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FROM SMOG TO SMILES: RETHINKING ENVIRONMENTAL HEALTH



WORLD ENVIRONMENTAL HEALTH DAY

"The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share"

- Lady Bird Johnson

Every year, on 26 September, the world comes together to mark World Environmental Health Day. While the date may not be as widely recognized as World Environment Day or Earth Day, its importance has been steadily growing. The day reminds us of a truth that has become impossible to ignore: the health of human beings is inseparable from the health of the environment in which we live.

The observance was initiated by the International Federation of Environmental Health (IFEH) in 2011, with the goal of highlighting the vital role environmental health professionals play in safeguarding well-being. Since then, the day has served as a platform to raise awareness about issues such as climate change, sanitation, food safety, clean water, air pollution, and the risks posed by hazardous waste.

At its core, World Environmental Health Day is about connecting the dots between environmental protection and public health. Clean air, safe drinking water, nutritious food, and secure housing are basic needs that sustain life. Yet millions across the world still lack access to these essentials. The global burden of disease caused by environmental factors is staggering: the World Health Organization estimates that nearly a quarter of all deaths worldwide are linked to environmental risks.

In recent years, the relevance of this day has only intensified. Climate change has introduced new challenges, from the spread of vector-borne diseases like dengue and malaria into new regions, to the mental health stress caused by extreme weather events. Meanwhile, urbanization and industrial growth, though driving economies, often leave behind toxic legacies in the form of polluted rivers, contaminated soil, and smog-filled skies.

This year's theme, like in previous years, emphasizes sustainable practices and community involvement.

Governments and international bodies play a large role in policy framing, but real progress requires local action. For example, something as simple as promoting proper waste segregation at the household level can reduce landfill stress and prevent hazardous leaks into groundwater. Similarly, campaigns to plant trees and protect urban green spaces improve air quality while also supporting mental well-being.

In India, the observance of this day has particular resonance. Rapid economic growth has brought with it serious environmental health challenges: polluted air in cities, pesticide residues in food, unsafe sanitation in rural areas, and rising temperatures that make heatwaves deadlier each summer. Civil society organizations and grassroots workers have been crucial in addressing these problems, whether through awareness drives, local water conservation projects, or initiatives to reduce plastic use.

World Environmental Health Day is therefore not just about commemoration, but about reflection and action. It is a reminder that protecting the environment is not a luxury but it is essential to survival. For policymakers, it is a call to integrate health into environmental decision-making. For communities, it is a chance to participate in creating safer, cleaner surroundings. And for individuals, it is an invitation to adopt practices that reduce harm, whether that means using public transport, conserving water, or simply being mindful of waste.

As the world grapples with complex crises, from pandemics to climate disasters, the message of World Environmental Health Day rings clear: our future health depends on the choices we make today about the environment. To build resilient societies, we must build resilient ecosystems. After all, there can be no healthy people on an unhealthy planet.

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Durgesh K. Dubey

MAHARAJA AGRASEN: THE KING OF COMPASSION AND EQUALITY

Long ago, in the sacred land of Bharat, there was a king who believed that the true measure of power lay not in wealth or armies, but in compassion, equality, and justice. His name was Maharaja Agrasen, the legendary ruler of Agroha, whose legacy still inspires generations.

The Birth of a Visionary

Agrasen was born in the solar lineage of Lord Rama, blessed with both valor and wisdom. From a young age, he was different from other princes. While most princes trained only in warfare, Agrasen loved to spend time with common people farmers, traders, artisans. He would listen to their struggles, play with their children, and share their simple meals.

One day, when asked why he did not crave royal luxuries, Agrasen replied, "If my people go hungry, how can I enjoy golden plates? A king's joy lies in the happiness of his subjects."

These words were a glimpse of the noble ruler he would become.

The Rule of Prosperity

When Agrasen ascended the throne of Agroha, he faced challenges. The kingdom was surrounded by rival states, and resources were limited. Yet instead of focusing solely on expansion, he chose to focus on internal prosperity and equality.

He founded the famous principle of "One rupee and one brick". Whenever a new family arrived in Agroha, every household contributed one coin and one brick to help them build a home and start a livelihood. This created a society where no one remained homeless or helpless. Agroha flourished into a kingdom where compassion was the true currency.

Equality Beyond Barriers

At a time when society was divided rigidly by caste and birth, Maharaja Agrasen broke barriers. He believed that dignity of labor and fairness in trade were greater than lineage. In his kingdom, traders, farmers, and artisans were treated with the same respect as warriors.

He once declared: "A kingdom does not run on swords alone, but on the sweat of those who build, trade, and feed. To respect them is to respect dharma itself."

This vision created the roots of what later became known as the Agarwal community, famed for its spirit of enterprise, honesty, and philanthropy.

The Test of Compassion

There is a story that once, during a severe drought, the royal treasury began to run low. Advisers urged the king to impose heavy taxes. But Agrasen refused. Instead, he opened the treasury and granaries to the people.

"The wealth of a kingdom belongs not to the throne, but to the people," he said. "What use is gold if my subjects starve?"

descendants shall flourish as traders and builders of wealth. Wherever they go, prosperity will follow."

This blessing became true, as the Agarwal community, tracing its roots to Maharaja Agrasen, became known across India for honesty, enterprise, and generosity.

The Philosophy of Maharaja Agrasen

Maharaja Agrasen's life was not just about governance; it was rooted in a deep philosophy of humanity that continues to hold relevance even today. He believed that true greatness of a ruler or leader does not lie in domination but in compassion, for empathy is greater than power. He strongly upheld the principle of equality for all, declaring that no human is high or low by birth and that dignity must be earned through action and character. For Agrasen, prosperity was not meant to be hoarded by a few but shared among all, for when society helps each individual grow, collective prosperity multiplies. Equally important to him was the principle of service as dharma, which meant that wealth and power should not be tools for self-indulgence but instruments for serving people and uplifting society. Through these ideals, Maharaja Agrasen demonstrated that leadership guided by compassion, equality, sharing, and service creates not only a prosperous kingdom but also a just and harmonious society.

Moral of the Story

The story of Maharaja Agrasen reminds us that leadership is not about commanding from a throne but about walking among people with humility. He proved that when compassion becomes the foundation of governance, prosperity naturally follows. His vision of collective responsibility where every family helps the newcomer with "one rupee and one brick" is a timeless lesson in community building.

For the youth of today, his life is a call to action: Do not measure success merely in wealth or status. Measure it in how many lives you uplift, how much equality you create, and how much compassion you spread.

Conclusion: Maharaja Agrasen's story is not bound by time. Though he ruled thousands of years ago, his principles are universal. In an era divided by inequality, he built a kingdom of fairness. In times when rulers craved war, he chose peace. In days when power meant fear, he ruled through love.

Even today, his legacy lives in every act of charity, every community that stands together, and every leader who serves with humility. His message is clear: True kingship lies not in crowns of gold, but in hearts of compassion.



Moved by his compassion, the people themselves worked harder, shared resources, and soon prosperity returned. Agrasen's generosity sowed a culture where charity and cooperation were not acts of charity, but duties of life.

A King Who Chose Peace

Like every great ruler, Agrasen too faced wars. But he was unique in his approach. He would fight only when dharma was at stake, never for greed. In fact, he began to worship Goddess Mahalakshmi, seeking her blessings not for conquest, but for prosperity, peace, and fairness in trade.

The legend says that Goddess Mahalakshmi, pleased by his devotion, granted him a vision: "Rule with compassion, and your

Ravi Singh & Tanishka Verma

ONE SEED AT A TIME: SUNITA RAO'S JOURNEY OF WOMEN, SOIL, AND SUSTAINABILITY

In the verdant hills of the Western Ghats, amid the forests and farms of Karnataka, one woman's work is quietly nurturing a new future, a future where women farmer communities exercise agency over seeds, biodiversity, and livelihood. Her name is Sunita Rao, ecologist, social entrepreneur, environmental educator, and founder of Vanastree, a women-run seed saving collective.



Sunita Rao was born in Madras (now Chennai). Her academic journey took her through Bangalore University, where she earned a Bachelor's degree in Environmental Science, and then to Pondicherry University for her Master's in Ecology. Her scholastic interests also led her overseas as a Fulbright Fellow in 2009 she worked at the University of California, Santa Cruz on agroecological issues.

Since about 2002, Sunita has made her home near Sirsi, in Karnataka, where she established Vanastree, a collective dedicated to preserving seeds, regenerating local biodiversity, and empowering women farmers. Vanastree operates not just as a seed savings initiative but it also runs a seed bank, supports organic seed production, and engages in learning programmes rooted in agroecology. It builds experiential learning, rooted in local knowledge and practices especially those passed through women's hands while also addressing broader questions of livelihood and environmental sustainability. The figure of 50,000 lives impacted is associated with Vanastree's reach

through its outreach, workshops, seed exchanges, and training.

Sunita's work is guided by a few interwoven themes:

- Ethnoecology of home gardens: She studies how forest home gardens in the Western Ghats maintain biodiversity, sustain nutrition, seed diversity, and also cultural heritage.
- Sustainable livelihoods & small-scale enterprises: Vanastree doesn't only conserve seed; it facilitates the production of organic seed and related products with economic benefit for women. This allows participants to earn livelihoods without compromising ecological integrity.
- Gendered space in environment work: Rao's work pays particular heed to women's role in ecological stewardship, especially in spaces that are often unrecognized like home gardens or informal seed exchanges. Her organizing is sensitive to how gender interacts with land, forest, and farming culture.
- Education & community learning: Formal and non-formal learning, including designing modules ("Learning for Life") and outreach work, are central to her approach. Sharing knowledge is as important as preserving seed.

Prior to founding Vanastree, Sunita had experience with environmental and social issues via organizations such as Kalpvriksh (which works on environment education and policy), and earlier with Indian Institution of Public Administration in New Delhi.



Her involvement with Women's Earth Alliance (WEA) from 2011 onwards strengthened her work in seed resilience projects, particularly in South Asia's small grants initiatives.

Over two decades, Sunita Rao and Vanastree have not just preserved seed varieties but asserted the value of ecological knowledge held by women in forested rural regions. In a time when agricultural practices often privilege high-yield uniformity, her work highlights diversity, tradition, and ecological sustainability.

Moreover, Vanastree stands as a model of agency through which women farmers not only conserve but are able to generate products, pass knowledge, and shape the way their landscapes are stewarded. The seed bank, while physical, is also symbolic of a repository of culture, adaptation, resilience.

While Sunita's model has earned acclaim, it faces challenges typical for grassroots environmental work:

- Scaling without compromising: Preserving seed diversity and ecological balance can be

resource-intensive; scaling may risk diluting local specificity or overextending capacity.

