

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



COMMEMORATING THE INTERNATIONAL DAY OF NON-VIOLENCE



INTERNATIONAL DAY OF NON-VIOLENCE

02 OCTOBER



In India, 2nd October is observed as Gandhi Jayanti, a national holiday. People across the country pay tribute to Gandhi's life and legacy by participating in prayer services, processions, and cultural events. Educational institutions often hold special assemblies and competitions to spread awareness about non-violence and peace. Beyond India, the day serves as a platform for governments, NGOs, and global citizens to discuss strategies for reducing violence, promoting social justice, and fostering peaceful coexistence.

In essence, the International Day of Non-Violence is more than a commemorative day; it is a call to action. It urges humanity to embrace dialogue over conflict, compassion over hatred, and understanding over prejudice. By reflecting on the principles of non-violence, individuals and communities are

The International Day of Non-Violence is observed every year on 2nd October, marking the birth anniversary of Mahatma Gandhi, the global icon of peace and non-violence. Established by the United Nations in 2007, this day serves as a reminder of the power of non-violent principles in resolving conflicts and promoting peace around the world. Gandhi's philosophy of ahimsa (non-violence) and his unwavering commitment to justice inspired movements for civil rights and freedom across the globe. The day encourages individuals, communities, and nations to embrace non-violence as a way of life, fostering tolerance, understanding, and harmony.

Non-violence is not merely the absence of physical aggression; it encompasses respect, dialogue, and empathy towards others. In today's world, where conflicts and violence often dominate headlines, the International Day of Non-Violence emphasizes that meaningful change can be achieved through peaceful means. Schools, organizations, and governments use this day to promote awareness about human

rights, conflict resolution, and the importance of ethical leadership. Educational programs, workshops, and seminars are often organized to instil the values of non-violence in young minds, ensuring that future generations understand the importance of compassion and dialogue in addressing social challenges.

Globally, the day highlights the relevance of non-violence in various spheres of life like social, political, and personal. From grassroots activism to international diplomacy, non-violent approaches have proven effective in bringing about social reforms and sustainable solutions. The civil rights movement led by Martin Luther King Jr., anti-apartheid struggles in South Africa, and numerous peace movements worldwide drew inspiration from Gandhi's teachings, showing that change is possible without resorting to aggression. By commemorating Gandhi's birth, the day reinforces the idea that every individual has the power to make a difference through peaceful actions.

reminded that peace is not just an ideal but a practical approach to everyday challenges. Observing this day encourages people to resolve disputes through empathy and cooperation, creating a more harmonious and just world.

As the world continues to face challenges such as social unrest, wars, and inequality, the message of the International Day of Non-Violence remains timeless. Gandhi's teachings continue to inspire millions, proving that non-violence is not a sign of weakness, but a powerful tool for achieving lasting peace and human progress. On this day, we are reminded that every act of kindness, dialogue, and understanding contributes to building a world where conflicts are resolved peacefully and humanity thrives together.

#Notable_Story

Rani Chennabhairadevi: The Pepper Queen Of India.... **Pg 02**

#Person_of_Interest

The Inspiring Social Journey of Karamveer Chakra Recipient Anurag Chauhan.... **Pg 03**

#Krishi_Gyan

Poly-house Farming: The Future Of Indian Agriculture.... **Pg 06**

#Educational_News

Indian Sign Language Centre Launches New Courses and Digital Tools for Inclusive Education... **Pg 07**

#Artha_Gyan

BRICS Sounds Alarm on Tariffs and Trade Barriers, Calls for Global South Safeguards.... **Pg 08**

#Learning_and_Development through_Ancient_Indian_Wisdom

Q. Why Laughter is given so much importance?.... **Pg 09**

#Lifelab

Health Misinformation on Social Media: A Growing Public Health Crisis.... **Pg 10**

#Current_News

Google to introduce Android on Laptops and Desktops... **Pg 11**

#Sports_News

First-Ever India-Pakistan Asia Cup Final Won by India.... **Pg 12**

#Job_Junction

SSC Delhi Police Constable Recruitment 2025.... **Pg 13**

RANI CHENNABHAIRADEVI: THE PEPPER QUEEN OF INDIA

In the 16th century, on the lush and rugged coastline of Karnataka, there arose a queen whose courage, wisdom, and compassion left an indelible mark on Indian history. She was Rani Chennabhairadevi of Gerusoppa, fondly remembered as the “Pepper Queen of India.” Though time has tried to veil her name, her story still shines as an inspiring saga of resilience, justice, and moral strength.

A Queen in the Western Ghats: Born into the Saluva dynasty of the Vijayanagara Empire, Chennabhairadevi inherited the throne of Gerusoppa in a turbulent era. Portuguese traders, Arab merchants, and regional powers all competed for control of the Malnad and coastal regions because of one precious commodity: black pepper.

To the world, pepper was not merely a spice but “black gold.” Whoever controlled its trade controlled immense wealth and power. When Chennabhairadevi ascended the throne in 1552, many doubted that a woman could rule a kingdom surrounded by ambitious neighbors. But she proved them wrong.

The Rise of the Pepper Queen: Chennabhairadevi quickly realized that survival lay in diplomacy as much as in strength. She skillfully balanced alliances with local chiefs, resisted Portuguese attempts to monopolize pepper trade, and maintained ties with Arab traders. Her wisdom ensured that Gerusoppa remained a thriving hub of commerce while larger empires around her faltered.

She built her capital on the banks of the Sharavathi River, where trade flourished. The ports of Bhatkal, Honnavar, and Karwar bustled with ships carrying pepper, cardamom, and areca nut to distant lands. Under her rule, farmers prospered, trade expanded, and her kingdom became known across seas.

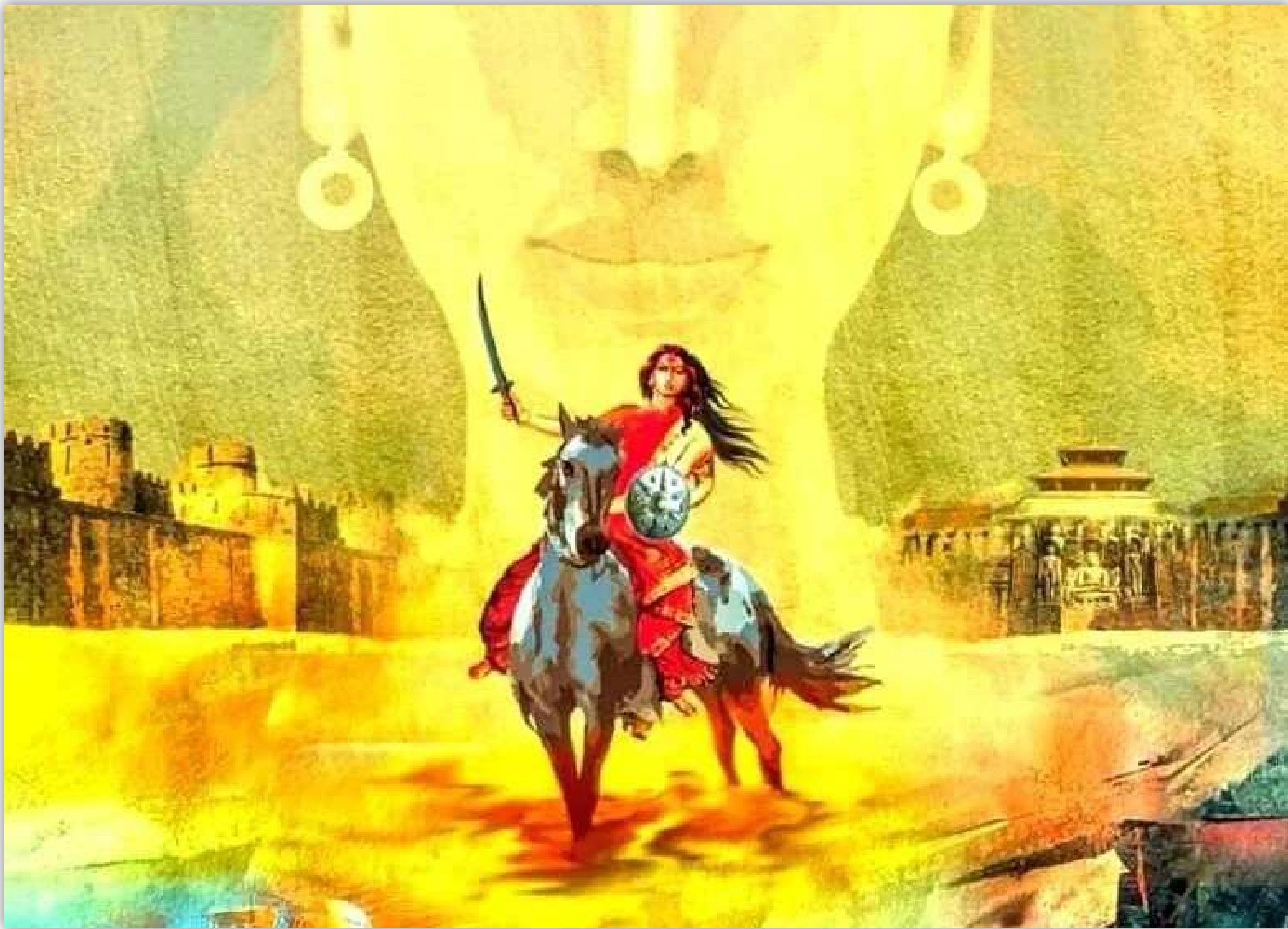
The Portuguese, frustrated by her refusal to surrender monopoly, often tried to intimidate her. But she stood firm, famously declaring, “The wealth of my land belongs to my people. I will not sell their rights for the comfort of foreign rulers.”

A Defender of Her People: Chennabhairadevi's greatness lay not just in trade but in her deep sense of justice. When famines struck, she opened royal granaries to the poor. She abolished exploitative practices and encouraged women to participate in farming, trade, and temple activities.

Folk songs still tell of her generosity. When a widow once

came to her court pleading for help, the queen said: “As long as I sit on this throne, no one in my land shall cry of hunger or injustice.” She was not merely a ruler; she was the mother of her people.

The Struggle Against the Portuguese: The Portuguese, determined to control the pepper trade, attacked her territories multiple times. They thought the queen would surrender, but she organized her people into a strong resistance. Using the natural defenses of the Western Ghats and the knowledge of her land, her small army repelled the powerful Portuguese forces.



Though she faced defeats at times, she never lost her spirit. Her defiance earned her admiration even among foreign traders, who began calling her the “Pepper Queen.”

Challenges Within and Without: But external enemies were not her only challenge. The decline of the Vijayanagara Empire weakened her political backing, and rival chiefs often sought to overthrow her. Yet Chennabhairadevi, with her calm wisdom, maintained her rule for an astonishing 54 years — one of the longest reigns by any queen in Indian history.

