

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



## JHARKHAND FOUNDATION DAY: CELEBRATING THE LAND OF BIRSA MUNDA

The Statehood Day of Jharkhand is celebrated on November 15 every year. Jharkhand became the 28th state of India on 15th November 2000 after the Chhotanagpur area was bifurcated from the southern portion of Bihar to become a new Indian state. The Bihar Reorganization Act of 2000 established the State of Jharkhand, which has its distinct culture and is made up of the forests of Santhal Pargana and the Chhotanagpur plateau.

The occasion also marks the birth anniversary of Bhagwan Birsa Munda, the renowned tribal leader from Jharkhand. He played a significant role in struggle for India's freedom and advocated for the rights of indigenous people.

The movement for a separate Jharkhand state was a struggle that lasted nearly a hundred years. It is rooted in the aspirations of the tribal and indigenous communities in the Chhotanagpur and Santhal Pargana regions of South Bihar for autonomy and identity,

The Initial demand for a separate tribal state in eastern India came in 1928 from Unnati Samaj, the political wing of the Christian Tribals Association, which submitted its plea to the Simon Commission. The effort was renewed in 1955 when the Jharkhand Party, led by Jaipal Singh Munda, requested a separate Jharkhand state from South Bihar via the States Reorganization Commission. This second request was ultimately rejected because the region had many languages but no common one, tribals were in the minority, and the separation was feared to have an adverse effect on Bihar's economy.

In July 1988, the Bharatiya Janata Party, led by Atal Bihari Vajpayee, L.K. Advani, and Murli Manohar Joshi, decided in Jamshedpur to demand a separate state named Vanachal, comprising the forest region of South Bihar. Inder Singh Namdhari, Samresh Singh, and Rudra Pratap Sarangi led the Vanachal movement, organizing several rallies for state formation.

In 1998, the Union government sent the bill for the formation of the Jharkhand state to the Bihar Legislative Assembly, despite Lalu Prasad Yadav's opposition, who famously vowed the state would be divided only “over his dead body.” In response, 16 political parties including the BJP, JMM, AJSU, and Congress united to form the 'All Party Separate State Formation Committee' to lead the movement. With Shahdeo as its convener, the committee called for a 'Jharkhand Bandh' and organized a protest march on September 21, 1998, the day the Jharkhand Act was scheduled for voting in the Bihar legislature.

In 1999, the Bharatiya Janata Party promised to create a separate Vanachal state if they won the state election. Following a hung assembly, the RJD gained Congress support on the condition that the RJD would not block the Bihar Reorganization Bill.



The BJP-led Union government, which had long supported statehood, approved the Bill in Parliament on August 2 in the Lok Sabha and August 11 in the Rajya Sabha with the backing of the RJD and Congress. This approved the establishment of a new state that included the Chhotaagpur and Santhal Pargana divisions and was first called Vanachal, and later changed to Jharkhand. On November 15, 2000, the birth anniversary of Birsa Munda, Babulal Marandi took the oath of office as the first Chief Minister of Jharkhand.

Jharkhand is also known as "The land of the forest” or

'Bushland'. And, it is situated in the northeastern part of India. Covering an area of approximately 79,716 sq. km, it is the 15th largest state by area, and the 14th largest by population. Hindi is the official language of the state and other languages include Angika, Bengali, Bhojpuri, Ho, Kharia, Khortha,

Kurmali, Kurukh, Magahi, Maithili, Mundari, Nagpuri, Odia, Santhali etc. The city of Ranchi is its capital and Dumka is the sub-capital. The state is known for its waterfalls, hills and holy places; Baidyanath Dham, Parasnath, Dewri and Rajrappa are major religious sites. Jharkhand is primarily rural, with about 24% of its population living in cities as of 2011. Around 80% rural population of the Jharkhand state depends upon agriculture for their livelihood, and major food crop of the Jharkhand state is rice.

ChotaNagpPlateau in Jhis a source of varivers including Koel, Damodar, Brahmani, K, and Subarnarekha. Since most of the state is covered with the forests, it harbors the populations of tigers and AsiaElepha.

Jharkhand is rich in mineral resources licoal, iron ore, copper o, urani, mica, bauxite, granite, limestone, silver, gr, magnetite,and dolom. Additionall, Jharkhand is the only state that produces coking coal, uranium, and pyrite.

The celebration of Jharkhand Statehood Day is a tribute to the century-long fight for identity, culminating on the birth anniversary of BBirsa Munda. Established on November 15, 2000, “The Land of the Forest” embodies a uniblend of rich culture and immmineral wealth. Its history isa powerfurnarrative of resilien, guiding the state as it works to fulfill the promise ofprograndpreserve its vibrant herifor tfutur.

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Durgesh K. Dubey

# RANI GAIDINLIU: THE SPIRIT OF THE HILLS

In the mist-covered hills of Manipur, where the clouds kiss the earth and the rivers sing to the forests, a young girl once rose to defend her people, her faith, and her freedom. Her name was Rani Gaidinliu — a name that became a symbol of courage, resistance, and moral strength. Though she began her life as a tribal girl in a remote village, she would go on to become one of the fiercest freedom fighters of India — lovingly called the “Daughter of the Hills” and “Rani of the Nagas.”

## The Seeds of Courage

Rani Gaidinliu was born in 1915 in Longkao village of the Naga Hills (present-day Manipur). She belonged to the Rongmei Naga tribe. Her childhood was simple — she helped her family with daily chores, tended the fields, and played with her friends amidst the hills. But even as a child, she had a questioning spirit and a fierce love for her land.

At the age of 13, she came under the influence of Haipou Jadonang, a spiritual leader and freedom fighter who dreamed of freeing the Naga people from British rule. He taught her that India was one land, and freedom was its birthright. Gaidinliu was deeply moved by his words. She once said, “A person who cannot love his land cannot truly love God.”

## The Spark of Resistance

Under Jadonang's guidance, Gaidinliu joined the Heraka movement, a revival of traditional Naga religion and a call for unity among the tribes. The Heraka faith emphasized purity, discipline, and devotion — not just to God, but to one's people and duty. The movement also became a rallying cry for freedom, as the British saw it as a threat to their control over the region.

When Jadonang was captured and executed by the British in 1931, the young Gaidinliu vowed to continue his mission. She was only 16, but her courage was far beyond her years. The hills that had witnessed her childhood now echoed with her call for resistance.

She began organizing her people, spreading the message of freedom across remote villages. She urged the youth to fight not with hatred, but with faith and unity. Her words inspired hundreds to join her cause. The British, alarmed by her growing influence, called her the “Terror of the Hills.” But to her people, she was “Rani” — their queen of hope.

## The Warrior of Faith and Freedom

Gaidinliu led many guerrilla attacks against the British administration. Using her deep knowledge of the forests, she and her followers would appear suddenly, strike swiftly, and vanish into the mist. She united several Naga tribes who had once fought among themselves, reminding them that their strength lay in unity.

She told them, “The British have divided us for too long. The time has come to stand together — for our hills, our gods, and our freedom.”

The British launched a massive manhunt to capture her. Rewards were announced for information about her, but no one betrayed the Rani — such was her people's love and loyalty. For four years, she fought fearlessly, evading capture, surviving in caves, and living on wild fruits and roots. Her resilience came from her spiritual conviction that truth and justice are stronger than any empire.

## The Arrest and the Spirit Unbroken



In 1932, after a fierce encounter, she was finally captured. The British sentenced her to life imprisonment. She was only 17 years old.

Even in jail, Gaidinliu remained unbroken. She refused to apologize or beg for mercy. When offered comfort in exchange for silence, she said calmly, “The soul of a free woman cannot be chained by fear.”

For 14 long years, she endured harsh conditions in various prisons — in Guwahati, Shillong, and Tura. But her faith in dharma, her devotion to her people, and her hope for freedom kept her spirit alive. She spent her time praying, meditating, and teaching fellow prisoners about courage and self-respect.

In 1947, when India finally gained independence, Rani Gaidinliu was released. She was welcomed back with tears of joy

and songs of celebration.

## The Rani of the Hills

After her release, she continued working for the welfare of her people. She emphasized education, women's empowerment, and cultural revival. She encouraged the Nagas to preserve their traditional values while embracing progress.

When she met Pandit Jawaharlal Nehru, he was deeply moved by her courage and simplicity. He affectionately called her “Rani of the Nagas.”

Throughout her life, she remained humble, refusing luxury or fame. She said, “My fight was never for reward — it was for truth, for my land, and for my people.”

For her selfless service, the Government of India awarded her the Padma Bhushan in 1982 and later commemorated her life on postage stamps and public memorials.

## Her Life Philosophy

Rani Gaidinliu's life reflected the core values of India's ancient wisdom — Dharma (righteousness), Seva (service), and Tyaga (sacrifice). She followed the path of righteousness even when surrounded by injustice. She devoted her life to serving her people, never seeking power or wealth. She sacrificed her youth, comfort, and personal happiness for freedom.

Her Heraka philosophy taught that spiritual strength and moral integrity are the foundation of true freedom. She showed that one's faith in good and truth can overcome even the greatest oppression.

The story of Rani Gaidinliu teaches us that real courage comes from conviction — not from weapons or power. She was young, a woman, and from a remote region — yet her spirit shook an empire. Her life shows that when one stands for justice with purity of heart, the Divine provides strength beyond measure.

She reminds us that freedom is not just political; it is also moral and spiritual — the freedom to live with dignity, truth, and love for one's people.

Rani Gaidinliu's journey is a shining example of India's eternal values — courage rooted in faith, leadership guided by service, and strength born from sacrifice. She fought not only against foreign rule but also against fear and doubt within her own people. Rani Gaidinliu — the Spirit of the Hills — remains immortal as a reminder that truth and faith can conquer even the mightiest empire.

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TURNING FAITH INTO SERVICE: THE INSPIRING STORY OF ACHARYA CHANDANAJI

*“Religion accepts life in its entirety. To work towards getting rid of any physical or mental suffering is true religion. Service is no different from spirituality, service is spirituality.”*

—Acharya Chandanaji

Acharya Chandanaji is an eighty six years old Jain nun who took her religious vows at a very young age, and has been living by her motto, “compassion in action”, ever since. In 1987, she became the first Jain woman to receive the title of 'Acharya'. And, is known for introducing the concept of “seva” (service to humanity) among the Jain. She has been awarded with Padma Shri in 2022 for her efforts towards humanitarian service. To her, “obstacles are just milestones” and she always manages to finds a solution to any obstacle she comes across.

