

LIGHTING LIVES, NOT JUST LAMPS: HULAHUL FOUNDATION'S DIWALI OF COMPASSION!

As the glow of diyas brightened homes this Diwali, one organization chose to spread a more enduring light the light of compassion. The HULAHUL Foundation, through its heartfelt initiative 'Lok Aahar – Project Aid the Needy', transformed the festival of lights into a celebration of humanity, empathy, and shared joy.

Held in Katkariwadi and Dongariwadi (Post Sogaon, Taluka Shahapur, District Thane), the annual initiative aimed to bring festive cheer to underprivileged communities. Guided by the moving message “This Diwali, let's light up lives together!”, Foundation volunteers distributed traditional Diwali delicacies like karanji, chivda, laddoos, and chakli, along with clothes, lamps, lanterns, stationery kits, and essential household items.

Every gift carried not just material value, but heartfelt warmth. The joyous smiles of children, the gratitude in the eyes of elders, and the laughter shared across the gathering painted a picture of a Diwali illuminated by kindness.

The Foundation extended special thanks to Mr. Vijay Sir, a devoted local school teacher, for his invaluable cooperation and support. His contribution helped the event run smoothly and reflected the spirit of “building communities through unity.”

Among those present were Foundation's Trustees & members Mr. Ravi Singh, Mr. Aditya Phadke, Mr. Durgesh Dubey, Mr. Yogesh Gupta, Mrs. Smita Kuntay, Mr. Aman Tripathi, CA Vikas Chaurasia, CA Ashish Chorage, Mrs. Afreen Mazgaonkar, Mr. Shravan Singh, Mr. Ravi Tripathi, Mrs. Jyotsana Agarwala, and Mrs. Sakshi Mishra, who worked tirelessly to make the event a success.

Adding inspiration to the occasion were dignitaries from Lilavati Lalji Dayal College of Commerce, Charni Road, Mumbai, Mr. Dhiren Sampat, Mr. Amar Ashar, Mrs. Nidhi Sampat, Mrs. Jasmine Ashar, Mrs. Jennifer D'Cruz, Mr. Bhavesh Padaya, and Mrs. Namrata Bhalerao who lent their encouragement and presence to the noble cause.

Speaking at the event, Mr. Ravi Singh, Trustee & Chairman of HULAHUL Foundation, shared:

“The true essence of Diwali lies not in lighting diyas, but in brightening lives. Through Lok Aahar - Aid the Needy, we strive to reach those who need joy the most. The smiles we see on their faces, that's our true Diwali reward.”

His words beautifully captured the spirit of the initiative and the Foundation's philosophy, that the purest form of light is the one born from love and giving.

The success of the initiative was made possible through the generous collaboration of ONTV Transit Media Broadcaster, Lilavati College of Commerce, Punya Nagari, Saraswati International Pre-School, Satwat for People, and several kind-hearted donors. Together, they helped the Foundation reach hundreds of families this festive season.

As twilight descended over Katkariwadi, hundreds of lamps flickered against the darkening sky, each diya symbolizing hope, compassion, and unity. The village radiated not just the glow of oil lamps, but the brilliance of shared humanity.

With Lok Aahar – Project Aid the Needy, HULAHUL Foundation once again proved that Diwali's real beauty lies in lighting up lives, not just homes. The Foundation reaffirmed its commitment to continue working towards education, empowerment, and sustainable community development, ensuring that the flame of kindness continues to burn bright long after the last diya fades.

* * * *



Notable Story

Durgesh K. Dubey

RAINI ABBAKKA CHOWTA: THE INVINCIBLE QUEEN OF ULLAL

In the 16th century, when India's western coast echoed with the footsteps of invaders and traders, one woman stood as an unshakable wall of resistance. She was Rani Abbakka Chowta, the fearless queen of Ullal, near Mangalore in present-day Karnataka. She was the first woman in India to fight the Portuguese colonizers, earning her the eternal title "The Queen Who Defied an Empire." Her story is one of courage, patriotism, and righteousness a tale that reminds us that true leadership is not inherited by birth but forged by conviction and sacrifice.

A Queen Born to Lead

Rani Abbakka was born into the Chowta royal family, a matrilineal Jain dynasty known for its justice, tolerance, and strength. From a young age, Abbakka was trained in warfare, horse-riding, sword-fighting, and statecraft. She was equally skilled in diplomacy and administration — a rare blend of intellect and valor. When she came of age, she was married to the king of Banga, a neighboring principality, to strengthen regional unity. But her marriage was short-lived due to political differences, and she returned to Ullal, where she ascended the throne with the blessings of her mother, Queen Abbakka Devi. Little did the Portuguese know that the quiet coastal town of Ullal would become their greatest nightmare.

The Threat of the Portuguese

By the mid-1500s, the Portuguese had established dominance over large parts of India's western coast. They controlled major ports, levied heavy taxes, and forced Indian traders to buy their passes to conduct maritime trade. They demanded tribute from smaller kingdoms, including Ullal. But Rani Abbakka refused. When the Portuguese sent envoys demanding submission, the queen firmly declared: "My land and my people bow only to dharma, not to foreign crowns." Her defiance angered the Portuguese authorities at Goa, who sent repeated warnings all of which she ignored. To Abbakka, trade was sacred, and the freedom of her people was non-negotiable.

The First Battle of Ullal

The Portuguese attacked Ullal with a large fleet, expecting an easy victory. But Abbakka was prepared. Her spies had already informed her of their movements. She gathered her small army brave men and women from different faiths and communities Hindus, Jains, and Muslims alike.

As dawn broke, the battle drums echoed through the coconut groves of Ullal. Rani Abbakka, dressed in warrior's armor, mounted her horse and addressed her army: "They come with greed; we fight with faith. Remember, our land is sacred protect it as you would your mother." In the ensuing battle, the Portuguese were stunned. The queen's archers rained

fire-tipped arrows, her navy attacked from the backwaters, and her soldiers fought with unmatched spirit. The invaders were forced to retreat, their pride shattered by a queen they had underestimated.

The Flame of Resistance

For years, the Portuguese tried to capture Ullal through deceit and war, but Abbakka thwarted every attempt. She forged alliances with neighboring rulers like the Zamorin of Calicut and local Muslim admirals, creating a united front against colonial aggression. Even when her ex-husband, the king of Banga, sided with the Portuguese for political favor, she did not lose heart. "A divided people can never stay free," she said, urging unity over



rivalry. Her leadership wasn't built on fear but on trust. She personally visited soldiers' families, ensured fair treatment of farmers, and protected traders from exploitation. Under her rule, Ullal thrived both as a fortress and as a symbol of self-rule (Swarajya).

The Betrayal and the Last Stand

But destiny tested her one final time. Betrayed by one of her own chieftains, the Portuguese launched a surprise attack on Ullal. The battle raged through the night. Despite being outnumbered, Abbakka fought like a lioness. Chronicles describe her wielding her sword with lightning speed, rallying her troops even as the palace burned. When the Portuguese finally captured her, they expected submission. But she stood tall, refusing to bow. Her words still echo through time: "Chains can bind my body, not my spirit. My land will rise again." She was imprisoned in Goa, where she continued to inspire revolts until her last breath. Legends say that even in captivity, she planned uprisings and refused food offered by her captors. Her spirit never surrendered.

The Legacy of Rani Abbakka

Rani Abbakka's life remains an unparalleled chapter in India's history. She was the first Indian woman to wage war against colonial rule, nearly a century before Rani Lakshmibai of Jhansi. Her leadership was rooted in dharma righteousness, justice, and compassion. She united communities, proving that patriotism transcends religion or caste. Her courage inspired generations of freedom fighters who came after her, from the Konkan coast to the Indian heartland. Even today, the "Rani Abbakka Festival" in Karnataka celebrates her indomitable spirit, and the Indian Navy named a warship INS Rani Abbakka in her honor a tribute to the warrior queen who fought the world's mightiest empire with unyielding resolve.

Philosophy and Values

Rani Abbakka's life was guided by timeless Indian values. She saw defending her people as her sacred duty, not merely a royal responsibility. She ruled with compassion, believing in fairness and inclusion. Her fight was never for conquest but for protection. She united Hindus, Jains, and Muslims under one banner, proving that collective strength defeats oppression. Her courage stemmed from moral conviction, not from ego or ambition.

Moral of the Story

The story of Rani Abbakka Chowta teaches that true power lies not in weapons or wealth but in character and conviction. Her life reminds us that standing for justice may be difficult, but it is the highest form of service. She showed that a leader's duty is not only to protect borders but also to preserve values and dignity. Her unwavering spirit, her compassion for her people, and her refusal to surrender even in defeat make her an eternal symbol of courage and moral strength. In her life, we see the living essence of India's dharmic philosophy that righteousness and truth are stronger than any empire.

Conclusion

Rani Abbakka Chowta's story is not just a legend; it is a lesson for every generation. She ruled with the strength of a warrior and the heart of a mother. At a time when the world bowed before colonial might, she stood firm, reminding us that freedom is sacred and must be protected at any cost. Her legacy shines as a beacon of moral leadership proving that when courage walks hand in hand with compassion, no empire can conquer the spirit of a nation. Rani Abbakka Chowta the Invincible Queen of Ullal remains immortal in the soul of India, a timeless reminder that dharma, when upheld with faith and fearlessness, becomes stronger than destiny itself.

Ravi Singh & Naaz Saifi

S. DAMODARAN: THE MAN BEHIND SOUTH INDIA'S SANITATION REVOLUTION

"A toilet is more than just a four-walled structure, it is a way to a healthy life."

- S. Damodaran

S. Damodaran, founder of Gramalaya sanitation NGO, honored with the Padma Shri Award in 2022 in recognition of his sanitation efforts in South Indian villages and urban slums.

Mr. Damodaran has excelled at sanitation and hygiene. He dedicated more than thirty years to ensuring that WASH is available to residents of more than 600 villages and 200 urban slums in the southern states of Tamil Nadu, Karnataka, Andhra Pradesh, Telangana, Kerala, and the Union Territory of Puducherry.

When he was twenty years old and enrolled in college in Tiruchirappalli (Trichy), Tamil Nadu, his inspirational adventure started. After he joined Trichy College's National Service Scheme (NSS), he was allowed to go to the nearby rural areas. However, he had no idea that these encounters would fundamentally alter his goals and purpose in life. because of a serious lack of access to sanitary facilities, clean drinking water, and knowledge of the value of hygiene and cleanliness.

He had no inkling, though, that these experiences would drastically change his life's purpose and aspirations. Due to a severe lack of access to clean drinking water, sanitary facilities, and awareness of the importance of cleanliness and hygiene, S. Damodaran took action to ameliorate the situation. He formed a NGO called as Gramalaya after two years of field study, in 1987.

Mr. Damodaran has built over 6 lakh individual family toilets and 500 school toilets

with Gramalaya over the course of his three and a half decades of dedicated efforts, influencing the sanitation practices of over 30 lakh people in South India.