- Climate change & ecological stress: Changes in rainfall, temperature, and forest cover in the Western Ghats pose risks to biodiversity and seed resilience.
- Policy & institutional support: Seed sovereignty often intersects with legal frameworks, agriculture policy, and market forces that favour commercial seeds and large-scale agriculture.

Still, Sunita Rao continues to work with communities, researchers, and institutions to ensure that seed saving, agroecology and women's leadership are part of a larger story, one in which ecological health, cultural heritage, and social equity reinforce each other.

Sunita Rao may live on a forest farm near Sirsi, but her work ripples far beyond, into gardens, workshops, homes, seed banks, and into the very soil of policy debates about food sovereignty and sustainable farming. Her life's work reminds us that sometimes, real change comes not from grand gestures, but from tending what's local, what's rooted, what's living with one seed at a time.

Dr. Smita Ravikumar Kuntay

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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.

In today's cashless campus life, your smartphone isn't just a gadget it's your wallet. Whether you're paying for canteen samosas, splitting pizza with friends, booking a cab, or even paying exam fees, digital payments have become a lifeline for students. With UPI apps, QR codes, wallets, and net banking, money moves faster than ever. Transactions are simple, instant, and convenient almost fun.

But here's the reality check: with convenience comes risk. One careless click, one shared PIN, or one fake QR scan can empty your account in seconds. Online scams, phishing messages, and fraudulent apps are designed to trap students who are digitally active but not always financially cautious. Your safety lies in being smart, not scared. Let's explore how to enjoy the ease of digital money without falling into common traps.

Why Students Are Prime Targets

1. Daily Dependence: College life means multiple small transactions every single day canteen snacks, notes, travel, online shopping. More transactions = higher exposure to risk.

2. Tech Comfort ≠ Financial Caution: Being

SWIPE SMART, STAY SAFE: A STUDENT'S GUIDE TO DIGITAL PAYMENTS

digital natives," students are comfortable with apps but often trust too easily. Scammers exploit this overconfidence. Riya (B. Com, 2nd Year): Mistaking a fake UPI refund request for a fest ticket, she entered her PIN and lost ₹2,500 now she double-checks every transaction.

3. Limited Funds, Higher Stakes: Unlike working professionals, most students rely on allowances, scholarships, or part-time earnings. Losing even ₹500 to fraud can hurt. Adarsh (Engineering, 3rd Year): He paid ₹300 for a fake job listing that vanished after payment now he verifies every opportunity through official channels.

Scammers know this. That's why students are among their easiest victims. So, Staying alert doesn't mean being paranoid it means being financially smart. In short, it's survival in a digital-first economy.

Golden Rules of Digital Payment Safety

1. Guard Your UPI PIN Like a Treasure: Your UPI PIN is your ATM PIN in digital form. No bank, no app, no friend, and no "customer care" will ever need it. Golden rule: No PIN, No Spin.

2. Install Only Official Apps: Fraudsters create fake apps that look exactly like originals. Always download PhonePe, Paytm, Google Pay, or bank apps only from official Play Store/App Store.

3. Double-Check QR Codes:

- Verify the shop's name before paying.
- Confirm the last 4 digits of a friend's number.
- Avoid QR codes forwarded via WhatsApp /social media.

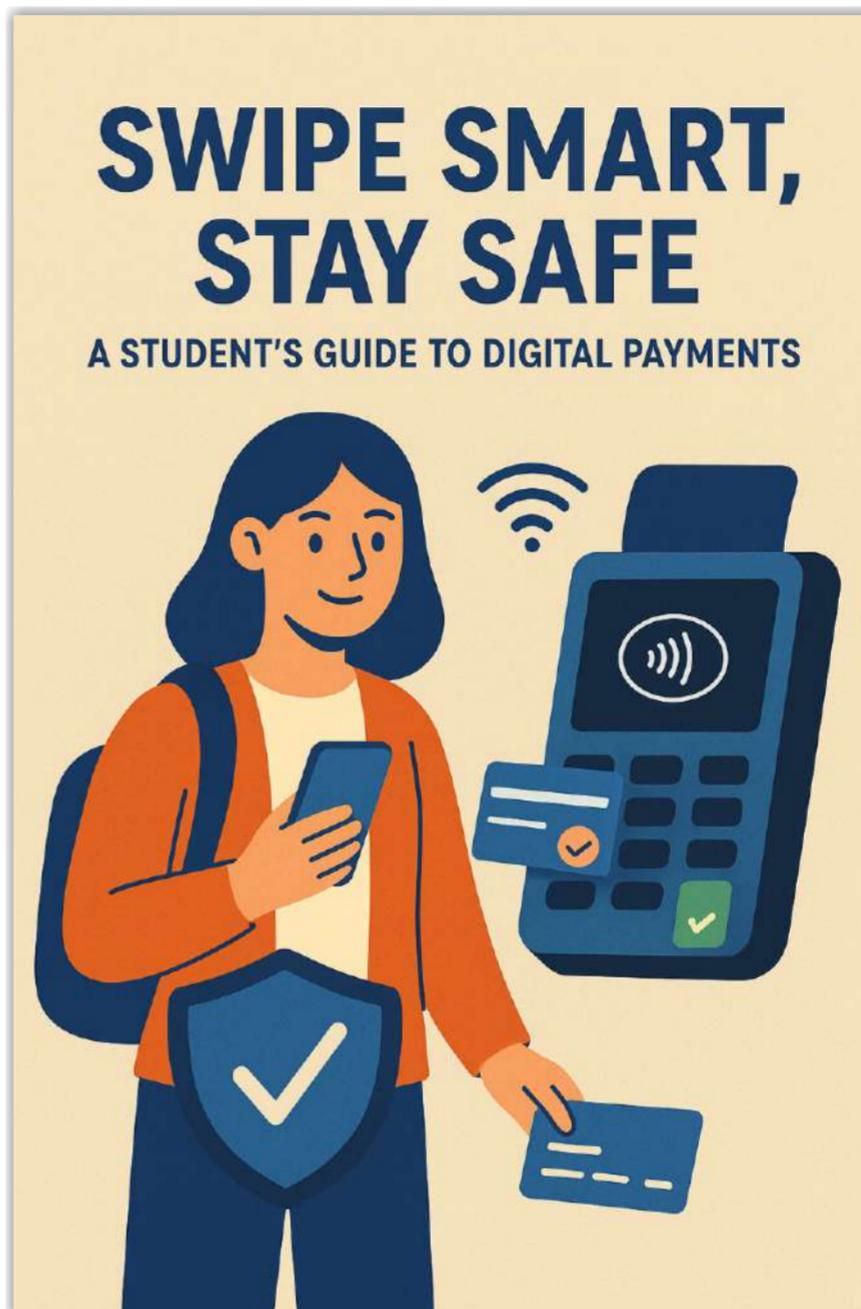
4. Reject Random "Money Requests": Fraudsters send UPI "collect requests" disguised as refunds or prizes. Entering your PIN = money flows out. Rule: reject requests from unknown sources.

5. Enable Alerts: Turn on SMS, email, and app notifications. If something goes wrong, you'll know instantly.

6. Set Daily Payment Limits: Keep limits like ₹2,000–₹5,000 per day. Even if hacked, your loss is capped.

7. Lock Your Apps: Secure UPI apps with Face ID or fingerprint. Avoid weak passwords like 1234 or your birth date.

Common Scams Targeting Students



- Update apps regularly for latest security patches.
- Don't save debit/credit card details on random sites, phones or emails
- Link your email with your bank for double alerts.
- Report fraud immediately to official authorities
- Banks will never ask for PINs, OTPs, CVVs, or password

Cyber Hygiene = Financial Hygiene

Staying safe online is also about managing money better:

- Track Expenses:** UPI apps give insights into where your money goes use this to control spending.
- Separate Accounts:** Keep one "spending account" for UPI with limited balance, and another for savings.
- Avoid Public Wi-Fi:** Cafés, libraries, and airports are hacker-friendly zones. Use mobile data instead.
- Log Out After Use:** Especially important on shared or college computers.

Beyond Safety: Skills That Shape You

Practicing digital safety isn't just about avoiding fraud it builds life skills:

- Detail-Oriented:** Double-checking transactions trains attention to detail.
- Financially Responsible:** Budgeting digital spends prepares you for future financial management.
- Tech-Savvy:** Staying updated on scams shows adaptability a skill valued in jobs.

Tomorrow, in an interview, your financial discipline will speak louder than words.

Closing Note

Digital payments fuel a trust-based economy, but trust without caution is risky. For students, one careless click can drain their pocket money in seconds. So, pause before you tap, scan, or share because in today's digital economy, your strongest currency is awareness.

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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.

CLICKS VS. BRICKS: COLLEGE CLASSROOM – CRISIS AND OPPORTUNITY

Education in India is at a historic turning point, rapidly shifting from chalkboards to screens. Digital platforms such as SWAYAM, DIKSHA, BYJU's, and Vedantu have transformed classrooms into dynamic, interactive spaces, enabling personalized, flexible, and borderless learning. Students now access high-quality lessons, virtual labs, and global educators at the tap of a screen. For urban learners, this transition has been a game changer, supported by reliable internet, smart classrooms, and advanced technologies such as Artificial Intelligence, Augmented and Virtual Reality, and interactive simulations. These tools are not only improving academic outcomes but also preparing students for a technology-driven world.

Yet, the reality for rural learners is strikingly different. In many villages, unreliable electricity, weak internet signals, lack of digital devices, and limited digital literacy continue to be major

barriers. The COVID-19 pandemic exposed this divide most clearly—while urban universities like Ashoka and Delhi University swiftly shifted to online platforms such as Zoom, Moodle, and Google Classroom, countless rural students struggled to connect, often climbing trees or traveling long distances just to catch mobile signals. The divide was not only infrastructural but also socio-economic, with many families unable to afford smartphones or laptops for their children.

The journey of digital education in India traces back to the 1960s with computer-assisted learning, followed by the rise of open universities, internet-based platforms, and MOOCs in the early 2000s. Today, emerging frontiers such as AI-driven personalized tutoring, immersive AR/VR classrooms, and even metaverse-based learning are redefining what education can look like. Despite this progress, affordability, cultural relevance of content, untrained teachers, and cybersecurity remain pressing challenges.

Real-world examples highlight both achievements and limitations. IIT Bombay's Virtual Labs have democratized access to practical experiments, while Kerala's Victers TV channel ensured continuity of learning even in areas with poor internet access. However, these innovations are not always inclusive, as many rural students lack the devices or connectivity to benefit from them. To create an equitable system, India must prioritize building robust rural infrastructure, subsidizing affordable devices, training teachers to integrate technology effectively, and developing localized, culturally sensitive content. Safeguarding data privacy and addressing cybersecurity are equally important. A balanced “clicks and bricks” model—combining digital innovation with traditional classroom strengths holds the promise of making India's education system more inclusive, resilient, and future-ready.

