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THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



FROM SECOND PARENTS TO MENTORS: THE MANY HATS OF A TEACHER

Every year on 5th September, India celebrates Teachers' Day to honour the invaluable role teachers play in shaping not just the academic but also the moral and emotional foundation of students. The date marks the birth anniversary of Dr. Sarvepalli Radhakrishnan, a renowned philosopher, scholar, and the second President of India. When his students once asked him if they could celebrate his birthday, Dr. Radhakrishnan humbly suggested that it would be a greater honour if the day were observed as Teachers' Day instead. Since then, the day has become a nationwide occasion to acknowledge the dedication and selfless contribution of teachers.

Teachers' Day is not just about ceremonial speeches or gifting cards and flowers. It carries deeper meaning, especially in a society where teachers are often regarded as the bridge between knowledge and wisdom. A good teacher does much more than teach subjects from a textbook. They encourage curiosity, ignite imagination, and instil values that last a lifetime. For many students, teachers are mentors, motivators, and sometimes even second parents.

Schools and colleges across the country celebrate the day with enthusiasm. Students often take on the roles of teachers for a day, conducting classes to show appreciation for the hard work their mentors put in daily. Cultural programmes, plays, and special assemblies are organised to highlight the bond between teachers and students. These gestures, though small, create a sense of joy and recognition for teachers who tirelessly invest their time and energy in nurturing young minds.

In today's fast-changing world, the role of teachers has become even more critical. With technology reshaping education, teachers are no longer just transmitters of information. They are facilitators, guiding students to navigate a sea of knowledge and helping them think critically. During the COVID-19 pandemic, this role became clearer than ever. Teachers adapted overnight to online platforms, ensuring that learning did not stop even when classrooms were shut. Their resilience and commitment during that period reinforced the timeless value of their profession.

At the same time, Teachers' Day also reminds us of the challenges teachers face. In many parts of India, educators work with limited resources, large classrooms, and minimal support, yet they continue to persevere. Recognising their struggles should push us, as a society, to give teachers the respect, training, and infrastructure they deserve. After all, the quality of education is deeply linked to the support we extend to those who deliver it.



Beyond the celebrations, the essence of Teachers' Day lies in gratitude. It is about pausing to reflect on the countless ways in which teachers influence our lives. A single word of encouragement, a lesson taught with passion, or the patience to listen to a struggling student can leave an imprint that lasts forever. As the saying goes, “A good teacher is like a candle and it consumes itself to light the way for others.”

This Teachers' Day, while we express our appreciation through flowers, messages, or cultural events, it is equally

important to carry forward their lessons in our everyday lives. Respect, curiosity, integrity, and compassion are not just values taught in classrooms but are ideals to live by.

Teachers are not just builders of careers but also the builders of nations. To honour them is to honour the future itself.

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GANESHA: THE ETERNAL GUIDE OF WISDOM AND BALANCE

Long ago, in the divine abode of Kailash, Goddess Parvati desired a son who would be her companion in moments when Lord Shiva was away in meditation. With deep devotion, she shaped a child out of turmeric paste and infused him with life. The boy was radiant, strong, and innocent, and Parvati lovingly named him Ganesha. His role was simple protect his mother and follow her instructions with utmost sincerity.

One day, as Parvati bathed, she asked Ganesha to guard the entrance. Lord Shiva approached at that moment. True to his mother's command, Ganesha stood firm and blocked the way. A battle of wills began between father and son. Though Shiva was the Supreme Being, he also wanted to test this boy's devotion and strength. Eventually, Shiva struck off the child's head. When Parvati emerged, grief shook her being. She cried not out of anger but out of the pain of losing her son. Lord Shiva, the knower of all, had foreseen this moment. He knew that this child was destined for greatness, but to achieve it, he needed a head symbolizing wisdom, patience, and strength.

Thus, Shiva instructed his attendants to bring the head of the first living creature found facing north a symbol of auspiciousness. They returned with the head of a mighty elephant, an animal revered for its intelligence and calm power. With divine grace, Shiva placed the elephant's head on Ganesha's body and revived him. From that moment, Ganesha was not merely Parvati's son but the Lord of Wisdom, the one whose elephant face symbolized foresight, strength, and a mind capable of deep thought. The elephant head was not a punishment but a blessing it made him the god who sees beyond appearances, who hears deeply, and who removes obstacles through patience rather than haste.

Ganesha grew, not just as a beloved child of Parvati and Shiva, but as the guide of humanity. His life became filled with deeds that carried eternal lessons. Among them, one story stands out his role in writing the Mahabharata.

When Sage Vyasa decided to compose the epic of Mahabharata, he realized it was no ordinary tale it was the story of dharma, righteousness, and the destiny of mankind. He sought someone who could write it down without pause, for his thoughts would flow continuously like the Ganga river. Only one being had the wisdom and patience for such a task Lord Ganesha. But Ganesha set a condition: Vyasa must dictate without stopping. Vyasa agreed, but he too placed a condition Ganesha must understand every verse before writing it down.

As the epic began, Ganesha wrote with unbroken focus. But when his pen broke, he did not let it delay the work. Instead, he broke his own tusk and used it as a pen, ensuring that not even a moment of knowledge was lost. That is why he is shown with one broken tusk. Far from being a mark of loss, it became the symbol of sacrifice for the greater good. Ganesha showed the world that personal comfort and pride mean nothing when it comes to preserving wisdom for future generations.



His form too carried deep meaning. His trunk, always curved upward, represented rising energy and the ability to overcome obstacles. Just as the trunk of an elephant can uproot a tree yet also pick up a single blade of grass, Ganesha's trunk symbolized both immense strength and delicate sensitivity. His large belly symbolized the ability to digest both joy and sorrow, victory and defeat, praise and criticism teaching that life must be lived with balance. His large ears reflected the importance of listening more and speaking less, for wisdom comes not from constant talking but from understanding.

And then, there was his unlikely companion a tiny mouse. Why would the mighty Ganesha, remover of obstacles, choose

such a small creature as his vehicle? The answer lay in its symbolism. The mouse, restless and always nibbling, represented endless desires of the human mind. Left uncontrolled, desires destroy focus and peace. But when Ganesha rides the mouse, it shows mastery over desires. The great god is not carried away by greed or wants; instead, he uses even the smallest and humblest creature as a tool for higher purpose.

There is another tale that shows his wisdom in action. Once, Lord Shiva asked both his sons Kartikeya and Ganesha to race around the world. Kartikeya immediately set off on his peacock, flying across the mountains and seas. Ganesha, however, walked slowly around his parents, Shiva and Parvati, and declared, “For me, my parents are my entire world.” His understanding touched their hearts, and he was declared the winner. It was not speed but wisdom that won the race.

Through such deeds, Ganesha showed that success is not about rushing ahead blindly but about knowing what truly matters. He became the god whom people worship first, for without wisdom and balance, no venture can succeed.

Generations have celebrated Ganesha not just for his divine power but for the values his life embodies. The elephant head teaches us to think deeply and act patiently. The broken tusk reminds us that sacrifice is necessary for knowledge. The upward trunk symbolizes optimism and victory. The mouse at his feet teaches control over desires. His large ears and small mouth encourage us to listen more and speak less, while his belly shows us the power of acceptance.

Conclusion

Lord Ganesha's story is not only a tale from the divine but a guide for our daily lives. For students and youth, his life is an eternal reminder that obstacles are not meant to defeat us but to transform us. By embracing wisdom, patience, sacrifice, humility, and balance, we too can overcome challenges and write our own destiny, just as he wrote the Mahabharata with his broken tusk. His presence tells us that no dream is too big, no obstacle too strong, if we live with clarity, discipline, and faith. Lord Ganesha is not only the remover of obstacles but the eternal teacher, urging every young heart to rise above difficulties and walk the path of wisdom.

RAMILABEN RAYSINGBAI: THE WOMAN WHO BUILT CHANGE BRICK BY BRICK

G amit Ramilaben Raysingbai is one of those quiet leaders whose work shows up in everyday dignity in clean lanes, a toilet at home, women who can save and borrow together, and girls who no longer miss school because of poor sanitation. Born in 1969 in Taparwada village of Gujarat's Tapi district and belonging to the Gamit tribal community, she studied up to Class X and then chose a harder classroom her own villages. And, in 2022, India recognised that lifetime of service by conferring the Padma Shri on her for social work.

Her journey began with a simple but stubborn goal of ending open defecation in the hilly tribal belt around her home. Years ago, she saw how women waited for darkness, risking safety and illness, and how children fell sick because clean toilets were a rarity. Ramilaben decided to organise families, pool labour and materials, and make sanitation a shared mission, not an afterthought. By patiently persuading neighbours, meeting panchayat members, and showing how a toilet changes the rhythm of a household, she helped build more than 700 sanitary units and steered nine villages to open-defecation-free status. These numbers matter because they reflect a shift in habit, not just in hardware.

Even as toilets came up, she understood that dignity also depends on income in women's hands. So she turned to collective finance. Ramilaben helped form and guide 162 self-help groups (SHGs) of tribal women. These groups became a door through which government schemes could finally reach first-time beneficiaries with small insurance covers, pension accounts, and savings for girls. The SHGs also became a place to learn skills and start micro-businesses, from tailoring to small farm enterprises. In short, the same women who once walked to the fields after sundown now walk into meetings to review accounts and plan purchases.

