

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Naaz

INTERNATIONAL MEN'S DAY: CELEBRATING EVERYDAY HEROES

On November 19, International Men's Day is celebrated globally to acknowledge the valuable contributions that men bring to our shared world, their families, and local communities. This annual awareness day focuses on male health and well-being, promotes positive male role models, and encourages dialogue on men's issues and gender equality.

The theme for 2025 is “Celebrating Men and Boys”. International Men's Day is sfor bringingloattention to serchallenges affecting men, such as abuse, homelessne, suicide, andviolenc.

The objfor thicelebratiare clearly outlinedin the 'Six Pof International Men's Day'. It serves as animportant opportunityto recognize the lives, achievements, and positive input of boys and men, specificalcelebng their rand dedicationto their nati, union, society, community, family, marriage, and child.

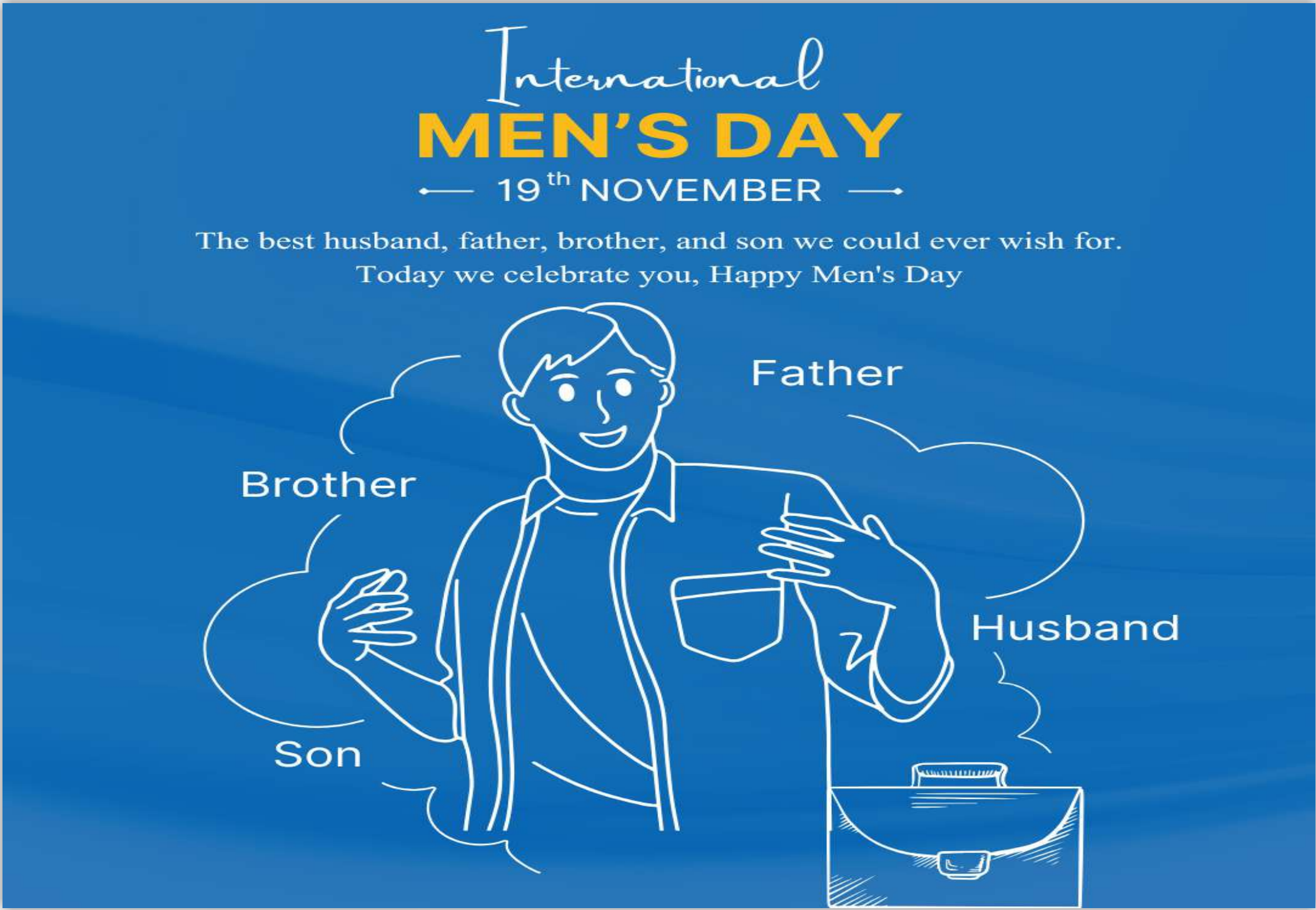
However, unlike International Women's Day, International Men's Day is not officially recognized by the United Nations.

The six International Men's Day objectives include:

- To promote positive male role models; not just movie stars and sports men but everyday, working-class men who are living decent, honest lives.
- To celebrate men's positive contributions to society, community, family, marriage, child care, and the environment.
- To focus on men's health and wellbeing: social, emotional, physical, and spiritual.
- To highlight discrimination against men in areas of social services, social attitudes and expectations, and law.
- To improve gender relations and promote gender equality.
- To create a safer, better world, where people can be safe and grow to reach their full potential.

The concept of International Men's Day was first conceived on February 8, 1991, and the project was officially inaugurated by Thomas Oaster on February 7, 1992. The initiative was later re-initialized in 1999 in Trinidad and Tobago.

The longest continuous celebration of the day began in Malta, where events took place annually starting on February 7, 1994. However, as Malta was the only country still observing the February date, the Maltese AMR Committee voted in 2009 to shift International Men's to observance to the global date of November 19.



Jerome Teelucksingh, who successfully revived the event, chose November 19 to honor his father's birthday and to commemorate the date in 1989 when Trinidad and Tobago's men's football team united the country through its World Cup qualification efforts.

Teelucksingh promotes International Men's Day as a day to address all issues affecting men and boys, not just a gendered holiday. He states that International Men's Day's grassroots activists are actively "striving for gender equality and patiently attempt to remove the negative images and the stigma associated with men in our society.”

The inaugural celebration of International Men's Day in India was organized by the leading Indian Men's rights organization Indian Family on 19 November 2007.

The date of 19 November was accepted based on the fact that Australia and the West Indies (Jamaica, Trinidad and Tobago) were already observing International Men's Day on that date. The event was again celebrated in India in 2008, and plans were made to continue the celebration annually.

International Men's Dayis marked by a widrange of activities, including workshops and seminars addressing

mental health, gender roles, and social expectations.

Community events, public c, and volacare also orto honor me's contributions. Health initiara kpart of the celebration, with wellness campaigns offeringfree health check-ups apealthier lifestyle

Educational programs hpositive male role models, insyoungboys to adopt values thatsupport well-being ancommunity engagement.

The day serves as an opportunity to appreciate the men in our lives whether fathers, brothers, partners, or friends who contribute to society in meaningful ways. By recognizing the positive impact of men and acknowledging their struggles, we commit to developing a culture where every person, regardless of their gender, is treated with dignity, and respect. The day signifies not just as a celebration, but as an annual promise towards building a world where holistic well-being is a universal right.

