

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



WORLD FOOD DAY: NOURISHING PEOPLE, NURTURING THE PLANET

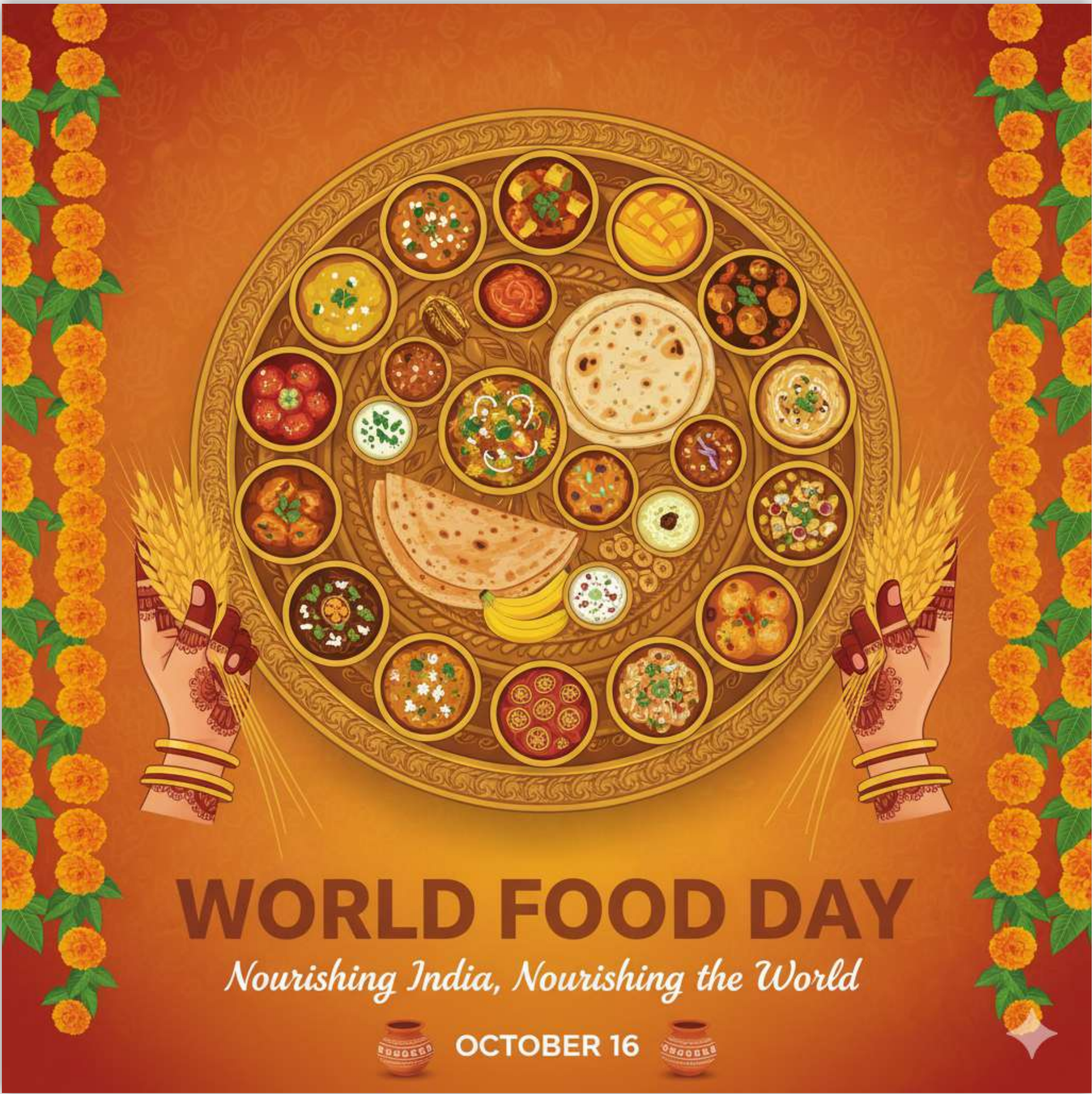
Every year, World Food Day is celebrated on 16th October across the globe to mark the founding of the Food and Agriculture Organization (FAO) of the United Nations in 1945. The day serves as a reminder of one of the most basic human needs food and the shared responsibility we all have in ensuring that everyone, everywhere, has access to it. More than just a celebration, World Food Day is a call to action against hunger, malnutrition, and food insecurity that continue to affect millions of people worldwide.

The central idea behind this day is simple yet powerful: food is a fundamental right, not a privilege. Despite the progress humanity has made in science, technology, and agriculture, hunger remains a global challenge. According to the FAO, over 735 million people faced chronic hunger in 2023. Many communities, especially in developing countries, still struggle with poverty, lack of access to clean water, poor infrastructure, and the growing impact of climate change all of which directly affect food security.

Each year, World Food Day revolves around a specific theme that highlights key areas of concern. These themes often reflect global priorities such as sustainable agriculture, zero hunger, or climate-resilient food systems. The 2025 theme, for instance, focuses on “Healthy Diets. Healthy Planet.” emphasizing that the choices we make about food not only influence our health but also the environment. Sustainable food practices like reducing food waste, supporting local farmers, and consuming seasonal produce can go a long way in protecting our planet's natural resources.

World Food Day is observed in over 150 countries, making it one of the most celebrated days on the UN calendar. Governments, educational institutions, NGOs, and local communities organize a variety of events from seminars and exhibitions to community meals and food donation drives. Schools often engage students through debates, poster-making, and awareness campaigns to spread the message of food security and sustainability. These collective efforts encourage people to think critically about where their food comes from and how it reaches their plate.

In India, the day holds particular importance. As one of the world's largest agricultural nations, India has made significant progress in improving food production and distribution. However, the country still faces challenges like food wastage, malnutrition, and unequal access. Initiatives such as the National Food Security Act (2013) and Poshan Abhiyaan aim to make food accessible to all and promote



better nutrition, especially among women and children. Local NGOs and self-help groups also play a vital role in supporting farmers and ensuring food reaches those in need.

Celebrating World Food Day is not only about highlighting problems but also about inspiring solutions. Each of us can contribute by avoiding food waste, supporting sustainable agriculture, or simply showing gratitude for the meals we have. The message is clear: small individual actions, when multiplied, can lead to big changes.

As we observe World Food Day, let us remember that food connects us all. It nourishes our bodies, binds our communities, and sustains our planet. By valuing food and respecting those who produce it, we take a meaningful step toward a world where no one sleeps hungry.

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RANI BHAVASHANKARI: THE LIONESSE OF BENGAL

In the 17th century, when Bengal was facing chaos from internal rivalries and foreign invasions, there emerged a queen whose courage, intellect, and leadership restored dignity to her people. Her name was Rani Bhavashankari, also known as Rani Raibaghini, the legendary queen of Chandrakona in Bengal. Though history often glorifies kings and conquerors, her story reminds us that true leadership is born from compassion, vision, and resilience.

A Kingdom in Crisis

Bhavashankari was born into a noble family of Bengal and married King Chhatrasen of the Chandrakona kingdom. She was not only beautiful and graceful but also wise and politically astute. Under their joint rule, the region prospered its people enjoyed peace, trade flourished, and temples and learning centers were built.

But fate soon tested her strength. King Chhatrasen passed away unexpectedly, leaving the throne vulnerable. The neighboring kings, sensing an opportunity, began plotting invasions. To make matters worse, internal ministers and nobles doubted the ability of a woman to rule.

When asked to step aside and let a male successor take over, Rani Bhavashankari stood tall and declared: “The throne does not belong to a gender; it belongs to the one who protects the people.” Thus began her journey from a grieving widow to one of Bengal's most powerful rulers.

The Rise of Rani Bhavashankari

Rani Bhavashankari was a woman of remarkable foresight. She understood that Bengal's strength lay in unity, not division. The first thing she did after assuming power was to win the trust of her people. She visited villages, spoke to farmers, artisans, and soldiers, and assured them that their queen would protect them like a mother.

She also strengthened the administration rooting out corruption, ensuring justice, and reorganizing her army. Under her, Chandrakona transformed from a small principality into a strong and prosperous kingdom.

Her fairness won the hearts of her subjects. They began calling her “Raibaghini”, meaning The Royal Tigress, a title that reflected both her courage and her compassion.

The Battle for Bengal

Soon, her kingdom faced a grave threat. The Mughal governor of Bengal sought to extend his control over Chandrakona and nearby territories. His army marched with elephants and cannons, expecting an easy victory against a “woman ruler.”

But Rani Bhavashankari was not to be underestimated. She personally led her troops, riding a war elephant, clad in armor, her eyes burning with determination. Her presence on the battlefield

inspired her soldiers. She fought alongside them, showing the same valor as any seasoned warrior.

In a fierce confrontation near the Rupnarayan River, her army, using clever strategy and knowledge of the terrain, defeated the invaders. The Mughal forces were pushed back, and peace was restored to Chandrakona.

After the victory, she told her generals: “War brings destruction; peace brings prosperity. Let us fight only when dharma demands it.”

Her leadership became a symbol of righteous power strength guided by morality.



A Reformer Beyond the Battlefield

Beyond her military success, Rani Bhavashankari was a visionary social reformer. She believed that true freedom for a kingdom lay not just in military power but in education, equality, and ethics.

She promoted Sanskrit and Bengali learning, encouraged artisans to develop new crafts, and opened granaries for the poor during famines. She also took initiatives to strengthen temple architecture and local irrigation systems.

Under her rule, Chandrakona became known as “The Golden Corner of Bengal.”

What set her apart was her compassion. Once, a farmer was brought before her for accidentally damaging royal property. The officials demanded punishment. The queen smiled and said, “If the land is alive, so are we. How can I punish the one who feeds my people?” She forgave him and ordered new tools for all farmers an act that made her beloved among the masses.

Legacy of a Visionary Queen

As years passed, Rani Bhavashankari expanded her kingdom's influence and became a respected ally of neighboring rulers. Even Mughal officials came to admire her fairness and wisdom. Her governance was guided not by pride or vengeance but by the principles of dharma (righteousness) and seva (service).

It is said that under her rule, Chandrakona became so prosperous that “no door remained closed to charity, and no field remained barren.”