Toward the end of her life, she was captured briefly by the Portuguese. Yet even in captivity, she held her dignity, refusing to bow her head. Eventually, she returned to her people, continuing to guide them until her last days.

The Philosophy of Rani Chennabhairadevi: The life of Rani Chennabhairadevi was guided by a philosophy that was ahead of her time and remains relevant today. She proved that women are equally capable of ruling kingdoms, managing trade, and leading armies. She believed that rulers exist for the welfare of their subjects, not for their own luxury. By refusing to surrender pepper trade to the Portuguese, she taught that true sovereignty lies in controlling one's resources. She uplifted women and marginalized groups, weaving inclusiveness into her governance.

The Moral of the Story: Rani Chennabhairadevi's life is a reminder that true power does not come from wealth or armies alone but from moral strength and compassion. She showed that even in a world dominated by men and foreign powers, a determined leader with integrity can protect her people and preserve her land.

Her story teaches us that leadership is service: a leader must not only defend borders but also nurture prosperity, justice, and equality. She proved that courage and compassion together create a lasting legacy.

Conclusion: The story of Rani Chennabhairadevi, the Pepper Queen, is not merely history; it is an enduring lesson for today's world. At a time when women's voices were often silenced, she ruled with wisdom and fearlessness for more than half a century. At a time when powerful empires sought to exploit resources, she stood guard, declaring that the wealth of the land belonged to its people.

Her legacy continues to inspire us: to lead with courage, to act with compassion, to protect what is justly ours, and to remember that true greatness lies in serving others.

Rani Chennabhairadevi's reign remains a shining example of how moral leadership, guided by empathy and justice, can withstand even the strongest storms of history.

Ravi Singh & Tanishka Verma

THE INSPIRING SOCIAL JOURNEY OF KARAMVEER CHAKRA RECIPIENT ANURAG CHAUHAN

INTERVIEW BY
TANISHKA VERMA

Anurag Chauhan, popularly known as the Padman or PadWarrior is a social worker, founder of the Humans for Humanity organisation and the recipient of the Karamveer Chakra by the United Nations. His magnificent persona is the perfect blend of modern abstraction and reverence for rich culture and tradition. Born and brought up in Dehradun, Mr. Anurag Chauhan shares that he had a very comfortable upbringing for which he expresses his profound gratitude to his parents.

He started working for the society at a very young of 14 years for which he got motivation and inspirations from various incidents but most importantly his preliminary view about volunteerism was given shape by the visionary words of late Pandit Birju Maharaj ji with whom he got a chance to interact during a school function which inspired him to volunteer. It was this interaction with Birju Maharaj Ji that motivated him to work for the society at a young age. His journey of social work began with the active engagement with SPIC MACAY Organisation.

Alongside talking about the neglected issues like menstrual hygiene which is mostly considered deplorable and “modern” to discuss he holds his traditional values and culture in high regards.

Anurag Chauhan founded Humans for Humanity Organisation in 2014, the vision behind which started way before in year 2011 when he came across an article that highlighted the poor state of menstrual hygiene in India owing to which thousands of women were dying. He was steadfast to take actual measures and work on ground so that words like empowerment and feminism gives new breadth to women's life and that was the time when he

made commitments to work for menstrual hygiene and awareness. This commitment of Mr. Chauhan is also an extension of his belief that for women, after 'roti, kapda, makaan' sanitary pad is the necessity of which no women shall be bereft.

Humans for Humanity actively works to spread awareness about menstruation not only among women but also among men. They have been doing this in a systematic manner through their flagship project – WASH (Women Sanitation Hygiene). Key features of the WASH project are their workshops that are taken by doctors and nutritionist who work to spread awareness about the hygiene that needs to be maintained and the diet one should follow to lead a healthy life. They focus on 3As – Availability, Accessibility, and Affordability of

behind the rules that were made for them and the increasing redundancy of those rules with time.

Humans for Humanity is a multicausal and inclusive organisation that not only focuses on women issue but Transgender men too. Transgender men are the ones who are actually born female but identify themselves as males. Talking about them at length, he threw light on the daily hardships of transmen be it about the unavailability of gender neuter hygiene products, toilets and lack of money to get the appropriate surgery done. Anurag aims to create awareness about the uncompromisable rights of transmen and the need to bring out inclusive hygiene products in market and gender-neutral toilets in public spaces.

give me a real sister but now when I look across the country, I have not one but many sisters”, says Mr. Anurag Chauhan.

However, he also shares that his journey has not been a very smooth one as alongside the supportive people and communities there have been people and communities that oppose their cause and “throw stones” at them and blame them to corrupt their women about something which is unwholesome. Adding to this, his organization despite of doing the commendable work runs short of funds and aids it through self-funding.

Standing true to its name 'Human for Humanity' actually works for larger humanity be it children, artisans, families, and other marginalised communities. During the COVID

19 pandemic, they fed around 8000 families for 2 years, helped Kathputli artisans to make both ends meet by offering them work opportunities.

Lastly, on asking about any practical piece of advice he would like to give to the youngsters who want to contribute in the welfare of the society, he said, “youth should learn the true meaning of volunteerism, it is a full-time commitment that goes beyond social media posts, it's the art of selflessly serving the society.”

Mr. Anurag Chauhan is truly an inspiration for the society and the youth. His journey highlights that there is no right time or age to take up a responsibility, the only need is to have right intentions and the dedication to work towards that intended cause and that how one can make great changes in the society.



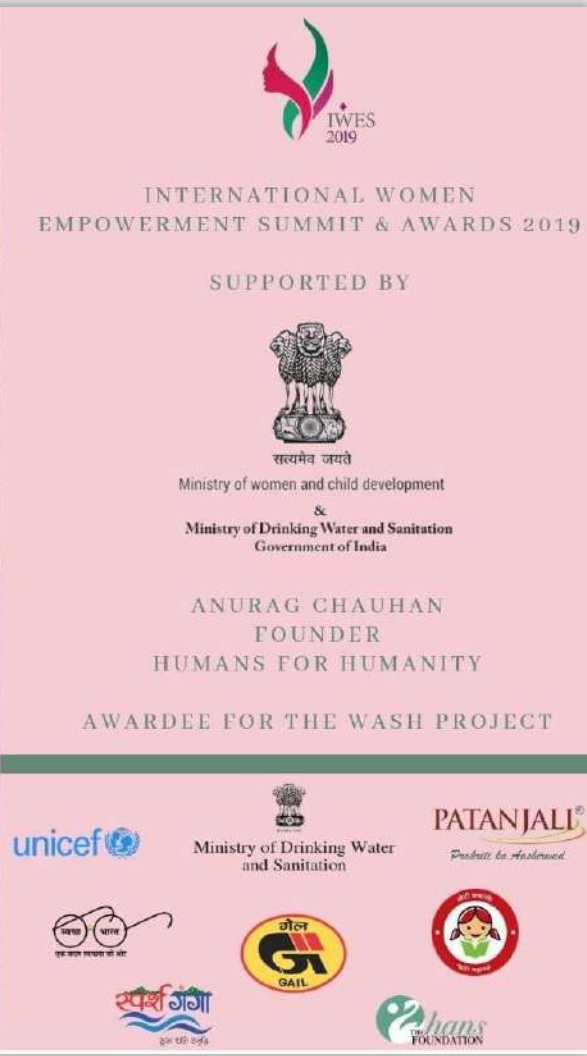
food so that the women don't face any problem. In workshops like these they also teach women the pad making process which runs for a few hours equipping them to solve their long-term problem of unavailability of good quality cost effective pads.

Apart from this, the major efforts of the WASH project are directed towards creating awareness about periods, breaking taboos around it and relieving young women of the trauma they face with menarche.

Mr. Anurag himself has been working tirelessly to break the old age shackles and myths around periods by conducting various experiments like the 'pickle test' in their workshop to tell women the right reasoning

Humans for humanity has been immensely successful in bringing about positive changes in various states and they aim to reach and empower women of the entire country. They also run listening centres for women that make efforts to take women out of their mundane routine into a space that allows them to express themselves freely in front of women that come from the identical backgrounds.

Upon asking about any special memory from his work that has stayed close to his heart, he shared an incident from a workshop that was conducted in Chomu village of Rajasthan where Mr. Anurag and his team gave a workshop and later the women of that town tied him the rakhi which was the most heartwarming experience for him. “God didn't



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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.

Goodbye, rigid office hours. Hello, flexibility. The world of work has undergone a dramatic shift, and leading the charge is the gig economy a system built on short-term, project-based, or freelance work instead of traditional full-time jobs. From students balancing lectures with online tutoring to professionals juggling consulting projects alongside a 9-to-5 job, gigs have become a mainstream way of earning, learning, and exploring.

What Is the Gig Economy?

The gig economy is a system where people take up temporary, freelance, or project-based jobs instead of traditional full-time roles. Think of it as “work on demand.” Instead of being tied to one employer, you can work for many, based on your availability and skills. Gigs allow multiple streams of income.

Everyday examples include:

- Swiggy/Zomato delivery partners getting paid per order.
- Uber/Ola drivers earning per ride.
- Freelancers on Fiverr/Upwork designing logos, writing content, or coding apps.
- Teachers on Vedantu or Chegg tutoring

THE GIG ECONOMY: REDEFINING WORK IN THE DIGITAL ERA

students worldwide.

This flexibility and variety have made gig work attractive across all age groups, from college students to homemakers to professionals seeking extra income.

Why the Gig Economy Is Growing

The gig boom is no accident it's powered by global shifts:

1. Technology: Smartphones, apps, and platforms connect workers to opportunities instantly.
2. Digitalization: Every business, big or small, needs online marketing, content, and design services easily outsourced to freelancers.
3. Changing Lifestyles: People crave flexibility, independence, and control over their time.
4. Pandemic Push: COVID-19 normalized remote work and accelerated freelancing worldwide.
5. Global Reach: A student in India can design a logo for a U.S. startup or teach math to a child in Dubai all from home.

Real-World Stories

- **Ananya, 21:** Café social media gigs now land her national brands.
- **Suresh, 35:** Corporate employee by day, paid blogger by night.
- **Neha, 40:** Homemaker turned her candle hobby into an online business.

These examples prove one thing: the gig economy isn't age-bound it's skill-bound.

Challenges in the Gig World

- **Unstable Income:** Pay is demand-driven; some months boom, others go dry.
- **Lack of Security:** No permanent contracts mean no guaranteed work.
- **No Benefits:** Unlike salaried jobs, gigs rarely offer health insurance, PF, or paid leave.
- **High Competition:** Platforms are crowded with global freelancers. Standing out takes strategy.
- **Risk of Burnout:** Juggling gigs with studies, jobs, or family life can be exhausting.short, the gig economy rewards independence but

d e m a n d s
resilience.