In 1973, on the occasion of Lord Mahavira's 2500th 'Nirvana Mahotsava' Acharya Chandanaji founded Veerayatan, an organization dedicated to Seva (service), Shiksha (education), and Sadhna (inner development). Veerayatan functions as a non-profit, non-governmental organization with offices in ten countries, impacting thousands of lives over the past 40 years. The organization runs hospitals, schools, colleges, and vocational training programs, serving all individuals regardless of their background. Veerayatan has been at the forefront of disaster relief, providing immediate aid and rehabilitation in the affected areas.

She has been granted the capacity to see 3,64,829 persons so far. It all started one day when Acharya Shri saw several blind people while walking around the Indian state of Bihar. However, no one in the area had worn glasses. When she asked about it, she discovered that there were no programs available to aid people with their vision, and even if they did, the majority of people would not be able to afford them. Her visit to Bihar made her realize that she needed to establish an eye hospital where like-minded people could join her to support

her cause. She therefore joined Veerayatan, The Holy Land of the Enlightened Souls, a non-profit organization.

In 1974, through the newly formed Veerayatan organization, Acharya Chandanaji envisioned and created an “eye camp” which ran over several days. But the eye camps were just the beginning. Her belief is that the fundamental principle to transform an entire

and Veerayatan reached the place and immediately established a temporary school where the affected children could go. She then came to the conclusion that ensuring these kids continued their education was the only way to restore normalcy to their lives. So the Veerayatan team took in more than 6,000 displaced children and have since converted these makeshift schools into permanently established educational institutions where



community is education. Every time she visits a village that does not have a school, she asks the residents “while there are many temples in this village, why not turn the entire village into a temple by building a school?” Her strategy is holistic. She is aware that teaching involves more than just creating a structure. Veerayatan establishes excellent, value-based educational facilities as the starting point for the growth of a whole village.

One of the most inspiring things about Acharya Chandanaji in a world where natural disasters are on the rise, is that she goes to help people where the need is the most. For instance, in 2001 when a catastrophic earthquake hit the city of Kutch in Gujarat, Acharya Chandanaji

around 200000 students received education successfully. She then traveled to Nairobi in 2010, where she, in collaboration with the local volunteers, built a cerebral palsy unit that now treats numerous patients. And, in 2015, as a result of the devastating earthquake in Nepal, Acharya Shri went there within 3 days of the disaster and quackliy started rebuilding. She applied the same model as used in Kutch. During the pandemic, she adopted 50 orphaned and deprived children who received free education and stayed at a residential school in Kutch.

The several achievements of Veerayatan under Acharya Chandanaji's guidance, include Inspirational programs for addiction-free

societies and healthy living, establishment of schools, colleges, and hostels for underprivileged children, and extensive medical treatments, including a significant number of eye surgeries. She started rehabilitation efforts for earthquake-affected children and vocational training programs for self-reliance. She established educational institutions in Kutch and also led environmental awareness programs and spiritual training centers. She even lead to the development of retirement communities in the USA.

Acharya Chandanaji's philosophy extends to an enduring love for nature and animals. She advocates for making entire villages “temples” rather than just constructing temples within villages. She considers Veerayatan's work as a “small drop in the ocean” and desires to extend its reach to animal welfare. Her vision for the next generation of Sadhvis is one of selfless service, devoid of ego and personal gain, acting as “divine messengers on earth.”

On 5 September 2002, she was honoured with Shri Devi Ahilya National Award by the central minister, Smt. Sumitra Mahajan for her services to humanity in the fields of health, education, population, pollution control, and natural disasters through Veerayatan. And, on 26 January 2022, Chandanaji was awarded Padma Shri Award, the fourth-highest civilian award by the Indian government, for her contribution towards humanitarian service and social work.

Acharya Chandanaji's journey is an enlightening guide, showcasing that compassion is the pre-requisite for societal welfare. By turning entire villages into “temples” of learning, she offers a great vision of how a community can be empowered holistically. Her efforts are a lesson in itself, inspiring us to embrace service without ego, and focus on solutions rather than obstacles in the path of service to humanity.

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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.

Once upon a time, building wealth meant chasing profits now it means preserving the planet too. Today's generation isn't just asking “How much can I earn?” but also “How can I earn responsibly?”

Welcome to the age of green finance, where smart money choices are helping both wallets and the world. From sustainable investing to eco-conscious spending, the message is simple every rupee can make a difference if directed wisely.

The Green Turn in Global Finance

Across the world, finance is going green. According to Bloomberg Intelligence, sustainable investments topped \$30 trillion globally in 2024 proof that investors are shifting from profit-only to purpose-driven portfolios.

In India too, the trend is accelerating. Green bonds, ESG (Environmental, Social, and Governance) funds, and renewable energy startups are no longer niche. They're becoming mainstream.

From Tata Power's solar projects to HDFC

Bank's green bonds and Reliance's clean energy ventures, leading corporations are rethinking business through a sustainability lens — and investors are rewarding them for it.

Example: From Saving to Sustainable Saving

Meet Ishaan, a 22-year-old finance student from Mumbai. Instead of a traditional fixed deposit, he started a monthly SIP in a green mutual fund that invests in renewable energy firms. “It's not just about returns,” he says. “It's about supporting a future I want to live in.”

Similarly, Riya, a marketing executive, opened a digital bank account that plants a tree for every new user. “It's a small gesture,” she says, “but if 10,000 people do it, that's a forest!”

These examples show how individuals can align financial goals with environmental impact proving that sustainability isn't just for corporates; it's a lifestyle.

Green Money Moves: Building Wealth Responsibly

Here's how students and young professionals can grow their money while doing good:

- 1. Invest in ESG Funds:** ESG funds back companies with strong ethics and environmental standards. Options like SBI Magnum ESG Fund and Kotak ESG Opportunities Fund are great starting points.
- 2. Support Clean Energy Stocks:** Solar, wind, and EV sectors are booming. Companies like Adani Green, Suzlon Energy, and Tata Motors (EV division) show long-term potential.
- 3. Buy Local & Sustainable:** Every purchase is a vote. Choosing eco-friendly brands from clothes to coffee supports businesses that minimize waste and pollution.
- 4. Go Paperless & Digital:** Opt for digital statements and UPI payments. Going paperless saves trees and cuts your carbon footprint.
- 5. Save Energy, Save Money:** Simple habits switching to LEDs, turning off idle chargers,

and using efficient appliances reduce bills and emissions.

**6. Use Green Transport:** Carpooling, cycling, or using EVs saves fuel and keeps you and the planet healthier.

Why Students Should Care

For students, sustainable finance offers lessons beyond economics. It's about realizing how money choices shape the world.

When you invest in renewable energy or fair-trade companies, you're not just seeking returns you're supporting progress. It's where commerce meets conscience.

Sustainability also opens new career paths in ESG analysis, sustainability consulting, impact investing, and environmental accounting. Tomorrow's top professionals will be those who can balance profits with purpose.

The Hidden Cost of Convenience

While green choices grow, so do habits that harm both wallet and planet from fast fashion to frequent gadget upgrades.

Did you know a single cotton T-shirt consumes 2,700 Liters of water enough for one person's drinking needs for two and a half years? Multiply that by millions of wardrobes, and the cost becomes staggering.

The lesson? Every “cheap” purchase carries a hidden environmental price. The smartest choice isn't just buying better it's buying less.

Brands Making a Green Mark

- IKEA India runs fully on renewable energy.
- Patagonia reinvests profits into climate action.
- Ola Electric and Tata Motors are driving India's EV revolution.

These examples demonstrate how today's smartest businesses are turning green goals into



growth strategies.

Tips for Planet-Savvy Finances

- Plan Purchases:** Delay impulse buys. If you still want it after 30 days, it's worth it.
- Track Your Impact:** Apps like Joro and Earth Hero monitor your carbon footprint.
- Join Green Challenges:** Try “No-Spend November” or “Plastic-Free July.”
- Learn & Share:** Follow sustainability influencers or join finance clubs focused on ethical investing.

The Bottom Line: Green Is the New Gold

We're entering an era where saving money and saving the planet go together. Whether it's investing in ESG funds, choosing green brands, or reducing waste small actions multiply. As the world shifts toward sustainability, those who link finance with the future will lead the change.

So, the next time you make a financial decision, ask yourself: “Is this helping my savings and the Earth grow together?”

Because the smartest wealth is the kind that grows without costing the planet.

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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.*

CONTEMPORARY VOICES AND  
EVOLVING THEMES IN INDIAN  
ENGLISH WOMEN’S WRITING

In the late twentieth and early twenty-first centuries, Indian English women writers have significantly expanded both the scope and depth of literary expression. Their works explore complex themes such as migration, globalization, gender politics, caste and class hierarchies, ecological awareness, and intersectional identities transforming literature into a space for resistance and redefinition.

Arundhati Roy’s The God of Small Things (1997) powerfully exposes the interplay between gender and caste, depicting women’s struggles against oppressive social structures. Similarly, Bama Faustina’s Karukku (1992) brings a Dalit feminist perspective, blending autobiography with social critique and offering an unflinching portrayal of faith and marginalization.

The experience of migration and dislocation is vividly portrayed in Kiran Desai’s The Inheritance of Loss (2006), where characters navigate fragmented identities shaped by

globalization. Jhumpa Lahiri, in The Namesake (2003), captures the silent struggles of diasporic women torn between cultural roots and modern individualism.

Contemporary writers like Meena Kandasamy, in When I Hit You (2017), and Anita Nair, in Ladies Coupé (2001), reclaim the female body and voice from patriarchal silencing, addressing marital violence, freedom, and selfhood. Meanwhile, Githa Hariharan’s works explore ecological and socio-political consciousness, aligning with ecofeminist thought that links the exploitation of nature and women.

Recent scholarship, including Indian Feminist Ecocriticism (Bloomsbury, 2020), recognizes that Indian women writers have made a “remarkable contribution” to contemporary English fiction, not only in quantity but in their profound engagement with issues of identity and justice.

Through their narratives, these authors reshape Indian English literature into a vibrant discourse on gender, power, and transformation affirming that women’s voices remain at the forefront of India’s literary and social evolution.

DID YOU KNOW?