When she grew old, she dedicated her wealth to public welfare building temples, roads, and water tanks that exist even today. Her devotion to her people was so deep that they continued to worship her as a goddess of protection and prosperity long after her death.

Philosophy and Values

Rani Bhavashankari's life embodied timeless values from the Indian knowledge system: She ruled not for personal gain but to uphold justice and truth. Her strength lay not only in war but in empathy for her people. She proved that leadership knows no gender and that women can protect, lead, and reform societies with unmatched grace. For her, a ruler's true glory was in serving the poorest of the poor. Her reign became an example of how moral and ethical leadership can transform an entire kingdom.

Moral of the Story

The story of Rani Raibaghini Bhavashankari teaches us that true power lies not in domination, but in the ability to uplift others. Her courage in facing invasions, her wisdom in governance, and her compassion toward her people remind us that leadership is not about titles but about responsibility.

She turned adversity into strength and proved that a woman's heart can be both gentle as a mother and fierce as a lioness.

Her story inspires today's generation to stand firm in the face of challenges, to lead with fairness, and to remember that service to humanity is the greatest form of victory.

Conclusion

Rani Bhavashankari of Bengal remains one of India's forgotten jewels a queen who ruled not through fear but through love and wisdom. She balanced courage with compassion, governance with ethics, and power with humility.

Her legacy reminds us that greatness is not defined by conquest, but by character. In her strength, we find courage; in her compassion, we find hope; and in her leadership, we find the timeless truth of Indian philosophy that righteousness and selfless service form the foundation of true greatness.

PADMA SHRI MAHESH SHARMA: A JOURNEY OF SERVICE IN JHABUA

INTERVIEW BY
TANISHKA VERMA

It was during a heart-warming telephonic conversation that The HULAHUL Times spoke with Padma Shri Mahesh Sharma, commonly known as the 'Gandhi of Jhabua'. A man whose life has been a long journey of dedication and service, his voice carried a calmness that reflected simplicity and conviction and the qualities that have guided his work for decades in the tribal region of Jhabua, Madhya Pradesh.

Born in the small village of Ghughsi in Datia district, Mahesh Sharma's early life was deeply rooted in rural surroundings. "Our village was about 24 kilometres from Datia, near the border of Shivpuri," he shared. "It was surrounded by dense forests and rivers, especially the Maha River. The area was known for dacoits, so fear was a part of daily life. But amidst that fear, there was love and unity among the villagers."

He fondly remembered his primary school teacher, Shri Sohan Singh, who left a deep mark on him. "He was a remarkable teacher who believed in equality. He made all of us, children from different castes, sit and eat together. These small practices taught me the value of unity and social harmony."

Reminiscing about his childhood, he smiled, "Every 26th January, we used to sing patriotic songs like Jhanda Ooncha Rahe Hamara and Vijayi Vishwa Tiranga Pyara. Those songs still echo in my memory."

Education held an important place in his family. "My father was well-educated and good in mathematics and Hindi pronunciation. He used to teach us and other children in the village. His belief in education stayed with me throughout my life."

In 1975, he completed Class 11, the same year the Emergency was declared in India. "The education system was different then after Class 11 came first, second, and final year of college. I chose Hindi Literature, Sanskrit, and Economics," he shared.

Those were politically charged times. "Datia was a small place, but the atmosphere

was full of fear during the Emergency. Congress leaders like Shyam Sunder Shyam and Shivcharan Pathak were prominent then," he said.

In 1974, he joined the Akhil Bharatiya Vidyarthi Parishad (ABVP), which became a turning point in his life. "It connected me with Indian culture, values, and national consciousness." Even during the Emergency, he continued his work carefully while many of his colleagues were arrested. Later, he moved to Gwalior and completed his graduation from Maharani Laxmibai College.



"When the Emergency ended in 1977, a new spirit emerged across the country," he recalled. "The movement led by Jayaprakash Narayan inspired me deeply."

Through ABVP, he came in close contact with the Rashtriya Swayamsevak Sangh (RSS). "It was during this period that I understood the importance of service and discipline," he said. In 1978, while appearing for exams in Kurukshetra, he was offered the opportunity to become a pracharak (full-time RSS worker). "It wasn't an easy choice, but I wanted to dedicate my life to something meaningful."

From 1978 to 1989, Sharma worked with the RSS and later became Sangathan Mantri (Organizing Secretary) in Vidya Bharati, where he helped expand Shishu Mandirs and educational institutions. "In 1998, I was assigned to the Vanvasi Kalyan Parishad, and

that's when my journey in the tribal regions began. That decision changed my life forever."

Furthermore, in the Bhil-dominated Jhabua-Alirajpur region, Sharma found his purpose. "The biggest challenge was migration. Families left every year because of water scarcity and lack of livelihood."

During a 2002 Hindu Sangam, the idea of water conservation emerged. "The Bhil community had a tradition called Halma, where people gather to solve community problems collectively. We realized it could become the

foundation for change."

In 2007, Halma was revived as a social movement. "Since 2008, people from hundreds of villages gather every year to work for water conservation, forest protection, and soil rejuvenation. Through collective effort, 130 lakes have been built and about 1,000 crore litres of water conserved annually," he shared proudly.

The initiative later grew into a larger mission The Shivganga Jhabua. "We have planted over 2 lakh trees in 190 Matavan (sacred village forests)," he said. "Our goal is to develop 3,000 Matavan in 1,320 villages to create a green Jhabua."

Organic farming has also flourished. "Over 200 farmers are growing organic crops, and 300 have joined the Jhabuanchal Farmers Producers Company. We aim for chemical-free farming in

every village."

Social entrepreneurship initiatives like Jhabua Crafts have empowered artisans. "Over 100 bamboo craftsmen now sell their products online," he said. The Aarogya vertical focuses on healthcare, conducting monthly camps for women and treating thousands through Aarogya Rath and Rogi Sahayta Kendras.

Education remains central to his mission. "We've set up Gram Vachanalay (village libraries) in 900 villages and developed study materials in local languages," he said. "We even published Mera Jilha - Jhabua, a textbook for classes 6 to 8 to instil pride in local culture."

He believes in building local leadership. "More than 20,000 youth have been trained, and around 3,000 social leaders are active in 900 villages," he shared. "The Mangarh Swabhiman Yatra saw the participation of 45,000 people from 1,000 villages proving that awareness brings transformation."

When asked about his inspiration, he said, "The thoughts of Mahatma Gandhi have guided me since childhood. In Jhabua, we try to bring Gandhiji's ideas into practice through people's participation."

To him, Halma represents Gandhian philosophy. "When people come together for the common good, it becomes a festival of service."

For his tireless work, Mahesh Sharma received the Padma Shri in 2019. Upon asking about his experience and views on receiving Padma Shri, he said with utmost serenity, "This award belongs to the awakened people of Jhabua. They are the real heroes".

His vision for the future remains clear: "Every village should become a place of water, greenery, love, and unity. Real change begins when people say, 'I must do something for my village.' Conservation of water, forest, land, animals, and people must be the foundation of prosperity."

As the conversation ended, Mahesh Sharma's voice reflected quiet hope. His journey from the ravines of Datia to the hills of Jhabua reminds us that true transformation begins with selfless service.

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EDITORIAL NOTE

Commerce Connect is a student-friendly column that turns money, markets, and management into everyday lessons. From canteen economics to digital wallets, it bridges classroom theory with real-world trends—making commerce not just a subject, but a life skill.

SECOND-HAND, FIRST CHOICE: HOW SMART SPENDERS ARE REDEFINING COOL!

Why the Second-Hand Market Is Booming

Three big forces fuel this shift affordability, sustainability, and individuality.

Affordability: With inflation and rising costs, second-hand goods offer practical solutions. Students buy refurbished laptops, professionals furnish homes affordably, and families save without sacrificing quality.

Sustainability: Each reused product means less landfill waste and fewer carbon emissions. The fashion industry among the world's biggest polluters is seeing a positive shift as thrifting gains traction.

Individuality: Thrift shopping lets people express personality through rare and vintage finds 90's tees, handcrafted jewellery, or retro décor. Each piece carries history, charm, and character.

Globally, resale giants like Depop, Poshmark, and ThredUp are billion-dollar players redefining shopping habits. India, too, is catching up with startups like Refurbkart, Zolostays, and Elanic promoting reuse in electronics, furniture, and fashion. Even brands like H&M and IKEA are experimenting with “re-love” and “resell” initiatives in Indian metros.

The Student Side Hustle: Passion Meets Profit

For students, the second-hand movement isn't just about smart spending it's about smart earning. Many young entrepreneurs are turning resale into thriving side ventures. Take Arjun, a commerce student from Pune. What began as selling one pair of sneakers turned into a profitable Instagram business. “I started with one pair; now I make around ₹15,000 a month,” he says. Others resell thrifted clothes, textbooks, or gadgets through college thrift pages and WhatsApp groups. This “resell economy” is nurturing a generation of entrepreneurs creative, tech-savvy, and sustainability-driven. It's commerce with conscience.

Building a Circular Future



At its heart, the second-hand revolution powers the circular economy a system where products are reused, repaired, and resold instead of discarded. Rather than “buy-use-throw,” it promotes “buy-use-resell.” Experts say extending a garment's life by just nine months can reduce its carbon footprint by up to 30%. Multiply that across millions of consumers, and the impact is transformative. Second-hand culture also preserves emotion and craftsmanship. Buying a used book or handmade table keeps creativity and story alive something mass production often erases.

Smart Tips for Buyers & Sellers

- Inspect before you invest: Check quality and warranties.
- Negotiate politely: Bargaining works best with respect.
- Clean and care: Sanitise, polish, or restore before reuse.
- Go digital safely: Use verified platforms and secure payments.
- Tell a story: Highlight uniqueness “limited edition” or “handcrafted.”
- Think before you throw: Your old item could

be someone's new find.

Thrift, Resell, Repeat: A Lifestyle Shift

Thrifting is no longer about cheap deals it's a philosophy of conscious living. It values reuse over replace, purpose over possession, and meaning over materialism. Environmentalists call it a “silent sustainability movement” driven not by policy, but by people. From students running thrift pages to families exchanging goods online, every small act of reuse counts. Across campuses and cities, “second-hand” has become a badge of pride symbolising smart, stylish, and sustainable living. It blends financial wisdom with environmental care, proving that doing good and living well can go hand in hand

So, the next time you plan to upgrade your phone, wardrobe, or furniture, pause. Could it find a new home? Could it serve another purpose? Because in today's marketplace, “used” isn't second-hand anymore it's first-rate, future-forward, and fashionably cool.