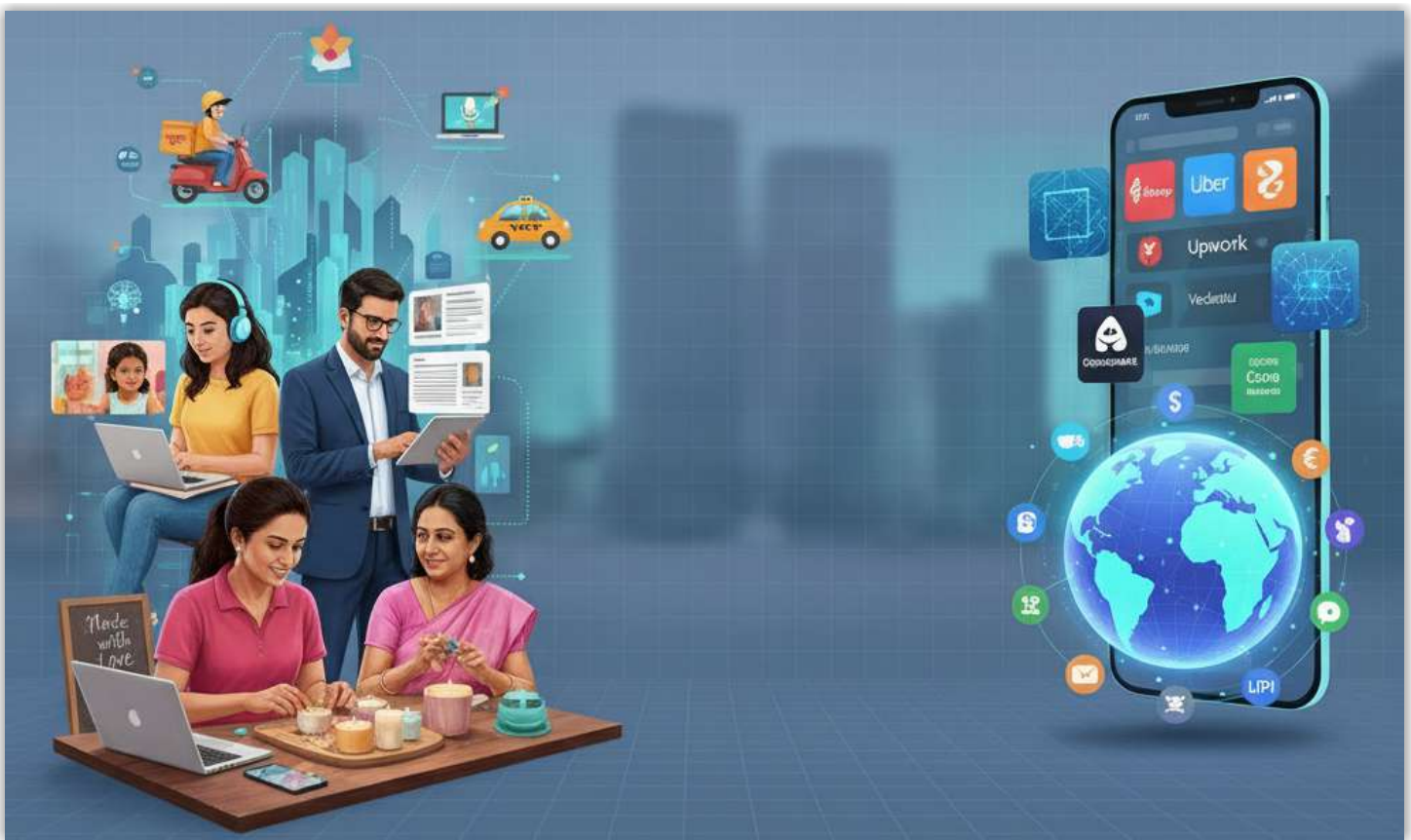
New Trends & Changes

The gig landscape is evolving at lightning speed:

1. **AI-Powered Gigs:** Tools like ChatGPT, Canva, and MidJourney help freelancers deliver faster, smarter work.
2. **Diversification:** Beyond delivery and driving, gigs now thrive in digital marketing, coding, fitness training, and consulting.
3. **Government Push:** India's Social Security Code is paving the way for gig workers to access insurance and welfare schemes.
4. **Corporate Acceptance:** Big companies increasingly prefer gig specialists for short-term projects.
5. **Global Marketplaces:** Payment systems like PayPal, Wise, and UPI make cross-border freelancing smoother than ever.

Tips to Thrive in the Gig Economy

- **Start Small, Grow Fast:** Begin with tutoring, writing, or designing; scale into higher-paying projects.
- **Showcase Your Skills:** Build a digital portfolio or LinkedIn profile to attract clients.
- **Master Time Management:** Flexibility can become chaos without discipline use planners and routines.
- **Choose Career-Relevant Gigs:** Align gigs with long-term goals finance students can try Book keeping, creatives can design or write.
- **Keep Learning:** Upskill with courses; coding, social media, and AI tools raise your value.
- **Save and Invest:** Income fluctuates, so save at least 20% to build a cushion.
- **Stay Safe Online:** Work via verified platforms and secure payments; avoid sharing personal details.



The Future of Gigs

According to industry reports, India's gig workforce could touch 23.5 million by 2030. With digitalization accelerating, opportunities will multiply in edtech, fintech, creative media, and AI-based services. The gig economy is no longer just a side hustle it's becoming a mainstream career path. Colleges are encouraging students to explore freelance projects as real-world learning, while corporates increasingly rely on agile freelancers for specialized roles.

Conclusion

The gig economy is about more than money it's about freedom, opportunity, and adaptability. It lets individuals test skills, explore passions, and build multiple income streams. But success demands discipline, smart planning, and continuous upskilling. It gives you a platform to earn, learn, and grow on your own terms. So, the next time you unlock your phone, remember your next gig could be just a click away. Because in today's digital-first world, gigs are stepping stones to the future of work

Takeaway: The gig economy rewards skill, creativity, and flexibility. Start small, stay consistent, and think big you can turn gigs into growth.

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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.

SCIENCE FICTION WRITING:
IMAGINING FUTURES, SHAPING
REALITIES

Science fiction, often described as the “literature of ideas,” goes beyond storytelling to explore what could be, rather than what is. Rooted in curiosity and human imagination, this genre examines the relationship between science, technology, and society. Unlike fantasy, which deals with the impossible, science fiction is grounded in scientific possibilities, however speculative they may seem.

From Mary Shelley's *Frankenstein* arguably the first science fiction novel to H.G. Wells's *The Time Machine* and Jules Verne's *Twenty Thousand Leagues Under the Seas*, early science fiction works grappled with the anxieties and wonders of the Industrial Revolution. They posed critical questions: What does it mean to create life? Can technology liberate or enslave us? Will human ambition outpace morality?

In the 20th century, authors like Isaac Asimov, Arthur C. Clarke, and Ray Bradbury



expanded the genre's reach, blending scientific accuracy with philosophical depth. Their stories envisioned robots governed by laws, interstellar voyages, and societies reshaped by technology. These narratives were not mere entertainment but thought experiments warnings and aspirations wrapped in fiction.

Today, science fiction continues to thrive, exploring artificial intelligence, genetic engineering, space colonization, and climate change. Writers such as Margaret Atwood, Liu Cixin, and Neal Stephenson push boundaries by weaving speculative futures that reflect contemporary fears and hopes.

What makes science fiction powerful is its dual role: it warns against unchecked technological progress while inspiring innovation. Many real-world advancements satellites, submarines, even smartphones were once dreamt of in science fiction. By blending creativity with science, the genre offers readers a space to confront ethical dilemmas, reimagine human identity, and speculate on survival in an uncertain future.

Ultimately, science fiction is not just about rockets or robots; it is about us our choices, our flaws, and our dreams. It reminds us that imagining the future is the first step toward shaping it.

- Dr. Savita Pawar

GRAMMAR TIP

Less vs. Fewer

Less is used with uncountable nouns.
Example: This bottle has *less* water than that one.

Fewer is used with countable nouns.
Example: There are *fewer* books on this shelf than on the other.

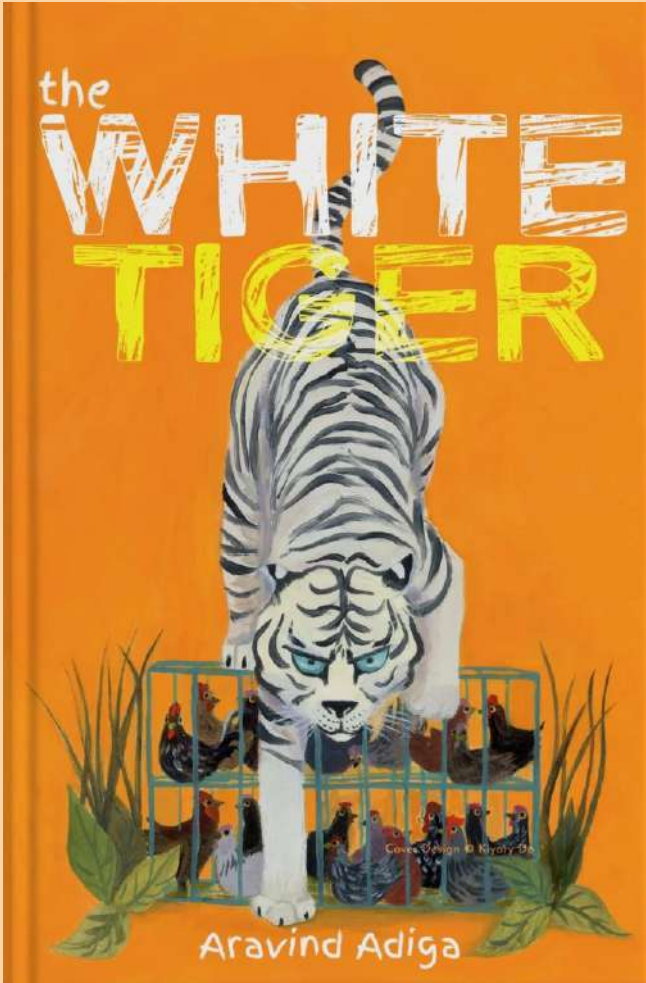
WRITER OF THE WEEK

Ruskin Bond (b. 1934)

Ruskin Bond is one of India's most beloved authors of children's and young adult literature. Born in Kasauli, he is known for his simple yet evocative storytelling that captures the beauty of nature, the innocence of childhood, and the charm of small-town life in India. Works like *The Room on the Roof*, *The Blue Umbrella*, and numerous short stories have made him a household name. Bond's gentle narratives highlight human emotions, friendship, and the magic of everyday life, making him a timeless figure in Indian English writing.