S. Damodaran, in one of his interviews, shared some insights of his experiences, articulating that his team started this journey by providing hand pumps to the people in villages

(SBM). It was the first of its kind to offer financial assistance to below poverty level (BPL) families for constructing individual household toilets. By 1990, they started covering slums in areas in Tamil Nadu and later in other states.

Apart from the toilets, Gramalaya has been actively working on promoting Menstrual

experiments in Thandavampatti village in Tiruchirappalli District which was recognized by the World Bank (WSP) as First Open Defecation Free village in India by a resolution passed at the Grama Sabha meeting in 2003 with 100 percent toilet coverage for all the households in the village, including a ban on open defecation. Following this, the NGO was instrumental in declaring more than 300 villages and 187 slums in Tiruchirappalli City Corporation as ODF including first slum in Kalmandhai in 2002. In 2006, S. Damodaran developed a Center for Toilet Technology and Training at the Gramalaya Training Centre in a rural area which was later on replicated in more than 100 places in India showcasing different toilet models suitable to different terrains and socio-economic status of the communities.

The central government acknowledged the endeavors of the NGO and in 2013, the Ministry of Jal Shakti, Government of India identified Gramalaya as one of the national key resource centers for offering training on water and sanitation to government officials and NGOs in South India. On October 2, 2017, S. Damodaran received 'Toilet Titan Award' from the Vice-President M. Venkaiah Naidu in an award ceremony.

Hygiene Management (MHM) among women and girls in Southern states. In the last six years, the organization has reached out to more than 8 lakh women and girls and assisted them to switch from unhygienic and unsafe ways of managing their periods to using eco-friendly reusable cloth pads. In 2018, a ward in Musiri town became the India's first urban area and in 2019, ATK Nagar village in Uppliyakudi panchayat became the rural area where 100 percent of the menstruating women and girls are using cloth pads and are practising safe and plastic-free menstrual hygiene management.

Furthermore, the concept of Open defecation free village in India was first



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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.

Buy now, worry later sounds like a dream, right? Welcome to the dazzling world of Buy Now, Pay Later (BNPL) the latest trend reshaping how India shops and spends. Whether you're a college student eyeing the newest iPhone or a young professional tempted by those "3 easy instalments at 0% interest" offers, BNPL feels like magic. Yet beneath that glitter lies a growing credit trap one that can quietly pull you into a spiral of invisible debt.

The Rise of "Pay Later" Temptations

In recent years, platforms like ZestMoney, LazyPay, Simpl, and Amazon Pay Later have made instant gratification easier than ever. You can buy a ₹12,000 smartwatch today and split it into four payments no credit card, no paperwork, no waiting. For Gen Z and millennials, this convenience feels empowering. Students enjoy independence without asking parents for funds; young adults see it as financial flexibility. But in reality, it's a thin line between smart money management and impulsive overspending.

The Psychology of Swipe Culture

EASY EMIS, HARD LESSONS: THE HIDDEN COST OF BUY NOW, PAY LATER

Marketers know exactly how emotions drive purchases. Terms like "instant approval," "zero-cost EMI," and "buy in one click" trick the brain's reward system. Since the pain of payment is delayed, you spend more freely.

A 2024 Deloitte survey found that nearly 47% of BNPL users forget to track their EMIs, and 28% have missed at least one payment. These "minor" lapses lead to late fees and lower CIBIL scores, damaging your financial credibility. That convenience which buys an extra outfit today could cost you an education or home loan tomorrow.

Riya's Reality Check

Take Riya, a final-year student. She first used BNPL to buy a ₹6,000 dress for a friend's wedding. Later came concert tickets, then a new phone case all "small" purchases. By semester's end, she owed ₹18,000 across three apps, with just ₹5,000 monthly income from tutoring.

Two missed payments later, late fees and penalties piled up. Her CIBIL score slipped from 750 to 680. What began as simple convenience turned into an expensive credit lesson.

The Business Behind BNPL

BNPL isn't generosity it's a calculated business model. Companies earn through merchant commissions, processing fees, and late penalties. The more you spend, the more they profit. Every "Pay Later" click feeds data into systems tracking your habits, lifestyle, and repayment behaviour. Banks and fintech firms later use this data to market you credit cards and loans extending the debt chain. In truth, BNPL doesn't just let you pay later; it teaches you to spend sooner.

Smart Tips to Dodge the Credit Trap

- Treat BNPL like a loan, not free money:** If you wouldn't borrow for it, don't BNPL it. Ask yourself: Would I still buy this if I had to pay right now?
- Use one platform only:** Multiple apps make tracking tough. Choose one trusted option or skip them entirely.



3. Never miss a payment: One delay can hurt your credit score. Set reminders or enable autopay.

4. Track your dues: Maintain a planner or app to record EMIs. Three small payments can easily become a big burden.

5. Beware of "0% interest": Hidden processing or merchant fees often exist. Always read the fine print.

6. Build genuine credit: Opt for a secured or student credit card with a low limit. It builds your score responsibly and improves financial discipline.

7. Differentiate needs from wants: BNPL works for essentials like courses or laptops, not for impulsive buys like sneakers or vacations.

A Smarter Way Forward

The real "pay later" advantage lies in financial literacy. Schools, colleges, and workplaces must teach young earners how to manage invisible credit. Used wisely, BNPL offers flexibility; used carelessly, it weaves a

web of recurring debt.

It's like borrowing happiness from your future self and leaving tomorrow's version of you to pay the price.

The Bottom Line

"Buy Now, Pay Later" has made money invisible and spending effortless. But effortless spending often leads to stressful living. The goal isn't to reject BNPL entirely it's to understand it.

So, the next time you see that bright "Pay in 3 easy instalments" button, pause for a second. Ask yourself: Do I really need this now, or am I just paying later for today's temptation?

Because in the world of modern credit, the real freedom doesn't lie in "Pay Later," but in "Think First."

Echoes of Expression

Prof. Dr. Savita Kishan Pawar

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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 DIGITAL PEN — LITERATURE IN THE AGE OF TECHNOLOGY

The twenty-first century has transformed how we read, write, and share stories. Literature, once confined to pages, now flows through screens, blogs, e-books, and social media platforms. Yet, despite these changes, the essence of storytelling remains unchanged the desire to connect human experiences through words.



GRAMMAR TIP

Using “Less” vs. “Fewer”:

Use “fewer” for countable nouns and “less” for uncountable nouns.

- Fewer students attended the lecture today.
- There is less water in the glass.
- Less students attended the lecture today.

Digital technology has given rise to new literary forms such as hypertext fiction, interactive poetry, and AI-generated narratives. Platforms like Wattpad and Kindle Direct Publishing empower aspiring authors to reach global audiences without traditional gatekeepers. Readers, too, have evolved becoming active participants through online discussions, fan fiction, and digital annotations.

However, this revolution also raises important questions: Does technology dilute literary depth? Can virtual reading match the intimacy of turning a page? Many writers, like Margaret Atwood and Neil Gaiman, argue that technology expands creativity, not replaces it.

Ultimately, the “digital pen” signifies a new chapter in literary evolution one where imagination transcends medium. Whether written with ink or typed on a touchscreen, the heart of literature still beats with human emotion, curiosity, and the timeless power of words.

DID YOU KNOW?

- The most expensive coffee in the world, Kopi Luwak, is produced from coffee beans that have been partially digested and then excreted by the Asian palm civet, an animal similar to a weasel.
- The human brain generates about 12 to 25 watts of electricity while awake, which is enough to power a low-wattage LED light bulb.
- The word for a collection of crows is a “murder,” a group of ravens is an “unkindness,” and a group of owls is a “parliament.”
- The Great Wall of China is not a single continuous wall, but rather a series of walls and fortifications built over centuries by different dynasties.

QUOTABLE QUOTES

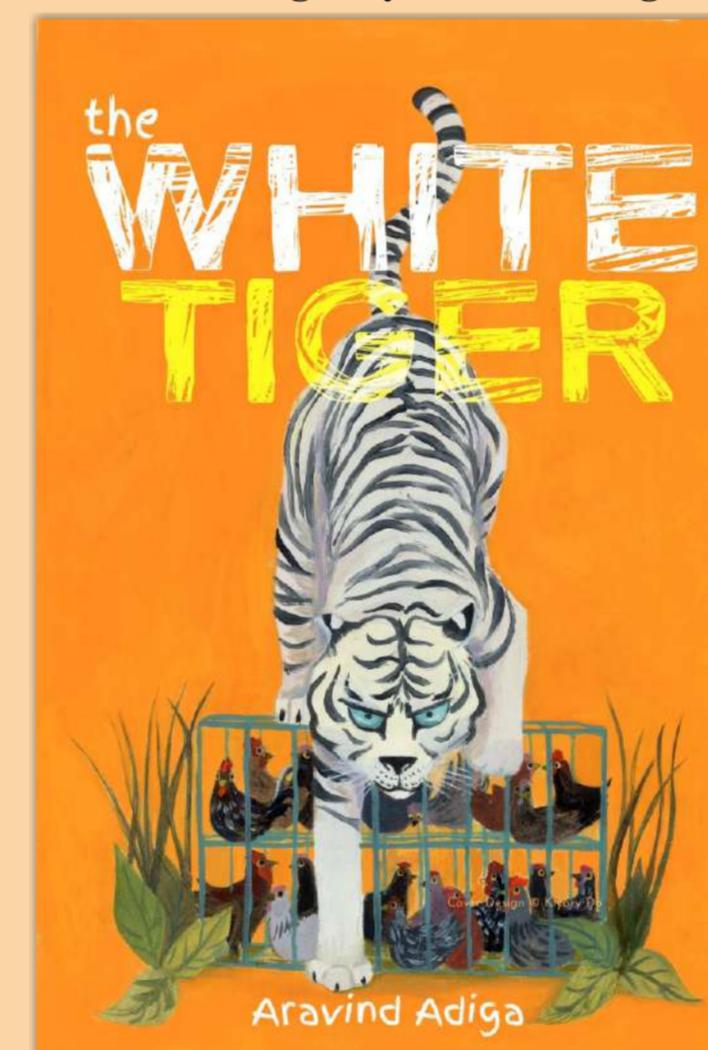
WRITER OF THE WEEK

Ruskin Bond

Ruskin Bond, one of India's most beloved storytellers, has enchanted generations with his simple yet profound tales of life in the hills. Born in 1934, Bond's writing celebrates nature, childhood, friendship, and the quiet charm of small-town India. His works *The Room on the Roof*, *The Blue Umbrella*, and *Time Stops at Shamli* evoke nostalgia and human warmth. With an easy, lyrical style, Bond captures moments of innocence and wonder that transcend age and culture. A recipient of the Padma Bhushan and Sahitya Akademi Award, he remains a true chronicler of India's soul.