EDITOR



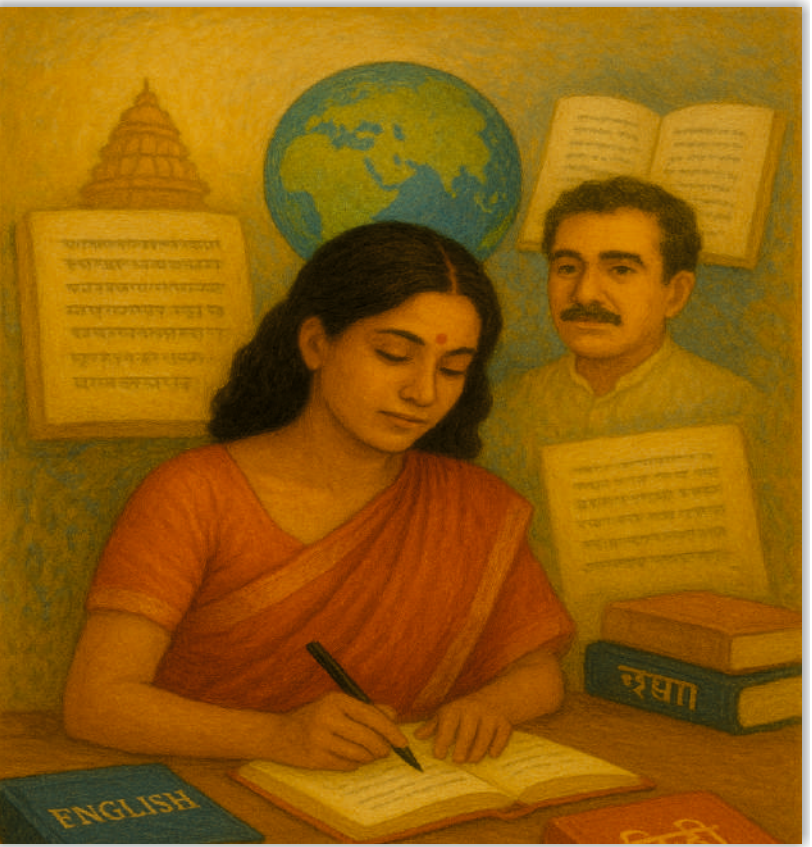
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EDITORIAL NOTE

The study of language and literature is not just an academic pursuit, but a journey into the world of imagination, critical thinking, and cultural exchange. This page celebrates creativity, knowledge, and expression by bridging the classics with contemporary voices.

THE ART OF TRANSLATION –
BRIDGING CULTURES
THROUGH WORDS

Translation is more than a linguistic act – it is an art that connects civilizations. From ancient texts like the Bhagavad Gita to modern classics by Premchand or Gabriel García Márquez, translation allows stories to transcend borders and time. It is a delicate balance of fidelity and creativity, where the translator becomes both interpreter and artist.



In today's multilingual world, translation fosters empathy and global understanding. It preserves endangered languages, enriches literary traditions, and invites readers into new worlds of thought. Indian literature, with its linguistic diversity, stands as a shining example of this cultural dialogue where Tamil epics, Marathi ballads, and Hindi short stories coexist in vibrant harmony through translation.

In essence, translation ensures that no language remains a closed door and every voice, no matter how distant, finds its listener.

DID YOU KNOW?

- The first Indian novel in English, “Ramadhan's Wife” (1864), was written by Bankim Chandra Chatterjee, who later authored the famous Bengali song Vande Mataram.
- The human brain is about 60% fat, making it the fattiest organ in your body.
- Drinking coffee can help you live longer studies show regular coffee drinkers have a lower risk of several diseases.
- India is the only country that has both tropical rainforests and snow-capped mountains.
- A group of flamingos is called a flamboyance!
- Octopuses have three hearts, two pump blood to the gills, and one to the rest of the body.
- The sun is so big that 1.3 million Earths could fit inside it!
- A snail can sleep for up to 3 years without eating.
- Smiling actually makes your brain think you’re happy, even if you’re not feeling it yet.
- A day on Venus is longer than a year on Venus!

GRAMMAR TIP

Subject–Verb Agreement Reminder:

When the subject of a sentence is separated from the verb by phrases such as along with, together with, or as well as, the verb agrees with the main subject, not the phrase that follows.

- ✓ The teacher, along with her students, is visiting the museum.
- ✗ The teacher, along with her students, are visiting the museum.

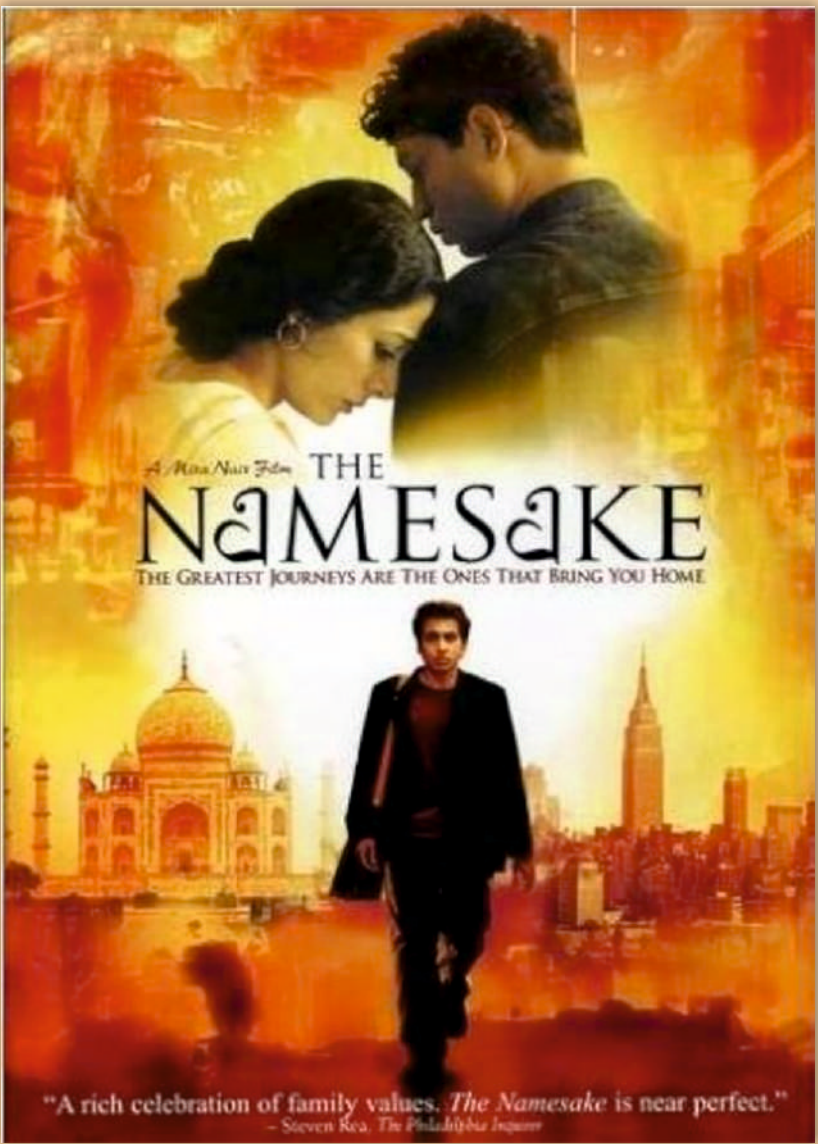
WRITER OF THE WEEK

Arundhati Subramaniam

Arundhati Subramaniam is one of India's most compelling contemporary poets and prose writers. Her works, such as When God Is a Traveller and Love Without a Story, blend spirituality, mythology, and modern human experience. She explores identity and divinity with lyrical grace, making her poetry both meditative and deeply personal. Apart from her creative writing, she has also edited several anthologies celebrating Indian mystic traditions.

BOOK REVIEW

The Namesake by Jhumpa Lahiri



Jhumpa Lahiri's The Namesake is a tender and thought-provoking novel that explores the complexities of identity, belonging, and family. The story of Gogol Ganguli, born to Bengali immigrants in the United States, captures the challenges of navigating two cultures and the search for self-definition. Lahiri's subtle prose and emotional depth make this novel a timeless reflection on the immigrant experience and the ties that bind generations together.

QUOTABLE QUOTES

“The limits of my language mean the limits of my world.”

— Ludwig Wittgenstein

CREATIVE WRITING

DAFFODILS

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed and gazed but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

Poetry By

- William Wordsworth

WORD OF THE WEEK

Word: Ephemeral (adjective)

Meaning: Lasting for a very short time; transient.

Example: The beauty of a rainbow is ephemeral, yet it leaves a lasting impression on the heart.

IDIOM HIGHLIGHT

Hit the nail on the head: To describe exactly what is causing a situation or problem.

Example: When Riya said that poor communication was the main issue, she really hit the nail on the head.

Ravi Singh, Supriya Singh & Gauri Mhatre

HEAVY RAINS HIT MAHARASHTRA'S SUGARCANE CROP, BUT INDUSTRY REMAINS OPTIMISTIC

Heavy rains have submerged sugarcane fields in Solapur, Nashik, Ahilyanagar, and Marathwada, leaving crops underwater for weeks. Around 100 lakh tonnes of sugarcane are estimated to be damaged, but experts remain positive. They expect about 1,200 lakh tonnes of cane to still be available for crushing—much higher than last year's 850 lakh tonnes. The Maharashtra State Cooperative Sugar Mills Association has revised sugar yield estimates from 82 to 74 tonnes per hectare.



Fadnavis clarified that this amount is from mill revenues, not farmers' money.

Meanwhile, farmer leader Raju Shetti demanded strict action against mills that haven't paid full FRP or have cheated farmers with false weight records, urging the government to intervene immediately.