- The word “alphabet” comes from the Greek letters alpha and beta. The Greeks adapted it from the Phoenician script making it one of the earliest phonetic writing systems that inspired nearly all modern alphabets, including English.
- The zero (‘0’) was first conceptualized in India. Ancient Indian mathematicians like Aryabhata and Brahmagupta developed the concept, which later spread to the Arab world and then to Europe revolutionizing mathematics forever.
- The world’s largest school is located in India! City Montessori School in Lucknow holds the Guinness World Record with over 56,000 students studying across multiple campuses.
- Bananas are berries, but strawberries are not! Botanically speaking, bananas qualify as berries because they grow from a single flower with multiple seeds, whereas strawberries do not.

GRAMMAR TIP

Be careful with “its” and “it’s.”

- ☒ **It's means it is or it has.**
- ☒ **Its shows possession.**

**Example:** It's raining outside, but the cat stayed in its bed.

WRITER OF THE WEEK

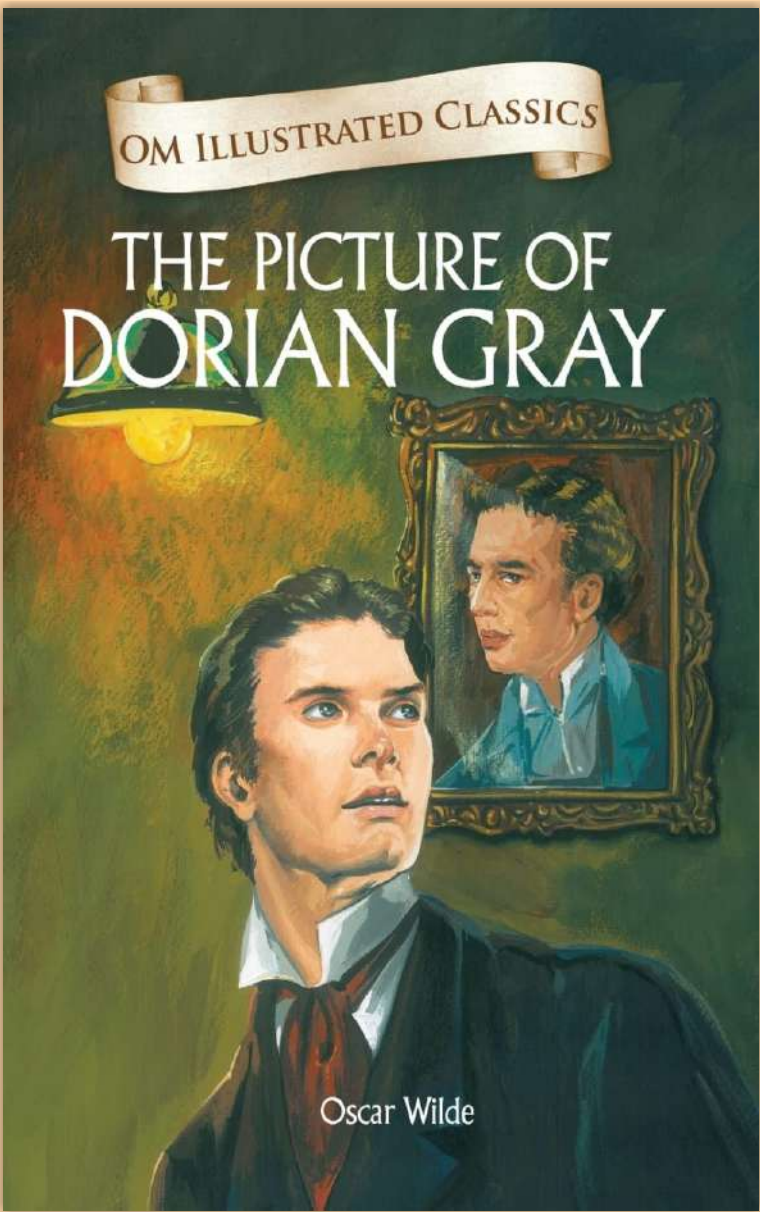
Chinua Achebe

Chinua Achebe, the visionary Nigerian novelist, reshaped world literature through his profound storytelling. His masterpiece Things Fall Apart presents the dignity, wisdom, and complexity of Igbo society before and after colonial rule. Achebe's elegant prose and cultural insight made him the voice of a continent reclaiming its identity through words.



BOOK REVIEW

The Picture of Dorian Gray by Oscar Wilde



Oscar Wilde's The Picture of Dorian Gray remains a stunning reflection on vanity and the cost of moral compromise. The novel's philosophical beauty lies in its paradox art may imitate life, but it can also expose the corruption behind beauty. Wilde's sharp wit and poetic style make this book both a cautionary tale and a celebration of aesthetic brilliance.

QUOTABLE QUOTES

*Words are, in my not-so-humble opinion, our most inexhaustible source of magic.*

— J. K. Rowling

CREATIVE WRITING



“HOPE” IS THE THING WITH  
FEATHERS

“Hope” is the thing with feathers  
That perches in the soul  
And sings the tune without the words  
And never stops at all

And sweetest in the Gale is heard  
And sore must be the storm  
That could abash the little Bird  
That kept so many warm

I've heard it in the chilliest land  
And on the strangest Sea  
Yet never in Extremity,  
It asked a crumb of Me.

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**Poetry By**  
By Emily Dickinson

A gentle yet powerful reminder that hope endures,  
even in life's fiercest storms.

WORD OF THE WEEK

**Word:** Ephemeral (adjective)  
**Meaning:** Lasting for a very short time.

**Example:** The beauty of a sunset is ephemeral but unforgettable.

IDIOM HIGHLIGHT

**Burn the Midnight Oil**

**Meaning:** To work late into the night, especially when studying or completing an important task.

**Example:** Rohan had to burn the midnight oil to finish his research paper before the submission deadline.



THE SWEET REVOLUTION – TRANSFORMING INDIA'S HONEY INDUSTRY

India's honey sector is experiencing a remarkable transformation under the National Beekeeping and Honey Mission (NBHM), launched as part of the Atmanirbhar Bharat initiative. The mission aims to boost farmer incomes, improve crop productivity, and position India as a global leader in honey production. Once a largely unorganized and small-scale activity, beekeeping is now becoming a structured and technology-driven enterprise supported by strong government initiatives.



the supply chain.

India's honey output has reached nearly 1.4 lakh metric tonnes in 2024, with exports exceeding one lakh metric tonnes worth USD 177.5 million, making India the world's second-largest honey exporter. Empowering rural communities, especially women and youth, beekeeping is emerging as a sustainable source of income and employment. This “Sweet Revolution” symbolizes how modernization and organized support can turn natural resources into engines of rural prosperity.

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AGRICULTURE 4.0 – POWERING INDIA'S DIGITAL FARMING REVOLUTION



productivity. Digital Farming goes a step further, reshaping the entire “farm-to-fork” ecosystem by combining data-driven insights, automation, and market connectivity. This transformation is crucial, as India will need to feed an estimated 1.64 billion people by 2050 while coping with climate change that threatens to cut crop yields by up to 25%.

Companies like Hitachi are driving this transformation through social innovation and smart technologies. Its advanced GIS and MRGM Net platforms enable data-led decision-making, efficient water use, and access to intelligent market channels. By empowering farmers with real-time insights, crop management tools, and digital connectivity, India's agriculture sector is poised for a sustainable, tech-enabled future of prosperity.

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Precision Agriculture focuses on applying the right inputs, in the right quantity, at the right time, ensuring that every field receives exactly what it needs to achieve maximum

HARYANA'S FARMER RELIEF SCHEME AMID MONSOON LOSSES

In a significant move to support farmers hit by the 2025 monsoon floods, Haryana Chief Minister Nayab Singh Saini has launched a special relief scheme aimed at easing financial stress in the agricultural sector. The initiative provides a six-month deferment on electricity bill payments for all agricultural tubewell users across the state. Covering the period from July to December 2025, this measure will benefit nearly 7.10 lakh farmers.



further.

According to the Energy Department, electricity bills issued between July and December 2025 will now be payable from January to June 2026 in a phased manner. Importantly, no Late Payment Surcharge will be imposed by the Uttar Haryana Bijli Vitran Nigam (UHBVN) or Dakshin Haryana Bijli Vitran Nigam (DHBVN), and farmers will continue to receive uninterrupted power supply during this period. The Haryana Government will bear the financial cost of the deferment to ensure that farmers are not burdened

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This proactive decision reflects the state's commitment to safeguarding rural livelihoods and agricultural productivity. By postponing payments and maintaining essential services, the government aims to help farmers recover from crop and infrastructure losses caused by excessive rainfall, ensuring that agricultural activities resume swiftly and sustainably.

THE RISE OF AGRICULTURAL DRONES



Agricultural drones are revolutionizing the global farming landscape by improving efficiency, reducing labour, and optimizing productivity. Over the past decade, these drones have evolved from costly, complex tools to affordable and user-friendly devices that can perform multiple agricultural tasks with precision. Modern agri-drones are capable of spraying fertilizers and pesticides, sowing seeds, mapping fields, and even monitoring crop health and livestock, all while saving significant time and effort for farmers.

Unlike many technologies that first

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spread through developed nations, agricultural drones gained popularity rapidly in middle-income countries across East and Southeast Asia, including China, Thailand, and Vietnam. These regions embraced drone technology to overcome the physical strain and inefficiency of traditional farming methods. By automating repetitive tasks, drones have not only reduced drudgery but also cut input costs and made farming more attractive to the younger generation.

Beyond labour savings, drones help optimize resource use, enhance yield quality, and promote sustainable agricultural practices. However, this technological shift also introduces challenges, such as job displacement for manual labourers and the need for new regulations and training programs. With the right support, agri-drones can lead the way toward smarter, safer, and more productive farming systems worldwide.

UP GOVERNMENT INTRODUCES 1% REBATE FOR NON-HYBRID PADDY FARMERS



The Uttar Pradesh government has launched a new scheme offering a 1 per cent recovery rebate on non-hybrid (coarse) paddy, a benefit previously provided only to hybrid varieties. This initiative aims to assist around 15 lakh rice farmers across the state and is expected to impose an additional cost of approximately ₹166 crore on the state exchequer.

State Finance Minister Suresh Kumar Khanna explained that while hybrid paddy had already been eligible for a 3 per cent recovery rebate (at a cost of nearly ₹100 crore annually), the same support is now extended to coarse paddy, albeit at 1 per cent. Beyond supporting farmers, the move is also projected to boost employment in the rice-milling sector, potentially creating around two lakh jobs.