A notable chapter in her story is the way she linked sanitation with livelihoods. In 2019, she joined UltraTech Cement's "Kutumb" programme, trained in masonry, and then trained other local women in forming an all-

women crew that built toilets faster and at lower cost. This did two things at once one, it accelerated the pace of construction and two, created paid work where there was little before. The programme's account and her own remarks show how women masons earned income and independence while lifting public health

government profiles of her work, explains why behaviour changed and stayed changed.

Recognition followed the results, not the other way around. In 2017 she received the Swachh Shakti award for outstanding performance under the national clean-India

schemes into everyday lives, ensuring that benefits do not remain on paper. This is a difficult work as it demands patience with paperwork, persistence with officials, and credibility with neighbours. And Ramilaben has all three.

There are also instructive lessons for public policy. Her story shows that infrastructure plus behaviour change is stronger than either alone; that social protection schemes have greater uptake when routed through trusted groups; and that women's participation multiplies the impact of any development intervention. These are not abstract points rather they explain why nine villages stayed open-defecation-free and why SHGs in a remote tribal belt now manage savings with confidence.

Ramilaben herself has kept the focus on the next task. In earlier interviews, shortly after the Padma announcement, she spoke of wanting to tackle water issues in Taparwada which is another grassroots priority linked to health, livelihoods, and women's time. Knowing her method, the solution will likely begin with a small meeting under a tree and end with a village-level plan that people own because they built it.

In a country full of extraordinary but often unsung civic workers, Gamit Ramilaben Raysingbai's life reminds us that change is not a slogan. It is a routine, collectives that meet on time, savings accounted for, toilets that are used and maintained, training sessions that lead to paid work. Awards are welcome, but the real reward is visible in quiet, everyday ways in cleaner streets, healthier children, and women who make decisions together. That is why her story matters, and why it should travel beyond Tapi as a practical blueprint for dignity-led development.



indicators in their villages. It is an elegant example of how a public campaign like Swachh Bharat can be fused with women's economic empowerment on the ground.

Ramilaben's approach has always been hands-on and neighbourly. She organised awareness meetings on the health risks of open defecation, went door-to-door to address doubts, and kept watch to ensure toilets were used, not abandoned. When the COVID-19 pandemic hit, she shifted gears to distribute masks and sanitizer and to help families access relief, continuing that same pattern of practical care. This community-first style, described in

mission. The Padma Shri citation in 2022 summed up her contribution as a tribal social worker leading SHGs across education, healthcare and sanitation.

If you ask why her work stands out, three qualities emerge. First, she treats sanitation as a gateway to broader change. A toilet at home means safety, time saved, and fewer illnesses; it also normalises women's say in how a household invests money. Second, she builds local capacity rather than importing it by training women as masons, nurturing book-keepers inside SHGs, and creating a chain of village champions. Third, she knits government

Ravi Singh, Supriya Singh & Gauri Mhatre

WHEAT STOCK LIMITS REDUCED TO MAINTAIN
MARKET STABILITY

The government has revised wheat stock limits across all States and Union Territories to safeguard food security and curb price manipulation ahead of the festive season. The changes, notified under the Removal of Licensing Requirements, Stock Limits and Movement Restrictions on Specified Foodstuffs (Amendment) Order, 2025, are effective until March 31, 2026.



Act, 1955.

As per the new rules, traders and wholesalers can now hold a maximum of 2,000 metric tonnes (MT) of wheat, down from 3,000 MT earlier. Retailers are restricted to 8 MT per outlet, reduced from 10 MT, while big retail chains must also ensure stocks remain capped at 8 MT per outlet.

All entities engaged in wheat stocking must declare their inventories every Friday on the government's wheat stock portal. Any violation of the prescribed limits may lead to strict action under the Essential Commodities

With 300.35 lakh MT already bought for the RMS 2025–26, India's wheat production for 2024–25 was 1,175.07 lakh MT, guaranteeing a sufficient supply for market stability and public distribution. After being notified, stocks that exceed the updated ceilings must be corrected within 15 days. Instead of the previous 70%, wheat processors are now permitted to retain 60% of their monthly installed capacity.

PM MODI STANDS FIRM AGAINST US TARIFFS, VOWS TO
PROTECT FARMERS AND SMALL BUSINESSES



Prime Minister Narendra Modi on Monday sent a strong message to US President Donald Trump amid tariff tensions, saying the government will always protect the interests of farmers, cattle rearers, and small businesses. He assured that even if global pressure increases, India will bear it without letting its people suffer.

His remarks came as the US asked India to further open its farm market and imposed a 25% tariff over India's

purchase of Russian oil. The Ministry of External Affairs responded that India's imports are guided by energy security needs for 1.4 billion people, calling the US move unfair.

On his Gujarat visit, where he launched ₹5,400 crore projects, Modi said India draws strength from Lord Krishna and Mahatma Gandhi, and highlighted that 25 crore people have risen from poverty in the last 11 years.

FABRIC OF SUPPORT: DUTY-FREE COTTON FOR
TEXTILE INDUSTRY

The exemption, which was announced at the Central Board of Indirect Taxes and Customs (CBIC), removes the whole 11% duty on cotton imports, which includes the 10% Social Welfare tax, the 5% Basic Customs Duty (BCD), and the 5% Agriculture Infrastructure and Development Cess (AIDC). For the textile industry to have a consistent supply, the Center has extended the cotton import tariff exemption until December 31, 2025.

In the face of declining domestic cultivation, the action seeks to alleviate customer hardship and lower costs for producers. In order to promote exporters and guarantee adequate supply for the textile industry, the federal government has extended the cotton import duty exemption until December 31, 2025. The previous period of the tariff exemption was August 19–September 30, 2025. According to the Finance Ministry, a new announcement will be made to formally announce the extension.

From August 19 to September 30,



2025, the Central Government temporarily waived the import tax on cotton in order to increase the supply of cotton for the Indian textile industry. The Finance Ministry said in a statement that the government has chosen to extend the cotton import tariff exemption (HS 5201) from September 30, 2025, to December 31, 2025, in order to further assist exporters. In the face of changing raw material supply, the extension is anticipated to aid manufacturers and consumers by lowering input prices across the textile value chain, including yarn, fabric, clothing, and made-ups.

ROBUST MONSOON TO PERSIST ACROSS INDIA WITH
HEAVY RAINS TILL EARLY SEPTEMBER: IMD



The monsoon remains strong across North, East, Central, and West India, as well as parts of the West Coast, and is expected to continue into early September. According to the India Meteorological Department (IMD), a low-pressure system is currently over central Chhattisgarh. The main monsoon trough linked with this system stretches from Rajasthan through Madhya Pradesh, Chhattisgarh, and into the Bay of Bengal. Since the eastern end dips into the Bay, another low-pressure system may form by September 3, supported by weather circulation from the South China Sea, and move towards

Central and North-West India.

At the same time, a western disturbance lies over north Pakistan and Punjab, combining with monsoon winds to bring heavy rain over Jammu & Kashmir, Himachal Pradesh, Uttarakhand, and nearby plains. A rain-supporting monsoon shear zone is also active over southern India.

The US Climate Forecast System suggests that above-normal rain may continue across much of India until mid-September before the monsoon starts retreating.

In the past 24 hours, Telangana saw extremely heavy rainfall, with Kamareddy recording 41 cm. Heavy to very heavy rain was also reported across Karnataka, Goa, West Bengal hills, Maharashtra, Rajasthan, Gujarat, Odisha, and Kerala. IMD has warned of continued heavy rainfall in these regions over the coming days.

TROPICAL AGROSYSTEM TARGETS
₹2,200 CR REVENUE IN FY26,
BETS ON PATENTED PRODUCTS
AND EXPANSION



Chennai-based agrochemical firm Tropical Agrosystem is aiming for a 22% rise in revenue to ₹2,200 crore in FY26, supported by a good monsoon and rising demand for its patented products. The company, which competes with global majors like Bayer, Syngenta and UPL, expects to become debt-free next year and is looking at private equity funding instead of an IPO.

Recently, the company launched three patented products, including herbicide Tag Proxy and dual-action paddy insecticide Stem Lee, which alone is expected to generate ₹100 crore in sales this year. Despite uneven rainfall across India, demand for agrochemicals remains steady.

Tropical Agrosystem is also expanding its manufacturing capacity with new plants in Kharagpur and Chennai set to begin operations next year, and another planned in Gujarat. These expansions will be funded through internal resources.

The firm's strengths include competitive pricing, a 22,000-strong dealer network, and co-marketing tie-ups. It is also focusing on biological products, with 8-10 new solutions under development, including Digester to tackle stubble burning. With faster regulatory approvals and low per-hectare chemical use in India compared to other countries, the company sees strong growth opportunities in both agrochemicals and bio-based products.

NCERT INTRODUCES “BARAF PANI” IN NEW PHYSICAL EDUCATION CURRICULUM



NCERT has unveiled its first-ever Physical Education textbooks for Classes 3 to 8, aligning with NEP 2020 and the new National Curriculum Framework for School Education 2023. The Class 8 curriculum, titled Khel Yatra, introduces dynamic physical activities paired with social awareness messages.