NFCSE President Harshvardhan Patil said the rains have affected crops but not overall sugar production. He urged the Centre to allow more sugar exports and raise ethanol prices to support farmers. The state government has directed sugar mills to contribute ₹10 per tonne to the Chief Minister's Relief Fund and ₹5 per tonne to flood-affected farmers. Deputy CM Devendra

OVERSEAS DEMAND BOOSTS TEA PRICES AT KOCHI AUCTIONS



Strong demand from overseas buyers, especially for lower-grade orthodox leaf teas, pushed up prices in the Kochi tea auctions. In Sale 41, the average price increased by ₹4, mainly due to active purchases from Iraq, which helped keep the market stable. The presence of good-quality teas on the auction platform further attracted foreign buyers, resulting in 93% of the 2,23,094 kg offered being sold.

According to auctioneers Forbes, Ewart & Figgis, exporters to CIS and Middle Eastern countries were

particularly active, with some interest also coming from upcountry markets.

In the orthodox section, whole leaf teas showed an irregular trend and were slightly lower, while broken grades, especially the lower-end varieties, fetched better prices. In the CTC leaf category, good broken were dearer and medium broken and fannings remained firm to dearer, with a total offering of 36,500 kg. CTC dust teas enjoyed strong demand, with prices up to ₹172 and 92% of the 5,16,196 kg sold—blenders purchased 63% of this quantity. Clean black orthodox dust teas were also dearer, supported by active participation from upcountry buyers.

WEAVING A SUSTAINABLE FUTURE: INDIA'S VISION FOR CARBON-NEUTRAL COTTON BY 2030

Union Minister of Textiles Giriraj Singh, during World Cotton Day 2025 in New Delhi, unveiled India's ambitious plan to make the textile sector carbon-neutral by 2030. With the theme “Cotton 2040: Technology, Climate & Competitiveness,” the event, organized by the Ministry of Textiles and CITI, highlighted a vision for a USD 350 billion textile industry, including USD 100 billion in exports, centered on sustainability.



and sustainability.

Singh hailed cotton as the “soul of Indian agriculture,” symbolizing farmers' resilience and dedication. Despite India holding 40% of the world's cotton area, productivity lags behind global standards. To bridge this gap, the proposed Mission for Cotton Productivity aims to boost yields and strengthen farmer welfare. The minister also underscored the government's continuous MSP hikes and urged stakeholders to emotionally connect with farmers, promoting Kasturi Cotton Bharat as a global benchmark for purity

Minister of State Pabitra Margherita reaffirmed India's commitment to ethical, eco-friendly production aligned with the government's '5F' vision—farm to foreign. Textiles Secretary Neelam Shami Rao emphasized adopting technology-driven solutions like digital traceability and high-density planting. The event concluded with MoUs to advance sustainable cotton initiatives and reinforce India's global textile leadership.

E-NAM EXPANDS TO 247 COMMODITIES, EMPOWERING FARMERS THROUGH DIGITAL TRADE



The National Agriculture Market (e-NAM), India's premier digital platform for agricultural trading, has broadened its scope with the inclusion of nine new commodities, increasing the total count of tradable items to 247. This development strengthens e-NAM's mission to offer farmers enhanced market reach, transparent pricing, and a fair-trading environment.

According to the Department of Agriculture and Farmers' Welfare, the expansion addresses the rising demand from farmers and traders for a more diverse range of commodities. By interlinking mandis across the country,

e-NAM enables farmers to connect directly with buyers, minimizing the role of middlemen and ensuring competitive returns.

The Directorate of Marketing and Inspection (DMI) framed standardized guidelines for these newly added items Green Tea, Tea, Ashwagandha Dry Roots, Mustard Oil, Lavender Oil, Mentha Oil, Virgin Olive Oil, Lavender Dried Flowers, and Broken Rice after detailed consultations with state agencies, experts, and the Small Farmers' Agribusiness Consortium (SFAC).

With Union Agriculture Minister Shivraj Singh Chouhan's approval, the addition marks another stride toward agricultural modernization. Accessible via enam.gov.in, e-NAM continues to empower farmers through digital innovation, fostering a transparent and efficient marketplace that boosts income and strengthens India's agricultural economy.

GOVERNMENT LAUNCHES Rs.42,000 CRORE KISAN YOJANA TO EMPOWER FARMERS AND BOOST AGRICULTURE



The government has launched a new ₹42,000 crore Kisan Yojana from October 11 to support farmers and strengthen the agricultural sector. This scheme aims to improve farmers' income and make farming more sustainable and modern. It offers financial aid, subsidies, and free resources such as quality seeds, fertilizers, and soil testing services. Farmers will also receive training and expert advice on climate-friendly and efficient farming methods.

Under the plan, direct cash transfers will help small and marginal farmers buy seeds, fertilizers, and other inputs, reducing their dependence on costly loans. Free mobile-based advisory services will guide farmers on weather, pest control, and crop management. The scheme also promotes digital marketing platforms so farmers can sell their produce at better prices without middlemen.

By increasing productivity and providing better infrastructure like irrigation and storage, the Kisan Yojana is expected to boost the rural economy, create jobs, and reduce post-harvest losses. Although challenges remain in ensuring fair and timely distribution of benefits, the scheme shows the government's strong commitment to empowering farmers and building a stronger, more resilient agricultural sector.

UGC APPROVES 101 UNIVERSITIES FOR ONLINE AND DISTANCE LEARNING IN 2025



The UGC has issued these approvals under its 2020 regulations, which ensure that institutions maintain high standards of teaching, technology, and student support. Universities offering courses in management, computer applications, or travel and tourism must also seek additional permission from the All India Council for Technical Education (AICTE).

The University Grants Commission (UGC) has approved 101 universities across India to offer online and distance learning programmes for the 2025–26 academic session. This move aims to make higher education more flexible and accessible to students who prefer to study beyond traditional classrooms.

Along with these approvals, 20 Category-I institutions have received permission to conduct Open and Distance Learning (ODL) courses, while over a hundred universities will also launch fully online programmes. Admissions for these courses are expected to close by October 15, 2025, with most sessions beginning around July or August.

The commission has instructed institutions to manage their online learning independently, without involving private franchise partners, to maintain quality control. They must also provide learner support centres and adhere to their geographical jurisdiction for distance education.

By expanding these opportunities, the UGC aims to promote inclusive education, reaching learners in remote areas and giving them equal chances to pursue higher studies through digital and distance modes.

PM MODI LAUNCHES STEP IN MAHARASHTRA TO TRAIN 75,000 STUDENTS THIS YEAR

Prime Minister Narendra Modi has launched a new skill development initiative in Maharashtra called the Short-Term Employability Programme (STEP). The programme aims to equip around 75,000 young people with practical skills by the end of this year. It will be carried out across government industrial training institutes and technical schools throughout the state, ensuring that students from both urban and rural regions can take part.



with ITI trainees, are eligible to enrol. The training fees are kept affordable, ranging between ₹1,000 and ₹5,000, to make it accessible for all sections of society. A portion of the seats will be reserved for students already enrolled in these institutes, while others will be open to external learners.

With training centres planned in districts like Nagpur, Latur, Gadchiroli, and Amravati, the STEP programme is expected to bridge the gap between education and industry, promote self-employment, and strengthen Maharashtra's skilled workforce.

Students from Class 10, Class 12, diploma, and degree courses, along

ARUNACHAL TO SET UP FIRST MODEL SCHOOL FOR CHILDREN WITH SPECIAL NEEDS IN MIAO

In a landmark decision reflecting compassion and inclusion, the Arunachal Pradesh Cabinet has approved the establishment of a special school for children with special needs in Miao, Changlang district. The move marks a significant stride toward building an inclusive education system in the state.



According to a statement from the Chief Minister's Office (CMO), the institution will serve as a model centre of learning, healthcare, and empowerment, ensuring that differently-abled children receive equal access to quality education and holistic development. The initiative underscores the state government's unwavering commitment to equity and empowerment for all sections of society.

The Education Department has been directed to prepare a comprehensive plan covering staff recruitment, infrastructure development, and operational strategies to bring the vision to life. Once completed, the school will provide specialized facilities, trained educators,

and therapeutic support tailored to the diverse needs of its students.

Officials said the Miao centre is envisioned not just as a school but as a pioneering model of inclusive learning, aimed at bridging educational gaps for children with disabilities across Arunachal Pradesh.

This forward-looking initiative positions Arunachal as a leader in inclusive education in the Northeast, ensuring that every child—regardless of ability—has the opportunity to learn, grow, and thrive with dignity..

MINISTRY OF EDUCATION PROMOTES CLEAN AND VIBRANT SCHOOL ENVIRONMENTS

The Ministry of Education has rolled out a comprehensive campaign aimed at ensuring Indian schools are not just learning hubs, but also clean, safe, and engaging spaces. This drive emphasizes regular sanitation, proper waste management, and creating green zones within school premises to foster a lively and healthy environment.



Central to the initiative is the principle that the state of a school's surroundings affects student motivation and overall learning. The program encourages active participation from students, staff, and local communities to sustain cleanliness, reduce littering, and uphold hygiene standards. Schools are being guided to adopt circular waste systems, plant native vegetation, and infuse more natural light and ventilation into classrooms.

In addition to physical improvements, the initiative supports awareness programs to shape habits—children are pledged to become “school envoys” who monitor and reinforce hygienic practices daily. Training sessions and resource kits are

being provided to school leaders to maintain these practices long term.

By combining structural upgrades with behavioral change, the Ministry seeks to transform institutions into inspiring spaces. A cleaner, greener campus not only contributes to better health and morale, but also sends a message: education matters, and the places where learning happens deserve care.

12 OF 21 EKLAUYA SCHOOLS FUNCTIONAL WITH 5,000 TRIBAL STUDENTS ENROLLED: TRIPURA CM



Tripura Chief Minister Manik Saha announced that twelve of the twenty-one Eklavya Model Residential Schools (EMRS) sanctioned in the state are now operational. These schools are currently providing education to around 5,000 tribal students, marking a major step toward improving access to quality learning for underprivileged communities.

Speaking at the inauguration of a new EMRS in Jampuijala, located in the Sepahijala district, the Chief Minister highlighted the government's focus on promoting inclusive education. The new school, built with modern infrastructure, can accommodate up to 480 students and has already begun classes with its first batch of 60 learners. According to Saha, these schools aim not only to enhance academic standards but also to preserve the tribal community's language, culture, and heritage.