Procurement of paddy in the state began on October 1 in western districts and on November 1 in the eastern parts. With the rebate in place, farmers of non-hybrid varieties can expect improved market returns, while the rebate also strengthens the link between agriculture and allied industries such as milling and processing.

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HARITHA VIDYALAYAM 4.0: KITE'S NEXTGEN EDUCATIONAL REALITY SHOW SET TO PREMIERE IN DECEMBER



Haritha Vidyalayam, the one-of-a-kind educational reality show, is set to premiere in December. Kerala Infrastructure and Technology for Education (KITE), part of the State's General Education Department created the program with the goal of showcasing Kerala's public education sector's accomplishments and best practices on a national level.

Applications for the show will be accepted from government and aided schools until November 15th. For primary schools and higher secondary school/high school categories, separate applications are requested. Interested participants can apply through the portal

www.hv.kite.kerala.gov.in.

The CEO of KITE, K Anvar Sadath went into detail regarding the show, its planned schedule and selection procedure. "The primary objective of the program is to recognise creative and exemplary work carried out by schools, bring them to the public's attention, share these successful models with other institutions, and ultimately raise the overall standard of public education," he said. A number of important factors, such as academic and extracurricular activities, infrastructure, social engagement, digital education integration, acknowledged awards, and creative school-specific initiatives, will be taken into consideration when choosing schools for the first round. Out of the 100 schools selected for the preliminary round, ten will be chosen for the final round. These ten schools and the eventual victors will get unique awards during the Grand Finale in February 2026.

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DELHI GOVT TO BUILD HOSTELS FOR VISUALLY IMPAIRED COLLEGE GIRLS ACROSS ALL DISTRICTS

The Delhi government has announced plans to establish hostels for visually impaired college girls in every district of the national capital, reaffirming its commitment to inclusive and equitable education.



The announcement was made by Social Welfare Minister Ravinder Indraj Singh during his inspection of the Kalinga Institute of Social Sciences in Isapur, Najafgarh — a Delhi government residential school for SC, OBC, minority, and orphan students. Singh engaged with officials and residents to review ongoing welfare and educational initiatives.

He noted that several hostels for students had been shut down in the past due to administrative neglect and promised to revive them to ensure safe accommodation and learning opportunities for underprivileged youth. "Our priority is to provide every child with access to quality education and a secure residential environment," Singh said.

The minister also highlighted the

recent inauguration of a hostel for visually impaired college girls in Timarpur during Sewa Pakhwada and announced plans to reopen the Sanskar Ashram in Dilshad Garden.

The Isapur residential school, which once offered free lodging, meals, uniforms, stationery, medical care, and vocational training, was closed in 2024 due to poor infrastructure and funding issues. Singh assured that the government is working to restore and expand such institutions to meet the needs of students across Delhi.

The initiative marks a progressive step toward empowering visually impaired students and ensuring that accessibility and inclusion remain at the heart of Delhi's education policy.

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DELHI GOVT UNVEILS 'SCHOOL WEB APP' TO POWER DIGITAL LEARNING AND SMART ADMINISTRATION

The Delhi government has launched the "School Web App", a comprehensive digital platform designed to modernise education and streamline school administration across the capital. The initiative aims to make the system smarter, more transparent, and more accessible for students, teachers, and parents alike.



Speaking at the launch, Education Minister Ashish Sood said the move aligns with the Digital India and Viksit Bharat 2047 vision, adding that the app will "save time, reduce paperwork, and bring learning closer to students' fingertips."

The platform provides a single digital interface where users can access timetables, homework, notes, attendance records, and exam results remotely. For parents, it offers real-time updates on their child's academic progress, enhancing communication between schools and families.

The minister highlighted that the technology will also foster innovation, creativity, and entrepreneurial thinking among students by ensuring quick and

easy access to information. "Now, information will reach students directly—this is true digital empowerment," Sood remarked.

Aligned with the National Education Policy (NEP) 2020, the app integrates skill-based learning modules and supports initiatives like Fit India, ensuring holistic student development.

Sood lauded the collaborative efforts of developers, teachers, and administrators, calling the initiative a "milestone toward a brighter, tech-driven future for Delhi's students." The "School Web App" marks a significant leap toward digitally empowered education in the national capital.

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EDUCATION FOR NATION-BUILDING: PRESIDENT MURMU INSPIRES AT KUMAUN UNIVERSITY CONVOCATION



On Tuesday, 4th November, President Droupadi Murmu attended the 20th convocation ceremony at Kumaun University, Nainital, Uttarakhand. While addressing the event she spoke about the importance of using one's education to further the growth of one's country. She underlined that education should go beyond achieving self-reliance but also help in the upliftment of communities. She stated, "Education not only makes us self-reliant but also teaches us humility and the importance of contributing to the development of society and the country."

The President emphasized that education enhances one's intelligence, talents, and moral values. She urged students to use their education to better the living conditions of the disadvantaged and underprivileged

members of society. Such services, according to President Murmu, embody "the true religion," which is one that truly offers contentment and happiness.

During her address, President Murmu additionally stressed upon the need of preserving the Himalayan ecosystem, stating that the region's indispensable resources must be protected for future generations. She praised Kumaun University's active efforts in the protection of the environment.

The President also pointed out that with India's rapidly expanding economy, the government is actively working towards creating fresh opportunities for the youth. She urged higher education institutions to prioritize research, innovation, and entrepreneurship. President Murmu reaffirmed India's ambition of being a developed nation by 2047, emphasizing the importance of young students in attaining it.

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BMC INTRODUCES SEEK CURRICULUM TO NURTURE EMPATHY AND ECO-AWARENESS IN MUMBAI SCHOOLS



The Brihanmumbai Municipal Corporation (BMC) has partnered with social enterprise Rangeet to launch the Social Emotional and Ecological Knowledge (SEEK) programme across its civic-run schools, aiming to foster emotional intelligence and environmental responsibility among students.

The initiative will be implemented in over 1,100 BMC schools, benefiting more than 3 lakh students across Mumbai. Through SEEK, the curriculum will focus on building key life skills such as empathy, confidence, critical thinking, digital responsibility, and social awareness — shaping children into compassionate, responsible citizens.

"The BMC is committed to building a stronger, future-ready Mumbai, and this begins with our children. Through Rangeet's SEEK curriculum, we're enabling students to develop values that define strong learners and better Mumbaikars," said Dr. Prachi Jambhekar, Deputy Municipal Commissioner (Education), BMC.

Aligned with NEP 2020 and the National Curriculum Framework (NCF) 2023, SEEK promotes holistic learning by integrating emotional, social, and ecological education. It addresses areas such as mental wellbeing, digital citizenship, equity, and climate consciousness, ensuring students grow with awareness of themselves, others, and the planet.

The programme, supported by Nirlon Ltd, Pratham, and ILF, is expected to reach 28,000 students by 2025, setting a benchmark for inclusive and sustainable education.

"SEEK empowers children to think, feel, and act with awareness — creating mindful individuals and a more compassionate world," said Simran Mulchandani, CEO and Co-founder of Rangeet.

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# TESLA SHAREHOLDERS APPROVE MASSIVE NEW PAY DEAL FOR CEO AMID EXPANSION PLANS

Tesla shareholders have voted overwhelmingly in favour of a new multibillion-dollar compensation package for its chief executive, marking one of the largest pay agreements in corporate history. The plan, valued at nearly \$1 trillion, secured around 75% approval at the company's annual meeting in Austin, Texas, reflecting investor confidence in Tesla's long-term growth ambitions despite concerns raised by proxy advisors and critics.

## The Largest Pay Plan in Corporate History

The approved plan ties executive compensation entirely to performance over the next decade. It comprises 12 tranches of stock awards that will be granted only if the company meets specific market capitalisation and operational milestones. The structure is designed to link leadership rewards directly with Tesla's value creation and innovation milestones.

The first share award activates once Tesla achieves a \$2 trillion market capitalisation, up from the current \$1.54 trillion. Each subsequent tranche requires additional growth in company value, with incremental targets of \$500 billion up to \$6.5 trillion and \$1 trillion thereafter. The final milestone — a valuation of \$8.5 trillion — would unlock the full compensation package.

Tesla also introduced ambitious operational benchmarks, including achieving 20 million annual vehicle deliveries, 10 million Full Self-Driving (FSD) subscriptions, 1 million Optimus humanoid robots, and 1 million robotaxis in commercial service. The plan sets earnings targets

ranging from \$50 billion to \$400 billion in annual adjusted profits, compared with Tesla's recent quarterly adjusted EBITDA of \$4.2 billion.

## Balancing Growth Ambitions and Governance Challenges

The pay package also expands the CEO's ownership stake from around 13% to 25%, reinforcing control over the company's strategic direction. While some investors argue this consolidation of power will ensure consistent leadership through Tesla's next phase of innovation, others have raised concerns about corporate governance and the potential risks of over-centralisation.

Tesla's board has defended the plan as a way to sustain innovation in electric vehicles, robotics, and AI. Analysts note that achieving even a fraction of the outlined targets — such as scaling vehicle production or developing commercial autonomous technology — would represent a substantial leap for the global EV industry.

The decision also comes as Tesla continues to face market competition from emerging electric vehicle manufacturers and regulatory scrutiny over its self-driving technologies. Nevertheless, the company remains a leader in EV adoption and renewable transport solutions, with over 8 million vehicles delivered globally to date.

## Broader Strategic Implications

Alongside the new pay plan, Tesla shareholders also approved a proposal allowing the company to consider investment in artificial

intelligence ventures, including partnerships with startups developing autonomous and AI-driven products. This move aligns with Tesla's growing focus on AI integration across vehicles, robotics, and energy systems.

Industry observers suggest that the package signals Tesla's transformation from a car manufacturer into a diversified technology enterprise encompassing AI, energy storage, robotics, and automation.

The approval follows a previous court ruling that invalidated an earlier 2018 compensation plan on governance grounds, a decision currently under appeal. The latest package seeks to re-establish investor trust while aligning leadership incentives with corporate milestones.

The enormous pay deal reflects investor optimism about Tesla's capacity to redefine the future of mobility and automation. However, meeting the lofty benchmarks — from trillion-dollar valuations to robotaxi networks — will require unprecedented innovation and execution.