One standout activity is Baraf Pani, designed as an interactive game teaching students about different roles bully, victim, bystander, and upstander. The activity begins with warm-ups like leaping, skipping, and hip stretches, followed by the game itself. When the "bully" tags someone, that student

freezes. Bystanders can “unfreeze” them by tapping and speaking words like "You are not alone" or "I am with you." Meanwhile, upstanders are encouraged to step in boldly saying something like "Stop, that's not okay".

Beyond Baraf Pani, Khel Yatra offers several inventive activities: Char Tali, which nurtures alertness and highlights society's role in preventing harassment; Move Like a Machine, teaching how our musculoskeletal system aids movement; and Pass, Sit, and Score, a team-based drill that blends passing skills with quick thinking. Students also learn physical techniques related to marathons, long jumps, and standing broad jumps, all while being taught the importance of warm-up and cool-down routines

MAHARASHTRA LAUNCHES 56 UNIVERSITY-RELATED SERVICES VIA APPLE SARKAR PORTAL

The Maharashtra Higher and Technical Education Department taken a big leap in digital governance by launching 56 university-related services on the Aaple Sarkar portal, benefiting nearly 20 lakh students across the state.

From mark sheets and certificates to other academic documents, services that once required multiple office visits are now just a few clicks away. Students register on their university website, apply through Aaple Sarkar, and track requests in real time whether pending, under review, or completed.

The initiative is backed by the Right to Services (RTS) Act, ensuring strict timelines for delivery. To guarantee compliance, legal officers will be appointed in every college, while vice-chancellors oversee weekly progress reviews.

Adding a layer of trust, universities will roll out blockchain-based certificate verification, protecting students from fraud and making validation seamless for employers. Further, SMS alerts will keep applicants

updated, eliminating the hassle of repeated follow-ups.

Beyond digital documents, the state is pushing to integrate vocational education and skill development, aligning learning outcomes with employability.

By putting these services online, Maharashtra is not just cutting red tape it's creating a student-friendly, transparent, and tech-driven education system. The move sets a strong benchmark for other states, proving that essential academic services can be delivered anytime, anywhere.

This reform is more than convenience; it represents a digital revolution in higher education governance, designed to empower students and simplify their academic journey.

UNESCO CHAIR ON GLOBAL HEALTH BACKS PM MODI'S OBESITY CALL, URGES HEALTH EDUCATION IN SCHOOLS

Dr. Rahul Mehra, India's representative for the UNESCO Chair on Global Health and Education, has voiced strong support for Prime Minister Narendra Modi's warning about the nation's growing obesity epidemic. He highlighted that obesity is no longer an adult or urban-only issue it is now affecting children too. Acting early is vital, especially since today's childhood weight problems can lead to long-term illnesses and reduced productivity.

Dr. Mehra underscored the importance of embedding health education into school life on equal footing with math, science, or languages. He praised the Prime Minister's practical suggestion to cut cooking oil intake by ten percent, but emphasized that this must extend into a broader campaign. That includes promoting sustainable food systems, encouraging fruit and vegetable intake, and deterring junk food consumption.

According to NFHS-4 data (2019-21), around one-quarter of Indian adults are overweight or obese, and childhood obesity affects about 5 percent of school-going kids. Obesity heightens

risk for heart disease, diabetes, and high blood pressure posing a direct challenge to India's vision of a healthy, productive “Viksit Bharat 2047”.

Dr. Mehra added that changing health behaviour isn't just the job of government programs it needs cultural shifts across families, communities, and especially schools. Alongside strong health education, ensuring physical activity and engaging parents are essential to reverse the obesity trend. He also called for weaving existing initiatives such as the Fit India Movement, Eat Right India, and POSHAN Abhiyaan into a more comprehensive framework that includes curriculum reform, grassroots outreach, and stronger public-private partnerships.



PROJECT AAROHAAN: NHAI LIFTS TOLL PLAZA FAMILIES THROUGH EDUCATION



The National Highways Authority of India (NHAI), in partnership with Vertis Infrastructure Trust and implemented by Bharat Cares (SMEC Trust), has launched Project Aarohan to back the educational pursuits of children from toll plaza families. This initiative is targeted at reducing financial hurdles and advancing equal access to quality education for underprivileged students, including those from economically weaker sections, first-generation learners, and marginalized communities.

Under the first phase, running from July 2025 through March 2026, 500 students from Class 11 up to the final year of undergraduate study will each receive an annual scholarship of

₹12,000. Additionally, 50 exceptional students aiming for postgraduate or higher education will be granted ₹50,000 each.

Beyond financial aid, the program emphasizes holistic development through mentorship, career guidance, skill-building workshops, and tracking students' progress over time. Applications will be submitted via an online portal, and applicants must provide academic records, income certificates, caste documentation, and identity proof to ensure fairness and clarity in selection.

NHAI Chairman Santosh Kumar Yadav highlighted that Project Aarohan reflects the organization's commitment to supporting those who keep the nation's highways operational and nurturing young talent that can drive India's future growth.

DHARMENDRA PRADHAN UNVEILS 25-YEAR ROADMAP TO MAKE IITS INCLUSIVE AND FUTURE-READY



Union Education Minister Dharmendra Pradhan chaired the 56th IIT Council meeting, unveiling a 25-year vision plan to transform the Indian Institutes of Technology (IITs) into global leaders of innovation and inclusivity.

The roadmap aims to position IITs as central to India's progress by 2047, aligning with Prime Minister Narendra Modi's vision of a “Samridh, Viksit, and Atmanirbhar Bharat.” Pradhan called the IITs the “crowning jewels of higher education,” stressing their role in driving national priorities and shaping future technologies.

Key Focus Areas

- Inclusivity: Wider access for students from underrepresented socio-economic groups.
- Research Expansion: Stronger capacity in advanced labs and research facilities.
- Collaboration: More multidisciplinary programs, industry tie-ups, and global academic partnerships.
- Frontier Tech Leadership: Spearheading India's efforts in AI, quantum computing, clean energy, and sustainable infrastructure.

The plan also integrates seamlessly with ongoing reforms in higher education. Recently, Parliament passed the IIM (Amendment) Bill 2025, paving the way for the first IIM in Guwahati, Assam, highlighting the government's push for world-class institutions across the country.

By combining inclusivity, research excellence, and global outreach, the roadmap envisions IITs as not just engineering hubs, but as innovation powerhouses driving India's scientific and societal growth over the next two decades.

This blueprint underscores a simple message: IITs are expected to be the torchbearers of India's 21st-century transformation.

Durgesh K. Dubey & Anshika Pandey

MODI'S JAPAN VISIT OPENS A 'GOLDEN CHAPTER': BULLET TRAINS, CHANDRAYAAN-5 AND \$68 BILLION INVESTMENT BOOST

Prime Minister Narendra Modi wrapped up his two-day visit to Japan with a series of landmark agreements that span futuristic transport, space exploration, and deepened economic ties. The visit, his first official trip to Tokyo under Prime Minister Shigeru Ishiba's leadership, is being hailed as a turning point in India-Japan relations.

Before departing for China on Saturday to attend the Shanghai Cooperation Organisation (SCO) Summit, Modi posted on X that the visit “will be remembered for the productive outcomes which will benefit the people of our nations.” His words reflect the optimism generated by three big announcements—joint lunar exploration, the iconic Shinkansen ride, and Japan's massive investment pledge.

In a major boost to India's space ambitions, Modi announced that ISRO and JAXA will partner for the Chandrayaan-5 mission. This collaboration goes beyond technology sharing it represents a deeper scientific and strategic synergy in space research. Experts believe that the partnership could give India access to advanced Japanese lunar technologies, while offering Japan the advantage of ISRO's cost-effective space engineering.

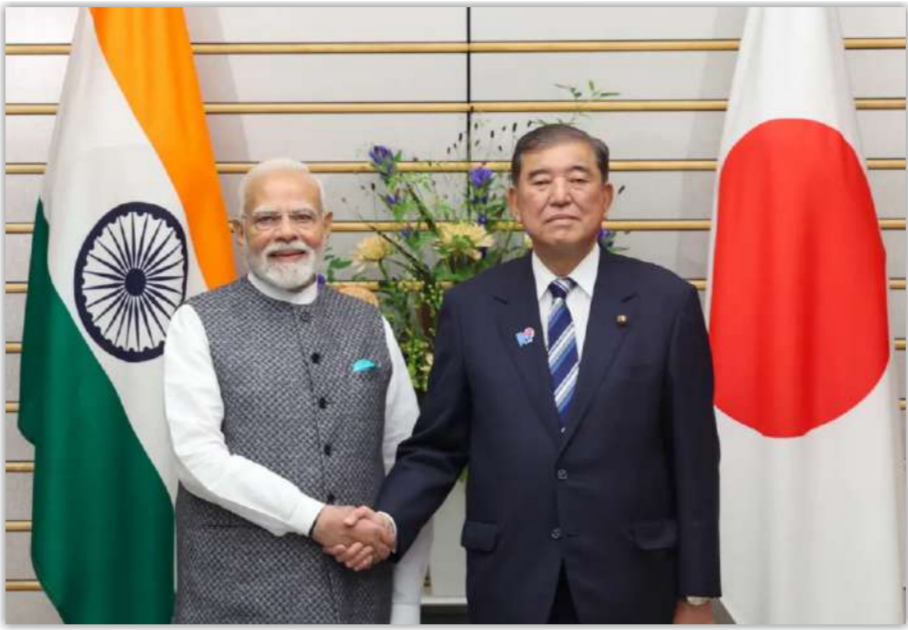
With the Chandrayaan-3 mission having already established India's credentials in lunar landings, the fifth edition promises to focus on more complex objectives, including long-duration experiments and advanced rover technology. The Indo-Japan effort signals Asia's growing role in shaping the next frontier of space exploration.