Dr. Preeti Oza
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Night College of Commerce,
University of Mumbai

GRAMMAR TIP

Who vs. Whom

Use ‘who’ when referring to the subject of a sentence.
Example – The student who studies hard will succeed.

Use ‘whom’ when referring to the object of a verb or preposition.
Example – The teacher to whom I spoke was very helpful.

Prof. Dr. Savita Kishan Pawar

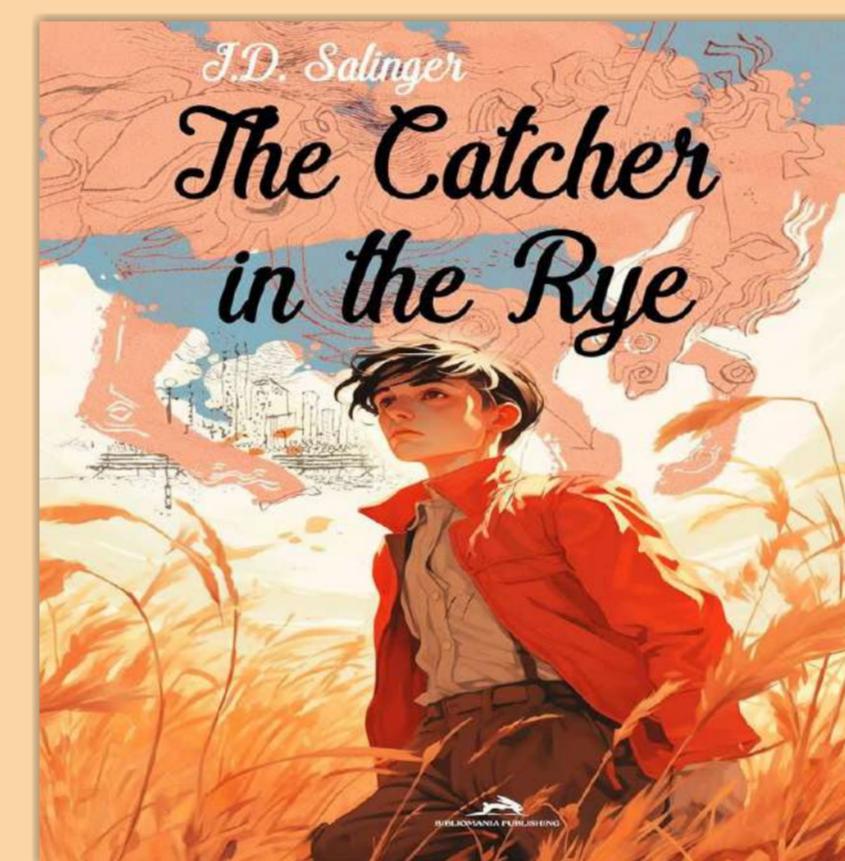
WRITER OF THE MONTH

R. K. Narayan

He was one of India's most celebrated English-language novelists, born on 10th October 1906. Best known for creating the fictional town of Malgudi, his works capture the simplicity of everyday Indian life with warmth and humor. His most famous novel *The Guide* won the Sahitya Akademi Award in 1960 and was later adapted into a successful film. Narayan's debut novel *Swami and Friends*, published in 1935, introduced readers to the world of Malgudi and marked the beginning of his literary journey.

BOOK REVIEW

The Catcher in the Rye



The book remains a raw and haunting portrait of teenage alienation, as seen through the eyes of Holden Caulfield, an expelled prep-school student who wanders New York City in search of authenticity. The novel's power lies not in a fast-paced plot, but in its voice: colloquial, cynical, often self-contradictory, and deeply human. Holden's disdain for “phoniness” in the adult world, his nostalgia for innocence, and his failure to connect meaningfully with those around him combine to create a portrait of someone teetering on the edge with compassion, wit, and despair in equal measure. Despite being written in the early 1950s, its themes of belonging, identity, and disenchantment continue to speak to each new generation, making it a timeless exploration of what it means to grow up.

QUOTABLE QUOTES

“A room without books is like a body without a soul.”

— Marcus Tullius Cicero

CREATIVE WRITING

ODE ON THE EVE OF TERRIBLE TIME

Night, O night
We do not have enough strength to fight
For the enemies outnumber
In quantity and quality.

Night
We hear roars, chirps, shrieks,
And see horrific eyes
Whisper of conspiracies amplifies
Our whole families, allies of the war,
Though intimate and close to us,
Turned far objects in the darkness.

O Night
This time is not right;
Our folklores tell the tales of
Darkness with all its might
And the horrible face
Swallowing our entire race.

Night
If you could,
Pass this message to our lost members in darkness:
Hold tight
To pass the terrible night;
For the bright sun does follow the dark night.

Poetry By
- Dr Santosh Dharma Rathod
Professor at CDOE University of Mumbai
Poet, Playwright, and Translator in English, Marathi, and Gorboli.

WORD OF THE MONTH

Serendipity (pronounced seh-ren-DIP-i-tee) → the occurrence of events by chance in a happy or beneficial way.

Example: Finding my old diary while cleaning was pure serendipity.

IDIOM HIGHLIGHT

Once in a blue moon → Something that happens very rarely.

Example: We go out for dinner once in a blue moon, usually on birthdays.

Ravi Singh, Supriya Singh & Gauri Mhatre

GST CUT ON FARM MACHINERY TO 5%: BIG SAVINGS AND BOOST FOR FARMERS

Union Agriculture and Farmers' Welfare Minister Shivraj Singh Chouhan met major agricultural machinery manufacturers in New Delhi to ensure farmers get the full benefit of the recent GST cut on farm equipment. The government has reduced GST on agricultural machinery from 18% to 5%, which will make equipment cheaper and help farmers save a lot of money.



Chouhan said that reducing farming costs and increasing farmers' income is the government's priority. He urged manufacturers and dealers to quickly pass on the tax benefits so farmers can benefit without delay. Farmers will now gain both from lower taxes and the subsidies already provided under government schemes.

The reduced GST will encourage more farmers, especially small and marginal ones, to use modern machines and boost local manufacturing under the Atmanirbhar Bharat initiative. From September 22, farmers will start seeing the price drop. For example, savings include about Rs 41,000-63,000 on

tractors, Rs 1.87 lakh on harvesters, Rs 93,750 on balers, Rs 21,875 on straw reapers and smaller amounts on tillers, seed drills and threshers.

Chouhan also shared that he will visit Jammu and Kashmir to meet farmers hit by natural disasters, showing the government's support for farmers in times of crisis.

NATIONAL RABI CONFERENCE 2025 HIGHLIGHTS: BOOSTING FARMER WELFARE AND AGRICULTURAL REFORMS

The two-day National Conference on Agriculture – Rabi Campaign 2025 ended in New Delhi on

16 September 2025 under the leadership of Union Agriculture and Rural Development Minister Shivraj Singh Chouhan. Agriculture ministers and senior officials from all states discussed plans to strengthen farming strategies for the upcoming Rabi season.



In his closing address, Chouhan warned against the sale of fake or poor-quality seeds, fertilisers and pesticides, announcing that strict legal action will be taken. He urged state governments to work together to protect farmers and ensure only genuine products reach them. He also stressed improving Kisan Call Centres so farmers get quick help and guidance.

Chouhan called for more farmers to be covered under the Pradhan Mantri Fasal Bima Yojana to protect them from crop losses. He highlighted the need to strengthen Krishi Vigyan Kendras (KVKs) and state-level extension

services to spread scientific farming practices to the grassroots.

He announced the launch of the Viksit Krishi Sankalp Abhiyan from 3 October 2025 to bring research "from lab to land." Thanking Prime Minister Narendra Modi for his support, Chouhan urged the use of indigenous products and promised joint Centre-State efforts for farmer welfare and modern, self-reliant agriculture.

INDIA'S AGRICULTURE SECTOR BOOMS AT 3.7% GROWTH: KEY HIGHLIGHTS FROM RABI CONFERENCE 2025-26

Union Agriculture Minister Shivraj Singh Chouhan announced that India's agriculture sector is growing at a fast rate of 3.7%, the highest in the world. He praised the hard work of farmers and scientists and credited government policies that focus on farmers.



Speaking at the Rabi Conference 2025-26 on September 15 in New Delhi, he highlighted the theme "One Nation – One Agriculture – One Team," stressing that the Centre, states, scientists, and all stakeholders must work together to strengthen agriculture. He said their responsibility is to improve the lives of farmers and help shape the future of the country.

Chouhan warned against the sale of fake fertilisers, seeds, and pesticides and promised strict action. He said only quality biostimulants will be allowed. He also asked officials and agricultural institutions to make concrete plans and deliver results.

Due to changing weather, he urged greater farmer enrollment in crop insurance schemes like the Pradhan Mantri Fasal Bima Yojana for timely relief. He announced the relaunch of the Viksit Krishi Sankalp Abhiyan in October. He also called for research focused on farmers' real problems and quick help in flood-hit areas.

The conference brings together government officials, scientists, and farmer representatives to plan for the Rabi 2025-26 season.

INDIA'S KHARIF SOWING SURPASSES 1,110 LAKH HECTARES, DRIVEN BY RICE AND MAIZE GAINS



India's Kharif sowing for 2025 has surpassed 1,110.80 lakh hectares, marking a robust performance compared to last year and exceeding the five-year average. According to the Department of Agriculture and Farmers' Welfare, this represents an increase of nearly 15 lakh hectares, underscoring steady progress in the cropping season.

Rice remains the standout performer, with cultivation expanding to 438.51 lakh hectares, over 8 lakh hectares more than in 2024. Coarse cereals have also surged, reaching 192.91 lakh hectares, driven largely by maize, which alone gained 10.5 lakh

hectares. This reflects rising demand for food, fodder, and industrial applications.

In pulses, sowing now covers 118.06 lakh hectares, showing marginal overall growth. However, performance is uneven: Urad acreage rose, while Tur and Moong recorded slight declines.

Conversely, oilseeds have seen a setback, slipping to 188.81 lakh hectares, nearly 5 lakh hectares lower than last year. The fall is mainly attributed to soybean, which dropped by 6 lakh hectares, though groundnut offset some losses with modest growth.

Sugarcane continues its steady rise at 57.31 lakh hectares, bolstering prospects for sugar and ethanol production. Cotton, along with jute and mesta, registered marginal declines, signaling mixed trends across cash crops this season.