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BUDHU BHAGAT: THE ROAR OF THE FORESTS

In the heart of Jharkhand's forests, where the Sal trees whispered tales of the earth, lived a man whose courage lit the path of freedom long before India dreamt of independence. His name was Budhu Bhagat a tribal leader, a warrior, and a guardian of his people's dignity. His story is not written in palaces or parchment but in the red soil of Chotanagpur, where he fought for justice, freedom, and humanity.

The Roots of a Rebel

Budhu Bhagat was born in 1792 in the village of Silagai, in the Ranchi district of present-day Jharkhand. He belonged to the Oraon tribe, one of the oldest indigenous communities of India. His early life was simple, he worked in the fields, worshipped nature, and lived by the code of honesty, courage, and community.

But life in the tribal regions was far from peaceful. After the British East India Company expanded its control, the traditional life of the Adivasis was shattered. The forests that had fed them for generations were now under British control. Heavy taxes were imposed, land was taken away, and the tribal people were forced into bonded labor.

Budhu Bhagat saw his people suffering, losing not only their land but their freedom, culture, and dignity. He could not bear the sight of foreign rulers exploiting the very soil his ancestors had nurtured. It was then that he decided: “We may live in huts, but our spirit will never bow.”

The Flame of Rebellion

The year was 1831, and India was still decades away from the larger freedom movement. Yet in the forests of Jharkhand, the first sparks of rebellion were already glowing. Budhu Bhagat, along with his brave sons Haldhar and Dudhku, began organizing the local tribal communities — the Oraons, Mundas, and others — against British oppression.

They called it the Kol Rebellion, one of the earliest uprisings against the British in India. What began as scattered resistance soon became a wildfire of unity. Farmers, hunters, and shepherds armed themselves with bows, arrows, axes, and courage. Budhu Bhagat's voice became their war cry. He would often say, “The forest is our mother, the river our sister we will not let anyone chain them.”

The Warrior of the Forests

Budhu Bhagat's leadership was rooted not in anger but in Dharma righteousness and justice. He never saw himself as a ruler or a king. He was a protector. He reminded his people that their fight was not against humans, but against exploitation and injustice.

Under his leadership, the tribal warriors attacked British outposts, tax offices, and landlords who collaborated with the British. They freed villages from oppressive control and restored

the ancient systems of equality and cooperation.

But the British, shocked by the unity and strength of the tribal forces, retaliated with brutal force. Soldiers were sent deep into the forests to crush the rebellion. Budhu Bhagat and his men continued to resist using the terrain, the rivers, and the hills to their advantage.

The sound of their war drums echoed through the forests like



thunder. The British, though armed with guns, were terrified of the tribal warriors who fought not for wealth, but for honor.

The Final Stand

In 1832, the British surrounded Silagai village, where Budhu Bhagat and his followers had gathered. The battle that followed was fierce. The air was filled with smoke, cries, and the clash of weapons.

Budhu Bhagat, though outnumbered, refused to surrender. With his sons fighting beside him, he stood like a mountain against the tide of British soldiers. Many of his followers fell, but their spirit did not break. Even when wounded, Budhu Bhagat continued to fight, shouting, “We are the children of this land we shall live free or die free!”

In the end, he and his two sons were martyred in that battle. Their blood mixed with the soil of Silagai, making it sacred forever. Though the British crushed the rebellion militarily, they could not extinguish the fire of freedom it had ignited.

The revolt inspired countless others across India from the Santhal uprising to the revolts of 1857.

Legacy and Philosophy

Budhu Bhagat's life was not just about fighting the British; it was about defending the idea of freedom as a natural right. He believed that land, forest, and water — the lifelines of tribal life were divine gifts meant for all, not possessions to be taxed or stolen.

His philosophy reflected deep Indian values such as his fight was rooted in righteousness, not revenge. He sought justice, not conquest. He united different tribal communities, proving that collective strength can overcome fear. He treated every person as equal, believing that all have the right to live with respect. He gave his life not for personal gain but for the freedom of his people.

In essence, Budhu Bhagat embodied the ancient Indian wisdom of “Vasudhaiva Kutumbakam” — the world is one family. His rebellion was not just political; it was moral, spiritual, and ecological.

The story of Budhu Bhagat teaches us that true leadership is born from compassion and courage, not power or position. He fought without fear, inspired without ego, and lived without greed. His life reminds us that freedom is not granted it is earned through sacrifice, unity, and unwavering faith in justice.

For today's generation, his message is clear: stand up for what is right, protect what is sacred, and never let fear silence your truth. His life shows that even the simplest among us a farmer, a tribal, a villager can become a hero when guided by moral conviction.

He reminds us that freedom is not only political it is the freedom to live with dignity, harmony, and respect for nature.

As the wind moves through the forests of Jharkhand even today, it carries with it the whisper of his courage a reminder that the roots of India's freedom lie deep in the soil, watered by the sacrifice of heroes like Budhu Bhagat, the eternal Roar of the Forests.

SURESH HARILAL SONI: THE HANDS THAT HEALED HUMANITY

While most people are easing into retirement at the age of 81, Mr. Suresh Harilal Soni is still actively involved in serving humanity. The 2025 Padma Shri award winner has devoted more than fifty years of his life to uplifting the most marginalized members of society. His long-standing humanitarian efforts aid individuals suffering from leprosy, those with mental and physical disabilities, and young children born into hardship.

While sharing his inspiration for dedicating his life to service with The HULAHUL Times, Mr. Soni recalled the teaching of his class teacher: “God has made us human beings; therefore, we must work for other human beings.” This lesson became the guiding star which navigated him to the path of service. His parents also remained one of the biggest inspirations for him, sparking his selfless devotion towards humanity.

Born in 1944, in Gujarat, Mr. Suresh was a bright student. He passed MSc in Mathematics with First Class, First Division, breaking the record of Baroda University. He later became a lecturer there. Soon, realizing teaching was not his true calling, he gave up his noble job to embrace the world of compassion and love, choosing to serve society.

Recollecting his first meeting with leprosy patients, Mr. Suresh explained how emotional the experience was and how miserable their condition was. During a visit to a government hospital in Baroda in 1970, he met the patients. One patient mentioned that despite government skills training, a scarcity of jobs forced them to beg. They had no other alternative. Moreover, many were not treated well, and some even died. This whole episode left an indelible mark on his soul, and he made a quiet, deep promise to work for their welfare.

He then visited the two leprosy colonies in Baroda and witnessed the pathetic conditions. He began assisting them medically, giving medicines, injections, and dressing wounds and helped them stop begging by providing vocational training like spinning and weaving of khadi. His wife supported him throughout this journey.

As time passed, he devoted his life completely to their welfare. One day, an industrialist visited the colony, and they started working collaboratively. They requested land

from the government to support the patients, and the government granted them a piece about 15 km away from Baroda. They shifted around 200 people there and started a school and a hospital. Unfortunately, they had difference of opinions, and Mr. Suresh had to leave that organization.