On Friday, Modi and Ishiba boarded a Shinkansen bullet train in Sendai a symbolic ride underscoring Japan's contribution to India's first high-speed rail corridor between Mumbai and Ahmedabad. During the journey, Modi interacted with Indian train drivers undergoing training in Japan, a gesture that highlighted the transfer of skills alongside technology.

The Mumbai-Ahmedabad bullet train project, being executed with Japanese technical and financial assistance, is one of India's most ambitious transport initiatives. Modi's ride on the Shinkansen was more than a photo opportunity it was a reassurance to both nations that the project remains a priority and a shared symbol of modernization.

Perhaps the most impactful announcement came in the form of Tokyo's pledge of 10 trillion yen approximately \$68 billion in private investment over the next decade. This funding will target strategic sectors including semiconductors, rare earths, clean energy, and digital technology.

For India, this inflow not only boosts its industrial and digital ecosystems but also strengthens supply chain resilience at a time when global economies are struggling with overdependence on single sources. For Japan, investing in India provides both economic opportunities and a strategic partner in Asia's evolving power dynamics.



The outcomes of the visit underline three critical pillars of cooperation: high-speed transport, space exploration, and economic growth. But beyond numbers and projects, the visit reflects the growing trust between New Delhi and Tokyo. Modi emphasized that the strengthened partnership is not limited to bilateral gains but also contributes to “global peace and stability.”

Observers note that the visit lays the foundation for what Modi described as a “new and golden chapter” in relations. With shared democratic values, complementary economies, and converging strategic interests, India and

Japan appear poised to play a defining role in shaping Asia's future order.

As Modi heads to China for another set of high-stakes meetings, his stop in Japan has already underscored India's ability to deepen partnerships that blend technology, growth, and diplomacy.

MODI'S CHINA MISSION: RESETTING TIES WITH XI AND PUTIN AMID GLOBAL TRADE TENSIONS

Prime Minister Narendra Modi has landed in Tianjin, China, for a high-stakes two-day visit that could redefine India's diplomatic posture in Asia and beyond. This marks his first trip to China in more than seven years, coinciding with the Shanghai Cooperation Organisation (SCO) Summit, and comes against the backdrop of mounting global economic uncertainty and shifting geopolitical balances.



The spotlight is firmly on Modi's scheduled talks with Xi Jinping on Sunday. The meeting holds significance as the two leaders will attempt to stabilize relations that were severely tested during the eastern Ladakh border stand-off. A gradual thaw has been visible in recent months Chinese Foreign Minister Wang Yi's visit to New Delhi last month set the stage for cooperative steps such as reopening border trade routes, resuming direct flight services, and reinforcing peace commitments along disputed frontiers.

engagements.

SCO Summit: A Broader Stage

Beyond bilateral meetings, the SCO Summit itself provides India with a valuable platform. With the United States' tariff battles shaking supply chains and China facing its own headwinds, India has an opening to project itself as a stabilizing force in Eurasian politics. By aligning with both China and Russia, without being locked into either camp, India seeks to reinforce its image as a nation that can navigate multipolar complexities while safeguarding its national interests.

A Delicate Reset

The last time Modi set foot in China was in June 2018, also for an SCO Summit. The intervening years saw ties plummet after the Galwan Valley clashes in 2020. The formal disengagement in Ladakh late last year signaled a cautious effort by both sides to reset relations. Today, as Modi meets Xi and Putin, the stakes are higher. The outcome of these interactions will not only influence India's immediate neighborhood strategy but also shape its long-term global positioning amid fractured alliances and turbulent markets.

For New Delhi, Tianjin is more than just a diplomatic stopover it is a testing ground for how India balances rivalry, partnership, and autonomy in an increasingly unpredictable world.

Why This Visit Matters

India's relations with the United States have recently been strained over tariff disputes, while the larger world economy grapples with volatility triggered by protectionist policies and regional conflicts. Against this backdrop, Modi's presence in China is more than symbolic it reflects New Delhi's intent to recalibrate its partnerships with both Beijing and Moscow while maintaining strategic autonomy.

At the summit, which runs from August 31 to September 1, Modi will engage in bilateral talks with Chinese President Xi Jinping and Russian President Vladimir Putin. These meetings are expected to chart the course for India's future foreign policy moves, particularly in areas of trade, border stability, and defence cooperation.

Key Agenda with Xi Jinping

Engaging Putin on Energy and Defence

In addition to his meeting with Xi, Modi will hold talks with Russian President Vladimir Putin. These discussions are likely to revolve around enhancing defence collaboration, securing long-term energy supplies, and bolstering India's role in promoting multipolarity in global governance. For Moscow, deepening ties with New Delhi offers a counterbalance to Western isolation over the Ukraine conflict, while for India, Russia remains a vital strategic partner despite diversifying its international

EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

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FAQs ON
Learning and Development through
Ancient Indian Wisdom

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Q. What do you look in healthy
workplace culture?

Ans. A healthy workplace culture plays a pivotal role in the overall success of an organization and the well-being of its employees. It directly impacts productivity, morale, employee retention, and job satisfaction. A thriving workplace culture isn't just a set of policies; it is an environment cultivated by values that promote mutual respect, personal growth, and professional fulfillment. Below, we explore the key attributes of a healthy workplace culture, supported by Sanskrit slokas that reflect timeless wisdom on each principle.

1. Genuine Appreciation: A healthy workplace culture values genuine appreciation. Employees should feel acknowledged and appreciated for their hard work and contributions. When appreciation is heartfelt and authentic, it fosters trust and motivates employees to continue delivering high performance.

"कर्मणा यः सदा युक्तो यः शान्तं सुखं प्रपद्यते। सदा प्रशंसा समृद्धिं च यः सर्वे सुखमायाति॥" "One who is consistently committed to their work and is recognized with sincere appreciation, will find joy, success, and fulfillment in their endeavors." Mahabharata. This verse emphasizes the importance of recognizing and appreciating efforts. Genuine recognition not only motivates employees but also cultivates a positive work environment. Regularly acknowledge the efforts of your team members in meaningful ways. Personalized praise can go a long way.

2) Clear Communication: Clear communication in a workplace eliminates confusion, misinterpretations, and conflicts. It ensures that every employee knows their responsibilities, goals, and expectations, allowing them to focus on their tasks efficiently. "सत्यं ब्रूयात् प्रियं ब्रूयात् नैतद् सत्यं अप्रियम्। प्रियं च नानृतं ब्रूयात् सत्यं च यः सदा प्रियत्॥" "Speak the truth, speak kindly, and let your words be constructive. Clear communication fosters trust and strengthens relationships." Mahabharata This verse stresses the importance of honest and kind communication, which is foundational to any healthy workplace. Make communication clear, direct, and constructive. Encourage an open-door policy where employees can always reach out with questions or concerns.

3) Open Communication: A workplace with open communication promotes transparency and creates a sense of belonging. Employees should feel comfortable sharing ideas, concerns, and feedback without fear of judgment or retaliation. "उदितं सदा वाक्यं च सत्यं समर्पयेत्। विद्या समृद्ध्यं च शान्ति मेव सदा प्राप्ता॥" "Always speak with openness and honesty. Transparency brings peace, prosperity, and mutual respect." Bhagavad Gita. This verse emphasizes that open and honest communication fosters clarity and mutual respect, paving the way for a harmonious environment. Cultivate a culture of feedback where employees feel safe to express themselves, both in praise and constructive criticism.

4) Opportunities for Growth: A healthy workplace culture promotes continuous learning and development. Employees should feel that there are opportunities to grow, whether through skill enhancement, promotions, or new challenges that enable career advancement. "नैव सद्यः सदा साधं कर्मण्यं वर्धते यः। धर्मेण कार्यं कुर्याद्धर्मज्ञोऽयं भवेद् तदा॥" "The wise one always seeks opportunities for growth and self-improvement, continuously striving to better themselves and their contributions." Bhagavad Gita 18.63 This verse encourages the pursuit of growth and development in every aspect of life, including one's career. Provide professional development opportunities and encourage employees to take ownership of their growth by setting achievable goals.

5) Strong Sense of Purpose: A strong sense of purpose in the workplace connects employees to the larger mission of the organization. When individuals understand how their work contributes to a greater goal, it instills motivation and a sense of pride in their tasks. "यत्र धर्मो यत्र सत्यं तत्र स्वधर्मं प्रवर्तते। धर्मेण कर्मणा कार्येऽहं सदा शक्तिं समाप्नुयात्॥" "Where truth and righteousness prevail, a sense of purpose drives meaningful actions." Mahabharata This verse reflects how a sense of purpose drives ethical actions and long-term success. Clearly communicate the company's mission and vision to your employees and explain how their individual contributions align with the organization's broader goals.

6) Real Work-Life Balance: Work-life balance should not just be a buzzword but an actual practice within the company. Employees should have the time and space to prioritize their personal lives without feeling guilty, which contributes to their overall well-being and job satisfaction. "नियतं कर्म समाश्रित्य कार्यं सुखं समाप्नुयात्। संचार्य कार्येण स्वधर्मं सदा सुखं निरंतरम्॥" "One who balances their duties with personal well-being finds joy and fulfillment in both work and life." Bhagavad Gita 2.47. This verse teaches the importance of balancing personal and professional duties, ensuring well-being in both aspects of life. Encourage flexible working hours or remote work options to help employees maintain a healthy work-life balance.