BAMBOO RENAISSANCE: TURNING BARREN LAND INTO A LIVING CLASSROOM



On the edge of the Manjara river basin, 35 acres of once-barren grazing land have been reborn as a thriving Bamboo Museum, a living model of environmental restoration and community innovation. What began as an experimental plantation is now home to over 20 bamboo species, each chosen for its unique utility—from slender flutes and durable scaffolding to eco-friendly textiles and furniture alternatives.

This transformation was made possible through the vision of Gurudev Sri Sri Ravi Shankar and the collaboration of local villagers, who offered their community grazing land for the initiative. Guided by The Art of Living's commitment to ecological care, the museum demonstrates bamboo's remarkable ability to absorb more carbon, enrich soil fertility, and restore biodiversity. Birds, microbes, and organic matter are already returning, promising a vibrant ecosystem in the coming years.

Beyond its environmental benefits, the museum empowers farmers. By showcasing bamboo's versatility and resilience on degraded land, it serves as a practical guide for sustainable livelihoods. Acting as both a knowledge hub and a symbol of hope, the Bamboo Museum proves that solutions to climate change and rural poverty can sprout from local effort and a simple, powerful idea.

Dr. Smita Ravikumar Kuntay & Preety Kumari

KITE DISTRIBUTES ROBOTICS KITS TO LAKSHADWEEP SCHOOLS TO BOOST STEM EDUCATION



District Institute of Education and Training (DIET) in Lakshadweep. The training is being held at KITE's Regional Resource Centre in Ernakulam and was officially launched by Kerala's Education Minister, V. Sivankutty, through an online session.

The kits will be used to support the "World of Robots" chapter in the new ICT textbook for Class 10 students. Through practical activities, learners will get to build simple circuits, work with sensors, and program devices, making robotics an engaging part of their curriculum.

This initiative is part of KITE's broader mission to integrate modern technology into classrooms and provide equal learning opportunities even in remote regions. By introducing robotics at the school level, KITE aims to spark innovation among young learners and prepare them for future careers in science and technology.

To help teachers effectively guide students, KITE has also organized a five-day training programme for ICT teachers and faculty members from the

EDUCATION MINISTRY LAUNCHES FREE AI-POWERED CAREER GUIDANCE APP FOR STUDENTS



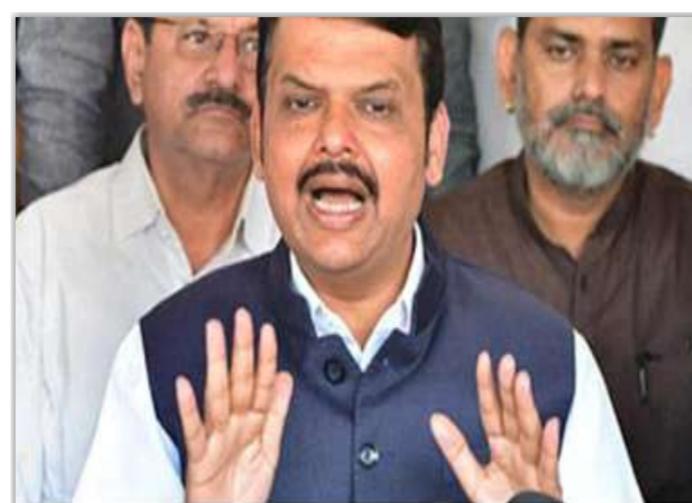
counsellors, the platform ensures a more collaborative approach to career planning. Teachers and guidance experts can also use the app to mentor students more effectively.

This free tool reflects the government's vision under NEP 2020 to strengthen career awareness and counselling in schools. By combining technology with education, the app aims to guide young learners toward meaningful opportunities and help them plan for a successful future.

One of the main goals of My Career Advisor is to reduce the stress and confusion students often face when choosing their academic or professional paths. By involving parents and

MAHARASHTRA TO INTRODUCE CERTIFICATE COURSES FOR GEMS & JEWELLERY SECTOR

Devendra Fadnavis has announced a series of initiatives to strengthen the state's gems and jewellery sector, with a strong emphasis on skill development and global competitiveness. Speaking at a jewellery exhibition in Mumbai, he announced that the Maharashtra State Skills University (MSSU) will soon roll out specialized certificate courses designed to meet the industry's needs.



position as a leading global player.

The curriculum, developed in collaboration with industry experts, will cover jewellery design, gemmology, manufacturing techniques, quality control, and business operations. These courses aim to create a steady pipeline of skilled professionals ready to fuel the sector's growth, both within India and abroad.

In parallel, the government is setting up a state-of-the-art Gems & Jewellery Park in Mahape, Navi Mumbai. Envisioned as a modern hub for exporters, entrepreneurs, and skilled workers, the park will offer world-class infrastructure and is expected to significantly boost Maharashtra's jewellery exports, reinforcing its

To further support industry stakeholders, administrative processes are being simplified. Licensing and land acquisition will be made smoother, while a dedicated Ease of Doing Business War Room at Mantralaya will ensure quick resolution of industry concerns and fast-track reforms.

Together, these measures are expected to generate large-scale employment, enhance export capacity, and strengthen Maharashtra's reputation as a global powerhouse in the gems and jewellery industry.

BIHAR MAKES STUDENT CREDIT CARD LOANS INTEREST-FREE FOR ALL APPLICANTS

The Bihar government has announced a major reform to its Student Credit Card Scheme, aimed at making higher education more affordable. Chief Minister Nitish Kumar declared that all loans provided under this scheme will now be completely interest-free, benefiting thousands of students across the state.



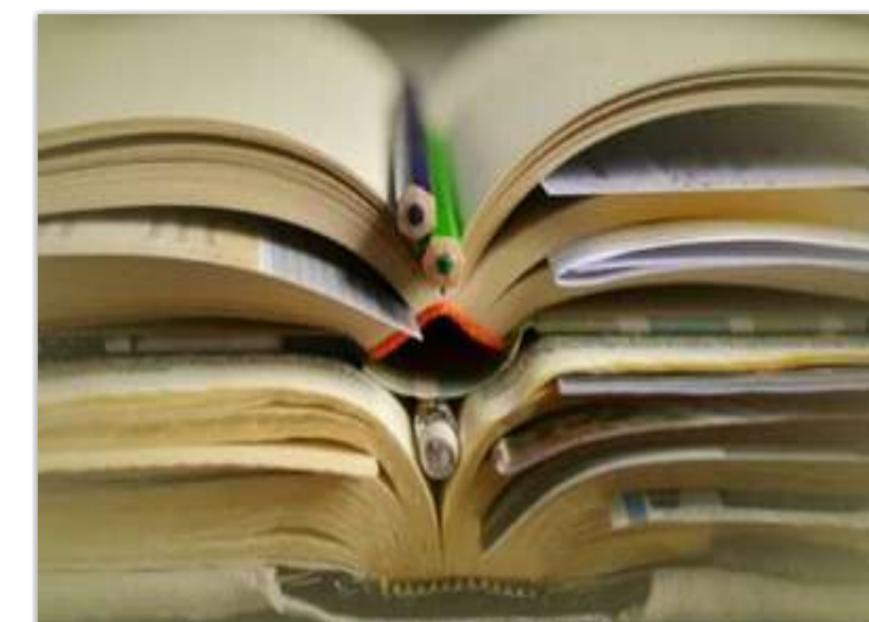
Earlier, male students had to pay 4% interest, while female, transgender, and differently-abled students were charged only 1%. With the new policy, every applicant will now be able to pursue their studies without worrying about paying extra interest on their education loans.

The state has also extended the repayment period to reduce financial pressure on families. Students borrowing up to ₹2 lakh will now have seven years to repay their loans, instead of the previous five-year limit. For loans above ₹2 lakh, the repayment time has been increased to ten years, giving students more flexibility to plan their finances after completing their education.

Launched on October 2, 2016, as part of the "Saat Nishchay Yojana," the Student Credit Card Scheme provides up to ₹4 lakh in financial assistance to students who have completed Class 12 and wish to pursue higher studies in India or abroad.

Nitish Kumar stated that these changes will help more young people achieve their academic goals and encourage them to continue their education without financial barriers. This move is seen as a step towards improving Bihar's education system and creating more skilled professionals for the future.

DELHI GOVT UNVEILS THREE NEW EDUCATION PROGRAMS AT NAMO VIDYA UTSAV



The Delhi government has introduced three new education programmes during the 'Namо Vidya Utsav,' part of the 15-day 'Seva Pakhwada' campaign. Chief Minister Rekha Gupta unveiled the initiatives aimed at improving government schools and fostering all-round student development.

The first programme, Rashtraneeti, is designed to strengthen students' understanding of governance, democracy, and civic responsibility. It will feature youth parliaments to debate real issues such as air pollution, guided visits to government institutions, and student-led committees that encourage participation in social and environmental matters.

The second, Science of Living, takes inspiration from India's ancient knowledge traditions to promote emotional intelligence and holistic well-being. Sessions will include yoga, meditation, and value-based learning to help students achieve mental balance, physical health, and ethical awareness.

The third initiative, NEEEV (New Era of Entrepreneurial Ecosystem and Vision), targets students from Classes 8 to 12. It will encourage entrepreneurial thinking through interactions with experts, hands-on opportunities to develop start-up ideas, and financial backing for innovative projects. A strong emphasis will be placed on technology, including artificial intelligence, to equip students with future-ready business skills.

At the event, Chief Minister Gupta underlined the importance of bringing government schools on par with private institutions and urged teachers to support students in higher classes, particularly 9 and 11. Education Minister Ashish Sood added that teachers would be the driving force in ensuring the success of these initiatives.

Durgesh K. Dubey & Anshika Pandey

INDIA SETS RECORD WITH 7.6 CRORE ITR FILINGS FOR AY 2024–25: A NEW ERA OF TAX COMPLIANCE

India has reached a landmark in tax compliance, with over 7.6 crore Income Tax Returns (ITRs) filed for the Assessment Year 2024–25, the highest ever recorded. The surge signals a growing culture of tax discipline, driven by stronger enforcement, improved digital systems, and greater taxpayer awareness. The milestone also highlights the success of the government's efforts to formalize the economy and expand the tax base.

Record Numbers Reflect Expanding Tax Base

According to official data, more than 7.6 crore returns were filed before the July 31 deadline for non-audit cases, surpassing last year's record of about 6.8 crore filings. This represents a nearly 12% year-on-year increase, underscoring both the widening reach of the tax system and the growing efficiency of administration.

Tax officials attribute the rise to digitization, simplification of filing procedures, and awareness campaigns. The integration of GST and TDS systems, which ensure better reporting of income, has also pushed more individuals and businesses into the tax net, reflecting India's ongoing economic formalization.

Digital Backbone Enables Seamless Filing

A critical factor in this achievement has been the strengthening of the e-filing ecosystem. In previous years, the system often struggled under the load of last-minute filings. However, this year's portal managed record traffic smoothly, enabling taxpayers to submit returns without major

glitches.