BOOK REVIEW

The White Tiger by Aravind Adiga



Aravind Adiga's *The White Tiger* offers a darkly humorous and gripping portrait of India's class divide. The novel follows Balram Halwai, a poor villager who rises from servitude to become a successful entrepreneur — through morally ambiguous means. Told through Balram's letters to a Chinese premier, the narrative is sharp, witty, and unsettling. Adiga exposes corruption, inequality, and the contradictions of modern India. Winner of the 2008 Booker Prize, *The White Tiger* is both a social commentary and a psychological study of ambition and survival in a rapidly changing nation.

WORD OF THE WEEK

Word: Resilience (noun)

Meaning: The capacity to recover quickly from difficulties; toughness.

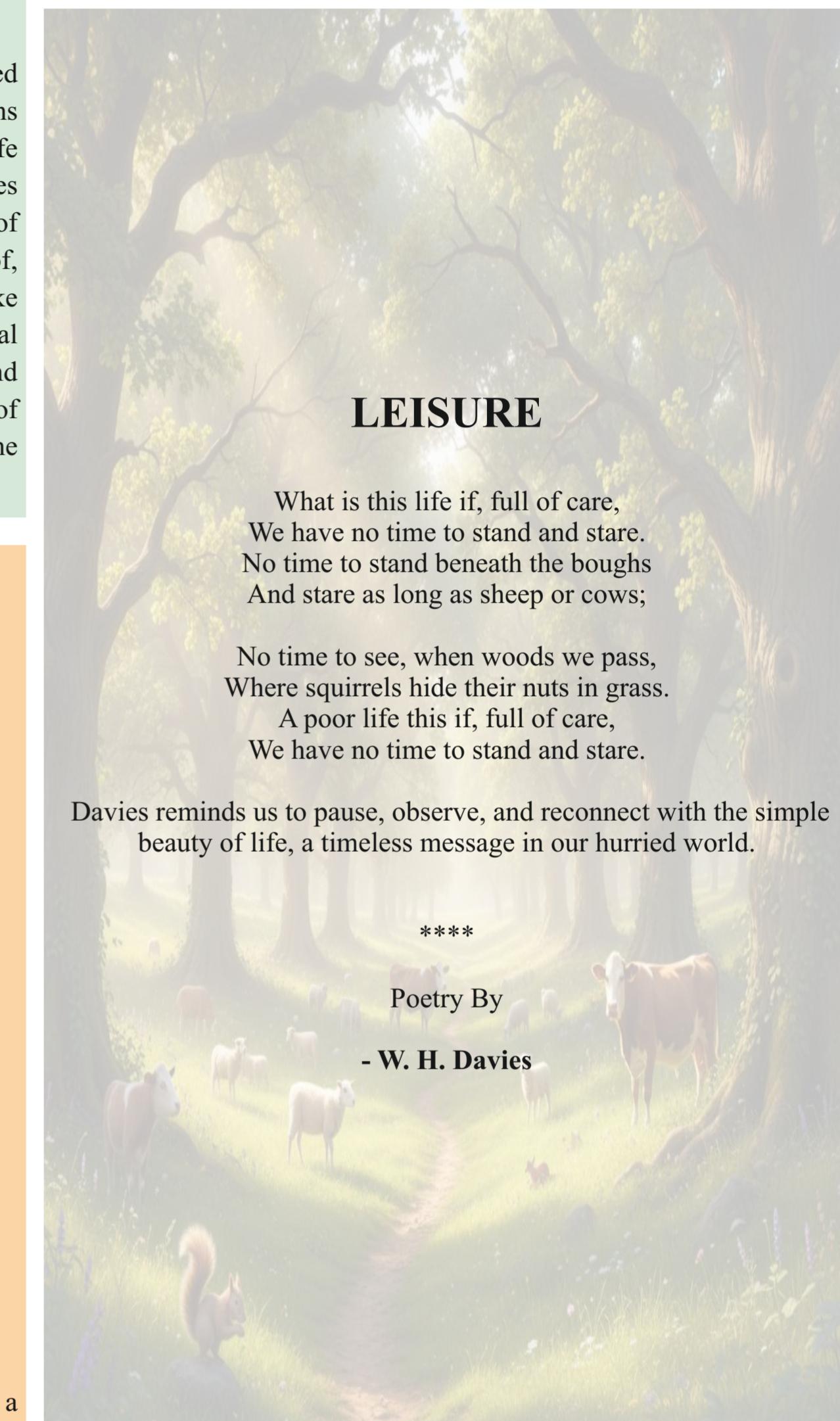
Example: The character's resilience in the face of tragedy inspired readers around the world.

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.

CREATIVE WRITING



LEISURE

What is this life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows;

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
A poor life this if, full of care,
We have no time to stand and stare.

Davies reminds us to pause, observe, and reconnect with the simple beauty of life, a timeless message in our hurried world.

Poetry By

- W. H. Davies

Krishi Gyan

Ravi Singh

MARATHWADA RELIEF PACKAGE FAILS TO ADDRESS FARMERS' CONCERN

The Maharashtra government has announced a massive ₹31,628 crore relief package to assist farmers affected by extreme weather in 29 of the state's 36 districts, covering nearly 6.8 million hectares of farmland. The package includes ₹17,675 crore in crop compensation and varying aid amounts—₹18,500 per hectare for rain-fed crops, ₹32,500 for horticulture, and ₹47,000 for fully damaged cultivable land. Additional support will be provided through the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS).



accessibility and fairness.

Critics point out that only around ₹6,500 crore of the total package will reach farmers directly, while much of the remainder comes from previously allocated funds rather than fresh aid.

As climate change continues to unleash unpredictable rainfall and drought in Marathwada, farmers say the government's approach must shift from short-term relief to long-term resilience and sustainable agricultural reform.

HARYANA INCREASES SUGARCANE PRICES TO ₹415 PER QUINTAL AS DIWALI GIFT TO FARMERS



In a significant move aimed at benefiting sugarcane farmers, the Haryana government has announced a hike in the support price of sugarcane to ₹415 per quintal, effective from the 2025–26 crushing season. This increase, described as a "Diwali gift," positions Haryana as the state offering the highest sugarcane prices in the country.

Offering the highest support price for sugarcane in the country, the government aims to bring prosperity and happiness to farmers' lives, making the festival of Diwali even brighter and sweeter.

This initiative is expected to encourage sugarcane growers and set a precedent for other states, highlighting Haryana's proactive approach to supporting its agricultural community.

Chief Minister Nayab Singh Saini revealed that the rate for early varieties has been raised from ₹400 per quintal to ₹415 per quintal, while the price for late varieties has been increased from ₹393

per quintal to ₹408 per quintal. This decision underscores the government's commitment to enhancing farmers' income and ensuring their economic prosperity.

The Chief Minister emphasized that this price hike is not only in the interest of farmers but will also provide new momentum to the state's agricultural economy. By launching an initiative in the Kota district, where 7,300 women farmers have been given free mustard seed minikits to boost crop productivity. The distribution took place during a rural service camp in the village of Deoli Kalan, with Madan Dilawar, the Panchayati Raj Minister, overseeing the event.

TRADE DEALS THREATEN FARMERS' SEED RIGHTS, WARNS NEW REPORT

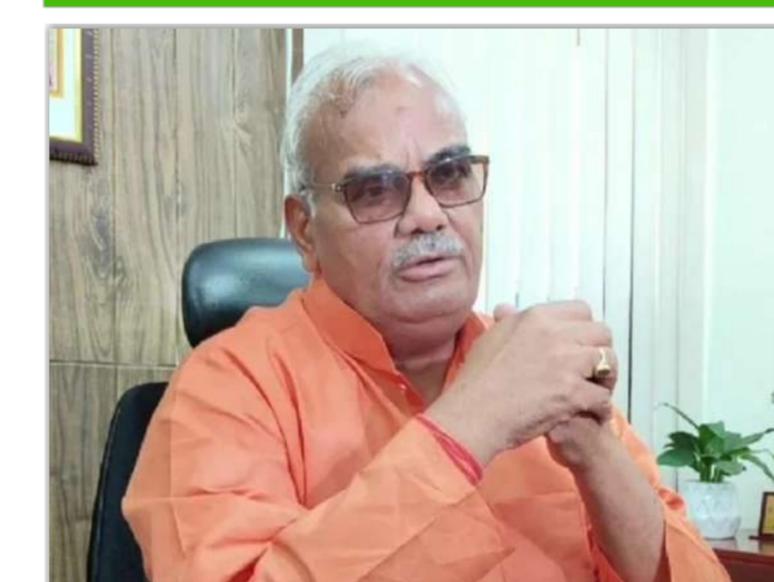
A recent report by the international non-profit GRAIN has raised serious concerns over how modern trade agreements are being used to impose stricter seed patent laws on developing nations. The study reveals that powerful economies are increasingly "weaponising" trade deals to enforce the UPOV 1991 Convention, a system that grants seed companies monopoly rights over new plant varieties for 20–25 years.



Under these provisions, farmers lose their traditional rights to save, reuse, or exchange seeds, practices that have been integral to sustainable agriculture for centuries. The report highlights how this growing trend is eroding seed sovereignty, increasing corporate control, and threatening agricultural biodiversity.

Experts warn that these trade-driven restrictions could make farmers dependent on costly corporate seeds, undermining local food systems and livelihoods. The report calls for global resistance to such patent regimes to protect farmers' rights and ensure equitable agricultural growth.

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



The Rajasthan Agriculture Department has launched an initiative in the Kota district, where 7,300 women farmers have been given free mustard seed minikits to boost crop productivity. The distribution took place during a rural service camp in the village of Deoli Kalan, with Madan Dilawar, the Panchayati Raj Minister, overseeing the event.

Each minikit contains 2 kg of high-quality mustard seed, and priority has been given to women from Scheduled Castes (SC), Scheduled Tribes (ST), and small and marginal farming households. The objective is to enhance

mustard yields per hectare and support women's participation in agricultural production.

Minister Dilawar reiterated that the scheme aligns with the state's larger goals of promoting gender-inclusive farming and improving oilseed self-reliance. Observers note that such targeted interventions are especially important in districts like Kota, which face challenges from irregular rainfall and fluctuating market prices.

By distributing seed minikits directly to women, the government also aims to strengthen farm families' resilience, capitalise on women's labour contributions, and improve overall rural livelihoods. The move has been welcomed by farmer groups, who highlighted that timely access to quality seeds is a critical first step toward more reliable and sustainable cropping cycles.

AGROFORESTRY TAKES ROOT IN BIHAR VILLAGE TO END PADDY-MONOCULTURE TRAP



In the fields of Durdih village in Bihar's Lakhisarai district, a transformation is quietly underway. Fields once dominated by paddy are now being dotted with agroforestry plots and kitchen gardens. The shift was initiated in 2018 by Neeraj Kumar, a law-graduate who returned to his village and launched the non-profit Khetee to break away from the cycle of monoculture.