7) Trust and Ownership: Trust and ownership go hand-in-hand in a healthy workplace. When leaders trust their teams and empower them with ownership over their work, it fosters a sense of responsibility and accountability, leading to greater autonomy and job satisfaction. "सत्यं विश्वासं यः समर्पयेत्, कार्येण निपुणं समृद्धिम्। यः श्रद्धां यः विश्वासं सदा सत्त्वसमाहितं प्राप्तम्॥" "One who is entrusted with trust and responsibility works with integrity, and such trust enhances both personal and collective growth." Mahabharata. This verse emphasizes that trust fosters growth, responsibility, and respect, which are essential for a successful workplace. Tip: Delegate responsibility and trust your employees with important tasks. Allow them the autonomy to make decisions and take ownership of their work.

8) Fairness and Inclusion: A healthy workplace culture is rooted in fairness and inclusion. Employees should be treated equally, with opportunities for everyone, regardless of background, gender, or other factors. Inclusivity fosters creativity, innovation, and a sense of belonging among employees. "सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयः।" "May all be happy, may all be free from ailments, may all experience the auspicious." This verse underlines the principle of equality and inclusiveness. A leader who promotes fairness ensures that every individual feels respected and valued. Promote diversity and inclusion in your hiring and promotion practices. Ensure that all employees feel equally valued and have equal opportunities to succeed.

9) Psychological Safety: Psychological safety is crucial for a healthy workplace culture. Employees should feel safe to take risks, voice their opinions, and make mistakes without fear of retaliation or embarrassment. When people feel safe psychologically, they are more likely to contribute ideas, innovate, and take initiative. "शान्तं ब्रूयात् प्रियं ब्रूयात् नैतद् सत्यं अप्रियम्। प्रियं च नानृतं ब्रूयात् सत्यं च यः सदा प्रियत्॥" "Speak with kindness and truth. When employees feel safe in their expression, they contribute freely to the common good." - Mahabharata. This verse reflects the power of creating an environment where employees feel secure enough to speak up and share their ideas. Encourage an open-door policy and create opportunities for anonymous feedback. Show that all contributions are valued.

To be continued in next week's article.....

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TODDLER MILESTONES: A PARENT'S GUIDE TO EVERY AGE AND STAGE

Everyone who has a toddler at home is well aware of how challenging this phase of child growth and development can be at times. We need to be keen observers to prevent our child from being harmed as they start to crawl, walk, and run during the toddler stage.

A proper understanding and awareness of the various milestones that a baby goes through are the most important aspects of parenting. Lack of awareness may lead to unexpected consequences at times.

This stage of child growth and development teaches a lot of things to parents; one such thing is patience. It also brings back our childhood, as we try to be like children with our little ones.

The toddler stage is basically after the infant stage, which is from 1 year to 3 years of age. This stage is characterized by a lot of milestones, like crawling, walking, running, speaking, writing, playing, and developing emotions.

Parents need to keep a proper check on their child's nutrition as well, as this is the most vulnerable stage of development; proper care and nutrient-rich food are essential for proper growth and development.

Let us look at some of the milestones below:

1st year - Children at this age learn and try to walk by holding the furniture or anything they see that can be a support to them. They try to eat or drink by themselves. Some children even develop the habit of feeding others with their hands.

Try to say small words like, Hi, Bye, Mama, Papa or any other small words; at this age, they do not have the ability to form sentences. So, they start with smaller words.

They try to hold small things, like toys, spoons, cups, etc.

2nd Year - A little advancement in actions can be seen in the 2nd year of age. Like the ability to join two words, learning to understand emotions, learning to use switches, buttons, knobs, etc.

They try to eat with a spoon, kick a ball, and try to run. Learn to use more gestures other than Hi and Bye. They even try to recognize things and people at this age.

So, making them learn the basic colors, letters, fruits, and vegetables would be helpful at this stage of development.

3rd Year - The speech becomes clearer as they start to combine more than 2 to 3 words and start telling the commonly used sentences. They try to play with

other children and learn to socialize a bit. Now, they can run easily and climb steps as well.

And not to forget, they can overwhelm you with lots and lots of questions as they try to grasp and learn things at a faster pace now.

Parents play a very important role here, especially mothers, as children tend to learn most of the things from their mothers. So, it is the duty of the parents to help their children in reaching milestones by communicating with them, teaching them basic manners, and keeping a scheduled play time with them.

An important note for parents is to write down the list of milestones that your child will reach according to their age, look for them, and help your child in achieving them.

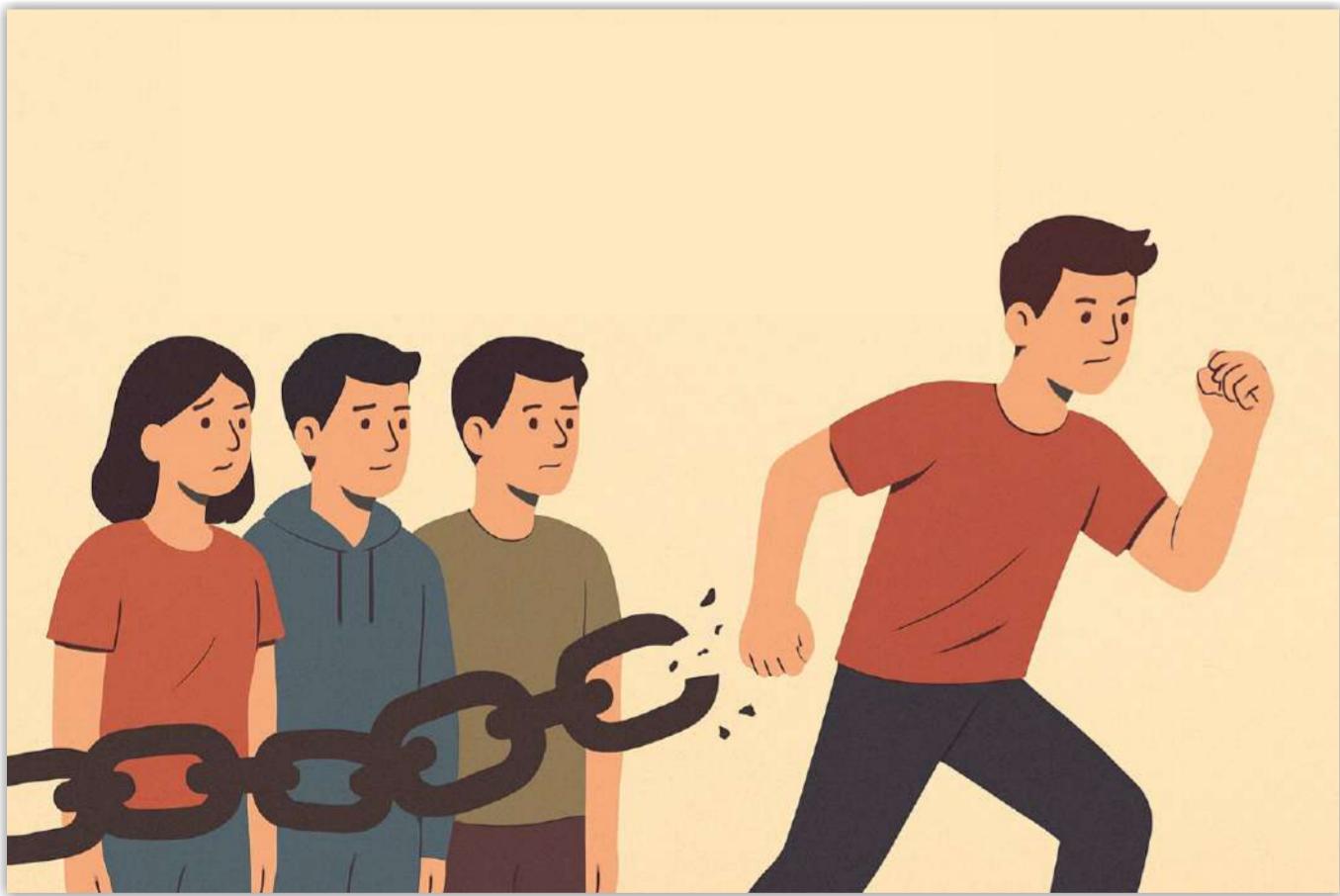
Every child has their own growth patterns, so avoid getting panicked when you do not see your child reaching milestones according to their age. Because many of the pediatricians have said not to worry about this, as some children may reach the milestones a little later than others.

The milestones are getting delayed because of the screen time that the toddler is being exposed to, so, as a parent, avoid screen time as much as possible till 2 years of age in order to see positive growth milestones.



As long as they are healthy, eating properly, and trying to do things according to their age, although not perfectly, then there is nothing to worry about.

FROM INFLUENCE TO INDEPENDENCE: BREAKING FREE OF PEER PRESSURE



We live in an independent country, but have we freed our minds from the cage of peer pressure? Have you ever thought, why have you always tried to fit in places where you do not belong? That was because of peer pressure.