Left with no money, this was a challenging phase. But he did not give up. With the grace of God, The Sahyog Kushthayagna Trust was established in 1988, when Mr. Ramubhai Patel, a local farmer, gave 31 acres of land to Mr. Suresh. They moved there with 20 leprosy-affected people and 6 children, forming the foundation of Sahyog Village.

What started as a small initiative is now Sahyog Village, a dynamic residential campus serving as home to more than one thousand individuals. It provides shelter and specialized care for society's most marginalized section, people with leprosy, adults with mental health disorders, including schizophrenia, the physically disabled, HIV positive individuals, and underprivileged children.

The village features well-maintained infrastructure, including a 45-bed hospital, a primary government school, vocational training, cultural activities, and a remarkably inclusive temple displaying symbols of all world religions and 32 images of inspirational personalities.

The trust provides livelihood and a dignified life to its residents. Out of the 1,034 residents, 60 work in the kitchen, cooking meals. Other residents perform special care work for the mentally challenged people, and some are trained for hospital work.

Discussing the care-giving for the mentally challenged people, Mr. Suresh stated it is a very difficult job. They are sometimes hard to discipline and try to run away, but they are improving gradually. He also remarked that even though they are mentally challenged, they are highly intelligent people.

For the children in the village, there are two hostels. A primary government school is on the premises, and bus facilities are available for high school students. All facilities are provided without charging even a single penny.

Reflecting on the initial days, Mr. Suresh explained that the first group of 20 leprosy-affected people and six children was very

cooperative, stating, “this is our organization, and if we do not receive donations, we will beg and first feed you and then we will feed ourselves if anything is left.”

Regarding awareness programs, Mr. Suresh replied they try to annihilate stigma about leprosy, spread awareness about its early symptoms, and urge people not to leave their homes. Many students including those studying nursing, Ayurveda, and homeopathy visit for months to learn about leprosy and its treatment, mental disability, and schizophrenia.

Mr. Suresh Harilal Soni told us that the Padma Shri is the award closest to his heart. He found his experience of receiving this prestigious award joyful, noting the central government officers helped him a lot and took utmost care of him, which he found comforting, given he cannot stand or walk.

In his message to youth ready to dedicate their lives to a social cause, Mr. Suresh reiterated his master's teaching: “Since God has made us human beings, we must do something for other human beings.”

Mr. Suresh Harilal Soni's journey proves that the deepest reward in life lies not in personal achievement, but in alleviating the suffering of others. Through Sahyog Village, he has built not just structures, but a powerful legacy of compassion. His mission, rooted in the simple teaching that human beings must serve one another, inspires us to become the ray of hope in other's life.



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EDITORIAL NOTE

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

In a world where salaries come fast, expenses come faster, and temptations arrive in 10 minutes, budgeting has become more than a habit it's a life skill. Whether you're a student managing pocket money or a young professional navigating EMIs, subscriptions, and weekend plans, financial fitness is your real superpower.

Today's generation doesn't just need to earn smart they need to spend smarter. Yet budgeting still feels like a boring practice reserved for accountants and middle-aged adults. In reality, it's the one tool that can transform chaos into control, and dreams into plans.

Why Budgeting Matters More Than Ever

Prices rise, salaries fluctuate, lifestyle demands increase, and digital payments make money feel invisible. A simple tap UPI, credit card, or quick-commerce app detaches spending from reality. This is why budgeting is no longer optional. According to a 2024 Deloitte report, nearly 60% of Indian millennials struggle with savings despite earning more than previous generations. The culprit? Impulsive spending, poor tracking, and lack of financial planning.

FINANCIAL FITNESS: BUDGETING AS A LIFE SKILL FOR THE REAL WORLD

But the good news is: budgeting works for everyone whether you earn ₹500 a week or ₹50,000 a month.

Example 1: The Student Budget Makeover

Meet Ananya, a 19-year-old college student. Her parents sent her ₹6,000 monthly for expenses. By the 20th, she was always broke. One month, she tried a simple rule: 50% for essentials, 30% for fun, 20% for savings.

The result?

- She had money left at month-end
 - She started saving ₹1,200 monthly
 - She reduced her impulsive purchases
- Budgeting didn't restrict her it freed her from constant worry.

Example 2: The Early Jobber's Reality Check

Arjun, a 25-year-old software engineer, earned well but couldn't explain where his salary disappeared each month. The culprit: food delivery, subscriptions, and weekend outings. When he started tracking expenses using an app, he found out he spent ₹6,500 monthly on food orders alone. He switched to weekly meal prep and kept food delivery to weekends.

Savings? Over ₹3,500 a month.

Budgeting didn't change his lifestyle it just corrected the leak.

How to Build a Budget That Actually Works

Here's a simple, practical, no-drama approach for students and adults:

1. Start with the 50-30-20 Formula

- 50% Needs: Food, travel, data recharge, rent
- 30% Wants: Shopping, movies, food delivery
- 20% Savings: SIPs, FD, emergency fund.

If 20% feels too heavy, start with 5%. Progress > perfection.

2. Track Your Money (Yes, Every Rupee)

Use free apps like Walnut, Money Manager, or your bank's expense tracker. When you see your expenses, you control your expenses.

3. Cut Your "Invisible Costs"

These are your silent wallet killers:

- Auto-renewed subscriptions
 - Late fees
 - Impulse UPI spends
 - Micro-orders on quick-commerce apps
- Doing a monthly cleanup can save ₹500–₹2,000 without lifestyle changes.

4. Build a Small Emergency Fund

- Even ₹500 a month adds up to ₹6,000 a year enough for medical emergencies, last-minute college fees, or phone repairs.
- Think of it as your financial parachute.

5. Use the “24-Hour Rule” for Non-Essential Buys

- If you want something that's not urgent, wait 24 hours before purchasing.
- Impulse fades, clarity rises.

6. Create a “Fun Fund”

- Budgeting isn't punishment it's planning. A separate monthly fund for food outings or small treats keeps you happy and disciplined.

7. Pay Yourself First

- Before spending on anything else, move a small amount into savings or an SIP. Your future self will thank you.

Psychology of Budgeting: Why It Works

Budgeting gives control not restrictions. A budget:

- Reduces financial stress
- Improves decision-making
- Encourages mindful spending
- Builds long-term confidence
- Helps you achieve goals (bike, iPad, Europe trip, emergency fund)

It trains your brain to differentiate between needs and wants a skill even adults struggle with.

Budgeting Tips for Students & Professionals

Review your budget weekly, not yearly.



Keep a no-spend day every week. Use cash for “wants” it's psychologically harder to overspend. Avoid comparing your lifestyle to social media. Buy value, not trends.

The Bigger Picture: Budgeting Builds Independence

Budgeting isn't about math; it's about mindset. It teaches discipline, clarity, responsibility traits essential for adulting. It's the bridge between where you are and where you want to be.

Whether you dream of:

- Starting a business
 - Travelling abroad
 - Studying further
 - Buying a home
 - Becoming financially independent
- Budgeting is the quiet engine that gets you there.