BOOK REVIEW

The White Tiger



by Aravind Adiga

Winner of the 2008 Booker Prize, *The White Tiger* is a sharp, witty, and unsettling exploration of modern India's class divide. Narrated by Balram Halwai, a poor villager who becomes a successful entrepreneur, the novel critiques corruption, inequality, and the moral compromises of survival. Adiga's biting prose and dark humor expose the contradictions of a nation rising economically while leaving millions behind. The book's raw voice and vivid realism make it a powerful social commentary and a gripping read.

QUOTABLE QUOTES

A reader lives a thousand lives before he dies. The man who never reads lives only one.

— George R.R. Martin

CREATIVE WRITING

A POISON TREE

I was angry with my friend:
I told my wrath, my wrath did end.
I was angry with my foe:
I told it not, my wrath did grow.

And I watered it in fears,
Night and morning with my tears;
And I sunned it with smiles,
And with soft deceitful wiles.

And it grew both day and night,
Till it bore an apple bright;
And my foe beheld it shine,
And he knew that it was mine,

And into my garden stole
When the night had veiled the pole;
In the morning glad I see
My foe outstretched beneath the tree.

Poetry By

- William Blake

DID YOU KNOW?

- The word “robot” comes from the Czech word “robota,” meaning forced labor?
- The world’s shortest poem is by Aram Saroyan and consists of just one word — “lightht.”
- William Shakespeare added over 1,700 new words to the English language, including bedroom, lonely, and swagger.
- The longest novel ever written is *In Search of Lost Time* by Marcel Proust, containing about 9.6 million characters.

WORD OF THE MONTH

Serendipity (noun) – the occurrence of events by chance in a happy or beneficial way.

Example: Finding my old friend at the railway station was pure serendipity.

IDIOM HIGHLIGHT

Bite the bullet: To face a difficult or unpleasant situation with courage and stoicism.

Example: I hated going to the dentist, but I knew I had to bite the bullet and get my cavity filled.

LAKSHADWEEP TO HOST INVESTORS MEET TO BOOST SUSTAINABLE FISHERIES AND EXPORTS

Union Minister Rajiv Ranjan Singh announced that an Investors and Exporters Meet will be held in Lakshadweep in November 2025 to promote investment and boost exports of tuna, seaweed and ornamental fish. Speaking at a fisheries development meeting in Kochi, he highlighted Lakshadweep's strategic role, as it covers about 20% of India's Exclusive Economic Zone (EEZ) and is rich in high-value tuna and deep-sea resources. Singh praised the islands' eco-friendly tuna fishing methods like pole-and-line and handline fishing, which are recognised worldwide for being sustainable and bycatch-free.

He stressed the need to develop the tuna value chain, support seaweed and ornamental fish businesses, and strengthen Fishermen Producer Organizations. Plans include certification and traceability for tuna exports and forming a joint working group with the Lakshadweep Administration to clear pending proposals.

Minister of State for Fisheries George Kurian noted that fisheries is India's second fastest-growing sector



after IT and urged investment in cold chains, modern infrastructure, and value-added processing. Lakshadweep Administrator Praful Patel mentioned new projects like desalination plants, smart classrooms, hospitals, and airports, and called for training in vessel technology and fish processing.

Officials from NITI Aayog, ICAR, MPEDA, and NABARD attended, aiming to make Lakshadweep a hub for sustainable fisheries and seafood exports.

POLY-HOUSE FARMING: THE FUTURE OF INDIAN AGRICULTURE

Polyhouse farming is emerging as a game-changer in Indian agriculture by offering farmers the ability to grow high-value crops throughout the year in a controlled environment. Unlike traditional farming, this method uses protective structures made from polyethylene sheets that regulate temperature, humidity, and light. Such precision ensures higher yields, premium quality produce, and reduced crop losses caused by unpredictable weather.



subsidies of up to 50%, and in some cases 75–95% for SC/ST farmers, significantly reducing initial investment costs. Farmers also receive credit-linked financial aid, technical assistance, and training opportunities.

With faster crop cycles, recovery of investments within 2–3 years, and sustainable practices like drip irrigation, polyhouse farming ensures both profitability and environmental responsibility. It is not just a modern technique—it is the future of resilient and sustainable Indian agriculture.

MAHADHAN AGRITECH EYES DOMESTIC PRODUCTION OF WATER-SOLUBLE FERTILIZERS WITH HAIFA GROUP

Mahadhan Agritech, a subsidiary of Deepak Fertilisers and Petrochemicals Corporation, is planning a water-soluble fertilizer plant in collaboration with Israel's Haifa Group. The unit may be set up in a port-based state such as Gujarat, Maharashtra, or Karnataka. COO Naresh Deshmukh said extensive groundwork and market analysis have been completed.



Currently, India imports all water-soluble fertilizers from Israel, Europe, or China. Demand is strong in Tamil Nadu, Andhra Pradesh, Karnataka, Maharashtra, and Gujarat—states producing fruits, vegetables, and flowers. These fertilizers are 80–90% efficient and highly effective under drip irrigation, with potential demand of 1.5 million tonnes.

Though priced higher and not subsidized, their use improves yield and quality. Mahadhan, already marketing Haifa's Solutek brand, also offers

Croptek and Solutek solutions tailored to specific crops. Sales have doubled, with a 3.2 lakh tonne target this fiscal. The company plans to boost specialty fertilizer capacity to 8 lakh tonnes within 2–3 years, expanding solutions for pulses, oilseeds, and vegetables to enhance farm productivity.

SOWING HOPE: PM-KISAN'S LIFELINE FOR FLOOD-HIT FARMERS



In a significant move to support flood and landslide-affected farmers, Union Agriculture Minister Shivraj Singh Chouhan announced the 21st installment of the Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) scheme. Over ₹540 crore has been disbursed to nearly 27 lakh farmers in Himachal Pradesh, Punjab, and Uttarakhand, providing crucial financial aid of ₹2,000 each directly into their bank accounts. Among the recipients, approximately 2.7 lakh are women farmers.

This targeted assistance aims to help farmers manage immediate household expenses, purchase seeds

and fertilizers, and prepare for the upcoming sowing season. Chouhan emphasized that the aid is more than just monetary support—it is a message of solidarity from the government during challenging times. A short film showcased during the event captured the hardships faced by farmers and the government's timely interventions.

He also highlighted Prime Minister Narendra Modi's recent visits to disaster-affected regions, where relief packages worth ₹1,500 crore for Himachal Pradesh, ₹1,600 crore for Punjab, and ₹1,200 crore for Uttarakhand were announced. With this latest tranche, the cumulative PM-KISAN disbursement in these three states has surpassed ₹13,626 crore, with Himachal receiving ₹160.21 crore, Punjab ₹221.98 crore, and Uttarakhand ₹157.83 crore.

NATIONAL INITIATIVE ON WATER SECURITY: MGNREGA FUNDS PRIORITISE RAINWATER HARVESTING AND GROUNDWATER RECHARGE



On 25 September 2025, Union Ministers Shivraj Singh Chouhan and C.R. Patil launched the National Initiative on Water Security at Krishi Bhawan, New Delhi. The policy makes water conservation a key focus of MGNREGA, ensuring a fixed share of funds for rainwater harvesting and groundwater recharge in every rural block.

Under the new tiered model, areas with high water stress will get more funds—65% of MGNREGA funds in over-exploited blocks, 40% in semi-critical areas and at least 30% in others. Chouhan said this shift moves from crisis management to sustainable water planning, guided by Prime Minister Narendra Modi's vision.

Patil called the step “historic”, noting that a large part of the Rs 88,000 crore MGNREGA budget will now support water projects. Since 2014, MGNREGA has created 3,000 crore person-days of work, with women's participation rising to 58%, and built over 1.25 crore water assets like ponds, check dams and reservoirs under Mission Amrit Sarovar, boosting rural water security.

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Dr. Smita Ravikumar Kuntay & Preety Kumari

IIM AHMEDABAD AND IIM LUCKNOW JOIN GOLDMAN SACHS' 10,000 WOMEN PROGRAMME



years, and now, with the inclusion of IIM Ahmedabad and IIM Lucknow, the reach and impact of the initiative will significantly grow.

The programme offers in-person courses designed to strengthen leadership, business strategy, and financial management skills. Goldman Sachs' research has shown that India's female workforce participation remains low compared to global levels, and empowering women entrepreneurs could play a vital role in boosting the country's economic growth.

Goldman Sachs has expanded its “10,000 Women” initiative in India by partnering with IIM Ahmedabad and IIM Lucknow to support women entrepreneurs. This programme aims to provide women-led businesses with world-class training, mentorship, networking opportunities, and access to funding.

With this expansion, the initiative plans to train 1,000 women entrepreneurs in India over the next year. The overall goal is to reach 10,000 women participants in the country by 2033. IIM Bangalore's NSRCEL has been part of the programme for several

Past participants of the 10,000 Women programme have reported impressive results, with many seeing their revenues multiply and their businesses expand significantly. By joining hands with leading management institutes, Goldman Sachs hopes to build a strong network of successful women business leaders across sectors, contributing to a more inclusive and dynamic economy.

GOVT PLANS TO INTRODUCE SKILL-BASED LEARNING IN CLASS 11 & 12 CURRICULUM: PRADHAN

Union Education Minister Dharmendra Pradhan announced that the government is working to include skill-based learning in the curriculum for Classes 11 and 12. Speaking at the Dakshinapatha Summit 2025 at IIT Madras, Pradhan emphasized the need for a major shift in the education system, moving beyond just degrees and certificates to focus on developing practical skills among students.



prepare students for real-world challenges and bridge the gap between academic learning and industry needs.

He highlighted that the National Education Policy (NEP) 2020 strongly recommends skill-based education. Pradhan stated that earlier, skill development was optional and selective, but now it will become an integral and formal part of the school curriculum. He also mentioned plans to introduce skill-based learning from Class 6 onwards to equip students with necessary competencies from an early age.

Quoting Prime Minister Narendra Modi, Pradhan stressed that while degrees are important, competency and employability are equally vital in today's world. The move aims to

INDIAN SIGN LANGUAGE CENTRE LAUNCHES NEW COURSES AND DIGITAL TOOLS FOR INCLUSIVE EDUCATION

The Indian Sign Language Research and Training Centre (ISLRTC) has introduced a range of initiatives to promote inclusive education for the Deaf community. These include new diploma programmes in sign language interpretation and teaching, along with specialized training for teachers. The centre has also released a fresh set of 100 new STEM terms translated into Indian Sign Language, helping to make science and technology education more accessible.



To reach learners across the country, ISLRTC has launched a six-month online training programme, ensuring that students in remote and rural areas can benefit from quality sign language education. In addition, a comprehensive digital repository with over 3,000 educational videos has been created, providing valuable resources for teachers and learners.