More than 80% of ITRs were verified electronically, and a large number of refunds have already been processed, boosting taxpayer confidence. The use of AI-based systems to identify discrepancies, track high-value transactions, and reduce errors further streamlined the process. This rapid turnaround has transformed the experience of filing returns, turning it from a cumbersome annual chore into a more reliable compliance practice.

Changing Taxpayer Behaviour and Government Initiatives

Experts note that the record number of filings signals a shift in taxpayer mindset. With greater monitoring of financial transactions, individuals are increasingly aware of the benefits of timely filing, even when their incomes fall below the taxable threshold. Filing returns helps maintain a clean financial record, which is important for accessing loans and other services.

The government has played an active role in driving compliance. Regular reminders through SMS, emails, and mobile apps nudged taxpayers to meet deadlines. Tools such as pre-filled ITR forms, faster grievance redressal, and real-time refund tracking added convenience. For many salaried individuals, filing has now become a routine practice rather than a burdensome obligation.

Economic Implications and Global Significance

The record filings are expected to bolster the government's revenue collection, which can be deployed toward infrastructure, welfare, and developmental initiatives. By expanding the taxpayer base, the government moves closer to its goal of reducing dependence on indirect taxes and ensuring more equitable revenue collection.

The achievement also strengthens India's image globally. Higher compliance and transparent income reporting enhance investor confidence, projecting India as a disciplined and fast-growing economy. This credibility is crucial for attracting foreign capital in an increasingly competitive global environment.

Conclusion

Crossing the 7.6 crore mark in ITR filings for AY 2024–25 is more than just a statistical record; it reflects a deeper transformation in India's financial culture. A mix of technology, enforcement, and awareness has made compliance easier and more attractive for individuals and businesses alike.

While challenges remain such as ensuring faster refunds for all taxpayers and addressing grievances efficiently the trajectory is undeniably positive. This record symbolizes India's progress toward greater financial accountability, transparency, and formalization of its economy, paving the way for stronger growth in the years ahead.

₹46,000 CRORE RALLY: SEBI'S CLEAN CHIT SPARKS ADANI GROUP'S MARKET REVIVAL

The Adani Group recorded one of its strongest comebacks in recent months, adding nearly ₹46,000 crore in market capitalization in a single day, after India's market regulator SEBI (Securities and Exchange Board of India) dismissed the most damaging allegations made by U.S.-based short-seller Hindenburg Research. The ruling provided long-awaited clarity for investors, many of whom had been cautious since the storm broke nearly two years ago.

SEBI's Order Brings Closure to a Major Dispute

The controversy began in January 2023, when Hindenburg Research released a scathing report accusing Adani companies of stock price manipulation through offshore shell entities and inadequate disclosure of related-party transactions. The allegations wiped out billions in value, triggered heavy sell-offs, and invited global scrutiny of India's most high-profile conglomerate.

After months of investigations, SEBI concluded that these specific charges could not be substantiated. The regulator stated in its order that evidence did not support claims of manipulation or governance lapses in the areas identified by Hindenburg. While certain inquiries into offshore funds and shareholder structures remain ongoing, the decision effectively closes a crucial chapter of the saga, removing the biggest cloud hanging over the group.

Market Cheers With Broad-Based Rally

The ruling instantly translated into a surge in investor wealth. Shares

of Adani Enterprises, the group's flagship, rose sharply, while other companies including Adani Power, Adani Ports & SEZ, Adani Green Energy, and Adani Total Gas saw double-digit intraday gains.

For investors, the verdict acted as a green signal after nearly two years of uncertainty. Analysts suggest that the order could pave the way for global funds to re-enter Adani counters, boosting liquidity and valuations. Many institutional players had cut exposure amid the controversy; the regulatory clarity could now bring them back.

Implications for Investors and Future Growth

For shareholders, the immediate takeaway is reduced regulatory risk. A clean chit on high-profile charges strengthens trust in Adani's corporate governance and reassures both domestic and global investors. The decision is also likely to improve the group's ability to raise capital for infrastructure and renewable energy projects, areas where Adani has ambitious expansion plans.

However, experts caution against complacency. While SEBI has dismissed some allegations, other probes remain open, and the final outcomes could still influence valuations. Moreover, despite the rally, many Adani stocks are yet to regain their pre-Hindenburg highs, suggesting that investors are still selective in their optimism. Sustained credibility will depend not only on regulatory clearance but also on how consistently the group can improve transparency and governance practices.

A Turning Point, But Not the End of Scrutiny

The rally underscores how much the market values clarity. Investors were quick to reward the group, reflecting pent-up optimism after years of doubts. Yet the episode also serves as a reminder of the importance of strong corporate governance in sustaining long-term trust.

As Adani continues its journey, the SEBI order offers a breathing space and a much-needed confidence boost. But the real test lies in how effectively the group consolidates this regained trust—by strengthening disclosures, diversifying funding sources, and delivering on its ambitious growth story.

Conclusion

The SEBI ruling marks a turning point in Adani's battle to restore investor confidence, setting off a ₹46,000 crore market rally that reflects the market's hunger for stability. For now, optimism has returned, but the long-term trajectory will depend on transparency, governance discipline, and operational delivery. Adani may have cleared a major hurdle, but the journey toward fully restoring global confidence has only just begun.

Dr. (Mrs) Chandra Hariharan Iyer

EXPERT



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Q. What kills workplace
motivations?

Ans. Workplace motivation is the invisible engine that powers productivity, engagement, creativity, and long-term success. However, many workplaces unintentionally or worse, indifferently stifle this engine. When motivation is crushed, even the most talented team's falter. Let's explore the major motivation killers in the workplace and draw timeless wisdom from Sanskrit subhashithams to guide us.

1) Unclear Expectations: When employees don't know what's expected of them, they feel lost. Ambiguity leads to frustration, reduced accountability, and lack of ownership. "अस्पष्टवचनं दुःखाय, स्पष्ट हिताय न संशयः।" "Vague speech leads to misery; clarity brings benefit no doubt about it." So, Set clear goals and regularly revisit them through check-ins.

2) Lack of Recognition: Unacknowledged

efforts lead to disengagement. When people work hard but feel invisible, they lose the drive to perform. "यस्य नास्ति स्वसम्भावना स धर्मं न करोति हि।" "One who doesn't feel appreciated will not perform their duty wholeheartedly." So, Celebrate small and big wins consistently and genuinely.

3) Micromanaging: Constant oversight signals mistrust and stifles creativity. It tells employees: "We don't trust you." "विश्वासो बलवान् मित्रं न च सन्देहकृद्वचः।" "Trust is a strong friend; doubt-filled control is not." Empower employees. Delegate with trust, not suspicion.

4) Toxic Culture: A workplace that tolerates disrespect, fear, or hostility drains morale. Toxic environments break spirits. "न विषेण विना मरणं, परनिन्दया मरणं ध्रुवम्।" "Poison kills the body, but slander and toxicity kill the spirit." Define core values and enforce them. Toxicity should never be tolerated.

5) No Opportunities for Growth: When people see no career path or skill development, they mentally check out. "पौष्टं न यत्र वर्धते तद् वत्रं वा भवेद् वरम्।" "Where growth doesn't occur, even gold turns to stone." Offer learning programs, mentorship, and internal mobility.

6) Poor Communication: Misunderstandings, gossip, or hidden agendas arise in the absence of good communication, killing motivation. "सुस्पष्टवाक्यं सदा शान्तये, क्लिष्टवाक्यं विनाशकं।" "Clear speech brings peace; confusing words cause destruction." Be honest, transparent, and proactive in your communication.

7) Unfair Treatment: When employees witness bias or unequal opportunities, they disengage. Fairness is foundational to motivation. "समानं सर्वभूतेषु तिष्ठन्तं परमेश्वरम्।" "The supreme dwells equally in all beings." Create policies that ensure equity and act swiftly on any biases.

8) Lack of Autonomy: Autonomy fuels innovation. A restrictive environment where employees can't make decisions kills creativity and morale. "स्वतन्त्रता सुखं दत्ते, पराधीनं दुःखमाययेत्।" "Freedom brings happiness; dependency brings sorrow." Allow room for decision-making, creativity, and initiative.

9) Overwork: Consistent overworking without appreciation or reward leads to fatigue and mental disengagement. "अधिकं कृत्वा श्रमं नित्यं क्षीणते कर्मणः फलम्।" "Overexertion reduces the fruit of effort." Respect working hours and encourage downtime.

9) Burnout: Burnout isn't just physical fatigue—it's emotional depletion. Once employees reach burnout, motivation drops to zero. "प्रयत्नात् सुखमाप्नोति न तु क्षयात् शरीरतः।" "Happiness comes through effort, not by exhausting the body." Encourage mental health breaks, offer time off, and identify stress triggers early.

10) Don't Pay People Their Worth: Compensation reflects value. Underpaying employees despite their contributions builds resentment and drives attrition. "अल्पदानेन सन्तोषो न भवेत्, यः कृतं न जानाति।" "One who is given too little despite contribution will never be content." Benchmark salaries regularly and offer fair, timely raises.

11) Don't Give Feedback: Without feedback, employees feel ignored or unsure of their progress. It leads to stagnation and anxiety. "गुरोः समीपे विनयेन श्रुतं यत्, तत् फलं लभते सदा।" "What is heard respectfully and guided properly bears fruit." Give constructive, timely, and regular feedback—both positive and corrective.

12) Promote the Wrong People: When promotions are based on favoritism, politics, or tenure—not merit—it destroys morale. "यथा राजा तथा प्रजा।" "As the leader, so the followers." Make performance-based promotion a transparent, merit-driven process.

13) Hold Too Many Meetings: Too many meetings without purpose waste time and energy. Employees feel unproductive and frustrated. "कालो हि दुर्लभः किञ्चित् कस्यचित् सदा।" "Time is precious and scarce; don't waste it unnecessarily." Schedule fewer, shorter, outcome-driven meetings with clear agendas.

14) Fail to Support Team Growth: If leaders aren't invested in team development, motivation falters. Employees want to evolve and do more. "वृद्धिः सदा सह कार्येण, न तु स्थानेन केनचित्।" "Growth must accompany effort, not just presence." Mentor your team. Invest in coaching, training, and skills development.

15) Let Toxic Managers Stay and Rule: Toxic leadership is perhaps the fastest way to demotivate a team. When toxicity is ignored, good people leave. "दुष्टं गुरोर्मिवार्यं तु, यथा शलाकया विषम्।" "A poisonous leader must be removed like a splinter laced with venom." Actively seek 360-degree feedback and remove harmful leadership influences quickly.