Control the Coins, Control the Life

Financial fitness begins with one simple step knowing where your money goes. Because when you manage your money well, everything else becomes manageable.

- So start today.
- Track one expense.
- Make one rule.
- Build one habit.

Your bank balance and your future will thank you. So “Master your money before it masters you.”

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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.

MYTH, MEMORY, AND
REWRITING: HOW INDIAN
WOMEN AUTHORS
REINTERPRET EPICS

Indian women writers in English have played a transformative role in reimagining ancient epics, bringing fresh perspectives to stories traditionally dominated by male voices. Through the lenses of myth, memory, and reinterpretation, these authors reclaim narrative spaces, question patriarchal traditions, and illuminate the hidden emotional worlds of female characters who were historically marginalized or silenced. Their works function as cultural interventions, offering alternative versions of inherited tales while preserving the essence of India’s mythological heritage.

One of the most influential contributors to this movement is Chitra Banerjee Divakaruni, whose novel *The Palace of Illusions* retells the Mahabharata from the viewpoint of Draupadi. Divakaruni shifts the focus from heroic battles to Draupadi’s desires, dilemmas, and inner conflicts, presenting her not as a mythic symbol

but as a deeply human figure. Through this narrative shift, she challenges traditional portrayals of women in mythology and highlights the emotional complexity often overshadowed in classical retellings. The novel thus becomes a space where myth and memory intersect, merging personal longing with historical narrative.

Ira Mukhoty adds another dimension through research-based reinterpretations like *Draupadi: The Tale of an Empress*, presenting Draupadi as a strategic and multifaceted leader shaped by cultural memory. Namita Gokhale also blends myth and philosophy to explore the feminine divine, while writers like Anand Neelakantan contribute strong female-centered perspectives that inspire further retellings.

Collectively, these reinterpretations function as acts of cultural reclamation. By rewriting epics, Indian women authors challenge patriarchal norms and offer deeper insights into mythic women’s emotional and psychological worlds. Their work bridges past and present, presenting mythology as a dynamic space where women’s voices, long silenced, are reimagined with strength, agency, and dignity.

DID YOU KNOW?

- Shakespeare invented over 1,700 new words in the English language, including “majestic,” “lonely,” “hurry,” and “radiance.” He created them by changing nouns into verbs, joining words together, and adding new endings shaping the language we use today.
- Indian English women writers have expanded the language in their own way not by inventing new words, but by blending Indian cultural idioms, mother-tongue rhythms, and multilingual expressions into English. Authors like Arundhati Roy, Anita Nair, and Kiran Desai often weave Hindi, Tamil, Bengali, and regional phrases into their narration, creating a richly hybrid form of English that feels both local and global at once.
- Trees communicate with each other underground through fungi networks known as the “Wood Wide Web.”

GRAMMAR TIP

Using “Few,” “A Few,” and “The Few”

Few = almost none; negative meaning
Example: Few students understood the difficult poem.

A few = some; positive meaning
Example: A few students stayed back to discuss the assignment.

The few = refers to a specific small group
Example: The few who completed all tasks were appreciated.

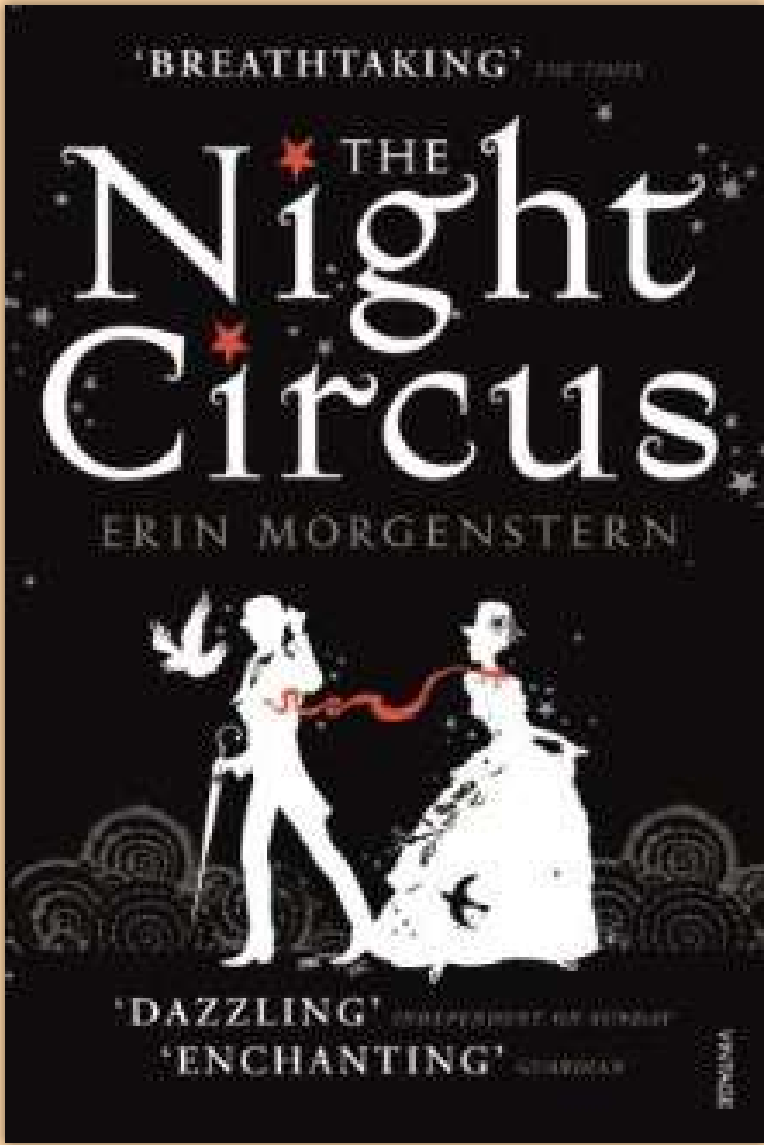
WRITER OF THE WEEK

Amitav Ghosh

Amitav Ghosh is one of India's most distinguished contemporary writers, known for blending history, culture, ecology, and human migration into powerful narratives. His celebrated works such as *The Shadow Lines*, *Sea of Poppies*, and *Gun Island* highlight global interconnectedness, colonial histories, and urgent environmental issues. Ghosh's storytelling style is rich with research and lyrical prose, making him a leading figure in modern world literature.

BOOK REVIEW

The Night Circus by Erin Morgenstern



The *Night Circus* is a magical, atmospheric novel set around a mysterious traveling circus that appears without warning and opens only at night. Written in lush, vivid prose, the book follows two magicians Celia and Marco locked in a lifelong competition neither fully understands. Filled with dreamy imagery, romance, and illusion, the novel is a celebration of imagination and creativity. It appeals to readers who enjoy fantasy, poetic language, and immersive storytelling.

QUOTABLE QUOTES

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

— Marcus Tullius Cicero

CREATIVE WRITING

FATHER RETURNING HOME

My father travels on the late evening train
Standing among silent commuters in the yellow light
Suburbs slide past his unseeing eyes
His shirt and pants are soggy and his black raincoat
Stained with mud and his bag stuffed with books
Is falling apart. His eyes dimmed by age
Fade homeward through the humid monsoon night.