To be valued and accepted among a group of people, we end up adapting habits that they have. Peer pressure often leads us to bad habits that further decrease our self-confidence.

Peer pressure often distorts our mental sanity and drags us into stress and depression when not addressed properly. It has destroyed lives in ways that we cannot even imagine. So, knowing where to actually put a full stop is very essential.

Below are some of the ways we can adapt to break through the web of peer pressure:

1 - Know Your Instinct - Many times, our instinct

Peer pressure is not always negative; it can be positive too, but rarely depending on the situation, but it is more bent towards the negative side.

Peer pressure is predominant among school- and college-going students, who get exposed to a variety of people. Having boundaries and knowing self-values can act as a protective shield when being peer pressured.

Parents also play a very important role in encouraging their children to ward off peer pressure and focus on self-values.

plays a very important role and acts as a guide in various situations. So, if you are stuck in a peer-pressured situation, listen carefully to what your instinct says and act accordingly.

2- Stick to Your Values - We have always had a basic set of rules and values since childhood that our parents usually teach us. Stick to those values and avoid getting away from them.

3 - Set Clear Boundaries - This is one of the most overlooked practices that we have in our lives. We often forget to set clear boundaries in many of our relationships, just with the fear of what the other person may think.

If you let everyone influence you and change your behavior and choices according to them, that is the first step towards self-deterioration.

If you allow a person to invade your privacy and let them control you, then there is no going back. Now, they know your weak point and totally know how to control you like a puppet.

The first step towards mental peace is setting boundaries

4 - Learn to Say No - Your habit of always saying 'Yes' to people is destroying you; the destruction might not be visible, but it is there.

A clear 'No,' when things are not according to your values, saves you from getting into the trap of peer pressure. A clear 'No' acts as a shield and lets you stand out.

For example, if any of your friends offers you a cigarette when you are among a group of friends. If you lack in saying no, you will end up smoking it and building it as a habit. But when you clearly say no, you are saved from it.

5 - Talk to Someone You Trust - Whenever you feel like you are being peer pressured, talk to a reliable friend or a parent. They can be a better guide and help you cope with the pressure.

Parents are the primary source of guidance for children when they face peer pressure. Communicate often and openly, be aware of your child's friend circle, and know whether they are engaging in any secret habits.

It is totally our responsibility to maintain peace of mind. Take the first step in breaking through the cycle of peer pressure and living your life independently.

INDIAN SEAFOOD INDUSTRY LOOKS TO NEW MARKETS
AMID US TARIFF PRESSURE



The Indian Seafood Industry is planning to diversify its products and explore new markets after the US administration-imposed penalty tariffs. According to DV Swamy, Chairman of the Marine products Export Development Authority (MPEDA), the sector needs to reduce dependence on a single species. Speaking at a press meet in Kochi, Swamy reminded that India's Marine exports had earlier overcome challenges during the post-Pokhrana sanctions. He stressed that a similar strategy of diversification is now necessary to handle the present tariff situation. The US has long been a major buyer of Indian Seafood, especially shrimp. However, rising trade restrictions have raised concerns for exporters. To sustain growth, India will look at strengthening its presence in alternative global destinations, promoting value-added seafood, and encouraging wider product varieties. This action is expected to safeguard the livelihoods of thousands of workers in the fisheries industries while also protecting India's position in the global seafood Market. By adapting its strategies, India aims to turn the tariff challenge into an opportunity for broader expansion.

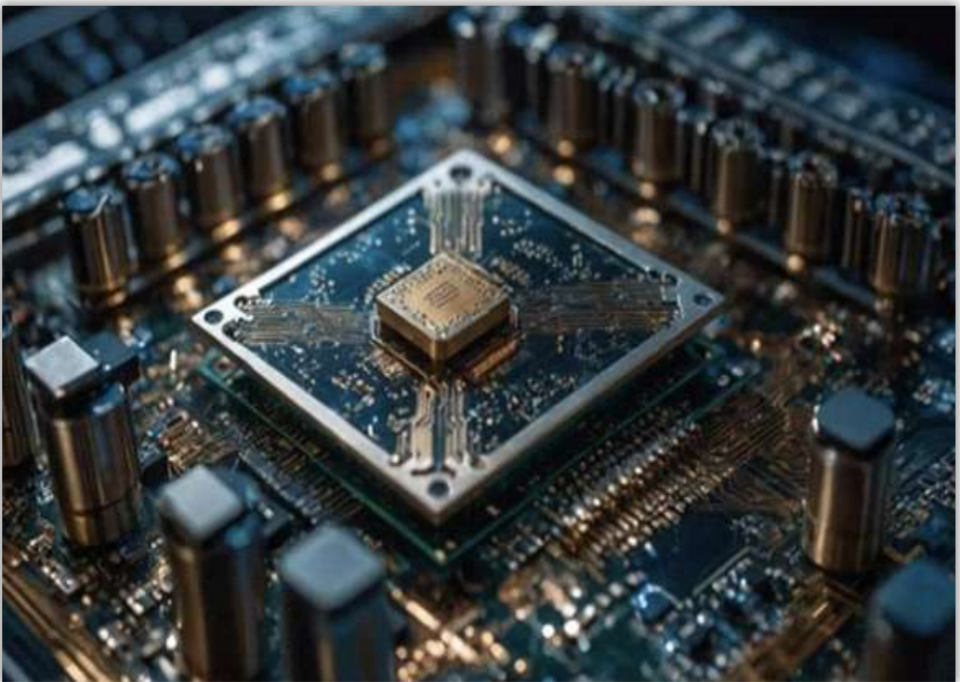
DRDO SUCCESSFULLY CONDUCTS MAIDEN FLIGHT
TESTS OF IADWS

India has made considerable strides towards indigenous self-reliance in defence technology as the Defence Research and Development Organisation (DRDO) successfully flight tested the Integrated Air Defence Weapon System (IADWS) for the first time at 12:30 pm on August 23 off the coast of Odisha. The IADWS is a multi-layered air defence system made up of indigenous Quick Reaction Surface-to-Air Missile (QRSAM), Advanced Very Short Range Air Defence System (VSHORADS) and high-power laser-based Directed Energy weapon (DEW) capable of neutralising a range of aerial threats from enemy aircraft and drone attacks to precision guided munitions. The system is managed by a Centralised Command and Control Centre developed by the Defence Research & Development Laboratory (DRDL), which is the nodal agency for the programme. The VSHORADS was developed by Research Centre Imarat and the DEW was developed by the Centre for High Energy Systems and Sciences. The test also affirms India's long-term commitment to self-reliance in advanced air defence technology, in line with the goal of improving preparedness against evolving aerial threats.



INDIA IS LOOKING FORWARD TO LAUNCHING ITS FIRST
MADE-IN-INDIA SEMICONDUCTOR CHIP

The first Made-in-India semiconductor chips are set to be launched and India is now looking forward to proceeding with 2-3 additional semiconductor projects from leftover funds that were provided for the Semicon 1.0 program. S Krishnan, Secretary at the Ministry of Electronics and Information Technology, confirmed that the leftover funds from Phase 1 of the semiconductor program will be used for 2 or 3 small projects and for the next semiconductor scheme. S Krishnan said, the funds are fully committed to the projects taken under the Semicon-1 scheme, and we might be able to work on just two or three small projects. With this, the program would come to an end, and they are looking forward to structuring the Semicon-2 scheme and discussing with the Finance Ministry and other ministries of the Government to take the decision forward. S Krishnan said that 10 projects have been cleared so far, and some are at various stages of implementation. From the funding of ₹76,000 crore under Semicon-1, ₹63,000 crore has already been committed to FABS alone, ₹10,000 crore for the Semiconductor Laboratory in Mohali, and ₹1,000 crore for the Design-Linked Incentive (DLI) Scheme.



MORE AND MORE WOMEN ARE PLANNING TO PRESERVE
THEIR FERTILITY

Women in India increase opportunities available to them for fertility preservation rapidly because of their lifestyles and career paths and lasting change in medical needs. Egg freezing is one of the most popular ways of preserving fertility. Women can freeze their eggs so they can have the opportunity to still get pregnant later, by freezing their eggs they can delay getting pregnant. Experts believe this growth is discussed in development of awareness, advances in reproductive medicine, and more common conversations and acceptance surrounding fertility health in general. There are also significant medical reasons. Women undergoing some treatments like chemotherapy may affect their reproductive health, so they are preserving their eggs ahead of the treatment. Clinics throughout India are reporting continued growth and sustained interest in egg freezing for these reasons, especially for women in their late 20's and early 30's. Aside from the potential cost of egg freezing, many women see this as an investment into their future. Doctors recommend providing counseling around all aspects of fertility preservation/egg freezing since success rates depend on many variables - such as age and egg quality. Overall Fertility preservation is now developing into a reasonable option as it pertains to women being able to balance personal, professional and health priorities while making informed decisions about when and how they can take control of reproduction choices.