16) Allow Micromanagement: Micromanagement, when institutionalized, eats away at trust and responsibility. It signals a lack of confidence in the team. "यः सदा निर्देशं याचेन्न, तं कर्मं न पूर्णाति।" "He who always asks for control does not nourish the work." Train managers to lead by guidance, not control. Encourage strategic thinking.

17) Allow Favouritism: Favouritism kills motivation faster than failure. When effort goes unnoticed but bias thrives, people disconnect. "यथा भावे तथा दानं, न तु पक्षेण कर्मणा।" "Gifts (or opportunities) should be based on merit, not favoritism." Set transparent benchmarks for rewards and recognitions.

Workplace motivation is not built in grand gestures but preserved in everyday interactions. Employees don't leave jobs they leave toxic environments, unfair practices, and disengaged leadership. Wisdom about human nature and motivation has been around for centuries. It's up to modern workplaces to apply this wisdom to create thriving, inspired, and happy teams. Motivation dies slowly but with awareness, empathy, and fairness, we can keep it alive and vibrant. Stay motivated, stay Gracious, stay blessed!

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Ravi Singh & Saleha Fatima

MENTAL WELLNESS: THE SILENT SUPERPOWER FOR SURVIVING THE SPEED OF LIFE.

Mental health is one of the most ignored aspects of health. People just give preference to being healthy physically, but when it comes to being healthy mentally, they just ignore it as if it doesn't hold any importance. Whereas mental wellness is of utmost importance and needs equal attention as that of physical wellness.

In this fast-paced world, where everyone is chasing money, success, and goals. The real treasure to attain is mental health.

Mental well-being is connected to a lot of things: you will feel good about yourself, you will feel productive at work, you will be stress-free, you will be grateful, and you will be physically fit. So, it's not just something; it's everything.

It totally depends on your mental health, how you feel, how productive you are at work, how you manage your relationships, how you manage stress, and how you live your life peacefully.

Now, this question might pop up in your head: how to maintain mental health in our busy lives? Let me break it down for you.

Set Healthy Boundaries - Not everyone deserves to have the same place in your life. Negative people may spread negativity and deteriorate your mental health. So, it's better to have healthy boundaries with such people.

Be Grateful - Being grateful waves off worries. When you know how to be grateful for the little things in life, you become stress-free. Your mental health will be in balance because you don't worry about the things that you don't have; rather, you are happy with what you have.

Physical Activity - Start your morning with yoga and meditation. This will help you be relaxed and productive the whole day. Deep meditation and yoga have proven to be the best ways for mental wellness.

Maintaining Work Life Balance - A proper balance between work and life is essential for better mental health. Work pressure is the most common cause of depression and anxiety among people.

Many people have ended their lives due to work pressure; failure to maintain the balance causes a lot of mental and physical disturbances.

Talk to Someone Reliable - It is better to talk to someone you trust about your feelings when you are feeling low. They may help in finding solutions to your problems. Keeping everything to yourself when your mind is juggling between thoughts may create more chaos in your mind. It's better to have someone to talk to in situations when you feel helpless.

Seek Professional Help - In extreme cases, it is better to speak with a professional. Many people hesitate in seeking professional help due to fear of criticism. There are a lot of mental health organizations that have made these sessions affordable.

With the increase in depression, a rise in mental awareness was noticed. The thing that was once ignored is now being prioritized.

You may have a luxury house, a family, and a high-paying job or business, but all these things are meaningless if you don't have mental peace. Happiness is not based on these materialistic things, but in being safe and sound physically and mentally. You can still be happy if you have a family, a low- or moderate-paying job, and a rented apartment, if you have mental

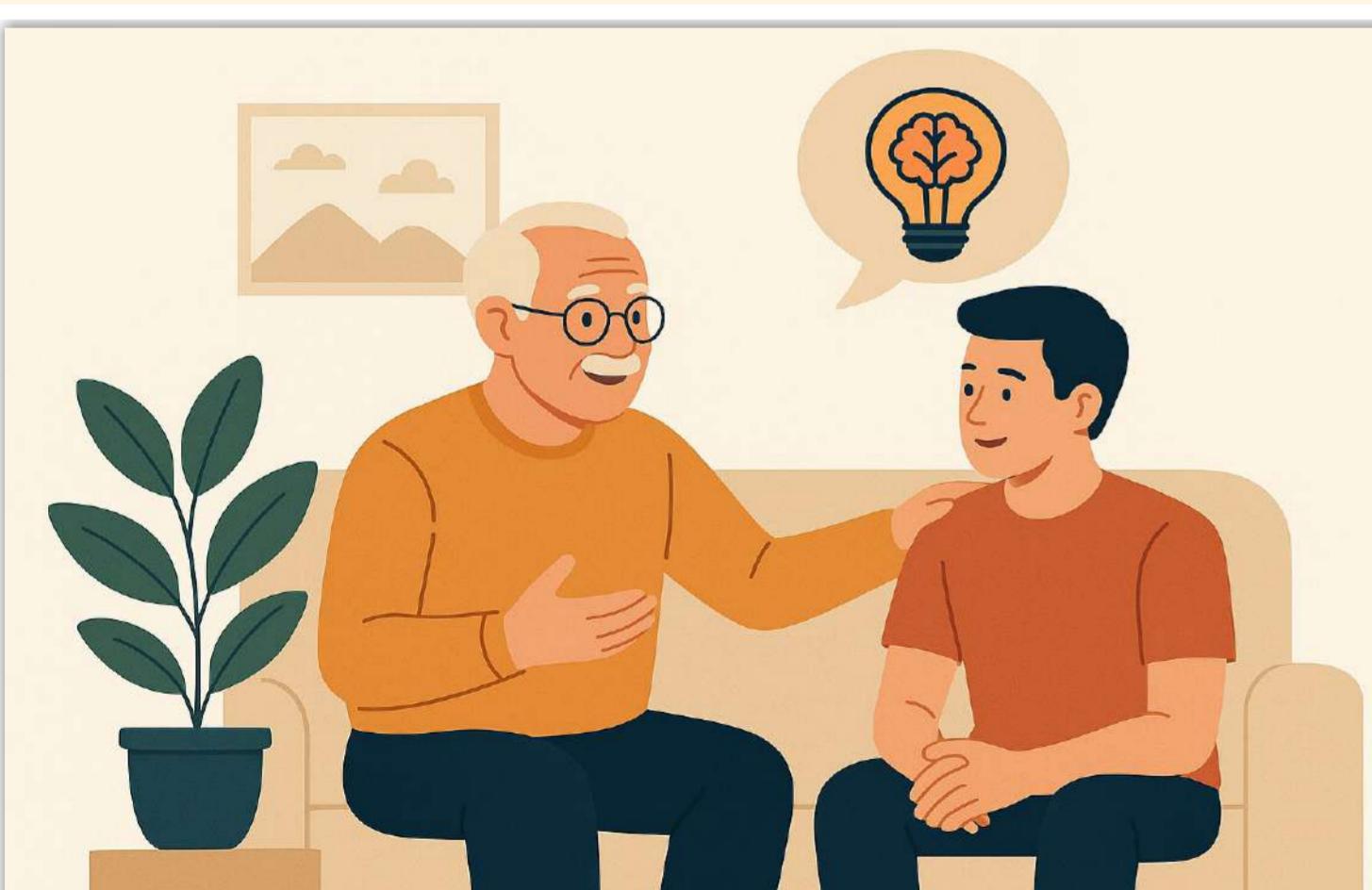


peace.

Anxiety and depression may lead to serious impacts when ignored. Mental well-being is not related to money or success; it totally depends on your peace of mind.

Real success is being fit both physically and mentally. Prioritize your mental well-being in this fast-paced world. Along with maintaining your physical health, mental health should also be a priority, as every other thing revolves around it.

WHY GRANDPARENTS MIGHT BE GEN Z'S MOST UNEXPECTED LIFE COACHES



grandchildren in this age of emerging social media, where comparison, heartbreaks, anxiety, criticism, and people-pleasing are very common. Through every thick and thin and ups and downs, they act as a constant support system when even parents can go against us.

We are noobs, and they are pros in this race of life. From encountering economic imbalances, societal norms,

societal pressure, family conflicts, and raising children, they have attained so much wisdom that they can instill in others.

Time spent with them sometimes feels like the bestest times of our lives, as it is filled with so much wisdom, affection, love, and lessons that help us in life later.

Having grandparents is a blessing, which not everyone is blessed with. They enlighten our lives with love, positivity, and an abundance of care. They can act as our friends, protectors, guides, and teachers and help us navigate through different phases of life. They teach us some valuable lessons that no book, no teacher, no friend, and no phase of life can.

They can be the best emotional support for their

they have attained from facing all the life challenges, the lessons from their experience help a lot in overcoming this kind of situation when we encounter it.

I have seen Gen Zers who do not have grandparents or who do not stay with them have that void, which no one can ever fill in.

I have personally learned empathy, spirituality, kindness, gratitude, and politeness from my grandfather. His way of teaching and guidance has never been matched yet because no one can ever teach me like he did. I have learned many things just by observing him: how he treats other people, how he manages time for prayers and business, and how he never raises his voice in front of his wife and children. And now, even if he is gone, his timeless advice is eternal with me. These things may not seem important, but the impact that they leave on Gen Z is beyond measurable, because this is the way they will treat their family in the future.

Lessons that are learned through experience and observation are the best kind of lessons, which shape a better version of ourselves.

Gen Z is in the peak technological era right now, as previous generations never had the technological advancements like us. With the increase in technological advancements, the way we work, live, love, empathize, and interact with people has changed a lot. Gen Z lacks empathy, gratitude, and spirituality; they can learn these

important life skills from their grandparents. These life skills shape a person for the better.

The most important lesson that they teach us is mindful spending of money; as they have seen the struggles, they always advise on saving money. Gen Z mindlessly waste money on things that they do not even need, just to stand out among some people; they get indulged in this habit. They just show off on social media with the latest brands, which cost them a hell lot of money, which, when saved, can be used in tough times.

The art of living has lost its essence today because we have advanced technologically and across generations.

Who else can be better life coaches than the pros who have witnessed it all? With their life experience, love, empathy, and timeless advice, they shape Gen Z's character and future. A part of them stays in our manners and character; even if they have left us, people can see them through us when we adapt their teachings.