On approximately 4 ha of land, farmers have diversified into growing pulses (pigeon pea, green gram), oilseeds (flax, mustard), seasonal vegetables (potato, brinjal, onion, yam, radish), and fruit trees (banana, papaya, guava, mango, sugarcane, bamboo). Local farmers say the move has reduced reliance on pesticides and fertilisers, boosted food-security and allowed for self-sufficient production of pulses and vegetables.

Khetee has also established a seed-bank managed by farmers themselves, preserving about 180 varieties of seeds under a barter system (10 borrowed seeds, 20 returned) and focusing on locally adapted varieties that are more resilient to pests, disease and drought.

While monoculture continues to dominate large parts of India's agriculture, this grassroots effort in Durdih offers a promising model of how small-scale agro-ecological diversification can enhance resilience, strengthen food sovereignty and address vulnerabilities linked to climate and market shocks.

Dr. Smita Ravikumar Kuntay & Gargi Date

ABHYUDAY 2025 AT IIM MUMBAI: PLATFORM FOR FUTURE BUSINESS LEADERS

Abhyuday, the annual business conclave of the Visionary Leaders for Manufacturing (VLFM) was recently held at IIM, Mumbai.

The VLFM program at IIM, Mumbai seeks to create visionary leaders who will contribute towards our nation's growing manufacturing sector. India is moving towards a manufacturing renaissance that requires dynamic yet ethical leaders who are willing to use new-age perspectives, creativity, and innovation to achieve excellence on a global level. The program's objectives include developing leadership and managerial skills, improving participants' capabilities to impact the global markets, and training them to deal with the various manufacturing challenges observed in today's ever-changing market scenarios.

The event was sponsored by the State Bank of India (SBI) and included senior leaders from several well-known companies such as Accenture, Microsoft, Hindalco, Jindal Steel, Cipla, Ingram, Deloitte, and Godrej. Their participation played a key role in

ODISHA TARGETS JUNK FOOD IN COLLEGES

The Government of Odisha aims to crack down on the sale of junk food in the various campuses of higher educational institutions. A mandate prohibiting the sale of unhealthy foods, including junk foods on campus grounds was issued on 14th October 2025. This decision by the Odisha government comes on the heels of its healthy diets campaign that launched last month. The healthy diets campaign is a state-level initiative created by the state's government in collaboration with Unicef to spread awareness about the inclusion of healthy, diverse and nutritious foods in our daily diets. The campaign aims to promote healthy eating habits amongst children, teens and women and focuses on altering the community's dietary practices to exclude junk foods and instead include traditional, homemade foods that are more nutritious for all.



The state government's crusade against unhealthy eating habits lines up with a directive issued by the University Grants Commission (UGC) that intends to create a healthy educational

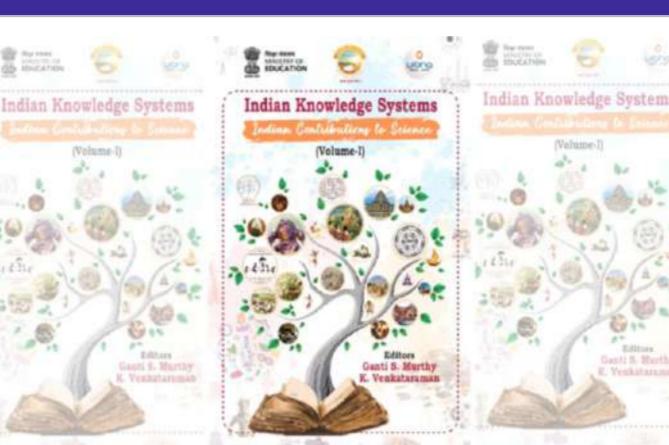
KERALA SCHOOL SET TO BECOME INDIA'S FIRST FULLY AIR-CONDITIONED GOVERNMENT LP SCHOOL



INDIA'S SCIENTIFIC HERITAGE EXPLORED IN NEW IKS BOOK

India's Union Education Ministry recently published a new book highlighting the nation's historic scientific heritage. The book developed for the ministry's Indian Knowledge Systems (IKS) division is authored by eight well-respected academics. Its main objective according to Union Education Minister Dharmendra Pradhan is to shed light on India's "rich legacy of scientific enquiry and holistic wisdom".

The book titled, 'Indian Knowledge Systems: India's Contribution to Science - Volume I', has been edited by Ganti S. Murthy and G.K. Venkataraman. The book's 430 pages contain multiple anecdotes that describe various scientific discoveries that occurred in ancient and medieval India. Indian astronomy, mathematics, chemistry, Ayurveda, veterinary medicine, medicinal plants, and sustainable agriculture are some of the numerous topics discussed in the book. The book additionally investigates how colonisation impaired India's knowledge systems and the nation's present initiatives to recover its once lost treasure trove of indigenous knowledge



The book, meant for students ranging from class 6 to class 12, is the first in a series of proposed volumes to comply with the New Education Policy(NEP) of 2020. The book will also act as a guide for students who wish to appear for the national science talent exam, Vidyarthi Vigyan Manthan, organised by Vijnana Bharati conjunctively with NCERT and the National Council of Science Museums.

Though the book has faced criticism from certain members of the scholarly world, the goal of the book is to ignite students' and teachers' interest in our heritage through integrating traditional Indian wisdom with contemporary scientific research.

STRATEGIC DESIGN EDUCATION: SHAPING INDIA'S NEW INNOVATORS

The need of the hour for India's exponentially flourishing business sector is to find individuals who are capable of creatively solving problems and thinking outside the box. A multidisciplinary outlook towards organizational challenges will help businesses innovate in today's ever changing world. This is where strategic designing can prove itself invaluable. Strategic design entails solving complex, systemic problems using an integrated approach that encompasses design thinking, human-centered innovation, and foresight.

For too long, the term designer has been relegated to simply revolving around aesthetics. Strategic designers apply design concepts to shape business strategies, design scalable solutions and influence important business decisions. They can play an important role in being a connecting bridge between multi-disciplinary teams. Energy, fintech, healthcare, and mobility are some of the sectors that require individuals that can effectively integrate user needs, digital technologies, and company goals. They

can play an important role in being a connecting bridge between multi-disciplinary teams.

In order to meet this growing demand for strategic designers, India's design education system must reform itself. While multiple European and American institutes have long since included strategic design in their curriculums, Indian design institutes must step up and do so soon to establish themselves globally. It must provide its students ample guidance and opportunities to explore the field of strategic design, as they study traditional forms of design. Encouraging design students to collaborate with individuals from multiple fields, providing them with entrepreneurial opportunities and allowing them to apply their knowledge would create strategic designers capable of shaping future businesses.

Once a dilapidated ruin that threatened the lives of its students, the Melmuri Muttipadi Government Lower Primary School has received a new lease on life as India's first fully air-conditioned government lower primary school.

The school located in the Malappuram municipality of Kerala, now occupies a modern, state-of-the-art three-storey building. The original school building which was over a century old had been deemed unsafe. The new building was constructed close to the old one under the leadership of Mujeeb Kateri, Municipal chairman and former student of the same school along with C.K. Najja Shihar, ward councillor.

The new school building was designed in collaboration with architecture students, under the CSR initiative. The vibrantly colourful building contains eight classrooms, a computer lab, library, dining area, staff room, and a principal's office. The students will have access to clean drinking water through the purified water kiosk located on all floors of the building. The eight classrooms each have two AC units, digital display screens, a mini-library and shoe-racks for the students' comfort.

The traditional wooden benches have also been replaced by FRP (Fibre-Reinforced Plastic) ones. Moreover, the entire building is powered by solar energy. The school sets an example for the entire nation on the possibility of creating child-friendly, hi-tech, environmentally sustainable facilities for all students regardless of their socio-economic status.

The new Melmuri Muttipadi Government LP school is set to be inaugurated on 19th October 2025 by MPE.T. Muhammed Basheer.

Durgesh K. Dubey

UNITY IN LUXURY: JITO MEMBERS PURCHASE 190 PREMIUM CARS IN RECORD ₹21.5 CRORE BULK DEAL

The Jain International Trade Organisation (JITO) has made headlines for an extraordinary display of collective buying power its members recently purchased 190 luxury cars in a nationwide bulk deal worth hundreds of crores. The deal, involving brands such as Audi, BMW, and Mercedes-Benz, reportedly saved the buyers a total of ₹21.5 crore, underscoring the strength of community-driven commerce within the Jain business network.

A Record-Breaking Bulk Purchase

The bulk purchase, coordinated over the past few months, saw JITO members across India upgrade to premium vehicles priced between ₹50 lakh and ₹1.5 crore. Though the initiative spanned multiple states, Gujarat emerged as a major participant, with around 30 cars purchased by members in Ahmedabad alone. The deal was facilitated through J Point, JITO's exclusive digital marketplace platform launched three years ago to streamline trade and collective purchases among members. The platform has since become a vital tool for negotiating large-scale discounts on products ranging from luxury goods to electronics. "In the past few months, our members have purchased 190 BMW, Audi, and Mercedes cars through a bulk deal," said Nitin Jain, Chairman of J Point. "Because of the collective nature of the transaction, we received a total discount of ₹21.5 crore—a testament to what unity can achieve in business."

How the J Point Platform Works

The J Point Platform serves as a bridge between manufacturers and JITO's extensive member base, enabling group buying at discounted