The Chief Minister also noted that while the EMRS scheme began in the late 1990s, its progress has accelerated in recent years due to the government's renewed emphasis on empowering tribal youth through education. Once all 21 schools become functional, more than 10,000 tribal students from classes six to twelve are expected to benefit.

To support this initiative, the state government has also constructed new hostels in remote areas. Currently, over 34,000 tribal students are staying in government-run hostels across Tripura. Saha reaffirmed that his administration is committed to ensuring that every tribal child in the state receives equal educational opportunities.

INDIA AND AFGHANISTAN AGREE TO BOOST TRADE AND ENHANCE CONNECTIVITY

In a significant diplomatic milestone, India and Afghanistan have committed to expanding bilateral trade and bolstering connectivity ties. External Affairs Minister S. Jaishankar and Afghanistan's Foreign Minister Amir Khan Muttaqi sealed a series of understandings during high-level talks in New Delhi on October 10, 2025, which are expected to deepen economic cooperation and humanitarian engagement between the two countries.

Upgrading Diplomatic Relations

One of the more symbolic and consequential decisions announced was that India will upgrade its Technical Mission in Kabul to a full Embassy. This move signals a renewed commitment to long-term diplomatic engagement. For over four years, India's presence in Kabul was reduced following the Taliban's return to power in 2021, and this elevation marks a restoration of deeper administrative and political ties.

Strengthening Trade and Commercial Ties

Alongside the diplomatic upgrade, both nations agreed to take concrete steps to boost trade. Key among these is an invitation from Afghanistan for Indian companies to invest in its mining sector—an offer that Indian officials described as “deeply appreciated.” The two sides also committed to restoring and enhancing the air freight corridor, which will help smooth import-export logistics.

Additional flights between Kabul and New Delhi were also agreed upon to improve physical connectivity, facilitating both commerce and

travel.

Development, Health and Humanitarian Cooperation

Beyond trade, the agreement encompasses development and humanitarian dimensions. India pledged to expand its health initiatives, educational programmes, and broader capacity building efforts in Afghanistan. These include outreach to Afghan students to study in Indian universities, as well as bolstered support for medical equipment and infrastructure in Afghanistan. India also handed over ambulances and other medical aid, highlighting the humanitarian component underpinning the bilateral engagement.

Connectivity & Strategic Routes

Connectivity emerged as a central theme. India and Afghanistan plan to reinforce air links, which will reduce transit times and logistical barriers for goods. Another important focus is the restoration of key trade routes, including through Chabahar Port, which India has been developing as a strategic access point to Afghanistan that bypasses certain geographies.

The reinstatement of the air freight corridor serves both economic and symbolic purposes—it strengthens supply chains and signals



normalization of trade relations.

Broader Implications and Outlook

This new round of cooperation comes amid a complex geopolitical environment. India has not formally recognized the Taliban government in Afghanistan, but through these engagements, New Delhi appears to be pragmatically restoring its footprint in Kabul by combining diplomacy, economic investment, and humanitarian aid.

For Afghanistan, increased trade access and foreign investment—especially in mining—can offer badly needed economic relief and job creation. India's expanded diplomatic role and development assistance may also help stabilize certain sectors and restore confidence among local communities and regional partners.

However, success depends on security, political stability, and clarity in implementation of the agreed plans. As both sides move ahead, observers will watch closely how fast connectivity projects, air services, and trade agreements translate into real-world gains on the ground.

TRUMP THREATENS CHINA WITH 'MASSIVE HIKE IN TARIFFS' OVER BEIJING'S RARE EARTH EXPORT CONTROLS

Former U.S. President Donald Trump has reignited tensions with China, threatening a “massive increase in tariffs” in response to Beijing's latest export restrictions on rare earth materials. The move, aimed at tightening China's grip over vital minerals crucial for global industries, has raised fears of a renewed trade war and sent shockwaves across global markets.

Fresh Escalation in U.S.–China Trade Tensions

In a move that could reignite the long-standing trade war, former U.S. President Donald Trump has warned of a “massive hike in tariffs” on Chinese imports after Beijing imposed new export restrictions on rare earth materials. The development has heightened global economic uncertainty and rattled financial markets worldwide.

China's Ministry of Commerce recently expanded its export controls on rare earth minerals and technologies, citing national security concerns. The new policy requires exporters to obtain licenses for foreign shipments, particularly those connected to defense, semiconductor, and high-tech manufacturing. Analysts believe this decision is Beijing's countermeasure to U.S. restrictions on Chinese technology firms and its effort to strengthen domestic technological independence.

Trump's Sharp Reaction

Trump responded fiercely to Beijing's announcement, calling it “a direct attack on fair global trade.” In a statement shared on Truth Social, he said the U.S. would soon impose a “massive” increase in tariffs—possibly

as high as 100%—on Chinese goods starting November 1 or earlier.

“There's no reason to meet President Xi under these hostile conditions,” Trump declared, indicating he might cancel an upcoming summit with Chinese leadership. “If China thinks it can strangle our industries by limiting critical materials, it's making a big mistake.”

This isn't Trump's first confrontation over rare earths. In August, he threatened a 200% tariff on Chinese-made rare earth magnets, asserting that the U.S. “must not depend on China for materials essential to national defense.”

China's Rare Earth Dominance

Rare earth elements are a group of 17 minerals essential for producing smartphones, electric vehicles, wind turbines, and advanced weapon systems. China dominates the global rare earth supply chain, accounting for over 90% of processed output and nearly all magnet production.

By tightening export controls, Beijing gains strategic leverage—especially as Western nations race to build domestic supply chains. Experts warn that these measures could disrupt global production of clean energy and defense technologies, where alternatives are still limited

Market Reactions and Economic Impact

Trump's tariff threat triggered immediate market turbulence. The S&P

500 fell 2.7%, the Nasdaq dropped 3.6%, and the Dow Jones Industrial Average slid nearly 2%, marking one of Wall Street's worst days in recent months. Conversely, shares of U.S.-based rare earth companies like MP Materials and USA Rare Earth soared, with investors anticipating increased demand for domestic production.

Economists caution that a renewed trade war could hurt both economies. Higher tariffs would likely raise consumer prices in the U.S., while China could retaliate with restrictions on other critical exports, including battery components and solar materials.

Global Concerns and the Road Ahead

Trade analysts view the standoff as a potential turning point in global supply chain politics. “We're witnessing economic nationalism at its peak,” said Dr. Michael Reynolds, a trade policy scholar at Georgetown University. “If both sides refuse to compromise, this could trigger the most disruptive trade conflict since 2018.”

With diplomatic talks uncertain and Trump signaling a hardline stance, the coming weeks will be critical. Unless both nations find common ground, the world may soon face another round of tariff wars—this time centered around the minerals powering the technologies of the future.

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Q. Inner wealth safeguards outer
success from collapsing, how?

Ans. In life's journey, people often chase external success, wealth, fame, position, or influence. Yet history has shown that such success, without inner wealth, is unsustainable. Kings, rulers, and business leaders have risen high, only to fall because of arrogance, greed, or lack of moral strength. Ancient Indian wisdom emphasizes that outer success is like a tree, but its roots are inner virtues. If the roots are strong, the tree withstands storms; if not, it collapses quickly.

Inner wealth (antar sampada) includes values such as humility, self-control, generosity, contentment, patience, and wisdom. These qualities ensure that external gains are not only achieved but also preserved. Subhashitam, the gems of Sanskrit literature, provide timeless guidance on how inner wealth safeguards outer success.

1) Humility Prevents Arrogance: विद्या ददाति विनयं विनयाद्याति पात्रताम्। पात्रत्वात् धनमाप्नोति धनात् धर्मं ततः सुखम्॥ Knowledge gives humility; humility creates worthiness; worthiness leads to wealth; wealth sustains righteousness, and from righteousness comes happiness. This verse explains that true knowledge brings humility, and humility is the foundation of sustainable success. Without humility, outer achievements often lead to arrogance, which alienates allies and brings downfall. A humble leader earns respect and loyalty, which preserve success in the long term. Inner humility ensures that outer prosperity does not collapse under the weight of pride.

2) Contentment Guards Against Greed: संतोषः परमो लाभः सत्संगः परमा गतिः। विचारः परमं ज्ञानं शमः शान्तिः परं सुखम्॥ Contentment is the highest gain; good company is the greatest path; reflection is supreme knowledge; peace is ultimate happiness. Greed is the enemy of sustainability. When success fuels endless desires, people overreach and often destroy what they already built. Contentment (santosh) ensures stability by protecting against reckless ambition. Contentment acts as a shield, making one enjoy success without craving endlessly for more. This inner wealth of satisfaction keeps outer wealth safe.

3) Discipline Sustains Achievement: शमः शत्रुः सुहृन्मित्रं शमः पथ्यतमं बलम्। शमादृते न सिद्ध्यन्ति नृणां सर्वाणि कर्मणि॥ Self-control is both an enemy and a friend; it is the best strength and medicine. Without self-control, none of a person's actions succeed. Discipline is the backbone of lasting success. A wealthy person without self-control may fall into indulgence, addiction, or poor decisions. Inner discipline ensures that outer success is used wisely and not squandered. Success maintained with discipline becomes long-lasting, whereas lack of restraint leads to collapse.

4) Generosity Protects from Isolation: दानं भोगो नाशस्तिस्रो गतयो भवन्ति वित्तस्य। यो न ददाति न भुङ्क्ते तस्य तृतीया गतिः भवति॥ Wealth has three paths: charity, enjoyment, or destruction. One who neither shares nor enjoys wealth faces only destruction. Greed and hoarding isolate individuals, making them vulnerable. Generosity creates goodwill, social bonds, and protection from envy. A generous person's wealth is safeguarded by the blessings of others. When success is shared, it multiplies. Inner wealth of generosity prevents collapse by creating a circle of trust and support around the successful person.

5) Wisdom Guards Against Wrong Decisions : न हि ज्ञानेन सदृशं पवित्रमिह विद्यते। तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति॥ (भगवद्गीता 4.38) Nothing is as purifying as wisdom; in due course, the yogi finds it within himself. Wisdom (jñāna) is the guiding compass that directs outer achievements. Many powerful people fail because of impulsive or shortsighted decisions. Wisdom allows one to foresee consequences and act with balance. The inner wealth of wisdom protects outer wealth by preventing collapse through errors and misjudgments.