Despite skepticism from some market analysts, the outcome of the shareholder vote reinforces Tesla's reputation as a risk-driven company betting on transformative technologies. For now, the approval marks a pivotal moment — one that could either cement Tesla's dominance or test the limits of ambition in the global corporate landscape.

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# FIIS RETURN TO INDIAN MARKETS WITH RS. 6,675 CRORE INFLOWS; DOMESTIC INVESTORS ADD RS. 4,581 CRORE

Foreign investors made a strong comeback to Indian equities, injecting fresh optimism into the markets after weeks of volatility. According to provisional data from the exchanges, Foreign Institutional Investors (FIIs) turned net buyers to the tune of ₹6,675 crore on November 7, 2025, marking a sharp reversal from their recent selling spree. Domestic Institutional Investors (DIIs) also continued their support, recording net purchases of ₹4,581 crore for the same day.

## FIIs and DIIs: Reversal in Investment Flow

Data showed that FIIs purchased shares worth ₹18,485 crore while selling ₹13,904 crore, resulting in a healthy net inflow. On the other hand, DIIs bought ₹19,470 crore in equities and sold ₹12,795 crore, sustaining the upward momentum in liquidity.

Despite the day's buying, foreign investors remain net sellers for 2025 so far, offloading equities worth nearly ₹2.47 lakh crore. In contrast, domestic institutions — including mutual funds, insurance firms, and pension funds — have acted as a stabilising force, cumulatively buying ₹6.38 lakh crore worth of Indian equities this year.

Market analysts view the FII turnaround as a potential signal of renewed foreign confidence in Indian growth fundamentals, supported by strong earnings, resilient macro indicators, and relative stability in the rupee.

## Market Snapshot: Volatility with Late Recovery

Equity markets traded in a volatile range throughout Friday before recovering sharply from early losses. The Sensex closed at 83,216 points, down by 95 points, while the Nifty50 settled 17 points lower at 25,492. The mild decline came after a robust intraday rebound, reflecting cautious optimism among investors.

Market participants noted that strong institutional buying in select financial and metal stocks helped counter weakness in sectors like FMCG, telecom, and consumer durables. Broader markets outperformed, with the Nifty Midcap index bouncing nearly 2% from its day's low, indicating continued interest in mid-sized companies.

Among key gainers were Shriram Finance, Tata Steel, Adani Enterprises, Bajaj Finance, and M&M, all supported by solid buying momentum. On the other hand, Bharti Airtel, Tech Mahindra, Tata Consumer Products, and Apollo Hospitals witnessed mild profit booking.

## Sectoral Highlights and Institutional Trends

The metal index led the sectoral recovery with a 1.4% gain, buoyed by rising commodity prices and expectations of infrastructure-driven demand. Meanwhile, IT and FMCG sectors slipped by about 0.5% each, reflecting selective investor rotation ahead of the festive season.

Experts believe the FII inflow could indicate a tactical shift in sentiment as global risk appetite stabilises. Cooling U.S. bond yields, easing oil prices, and resilient domestic earnings may have prompted foreign funds to re-enter Indian equities, particularly in banking, capital

goods, and metals.

The continued participation of DIIs has also been critical in cushioning the market from external shocks. With mutual fund SIP inflows hitting record levels, domestic investors remain a key driver of India's equity resilience.

While the benchmark indices ended flat, the return of foreign capital is expected to lend strength to the markets in the near term. Market watchers anticipate that steady domestic flows combined with foreign buying could push Indian equities toward new highs, provided global conditions remain supportive.

As India heads deeper into the festive and earnings season, analysts forecast sustained interest in sectors tied to consumption, infrastructure, and financial services. The renewed confidence from both foreign and domestic investors suggests that India's equity story remains robust and firmly anchored in long-term fundamentals.

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EXPERT



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Q. What is self-balance?

**Ans.** In the relentless pace of modern life, the greatest challenge is not simply managing time, but managing oneself. Self-balance, known in the ancient Indian knowledge system as atma-samyama or manonigraha, refers to the ability to remain calm, centered, and harmonious regardless of external circumstances. It does not mean suppressing emotions but mastering them, achieving an inner steadiness that allows one to remain unaffected by the turbulence of life. The ancient seers of India recognized that the mind, when uncontrolled, becomes one's greatest adversary, but when disciplined, transforms into a reliable ally. As the Bhagavad Gita declares, “Samatvam yoga ucyate” equilibrium itself is called yoga.

True self-balance begins with self-awareness, the conscious understanding that while external events are beyond our control, our reactions to them lie entirely within our power. A Subhashitam illustrates

this beautifully: "स्वभावो नोपदेशेन शक्यते कर्तुमन्यथा। सुतप्तमपि पानीयं पुनर्गच्छति शीतताम्॥" (One's nature cannot be changed merely by advice; even heated water eventually cools.) This teaches that understanding our own tendencies, likes, and dislikes is the first step in cultivating balance. Transformation is gradual; it is not forced, but nurtured through reflection and mindful practice.

Emotional equilibrium is a vital aspect of self-balance, emphasizing moderation and avoidance of extremes. Excessive joy breeds attachment, while unbridled sorrow fosters despair. As an ancient Subhashitam observes: "अतिवृष्टिः पयः पीतं, अत्यल्पं च न जीवति। अत्यन्तं सर्वमत्यन्तं न वरं न च शोभनम्॥" (Too much rain destroys, too little brings drought; excess or deficiency in anything is neither good nor beautiful.) By avoiding extremes, the balanced mind remains poised, cultivating self-control, resilience, and stability even in the face of success or failure.

Equally important is the harmony between action and reflection. Life demands both karma (action) and jnana (reflection), as acting without thought leads to chaos, while reflection without action results in stagnation. The wisdom of the Subhashitam "वृथा बुद्धिर्विनाऽभ्यासं वृथा अभ्यासो विनाऽधिना। यो हि संयोजयेदेतदुभयं स विजानती॥" (Knowledge without practice is useless, and practice without guidance is futile; the one who combines both truly understands)—reminds us that mental calmness and purposeful action reinforce each other. Just as a bird needs two wings to fly, a balanced life requires both insight and diligent effort.

Patience (kṣama) forms the silent strength underlying self-balance. True patience is not passive submission but a conscious choice to respond thoughtfully rather than impulsively. The Subhashitam notes: "क्षमा बलं अशक्तानां, शक्तानां भूषणं मतम्। क्षमा वेशः तपस्वीनां, क्षमा सत्यं तपोधनम्॥" (For the weak, forgiveness is strength; for the strong, it is an ornament; for ascetics, patience is their adornment.) By cultivating patience, one transforms provocation into understanding, creating a space where peace can flourish.

Detachment, or vairagya, is central to sustaining balance. It does not imply indifference but freedom from compulsive attachment to outcomes. The wisdom of the ancients is captured in: "फलमूलाश्रिता नित्यं नापि मूलफला वनाः। संगमूलाश्रिता नित्यं नापि मोक्षफला नराः॥" (Forests that depend on fruits do not always bear them; similarly, people attached to results do not always attain liberation.) Acting selflessly, without obsession over results, fosters inner stability and transforms every circumstance into an opportunity for growth.

The art of balanced speech is another key facet of self-mastery. Words can heal or harm, and knowing when to speak and when to remain silent is a mark of wisdom. As the Subhashitam advises: "सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः॥" (Speak truth pleasantly; avoid unpleasant truths and pleasing falsehoods.) Balanced communication nurtures harmony in relationships and reinforces inner serenity, while silence, when grounded in understanding, becomes a powerful instrument of clarity and peace.

So, self-balance is intimately connected to resilience the ability to recover and adapt in the face of adversity. A self-balanced individual does not crumble under stress or disappointment; rather, they view challenges as opportunities to deepen understanding and cultivate strength. Ancient Indian wisdom repeatedly emphasizes that external circumstances are transient, but the inner state of the mind determines long-term wellbeing. By maintaining a steady inner core, one can navigate the unpredictable waves of life with grace. This principle is encapsulated in the Subhashitam: "धैर्यं सर्वसिद्धिप्रधानं, न हि शीघ्रं लभ्यते सुखम्" (Patience is the foundation of all achievements; happiness is never attained hastily. This verse reinforces that enduring balance comes through steady cultivation, not impulsive pursuit.

Another dimension of self-balance lies in integrating physical, mental, and spiritual aspects of life. Ancient Indian systems, such as Yoga and

Ayurveda, view the mind and body as interconnected. Physical discipline, through regular exercise, proper diet, and restorative practices, supports mental clarity and emotional stability. Similarly, mental practices such as meditation, mindful breathing, and contemplation cultivate attention, reduce agitation, and enhance equanimity. Spiritual practices, including devotion (bhakti) or reflective inquiry (jnana), provide a sense of purpose and connection, anchoring the self beyond transient pleasures or pains. Together, these disciplines create a holistic framework where the body, mind, and spirit are harmonized, reinforcing self-balance. Self-balance also has profound implications for social relationships. A person grounded in inner stability naturally radiates calmness and understanding, which fosters harmony in interactions. Balanced individuals are less reactive to conflict, communicate with clarity, and exercise empathy. They inspire trust and cooperation because their behavior is consistent and rooted in awareness rather than impulsivity. In this way, self-balance contributes to social balance, creating a ripple effect where inner equilibrium promotes harmony in families, workplaces, and communities.

Moreover, self-balance encourages continuous learning and adaptability. The balanced mind remains open to new perspectives, flexible in approach, and willing to correct mistakes without self-recrimination. It embodies humility, acknowledging that personal growth is an ongoing journey. By blending reflection, patience, and mindful action, the self-balanced individual embodies a dynamic equilibrium an inner stability that thrives amidst change, nurtures relationships, and cultivates wisdom, ultimately reflecting the timeless teachings of the Subhashitam.

In essence, self-balance is both an art and a science a practical philosophy for living that integrates self-awareness, patience, gratitude, restraint, and purposeful action. Its cultivation not only transforms the individual but also subtly transforms the world around them, creating harmony that extends from the inner life to the outer environment. Desires, inherent in human nature, require careful regulation. Uncontrolled desires enslave, but directed desires become tools for growth. The Subhashitam explains: "न हि कश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत्। कार्यते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः॥" (None can remain inactive even for a moment; everyone acts according to their natural tendencies.) The essence of balance lies not in suppression but in refinement aligning desires with purpose, engaging with life without clinging, and achieving without arrogance.