As part of its broader mission, ISLRTC is integrating sign language resources into digital platforms such as the “Project Inclusion” app and converting a range of publications into sign language format. These efforts aim

to give Deaf children and young adults better access to books, knowledge, and skills.

Officials believe these initiatives will help break communication barriers, create equal opportunities, and empower the Deaf community. By modernizing education and incorporating digital tools, ISLRTC hopes to build a more inclusive society where sign language is recognized and celebrated as a vital means of communication.

KARNATAKA CHARTS A NEW COURSE WITH FIRST SKILL DEVELOPMENT POLICY



Karnataka's cabinet has approved the state's inaugural Skill Development Policy (2025–2032), designed to position the state as a global hub for talent and support its goal of becoming a USD 1-trillion economy.

Until now, skilling programmes in Karnataka were managed by multiple departments without a cohesive framework. The new policy aims to bring everything together under one vision — aligning education, employment, and industry needs more effectively.

A key focus will be on embedding vocational training into schools, colleges, and universities via credit-based modules. Industry partnerships are central too: the policy proposes

strong collaboration through apprenticeships, industry-led training, and even adoption of ITIs (Industrial Training Institutes). Investments will also be made to upgrade infrastructure: modernizing tool rooms, creating rural and urban skilling hubs, and expanding Government Training Centres.

To ensure fairness and inclusion, the policy includes special provisions for women, persons with disabilities, marginalized communities, and informal sector workers. It also emphasizes lifelong learning — reskilling and upskilling to keep pace with technological change. A unified digital portal will provide training, assessments, and career guidance, powered by AI tools.

For accountability, 5 percent of the scheme budgets will be earmarked for monitoring and evaluation. The government's existing Kaushalya Karnataka Yojana 2.0 will act as the umbrella programme, bringing all skilling initiatives under one life-cycle approach.

MAHARASHTRA TO SEND 51 STUDENTS TO NASA EACH YEAR UNDER VIDYARTHI VIGYAN VARI SCHEME



The Maharashtra government has announced a new initiative, the Vidyarthi Vigyan Vari Scheme, to encourage scientific curiosity among school students. Under this program, 51 students will be selected annually for an educational visit to NASA in the United States. The scheme, launched in June 2025, is awaiting final approval and funding from the state government, with an estimated cost of ₹3 crore for the international trip.

The initiative is designed to recognize students who show creativity and effort in science projects, even if they do not win top prizes. According to Minister of State for School Education Pankaj Bhoyar, the goal is to motivate young learners to pursue science beyond the classroom and nurture their interest in research.

The program will run in stages. First, 21 top projects at the tehsil level will visit local science centers. Then, 51 district-level winners will get a trip to the Indian Space Research Organisation (ISRO) headquarters in Bengaluru. Finally, 51 state-level finalists will travel to NASA for a unique learning experience.

Bhoyar emphasized that this scheme aims to inspire students across Maharashtra to think big and innovate in the field of science. The government has also raised the prize money for state-level competition winners from ₹5,000 to ₹51,000. Once fully implemented, this program could serve as a model for other states to promote science education and exploration.

BRICS SOUNDS ALARM ON TARIFFS AND TRADE BARRIERS, CALLS FOR GLOBAL SOUTH SAFEGUARDS

The BRICS bloc has voiced strong concern over the rising use of steep tariffs and non-tariff barriers, warning that such measures risk fragmenting global trade and disproportionately hurting countries of the Global South. The remarks came in a joint communiqué after the annual meeting of BRICS foreign ministers, held on the sidelines of the 80th UN General Assembly in New York. The session was chaired by India, which will assume the bloc's chairship in 2026.

Concerns Over Protectionism

The ministers underlined their worry about the “indiscriminate rising of tariffs and non-tariff measures” used as coercive tools, which they said could disrupt supply chains, weaken trade flows, and create uncertainty in global markets. Such unilateral steps, the statement noted, are inconsistent with World Trade Organisation (WTO) norms and threaten to marginalize developing economies. The BRICS grouping now comprises Brazil, Russia, India, China, South Africa, Egypt, Ethiopia, Indonesia, Iran, and the UAE, reflecting its growing reach. Collectively, the bloc represents a significant share of global trade and population, making its concerns particularly relevant as trade tensions rise globally.

Jaishankar on Multilateralism and India's Chairship

India's External Affairs Minister S. Jaishankar, who chaired the meeting, stressed the importance of defending a rules-based multilateral trading system. “Rising protectionism, tariff volatility, and non-tariff barriers impact trade flows,” he warned, adding that BRICS must

reinforce peacebuilding, dialogue, and diplomacy in an increasingly turbulent world. Jaishankar emphasized that during India's upcoming chairship in 2026, the bloc will prioritize technology, food and energy security, innovation, climate change, and sustainable development. He also reiterated India's call for UN reforms, particularly expanding the Security Council to reflect contemporary realities. The ministers extended full support to India's chairship and welcomed the decision to hold a standalone BRICS foreign ministers' meeting in India that year.

Condemnation of Terrorism

Beyond trade, the BRICS ministers strongly condemned the April 22 terrorist attack in Pahalgam, Jammu and Kashmir, which killed 26 people. They reaffirmed a commitment to combat terrorism in all its forms, including cross-border financing, movement, and safe havens. The statement stressed that terrorism should not be linked to any religion, nationality, or ethnic identity, and called for zero tolerance and accountability for those involved. The ministers also rejected double standards in counterterrorism measures, a recurring theme in BRICS declarations.

Backdrop: US Tariffs Target India and Brazil

The meeting came amid heightened global trade friction, particularly following the Trump administration's 50% tariffs on Indian imports, including a 25% punitive tariff on Russian oil purchases. This has made India the highest tariff-burdened nation in Asia, with only Brazil facing a similar level of restrictions globally. These actions underscore the very

concerns raised by BRICS, as such unilateral protectionist policies not only strain bilateral relations but also disrupt the global economic order.

IBSA Echoes Concerns

In a parallel session of the IBSA grouping (India, Brazil, South Africa), the three nations also criticized discriminatory tariffs, calling them inconsistent with WTO rules. The ministers reaffirmed their push for UN Security Council reforms and stressed their commitment to a transparent, non-discriminatory, and inclusive multilateral trading system.

A Call for Fair Trade and Unity

The BRICS statement reflects a deepening unease over protectionist trends that risk sidelining developing economies. By highlighting the dangers of unilateral tariffs and voicing support for stronger multilateral systems, the bloc positioned itself as a defender of the Global South's interests. For India, which takes over as chair in 2026, the challenge will be to convert these declarations into tangible reforms—advancing UN restructuring, strengthening fair trade, and ensuring that BRICS remains a platform not only for economic cooperation but also for global governance reform.

GOLD PRICES NEARLY DOUBLE IN TWO YEARS AS INVESTORS FLOCK TO SAFE HAVEN

Gold has reasserted its reputation as the world's most reliable safe-haven asset, with prices in India and global markets almost doubling over the past two years. The surge, driven by a mix of inflationary pressures, geopolitical instability, and central bank stockpiling, has made the yellow metal one of the best-performing asset classes in a volatile global economy.

A Stunning Rally in Numbers: In September 2023, gold traded at about ₹50,000 per 10 grams in Indian bullion markets. By late September 2025, prices have climbed close to ₹95,000 per 10 grams, marking an appreciation of nearly 90%. Globally, gold futures soared past \$2,800 per ounce, compared to around \$1,700 just two years ago. Analysts describe this as one of the steepest multi-year rallies in recent history, underscoring how uncertainty has driven investors back to tangible assets.

Key Drivers Behind the Surge: The rally has been fuelled by global economic uncertainty. Persistent inflation across the United States and Europe has shaken confidence in financial instruments, despite aggressive central bank rate hikes. Fears of a slowdown or potential recession have pushed investors toward gold as a hedge. Geopolitical tensions have amplified the trend. Conflicts in Eastern Europe, rising friction in the South China Sea, and unrest in West Asia have all encouraged investors to seek refuge in gold, traditionally viewed as a store of value during crises. Additionally, the weakening of the Indian rupee against the U.S. dollar has further inflated domestic gold prices, as the metal is dollar-denominated in global trade.

some of the largest buyers of gold in recent years. According to the World Gold Council, countries including China, Turkey, and India have significantly expanded their gold reserves, reflecting a desire to reduce dependence on the U.S. dollar and diversify monetary holdings. This institutional buying spree has tightened supply and accelerated the rally, leaving less gold available for private investors.

Impact on Indian Consumers and Investors: For Indian households, where gold holds deep cultural significance, especially during weddings and festivals, the soaring prices have been a double-edged sword. While long-term investors have seen significant gains, jewellers report that demand for physical gold jewellery has dropped by 20–25% compared to 2022, as affordability concerns deter buyers. At the same time, financial instruments linked to gold, such as exchange-traded funds (ETFs) and sovereign gold bonds (SGBs), have gained traction among urban investors looking for exposure without the burden of high jewellery costs.

Future Outlook: Shine or Correction? Market watchers remain divided on the road ahead. Optimists believe that with continued geopolitical uncertainty, global slowdown fears, and sustained central bank purchases, gold could cross the ₹1,00,000 per 10 grams mark in India within a year. However, skeptics warn of a potential correction. If inflation begins to ease and central banks pivot toward interest rate cuts, demand for gold could weaken. Analysts caution that while the rally has been extraordinary, sharp increases are often followed by periods of consolidation.

The Glitter and the Cost: Gold's two-year rally, with prices nearly



doubling, reflects the world's deep economic anxieties and shifting investment strategies. For global investors, the metal has delivered unmatched returns, but for Indian households, the soaring prices are making tradition increasingly expensive. For now, gold continues to shine as the ultimate safe haven. Yet, whether it remains on its record-breaking trajectory—or faces a sharp correction—will depend on how the global economy balances inflation, growth, and geopolitical stability in the months ahead.

Central Banks Drive Momentum: Central banks have emerged as

EXPERT



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FAQs ON
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Q. Why Laughter is given so much importance?

Ans. Laughter stops worrying emotions. You can't undergo nervous, annoyed, or gloomy when you're laughing. Laughter helps you relax and refresh. Laughter improves your intake of oxygen-rich air, stimulates your heart, lungs and muscles. You must have seen laughter club in your vicinity. Thiruvalluvar, a Tamil poet who lived somewhere in between 4th century BCE and 7th Century BCE, has written Thirukkural, which consists of 1330 couplets or kurals, dealing with everyday virtues of an individual. Thirukkural mentions the following lines about stress management “If troubles comes, laugh: there is nothing like that, to press upon and drive away sorrow.”

Laughter has profound healing effects on our body and mind. Scientifically, it releases endorphins natural painkillers that reduce stress and boost mood. It also improves heart health, strengthens the

immune system, and enhances social bonds. When we laugh, we not only uplift ourselves but also create a positive environment around us. So yes, laughter is truly a healer, both physically and emotionally!