6) Patience Prevents Collapse in Crisis: क्षमा वीरस्य भूषणम्। Forgiveness and patience are the ornaments of the strong. Outer success often faces challenges competition, setbacks, or betrayal. Impatience or rashness during crises can destroy years of hard work. Inner patience allows resilience, ensuring that outer success survives storms. Just as a tree with deep roots withstands winds, patience allows a successful person to endure trials without collapse.

7) Righteousness Secures Wealth: धर्मेणैव धनं रक्षेत्। Wealth must be protected through righteousness alone. Wealth gained or preserved through injustice or exploitation may grow fast but collapses eventually. Inner wealth of righteousness (dharma) ensures that external success is stable, respected, and long-lasting. Outer wealth collapses without moral foundations. Dharma anchors success in justice, ensuring it thrives.

8) Compassion Strengthens Legacy : परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः। परोपकाराय दुहन्ति गावः परोपकारार्थमिदं शरीरम्॥ Trees bear fruit for others, rivers flow for

others, cows give milk for others the very purpose of this body is service to others. Compassion creates legacy. Without compassion, success dies with the individual; with compassion, success lives on through generations. Compassion transforms outer achievements into lasting contributions. Inner wealth of compassion ensures that success is not hollow but meaningful. It makes outer wealth serve society, preventing collapse into irrelevance.

9) Detachment Protects from Collapse of Ego: यथा दीपो निवातस्थो नेङ्गते सोपमा स्मृता योगिनो यतचित्तस्य युञ्जतो योगमात्मनः॥ (गीता 6.19). Just as a lamp does not flicker in a windless place, so is the yogi whose mind is steady. Detachment (vairagya) ensures stability. Outer success often fuels ego, which blinds judgment. Detachment keeps one balanced amidst praise or criticism. Detachment makes outer success steady like a flame in still air, protected from collapse by winds of ego or envy.

10) Faith and Integrity as the Final Shield: सत्यमेव जयते नानृतं। (मुण्डकोपनिषद् 3.1.6) Truth alone triumphs, not falsehood. Integrity and faith in truth form the ultimate safeguard. Without integrity, success collapses under lies and deceit. With truth as a foundation, even temporary failures become stepping stones to higher achievements. Inner wealth of truth and integrity ensures that outer wealth and power remain unshaken, trusted, and respected.

Outer success without inner wealth is like a grand palace built on sand it may look magnificent but collapses at the first storm. Ancient Indian wisdom repeatedly emphasizes that true prosperity arises when inner virtues anchor external achievements. Humility protects against pride, contentment guards against greed, discipline sustains achievements, generosity builds goodwill, wisdom prevents errors, patience weathers storms, righteousness secures wealth, compassion strengthens legacy, detachment keeps balance, and integrity safeguards truth. Thus, inner wealth is not just an ornament it is the very foundation that prevents outer success from collapse. Without it, external achievements are fragile; with it, they become timeless and meaningful. Hope, I answered your question, stay blessed!

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WHEN VALIDATION BECOMES AN ADDICTION: ESCAPING THE LOOP OF SELF-OBSESSION

When external validation becomes an addiction, it leads to self-obsession and later may lead to some personality disorders, like narcissistic personality disorder. There is a thin line between self-love and self-obsession. But people confuse the two. People assume being self-obsessed is loving oneself unconditionally. But that's not true. Self-love is loving and prioritizing oneself above others and not letting others dim your light. Whereas, self-obsession is a validation-seeking behavior that can be built due to childhood's bitter experiences. It seems like it is something not to worry about, but when it peaks, it may lead to a lot of mental disturbances that will need therapy.

It is like drug addiction, where your brain can't function normally without taking a drug dose. Doses of validation become necessary for your brain to function normally; otherwise, you may experience anxiety and depression. Social media is one of the main reasons why this generation is in the validation loop; youth need validation on their social platforms from their friends and followers. Failure of which can lead to anxiety and depression. Some likes and comments lead to a spike in their dopamine level, and they feel happy about themselves, which they don't otherwise.

Why do we want people to be happy? Why can't we be happy on our own? Why do we always need validation? We have set the wrong criteria for happiness and have connected it to the people. If they give validation, we feel we are in the seventh sky, and if they don't, we feel like we are not valued and treated like trash.

Pleasing people is also one of the causes of building validation-seeking behaviour.

When saying 'yes' to everything that others say just to seek their praise

and validation becomes a habit, you get trapped in a never-ending validation loop.

When you don't know when to draw a line and create a boundary and protect your sanity, you are trapped in the cycle of people-pleasing and validation loop.

One of the traits of narcissistic people is self-obsession, apart from seeking validation, gaslighting, manipulation, and demeaning people in front of others. One of the worst personality disorders. It may start with self-obsession and seeking validation but later may progress to personality disorders.

Some ways to break through the validation loop:

Know your self-worth - Know that your self-worth is not limited to some praises and external validation from others; it is much more than that. Once you become aware of your self-worth, validation-seeking behaviour goes out of your personality.

Know where to set a boundary - Failure in setting boundaries and people-pleasing behavior will never let you be self-sufficient. Know when to say 'No' and break the validation loop.

Explore your Interests - Get engaged in what interests you; rather than spending hours and hours scrolling on social media and looking for likes and comments from other people, invest that time in your self-growth.

Do things that you love rather than doing things that others love to seek their validation.



Seek Professional Help - When your efforts are in vain and you feel like nothing is working for you. It's always better to seek professional help before things worsen more.

To break through the validation loop, you have to work on yourselves. Look for things that trigger validation-seeking behavior in you and change it gradually. If this is not addressed at the correct time, it may worsen your mental state, where only validation gives you pleasure and nothing else can.

Rather than seeking validation from others, try to build the habit of giving self-validation, like celebrating small wins and avoiding pleasing others to seek validation. It's better to be away from people who drain your energy and drag you into this validation loop. It's totally on you to maintain your mental sanity.

THE ART OF SELF-GROOMING: BECAUSE FIRST IMPRESSIONS DO MATTER!



First impressions are the best impressions. We are all very well aware of this quote. But is this just limited to how we meet and greet others? No, there is a lot more to it. It encompasses both the way you carry yourself and the way you present yourself. So, for a lasting good first impression, you

do we always need to think from the other's perspective when we ourselves can evaluate and change ourselves for good?

Will you go to an interview in an untidy outfit, torn shoes, and messy hair? The answer would definitely be

should present yourself in the best form that you can.

No one wants to be around a disorganized person, and that, in turn, lowers your self-esteem.

Self-grooming not only leaves a good impression on others but also helps build self-confidence within you. Conversely, if you maintain yourself as you should, it is a total win-win situation for you and for others as well.

Have you ever thought that you would be respected and liked by people the same way if you could be the disordered person around them? The immediate answer that might have popped up in your mind is 'NO,' right? Why

'No'. Because you are going there to get a job and to give the best impression of yourself in the first meeting, as that decides your future.

Self-grooming should not be done just to set a good impression on others, but for ourselves too. As this also reflects our respect towards ourselves.

Self-respect is nothing but how we value ourselves, and that can be evaluated from the actions that we take to take care of ourselves.

Being healthy, being hygienic, being well-groomed, and being grateful are the actions that reflect how well we value ourselves.

Let us be honest, no one wants to be hated by people just because of the way they carry themselves. We want to be remembered and loved by people, and that totally depends on the aura that we carry. The point here is not to be a better person for someone else but for ourselves.

Self-grooming does not mean spending lots and lots of money on branded clothes, shoes, and other accessories. Brands do not define who you are and how you carry yourself.

You can look good even in a simple yet well-ironed outfit not worth thousands of rupees and polished shoes with a proper and neat hairstyle, clean teeth, perfectly clipped nails, and a trimmed beard and mustache or

trimmed eyebrows.

Our daily grooming activities, like oral care, skin care, and bathing, all these also help in keeping us healthy and sound, and also in preventing infections and their spread.

Grooming acts as an armor that protects us from being affected by low self-esteem and low self-confidence. It also helps us in approaching social situations with more confidence; we feel comfortable being around people rather than feeling left out. Once we are more confident, our social interactions increase, and we feel that we are being heard, just because we value and respect ourselves.

The way you groom and present yourself in front of others tells about your personality more loudly, even before you start to speak. Investing time in grooming can be the biggest investment that you make for yourself; the gain here is good health for you and a good impression on others.

Adapt the basic grooming practices and see the difference in your world yourself!

You are your greatest asset. Put your time, effort, and money into training, grooming, and encouraging your greatest asset. - Tom Hopkins

Afreen Mazgaonkar & Roshni Kumari

ANTHROPIC TO OPEN ITS FIRST INDIAN OFFICE IN 2026



The most owned artificial intelligence company Anthropic is all set to open its first office in India by 2026. Aiming to build a large step in its international expansion plans. This step comes as the demand for AI tools and technologies continues to grow rapidly around the globe. Anthropic, primarily developed advanced AI models and conducted research in responsible artificial intelligence, hopes to leverage India's strong talent and digital infrastructure to amplify its work. By building up a new setup of offices here, the institute hopes to work closely with Indian developers, researchers, and businesses to design innovative AI solutions. India has almost become an international hub for technology and innovation, and this declaration highlights how major companies view the country as a key partner in the AI revolution. The offices which have

been built are expected to create job opportunities, promote AI research, and provide better service to the industries by using smarter, safer and more efficient technologies. Researchers think that this action which has been taken will boost India's growing position in the global AI landscape with Anthropic's.

INDIA AND UK STRENGTHEN TRADE TIES JETCO RESET

India and the United Kingdom moved toward the biggest step to create their strong trade relationship. Both countries have agreed to reset the Joint Economic and Trade Committee (JETCO) and also begin with a new Connectivity and Innovation Centre. This step has been highlighting that both countries are eager to work as a partnership together for better trade, technology, and development. According to the Ministry of Commerce and Industry, the new form of JETCO will look after the work of the Comprehensive Economic and Trade Agreement (CETA) and assure that it is followed properly. This helps both the nations to invest and trade systemically. The Innovation centre and the Connectivity mainly focus on new Ideas, digital links, clean energy, and research work. It will get the companies, startups, and researchers from both countries closer. The experts say that it is a very positive sign for both the countries India and the UK. This provides new job opportunities, more business opportunities, and stronger relationships. This not only shows the growth for the future but also helps building a modern and innovative future together.