Now I can see him getting off the train
Like a word dropped from a long sentence.
He walks through the silent corridor, his slippers
Making a sound that is lost in the din of the world.
He enters the house and approaches the kitchen.

The sound of the toilet flush comes through the door.
He shaves in the dim light of a small bulb.
His tattered clothes are soaked in the sink.
He is now a weak old man with no resemblance
Left of the bright youth who once walked around proudly.

He listens to the whistle of the pressure cooker,
Reads a book and falls asleep.
His dreams crisscross the horizons of his past.
They are full of the squalor of the slums,
The crowded lanes and the streets flanking the river
With their hunger and the bustle of laborers.

Poetry By
By Dilip Chitre

WORD OF THE WEEK

Word: “Serendipity” (noun)
Meaning: The pleasant surprise of finding something good without actually looking for it.
Example: Their friendship began by pure serendipity when they met at a conference.

IDIOM HIGHLIGHT

Bite the Bullet
Meaning: To face a difficult or unpleasant situation with courage.
Example: Rohan finally bit the bullet and started his long-pending PhD literature review.

THE SWEET BAYER LAUNCHES “ALIVIO” TO
DRIVE INNOVATION IN AGRI-INSURANCE

Bayer recently announced the launch of its new initiative named Alivio, aimed at bringing fresh innovation to the agricultural insurance space, especially for smallholder farmers facing climate-driven risks. According to Bayer's “Farmer Voice Survey – India 2024”, nearly 90 per cent of farmers report they are already feeling the effects of changing weather patterns — 72 per cent expect lower yields and 62 per cent anticipate increased crop failures. With Alivio, Bayer intends to provide tailored risk-cover solutions that help farmers protect their livelihoods from extreme events such as droughts, heat-waves and excessive rainfall, thereby strengthening resilience in farming systems.

The move reflects growing recognition that agri-insurance must evolve beyond traditional models to incorporate technologies, data-analytics and climate forecasting, so that coverage is relevant and affordable for small farms. By embedding innovation at the heart of its offering, Bayer aims to



make insurance a proactive tool for farmers — enabling faster claim processes, better risk assessment and stronger business continuity. In a broader sense, Alivio signals how agribusiness firms are stepping in to partner with farmers not only through inputs and technology but also by helping manage the financial risks inherent in modern agriculture.

BALRAMPUR CHINI MILLS LTD Q2 RESULTS: REVENUE
UP, NET PROFIT DOWN



approximately ₹8 crore in the previous year. Meanwhile, the company saw strong segmental performance: the sugar business achieved revenue around ₹1,317 crore, and the distillery division posted roughly ₹405 crore.

The company's leadership noted that while production volumes are expected to increase in the coming

sugar season, operational pressures remain including unchanged ethanol pricing and rising input costs.

In summary, Balrampur Chini's Q2 operating metrics reflect solid top-line growth, but the bottom-line is constrained by tax and cost headwinds.

The profit reduction has been attributed largely to a higher tax burden: the tax expense rose to about ₹26 crore versus a negative tax outgo of

FARMERS IN MADURAI & RAMANATHAPURAM
SEEK EXTENSION OF CROP INSURANCE DEADLINE

Farmers in the districts of Madurai and Ramanathapuram have appealed for the extension of the enrolment cutoff for the crop-insurance scheme, currently set for November 15, citing strong demand and past losses. In Ramanathapuram, about 1,04,843 hectares of Samba paddy have been reconciled so far, with 36,889 hectares registered under insurance this year—up significantly from last year's 11,660 hectares. In Madurai, of 6,524 hectares reconciled, 410 hectares are insured this year, compared with just 70 hectares in the previous season.

Farmers attribute the surge in registrations to increasing awareness following repeated crop damage from pests, weather and other risks in recent seasons. They emphasise that many cultivators are still in the process of applying and that an extended window would help ensure comprehensive coverage. Some representatives have also raised concerns that despite visible



losses, compensation and claims assessment remain inconsistent.

Agricultural officials acknowledge the heightened interest but note that awareness remains patchy in some areas, especially in Madurai. Outreach efforts are being planned ahead of the deadline to encourage wider participation under the scheme. Closing the enrolment window on the current date could leave many eligible farmers without protection.

MAHARASHTRA FARMERS SHIFT PULSE-CROP
STRATEGY—CUTTING MOONG, EXPANDING URAD



In Maharashtra, farmers are rethinking their pulse cultivation strategy amid changing market and weather conditions. This cropping season, many cultivators are reducing the acreage devoted to Moong (green-gram) and instead maintaining areas under Tur (pigeon pea) while increasing sowing of Urad (black gram). The shift reflects the longer duration and greater risk associated with moong, which matures faster but is more vulnerable to rain delays and market swings.

window and better return potential under current input-cost and price pressures. Meanwhile, tur continues to be planted in familiar zones, with its longer crop cycle suited to established patterns in some districts. Weather-related uncertainties and profitability concerns are key drivers behind this realignment in pulse-crop mix.

By favouring urad and stabilising tur, farmers aim to mitigate risk, optimise their land use and align more closely with agronomic conditions. The strategy also reflects a broader trend of crop diversification in the state, where growers increasingly favour crops that balance risk and return under evolving climate and economic realities.

Farmers say that urad offers a safer

GLOBAL AQUACULTURE
LEADERS CONVERGE IN
HYDERABAD FOR MAJOR
INDUSTRY EVENT



From 11 to 13 November 2025, World Aquaculture India 2025 will be held in Hyderabad, bringing together researchers, industry professionals and policymakers from across the Asia-Pacific and beyond. The event marks a significant moment for India's aquaculture sector, which is gaining rapidly in global importance.

Hosted at the Hyderabad International Convention Centre – Novotel venue, the conference will showcase a broad technical programme covering topics such as feed and nutrition, genetics and breeding, aquaculture systems, disease management, value-addition, and trade and certification. It also offers a major trade exhibition, bringing together exhibitors and attendees to explore investment, innovation and partnership opportunities in aquaculture.

Hyderabad has emerged as a fitting location for this global gathering, thanks to its strong foundations in freshwater and shrimp farming, aquaculture equipment manufacturing and supportive infrastructure. The event underscores India's ambition to play a leading role in sustainable seafood production, global aquaculture value chains and food-security frameworks.

Attendees will have the chance to engage in knowledge-sharing, network with international stakeholders and explore pathways to scale aquaculture's contribution to nutrition, livelihoods and trade.

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12 HP HOSPITALS TO OFFER PANCHKARMA TECHNICIAN COURSES UNDER AYUSH



College and Hospital in Paprola (Kangra). The new expansion scheme calls to increase the admission capacity to 36 students at Paprola and 24 students in Chhota Shimla.

Inspired by Kerala's booming medical and wellness tourism industry, Himachal Pradesh is taking major steps to improve its own wellness tourism by expanding its training capacity in the field of traditional healing.