Laughter is often regarded as the best medicine, a universal expression of joy and a powerful tool for enhancing physical, mental, and social well-being. Ancient Indian wisdom, especially through Sanskrit Subhashitams, emphasizes the significance of laughter and happiness as integral to a balanced and fulfilling life. The concept of joy and humor in Indian thought is not only seen as a means of entertainment but also as a profound element in human development, spiritual growth, and interpersonal harmony.

1) Laughter as a Natural Healer: One of the greatest benefits of laughter is its ability to act as a natural ealer. It relieves stress, reduces anxiety, and enhances overall well-being. Ancient Indian wisdom highlights how a cheerful disposition can lead to a healthier life. "आत्मनं विद्धि सुखं वा दुःखं वा स्वयं करोति पुरुषः।". A person creates his own happiness or sorrow. This Subhashitam signifies that maintaining a joyful attitude, including laughter, can positively influence one's health and emotions. Science also supports this claim, showing that laughter releases endorphins, which act as natural painkillers, boosting immunity and reducing stress.

2) Laughter as a Path to Mental Peace: Mental peace is essential for a fulfilling life, and laughter plays a significant role in achieving it. In moments of distress, a light-hearted perspective can bring clarity and relief. The Bhagavad Gita and other Indian scriptures emphasize a detached, joyous approach to life. “हास्यं परं योगमुदाहरन्ति”. Laughter is considered the ultimate form of yoga. This highlights that a joyful mind is an essential element of spiritual practice. Just as meditation calms the mind, laughter relaxes it, providing a break from stress and excessive seriousness.

3) Laughter Strengthens Relationships: A shared sense of humor strengthens bonds and fosters deeper connections among people. A family that laughs together stays together, and communities that celebrate joy develop lasting harmony. "स्नेहसंयुक्तमायुष्यं मित्रसंगः सुखप्रदः।" A life filled with affectionate friendships brings happiness and longevity. Laughter deepens friendships and removes misunderstandings. It creates an atmosphere of trust and comfort, allowing relationships to flourish.

4) Laughter as a Tool for Wisdom and Learning: A person who embraces humor can also approach knowledge with an open and flexible mind. Many ancient Indian scholars and poets used humor to explain serious concepts in a more engaging way. "प्रसन्नं मनः सर्वसंपदां मूलं भवति". A cheerful mind is the root of all success. "When one learns with a happy and relaxed mind, retention and understanding improve. Even in modern education, humor is used to make learning more effective and enjoyable.

5) Laughter as an Expression of Spiritual Joy: Happiness and laughter are not merely worldly pleasures but are deeply connected with spiritual well-being. Devotees often describe divine bliss as boundless joy, reflected in the spontaneous laughter of enlightened beings. "आनन्दं परमं ब्रह्म" (Ānandam paramam brahma.) "Supreme bliss is the nature of the divine." This highlights that true wisdom and spiritual realization lead to an inner joy that naturally expresses itself through laughter and smiles.

6) Laughter Enhances Longevity: A stress-free and happy life often leads to a longer lifespan. Scientific research shows that people who laugh often live longer due to reduced stress and better cardiovascular health. "अत्यहास्यं च सन्त्यज्य मध्यमं सेवयेत्सदा" Excessive laughter should be avoided, but moderate humor should always be embraced. Balanced humor is key to a long and fulfilling life. Overindulgence in anything, even laughter, can be counterproductive, but a healthy amount of humor is beneficial.

7) Laughter Unites People Beyond Barriers: Laughter is a universal language that transcends cultural, linguistic, and national differences. It brings people together in shared moments of happiness. We are all connected, and laughter strengthens this bond by dissolving barriers between individuals. Laughter is not merely an act of joy; it is a way of life, a philosophy, and a tool for personal and social well-being. Laughter as a Shield Against Adversity. Life is filled with challenges, but facing them with a smile can make them easier to handle. Indian philosophy teaches that equanimity in joy and sorrow is the key to inner peace. One does not truly die from grief. While difficulties in life are inevitable, a humorous outlook helps in coping with hardships. Laughter provides resilience and the courage to move forward despite obstacles.

Laughter Promotes Creativity and Productivity: A workplace or an environment filled with humor and lightheartedness fosters creativity. Laughter breaks mental barriers, enabling fresh ideas and innovative thinking. By embracing humor and joy, one can lead a balanced, fulfilling, and enlightened life. In the words of ancient wisdom, a cheerful heart and a smiling face reflect the soul's true nature. Thus, let us incorporate laughter into our daily lives, not just as a fleeting emotion but as a conscious practice for overall well-being. Wish you much and more, stay happy!

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HEALTH MISINFORMATION ON SOCIAL MEDIA: A GROWING PUBLIC HEALTH CRISIS

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.

THE SILENCE AROUND MENTAL HEALTH: WHY WE DON'T TALK ABOUT IT



Mental health is still a taboo; no one wants to speak about it, and no one wants to even listen to it.

Fear of criticism, fear of isolation, fear of being

judged, and fear of being left out stop people from talking about their mental health. Is the people's judgement this important in our lives that we tend to suffer rather than to express?

Anyone with any mental health issues is usually termed as Mad or unstable in our society, irrespective of the condition and the severity. People fear being tagged as mentally unstable and do not share what is bothering them.

Brown Indian families are least bothered about their children's mental health, because according to them, there is nothing like depression or anxiety, and this is just an exaggeration. When the closest people deny helping you or hearing you out, to whom will you go and speak? Family is a shield for any individual; if the shield is not ready to protect, then the vulnerability of mental health issues rises.

There are a lot of depression and anxiety cases that are reported due to work pressure in the workplace. A friendly working environment focusing on the mental and financial stability of the employees yields good results. Work done under pressure to either meet deadlines or to get par from someone else, that kind of work lacks quality, as it is being done under stress and anxiety.

One of the recent suicide cases of a highly qualified genius student from IIT, Saurabh Kumar Ladda from Mumbai, has sparked concerns about mental health. He studied at a prestigious university and landed a job in a top MNC, but still ended his life due to work pressure.

We often measure happiness in our lives by our degrees and jobs, but the actual happiness is peace within. Even if we are earning in lakhs, but not happy and satisfied from within, the money just becomes a piece of paper.

So, in order to be highly productive in life and at work, stable mental health is a necessity. When we ignore it, the consequences may get worse.

With an increase in suicide and self-harm cases, we need to educate ourselves about the signs of mental health issues so that whenever we see someone with the slightest behavioral changes, we can confront and talk to them regarding it and help them to get out of that zone.

Many depression and anxiety patients have found relief when they have found someone to open up to and who has guided them correctly. A proper understanding, guidance, care, and support are needed to deal with such people. Their emotional state is vulnerable, and when we top it up with more complexity, it will go nowhere and become worse.

To combat this ignorance around mental health, a proper awareness should be spread locally, in schools and colleges, at the workplace, and on social media. When the effort is combined, it will bear results that will be actually helpful to the people of the society.

Professional mental health coaches and organisations can help many people to deal with the turmoil that they are facing. Measures should be taken to increase the number of such organisations and professionals to reduce the number of lives we lose due to anxiety and depression.

Let's make the world a better place to live. Understand and lend a helping hand and a listening ear to the people suffering from mental health issues. Your one gesture can help them calm down the chaos in their minds.

VINDHU VINOD CHOPRA'S 12TH FAIL WINS BEST FEATURE FILM AT 71ST NATIONAL FILM AWARDS



At the 71st National Film Awards held in New Delhi, Vindhu Vinod Chopra's film 12th Fail won the highly regarded Best Feature Film award. Droupadi Murmu, A President of India had presented the award at Vigyan Bhawan, signaling a remarkable achievement for cinema. The film was based on Anurag Pathak's book, spotlighting the inspiring journey of Manoj Kumar Sharma, a man who successfully tackles many challenges to become an IPS officer. The leading role is performed perfectly by Vikrant Massey, highlighting the journey of determination and resilience. Director Vindhu Vinod Chopra has acknowledged with gratitude, giving appreciation for the film's achievement to the dedication of the entire team. He commended his co-director for the contribution to Jaskunwar Kohli and the cast,

emphasizing the collaborative efforts that brought the story to life. The film's success at the National Film Awards reflects the expanding recognition of content driven cinema in India. It has sustained inspiring the audiences with its impactful narrative and performance.

INDIA STRENGTHENS GLOBAL PRESENCE IN NATURAL HEALTHCARE WITH NEW HERBAL DRUGS.

India is making a substantial advancement in the global natural healthcare market, utilising its rich heritage in traditional medicine and modern scientific advancements. Government Research Institutions are the leading edge of developing new herbal drugs aiming at chronic diseases such as diabetes, blood cancer, fatty liver, and liver cell degeneration. Partnering among the institutions like the National Botanical Research Institutions (NBRI), central Institute of Medicinal and Aromatic plants (CIMAP), the association of the Toxicology Research (IITR), and Central Drug Research Institute (CDRI) have already led to the development of 13 major herbal drugs, including BGR-34 for diabetes. The recent CSIR startup Conclave highlights the modern science to produce validated, affordable, and internationally competitive solutions. This integration is advancing. India's herbal healthcare sector entered a new growth phase, with products moving from laboratories to the marketplace. Building up its dedication, the government of India has committed US\$ 85 million over a decade to stand up with the WHO Global Traditional Medicine Center in Jamnagar, Gujarat. This centre targets to strengthen the proof base for traditional medicine and provide data on related policies, practice, and public uses. With the improved and growing worldwide preference for natural therapies, especially in lifestyle-related disorders, India's scientifically validated herbal these formulations equip it to gain a significant portion of the expanding herbal medicine Market.



GOOGLE TO INTRODUCE ANDROID ON LAPTOPS AND DESKTOPS



In a key decision, Google has announced intent to enhance its Android operating system to Laptops and Desktops computers. This disclosure came during the Snapdragon Summit, where Rick Osterloh, senior Vice President of Devices and Services at Google, verified the development alongside Qualcomm CEO Cristiano Amon. Traditionally, Android has powered smartphones and tablets, while Chrome OS has been the platform for laptops. Now, Google is the most used technology working on a unified Android-based platform in collaboration with Qualcomm, targeting to get the PCs into the Android ecosystems. The next generation Android PCs are expected to feature Snapdragon processors, Gemini AI, and Google Assistant integration, providing a seamless experience across devices. Analysts predict that the first tool will target the

budget of the PC market, similar to Chromebooks, making them reachable to a wider audience. A key policy decision had made this Google's commitment to expanding its ecosystem and providing people with a standardized experience over-all the Devices. As the tech landscape transforms, the convergence of Android across tablets, smartphones, and now PCs represent a new stage in computing.