NETFLIX PARTNERS WITH IICT & FICCI TO EMPOWER INDIA'S CREATIVE TECH TALENT

Netflix had joined hands with Indian Institute of Creative Technology (IICT) and the Federation of Indian Chambers of Commerce and Industry (FICCI) to strengthen India's Creative and technology driven industries. The partnership focuses on supporting students in AVGC -XR sector, where the animation are included, visuals effects, Gaming, comics, and Extended reality. A Memorandum of Understanding (MoU) was signed at the 25th edition of FICCI frames, in the presence of Sanjay Jaju, Secretary of the Ministry of information and Broadcasting. The collaboration of this mainly aims to blend Netflix 's international creative experience with IICT's industry based curriculum and FICCI's strong professional network. Together the team plans to nurture young talent , promote innovation in digital storytelling, and get Indian students ready for the rapid increase of growth of the creative tech market. The association is expected to inaugurate new learning and career opportunities for youth, helping India become an International hub for creative technology. Combining education, technology, and creativity this initiative will inspire the next generation of storytelling and innovators who can shape the future of entertainment and digital media in India.



INDIA SETS FIRST LEGALLY BINDING EMISSION TARGETS AND INDUSTRIES

India took a major step towards fighting climate change by making its first Legally Binding Emission Targets for carbon intensive industries. The government will cover new notification of 282 industrial plants across key sectors. Mainly like aluminium, cement,pulp and paper, and chlor-alkali. 2025 onwards, these industries will lower down their emissions intensity compared to their 2023-24 levels. The step which has been taken is part of India's broader efforts to meet its International climate commitments under the Paris Agreement. The main focus is to cut the nation's emissions intensity of GDP by 45% by 2030 and hide net zero emissions by 2070. This will support India's carbon credit trading system, which makes calls to the industries to earn or trade credits based on their carbon reduction performance. The system which is made will not only help industries to adopt cleaner technologies but also promote sustainable growth and energy efficiency. The action made this a historical monument while showing India's stronger commitment to balance industrial development with environmental protection. By following these rules, the country is setting an example for others in the global mission to fight climate change and build a greener, cleaner future



EXPERTS DISCUSS ADVANCES IN DRUG DEVELOPMENT AT VARANASI CONFERENCE



At the three day annual conference of the Indian Association of Biomedical Scientists was recently held in Varanasi, focusing on the new development in drug research and innovation. This was organised by the Department of Pharmaceutical sciences, bringing together experts, scientists, and researchers from across the country. At the conference, participants discussed new trends and ideas based on drug discovery, biomedical technology, and the use of Artificial Intelligence in medicine. The researchers revealed how modern science is helping to create faster, safer, and more effective medicines for diseases that were once considered untreatable. The decisions taken also covered the importance of ethical research, clinical trials, and collaboration between educational institutions and the pharmaceutical industry. The partnership is seen as vital for improving the quality of healthcare and lowering the cost of essential drugs in India. The conference which was held not only provided a stage for sharing knowledge but also inspired young scientists to contribute to the nation's progress. Biomedical research. Events like these highlight how India is steadily moving forward in the field of medical innovation and health care betterly .

MEET ISRO VYOMMITRA- INDIA'S TALKING ROBOT FOR THE GAGANYAAN MISSION

India's space academy ISRO has made an outstanding humanoid robot named Vyommitra, which is all set to travel on the upcoming Gaganyaan Mission. Vyommitra is not just a machine, it is able to talk, think ,and even perform tasks like a human being. The name Vyommitra reveals from the two Sanskrit versions Vyoma (Space) and Mitra (Friend), the meaning of this is “friend in space.” This robot plays an important role before sending actual astronauts to space. It will help scientists test how the spacecraft works in different conditions and ensure safety for human space travellers. Vyommitra can recognise speech, understand commands, and move its arms and head. It can also identify instruments using advanced vision based technology. With its built in artificial intelligence, it can even answer your questions politely to people around it. This mission is a major move toward India's space Journey. ISRO's goal has made sure that Indian technology is prepared for human spaceflight. When Vyommitra flies into space, it will carry with it not only advanced science but also India's dream of becoming a global space leader.



Afreen Mazgaonkar & Khushi Sharma

NAUDEEP SINGH CAPTURED SILVER IN MEN'S JAVELIN F41 AT WORLD PARA ATHLETICS



The 2025 World Para Athletics Championships held in New Delhi from October 3 to October 11, 2025. Nandeep Singh claimed silver in men's Javelin F41 in the Championships. India's Paralympic gold medallist Nandeep Singh showed outstanding performance with resilience in the event. Competing in front of a home crowd at the Jawaharlal Nehru Stadium, he made a throw of 45.46 metres. In the first attempt he measured 41.38 m and ended up in third position initially and followed by a foul in his second round. He showed resilience in the rollercoaster moment and then delivered his best throw in the third round and managed a valid throw of 44.82 m. In the championship Sadegh Beit Sayah of Iran claimed gold with a throw of 48.86 m. Silver is the final medal in the championships claimed by India, along with this India ended up with 22 medals in total in the championship. On reflection on the championship during an interview Nandeep said that he had aimed for gold but expressed resilient satisfaction with the outcome and called it a “Diwali gift”. India's performance at the championships marked a milestone in its para-athletics history.

UNNATI HOODA CREATES HISTORY WITH BRONZE AT WORLD JUNIOR BADMINTON CHAMPIONSHIPS

18-year-old girl Unnati Hooda from Rohtak, Haryana, played a pivotal role in securing India's first-ever bronze medal at the BWF World Junior Mixed Team Championships 2025 which was organised in Guwahati. In the quarterfinals, India faced a South Korean team. Despite the high stakes, Hooda's brilliant performance was the reason for India's victory, ensuring their involvement in the finals. The semifinals saw India up against the defending champions, Indonesia. In a challenging match of semifinals with Indonesia, India fell short, with the scores of 35–45 and 21–45, letting them finish with bronze. In the tournament at an early stage, India introduced a new relay-style team format, a Badminton World Federation initiative to modernize the sport. Hooda grasped seamlessly the innovative format and showcased her leadership and game play, which gave a winning start for the Indian team. This achievement marks a breakthrough milestone achievement in India's badminton history, reflecting the nation's growing prowess in junior badminton on the global stage. Their consistent and dedicated efforts helped India to rise in sports and encouraged the youth to follow this path.



INDIA GIFTED LIFELINE AFTER LATE DRAW WITH SINGAPORE IN AFC ASIAN CUP QUALIFIER

India played against Singapore in an AFC Asian Cup 2027 Qualifier football match. In a dramatic turn of events, India secured a 1–1 draw against Singapore keeping alive their fading hopes and getting a last chance to stay in the competition despite being reduced to 10 men during the second half because of Sandesh Jhingan's red card. Singapore scored first in the first half's stoppage time when Ikhsan Fandi found the net. India's fading hopes in the second half when Sandesh Jhingan was shown a second yellow card, leaving India a team of 10 men. As the game came to an end, India seemed difficult. Singapore however blundered in the final minute and Rahim Ali capitalized on a misplaced back pass that rebounded off the Singapore goalkeeper, slotting home his first international goal and giving hope to India to stay in the qualifiers round. Though it wasn't a win, the game ended in a draw. That is encouraging India's athletes uphill, they remain winless but are still in the hunt thanks to this crucial point. Coach Sunil Chhetri, returning to the squad after a spell on the sidelines, admitted that “going ten men and getting a result wasn't easy,” emphasizing the team is “just taking one game at a time.”



PRANSHI ARORA CLINCHES GOLD IN WOMEN'S FOIL AT CHANDIGARH STATE FENCING CHAMPIONSHIP



Pranshi Arora of Punjab Engineering College won gold in Women's Foil at the ongoing Sub-Junior and Senior State Fencing championship from October 7, 2025 at Chandigarh. The tournament was hosted on the Panjab University campus. Her teammate Mahira Bhatheja clinched the silver medal, while third place was secured by Harshika Sharma (Panjab University) and Navisha Bhardwaj (Sri Guru Gobind Singh Senior Secondary School). In the men's competition, Rohit Bhatt of GGDSD College, Sector 32, outpaced Mohit Bhatt of the same college to capture gold. The bronze medals earned jointly to Pardeep Kumar (Sector 32 college) and Pawan Upadhyay (Sector 10 government school). Kulraj Panav Sharma from Sector 10 government school defeated Anish Thakur in the final to win gold in The Sabre Discipline of Fencing. In the sub-junior boys' foil event, Navish Bhardwaj of the Sector 46 coaching center claimed the title by defeating Abhiraj Singh of St John's High School. Abhiraj Chugh (St Kabir Public School) and Lavish Nil (KBDAV School, Sector 7) secured the bronze medals. All the medallists have now qualified for the upcoming Senior National Fencing Championship and the 27th Sub-Junior National Fencing Championship.

RAVINDRA JADEJA CREATES HISTORY WITH ALL-ROUND BRILLIANCE, BECOMES FIRST PLAYER TO SCORE A CENTURY

Ahmedabad, October 2025 — Indian all-rounder Ravindra Jadeja marked his name into cricket history by becoming the first player in the world to score a century and take a four-wicket haul in the same Test match four times after turning 30. Jadeja scored 104 runs total and took 4 wickets in India's opening Test against West Indies home Ahmedabad. This remarkable achievement of Jadeja takes India's sport rank to another level. Jadeja's performance surpasses records of all-rounders like Ian Botham, Garry Sobers, and Ravichandran Ashwin, who managed three such instances in their careers. His performance and contribution with both bat and ball has been phenomenal. This breakthrough performance adds one more achievement to his already bright career, letting him reach all the highs of the career. He is one of the best players, shows exceptional skill and is an all rounder in modern cricket. The consistent and dedicated efforts helped them win the event. This marked a historic moment and ensured top achievement for India this year encouraging the new generation to compete on the global stage fearlessly.