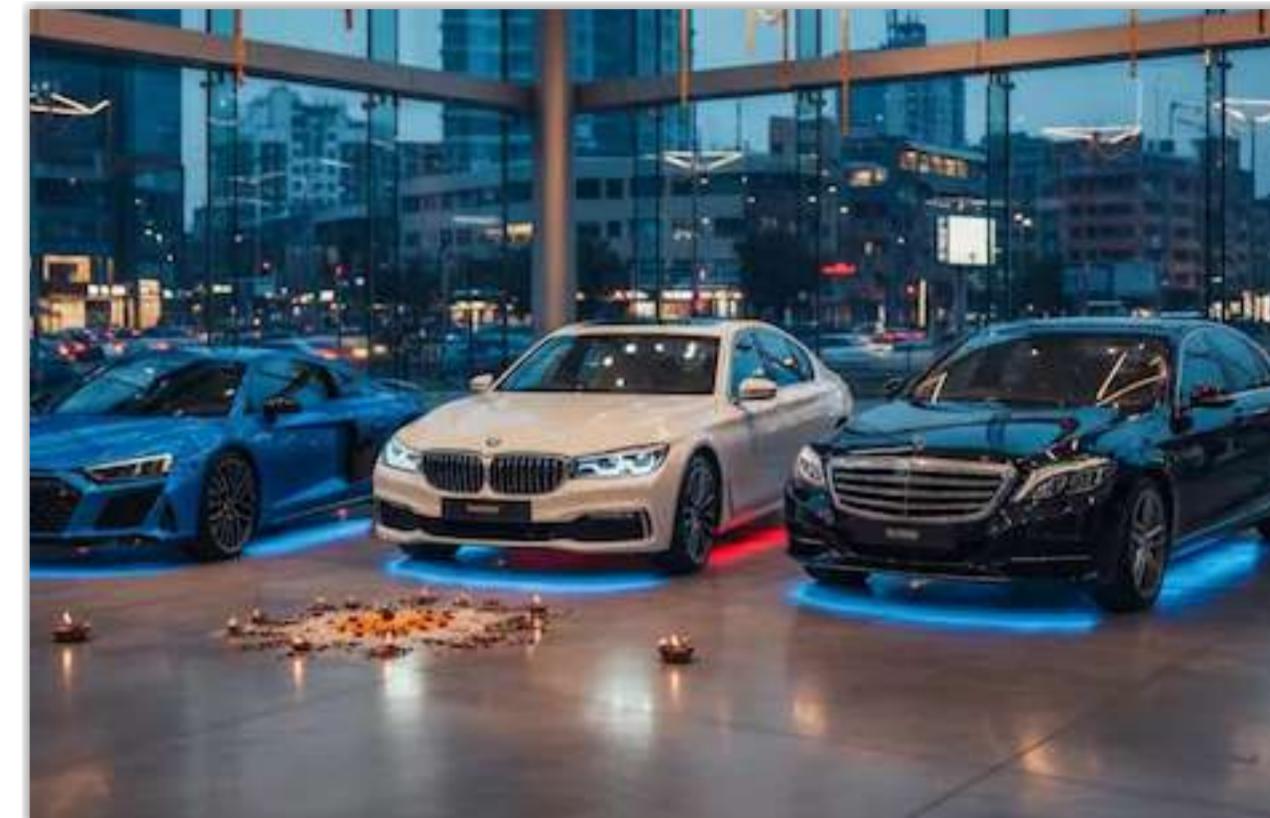
rates. With thousands of verified members, companies find it worthwhile to offer deep concessions in return for assured volume sales. Amit Shah, Convenor of J Point, explained: "Our members benefit from negotiated prices on high-value items—from iPhones and electronics to premium cars. This collective approach makes luxury purchases more affordable and promotes financial empowerment within the Jain community." Since its inception, JITO has focused on fostering entrepreneurial growth, networking, and ethical business practices among Jain professionals and traders. The organisation's approach to community-based economics has transformed how its members engage in trade and consumption.

Empowering Through Collective Commerce

Prakshal Shah, Co-Convenor of JITO, highlighted the growing scale of participation: "We currently have over 30,000 members across India, including 5,000 from Gujarat. Through community buying, members can access premium goods and trade opportunities at competitive prices. We are currently negotiating bulk deals on over 15 new products." Membership in JITO, which ranges from ₹2 lakh to ₹20 lakh, offers lifetime access to such benefits, along with mentorship, networking, and investment opportunities. The model, according to Shah, embodies the organisation's core principle collective prosperity through collaboration.

A Model of Economic Unity

The JITO bulk car purchase highlights how organised community networks can leverage scale to achieve significant financial advantages. What began as an initiative to connect Jain entrepreneurs has evolved into



a platform that combines tradition, trust, and technology to empower members nationwide. While the luxury car deal turned heads for its sheer scale, its larger message lies in the power of unity. By pooling their resources and negotiating collectively, JITO members have demonstrated that economic empowerment thrives when community solidarity meets strategic collaboration.

NOBEL IN ECONOMICS 2025: CHAMPIONS OF INNOVATION AND 'CREATIVE DESTRUCTION' HONOURED

Three leading economists Joel Mokyr, Philippe Aghion, and Peter Howitt have been awarded the 2025 Nobel Memorial Prize in Economic Sciences for their pioneering work explaining how innovation drives growth and reshapes economies. Their research deepened understanding of how new technologies generate prosperity even as they displace outdated industries a process known as "creative destruction."

Reinventing the Understanding of Innovation

The laureates were recognised for clarifying and quantifying the mechanisms behind creative destruction, a term first popularised by Joseph Schumpeter in 1942 to describe how capitalism continually renews itself. Their models explain why innovation both fuels long-term growth and disrupts existing businesses, helping economists and policymakers grasp how societies evolve through technological change.

Announcing the award, John Hassler, chair of the Nobel committee, said the winners' work shows that "economic growth cannot be taken for granted. We must preserve the institutions that sustain innovation so we do not fall back into stagnation."

The Laureates and Their Work

Joel Mokyr (79, Northwestern University) has explored how scientific progress translates into sustained technological advancement. His research connects the Enlightenment and the Industrial Revolution to the modern era of continuous innovation, stressing that societies thrive when they embrace curiosity and openness.

Philippe Aghion (69, Collège de France and LSE) and Peter Howitt (79, Brown University) co-authored a groundbreaking 1992 paper that introduced a mathematical model linking innovation to economic renewal. Their findings showed that excessive concentration of market power can suppress creativity, underscoring the importance of competition and social mobility in sustaining growth.

Their framework remains central to modern growth theory and has shaped debates on innovation policy worldwide.

Creative Destruction in Practice

The laureates' theories illustrate real-world transformations from streaming services replacing DVDs to e-commerce disrupting retail and electric vehicles challenging traditional automakers. Mokyr argues that even when new technologies cause short-term job losses, they eventually generate new opportunities and raise living standards. He has long rejected pessimistic claims that modern inventions are less impactful than those of the past. Citing digital platforms and streaming services, he notes that many innovations deliver huge welfare gains that traditional economic metrics fail to capture.

Policy Lessons and Global Relevance

Aghion said the challenge for Europe and other regions is to keep pace with the U.S. and China by investing more in research, education, and venture capital. He cautioned that protectionism and tariffs such as those imposed recently by the U.S. threaten innovation and long-term growth.

"Those who innovate will win," he remarked, adding that artificial intelligence holds "huge potential" if supported by fair competition and forward-looking regulation.

A Joyful Surprise for the Laureates

Mokyr, who turns 80 next year, said he was stunned by the news. "I told my students I was more likely to be elected pope than win the Nobel Prize and I'm Jewish," he laughed. Howitt, awakened by a reporter's call, thought the announcement was a hoax. Aghion called it "a dream prize shared with friends I've admired all my life."

About the Prize

The award, officially called the Bank of Sweden Prize in Economic Sciences in Memory of Alfred Nobel, carries 11 million Swedish kronor (about \$1.2 million). Mokyr receives half, with Aghion and Howitt sharing the rest.

Their collective message is clear: innovation is the lifeblood of economic progress. By revealing how creative destruction renews capitalism, their work not only explains growth it offers a roadmap for sustaining it in an age of rapid technological change.

EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

Assistant Professor, Department of Management Studies, Coordinator - Center for IKS, B.K.Birla College (Autonomous), Kalyan.

PhD(Management-Finance), M.Phil(Management),
MBA(Finance), M.com, M.Sc.(Psychology),
M.A. (Philosophy and Religion)
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Q. How Sharing Sustains Abundance?

Ans. Human life flourishes not merely through possession but through the graceful art of sharing. True abundance is not measured by the piles of wealth one guards but by the joy and harmony that radiate when resources, knowledge, and kindness flow freely among all beings. Ancient Indian wisdom, deeply rooted in its ethical and spiritual foundations, constantly reminds us that sharing is the natural law of sustenance, while hoarding leads to decay. Just as rivers maintain their purity by moving and nourishing lands, abundance in life is sustained when it circulates through generosity. Below, we explore how sharing sustains abundance with insights supported by timeless Subhashitham.

1. Sharing Converts Possession into Value: Wealth, when confined to one's chest or treasury, serves no purpose beyond creating a false sense of security. The moment it is shared—be it money, food

wisdom, or even a smile—it multiplies in its effect and transforms possession into meaningful value. काकः कृष्णः पिकः कृष्णः को भेदः पिककाकयोः। वसन्तसमये प्राप्ते काकः काकः पिकः। This Subhashitam says: both the crow and the cuckoo appear alike in color, but the difference becomes evident in spring when the cuckoo sings sweetly while the crow caws harshly. Similarly, wealth or knowledge alone does not define greatness—it is the act of sharing (like the cuckoo's song) that distinguishes a person. Thus, sharing transforms dormant resources into living abundance, which benefits both the giver and the receiver.

2. Sharing Nourishes Relationships and Trust: Life's true abundance lies in the bonds we create. Sharing strengthens relationships, weaving trust and mutual respect into the social fabric. Without sharing, one's success becomes hollow and isolated. दानं भोगो नाशस्तस्मो गतयो भवन्ति वित्तस्या यो न ददाति न भुज्यते तस्य तृतीया गतिर्भवति। This Subhaṣitam states that wealth can have three paths: it may be given in charity (danam), enjoyed through rightful living (bhogah), or destroyed (naśah). For one who neither shares nor enjoys but merely hoards, wealth inevitably perishes. Thus, sharing sustains abundance by nourishing relationships—when we give, we create a cycle of goodwill that ensures our resources and blessings flow back to us in unexpected ways.

3. Sharing Invites Divine Grace: In Indian wisdom traditions, the act of dana (charitable giving) is not only a social duty but also a spiritual practice. When we share with sincerity, we align with rta the cosmic order and invite divine grace that sustains prosperity. अन्नदाता सुखी भवेत्। This simple yet profound Subhaṣitam declares: "The giver of food shall always be happy." Food symbolizes nourishment, life, and compassion. By feeding others, one ensures one's own sustenance and joy in the cosmic cycle of abundance. Thus, divine grace flows toward those who share, ensuring that their abundance never diminishes but instead replenishes itself like the endless cycle of seasons.

4. Sharing Prevents Stagnation and Decay: Just as water stagnates when blocked and turns foul, so does wealth or knowledge when it is hoarded. Sharing sustains the flow of abundance and keeps it pure, vibrant, and dynamic. परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः। परोपकाराय दुहन्ति गावः परार्थं सन्तः जीवितं ददाति। "Trees bear fruits for the sake of others, rivers flow for others, cows yield milk for others, and noble beings live for others' welfare." This Subhaṣitam teaches that the very order of nature is based on sharing. When humans emulate this natural principle, abundance in their lives becomes self-sustaining. The refusal to share leads only to stagnation and ultimate loss.

5. Sharing Expands Inner Wealth: Material wealth has limits, but inner wealth compassion, kindness, and wisdom expands infinitely the more it is shared. Ancient sages saw giving as an opportunity to polish the soul, not merely an act of material distribution. विद्या ददाति विनयं विनयाद्याति पात्रताम्। पात्रत्वात् धनमाप्नोति धनात् धर्मं ततः सुखम्॥ "Knowledge gives humility, humility gives worthiness, worthiness brings wealth, wealth leads to righteousness, and righteousness to happiness." Here, sharing knowledge (vidya) initiates a chain of abundance. When knowledge is shared, it multiplies, and in turn, sustains both the individual and society. Inner abundance wisdom and humility fuels external abundance.

6. Sharing Cultivates Gratitude: Abundance without gratitude becomes arrogance. Sharing ensures that one acknowledges the interconnectedness of life and develops gratitude toward society and the universe. Gratitude in turn becomes the soil that nurtures further abundance. संतोषः परमो लाभः। "Satisfaction is the highest gain." By sharing, one realizes that true gain is not in adding possessions but in cultivating contentment through service and generosity. Gratitude sustains abundance by preventing greed and ensuring balance.