Gratitude further reinforces mental equilibrium. It shifts focus from lack to abundance, fostering contentment and reducing restlessness. The Subhashitam states: "कृतज्ञता एव साधूनां भूषणं हि परं स्मृतम्। अकृतज्ञः पुरुषः पापी लोकद्विष एव च॥" (Gratitude is the supreme ornament of the virtuous; the ungrateful are despised by the world.) By practicing gratitude, one cultivates a stable mind, experiences joy in the present, and maintains serenity amidst life's fluctuations. Ultimately, self-balance is a lifelong journey, nurtured through reflection, mindfulness, compassion, and detachment. The mind is both the cause of bondage and the gateway to liberation: "मन एव मनुष्याणां कारणं बन्धमोक्षयोः। बन्धाय विषयासक्तं मुक्त्यै निर्विषयं स्मृतम्॥" (The mind alone causes bondage or liberation; attached to sense-objects it binds, freed from them it liberates.) Mastery over the mind is mastery over life itself, enabling the individual to navigate challenges with clarity, compassion, and composure.

Self-balance is not passive; it is dynamic harmony between inner stillness and outer engagement. It transforms thinking, action, and relationships, radiating serenity that inspires others. In essence, self-balance embodies awareness, patience, gratitude, detachment, and equanimity qualities celebrated in every Subhashitam. When cultivated within, this balance extends outward, fostering peace and harmony in the broader world.



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

Have you ever felt really happy after someone liked your photo, praised your outfit, or complimented your work? That warm, fuzzy feeling is called validation. It's when someone else's approval makes us feel good about ourselves. Everyone loves appreciation—it's natural and even healthy. But what happens when that need for approval turns into something we can't live without? When we start chasing likes, attention, and compliments all the time, we might be stuck in something called the validation loop.

## What Is Validation?

Validation means getting a sense of worth or confidence from other people's opinions. For example, when your friend says, “You look great today!” or your teacher praises your project, it boosts your mood. It's a nice feeling because it tells us we're doing something right. But there's a problem when we start depending on validation too much. Instead of feeling good about who we are on our own, we start relying on what others think. Slowly, our self-worth becomes like a balloon that only stays full when someone else is blowing air into it.

## The Addiction to Validation

An addiction isn't just about substances it can also be about habits. When you constantly check how many likes your post got, keep refreshing for new comments, or feel sad when no one notices your efforts, that's a sign of being addicted to validation. At first, it feels harmless. You just want to share something and see what others think. But over time, it can become a trap. You might start doing things only for attention posting pictures to look “perfect,” pretending to be happy when you're not, or comparing your life with others online.

It becomes like a loop:

1. You do something to get attention.
2. You get validation and feel good.
3. The feeling fades, and you want more.
4. So you do something again hoping for the same rush.

And the cycle continues.

## Why It's So Easy to Fall Into the Trap

Today's world makes it very easy to get hooked on validation. Social media is full of numbers likes, followers, shares, comments and they all act like small rewards. Every “like” gives our brain a hit of a chemical called dopamine, which makes us feel happy. It's the same chemical released when we eat our favorite food or win a game. That's why every time we get positive attention, our brain says, “Do that again!” And before we know it, we start measuring our worth through screens and opinions instead of our own feelings.

## The Hidden Cost of Seeking Too Much Validation

When we depend too much on others' approval, we slowly lose touch with who we really are. We start to doubt ourselves and feel anxious when we don't get enough attention. It can even lead to sadness or low self-esteem. You might stop doing things you love just because you're scared people won't like them. Or you might start pretending to be someone you're not just to fit in. The more we seek validation, the less we trust our own voice.

## Escaping the Loop

The good news is that you can break free from this cycle. It just takes awareness and practice. Here are some small but powerful ways to escape the loop of self-obsession:

- 1. Appreciate yourself first:** Start your day by reminding yourself of your strengths. You don't need anyone's approval to know your worth.
- 2. Limit social media time:** It's okay to take breaks. Spend time doing things that make you happy offline reading, drawing, exercising, or just talking with friends face to face.
- 3. Do things for joy, not for show:** Share your achievements because you're proud, not because you need applause.
- 4. Surround yourself with real people:** Friends and family who support you genuinely help you feel secure without fake validation.
- 5. Be kind to yourself:** It's okay to make mistakes or have bad days. Your value doesn't depend on how perfect you look or how popular you are.

Validation feels good, but it should never be the only thing that makes you happy. Real confidence comes from within from knowing who you are and accepting yourself even when no one's watching. You are more than the number of likes on your post or the compliments you receive. You are a person with dreams, thoughts, and feelings that matter deeply. The moment you stop chasing constant approval, you start discovering real peace and self-love. So, take a deep breath, put down your phone for a while, and remind yourself: I am enough, even without validation.

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

Have you ever met someone and noticed how neat, confident, and well put-together they looked? Maybe their hair was tidy, their clothes were clean, and they smelled nice. That feeling you get when you think, “Wow, they look so good!” is the power of self-grooming. It's not about being rich or wearing expensive clothes. It's about taking care of yourself and showing the best version of who you are.

Self-grooming is like your personal art form. It's how you express respect for yourself and for others. When you look after your body, your hygiene, and your appearance, people notice. And yes, first impressions really do matter! They may not tell your full story, but they often open the first door to opportunities whether it's in school, at work, or in social situations.

## What Is Self-Grooming?

Self-grooming simply means taking care of how you look and present yourself. It includes everyday habits like bathing, brushing your teeth, combing your hair, and dressing neatly. It also means keeping your nails trimmed, using deodorant, and maintaining good posture. But self-grooming isn't just about looks—it's also about feeling good inside. When you take care of your body, you feel cleaner, fresher, and more confident.

## Why Does Grooming Matter So Much?

You've probably heard the saying, “Don't judge a book by its cover.” While that's true, in real life, people often form opinions about others within a few seconds of meeting them. This is called a first impression. Your grooming habits play a big part in shaping that impression.

When you're clean, well-dressed, and carry yourself with confidence, it shows that you value yourself. It tells others that you're responsible, disciplined, and pay attention to details. Whether it's a job interview, a class presentation, or meeting new friends, good grooming gives you a head start before you even say a word.

## The Small Things That Make a Big Difference

You don't need fancy products or expensive clothes to look good. Small, simple habits can make a huge difference. Here are a few easy grooming tips:

- **Stay clean:** Take a shower regularly and wash your hair to keep it fresh.
- **Oral hygiene:** Brush your teeth twice a day and keep your breath fresh.
- **Dress neatly:** Wear clean, well-fitting clothes that are comfortable and appropriate for the occasion.
- **Hair care:** Keep your hair trimmed or styled neatly.

Nails: Trim your nails regularly and keep them clean.

- **Smell good:** Use a mild deodorant or perfume.
- **Body language:** Stand tall, smile, and maintain eye contact. Confidence is a big part of grooming!

These habits may seem simple, but they create a big impact over time. They show consistency and discipline qualities that people naturally admire.

## Grooming Beyond Appearance

True grooming goes beyond just the outside. It also means having good manners, being polite, and speaking clearly. The way you talk, listen, and behave adds to your overall personality. Clean habits, a kind attitude, and positive energy make you truly attractive. Taking care of your mental and emotional well-being is also part of grooming. Get enough sleep, eat healthy food, and stay active. When you feel healthy inside, it shows on the outside.



## The Confidence Connection

Good grooming builds confidence. When you know you look your best, you automatically feel more positive. That confidence helps you perform better in every area of life be it school, work, or social situations. People are drawn to confidence, and it starts with self-care.

The art of self-grooming is not about vanity it's about self-respect. It's a daily practice that tells the world, “I care about myself, and I'm ready to face the day.” Remember, first impressions do matter, but grooming is not just for others. It's for you to make you feel comfortable, confident, and proud of who you are.

So take a few extra minutes each day to care for yourself. Keep your head high, smile often, and let your appearance reflect the amazing person you are inside. Because when you look good, you feel good and when you feel good, you shine!

\*\*\*\*



Afreen Mazgaonkar & Nancey Kujur

BAAHUBALI: THE EPIC NEARS RS. 25 CRORE MARK ON DAY 3 AT THE BOX OFFICE



Rana Daggubati, Anushka Shetty, and Ramya Krishnan, whose acting is still loved by fans. The story is about Shivudu, who finds out that he is actually Amarendra Baahubali. He then fights against the evil Bhallaladeva to take back his kingdom. Even after many years, people still enjoy watching Baahubali, showing how much they love its story and grand scenes.

Baahubali: The Epic, directed by SS Rajamouli, has returned to theatres and is performing well at the box office. The remastered version, released on October 31, earned ₹22.56 crore in its first weekend — slightly more than the Hindi version of Baahubali: The Beginning, which had made ₹22.35 crore earlier. On its opening day, the movie collected ₹9.65 crore, including ₹1.15 crore from special previews. The earnings dropped to ₹7.3 crore on Saturday and ₹4.46 crore on Sunday, with an average theatre occupancy of around 50%. Despite the dip, it has set a new record for re-released films in India. This new version brings together Baahubali: The Beginning (2015) and Baahubali 2: The Conclusion (2017) into one movie that is 3 hours and 44 minutes long, shorter than the original five-hour story. The film stars Prabhas,

ISRO GEARS UP FOR MANGALYAAN-2 MISSION TO MARS, LAUNCH PLANNED FOR 2030

India is getting ready for another big space mission — Mangalyaan-2, which will try to land on Mars for the first time. The Indian Space Research Organisation (ISRO) announced that the mission is planned to launch in 2030. India's first Mars mission, Mangalyaan (Mars Orbiter Mission), was launched on November 5, 2013. It made India the first Asian country to reach Mars and the first country in the world to do it successfully on the first try. The spacecraft worked for more than seven years and sent many useful pictures and information about Mars' air and surface before it stopped working in 2022. Unlike the first mission, Mangalyaan-2 will not just orbit Mars — it will include an orbiter and a lander, and possibly a small rover. ISRO is developing new technology to make sure the lander can safely reach Mars despite its thin atmosphere. If successful, India will join the United States, China, and the former Soviet Union as the only countries to have landed on Mars. Mangalyaan-2 will be a proud step for India, showing its growing strength in space research and continuing the success story started by the original Mangalyaan mission.