The AYUSH department plans to start offering one-year Panchkarma technician courses at 12 ayurvedic hospitals throughout the state in the upcoming academic year. Two colleges in Himachal Pradesh currently offer just 36 spots for this course. According to a government representative, there are presently only 18 spots available for the Panchkarma technician course at both the Regional Ayurvedic Hospital in Chhota Shimla and the Rajiv Gandhi Government Post Graduate Ayurvedic

Additionally, starting with the next academic year, the course will be offered at twelve additional universities, which will include Ayurvedic hospitals in Nalagarh, Dehra, and Rampur, as well as District Ayurvedic hospitals at Bilaspur, Chamba, Hamirpur, Kangra, Kullu, Mandi, Solan, Una, and Nahan. Each of these hospitals will allocate 16 seats for the course.

Himachal Pradesh is a treasure trove of medicinal herbs and centre for meditation and yoga. Acknowledging this potential, the state's CM intends to capitalize on these opportunities and bolster Himachal Pradesh's standing as a center for wellness and medical tourism.

AMIT SHAH ANNOUNCES 100 NEW SAINIK SCHOOLS ACROSS INDIA UNDER PPP MODEL

In a sweeping move to strengthen India's defence education infrastructure, Union Home Minister Amit Shah has unveiled a plan to establish 100 new Sainik Schools nationwide via a Public-Private Partnership (PPP) model

Unveiled during the inauguration of the Shri Motibhai R. Chaudhary Sagar Sainik School (MRCSSS) in Gujarat, Shah said this initiative would open avenues for students especially from rural and underserved regions to pursue structured, disciplined education geared towards service in the armed forces.

The MRCSSS itself, built at a cost of ₹50 crore, features modern facilities including smart classrooms, hostels, a library, and a canteen setting a benchmark for the next generation of Sainik Schools

Under the PPP arrangement, these schools will be developed in collaboration with NGOs, private educational institutions, and state governments, guided by the Sainik

Schools Society. +1 The objective is twofold: expand access to military-style education and build a pipeline for armed forces recruitment from a broader social base.

This initiative is grounded in a broader policy framework. According to the Sainik Schools Society's policy document, the goal is to create “a youth community with leadership qualities ... intellectually adept, patriotic and self-reliant.”

As per the Ministry of Defence, 86 new schools have already received clearance in the first phases, and more are expected to roll out across various states. Ultimately, this move is seen as a strategic investment in national security, youth empowerment, and character-building marrying public mission with private participation to build disciplined leaders of tomorrow.

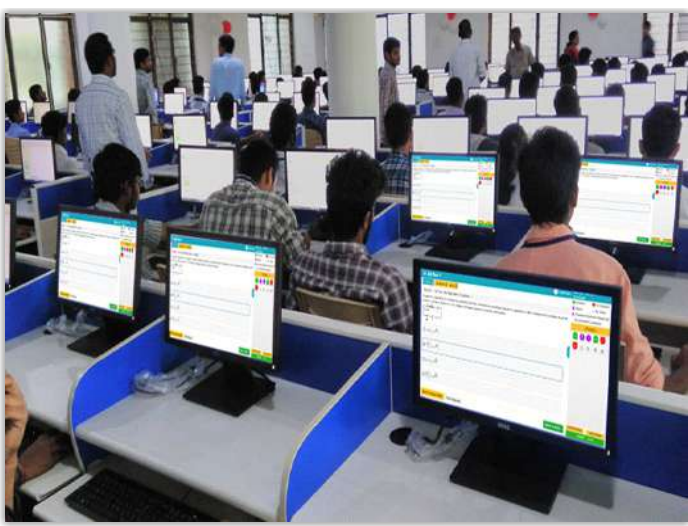
MHT CET MBA CET TO GO BIENNIAL FROM 2026

Starting from the academic year 2026-2027, the Maharashtra Common Entrance Test (MHT-CET) will be conducted twice a year.

The decision was announced on 11th November through X(formerly Twitter) by Chandrakant Patil, the Higher and Technical Education Minister of Maharashtra. The state's higher education entrance system will be undergoing a significant structural revamp, bringing Maharashtra's testing framework in line with the national Joint Entrance Examination (JEE Main), which likewise gives students two chances annually.

The two exam sessions will be held first in April and then in May 2026 for the 2026-2027 admission cycle. Students must appear for at least one of the two exam sessions to be eligible for admission to professional courses. They can choose to appear for both sessions as well if they wish to.

The test scores are used to fulfill the criterion for admission to professional programs in engineering, pharmacy, agriculture, architecture, and other



fields. A similar biannual format will also be used for MBA/MMS CET for admissions to postgraduate management courses.

If a student misses the initial exam or wants to improve their score, the new decision intends to provide them with another opportunity. In the past, missing the one annual exam resulted in a year's worth of lost time.

The decision to conduct biannual exams aims to reduce students' stress and guarantees more opportunities for all candidates throughout the state.

KENDRIYA VIDYALAYAS AND NAVODAYA VIDYALAYA WORK TOWARDS INDIA'S EQUITABLE EDUCATION VISION



India's social and economic progress is greatly influenced by its educational system. In this regard, two significant national school networks run by the Ministry of Education, the Kendriya Vidyalaya Sangathan (KVS) and the Jawahar Navodaya Vidyalaya Samiti (NVS) play an important part.

Established in 1963, KVS primarily provides uniform, high-quality education for the children of transferable Central Government officials. In an effort to close the gap between urban and rural areas, NVS was established in 1986 as part of the National Policy on Education. It offers gifted rural youngsters free residential education. Both are affiliated with the Central Board of Secondary Education

(CBSE).

In keeping with NEP 2020, KVS and NVS have both adopted digital learning. Around 90% of KVS's schools have smart classrooms, AI-based adaptive learning tools, and virtual laboratories. In rural areas, NVS also expedited digital integration. Activity-based learning, eco-clubs, and student leadership programs have been added to 913 KVS as part of the Pradhan Mantri Schools for Rising India (PM SHRI) initiative. In the same direction, 620 NVS have been classified as PM SHRI institutions, serving as centers of innovation that support experiential learning, digital learning, and cultural exchange.

India's continuous dedication to inclusive and high-quality education is exemplified through these two institutions. The government plans to expand the network of KVS and NVS schools and further invest in improving their infrastructure.

UGC PUSHES COLLEGES TO STRENGTHEN POSH COMPLIANCE VIA NCW'S CAMPUS CALLING PROGRAMME



The University Grants Commission (UGC) has issued a strong directive to all higher education institutions (HEIs) to deepen their compliance with the POSH Act (Prevention of Sexual Harassment) through a collaboration with the National Commission for Women (NCW)

Under this initiative, institutions must report their POSH implementation status such as the functioning of their Internal Complaints Committees (ICCs), awareness activities, redressal mechanisms, and any bottlenecks via the UGC SAKSHAM portal.

The heart of the strategy is NCW's Campus Calling Programme, which aims to roll out around 800 training and sensitisation modules across campuses. These sessions, developed with social organisation Yuvamanthan, cover legal literacy, gender sensitivity, digital safety, leadership, and more.