7. Sharing Inspires Collective Prosperity: When sharing becomes a community ethic, abundance multiplies collectively. No one is left in deprivation, and prosperity becomes self-sustaining at the societal level. एकः

स्वदन्ति न करोति तृप्तिं सम्पूर्णमनं बहुभिः कृतं स्यात् सर्वे सुखिनः स्युन् कश्चिद् दुःखी सङ्गच्छध्वं समवदताः "One eating alone never finds satisfaction; a complete meal is one shared among many. Let all be happy, let none suffer. Move together, speak together." This Subhashitam emphasizes that collective well-being through sharing creates a sustainable society. When prosperity is distributed, it strengthens abundance for all.

8. Sharing Transcends Mortality: Material wealth is temporary, but the act of sharing leaves behind a legacy. What we share be it kindness, wisdom, or resources—outlives us and sustains abundance across generations. कीर्तिर्मनुष्यस्य अमृतं हि तस्य त्वरं शरीरं पतति क्षणेन। सन्तः सदाचारकथा: प्रयान्ति तस्मात् सदा धर्मपथानुसारः॥ "Fame is the immortality of man. The body perishes in an instant, but the stories of good deeds endure. Hence one should always walk the path of righteousness." Thus, sharing sustains abundance by making one's life meaningful beyond death. Wealth hoarded dies with the body; wealth shared lives forever.

So, Sharing is not a loss but the very mechanism through which abundance is preserved and multiplied. The wisdom of Subhahsitham reveals that the more we share, the more the universe ensures our sustenance—like rivers that never dry because they flow, like trees that flourish by yielding fruits. By sharing, we align with nature's eternal rhythm, prevent decay, cultivate inner wealth, nurture relationships, and invite divine grace. In this sense, abundance is not merely a personal possession but a collective reality sustained through sharing. Ancient Indian wisdom shows us that true prosperity is not measured by what we hold back, but by what we let flow. Keep sharing, keep budding, stay blessed!

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Ravi Singh & Saleha Fatima

EARNING WITHOUT RESPECT IS THE REAL UNEMPLOYMENT

Give respect and take respect. We have all heard this famous quote, and we try to follow it as well. But many try to exploit it as well, by disrespecting us even if we respect them.

Self-respect, in simple terms, is how we value ourselves, and it can be evaluated by the actions we take to care for ourselves. If you are allowing someone to disrespect you just for your financial security, you are going against your values and ethics.

No one wants to be treated like trash. The people who do the same also feel they should be respected, but when it comes to their employees and colleagues, their rules change, and they feel they are authoritative enough to disrespect anyone.

Self-respect should be given priority over anything else, whether it be your friends, colleagues, or job. No one should be given the authority to disrespect you.

Everyone deserves respect, no matter what profession or what background they are from. Disrespect at work has many consequences that many employers are unaware of.

The workplace has to be the safest and most comfortable place for an employee; if the workplace isn't safe, and exploiting the employees by belittling and disrespecting them. It should be brought to notice as it deteriorates the performance of the employee as well.

Toxic workplaces have destroyed so many happy-go-lucky people and made them into living dead. But many people fall prey to such toxic workplaces while trying to attain financial security.

Attaining financial security is essential to sustain in this era of inflation, where everything costs an arm and a leg. But, trading it with your respect, is it worth a good investment for your life, or is it something that will deteriorate you going forward? Let's find out.

People who are disrespected at work are always under stress, not productive, and not motivated enough to yield good results. Disrespect not only impacts their mental health but also their ability to work and grow in such an environment.

Some of the issues that are linked to disrespect at work are unproductivity, lower motivation, delayed deadlines, and poor collaboration.

When people are disrespected, they lose that enthusiasm to put in efforts in their work, and when the enthusiasm is zero or very low, the outcome is very well predicted, and that is poor quality work and missed deadlines.

When employees are valued and respected, their motivation and productivity are unmatched. Because they know, if they do their work best, they will be praised and get recognized among other employees at work. That motivation enhances their productivity and yields amazing results.

Remember that your value is not linked to the job that you are doing; you deserve to be respected no matter what you do.

Companies need to understand the importance of having a respectful work environment where productivity will be multiplied. And they should take strict actions against any bullying, disrespect, and discrimination in the

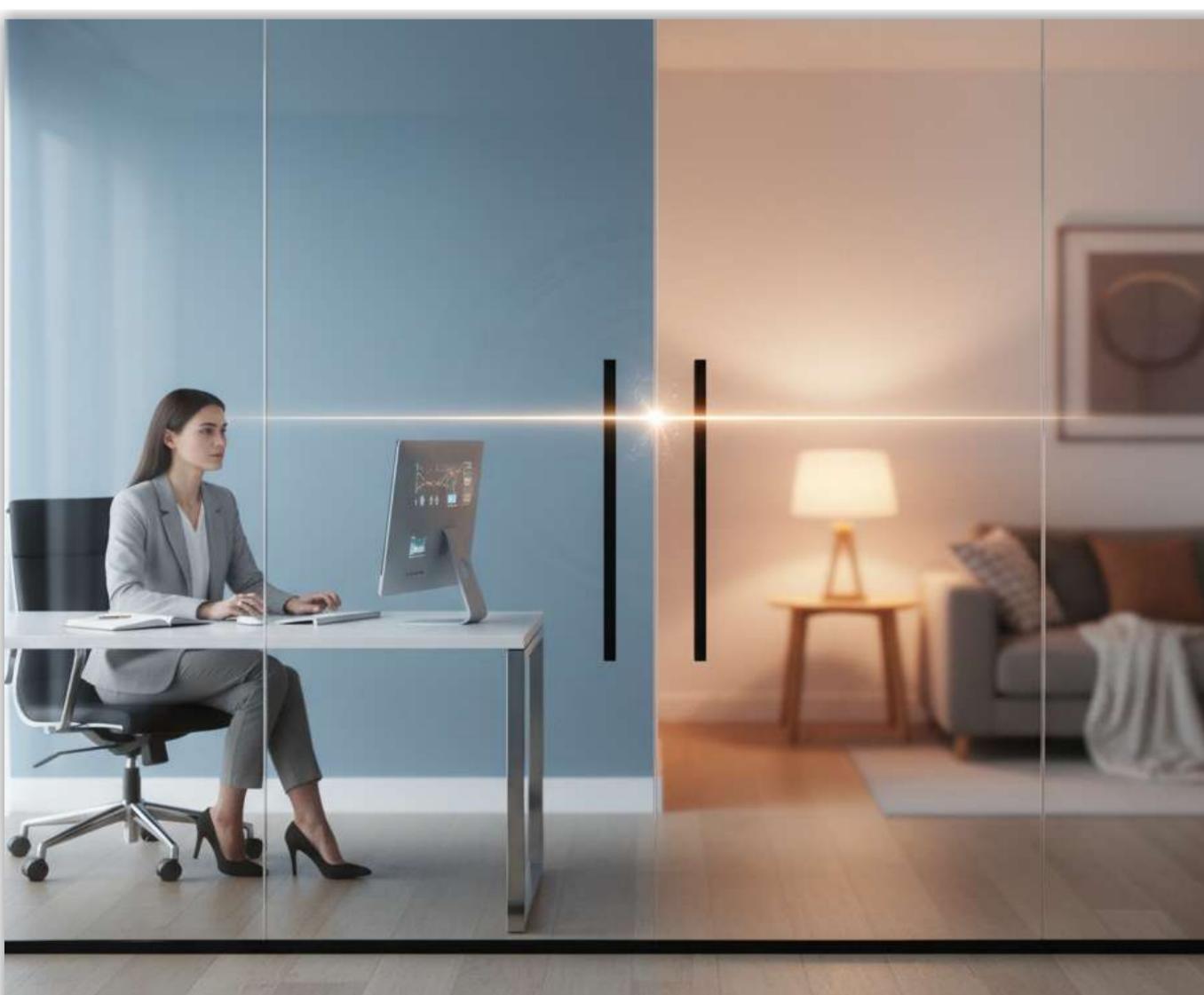


workplace.

You should not give anyone that power to cross the boundary of respect with you. Healthy boundaries should be maintained at work for mental sanity and productivity. Lack of doing so will have disastrous results on your mental health, productivity, and peace in your life.

It is better to be unemployed and look for a better opportunity, rather than being in a work environment that does not respect and value you. Being respected and valued should be your primary requirements in the workplace. Choose wisely, don't try to stick to a place where you are undervalued, and your ethics are being compromised.

WHEN 'FEELS LIKE HOME' HURTS: WHY WORK SHOULD STAY PROFESSIONAL



to overdo one may lead to invading the other, which might not be good for a healthy personal and professional life.

Family and workplace are two different things; don't try to mix them. There should be a clear boundary between the two.

Work should stay professional, because both work and family values are poles apart. Being comfortable with work or at work is a different thing; comfort should be there, but it should not be too much that you will start feeling like home there, and this will create unrealistic expectations.

see the results that you are appointed to deliver. So, professional life is performance-driven; failure to accomplish it may have some negative consequences. Whereas personal life is not associated with any expectations or compulsions to fulfill.

When there are no boundaries, and expectations are high from you, you just can't have that willingness to say 'No' to certain things that you may not be capable of doing. You are expected to do all the given tasks, and will be loaded with work, no matter how tough, hectic, or time-consuming it might be. The only thing is you have to deliver results as your 'work like home' has expectations on you, and you have to perform well.

When you feel at home at work, giving and taking genuine feedback would also be difficult. Because people at work would be hesitant, thinking it may sound like they are criticizing.

Having open conversations with the employees about their strong and weak points of the work is essential, as that helps the employees to actually look beyond what they assume to be their perfect style of working. It will also help them to improve, and that way, results will also be more impactful.

Fostering open communication and letting people know that what is burdening and bothering you at work is a very good practice that makes you feel seen and heard.

Sometimes, leaving a workplace for better opportunities to grow professionally feels impossible as you feel like home at your workplace, and this will make it difficult for you to come out of that place, and may hinder your growth.

Having no boundaries and no clear communication at work may make the work environment toxic, because you are expected to do so much that you can't handle, and as you consider it like family, you won't be able to refuse as well. You will take it and suffer alone. Toxic environments do not nurture you; they will drain you.

When you learn to create a boundary between the two lives, you will see the changes for yourself. This will not only set crystal clear boundaries but also help in maintaining your mental harmony.

Don't get fooled by toxicity disguised as family-like culture at the workplace. People may like and love you as a member of the family, but they will definitely have expectations as well. Family love is unconditional and whereas 'Family-like culture at work' is linked to how you perform and help the company grow. It is totally performance-driven and leads to emotional exhaustion.

When the work environment becomes too cozy like home, the boundaries between personal and professional life erode, while having them is very crucial.