E-COMMERCE GROWTH REDUCES AS PROFITABILITY IMPROVES

The growth of India's high demand e-commerce platforms- Flipkart, Myntra- has lowered down to 17%, indicating a shift in the factories focus from expansion to profitability. As per recent reports, these platforms earlier prioritised strong growth, discounts, and customer acquisition, and now it is gradually running towards sustainable business practices and better margins. Clients are developing further differentiation of their requirements, and costs are rising, placing more demand on companies to be effective in resource allocation. Flipkart, Amazon, and Myntra, for example, are now trying to balance their growth models with business objectives by investing more in technology that can help drive logistics and customer care objectives, rather than by simply giving large discounts. Experts make sure that slowing growth is not necessarily a negative sign. Instead it highlights the industry development towards a more stable, mature phase where companies focus on financial health instead of just sharing the market. E-commerce is now becoming the daily use and important. For the customers in India the trend of prioritizing profits is expected to strengthen over the coming years. Assuring that the platforms remain sustainable while still catering to millions of consumers nationwide. India's top platforms that covers online retails, where quality, efficiency, and long-term planning are taking supremacy over more than rapid growth rate. This step marks an important stage.



INDIA TO SUBMIT UPDATED CARBON-REDUCTION TARGETS AT COP30



India has declared that it will open up its updated Carbon-Reduction Targets at the prospective COP30 climate summit on 10, November, 2025. This action showcases the Nation's ongoing pledge to the Paris to Agreement, which intends to limit global warming and prevent dangerous impacts of climate change. The adjusted target will form part of India's Nationally Determined Contributions (NDCs). These NDCs symbolize each nation's plan of action for adopting renewable energy, cutting dependence on fossil fuels, and reducing greenhouse gas emissions. The Paris Agreement calls on countries to regulate fuel use and work towards keeping the Earth's temperature rise below 2°C, and ideally within 1.5°C compared to pre-industrial levels. This step is essential as it balances high economic growth rate with sustainability commitment. This updated plan is scheduled to prioritize extending solar and wind energy, and boosting electric mobility, making it better energy efficient, and strengthening forest cover to act as carbon sinks. By presenting its revised climate goals, India is signaling its leadership role in the global fight against climate change. The declaration puts them in pressure on other nations to get towards their commitments, as the global collective works through a sustainable and greener future.

ISRO AND SCHNEIDER ELECTRIC EXPAND TO COLLABORATION ON INDIA'S SPACE MISSIONS

India's Space Missions have secured a significant increase with the announcement of an extended collaboration between ISRO (Indian Space Research Organisation) and Schneider Electric. The advanced automation technology to India's space missions, optimizing efficiency and reliability at the Satish Dhawan Space Centre (SDSC SHAR) in Sriharikota. These are the targets of the organisation which they want to get smoothly. As per the announcement, Schneider Electric will provide state-of-the-art solutions in automation, energy management, and digital infrastructure. This advanced innovation will play a leading role in enhancing operations at ISRO's primary spaceport, where many of India's most important satellite launches take place. This collaboration is important because it brings together ISRO's scientific expertise with Schneider Electric's world experience in innovation and automation. By combining strength together, both the institutions aim to ensure smoother launch operations, reduce risks, and boost the overall success rate of future Space Missions. Researchers believe that such collaboration highlights India's growing strength in the world-wide Space Sector. With more international Partnerships and the adoption of cutting edge technology, India is establishing itself as a key player in space exploration and satellite development. The enhanced ISRO-Schneider tie-up it's another move towards the achievement of ambitious goals, including interplanetary missions and advanced satellite networks.



FIRST-EVER INDIA-PAKISTAN ASIA CUP FINAL
WON BY INDIA



The final of 2025 T20 international men Asia Cup was organized on 28th September 2025 at the Dubai International Cricket Stadium, Dubai, UAE. It is the first-ever Asia Cup final contested between India and Pakistan. After losing the toss, Pakistan is said to have batted first in the match. They got off to a strong start with Sahibzada Farhan and Fakhar Zaman, who put up a good opening stand. In the first half of the match, Pakistan was 113/1, which seemed to be a good total. Later on, the team collapsed, losing 9 wickets for just 33 runs, and ended up with 146 runs in 19.1 overs. Highlights of India's bowling: Kuldeep Yadav took 4 wickets for 30 runs in his 4 overs, Varun Chakravarthy took 2 wickets, Axar Patel claimed 2 wickets, and Jasprit Bumrah got the last wicket to wrap up Pakistan's innings. India's chase started poorly in the inning. Abhishek Sharma and Shubman Gill started the innings against Pakistan. Abhishek Sharma was out after scoring 5 runs from 6 balls, and Suryakumar Yadav was also dismissed in the powerplay. Although they began shakily, Tilak Varma and Shivam Dube formed an important partnership to keep India in the contest. Their aggressive hitting in the middle of the innings swung the momentum back to India. With just 36 runs needed from the final four overs, they finished off the chase with five wickets remaining. With that victory, India not only secured its ninth Asia Cup title, but it also represented history as it was the first time India had secured an Asia Cup title against arch-rival Pakistan in an India-Pakistan final.

ANTIM PANGHAL CAPTURES BRONZE MEDAL AT WORLD
WRESTLING CHAMPIONSHIPS

Zagreb, however, was one of the disappointments in Indian wrestling bringing Antim Panghal in the women's 53 kg class who fought well to earn a bronze medal and was a proud moment for the Indian contingent. Beyond Panghal's podium finish, however, the campaign was marked by widespread underperformance. India came up with 30 wrestlers across men's and women's categories. From the 30 athletes 29 are returned without a medal despite weeks of preparation and consistent work,including a government-funded overseas training camp in Croatia. In the Greco-Roman event, Sunny Kumar (63 kg) lost 1–3 to Qatar's Aref Hosseinkhoun, while Anil (67 kg) failed to score in a 0–7 defeat against Gagik M. Sanjoyan. Karan Kamboj (87 kg) was eliminated in qualification by American Payton Jacobson. Similar results unfolded across other categories, leaving India's medal tally behind. The players did provide food for thought about the future of Indian wrestling. Despite the country's heritage and investments to date into training, the results continually missed the intended mark at the global level. Panghal gave a sight of hope in the wrestling World and nation is hoping for structural reforms in the training and rivalry performances in the Championships.



WALCOTT STRIKES GOLD AS NEERAJ CHOPRA AND
ARSHAD NADEEM FALL BEHIND

Tokyo beholds a dramatic men's javelin throw final at the 2025 World Athletics Championships. In the championship, expectations of Neeraj Chopra and Arshad Nadeem duel fizzled out early. Neeraj Chopra said after the game that he was struggling with a back injury since early September that ended up hampering the performance on the big day. He was not that satisfied with the performance and could manage a best throw of 84.03 m and end up with eighth position. Pakistan's athlete Arshad Nadeem,ended up with a distance of 82.73 m that placed him in tenth position. This left fans disheartened on both sides of the border as the much-anticipated performance did not deliver. The fans gave good wishes to both athletes to recover fastly and start delivering rivalry performances on the world stage. The day, however, belonged to Trinidad and Tobago's Keshorn Walcott, who clinched gold with a throw of 88.16 m, reviving his reputation as one of the finest in the discipline. Grenada's Anderson Peters claimed silver, while America's Curtis Thompson secured bronze. India's 23 year old Sachin Yadav, who stunned the field with a personal best of 86.27 m, narrowly missed the podium and came in fourth place. His performance offered hope for the future.



INDIAN WOMEN SWEEP TITLES AT ITF W15 GURUGRAM
TOURNAMENT

Indian tennis stars delivered a commanding performance at the ITF W15 Women's World Ranking event in Gurugram, where home players claimed all four rare titles in the international event that concluded on Sunday. The tournament showcased the strength and power of India's rising women's talent on the international stage. In the singles final, Zeel Desai comes up with a spirited comeback to defeat fellow Indian Shruti Ahlawat in the tournament. After conceding the first set 2–6, the strategic play of Desai turned the tide with sharp baseline play, eventually clinching the match 2–6, 6–1, 6–4. The victory added another breakthrough performance in her growing career while highlighting Ahlawat's promise as a strong opponent in future events. The doubles final also turned up into an all-Indian affair. The experienced pair of Sravya Shivani and Pranjala Yadlapalli displayed milestone chemistry and consistency to beat other good athletes Mahika Khanna and Sohini Mohanty in straight sets, 6–4, 6–0. Their victory claimed India's dominance at the week-long event. The championship hosted in Gurugram of the Tennis Project not only brought ranking points for the winners but it also provided a vital exposure for young Indian players.



LUDHIANA'S OJAS SECURED THREE GOLDS IN CBSE
NATIONAL SWIMMING MEET



Ludhiana's rising swimming star, Ojas Sund gave a breakthrough performance at the CBSE National Swimming Championship that was held from September 17 to 21, at the M.D. University pool in Rohtak where Ojas Sund gave rivalry performances and secured three gold. A student of class 10th at Jesus Sacred Heart School, South City, Ludhiana, Ojas topped the podium in the Boys-I (U-17) category in 50m freestyle, 50m butterfly, and 50m backstroke. Additionally, he clinched bronze in the 50m breaststroke event. His journey to the national stage was backed by his many notable regional successes throughout his journey. In the championship of Swimming held by CBSE in North Zone Swimming Championship at Sonapat. Ojas had already secured five medals in

which three were golds and two were silvers that let him earn the qualification for the Rohtak event. He had also made headlines in the 46th Punjab State Swimming Championship in Ludhiana by showing breakthrough performances and breaking four meet records. Ojas's achievement and performance was acknowledged by the whole nation as a boy from the Punjab marked the Punjab involvement in sports. Punjab Swimming Association and his school authorities. Surjit Singh Sandhu (President) and Balraj Sharma (CEO) of the association joined school representatives in congratulating him on a remarkable performance.

HS PRANNOY LEADS AS INDIAN SHUTTLERS SHINE AT
KOREA OPEN 2025

The BWF Super 500 event named the 2025 Korea Open Championship, is organized at the Suwon Gymnasium in South Korea. The event is planned from September 23 to September 28, with the finals set to be held on Sunday. The prize money for this Super 500 tournament is USD 475,000. From the Indian contingent, many top players are participating in this prestigious event. HS Prannoy leads the charge, starting his campaign against a qualifier in Round 1. Another Indian athlete, Ayush Shetty, faces Su Li-yang from Chinese Taipei, while Kiran George is up against Singapore's Loh Kean Yew in a tough opening-round clash. In women's singles, with PV Sindhu opting out, Anupama Upadhyay emerges as one of India's main hopes. She begins her run with a challenging match against Putri Kusuma Wardani from Indonesia. In mixed doubles, the Indian duo Mohit Jaglan and Lakshita Jaglan will face the Japanese pair Yuichi Shimogami and Sayaka Hobara in their first-round encounter. Indian athlete qualifiers Luwang Maisnam faced Korea's Yoo Tae Bin in qualification, and Denmark's Mads Christophersen, giving India a mind-blowing performance and marking India's presence in Korea with their great game and consistent resilience during the championship.



