraj had made India proud by breaking the National record in men's 100m freestyle event. His memorable achievements took place during the World University Games held in Berlin. Srihari performed brilliantly, clocking a time of 49.46 second in the 100 meters freestyle event. The time which he secured is now recognised as the best Indian time in the event. He is the fastest Indian swimmer in the category of swimmers. His great swim not only changed the Indian record book, but allowed him to qualify for the semifinals at the famed World University Games. He is receiving praise for having a great moment in Indian swimming, underlined by his dedication, speed and constant improvement. Such an

unprecedented accomplishment has established a new standard for Indian swimmers considering the international stage. It showcases India's growing establishment on the global aquatic stage. Srihari continues to flourish into an elite performer which provides optimism for a new inception of swimmers around India. Given that there are significant international opportunities ahead, if he is continuing in this vein with clear focus, who knows how much more glory he could bring to Indian swimming.

INDIA'S SREESHANKAR SHINES BRIGHT AT PORTUGAL  
LONG JUMP EVENT

Murali Sreeshankar, India's Long jump champion, made India proud by winning the Long Jump title at the meeting Maia Cidade Do Desporto held in Maia, Portugal. The event was organised for the part of world Athletes continental tour Bronze- level meet. Sreeshankar, who had secured the Asian Games Silver medal earlier, had performed brilliantly in the competition. For his first round he performed with a 7.63 meter jump and for the second round, he took the lead with his attractive leap of 7.75 meters of jump which turned out to be the winning mark. In this event several international participants were performing. But Sreeshankar's skills and dedication made him win the game. His victory in Portugal adds another feather to his cap and shows his consistent growth in the world of Athletics. His achievements made proud and inspired other athletes across the country with his powerful performance and dedication. This victory in Portugal is also part of his preparations for the upcoming global titles, where he wants to make his mark. It shows he can retain his form in challenging conditions and confirms his ability to contend for the top spot in the world. Sreeshankar's success is indicative of India's growing status in field events.



TIJUL WINS BRONZE AT ALL INDIA KARATE  
CHAMPIONSHIPS

Tijul, a young and talented karate athlete, had made his school and family proud by winning the bronze medal in all India Karate Championships. The national level tournament observed the participation from skilled players across the country making the competition very high level. With his great techniques, sharp moves and strong discipline, he fought hard and made sure to achieve a place on the winners podium. Showing his talent and dedication and regular practice made him successful. His victory in this event clearly made him and the country proud. Achievement like this not only brings happiness but also inspires the other students and the future generations. Tijul's achievement at a young age reveals his hard work, and support. He showed everyone that nothing is impossible. The medal also marks an important step in his journey as a developing young athlete, and lays the groundwork for national and international opportunities in the future. His supporters and coaches shared their pride in his determination and fighting spirit that he showed in the tournament. It's a great reminder of how sport creates confidence and instills discipline in young people. Tijul's journey is proof that passion, practice and persistence equals success, no matter your age.



VAISHNAVI ADKAR WINS HISTORIC BRONZE AT WORLD  
UNIVERSITY GAMES

Vaishnavi Adkar, the Indian Tennis player had marked history by achieving a bronze medal at the World University Games. She became the second Indian tennis player to win a medal in this tournament with her incredible performance. Vaishnavi secured the semifinal in the women's single tennis category, in this match she earned at least a bronze medal. This was a proud moment for them and the country. Her hard work, determination and rising talent in the game shows her passion. It is not only an individual achievement, but a monumental moment for Indian tennis. Winning a medal at such a prestigious global event reaffirms her ability to compete at the highest level. It is proof of the growing presence of Indian athletes, both male and female, on the world stage of sport. So far, India has won Two medals in the tournament, one from Vaishnavi, a bronze medal in tennis and the other a bronze medal from the mixed team event. The achievement had gained by her was rare in Indian tennis at the global stage. This is one of the historic moments. Vaishnavi's success motivated many young athletes across India.