Afreen Mazgaonkar & Roshni Kumari

INDIA TAKE ON TECHNO-LEGAL APPROACH FOR SO SAFETY

Union Minister Ashwini Vaishnaw unveiled that India has adopted a techno-legal framework to ensure the safety and responsible use of Artificial Intelligence (AI). This head towards combining the strength of advanced technology with clear legal guidelines, aiming to protect both innovation and citizens rights. With AI becoming an integral part of everyday life – from healthcare and education to banking and governance – concerns about data privacy, misuse, and ethical risk have been rising. The techno-legal approach seeks to address these issues by creating an optimized system where AI is allowed to rise high, but within a secure and accountable environment. Vaishnaw states that the proposed model will involve rigorous legal checks, transparent AI standards, and robust monitoring mechanisms. The government engaged with experts from industry, researchers, and international partners to build secure AI environments worldwide. This shows that India is continuing to follow through on its commitment to lead the world on the responsible development of AI. By achieving safety, fairness, and accountability, India hopes to ensure that the benefits of AI can be harnessed without incurring the risks that often accompany technological progress. This represents a significant move forward in trusting the technology, and developing a future is relied on innovation and meaningfully defining a responsible society.



US, INDIA START TRADE DISCUSSIONS TO ADDRESS FUTURE TARIFF ISSUES



India and the United States commenced trade discussions in New Delhi to address long-standing tariff issues. The discussions mark an important moment in the improvement of economic relations between two of the world's largest democracies and trading partners. The American delegation is led by Brendan Lynch, the Assistant US trade Representative for South and Central Asia. Representing India is Rajesh Agarwal, special Secretary in the Department of Commerce, who is serving as the chief negotiator. Both sides have expressed optimism about finding common ground on matters related to tariff, market access, and investment opportunities. The business between the US and India have often faced issues during disagreements over duties on

agricultural products, technology goods, and industrial items. However, researchers indicate that resolving these conflicts can open doors to higher cooperation, increase opportunity exports, and create jobs in both countries. This dialogue is not just tariffs - it reflects the rising partnership between India and the United States in the global economic landscape. If successful, the talk could have the way for a more balanced and mutually beneficial trade relationship in the future.

INDIA AND US JOIN FORCES FOR NEW SPACE PARTNERSHIP TARGETING MOON AND MARS

India and the US announced the beginning of a new phase in their growing emerging space collaborators. Through this partnership, we intend to stretch the limits of exploration by pursuing very ambitious activity to the Moon and Mars. The focus of this partnership will be the joint collaboration on NASA-ISRO's NISAR satellite, which will use advanced radar imaging to monitor Earth's ecosystems, ice cover, and natural disasters. Another progress point is the Axiom Mission-4, where Indian astronaut Shabhang Shukla will take part, creating a proud and a memorable moment for the Indian space program. Beyond tech and research, this partnership also carries security relevance. The authorities believe that as India's role in space grows it solidifies its global standing while countering the strength of other powers, like China. With the joint pooling of resources and knowledge base and expertise, both countries hope to build a success in exploration of space, and benefit humanity as a whole. The partnership of India and the US is a scientific achievement, and a commitment to trust and friendship. Together both countries are in the promotion of sustainable development, embarking on a journey of new opportunities in exploration of space, planetary science, and interplanetary activity.



BHUMI FIRST DEPARTMENT OF ARTIFICIAL INTELLIGENCE IN HEALTHCARE OPENS IN INDIA

India indicated a new growth and achievement in the medical education department by migrating its first Department of Artificial Intelligence in Healthcare at Kasturba Medical College, Manipal. This major step is being noted as a blending of modern technology with the healthcare profession. The Department which is newly launched targets to integrate medical science, data science and engineering into its initiative. Its main purpose is to shape the next generation doctors who are not skilled in traditional medical knowledge but also capable of using advanced AI technology and algorithms to enhance patients' care. To analyze data, apply AI solutions in diagnosis, treatment, interpret results, and healthcare management will be taught by the physician to the students for the upcoming generation. Researchers have found that this field is the first of its kind in India and is likely to set a standard for other departments. Through integration of artificial intelligence into medical education, India is training the next generation of doctors who can bridge the gap between technology and human health. This inauguration showcased India's plan to merge innovation with compassion in the healthcare sector.



TURNING SURPLUS FOOD INTO NUTRITIOUS ANIMAL FEED



India wastes nearly 74 million tonnes of food every year, which is about 22% of the country's total agricultural output of staple grains. This wastage not only impacts the economy but it also hits and unstable the environment. In this situation, Delhi-based startup WasteLink has developed a new sustainable solution. WasteLink was co-founded by Saket Dave (CEO) and Krishnan Kasturirangan (MD) and specializes in the collection of surplus food in order to convert it to healthy animal feed. With the use of an AI-driven supply chain, industry action ensures that leftover food is not wasted but gets back into the cycle in a productive way. This program supports farmers and livestock owners indirectly, through reduced feed costs and increased yields. At the same time, it also addresses the larger problem of food wastage by converting it into a valuable resource. This highlights how technology, combined with social responsibility, can create a positive impact on both the economy and the environmental situation. WasteLink's efforts serve as an inspiring example for other startups and organisations. Turning waste into an opportunity is a reminder for us that waste is not always an end, but can be turned into opportunity with the right vision and innovation.

'DEMONS SLAYER' BREAKS RECORD AT INDIAN BOX OFFICE

The much-awaited anime film Demon Slayer: Kimetsu No Yaiba Infinity Castle was released in India which created history. The movie stormed the Indian Box office, breaking all previous records for an Anime release and becoming the highest-grossing Anime film of all time in the country. Fans across India flocked to theatres, giving the film the biggest opening weekend ever for an animated movie. Reaction which led to increasing recognition of anime movies in India, which has made a positive improvement during the last several years through streaming platforms, conventions, and fan communities. The movie, which continues with the emotional and action-packed journey of Tanjiro and his companions, has been praised not only for its breathtaking animation but also for its effective storytelling. Observers and audiences alike have highlighted how the film managed to combine thrilling fight sequences with deep emotions, making it appealing to both anime lovers and general moviegoers. Alongside this achievement, Demon Slayer: infinity castle has not only set up a point of reference for anime movies in India but also opened possibilities for more Japanese animated films to reach expanded audiences here. It is a pride-filled moment for anime fans who have long waited for such recognition.



Afreen Mazgaonkar & Khushi Sharma

ABHISHEK SHARMA BECOMES FIRST INDIAN TO SCORE 30+ RUNS IN POWERPLAY AGAINST PAKISTAN



In the 2025 Asia Cup against Pakistan on Sunday, September 14, Abhishek Sharma played a key role alongside Suryakumar Yadav as the team registered a seven-wicket victory at the Dubai International Stadium. Chasing 128 on a tricky surface, Abhishek took control of the match with a quick-fire start. He scored 31 runs off 13 balls, including four boundaries and a six. He played this innings against Shaheen Afridi's bowling. With this, Abhishek Sharma breaks Virat Kohli's record and becomes India's first athlete to score 30-plus in the powerplay in the match against Pakistan during the Asia Cup 2025 at the Dubai International Cricket Stadium. This remarkable performance broke the previous record of 29 runs at the same venue. Sharma's feat encourages and inspires

young players and cricketers to embrace fearlessness and faith over their skills and hardwork. Abhishek's hard work and consistency are truly commendable, and after completing the match, he took to social media with a simple two-word message: "Jai Hind."

R VAISHALI TOPS QUALIFIERS TO SECURE SPOT IN FIDE WOMEN'S GRAND SWISS 2025

The FIDE Women's Grand Swiss Chess Tournament was held in Samarkand, Uzbekistan, where Indian Grandmaster R. Vaishali made history by winning the tournament and qualified for the 2026 FIDE Women's Grand Swiss Chess Tournament. With the impressive score of 8 out of 11 points, R. Vaishali secured the top position in the women's section. In a tournament, Vaishali played against Tan Zhongyi, and the game ended in a draw. Similarly, Lagno played against Ulviyya Fataliyeva, and they also ended the game with a draw. Both Vaishali and Lagno had 8 points at the end of the game, placing them both at the first rank. Vaishali had a better tiebreak score, so she ended up in the top position. With this victory, Vaishali became the third Indian to qualify for the 2026 Women's Candidates Tournament, along with Koneru Humpy and Divya Deshmukh. Her consistency and continuous efforts with resilience led her to the first position in chess globally. Her achievement not only highlights India's growing prominence in the world of chess, but she also managed to encourage and motivate youth to dream big and work hard to achieve.

MEGHANA SAJJANAR CREATES HISTORY WITH INDIA'S FIRST WORLD CUP MEDAL IN 10M AIR RIFLE

Indian shooter Meghana Sajjanar, a 31-year-old from Karnataka, won bronze in the women's 10-meter air rifle event at the International Shooting Sport Federation World Cup in Ningbo, China. With this, she created a history of winning her first individual World Cup medal, as she has been competing on the international stage for the last eight years and marking a breakthrough in her shooting career. Meghana showed impressive and marking effort, scoring 230.0 points in the finals. She executed 22 perfect tens, giving her brilliant performance under pressure. The gold medal was earned by China's 16-year-old Peng Xinlu, who set a new world record with 255.3 points, surpassing the previous record of 254.8 points. Norway's Jeanette Hegg Duestad, with a score of 252.6 points won a silver medal in the tournament. This achievement not only shows Meghana's resilience and dedication but also reflects her inspiring journey of consistency and constant hard work, even when she was not recognized earlier. She told TOI, "A World Cup medal has come after a long journey. The journey was filled with a lot of ups and downs,"



INDIA DEFEATS SWITZERLAND TO REACH DAVIS CUP QUALIFIERS FOR FIRST TIME SINCE 1993

India secured a historic milestone in the Davis Cup winning over Switzerland in the World Group 1 tie on Saturday. The day began with N Sriram Balaji and Rithvik Bollipalli suffering a close defeat in the doubles rubber against Jakub Paul and Dominic Stricker. The Swiss team changed the fielding, bringing in junior Australian Open player Bernet for the crucial fourth rubber against Nagal, which the Indian won convincingly. India entered the day with a 2-0 lead with single victories of Nagal and Dakshineshwar Suresh on Friday. This victory marks India's triumph over a European team since the win against France in 1993. The first round of the Davis Cup Qualifiers is scheduled in January 2026. "It has been a while since we won in Europe. We worked very hard to be here and reach this stage. I am very happy with the win," said Nagal. The match concluded when Bollipalli, serving to stay in contention, started with a double fault and backhand error, followed by a volley, giving three match points to India. The win marked Captain Rohit Rajpal's first significant achievement since he took over the role.



ANTIM PANGHAL WINS BRONZE AT WOMEN'S FREESTYLE WORLD WRESTLING CHAMPIONSHIP 2025



Indian wrestler Antim Panghal clinched bronze in the women's 53kg freestyle category at the 2025 World Wrestling Championship in Zagreb. This is Antim Panghal's second bronze in consecutive years at the World Championship. She had previously secured bronze in the 2023 championship. The journey of Panghal is impressive, as in the quarter-final she was fighting against China's Xin Zhang, and the game was close to a tie, but in the last 4 seconds, Antim made a takedown and brought her opponent to the mat, this win led her to the semi-finals. In the semi-finals, Antim faced Lucía Yepez from Ecuador and won with a 5-3 score. In the finals, Antim fought against Amarjona Demise Mulgreen from Sweden. She completely dominated the match, winning 9-1, and managed to secure the bronze

medal in the tournament. This led her to win India's only freestyle wrestling medal at the championship. Her achievement is inspiring. After her early exit in the Paris Olympics the previous year, Antim's resilience and dedication continue to motivate her to do her best, making her an inspiring wrestler in India and also highlighting her talent on the global stage.