HARJINDER KAUR FINISHES 14TH AT WORLD WEIGHTLIFTING CHAMPIONSHIPS 2025

Commonwealth Games bronze medallist Harjinder Kaur finished 14th in the women's 69kg weight division at the World Weightlifting Championships 2025 held in Forde, Norway. Competing in Group B, the 28-year-old Indian lifted a total of 218kg (95kg snatch + 123kg clean and jerk) among 36 competitors. At the Commonwealth Championships in Ahmedabad last month, Harjinder had won bronze with a total lift of 222kg (99kg + 123kg). In Forde, she successfully lifted 92kg and 95kg in snatch before missing 98kg, while in clean and jerk, she cleared 118kg and 123kg after one failed attempt. Harjinder, who earlier won bronze at the 2022 Commonwealth Games in the 71kg category, continues to be a consistent performer for India on the international stage. The event was dominated by Song Kuk-hyang of the Democratic People's Republic of Korea, who set three world records — 120kg snatch, 150kg clean and jerk, and 270kg total — to win gold. Julieth Rodríguez of Colombia and Ingrid Segura of Bahrain claimed silver and bronze, respectively. So far, Mirabai Chanu remains India's only medallist at this year's World Championships, winning silver in the women's 48kg category.



Dr. Smita RavikumaKuntay & Sanjana Gupta

INDIA POST PAYMENTS BANK
(IPPB) RECRUITMENT 2025



The India Post Payments Bank Limited (IPPB), under the Department of Posts (DoP), has released the official notification for Executive Recruitment 2025. IPPB invites online applications from qualified Gramin Dak Sevaks (GDS) for 348 Executive posts to be engaged across various states in India.

These Executives will play a vital role in direct sales, lead generation, and business development through the DoP–IPPB Business Correspondent model, contributing to India's inclusive digital banking mission. Application Dates: 9th October 2025 to 29th October 2025 (till 23:59 hrs)

Apply Online: ibpsonline.ibps.in/ippb25

- Post Details**
- Post Name: Executive (Gramin Dak Sevaks Engagement)
 - Total Vacancies: 348
 - Location: Across India
 - Salary: As per IPPB Rules
 - Advertisement Date: 09th October 2025

- Eligibility Criteria**
- Educational Qualification: Graduate in any discipline (Regular or Distance) from a recognized University/Institution approved by Govt. of India.
 - Experience: Not required – freshers can apply!
 - Age Limit: 20 to 35 years as on 01.08.2025 (Relaxation as per Govt. norms)

- Selection Process**
- Merit List based on Graduation marks (banking outlet-wise).
 - Online Test and Document Verification (if required).

- Application Fee**
- All Categories: ₹750/- (Non-refundable)
 - Mode: Online Payment Gateway

Vacancy Highlights (Few Major States)
Uttar Pradesh – 40 | Maharashtra – 31 | Gujarat – 29 | Madhya Pradesh – 29 | Karnataka – 19 | Bihar – 17 | Tamil Nadu – 17 | West Bengal – 12

Apply Before 29th October 2025.

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

SEBI OFFICER GRADE A (ASSISTANT MANAGER) RECRUITMENT 2025 –
APPLY FOR 110 PRESTIGIOUS POSITIONS!

The Securities and Exchange Board of India (SEBI) has announced the Officer Grade A (Assistant Manager) Recruitment 2025, inviting dynamic and qualified Indian citizens to join its esteemed team. This is a golden opportunity for aspirants seeking a prestigious career in the financial and regulatory sector.

Total Vacancies: 110
Streams: General, Legal, Information Technology, Research, Official Language, Engineering (Electrical), and Engineering (Civil)
Notification Date: 8th October 2025
Online Registration: From 30th October 2025 (Last Date: To be Notified)
Official Website: www.sebi.gov.in

Salary & Benefits:
Attractive pay scale — ₹62,500 – ₹1,26,100 with increments and perks as per SEBI norms, including housing, medical, and education allowances.

Eligibility Criteria:

Age Limit: Not exceeding 30 years as of 30.09.2025 (born on or after 01.10.1995).

- Education:**
- General Stream: Master's/PG Diploma (2 years) in any discipline, or Bachelor's in Law/Engineering.
 - Legal Stream: Bachelor's Degree in Law.
 - IT Stream: B.E./B.Tech in any branch or PG in Computer Science/IT.
 - Research Stream: Master's/PG Diploma in Economics, Finance, Statistics, Mathematics, Data Science, etc.
 - Official Language: Masters in Hindi/English/Sanskrit with relevant subjects.
 - Engineering Streams: B.E./B.Tech in Electrical or Civil.

- Selection Process:**
- Phase I – Online Examination (Objective Test)
 - Phase II – Online Examination (Subject-Specific)
 - Phase III – Personal Interview

Application Fee:



- UR/OBC/EWS: ₹1000 + GST
- SC/ST/PwBD: ₹100 + GST

- Key Dates:**
- Phase I Exam: To be announced
 - Phase II Exam: To be announced

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

MPSC GROUP C RECRUITMENT 2025 – APPLY ONLINE FOR 938 VACANCIES!

The Maharashtra Public Service Commission (MPSC) has officially announced the Group C Recruitment 2025, offering 938 vacancies across key administrative positions! This is an excellent opportunity for graduates and diploma holders to secure a stable government career through the Maharashtra Group-C Services Combined Preliminary Examination 2025.

- Online Application Dates:**
- Start: 7th October 2025 (2:00 PM)
 - End: 27th October 2025 (11:59 PM)
 - Apply Online: mpsonline.gov.in

- Post Details**
- Total Posts: 938
 - Designation: Clerk-Typist, Tax Assistant, Industry Inspector, Technical Assistant
 - Pay Scale: ₹19,900 – ₹1,12,400 per month
 - Job Location: Maharashtra

Eligibility Criteria

- Educational Qualification:**
- Clerk-Typist / Tax Assistant / Technical Assistant: Bachelor's Degree from a recognized university.
 - Industry Inspector: Diploma in Engineering from a recognized institution.

Age Limit:
• General Category: Up to 38 years (as on



- 01.02.2026)
- Reserved / EWS / Orphan / Sportsperson: Up to 43 years
- PwD Candidates: Up to 45 years

- Selection Process**
- Preliminary Examination
 - Main Examination
 - Document Verification

Application Fee:
• General Category: ₹394/- (Prelims), ₹544/- (Mains)

- OBC / EWS / Orphan: ₹294/- (Prelims), ₹344/- (Mains)
- Ex-Servicemen: ₹44/- (Prelims & Mains)

Payment Mode: Online — via Debit Card, Credit Card, or Net Banking

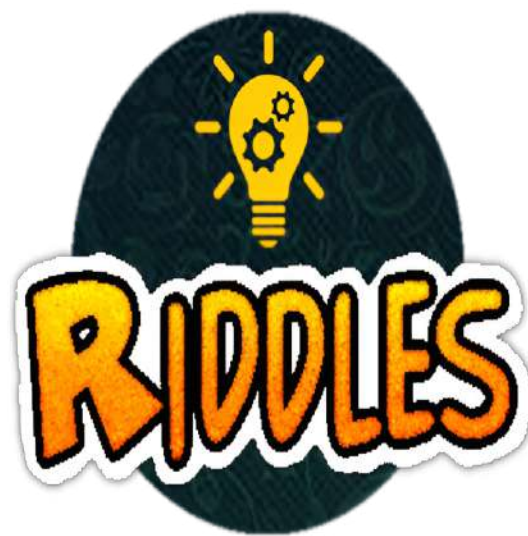
Exam Date
• Preliminary Exam: 4th January 2026

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

Deepika Singh & Gauri Mhatre



1. What is the capital city of France?
2. Who invented the light bulb?
3. Which planet is closest to the Sun?
4. In which year did India become a republic?
5. What is the largest mammal in the world?
6. Who wrote the Indian national anthem?
7. Which festival is known as the Festival of Lights?
8. What is the hardest natural substance on Earth?
9. Who painted the famous artwork The Starry Night?
10. Which continent is known as the "Dark Continent"?



1. I get smaller every time I take a breath. What am I?
2. I have cities but no people, forests without trees, and rivers without water. What am I?
3. The more you take, the more you leave behind. What am I?
4. I can be long or short, grown or bought, painted or left bare. What am I?
5. I can't talk but I will answer when you speak to me. What am I?
6. I never ask a question but am always answered. What am I?
7. I have a head and a tail but no body. What am I?

7. A coin
6. A telephone (or a doorbell)
5. An echo
4. Hair
3. Footsteps
2. A map
1. A candle

10) RIDDLES

10. Africa
9. Vincent van Gogh
8. Diamond
7. Diwali
6. Rabindranath Tagore
5. Blue Whale
4. 1950
3. Mercury
2. Thomas Edison
1. Paris

11) QUIZ TIME

ANSWERS



Poha Chivda – A Crispy, Savory Diwali Delight

This Week, We're Relishing Poha Chivda – A Crispy, Savory Diwali Delight

Poha Chivda is a light and crunchy Maharashtrian snack made from flattened rice, nuts, and spices. It's mildly sweet, perfectly spiced, and an all-time favorite during Diwali.

Ingredients:

To prepare this festive mix, you'll need 4 cups of thin poha (flattened rice), 3 tablespoons of oil, 1 teaspoon of mustard seeds, ½ teaspoon of cumin seeds, 15–20 curry leaves, 2–3 slit green chilies, and 1 dry red chili (optional). For the crunch, add ¼ cup of peanuts, 2 tablespoons of roasted chana dal (daliya), 10–12 cashew halves, 2 tablespoons of dry coconut slices (kopra), and 2 tablespoons of raisins. Season it with ½ teaspoon of turmeric powder, a pinch of asafoetida (hing), salt to taste, and 1 teaspoon of sugar.

Steps:

1. Roast the Poha: Dry roast the poha in a large pan on low flame for 5–7 minutes, stirring continuously until crisp. Remove and keep aside.

2. Prepare the Tempering: Heat oil in the same pan. Add mustard seeds, cumin seeds, curry leaves, green chilies, and red chili. Sauté until aromatic.

3. Add Nuts and Seeds: Add peanuts and fry till golden. Then add cashews, roasted chana dal, and coconut slices. Fry until everything turns crisp.

4. Add Spices: Lower the flame. Add turmeric, hing, salt, and sugar. Mix well.

5. Combine Everything: Add the roasted poha and toss gently until evenly coated with the masala. Finally, add raisins and mix once.

6. Cool and Store: Let the mixture cool completely before storing in an airtight container.



Tip: Add a handful of sev or cornflakes for extra crunch. Serve with hot chai and share the festive joy this Diwali!

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

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