INDIA BEGINS MEDAL JOURNEY AT WORLD UNIVERSITY  
GAMES WITH BRONZE IN BADMINTON



India marked a strong start at the World University Games by achieving its first medal in the tournament. A Bronze medal was brought home after an excellent performance throughout the competition by the Indian mixed badminton team. In Chinese Taipei during the semifinal they lost the tournament but the efforts of the team was enough to earn them a place on the podium. This bronze medal was memorable as it inaugurated India's medal tally at the reputed event. The players displayed outstanding teamwork, dedication and fighting spirit. Which led them to enter the semifinal level. The match was powerful and the players gave their best till the end. In addition, the swimmer Srihari Nataraj also impressed everyone with his outstanding performance in the pool. On Sunday, he broke National records. His achievements gave more Honor and concentration to India's performance in the game. Early success of India's both badminton and swimming shows that our young athletes are full of passion to shine on a global stage. Their winning is not just the medal, but the inspiration for the coming generation.

INDIA SHINES AT UWW RANKING SERIES WITH TWO  
MEDALS IN GRECO- ROMAN WRESTLING

India made its mark at the recent UWW ranking series event with two proud achievements in the Greco-Roman wrestling category. Sumit the Indian wrestler showed his excellent performance and earned the silver medal. While Anil Mor the wrestler showed his performance by winning the bronze medal for the country. To improve their international rankings and showcase their skill around the world. The UWW ranking series is an important platform for wrestlers. During the tournament both the athletes had to face tough opponents, but their strength, techniques and confidence made them Indian champions. Greco-Roman wrestling, limits held below the waist, known for its power and skills. India's performance in this format has been improving and these two medals are the sign of the progress. These wins not only are a source of pride for the country but also symbolize the stagnant rise of India in the globe of Greco-Roman wrestling. The Wrestling Federation of India has paid attention to the training and exposure of athletes in this category, and we are getting the results. These consistent performances are creating momentum for the upcoming international championships and firing up potential wrestlers in the nation.





Dr. Smita Kuntay

BANK OF BARODA LBO  
RECRUITMENT 2025 – APPLY  
NOW FOR 2,500 LOCAL  
BANKING OFFICER POSTS



Bank of Baroda (BoB) invites online applications for 2,500 Local Banking Officer (LBO) posts in the Junior Management Grade/Scale-I (JMG/S-I). This is an excellent opportunity for graduates with a minimum 1 year of experience in Scheduled Commercial or Regional Rural Banks to join India's premier public sector bank.

- Key Highlights:**
- Post Name: Local Banking Officer (JMG/S-I)
  - Total Vacancies: 2,500
  - Job Location: Across India
  - Salary: ₹48,480 – ₹85,920 + allowances & benefits
  - Apply Online: BoB LBO Application Link
  - Last Date to Apply: 03 August 2025 (Extended)

- Eligibility Criteria:**
- Age: Max 28 years (as on 01/07/2025); relaxable for SC/ST/OBC/PwD/Ex-servicemen.
  - Education: Graduate in any discipline with minimum 60% marks.
  - Experience: Minimum 1 year as Officer in a Scheduled Commercial Bank/RRB.
  - Language: Proficiency in local language of applied state (tested via LPT or 10th/12th marksheet).

- State-wise Top:**
- Gujarat - 1160 (Gujarati)
  - Maharashtra - 485 (Marathi)
  - Karnataka - 450 (Kannada)
  - Others - 405

- State-wise Selection Process:**
1. Online Test
  2. Language Proficiency Test (LPT)
  3. Psychometric Assessment
  4. Interview
  5. Document Verification

- Application Fees:**
- ₹650 – Gen/EWS/OBC
  - ₹175 – SC/ST/PwD/Women (Payment via Debit/Credit/UPI/Net Banking)

- Important Dates:**
- Start Date: 04/07/2025
  - Last Date: 03/08/2025
  - Last Date to Print Application: 08/08/2025
  - Exam Date: To be announced

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

MPESB PRIMARY TEACHER RECRUITMENT 2025 – APPLY ONLINE FOR 18,650  
GOVERNMENT TEACHER POSTS!