Maintaining work-life balance is essential; trying

Your family doesn't expect much or even does not expect anything in return, but your workplace, your employer, and your colleagues have a lot of expectations from you.

Your work needs your dedication and hard work to

Afreen Mazgaonkar

WHO ISSUES MEDICAL ALERT ON 3 COUGH SYRUPS ASSOCIATED WITH DEATHS OF CHILDREN IN MP



The World Health Organization (WHO) has issued a medical alert on three cough syrups made in India, Coldrif, Respifresh TR and ReLife, after reports of children in Madhya Pradesh (MP) becoming severely ill and dying after taking them. Investigations found the syrups contained diethylene glycol (DEG) at much higher than safe levels, and DEG is a toxic agent that can cause acute damage to the kidneys. According to various reports, the affected products were "not exported," and no evidence has been found of illegal distribution, but Indian drug authorities have ordered that production at the affected manufacturers cease and products be recalled. This alert marks the fifth time the WHO has issued alerts around contaminated syrups made in India, and consistent concerns about quality standards around liquid medicines.

The contaminated syrups were identified by regulators after a cluster of illnesses and deaths the last week of September and the first week of October 2025. The episode is being viewed in light of previous international cases where products from India were implicated in the deaths of children. Health experts indicate that preventing a similar situation in the future requires stricter oversight, better quality testing and manufacturing transparency.

INDIA'S GAGANYAAN MISSION SET FOR 2027 LAUNCH; CREWED LUNAR MISSION BY 2040

ISRO Chief V. Narayanan has confirmed that Gaganyaan, India's first human spaceflight mission, remains on schedule for launch in 2027. This ambitious project aims to usher India into the elite club of nations capable of sending astronauts into orbit and safely returning them. Looking ahead, the Indian space agency has its eyes on a crewed lunar mission by 2040. The roadmap leading up to this includes multiple uncrewed test flights, development of heavy-lift launch vehicles, and advancements in life support and crew safety systems. Narayanan mentioned that preparations are already underway to build the necessary infrastructure for such deep space missions. The announcement underscores India's growing confidence and capacity in space exploration. Having already achieved notable successes with missions like Chandrayaan-3—including India's first soft landing on the lunar surface—ISRO plans to build on these gains to realize the dream of sending Indian astronauts to the Moon and beyond.



INDIA INITIATES PROJECT TO PROMOTE CIRCULAR ECONOMY AND COMBAT E-WASTE

India has started a groundbreaking five-year initiative designed to revolutionize the electronics sector with a circular economy approach to the increasing e-waste challenge. The endeavor is a partnership between the Indian government's Ministry of Electronics and Information Technology (MeitY), the Global Environment Facility (GEF) and the United Nations Development Programme (UNDP). As the world's third largest generator of e-waste, India presently has more than 80 percent of dumped electronics recycled in the informal sector, often in unsafe ways that expose workers to toxic chemicals, the new initiative intends to develop recycling systems, endorse eco-design and reuse, and increase infrastructure for safe material recovery. Funding for the project is approximately USD 120 million, with USD 15 million from GEF and the remainder co-financed by government and industry. Project goals are to minimize hazardous waste, resource recovery and organize informal workers, particularly women, with better training and access to formal systems. In addition, this project aims to enable the enforcement of E-Waste (Management) Rules 2022, and to position India as a global leader for sustainability and resource efficiency in the use of electronic goods.



INDIAN DELEGATION TRAVELING TO US THIS WEEK FOR IMPORTANT TRADE TALKS

India is sending an official level delegation to the United States this week for trade discussions related to a bilateral trade agreement. The trip is considered a positive and strategic signal to address some long-standing trade pain points, improve market access and deepen the bilateral trade relationship. India and the United States have been exploring a comprehensive trade agreement intermittently and in several different formats to try and deal with tariff barriers and trade disputes, while providing and advancing opportunities for cooperation and engagement in the areas of energy, agriculture, and technology. The delegation, now visiting the US with the appearance of urgency - on both sides - to speed up the agreement, will be closely watched by business groups on both sides as they seek to strike a precarious balance between market access and domestic protection. The trip is designed to demonstrate to both sides' officials that the objective of the trip is to make progress, encourages stakeholders to be optimistic... while also laying the groundwork for a clearer and more concrete agreed-upon trade relationship that is beneficial to both sides.



DYSON INTRODUCES PURIFIER COOL PC1 (TP11) IN INDIA TO COMBAT INDOOR POLLUTION



Before the beginning of the high pollution season, Dyson has officially launched its newest air purifier called Purifier Cool PC1 – TP11 in India. The fully sealed HEPA-filtration system captures up to 99.95% of ultrafine particles, including ones as small as 0.1 microns. The device is also capable of neutralizing odors, gases, VOCs, and nitrogen dioxide thanks to its activated carbon filter with Tris. The purifying device is equipped with Dyson's Air Multiplier technology, which helps to propel over 290 liters of clean air each second and provides 350-degree oscillation to cover large areas. The machine has smart sensors that can detect any harmful pollutants like PM2.5 and PM10 in real time, and it automatically adjusts the fan speed and filtration performance to keep the air clean. The purifier has a Night Mode that

dims the screen and a sleep timer for up to 8 hours of quiet operation. The purifier offers connectivity with Wi-Fi and Bluetooth and can be controlled through the MyDyson app, to use voice functions will require either Alexa, Google Assistant, or Siri. The price of the Purifier Cool PC1 – TP11 is ₹39,900 and is available in two color variants: Black/Nickel or White/Silver at either Dyson's online or offline stores located throughout India.

INDIA RISING AS FASTEST GROWING ANIME MARKET, SURPASSING BOLLYWOOD AND K-DRAMA

The anime fan community in India is rapidly growing, with new research indicating that anime overtakes Bollywood and K-dramas in popularity for the 13–54 audience demographic. Approximately 44% of general entertainment viewers in India self-identify as anime fans, demonstrating a significant cultural shift in entertainment consumption. In 2024, the Japanese animated merchandise market in India was valued as being over USD 1,098 million, and was predicted to grow nearly three-fold by 2033 to about USD 2,930 million, with an annual rate of growth of 11.5%. Financial analysts and market experts attribute this rapid growth to a youthful demographic in India, improved access to digital media, and increased local content through dubbed anime or other formats of animated products. Anime such as Demon Slayer, One Piece, and solo leveling have each created massive fandoms, growing these stories into much more than entertainment— for many youths in India it's become a community and lifestyle. Crunchyroll is also working to expand, and has made India one of the fastest growing markets in the world. At this rapid rate of growth, India is cementing itself as an important node in the world's overall anime ecosystem while shifting audience tastes, and an emergence of storytelling in the analytic perspective.



Afreeen Mazgaonkar

INDIAN MEN FINISH 6TH, WOMEN 8TH AT ASIAN TABLE TENNIS TEAM CHAMPIONSHIPS



Both the Indian men's and women's teams ended their competitive run at the Asian Table Tennis Team Championships in Bhubaneswar, with the men's team finishing in 6th position and the women's team finishing in 8th position. Neither team was able to contest for medals - the men's team lost to South Korea in the quarter-finals; and the women's team did not make it past previous rounds to even reach the classification matches. The men's and women's teams had been hopeful to sneak a medal on home territory, each team left with the combination of lessons learned, and disappointment. The men's team, especially with the experimentation with team combinations under coach Massimo Costantini, showed a little promise, but he could not post a podium finish. The women also had several promising spells of play, but failed to maintain a level of consistency when it mattered. Both teams have now set their sights on preparing their systems, gaining more international experience, and strengthening pathway structures leading to more significant events moving forward.

INDIA VS AUSTRALIA REWRITE HISTORY IN WOMEN'S WORLD CUP THRILLER

In a stunning encounter at the 2025 Women's Cricket World Cup, India and Australia rewrote history in their match. India scored 330, their highest total in the tournament's history, and the highest ever given up by Australia in a Women's World Cup match. Smriti Mandhana and Pratika Rawal opened the innings with a 155-run opening partnership, a record for India vs Australia in the Women's World Cup, and Mandhana scored her 5,000 WODI runs, becoming the fastest and youngest Indian woman to the milestone. Australia chased valiantly, led by captain Alyssa Healy in one of the most authoritative innings in women's ODI history. Healy's 142 runs (107 balls) took Australia to the highest successful ever chase in a women's ODI history (331), taking the record with an over to spare and winning the match by three wickets. The match also featured the most 6s in a women's World Cup match (13) and a five-wicket haul from Annabel Sutherland, the first birthday-fifer in the tournament's history. This match will not only be remembered for its drama and feats, but also the history it truly rewrote: the lowest total and highest successful chase in the Women's World Cup (329 total chase).



YOUNG JAVELIN STARS FROM INDIA SHINE AS 16 QUALIFY FOR JUNIOR WORLDS

On the last day of the National Junior Athletics Championships staged at Kalinga Stadium in Bhubaneswar, India's youth javelin throwers stepped into the foreground with excellent actions. In the men's U20 category, four qualifiers broke the World Championships qualifying mark of 68.50m, with Aditya from Haryana winning the gold in the event with a throw of 76.50m. Also surpassing the qualification mark were Dipesh Choudhary from Rajasthan (71.27m), Deepanshu from Haryana (69.49m), and Rishabh Giri from Uttar Pradesh (69.00m). In total, 16 throwers secured qualification for the World Junior Championships, showcasing India's strengthening hold on the javelin discipline. In the U18 category, Himanshu Jakhar from Haryana joined the rarefied 80-metre club with a throw of 80.38m that won gold and cemented him as one of the premier young javelin athletes in the competition. These performances highlight the strengthening pipeline of young talented javelin throwers in India together with increased benefits from youth development pathways. More young athletes now gearing up for international competition shows the growth potential of Indian javelin and illuminates a very positive outlook for Indian throwers coming up.



ANKITA KONWAR OF ASSAM MAKES HISTORY AS FIRST ASSAMESE WOMAN TO COMPLETE FULL IRONMAN TRIATHLON

Ankita Konwar of Guwahati, Assam, has made history in endurance sports by becoming the first woman from the state to finish a full Ironman, which she accomplished at the Ironman Calella-Barcelona in Spain. It was a tough course of 3.8 km swimming, a 180 km bike leg, followed by a 42.2 km marathon run. Ankita Konwar, who ran across the finish line with a traditional Assamese Gamusa to honor her culture, referred to the race as a transformational journey. With a beautiful smile, Konwar recalled the unpredictable swim, a wind-swept bike leg, and a "super-fun" run-and stressed that her experience was never about racing against the course, but becoming one with the course. Konwar, who is married to actor-fitness icon Milind Soman, has been building her endurance sports profile, from marathons to ultra-distances to now this full Ironman. Konwar's journey will inspire athletes throughout the Northeast and India, showcasing that grit and determination can create firsts in global sports. Assam will celebrate the accomplishment. Konwar has reset the benchmark for local athletes and placed Assam on the defense in endurance sports.