Each institution is also required to nominate four campus ambassadors to drive gender-equality initiatives. These student leaders will coordinate peer-led events like workshops, Model UN sessions, hackathons, and quizzes to foster a culture of respect and accountability.

UGC's November 13 circular further emphasises that these efforts must go beyond formality. It urges HEIs to engage staff and students in meaningful participation, not just tick-box compliance.

According to UGC and NCW, the expected outcomes include:

- Fully operational, well-trained ICCs;
- Stronger gender-sensitisation policies;
- Robust student leadership for gender equality;

A safer, more inclusive campus environment. This renewed push aims to close longstanding gaps in how sexual harassment is addressed on campuses, ensuring that anti-harassment systems are practical, proactive, and protective not just on paper.

Durgesh K. Dubey

CABINET GIVES NOD TO MAJOR EXPORT PROMOTION PLAN, ROYALTY OVERHAUL AND EXPORTER CREDIT GUARANTEE

In a major policy push aimed at strengthening India's trade and industrial base, the Union Cabinet has approved three key initiatives — the Export Promotion Mission (EPM), the rationalisation of royalties on critical minerals, and the Credit Guarantee Scheme for Exporters (CGSE). Together, these measures are designed to enhance export competitiveness, boost domestic production of strategic minerals, and ensure easier access to credit for Indian exporters.

Export Promotion Mission: A Unified Framework for Global Competitiveness

The newly approved Export Promotion Mission (EPM) will serve as an integrated platform to streamline India's export strategy and replace multiple fragmented schemes with a single, outcome-driven mechanism. Backed by an outlay of ₹25,060 crore for FY 2025–26 to FY 2030–31, the mission will focus on empowering MSMEs, first-time exporters, and labour-intensive industries.

The mission will function through two key sub-schemes:

Niryat Protsahan: This arm will facilitate affordable trade finance through interest subvention, export factoring, collateral guarantees, and credit card-based solutions for e-commerce exporters.

Niryat Disha: This component will address non-financial challenges by supporting compliance, quality certification, international branding, participation in trade fairs, and logistics infrastructure.

The EPM aims to address persistent barriers to exports — limited

access to credit, high compliance costs, weak market visibility, and logistical bottlenecks in smaller districts. Priority sectors such as textiles, leather, gems & jewellery, marine products, and engineering goods are expected to benefit from targeted interventions. Implementation will be led by the Directorate General of Foreign Trade (DGFT) through a digital interface that consolidates all applications and disbursals, ensuring transparency and efficiency.

Rationalising Royalties on Critical Minerals for Green Energy Transition

The Cabinet has also approved revised royalty rates for four essential minerals — Graphite, Caesium, Rubidium, and Zirconium — to boost domestic exploration and reduce import dependence.

Graphite: 2% (for over 80% fixed carbon) and 4% (for less than 80%), both on ad valorem basis.

Caesium: 2% of average sale price.
Rubidium: 2% of average sale price.
Zirconium: 1% of average sale price.

These minerals are vital for clean energy and high-tech industries. Graphite, a key anode material in electric vehicle (EV) batteries, is currently 60% imported. Zirconium is crucial for nuclear and aerospace applications, while Caesium and Rubidium play critical roles in electronics, GPS systems, and fibre optics.

The revision aligns royalty rates with market prices, encouraging

private sector participation in the upcoming Sixth Tranche of Critical Mineral Auctions, which includes multiple blocks for these minerals. The move is expected to attract investments, generate employment, and strengthen India's strategic mineral supply chains.

Credit Guarantee Scheme for Exporters: ₹20,000-Crore Liquidity Boost

To enhance the liquidity and risk-bearing capacity of exporters, the Cabinet has introduced the Credit Guarantee Scheme for Exporters (CGSE), offering 100% collateral-free credit coverage through the National Credit Guarantee Trustee Company (NCGTC). With a credit envelope of up to ₹20,000 crore, the scheme will support both MSME and non-MSME exporters. It aims to ease access to working capital, diversify export markets, and maintain India's trajectory toward a \$1 trillion export target. The initiative will be overseen by a management committee under the Department of Financial Services (DFS) and is expected to generate employment across trade, logistics, and allied sectors.

A Unified Vision for 'Viksit Bharat @2047'

The three Cabinet decisions together reinforce India's long-term economic vision — building an export-driven, self-reliant, and technologically advanced economy. By combining financing support, resource security, and institutional reform, the government seeks to position India as a global manufacturing and export powerhouse while advancing its green and inclusive growth agenda.

INDIA NOTIFIES DPDP RULES, SETS UP DATA PROTECTION BOARD; CRITICS WARN OF EXPANSIVE STATE POWERS

India has officially operationalised the Digital Personal Data Protection (DPDP) Rules, 2025, putting into effect the country's first dedicated framework for regulating personal data. Alongside the notification, the government has constituted the Data Protection Board (DPB) — an adjudicatory authority empowered to investigate breaches, impose penalties, and enforce compliance under the DPDP Act. The Board will be headquartered in the National Capital Region and will function with four members, marking the administrative rollout of a law that had been awaiting implementation since 2023.

A New Digital Compliance Architecture

The DPDP Rules outline detailed responsibilities for private and public entities handling personal information. Organisations must now issue clear notices before collecting data, seek explicit consent, and ensure that withdrawing such consent is as easy as granting it. Breaches must be promptly reported to both affected users and the DPB, followed by a detailed account within 72 hours.

Companies defined as “significant data fiduciaries” face stricter obligations, including annual data audits, data protection impact assessments, algorithmic risk evaluations, and long-term storage of user information. Platforms with large user bases — such as social media, gaming services, and e-commerce apps — must retain data for three years and maintain access logs for at least one year. Additional safeguards apply to the processing of children's data, which requires verified approval from parents or guardians.

Cross-border data transfers remain tightly controlled and may occur only to countries explicitly permitted by the Union government, signalling a more conservative approach to international data flows.

Concerns Over Transparency and State Surveillance Powers

While the Rules aim to strengthen digital rights and bring uniformity to data governance, several civil society groups and transparency advocates view the framework as expanding state power at the cost of individual privacy.

A major point of contention is Rule 23, which authorises the government to demand personal data from any data fiduciary or intermediary on grounds of sovereignty, public order, or national security. The provision does not mandate disclosure to affected individuals, define retention limits, or outline independent oversight for such requests. Critics argue that such broad powers could enable surveillance without safeguards or accountability.

The simultaneous amendment to the Right to Information Act has also raised concerns. The new rules restrict access to “personal information” related to public officials without clearly defining the term, which activists say could undermine transparency and reduce public oversight of government actions.

Experts further warn that the absence of clear data minimisation norms for government agencies, undefined timelines for retaining collected data, and exemptions from breach notifications leave citizens

vulnerable to opaque state access.

Impact on Private Entities and Press Freedom

While the Rules provide clarity for businesses on consent, notice requirements, and security measures such as encryption and audits, the lack of protections for journalistic work — which appeared in earlier drafts — has drawn criticism. High penalties for violations and the wide definition of “data fiduciary” may impose heavy compliance burdens on journalists and smaller media organisations, potentially discouraging investigative reporting.