FOURTH PHASE OF INDIA-NEW ZEALAND FREE TRADE TALKS BEGINS



Queenstown in September. Trade between India and New Zealand grew strongly in 2024–25, reaching USD 1.3 billion — a 49% increase from the previous year. Once the agreement is completed, it is expected to create new trade opportunities, increase investments, and improve supply chains. India mainly exports textiles, medicines, machinery, and rice, while it imports agricultural products, minerals, and timber from New Zealand.

India and New Zealand have started the fourth round of talks in Auckland to finalize their Free Trade Agreement (FTA), which will help both countries increase trade and strengthen economic ties. The meeting is taking place from November 3 to 7, 2025, and focuses on key topics like trade in goods, services, and Rules of Origin — which decide where a product is made. India's Commerce and Industry Minister Piyush Goyal is expected to visit Auckland soon to meet New Zealand's Trade Minister Todd McClay and review the progress of the talks. Officials from both sides are having positive discussions to resolve remaining issues and move closer to signing the agreement. The FTA talks began on March 16, 2025, and the last (third) round was held in

INDIA AIMS TO EXPAND RARE EARTH MAGNET INDUSTRY THREEFOLD

India is planning to almost triple its incentive program for making rare earth magnets to over ₹70 billion (\$788 million). This move aims to build India's own capacity in a field that is currently dominated by China. The plan, which still needs cabinet approval, is a big jump from the earlier ₹24 billion (\$290 million) proposal. Rare earth magnets are important for electric vehicles, renewable energy, and defense industries. China produces nearly 90% of the world's rare earth materials. When China made its export rules stricter, many countries, including India, began working to build their own sources for these materials. But India still has some problems, such as limited technology, not enough money, and less experience in this field. To help solve this, the Indian government plans to support about five companies by giving them financial help through production and capital subsidies. This will encourage them to make rare earth magnets within the country and reduce dependence on imports from China. State-owned firms are also looking for foreign mining partnerships. The government is funding research on motors that use fewer rare earth materials to reduce dependency. India hopes this larger program will attract global companies to set up factories or partnerships in the country. But the success of the plan depends on global market trends — if China lowers its prices or eases export rules, it could slow India's progress.



ELON MUSK'S STARLINK TO BOOST INTERNET CONNECTIVITY IN RURAL MAHARASHTRA



Starlink's satellite internet will provide fast internet in places like Gadchiroli, Nandurbar, Dharashiv, and Washim. It will also improve network access on major routes like the Samruddhi Mahamarg and help connect ferries, ports, and coastal police services for better communication. This project will begin after getting approval from the central government. The agreement was signed by Lauren Dreyer, Vice President of Starlink, and Virendra Singh, Secretary of Maharashtra's IT Department, in the presence of Chief Minister Devendra Fadnavis. Fadnavis said this partnership will help connect even the most remote villages, schools, and health centers, making Maharashtra a model for Digital India. Starlink's satellite internet will provide fast internet in places like Gadchiroli, Nandurbar, Dharashiv, and Washim. It will also improve network access on major routes like the Samruddhi Mahamarg and help connect ferries, ports, and coastal police services for better communication. In the first 90 days, the pilot project will focus on providing internet to government and tribal schools, health centers, and disaster control rooms. The main goal is to improve education, healthcare, and communication in rural and remote parts of Maharashtra so that every community can benefit from digital services and stay connected.

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FROM CHEMO TO PILL: BIG STEP FORWARD IN CANCER CARE

Scientists at the University of Arizona have found a new way to give chemotherapy that can treat pancreatic and breast cancer better and cause less harm to healthy cells. Their study, published in Nature Cancer, talks about a new medicine called Paclitaxome, which is made from the common cancer drug paclitaxel. In tests on mice with triple-negative breast cancer and advanced pancreatic cancer, Paclitaxome worked better than existing drugs Taxol and Abraxane. The team later improved it further, creating a version called CD47p/AZE-Paclitaxome, which slowed tumour growth and helped mice live longer. The new medicine stays in the body for a longer time and targets the tumour directly. This makes it work better and causes fewer side effects. It also helps other cancer drugs reach the tumour more easily. For example, when combined with gemcitabine or carboplatin, it prevented cancer from returning and stopped it from spreading in mice. Researchers believe this method can be used for other cancers and drugs too. The continuation of the scientists' research is to conduct tests of this drug on human beings very shortly. The positive outcome of the tests would mean the drug being accepted as a safe and better option for patients suffering from cancer.





Afreen Mazgaonkar & Nancey Kujur

MANUSH SHAH & DIYA CHITALE CREATE HISTORY — FIRST INDIAN DUO TO QUALIFY FOR WTT FINALS



finished runners-up at the WTT Star Contender in Brazil in August. They also reached the semi-finals at the Chennai Star Contender and made it to the quarter-finals at the Europe Smash, US Smash, and Singapore Smash. This is a momentous occasion for Indian table tennis through qualification, indicating that Indian players are capable of performing at a high level on the world stage, and succeeding.

India's table tennis mixed doubles pair, Manush Shah and Diya Chitale, have made history by becoming the first Indian duo to qualify for the season-ending WTT Finals. This is one of the biggest tournaments in world table tennis, featuring only the top 16 singles players and the top seven mixed doubles pairs, along with one wildcard team. Currently ranked eighth in the world, Shah and Chitale are the fifth pair to qualify for the 2025 WTT Finals, which will be held in Hong Kong from December 10 to 14. The event provides a prize pool of \$1.3 million and an opportunity for players to be part of table tennis history. The Indian pair have shown remarkable consistency throughout the year. They won the WTT Contender title in Tunis in April and

INDIA CREATES HISTORY WITH RECORD BOXING MEDAL HAUL AT ASIAN YOUTH GAMES 2025



India's young boxers made history at the 3rd Asian Youth Games 2025 in Bahrain by winning five medals — three gold, one silver, and one bronze — their best-ever result at the event. In the morning finals, Khushi Chand (46kg) gave India its first gold by beating China's Luo Jinxiu with a strong 4:1 win. Ahaana Sharma (50kg) added another gold after defeating South Korea's Ma Jong Hyang in the first round when the referee stopped the contest. Chandrika Bhoreshi Pujari (54kg) completed India's hat-trick of gold medals with a clear 5:0 win over Uzbekistan's Muhammadova Kumriniso. In the boys' final, Lanchenba Singh Moibungkhongbam (50kg) fought bravely but lost to Kazakhstan's Nurmakhan Zhumagali, earning a silver medal. Earlier, Anant Deshmukh (66kg) had secured a bronze medal. Two more Indian boxers, Harnoor Kaur (66kg) and Anshika (+80kg), were set to play their finals later in the evening, giving India a chance to win even more golds. Such a powerful performance indicates that the youth boxing program in India and the NS NIS Patiala training under the supervision of coaches Vinod Kumar and Jitender Raj Singh have been able to achieve their goals. It is the beginning of a new generation of Indian boxers with talent who are prepared to compete on the world stage.

INDIA SHINES AT INDONESIA PARA-BADMINTON INTERNATIONAL WITH MULTIPLE GOLD WINS

India's para-badminton players performed brilliantly at the Indonesia Para-Badminton International, winning several gold medals and showing their strong form. Tokyo Paralympic champion Pramod Bhagat and Sukant Kadam won the men's doubles SL3-SL4 gold, beating Indonesia's Dwiyoiko and Setiawan 21-16, 21-12. Pramod said it was a proud moment for them and for India, while Sukant added that their teamwork helped them win against the home pair. India's success continued as Nitesh Kumar and Sivakumar won the SL3 and SL4 men's singles titles with dominant performances. In the women's singles SU5, Manisha Ramdass played perfectly to take gold, and Sumathy Sivan added another gold in the SH6 category. Pramod also won a bronze in mixed doubles, while Krishna Nagar took a bronze in men's singles SH6 and a silver in mixed doubles SH6 with Sumathy Sivan. They fought hard in the final but lost to Indonesia's Subhan and Marlina. Other medal winners included Solaimalai (silver, SH6 men's), S Kumar (silver, WH1 men's), and the pairs Prem Kumar–Alphina James (silver, mixed doubles WH1-WH2) and Abu Hubaida–Prem Kumar (silver, men's doubles WH1-WH2). It was a proud and successful tournament for India.



SHEETAL DEVI MAKES HISTORY: FIRST PARA ARCHER TO JOIN INDIA'S ABLE-BODIED JUNIOR TEAM



Sheetal Devi, an 18-year-old archer from Jammu and Kashmir, has made history by joining India's junior archery team for able-bodied players after coming third in the national trials. She was born without arms because of a rare condition called phocomelia, but she learned to shoot arrows skillfully using her legs and shoulders. Her journey began in Kishtwar, where her talent was first noticed during a youth event supported by the Indian Army. With their help, she got training and medical support. She trained at the Shri Mata Vaishno Devi Sports Complex in Katra and now practices in Patiala under coach Gaurav Sharma. In the trials, she scored 703 points, matching the top scorer among over 60 competitors. Sheetal has already achieved great success on the international stage. She won gold at the 2022 Asian Para Games, a bronze at the 2024 Paris Paralympics, and became world champion in 2025 after winning gold at the World Archery Para Championships in South Korea. Sheetal's position in the physically fit team is a clear indication that anything can be done if one puts in the effort and is determined. Her tale is an inspiration for many, and at the same time, it is a lesson that everyone, irrespective of their physical condition, should be allowed a fair opportunity in sports.

DEEPTI SHARMA BECOMES FIRST PLAYER TO SCORE FIFTY AND TAKE FIVE WICKETS IN WORLD CUP FINAL

India made history by winning their first Women's ODI World Cup in 2025 after beating South Africa by 52 runs in the final. It was a very proud and happy moment for the whole country. Deepti Sharma was the hero of the match. She played really well, scoring 58 runs from 58 balls and taking five wickets for 39 runs. With this, she became the first cricketer in the world, male or female, to score a half-century and take five wickets in a World Cup final. Deepti was also named Player of the Tournament for her great performance in the whole series. She scored a total of 215 runs and took 22 wickets, which was a new record in Women's World Cup history. In the final match, openers Smriti Mandhana and Shafali Varma gave India a strong start. Mandhana scored 45 runs, while Shafali played an excellent knock of 87 runs and became the youngest Indian to score a fifty in a World Cup final. Richa Ghosh also added 34 quick runs to take India's total to 298/6. South Africa started well but couldn't continue. Deepti and Shafali took important wickets, and India won the match. It was a golden day for Indian women's cricket.