GOLDEN GRACE: PRANITI AND MALVIKA WIN GOLD IN WOMEN'S DOUBLES AT MUMBAI MASTERS EDITION 3



Indeed, their participation in the novice women's doubles category at the Mumbai Masters Edition 3 was nothing less than ear-popping. Both Praniti and Malvika, performed remarkably well and made the effort to win. Their synergy was fantastic, and besides, they had powerful hits, net play, and fast reflexes to gain gold. Also, the congratulations go not only for the medal but also for stepping into the competitive world of badminton. Praniti's strong serves and the way Malvika hit her spots secured points throughout the match, and they showed composure, tactical rotations and strategies to score off their opponents, when under pressure. The matches concluded in incredibly entertaining fashion, with the duo exhibiting fantastic

hugeness, while they solidified the match in straight games. solidified their victory with dominant play to close out the match in straight games. For beginning level players, this is rare quality of performance. This will open up other women players from the region and spur them to larger tournament events with higher performance levels. With a gold medal in hand, Praniti and Malvika leave with recognition, momentum, and launching pad for future competitions. Now, badminton in Mumbai is clearly on the backs of these two players.

LAKSHYA SEN AND SATWIK-CHIRAG ADVANCE AT DENMARK OPEN 2025

The star Indian badminton representatives made a great impact on day three at the Denmark Open 2025. In the men's singles event, Lakshya Sen delivered a memorable performance to advance to the pre-quarterfinals (or quarterfinals, depending on the bracket stage) as a result of defeating higher-ranked players. He displayed a steady and aggressive style of play and was calm during moments of pressure in the match that led him to the next round. This achievement indeed recognizes a resurgence of improvement during a difficult season for the 21-year-old. In more positive news, the formidable men's doubles team of Satwiksairaj Rankireddy and Chirag Shetty of India made their presence known and progressed comfortably through to the later rounds of the competition. They delivered strong set plays at key times in the set and an effective strategy of fast serves and quick net play provided opportunities that saw them home with convictions at the end of each match. Overall, the results provide a constructive day for the Indian Badminton representatives at this prestigious Super 750 event. Lakshya Sen's victory provides some hope in the singles discipline, while the ease in which Satwik and Chirag progressed in the men's doubles provides further support for the pair as elite competition. The duo will look for a smooth transition as they develop into the next round of the tournament.



Dr. Smita Ravikumar Kuntay & Sanjana Gupta

RRB NTPC RECRUITMENT 2025-26 – 8,850+ VACANCIES FOR 10+2 & GRADUATES

The Railway Recruitment Board (RRB), under the Ministry of Railways, Government of India, has officially announced the RRB NTPC Recruitment 2025-26 through CEN No. 06/2025 & 07/2025. This mega recruitment drive offers over 8,850 vacancies for Graduate and Under Graduate Non-Technical Popular Categories (NTPC) across all Railway Zones in India.

Notification Date: 4th October 2025

Apply Online: rbapply.gov.in

Job Location: Pan India

Vacancies & Posts:

- Graduate Posts (5817 Vacancies): Station Master, Goods Train Manager, Traffic Assistant, Chief Commercial-cum-Ticket Supervisor, Junior Accounts Assistant, Senior Clerk cum Typist.
- Under Graduate Posts (3058 Vacancies): Trains Clerk, Commercial cum Ticket Clerk, Junior Accounts Clerk cum Typist, Junior Clerk cum Typist.
- Pay Scale: ₹19,900 – ₹35,400 (Level 2 to Level 6)

Eligibility Criteria:

- Graduate Posts: Bachelor's Degree in any discipline.
- Under Graduate Posts: 12th Pass (10+2) from a recognized board.
- Additional Skills: Typing proficiency for clerical roles; aptitude required for operational posts.

Important Dates:

- Graduate Registration: 21st Oct – 20th Nov 2025
- Under Graduate Registration: 28th Oct – 27th Nov 2025

Selection Process:

- CBT Stage 1
- CBT Stage 2
- Skill Test (Typing / Aptitude)
- Document Verification
- Medical Examination

Application Fee:

- General/OBC: ₹500/-
- SC/ST/PwBD/Female/Ex-Servicemen/Minorities/EBC: ₹250/-

Why Apply?

With nationwide vacancies, attractive pay, and unmatched job stability, RRB NTPC 2025-26 offers a golden opportunity for both graduates and 12th-pass aspirants to join the prestigious Indian Railways.

Apply Online via: rbapply.gov.in

Last Date: 20th Nov 2025 (Graduate) | 27th Nov 2025 (Under Graduate)

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

DSSSB TEACHER RECRUITMENT 2025 – APPLY ONLINE FOR 5346 TEACHING POSTS!

The Delhi Subordinate Services Selection Board (DSSSB) has announced a massive Teacher Recruitment Drive 2025 (Advt. No. 06/2025) for 5346 posts under various departments of the Government of NCT of Delhi. This includes Trained Graduate Teachers (TGTs) in multiple subjects, Drawing Teachers, and Special Education Teachers.

- Total Vacancies:** 5346
- Notification Date:** 3rd October 2025
- Online Application:** 9th October 2025 (12:00 Noon) to 7th November 2025 (11:59 PM)
- Official Website:** dssbonline.nic.in

Posts & Vacancies:

- TGT (Mathematics): 1120 (Male – 744, Female – 376)
- TGT (English): 973 (Male – 869, Female – 104)
- TGT (Social Science): 402
- TGT (Natural Science): 1132
- TGT (Hindi): 556
- TGT (Sanskrit): 758
- TGT (Urdu & Punjabi): 388
- Drawing Teacher: 15
- Special Education Teacher: 2

Pay Scale: Level 7 (₹44,900 – ₹1,42,400)

DSSSB TGT Recruitment 2025 For 5346 Vacancies

Notification Released



Eligibility Criteria:

- TGT (All Subjects): Bachelor's Degree (min. 50% marks) or Master's in relevant subject + B.Ed. + CTET (Paper II) qualification.
- Drawing Teacher: 5-year Diploma/ Master's in Drawing & Painting OR Bachelor's + 2-year Diploma in Fine Arts.
- Special Education Teacher: Graduate with B.Ed. (Special Education) or equivalent recognized by RCI + CTET.

Selection Process:

- One Tier Written Examination (Teaching / Technical)

- Document Verification

Application Fee:

- UR/OBC: ₹100
- SC/ST/PwBD/Women/Ex-Servicemen: No Fee
- Payment Mode: SBI e-pay (online)

Key Dates:

- Application Opens: 9th October 2025
- Last Date to Apply: 7th November 2025

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

BSF SPORTS QUOTA RECRUITMENT 2025 – APPLY ONLINE FOR 391 CONSTABLE (GD) POSTS

The Border Security Force (BSF) invites applications from outstanding sportspersons for Constable (General Duty) posts under the Sports Quota Recruitment 2025. This is a golden opportunity for athletes who have represented their State or Country to secure a prestigious government job while serving India with pride.

Total Vacancies: 391 (Male – 197 | Female – 194)
Online Application Dates: 16th October 2025 – 4th November 2025

Pay Scale: Level-3 (₹21,700 – ₹69,100) + allowances (DA, HRA, TA, LTC, NPS benefits)

Job Location: Across India

Apply Online: bsf.gov.in

BSF Sports Quota Recruitment 2025

Total Post: 391

Apply for Constable GD



Eligibility Criteria

- Educational Qualification: Matriculation / 10th Pass from a recognized board.
- Sports Qualification: Must have represented India/State or won medals in International, National, or Open Championships recognized by the Indian Olympic Association or relevant federations (between 04.11.2023 – 04.11.2025).
- Age Limit: 18–23 years as on 1st August 2025. (Relaxation – SC/ST: 5 years, OBC: 3 years).
- Physical Standards
- Height: Male – 170 cm | Female – 157 cm

- SC/ST/Female: Exempted
- Sports Disciplines Covered

Athletics, Archery, Boxing, Football, Hockey, Kabaddi, Judo, Swimming, Shooting, Volleyball, Weightlifting, Wrestling, Wushu, Yoga & more!

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

Deepika Singh

QUIZ TIME

- Which is the main organization that controls the money supply in India?
- Ajanta caves are famous for which art?
- When was GST implemented in India?
- Which river is called "Ganga of South India"?
- Siachen Glacier is located in which region of India?
- Rani ki Vav is a famous stepwell located in Patan, in which Indian state?
- The cell wall is found in what?
- When did Mangalyaan enter Mars orbit?
- What percentage of human CO₂ is absorbed by oceans?
- What is another name for the 1857 Indian Revolution?

RIDDLES

- I spin on the ground with colorful light, what am I?
- I stand and shower golden sparks bright, what am I?
- I glow in your hand and sparkle at night, what am I?
- I fly to the sky and burst into light, what am I?
- I'm small but loud with a sudden crack, what am I?
- I pop one by one in a long chain, what am I?
- I make the first spark to start the fun, what am I?
- I burst high above, painting the sky in colors so bright, what am I?

8. Sky Shot

7. Matchstick / Lighter

6. Ladi (String of crackers)

5. Patalkha (Single cracker)

4. Rocket

3. Phuljhadi (Sparkler)

2. Anar (Fountain)

1. Chakri (Ground spinner)

II RIDDLES

10. Sepoy Mutiny

9. 25-30%

8. September 23, 2014

7. Only in plant cells

6. Gujarat

5. Ladakh

4. Kaveri

3. 1 July 2017

2. Painting

1. Reserve Bank of India

ANSWERS



Karanji Recipe (Traditional Indian Sweet Dumpling)

This Week, We're Relishing Karanji Recipe (Traditional Indian Sweet Dumpling).

Karanji, also known as Gujiya in North India, is a popular festive sweet especially made during Diwali. It's a crispy, golden dumpling filled with a rich, aromatic mixture of coconut, dry fruits, and sugar.

Ingredients:

1 cup all-purpose flour (maida), 2 tbsp semolina (rava), 2 tbsp ghee (clarified butter), $\frac{1}{2}$ cup grated dry coconut, $\frac{1}{2}$ cup powdered sugar, 2 tbsp roasted semolina, 2 tbsp chopped dry fruits (cashews, almonds, raisins), $\frac{1}{2}$ tsp cardamom powder, Oil or ghee for deep frying

Steps:

Prepare the dough:

Mix flour, semolina, and ghee. Add little water at a time and knead into a firm dough. Cover and rest for 20–30 minutes.



Make the filling:

In a bowl, combine grated coconut, roasted semolina, powdered sugar, dry fruits, and cardamom powder. Mix well.

Shape the karanji:

Roll small balls of dough into thin circles. Place a spoonful of filling in the center, fold into a semicircle, and seal the edges using a fork or your fingers.

Fry:

Heat oil or ghee on medium flame and fry the karanjis until golden brown. Remove and drain on paper tissue.

Serving Tip:

Let them cool completely before storing in an airtight container. They stay crisp and tasty for a week — perfect for festive sharing!

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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