The Madhya Pradesh Employees Selection Board (MPESB) has released a golden opportunity for aspiring educators! Applications are invited for 18,650 Primary School Teacher posts under the School Education and Tribal Affairs Departments of the MP Government. If you hold a D.El.Ed and have cleared the TET (2020 or 2024), here's your chance to build a rewarding teaching career with job security, stability, and state benefits.

- Post Name:** Primary School Teacher  
**Total Vacancies:** 18,650  
**Salary:** As per MP Government rules  
**Job Location:** Across Madhya Pradesh  
**Application Mode:** Online only (through [esb.mp.gov.in](https://esb.mp.gov.in))  
**Apply Between:** 18th July 2025 to 1st August 2025  
**Correction Window:** 18th July to 6th August 2025  
**Tentative Exam Date:** 31st August 2025 (Sunday onwards)

- Eligibility Criteria:**
- Age: 21–40 years as on 01/07/2025 (Relaxation: 5 yrs SC/ST, 3 yrs OBC, others as per MP rules)
  - Qualification: Diploma in Elementary Education (D.El.Ed) from a recognized institution

- Passed Primary School Teacher Eligibility Test (TET) of 2020 or 2024 with required marks
- Selection Process:**
1. Written Test (Objective-type)
  2. Document Verification (Only shortlisted candidates)
- Application Fee:**
- General/Other States: ₹560/-
  - MPOBC/SC/ST/EWS/PwD: ₹310/-
  - Registered Citizens: Additional ₹20/-
- Payment Mode: Online or MPOnline kiosk

- How to Apply:**
1. Visit [esb.mp.gov.in](https://esb.mp.gov.in)
  2. Register and fill out the online form
  3. Upload documents (photo, signature, D.El.Ed, TET certificates, caste certificate if applicable)



4. Pay the fee and submit the form
  5. Keep a printout for reference
- For more details, candidates can refer to the official notification.

UPSC EPFO RECRUITMENT 2025 – APPLY ONLINE FOR 230 EO/AO & APFC POSTS

The Union Public Service Commission (UPSC) invites online applications for the recruitment of 230 Group 'A' Gazetted Officers in the Employees' Provident Fund Organisation (EPFO) under the Ministry of Labour & Employment. This includes 156 Enforcement/Accounts Officer (EO/AO) and 74 Assistant Provident Fund Commissioner (APFC) vacancies. Join one of India's largest social security organizations and contribute to safeguarding the future of millions of workers.

- Important Dates:**
- Start of Online Applications: 29 July 2025
  - Last Date to Apply: 18 August 2025
  - Official Website: <https://upsc.gov.in>

- Vacancy Details:**
- Enforcement/Accounts Officer (EO/AO) - 156
  - Assistant Provident Fund Commissioner (APFC) - 74

- Eligibility Criteria:**
- Educational Qualification: Bachelor's Degree in any discipline.
  - Upper Age Limit: EO/AO: 30 years
  - APFC: 35 years (Age relaxation applicable as per Govt. norms)

- Job Description:**
- EO/AO: Enforce PF laws, inspect employer records, ensure compliance, resolve grievances, and conduct field investigations.
  - APFC: Supervise enforcement officers, handle legal matters, ensure policy implementation, and liaise with stakeholders.

**Pay Scale:**

- EO/AO: Pay Level 08 – ₹47,600 to ₹1,51,100
- APFC: Pay Level 10 – ₹56,100 to ₹1,77,500

- Application Process:**
- Apply online only through UPSC's official website.
  - Read the full notification carefully before applying.

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





### QUIZ TIME

1)Which Indian city recently hosted the International Saraswati Mahotsav?

2)Which country recently legalized same-sex marriage nationwide?

3)What is the name of the mission that aims to return humans to the Moon?

4)Which wildlife sanctuary in Madhya Pradesh recently saw a sighting of the threatened wild cat, Caracal?

5)What is the name of the new gecko species discovered in India, and recently in the news?

6)Which ministry launched the ADEETIE scheme to boost industrial competitiveness, jobs, and climate action?