CANARA BANK APPRENTICE
RECRUITMENT 2025 – 3500
TRAINING SEATS



Canara Bank

CANARA BANK
RECRUITMENT 2025
3500 VACANCIES

APPLY ONLINE: 23RD SEPT - 12TH OCT 2025

Canara Bank, one of India's leading Public Sector Banks, invites online applications from eligible graduates for Apprenticeship Training under the Apprentices Act, 1961, for the financial year 2025-26. A total of 3500 seats is available across States/UTs in India.

- Key Details:**
- Post: Graduate Apprentice
 - Total Training Seats: 3500
 - Age Limit: 20 to 28 years (born between 01.09.1997 and 01.09.2005)
 - Relaxation: SC/ST – 5 yrs, OBC (NCL) – 3 yrs, PwBD – 10 yrs
 - Stipend: ₹15,000/- per month (₹10,500 from Bank + ₹4,500 via Govt. DBT)
 - Educational Qualification: Degree in any discipline from a recognized University, passed between 01.01.2022 and 01.09.2025
 - Job Location: Across India (state-wise allocation with local language proficiency required)

- Selection Process:**
- Merit List: Prepared state-wise based on 12th Std/Diploma marks (60% General, 55% SC/ST/PwBD).
 - Document Verification & Local Language Test (if applicable).
 - Medical Fitness as per bank norms is mandatory.

- Application Fee:**
- General/OBC: ₹500/-
 - SC/ST/PwBD: Nil (Payment online via Net Banking/Debit/Credit Card)

- Important Dates:**
- Notification Released: 23rd September 2025
 - Online Registration & Fee Payment: 23rd September – 12th October 2025 (till 23:50 hrs)
 - Last Date for Printing Application: 27th October 2025

- How to Apply:**
- Register on NATS portal (www.nats.education.gov.in) with a complete profile.
 - Apply online through IBPS Portal: ibpsreg.ibps.in/canbaug25/
 - Upload photo, signature, thumb impression & declaration.
 - Pay the fee and submit before 12th October 2025.

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

SSC DELHI POLICE CONSTABLE RECRUITMENT 2025 – 7565 VACANCIES

The Staff Selection Commission (SSC) in collaboration with Delhi Police invites online applications from eligible Indian citizens for the post of Constable (Executive) Male & Female to fill 7565 tentative vacancies. Don't miss this golden chance to serve the nation!

- Vacancy Details**
- Constable (Exe.) Male: 4408
 - Constable (Exe.) Male – Ex-Servicemen (Others): 285
 - Constable (Exe.) Male – Ex-Servicemen (Commando): 376
 - Constable (Exe.) Female: 2496
 - Total Vacancies: 7565 (Tentative)

- Eligibility Criteria**
- Educational Qualification: 10+2 (Senior Secondary) Pass.
 - Additional for Males: Valid LMV driving license (Motorcycle/Car) at PE&MT stage.
 - Age Limit: 18–25 years as on 01/07/2025 (born between 02/07/2000 and 01/07/2007).
 - Relaxations: SC/ST – 5 yrs, OBC – 3 yrs, others as per rules.
 - Nationality: Indian citizens only.

Pay Scale:

- Level-3: ₹21,700 – ₹69,100/- per month + allowances.

- Selection Process:**
- Computer-Based Examination (CBE) – 100 Marks
 - Physical Endurance & Measurement Test (PE&MT) – Qualifying
 - Document Verification & Medical Examination
 - CBE Exam Pattern:
 - GK/Current Affairs – 50 Qs (50 Marks)
 - Reasoning – 25 Qs (25 Marks)
 - Numerical Ability – 15 Qs (15 Marks)
 - Computer Fundamentals – 10 Qs (10 Marks)

- Application Fee:**
- General/OBC/EWS: ₹100/-
 - SC / ST / Female / Ex SM : Exempted (Pay online via UPI, Net Banking, Debit/Credit Cards)

- Important Dates**
- Apply Online Starts: 22/09/2025
 - Last Date to Apply: 21/10/2025 (23:00 Hrs)
 - Fee Payment Last Date: 22/10/2025
 - Application Correction Window: 29–31/10/2025



- Exam Date: Dec 2025 / Jan 2026

- How to Apply:**
- Visit ssc.gov.in → Complete One-Time Registration (OTR) → Fill form & upload documents → Pay fee (if applicable) → Submit before deadline.

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

BIHAR STAFF SELECTION COMMISSION (BSSC) CGL 4
RECRUITMENT 2025 – 1481 VACANCIES

The Bihar Staff Selection Commission (BSSC) has officially released Advertisement No. 05/2025 for the 4th Graduate Level Combined Competitive Examination (CGL 4). Published on 4th August 2025, this recruitment aims to fill 1481 prestigious graduate-level posts in various departments of the Government of Bihar.

Eligible graduates can apply online from 18th August to 16th October 2025 through the official BSSC portal.

- Vacancy Details (Total – 1481)**
- Assistant Section Officer (ASO): 1064 (Women – 368)
 - Planning Assistant: 88 (Women – 30)
 - Junior Statistical Assistant: 05
 - Data Entry Operator (DEO): 01
 - Auditor: 125 (Women – 44)
 - Auditor (Cooperative Societies): 198 (Women – 68)
 - Reserved for Women: 510 seats

- Eligibility Criteria**
- Educational Qualification: Graduate degree in relevant fields (special requirements for DEO & Auditors).
 - Age Limit: 21–37 years (UR Male) as on 01/08/2025. Relaxations for SC/ST/OBC/Women as per rules.

- Salary (as per Pay Level)**
- A S O / P l a n n i n g Assistant/JSA: Level 7 (₹ 4 4 , 9 0 0 – ₹1,42,400)
 - D E O : L e v e l 6 (₹ 3 5 , 4 0 0 – ₹1,12,400)
 - Auditors: Level 5 (₹29,200 – ₹92,300)

- Selection Process**
- Prelims Exam (600 marks – Objective)
 - Mains Exam (Paper 1: Hindi – 400 marks; Paper 2: GS, Maths, Reasoning – 600 marks)
 - Document Verification
 - Minimum Qualifying Marks: Gen – 40%, BC – 36.5%, EBC – 34%, SC/ST/Women/Disabled – 32%.

- Application Fee**
- UR/BC/EBC/Outside Bihar: ₹540
 - SC/ST/Women (Bihar)/PwD: ₹135

- Important Dates**
- Registration Start: 18/08/2025
 - Last Date (Registration & Fee): 14/10/2025



Bihar BSSC CGL

Bihar Staff Selection Commission

Total
1481
Vacancies

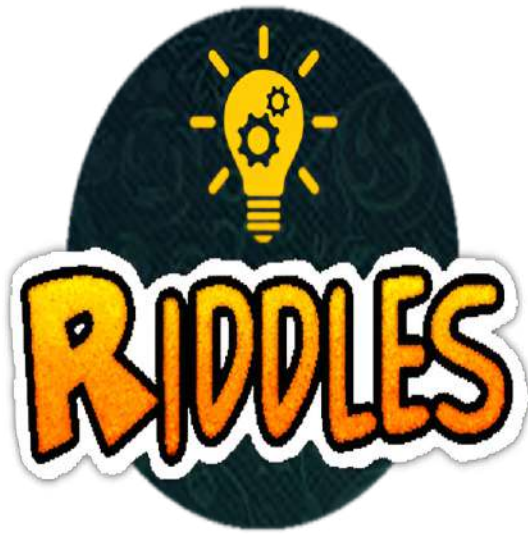
- Application Submission: Till 16/10/2025 (11:59 PM)

- How to Apply**
- Visit www.bssc.bihar.gov.in → Register online → Fill form & upload documents → Pay fee → Submit & save confirmation.

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



1. Which continent is the Sahara Desert located on?
2. Who is the current Secretary-General of the United Nations (as of 2025)?
3. What is the chemical symbol for potassium?
4. Which country invented paper?
5. In which Indian state is the Sun Temple of Konark located?
6. What is the fastest land animal?
7. Who wrote the epic Mahabharata?
8. Which planet is known for its prominent ring system?
9. What is the boiling point of water in Celsius?
10. Who was the first female Prime Minister of the United Kingdom?



1. I have lakes with no water, mountains with no stone, and cities with no buildings. What am I?
2. I run but never walk, I have a bed but never sleep. What am I?
3. I can be cracked, made, told, and played. What am I?
4. I grow only downward and never up. What am I?
5. Forward I am heavy; backward I am not. What am I?
6. I go up and down stairs without moving. What am I?
7. I have keys but no locks, I have space but no room, you can enter but not go outside. What am I?

1. A map
 2. A river
 3. A joke
 4. A beard
 5. A ton (backward reads "not")
 6. A carpet
 7. A keyboard
10. Margaret Thatcher

ANSWERS



Paneer Tikka Stuffed Kulcha Pockets

This Week, We're Relishing Paneer Tikka Stuffed Kulcha Pockets.

Paneer Tikka Stuffed Kulcha Pockets are a fusion twist on two Indian favorites – the smoky flavors of paneer tikka and the soft, fluffy kulcha. These pocket-style kulchas make for a wholesome snack, appetizer, or even a fun tiffin treat.

Ingredients:

For Filling (Paneer Tikka):

- 1 cup paneer cubes
- 1 tbsp hung curd
- 1 tsp ginger-garlic paste
- ½ tsp red chilli powder
- ½ tsp turmeric
- ½ tsp garam masala
- 1 tsp lemon juice
- Salt to taste
- 1 tbsp oil

For Kulcha Dough:

- 2 cups all-purpose flour
- ½ tsp baking powder
- ½ tsp baking soda
- ½ cup curd
- 1 tbsp oil
- Salt to taste

Steps:

Step 1: Marinate Paneer : Mix hung curd, ginger-garlic paste, spices, lemon juice, salt, and oil. Add paneer cubes, coat well, and marinate for 30 minutes.

Step 2: Cook Paneer Tikka: Shallow fry or grill the marinated paneer cubes until golden and smoky. Keep aside.

Step 3: Prepare the Kulcha Dough: Combine flour, baking powder, baking soda, curd, salt, and oil. Knead into a soft dough and rest it for 1 hour.

Step 4: Shape the Pockets: Take small portions of dough, roll into circles, place paneer filling inside, fold into a half-moon shape, and seal the edges to make pockets.

Step 5: Cook the Kulchas: Roast on a hot tawa with ghee until golden brown on both sides, or bake in an oven until fluffy and crisp.

Step 6: Serve: Serve hot with mint chutney or spiced yogurt dip. These delicious pockets are perfect for parties, picnics, or as a unique evening snack.



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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