INDIA ESTABLISHES NATIONAL DESIGNATED AUTHORITY
TO IMPLEMENT CARBON TRADING UNDER PARIS
AGREEMENT



India has created a 21-member set-up called the National Designated Authority (NDA), chaired by the Union Environment Secretary, to manage carbon trading mechanisms and provisions under the Paris Agreement. The NDA is responsible and looking forward to implementing Article 6 of the Paris Agreement, which states the provisions of carbon trading and other market-based tools that directly or indirectly play a role in climate change. The basic functions of the Authority are to recommend emission reduction activities under Article 6 of the Paris Agreement, and to evaluate and monitor the projects and their emission reduction units. They also need to ensure that those units contribute toward achieving India's Nationally Determined Contributions (NDCs). This step is expected to put India among the nations that are accelerating their efforts toward sustainability and greenhouse gas emission reduction. 113 countries, including the UK, France, China, Germany, and Brazil, have set up constituent national authorities and have formally communicated the same to the UN climate body. The Ministry's notification on the NDA said it will fulfill the country's responsibilities in terms of achieving sustainable development and environmental conservation by monitoring and evaluating industries emissions.

LINKIN PARK TO PERFORM IN INDIA FOR THE FIRST TIME
AT LOLLAPALOOZA 2026

Rock legends Linkin Park will make their India debut as they headline Lollapalooza India 2026 in Mumbai. Lollapalooza India 2026 will take place on January 24 and 25 at the Mahalaxmi Racecourse and is sure to be a huge festival celebrating music from around the world. Linkin Park have created timeless music, with songs such as In the End, Numb and Crawling. They boast a legacy that has been created over 20+ years. They've solidified themselves as one of the most influential bands in the world by combining elements of rock with electronics merged with passionate lyrics. For Linkin Park fans in India, it's like a dream come true! For Linkin Park fans in India, it feels like a dream finally coming true. Band member Mike Shinoda said he was excited about the opportunity to connect with the fans, and mentioned that the band is very excited to visit India who has so much positive energy and enthusiasm. Along with Linkin Park, there are many international superstars listed within the Lollapalooza India 2026 lineup, including Playboi Carti, YUNGBLUD, Kehlani and numerous other international artists mixed with a myriad amount of Indian talent, which feels like a historic moment for this festival. This feels like the unique lineup of the festival combined with Linkin Park's first performance in India will lead to Lollapalooza India 2026 being an incredible music milestone.



Afreen Mazgaonkar & Khushi Sharma

EKLAVYA JAGAL WINS DOUBLE BRONZE AT ASIAN OPEN SHORT TRACK TROPHY 2025



Eklavya Jagal, an 18-year-old Indian skater from Dehradun, created history by winning two bronze medals at an international ice skating competition, the Asian Open Short Track Trophy 2025. India is very new to ice skating sports, and his achievement marks the country's strong presence in this field. The championship was held from August 20 to 23 at the Himadri Ice Skating Rink, where he won one bronze in the 500m race and another bronze in the 1000m race. In the 500m sprint, he finished in 44.144 seconds, and in the 1000m sprint, Jagal clocked 1:31.880 minutes. Jagal already holds many junior national-level records across all distances and also has a national record in the 1500m. His consistent efforts and dedication raised him to the international stage, bringing a rise in India's rarely spotlighted

winter sports and inspiring youth and young athletes to follow this path. The young skater's journey is just beginning, and a long story of success awaits him ahead. Jagal is now getting ready to make a mark at the Winter Olympic Qualifiers in Montreal, Canada, where he is looking forward to booking his a spot on the world's greatest sporting stage.

INDIAN GRANDMASTER PRAGGNANANDHAA SEALED HIS SPOT IN THE GRAND CHESS TOUR FINALE

Indian Chess Grandmaster R. Praggnanandhaa sealed his spot in the Grand Chess Tour Finale after finishing runner-up at the Sinquefield Cup, where American Wesley So clinched the title in a dramatic three-way playoff. The “Sinque Field Cup 2025”, the biggest event of the Grand Chess Tour (GST), was organized in the USA. In the final standings, India's R. Praggnanandhaa, USA's Wesley So, and USA's Fabiano Caruana were the main players. In the first 9 rounds of chess, all 3 players ended up with 5.5 points and made the game a tie. Then the title had to be decided with a playoff. In the playoff, each player needed to play against 2 other players in fast time control. In this playoff game, Wesley So performed outstandingly and became the Sinque Field Cup Champion 2025 by winning it. Praggnanandhaa secured enough points that made him eligible for the finale after finishing in the runner-up position. In the first tiebreaker, Praggnanandhaa beat Caruana, followed by the second where Wesley beat Praggnanandhaa, and in the third tiebreaker, Wesley drew with Caruana. Praggnanandhaa is the only Indian who has qualified for the Candidates so far.



GOLDEN GLORY FOR INTERSTATE ATHLETICS

Annu Rani wins gold medal in the javelin throw event, Animesh Kujur, a track runner, wins gold in the 200m sprint, and Sarvesh Kushare, an athlete, wins gold in the high jump event. Annu Rani struck gold in the Asian Games Championship with a best throw of 61.05 meters on her first attempt. Javelin thrower Annu Rani, who belongs to the Indian state, Uttar Pradesh, struggled to cross the 60-meter mark in javelin throw last year. Now, with her dedication, she performs comfortably and competes confidently in the Road to Tokyo Grand rankings. Animesh Kujur from Odisha won the men's 200m gold with a fabulous performance. The 22-year-old is expected to move into the top 40 list of the Road to Tokyo, which increases his chances of qualification. Sarvesh Kushare, a high-jump athlete, managed to win the gold medal in the championship. He raised the bar to 2.28 meters in an attempt to create a personal best mark. Their consistent and dedicated efforts helped them win the event and marked a historic moment for the country's athletic growth, encouraging the youth to follow this path.



INDIAN SPRINTER ANIMESH KUJUR SECURED HIS SPOT FOR TOKYO WORLD ATHLETICS CHAMPIONSHIP

Animesh Kujur became the first Indian male sprinter to qualify for the Tokyo World Athletics Championship. Kujur confirmed his Tokyo berth with a striking performance in the men's 200m at the National Interstate Athletics Championship in Chennai on Saturday, clocking 20.63 seconds and breaking the individual national award. A 22-year-old boy from Chhattisgarh showed dedication and delivered a remarkable performance that led him to the road to Tokyo, positioning him among the world's fastest sprinters and emerging sprinting talents. He broke both the 100m and 200m national records, struck gold and bronze at the Asian Athletics Championship, and later competed in the U-23 200m at the Monaco Diamond League. His dedication and consistent efforts have led him to this fantastic achievement. Kujur's coach, Martin Owens, said: 'I am very happy with the long season. We didn't expect to break the national record so early. With his win, he has further consolidated his place for the World Championship, and it is a fantastic achievement. Kujur's historic qualification is a remarkable moment for Indian sprinting, highlighting the rise of a new generation ready to compete on the global stage.



INDIA'S KAJAL STRIKES GOLD IN WRESTLING AT THE U-20 WORLD CHAMPIONSHIP



India's 17-year-old Kajal managed to win gold at the U-20 World Championship in wrestling. The championship was held on Friday at Samokov, Bulgaria. Kajal defeated China's Liu Yuqi in the 72kg final and marked a victory. She had earlier won a silver at the U-17 World Championship and been a part of many World level matches and games tournaments. Kajal belongs to Haryana's Sonipat. Her gold medal shows her extreme dedication and discipline throughout the journey, facing every odd, strongly maintaining mental resilience without fear. Her journey is remarkable, as from Lath Joli, a village in Sonipat, to the world stage representing the whole country. Kajal stands relentlessly and comes up with a long journey, her pre-quarterfinal was against Bulgaria's Emily Mihaylova Apostolova and she marked victory with 15-4. In her quarterfinal, Kajal faced Kyrgyzstan's Kaiyrkul Sharshebaeva and with a relentless and wise approach, shut her opponent out in a 7-0 win. Her semifinal was against Jasmine Dalores Robinson of the US and she struck a win with 13-6. She did not even scramble and managed a win at every stage of the match. Her strike on gold makes the country proud of that strong girl.

INDIA STRIKES GOLD AT 16TH ASIAN SHOOTING CHAMPIONSHIP 2025 IN KAZAKHSTAN

In the 16th Asian Shooting Championship 2025 at Shymkent, Kazakhstan, Aishwarya Pratap Singh Tomar clinched gold in the men's 50m rifle event. Tomar was dominant across the competition with 462.5 points. He outclassed second-position China's Wenyu Zhao, who settled for silver with 462 points, while Japan's Naoya Okada secured bronze with 445.8 points. Tomar's win and lead were exceptional as he clinched gold by going slightly ahead of his nearest rival. Fellow Indian athletes Chain Singh and Akhil Sheoran also reached the final, finishing in 4th and 5th positions respectively. In the men's 25m Standard Pistol, Gurpreet Singh claimed gold by winning the event. He secured 572 points and marked his first individual gold in international competition. In the team event, Gurpreet Singh, Amanpreet Singh, and Harsh Gupta also achieved gold as the trio had a combined score of 1,709 points, delivering a dominant display in the 25m Standard Pistol. Arjun Babuta and Elavenil Valarivan secured gold in the 10m Air Rifle Mixed Team event. It was all dedicated to the consistency of athletes that ensured top achievement for India this year.



FEDERAL BANK ASSOCIATE OFFICER RECRUITMENT 2025



Federal Bank, one of India's most admired private sector banks, has announced the Recruitment of Associate Officers (Sales) for 2025. This is an excellent opportunity for young, ambitious, and sales-driven graduates who wish to build a rewarding career in banking.