INDIA'S YOUNG STARS ANUSHKA AND AAYRA WIN SILVER IN PICKLEBALL U14 DOUBLES

India's young pickleball players performed brilliantly at the Pickleball World Cup 2025 in Florida. Anushka Chhabria and Aayra Khanna won the silver medal in the Under-14 Girls Doubles on the final day of the tournament, taking India's total medal count to 17, including six silvers. For Anushka, this silver is a big achievement. She became India's most successful player in the tournament with five medals — one silver and four bronzes. Her other medals came in Junior Team, Age 34 & Below Women's Singles (3.5 DUPR), Under-14 Girls Singles, and Mixed Doubles. Aayra also added this silver to the bronze medal she won in the Junior Team event earlier. Other Indian winners included Vijay Chabbria, Nitten Kirrtane, Nilesh Desai, Dev Shah, and the pair Amrita Mukherjee and Suraj Desai, who all won gold medals in their respective categories. India's remarkable performance has reflected the country's strong power in pickleball, especially among the immature players. The Indian Pickleball Association (IPA), which is responsible for uplifting the game in the country, is still there for the players of all ages. With more competitions and rankings coming up under the Pickleball World Ranking (PWR) system, India's future in pickleball is certainly very promising.





Dr. Smita Ravikumar Kuntay & Sanjana Gupta

NABARD Grade A  
Recruitment 2025



The National Bank for Agriculture and Rural Development (NABARD) India's apex rural development institution under the Government of India has announced an exciting opportunity for bright graduates and postgraduates! The NABARD Grade A Recruitment 2025 drive is inviting online applications for 91 Assistant Manager posts in Rural Development Banking Service (RDBS), Protocol & Security Service, and Legal Service.

- Post: Assistant Manager (Grade 'A')
- Job Location: Mumbai & across India
- Starting Salary: ₹44,500/- basic (Approx. ₹1 lakh/month with allowances)
- Apply Online: 8th – 30th November 2025
- Official Website: [www.nabard.org](http://www.nabard.org)

Vacancy Details

- Assistant Manager (RDBS): 85 Posts
- Assistant Manager (Protocol & Security Service): 04 Posts
- Assistant Manager (Legal Service): 02 Posts
- Total Vacancies: 91

Eligibility Criteria

- Qualification: Graduation/Post Graduation in relevant disciplines from a recognized university.
- Age Limit: 21 to 30 years (Relaxations – OBC: 3 yrs, SC/ST: 5 yrs, PwBD: 10 yrs).

Selection Process

- Preliminary Exam: 200 Marks (Reasoning, English, Quant, GA, Agriculture & Rural Development).
- Main Exam: 200 Marks (Objective + Descriptive).
- Psychometric Test: MCQ-based (90 minutes).
- Interview: 50 Marks.

Application Fee

- General/OBC – ₹800
- SC/ST/PwBD – ₹150 (Payment online only)

Important Dates

- Start Date: 08/11/2025
- Last Date: 30/11/2025

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

PUNJAB NATIONAL BANK RECRUITMENT 2025 – 750 LOCAL  
BANK OFFICER (LBO) VACANCIES!

Punjab National Bank (PNB), one of India's premier public sector banks under the Government of India, invites online applications from fresh graduates for 750 Local Bank Officer (LBO) positions under JMGS-I Scale across India. This recruitment is ideal for candidates proficient in their local state languages and eager to start their journey in the banking and financial sector.

Online Application Period: 3rd November – 23rd November 2025

Apply Online: [www.pnbindia.in](http://www.pnbindia.in)

PNB LBO Recruitment 2025 – Overview

Post Name: Local Bank Officer (LBO) – JMGS-I

- Total Vacancies 750
- Job Location Across India
- Age Limit 20 – 30 years (Relaxations: SC/ST – 5 yrs, OBC – 3 yrs, PwBD – 10 yrs)
- Qualification: Graduate in any discipline from a recognized University
- Language Requirement: Proficiency (reading, writing & speaking) in local state language
- Salary As per JMGS-I Pay Scale + Allowances

Selection Process

PNB's selection will be conducted in four phases:

1. Online Written Test
2. Screening
3. Language Proficiency Test
4. Personal Interview

Exam Pattern:

- Reasoning & Computer Aptitude – 25 Qs / 25 Marks
- Data Analysis & Interpretation – 25 Qs / 25 Marks
- English Language – 25 Qs / 25 Marks
- Quantitative Aptitude – 25 Qs / 25 Marks
- General / Economy / Banking Awareness – 50 Qs / 50 Marks

Application Fee

- General/OBC/EWS: ₹1180/-
- SC / ST / PwBD: ₹59/- (Postage only) (Payment through Debit/Credit Card, Net Banking, UPI)

Top Vacancy States

- Maharashtra – 135
- Gujarat – 95



- Karnataka – 85
- Tamil Nadu – 85
- Telangana – 88
- West Bengal – 90 (Vacancies also in J&K, Assam, Manipur, Tripura & others)

Key Dates

- Start of Online Registration: 3rd November 2025
- Last Date to Apply: 23rd November 2025
- Online Exam: December 2025 / January 2026

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

ECGC PO RECRUITMENT 2025–26: GOLDEN OPPORTUNITY FOR GRADUATES! APPLY  
FOR 40+ OFFICER POSTS FROM 11TH NOVEMBER

The Export Credit Guarantee Corporation of India Ltd. (ECGC), a wholly owned Government of India enterprise under the Ministry of Commerce and Industry, is set to open doors for dynamic graduates! The much-awaited ECGC PO Recruitment 2025–26 notification will be released on 11th November 2025, inviting online applications for 40+ Probationary Officer (PO) posts in the Generalist Stream.

- Organization: ECGC Ltd. (Government of India Enterprise)
- Post: Probationary Officer (PO) – Generalist
- Job Location: Mumbai (Head Office) & across India
- Pay Scale: ₹53,600 – ₹90,630 (Approx. ₹1 lakh/month with perks)
- Application Dates: 11th November to 2nd December 2025
- Apply Online: [www.ecgc.in](http://www.ecgc.in)

Eligibility Criteria

- Qualification: Graduate in any discipline from a recognized university.
- Age Limit: 21–30 years (Relaxation: SC/ST – 5 yrs, OBC – 3 yrs, PwBD – 10 yrs).



Selection Process

1. Online Objective Test – Reasoning, English, Computer Knowledge, General Awareness, Quantitative Aptitude (200 Questions, 200 Marks).
2. Test of English Language (Descriptive)
3. Interview for shortlisted candidates.

Application Fee

- General/OBC – ₹850/-
- SC/ST/PwBD – ₹175/- (Online payment only)

Perks & Benefits

Along with the handsome salary, ECGC Officers enjoy HRA, DA, Transport, Medical, Furniture, Newspaper, Mobile, Meal Coupons, and Household Help allowances—making it one of the most rewarding jobs in the government sector!

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



Deepika Singh



1. India is set to host the centenary edition of the Commonwealth Games 2030 in which city?
2. How many major space missions has ISRO planned to launch by March 2026?
3. Where will the International Film Festival of India (IFFI) 2025 be held?
4. In which venue will the Boxing World Cup 2025 for men and women be held in India?
5. What is the current repo rate recently kept unchanged by the Reserve Bank of India?
6. Which Indian state became the first to partner with Starlink for satellite-based internet services?
7. When will the Dharamshala International Film Festival 2025 be held?
8. Which country did India defeat to win their maiden ICC Women's Cricket World Cup 2025 title?
9. Which programme includes ISRO's first uncrewed mission planned by March 2026?
10. How many films from how many countries will feature at the 56th International Film Festival of India 2025?



1. I'm the “Land of Forests,” green and grand, which Indian state am I?
2. I'm a waterfall near Ranchi, tourists adore me when they see. Who am I?
3. I'm the steel city, shining bright, industries keep me in sight. Who am I?
4. I'm the tribal dance full of grace, seen in Jharkhand's festive space. What am I?
5. I'm a hill town with temples tall, a pilgrimage spot loved by all. Who am I?
6. I'm the national park where tigers stay, and tourists visit every day. Who am I?
7. I'm the capital city with lakes around, in Chotanagpur Plateau I'm found. Who am I?

7.	Ranchi
6.	Betta National Park
5.	Deoghar
4.	Chhau Dance
3.	Jamshedpur
2.	Hundru Falls
1.	Jharkhand
10) RIDDLES	
10.	Around 240 films from 81 countries
9.	Gaganyaan
8.	South Africa
7.	Oct 30 – Nov 2, 2025
6.	Maharashtra
5.	5.50%
4.	Greater Noida
3.	Panaaji (Goa)
2.	Seven
1.	Ahmedabad
10) QUIZ TIME	
ANSWERS	



## Umbadiyu – The Smoked Winter Delight of Gujarat

This Week, We’re Relishing Umbadiyu – The Smoked Winter Delight of Gujarat

Umbadiyu, often called the Gujarati Barbeque, is a traditional winter delicacy from South Gujarat, especially Valsad and Surat regions. Cooked in an earthen pot buried in a pit, this rustic dish uses fresh winter vegetables, herbs, and spices, offering a smoky aroma and earthy flavor similar to handi style cooking.

### Ingredients:

Brinjals, potatoes, Sweet potatoes, Surti papdi, Fresh methi, Green garlic, Coriander, Ginger, Green chilies, Turmeric, Red chili, Coriander powder, Sesame seeds, Salt, Groundnut oil, Castor/Banana leaves

### Preparation

#### 1. Make herbal paste:

Mix chopped green garlic, coriander, methi, ginger, chilies, sesame seeds, spices, salt & oil.

#### 2. Coat vegetables

Wash, peel & cut root vegetables; slit brinjals; mix everything with the paste.:

#### 3. Layer in clay pot:

Line pot with castor/banana leaves → add veggies → cover with leaves again → a little oil on top.

### Traditional Cooking Method

- Dig a small pit in open ground
- Place the filled earthen pot inside
- Cover it with soil
- Light cow dung cakes/wood fire on top
- Let cook slow & buried for 60–90 minutes
- Do not open during cooking

Once heat settles, uncover pot — smoky, earthy, tender Umbadiyu is ready.

### Serving Tip:

Serve hot with green garlic chutney, a squeeze of lemon, and a glass of chilled chaas for the perfect winter flavor.



### 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

Phone  
+91-7977005423

Email  
thehulahultimes@gmail.com

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### For Internship

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