JAISMINE LAMBORIA AND MINAKSHI HOODA WIN GOLD AT 2025 WORLD BOXING CHAMPIONSHIP IN LIVERPOOL

Jaismine Lamboria (57kg) and Minakshi Hooda (48kg) won gold at the 2025 World Boxing Championship in Liverpool. The 2025 World Boxing Championship is an event of boxing in Liverpool, United Kingdom, organized by the International Boxing Association. It brings elite male and female boxers onto the international stage to compete against top talents from around the world. Jaismine defeated Poland's Julia Szeremeta in the 57kg final with a 4-1 verdict, while Minakshi beat Kazakhstan's Nazym Kyzaibay in the 48kg final, also by a 4-1 margin. Many other Indian athletes performed very well in the championship. Nupur Sheoran, 80 kg+ category, won silver in the championship. Pooja Rani, 80 kgs, secured a bronze after losing in the semifinals to Emily Asquith (UK). Pooja Rani, 80 kgs, secured a bronze after losing in the semifinals to Emily Asquith, UK. The resilience and sharp techniques of both the boxers let them dominate against top international opponents, and their victories not only bring glory to the nation but also mark a new high for Indian women's boxing on the global stage and encourage women and Indian youth to achieve their dreams.



Dr. Smita Ravikumar Kuntay & Sanjana Gupta

NATIONAL BIODIVERSITY AUTHORITY (NBA) INTERNSHIP 2025



The National Biodiversity Authority (NBA), under the Ministry of Environment, Forest and Climate Change (MoEFCC), invites applications for its prestigious 6th Biodiversity Samrakshan Internship Programme (BSIP-VI). This one-year programme offers young, dynamic, and creative students the opportunity to work on biodiversity conservation and natural resource management projects across India.

Internship Details: Programme Name: Biodiversity Samrakshan Internship Programme (BSIP-VI)

- Vacancies: 50
- Stipend: ₹23,500/- per month
- Duration: 01-11-2025 to 31-10-2026

Eligibility Criteria

- Age Limit: 21–30 years (Born between 01-10-1995 and 30-09-2004).

Education:

- Postgraduate degree in any discipline, OR
- Four-year Bachelor's degree (B.Sc./B.E./B.Tech) in Engineering, Agricultural Sciences, Forestry, Horticulture, Veterinary Sciences, or related fields.
- Candidates pursuing postgraduation with a 3-year UG degree must produce a completion/provisional certificate by 01-11-2025.

Roles & Responsibilities

- Support the functioning of Biodiversity Management Committees (BMCs) in States/UTs.
- Assist in preparing People's Biodiversity Registers (PBRs).
- Contribute to implementing the Biological Diversity (Amendment) Act, 2023.
- Collaborate with MoEFCC, NBA, SBBs, and UTBCs.

Selection Process

- Online Exam: 08-10-2025 (tentative)
- Final selection based on exam performance.

Important Dates

- Applications Open: 17-09-2025 (09:00 AM)
- Last Date: 30-09-2025 (11:59 PM)
- Internship Start: 01-11-2025

How to Apply

- Apply online at www.nbaindia.org with:
- Personal details & educational qualifications
- Recent photograph & certificates (upload in prescribed format)

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

DELHI DEVELOPMENT AUTHORITY (DDA) RECRUITMENT 2025

The Delhi Development Authority (DDA) invites online applications from eligible Indian citizens for recruitment to 1,732 vacancies across Group A, B, and C posts in multiple technical, ministerial, and support disciplines. This is a golden opportunity to work with one of the most prestigious organizations in the capital.

Vacancy Details (Total: 1,732)

- Deputy Director (Architect/PR/Planning): 09
- Assistant Director (Planning/Architect/Landscape/System/Ministerial): 46
- Assistant Executive Engineer (Civil/Electrical): 13
- Legal/Planning/Architectural Assistants, Programmer: 45
- Junior Engineer (Civil/Electrical/Mechanical): 171
- Sectional Officer (Horticulture), Naib Tehsildar, Junior Translator, ASO: 93
- Surveyor, Stenographer (Grade-D), Patwari: 129
- Junior Secretariat Assistant: 199
- Mali: 282
- Multi-Tasking Staff (Non-Ministerial): 745

Eligibility Criteria

- Deputy Director: Postgraduate in relevant field +

experience.

- Assistant Director/AEE: Degree/Postgraduate in relevant discipline/Engineering.
- Junior Engineer: Diploma/Degree in Engineering.
- Other Posts (MTS, Mali, Patwari, etc.): 10th/12th pass or equivalent.

Pay Scale

- Level 11: Deputy Director.
- Level 10: Assistant Director, AEE.
- Level 8–5: Technical/Ministerial posts (e.g., Legal Assistant, Programmer).
- Level 4–1: Patwari, Stenographer, Mali, MTS.

Important Dates

- Online Registration Starts: 06/10/2025
- Last Date to Apply: 05/11/2025 (06:00 PM)
- Selection Process
- Computer-Based Test (CBT)
- Document Verification
- Skill/Trade Test (if applicable)

How to Apply



DDA Recruitment 2025

- Visit the DDA Online Application Portal.
- Register & fill in personal, educational, and experience details.
- Upload scanned documents.
- Pay the online application fee.
- Submit before 05th November 2025.

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

SCI RECRUITMENT 2025 – APPLY ONLINE FOR 75 ASSISTANT MANAGER & EXECUTIVE POSTS

The Shipping Corporation of India (SCI), a prestigious Government of India Navratna PSU, invites dynamic and talented Indian nationals to apply for 75 vacancies in the posts of Assistant Manager (E2) and Executive (E0) across multiple disciplines. This is a golden career opportunity to work with India's premier shipping company and contribute to the nation's maritime growth.

Post Details & Vacancies

- Assistant Manager (E2): 55 Posts
- Executive (E0): 20 Posts

Salary Package

- Assistant Manager (E2): ₹50,000 – ₹1,60,000 per month
- Executive (E0): ₹30,000 – ₹1,20,000 per month

Eligibility Criteria

Assistant Manager (E2): Management, Finance (CA/CMA), HR, Law, Engineering (Civil/Mech/Electrical), IT, Fire & Security, Naval Architecture, Company Secretary.

Qualification: Full-time relevant degree/PG as per discipline with minimum 60% marks.

Executive (E0): Finance, HR, Mass Communication, Hindi.

Qualification:

Full-time 3-year BBA/BMS in relevant field (60% marks) or Master's in Hindi/English as per requirements.

Age Limit (as on 01.08.2025)

- Maximum Age: 27 years
- Relaxation: SC/ST – 5 yrs, OBC-NCL – 3 yrs, PwBD – 10–15 yrs

Selection Process

- Online Examination
- Group Discussion
- Personal Interview

Application Fee

- General/OBC/EWS: ₹500/-
- SC/ST/PwBD: ₹100/- (Pay online via UPI/Net Banking/Cards)

Important Dates

- Online Registration Opens: 06.09.2025



Shipping Corporation of India

Post Name: Assistant Manager

Recruitment Notification 2025

- Last Date to Apply: 27.09.2025

How to Apply

Interested candidates must apply online through the official SCI website. Upload scanned copies of photograph, signature, ID proof, certificates, and marksheets as per instructions.

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

Deepika Singh & Gauri Mhatre

QUIZ TIME

1. What has to be broken before you can use it?
2. The more you take from me, the more you leave behind. What am I?
3. What has a face and two hands but no arms or legs?
4. What gets wetter as it dries?
5. I'm light as a feather, yet the strongest person can't hold me for long. What am I?
6. The more of me there is, the less you see. What am I?
7. What has many teeth but cannot bite?
8. I'm always running but never move. What am I?
9. What can travel around the world while staying in the same corner?
10. What belongs to you but is used more by others?

RIDDLES

1. What is the smallest prime number?
2. Which country is known as the "Land of the Rising Sun"?
3. Who discovered penicillin in 1928?
4. What is the currency of the United Kingdom?
5. In which year did World War II end?
6. Which is the longest river in the world?
7. What element does "O" represent on the periodic table?
8. Who was the first person to walk on the moon?

1. QUIZ TIME	ANSWERS
2. An egg	1. Neil Armstrong
3. Footsteps	2. Oxygen
4. A cloack	3. Nitre
5. A towel	4. 1945
6. Darke ness	5. Pound sterling
7. A comb	6. Neil Armstrong
8. Time	7. Nitre
9. A postage stamp	8. Oxygen
10. Your name	9. Nitre
II. RIDDLES	10. Neil Armstrong

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

CONTACT INFORMATION

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Foxnut Kheer – A Creamy Navratri Delight

This Week, We're Relishing Foxnut Kheer.

Foxnut Kheer, also known as Makhana Kheer, is a light and nutritious Indian dessert, often enjoyed during Navratri and fasting days. Made with roasted foxnuts, milk, and dry fruits, it is creamy, aromatic, and easy to prepare.

Ingredients:

- 1 cup foxnuts (makhana)
- 1 liter full cream milk
- 3–4 tablespoons sugar (adjust to taste)
- 1 tablespoon ghee (clarified butter)
- 2–3 cardamom pods (crushed)
- 7–8 almonds (sliced)
- 7–8 cashews (chopped)
- A few strands of saffron (optional)
- 2 tablespoons raisins



Steps:

Step 1: Roast the Foxnuts

Heat ghee in a pan. Add foxnuts and roast them on low flame until they turn crisp. Once roasted, take half the quantity and grind it coarsely, leaving the rest whole for texture.

Step 2: Boil the Milk

In a heavy-bottomed pan, bring the milk to a boil. Let it simmer on low flame until it thickens slightly, stirring occasionally to prevent sticking.

Step 3: Add Foxnuts

Add both the whole and ground foxnuts into the simmering milk. Cook for 10–12 minutes until they soften and absorb the milk's flavor.

Step 4: Sweeten and Flavor

Stir in sugar and mix well until it dissolves. Add crushed cardamom, saffron strands, and dry fruits. Cook for another 4–5 minutes, stirring continuously.

Step 5: Serve

Turn off the flame and let the kheer cool slightly. Garnish with extra dry fruits before serving. Foxnut kheer can be enjoyed warm or chilled.