7)Which Indian state inaugurated the 75th Pradhan Mantri Divyasha Kendra?

8)What is the name of the scheme launched by the government to provide loan guarantees for MSMEs?

9)Which player of the Indian women's cricket team was appointed as DSP in UP Police?

10)What is the name of the rare Pale-capped Pigeon that was recently spotted in Assam?

### RIDDLES

1. I am a nation facing challenges with infrastructure and a growing population. I am known for my ancient culture and bustling cities like Mumbai. What nation am I?

2. I am a global event impacting supply chains and economies worldwide. I started as a health crisis but quickly spread to affect trade and travel. What am I?

3. I am a technology that has revolutionized communication and information access. I connect billions of people and am constantly evolving. What am I?

4. I am a form of energy that is becoming increasingly important for a sustainable future. I am derived from natural resources like sunlight and wind. What am I?

5. I am a movement advocating for social justice and equality. I am gaining traction globally, addressing issues of race, gender, and other forms of discrimination. What am I?

### ANSWERS

1) Haryana

2) Thailand

3) Artemis Program

4) Gandhi Sagar Wildlife Sanctuary

5) Cinemaspolis brahmaputra

6) Ministry of Heavy Industries

7) Badam

8) MCGS-MSMEs

9) Deepthi Sharma

10) Orang National Park

### II) RIDDLES


1. India

2. COVID-19 Pandemic

3. The Internet

4. Renewable Energy

5. Social Justice Movement



## GHEWAR BLISS – RAJASTHAN'S GOLDEN CROWN

This Week, We're Serving Ghewar Bliss – Rajasthan's Golden Crown of Festive Delight

**G**hewar Bliss, the regal dessert from the land of royals, is a honeycomb marvel soaked in fragrant sugar syrup and crowned with delicate rabri, nuts, and silver leaf. Crisp on the outside, syrupy in the soul, this sweet is pure joy spun into golden lace – a Teej and Raksha Bandhan must-have.

**Ingredients:**

**Ghewar Base (Honeycomb Disc):** Maida (2 cups), Ghee (¼ cup, chilled), Milk (1 cup, chilled), Cold water (~2 cups), Ice cubes (for rubbing), Lemon juice (¼ tsp), Ghee/oil (for deep frying)


**Sugar Syrup:** Sugar (1½ cups), Water (1 cup), Cardamom powder (½ tsp), Saffron strands (a pinch, optional)

**Garnish (Optional but Divine):** Rabri (½ cup), Chopped pistachios & almonds, Silver varak, Rose petals or saffron threads

**Steps:**

- Whip the Ghee:** Rub ghee with ice cubes till it becomes white and fluffy. Add cold milk and whisk well.
- Mix the Batter:** Gradually add maida and mix to form a smooth paste. Add water slowly to get a thin, flowing batter. Add lemon juice and rest the batter.
- Make Sugar Syrup:** Boil sugar and water until one-string consistency. Add cardamom and saffron. Keep warm.
- Fry the Ghewar:** Heat ghee in a tall, flat-bottomed vessel. Pour one ladle of batter in the center. Let it bubble and settle. Repeat layering 3–4 times to create the signature honeycomb. Fry until golden.
- Soak in Syrup:** Dip hot ghewar in warm sugar syrup briefly. Remove and drain.
- Garnish & Serve:** Spread a spoonful of rabri, sprinkle nuts, and add varak or rose petals for a royal finish.

This dish is pure comfort, best enjoyed with your hands, your heart, and a side of quiet countryside joy.



### 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	SUBMISSION DETAILS
<ul style="list-style-type: none"><li>Age Limit: Up to 24 years</li><li>Artwork Size: A4</li><li>Format: Hand-drawn only</li></ul>	<ul style="list-style-type: none"><li>Email your artwork to: thehulahultimes@gmail.com</li><li>Subject Line: ARTWORK</li><li>Include: Your Name, Age, School/College Name, and Phone Number</li></ul>

**CONTACT INFORMATION**

Phone +91-7977005423

Email thehulahultimes@gmail.com

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