- Important Dates:**
- Opening of Online Applications: 25th August 2025
 - Closing of Online Applications: 3rd September 2025

- Post & Vacancies:**
- Associate Officer (Sales) – Multiple openings
 - Pay Scale.
 - Annual CTC: ₹4,59,000 – ₹6,19,000/- (inclusive of performance-linked incentives).

- Job Location:**
- Selected candidates will be placed at Federal Bank branches/offices in Gujarat, Telangana, West Bengal, or Delhi NCR, based on business requirements.

- Eligibility Criteria:**
- Educational Qualification: Graduate from a recognized university under the UGC Act, 1956 / AICTE-approved, with minimum 50% aggregate marks in Class X, Class XII/Diploma, and Graduation.
 - Age Limit: Not exceeding 27 years (born on or after 01/08/1998).
 - Place of Domicile: Gujarat, Telangana, West Bengal, or Delhi NCR.
 - Nationality: Indian citizens only.
 - Driving License: Must possess a valid Indian driving license (two-wheeler/four-wheeler) as of 01/08/2025. Owning a vehicle is preferable.

- Application Fee:**
- All categories – ₹350/- + 18% GST
 - Payment Mode – Online (Debit/Credit Card, UPI, Net Banking).

- Selection Process:**
- Centre-based Online Aptitude Test
 - Personal Interview (or as decided by the Bank).

- How to Apply:**
- Eligible candidates must apply online via the official Federal Bank portal from 25th August 2025 to 3rd September 2025.

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

LIC AAO SPECIALIST RECRUITMENT 2025



The Life Insurance Corporation of India (LIC), India's leading public sector insurance giant, has released the LIC AAO Specialist & AE Recruitment 2025 Notification on 16th August 2025. A total of 491 prestigious vacancies are open for Assistant Administrative Officer (AAO) Specialist and Assistant Engineer (AE) posts across India. This is a golden opportunity for young professionals to join LIC's legacy of excellence.

- Important Dates**
- Online Registration: 16th August 2025 – 8th

- September 2025
- Mode of Application: Online via LIC IBPS Portal

- Vacancy Details**
- Posts: AAO (CA, CS, Actuarial, Legal, Insurance Specialist), AE (Civil, Electrical)
- Total Vacancies: 491

- Eligibility & Age Limit**
- AE (Civil/Electrical), AAO (CS/Actuarial/Insurance Specialist): 21–30 years (born 02/08/1995–01/08/2004)
 - AAO (CA/Legal): 21–32 years (born 02/08/1993–01/08/2004)
 - Age Relaxation: SC/ST – 5 years, OBC – 3 years, PwBD – 10 years

- Salary & Benefits**
- Basic Pay: ₹88,635/- per month
 - Gross Emoluments: Approx. ₹1,26,000/- per month in 'A' Class cities (inclusive of allowances, HRA & CCA).

- Educational Qualifications (Post-specific)**
- AE (Civil/Electrical): B.Tech/B.E. with 3 years'

- relevant experience
- AAO (CA): Bachelor's + ICAI Final Exam cleared with membership
- AAO (CS): Bachelor's + ICSI qualification
- AAO (Actuarial): Bachelor's + 6 papers cleared from Institute of Actuaries (India/UK)
- AAO (Insurance Specialist): Bachelor's + Fellowship from Insurance Institute of India + 5 years' Life Insurance experience
- AAO (Legal): LLB with 50% marks (45% SC/ST/PwBD) + 2 years' experience

- Application Fee**
- SC/ST/PwBD: ₹85/-
 - Others: ₹700/-
 - Mode: Online payment

- Selection Process**
- Preliminary Exam (Online Objective)
 - Main Exam (Objective + Descriptive)
 - Interview
 - Pre-Recruitment Medical Exam

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

TN COOPERATIVE BANK RECRUITMENT 2025

The District Recruitment Bureau under the Cooperative Department, Tamil Nadu has released the official TN Cooperative Bank Recruitment 2025 Notification for 2513+ vacancies across the state. This is an excellent chance for graduates aspiring for Tamil Nadu Government Jobs to build a stable and rewarding career in the cooperative banking sector.

- Important Dates**
- Online Registration: 6th August 2025 – 29th August 2025
 - Mode of Application: Online via district-specific portals

- Vacancy Details**
- Posts: Assistant, Junior Assistant, Clerk, Supervisor, Cashier
 - Total Vacancies: 2513

- Eligibility Criteria**
- Educational Qualification: Any Bachelor's Degree (10+2+3 pattern) such as B. Com, B.A., or equivalent from a recognized university /institution.

- Age Limit (as on 01/07/2025):**
- General: 18–32 years
 - Ex-Servicemen (OC): up to 50 years
 - PwBD (OC): up to 42 years
 - No upper limit for reserved categories
- Salary Structure**



- Assistant: ₹11,000–45,100 / ₹11,900–32,450 / ₹15,000–47,600
- Junior Assistant: ₹10,000–42,500
- Assistant/Secretary: ₹15,000–47,600

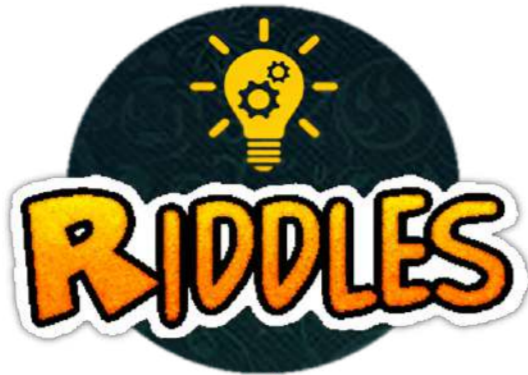
- Application Fee**
- General / OBC (NCL): ₹500/-
 - SC / ST / PwBD / Widows: ₹250/-
 - Payment Mode: Online (Credit/Debit Card, Net Banking, UPI)

- Selection Process**
- Written Examination
 - Personal Interview
 - Document Verification

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



1. What is the capital city of Japan?
2. Who wrote the play Romeo and Juliet?
3. How many continents are there on Earth?
4. What is the chemical symbol for Gold?
5. In which year did the Titanic sink?
6. What is the largest planet in our solar system?
7. Who painted the Mona Lisa?
8. What is the smallest prime number?
9. Which country is known as the Land of the Rising Sun?
10. What is the hardest natural substance on Earth?



1. I speak without a mouth and hear without ears. I have no body, but I come alive with the wind. What am I?
2. The more you take, the more you leave behind. What am I?
3. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
4. What can run but never walks, has a bed but never sleeps, has a mouth but never talks?
5. I'm tall when I'm young, and I'm short when I'm old. What am I?
6. What comes once in a minute, twice in a moment, but never in a thousand years?
7. Forward I am heavy, but backward I am not. What am I?

1. An echo
2. Footsteps
3. A map
4. A river
5. A candle
6. The letter M
7. A ton (Not = "ton" backward)

1. Tokyo
2. William Shakespeare
3. Seven
4. Au
5. 1912
6. Jupiter
7. Leonardo da Vinci
8. 2
9. Japan
10. Diamond

ANSWERS



Oats Upma – A Healthy Breakfast Twist

This Week, We're Relishing Oats Upma – A Healthy Twist to a Classic Breakfast

A wholesome South Indian-inspired breakfast, Oats Upma brings together the goodness of fiber-rich oats and the vibrant flavors of fresh vegetables. Light, nutritious, and easy to prepare, this dish is a modern take on the traditional upma. Perfect for weight-watchers, heart health, and those who love guilt-free comfort food, Oats Upma is both satisfying and nourishing.

Ingredients:

Rollled oats (1 cup, lightly roasted), Onion (1 medium, finely chopped), Carrot (1 small, diced), Green beans (6–8, chopped), Green peas (½ cup), Green chilies (1–2, slit), Ginger (1 tsp, grated), Mustard seeds (1 tsp), Urad dal (1 tsp, optional), Curry leaves (a few), Oil or ghee (2 tsp), Water (2½ cups), Salt (to taste), Fresh coriander leaves (for garnish) & Lemon juice (1 tsp)

Steps:

1. Roast the Oats: Dry roast oats in a pan for 2–3 minutes until slightly nutty. Set aside.
2. Prepare the Base: Heat oil in a pan, add mustard seeds, let them splutter. Toss in curry leaves, urad dal, and green chilies.
3. Sauté Vegetables: Add onion and ginger, cook till translucent. Mix in carrots, beans, and peas, and sauté for 3–4 minutes.
4. Add Water & Salt: Pour water, season with salt, and bring to a boil.
5. Cook the Upma: Slowly add roasted oats while stirring continuously to avoid lumps. Cook for 3–4 minutes until the mixture turns fluffy.
6. Finish & Serve: Garnish with coriander and a dash of lemon juice.

Serve hot Oats Upma with coconut chutney, curd, or simply enjoy it on its own. This light yet filling dish is the perfect way to begin your day with energy and health. Oats Upma is not just a breakfast—it's a smart lifestyle choice, blending the flavors of tradition with the benefits of modern nutrition. A bowl of this goodness is comfort, wellness, and taste served together.



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">• Age Limit: Up to 24 years• Artwork Size: A4• Format: Hand-drawn only	<ul style="list-style-type: none">• Email your artwork to: thehulahultimes@gmail.com• Subject Line: ARTWORK• Include: Your Name, Age, School/College Name, and Phone Number
CONTACT INFORMATION	Phone +91-7977005423 Email thehulahultimes@gmail.com

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