A New Era of Digital Governance

The rollout of the DPDP Rules marks a pivotal moment in India's data regulation journey. As the DPB begins functioning and compliance timelines unfold over the next 18 months, debates around privacy, state authority, and user rights are likely to intensify. The challenge ahead will be balancing national security and administrative efficiency with individual freedoms and constitutional safeguards — a balance that will define the future of India's digital ecosystem.

EXPERT



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Q. What is social balance and why it is important in today's world?

Ans. Social balance refers to a state of harmony and stability within a society, where individuals, groups, and institutions coexist peacefully, maintaining mutual respect, justice, and equality. It ensures that no section of society dominates or suppresses another, and that everyone enjoys fair opportunities for growth, participation, and wellbeing. A socially balanced community is one where diversity is celebrated, cooperation is valued, and conflicts are resolved through understanding rather than aggression. In simple terms, social balance describes a condition in which relationships among individuals and groups remain stable and just, free from excessive inequality, discrimination, or conflict. It reflects a state of equilibrium among the different parts of society economic, cultural, religious, and political.

Ancient Indian philosophy viewed social balance as a reflection of dharma, where each person fulfills their duties with fairness and compassion, contributing to the overall harmony of the world. In the Indian worldview, society, or samāja, is sustained through “sāmya” a sense of equality, order, and duty. Texts such as the Manusmṛti, Arthashastra, and Rigveda emphasize maintaining balance among different classes, duties, and rights. The aim was never rigid uniformity, but functional harmony, where each individual's role contributes to the welfare of all (sarve bhavantu sukhinah). A Sanskrit Subhāṣitam captures this idea beautifully: "यथा शरीरं सुष्ठु स्वस्थं सर्वेन्द्रियैः सह। एवं समाजः स्वस्थो भवेद् सर्ववर्गैः समं स्थितः॥" Just as the body remains healthy when all its organs function in harmony, society stays healthy when all sections coexist harmoniously. Social balance, like physical health, depends on cooperation among all its parts. If one group suffers or dominates, the entire system weakens. Inclusion, fairness, and empathy form the lifeblood of a balanced society.

Social balance depends on several interrelated factors. Equality and justice ensure fair treatment for all, regardless of caste, gender, religion, or social status. Justice ensures that opportunities and rewards are based on merit and need rather than privilege. Mutual respect between individuals reduces conflicts and promotes cooperation, while economic fairness addresses disparities that could otherwise cause social unrest, ensuring that wealth is shared responsibly and that no one is deprived of basic necessities. Cultural harmony allows diverse traditions, beliefs, and languages to coexist peacefully, fostering tolerance and understanding.

The importance of social balance cannot be overstated. A balanced society experiences greater peace and stability because justice and empathy prevail, reducing conflicts and violence. It promotes sustainable development by ensuring that economic growth benefits all sections, not just a privileged few, while national integration strengthens when all groups feel valued and respected. Social balance also enhances emotional wellbeing, as individuals feel secure, respected, and motivated within a fair and caring environment. Moral progress flourishes when people live in an ethically balanced society, cultivating compassion and righteous behavior. A timeless Subhāṣitam reinforces this principle: "परहितार्थं यो जीवति स एव जीवनं सुतराम्। स्वार्थार्थं तु यः पश्यति स जीवन्नपि मृतकः॥" He who lives for the welfare of others truly lives; the one who lives solely for self-interest is dead even while alive. Social balance thrives when people care for one another, as self-centeredness breeds division while compassion binds society together.

Despite its importance, social balance faces several threats. Inequality and discrimination arise when certain groups are excluded or treated unjustly. Greed and corruption undermine community welfare, while cultural intolerance disrupts the peaceful coexistence of diverse groups. Lack of education and awareness breeds ignorance and prejudice, creating social divides, and environmental neglect disturbs both ecological and social stability. The sages of ancient India cautioned against excess, as reflected in the Subhāṣitam: "अतिशयमसहते भूमिर्मानं महीयसाम्। अतिशयितं च कार्यं विनाशायैव जायते॥" The earth cannot bear excess, whether of pride, power, or wealth; anything excessive leads to destruction. Social balance collapses when excess of wealth, authority, or desire—corrupts justice and equality. Moderation sustains, while excess destroys.

Achieving social balance in modern times is possible through conscious effort. Inclusive education and awareness, equal opportunities and fair distribution of resources, promotion of community service and ethical leadership, dialogue and empathy between diverse groups, and respect for nature and sustainability all contribute to a socially balanced environment. A Subhāṣitam encapsulates this collective spirit: "एकेन न शक्यं वृक्षं छायां दातुं महाजनैः। सर्वे भवन्तु संगच्छन्तु समृद्ध्यैव जगत् स्थिरम्॥”

No single tree can provide shade to all; when many come together, prosperity and stability arise. Social balance is a collective achievement,

dependent not on a single leader or group, but on everyone contributing through cooperation, compassion, and shared responsibility. In addition to structural and ethical considerations, social balance is also nurtured through individual mindfulness and collective empathy. Every person in a society contributes, consciously or unconsciously, to its equilibrium. Just as a single drop of water merges into a river to maintain its flow, every small act of kindness, honesty, and cooperation strengthens social harmony. Ancient Indian thought emphasizes that personal virtues and social virtues are inseparable. A society cannot be balanced if its individuals are selfish, impulsive, or morally indifferent. The Subhāṣitam states: "यथा दीपो निवातस्थो न शोचति तमसोऽपि। एवं साधुरात्मा चित्ते न शोचति लोके दुःखिते॥" Just as a lamp placed in the wind does not extinguish even in darkness, so does a virtuous mind remain unshaken in a world of adversity. This verse highlights that inner strength and ethical fortitude are essential to maintain social balance.

Education and awareness further reinforce social equilibrium. When people are informed about their rights, responsibilities, and the consequences of their actions, social injustices decline, and cooperation increases. A socially balanced community prioritizes dialogue over confrontation, understanding over judgment, and shared prosperity over individual greed. Cultural awareness and respect for traditions of all communities nurture inclusion and prevent alienation, strengthening bonds between groups. The Subhāṣitam reminds us: "सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत्॥" May all beings be happy, may all be free from disease, may all experience auspiciousness, and may no one suffer in any way. This verse reflects the ultimate goal of social balance: universal wellbeing, where the welfare of one contributes to the welfare of all.

Ultimately, social balance is a continuous process, requiring vigilance, ethical action, and compassion. It demands that societies evolve, adapting to new challenges while staying rooted in principles of fairness, empathy, and mutual respect. Just as nature maintains balance through cycles of growth, decay, and renewal, society thrives when each individual contributes consciously to collective harmony. Social balance is thus not a static state, but a dynamic, living ideal, achievable when human actions align with justice, ethics, and empathy.

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SELF-REFLECTION AS A SUPERPOWER – LOOKING WITHIN TO GROW AHEAD

In the rush of everyday life, we often measure our progress by what we achieve on the outside goals completed, tasks finished, recognition received. Yet the most powerful growth rarely begins externally. It begins quietly, internally, through a practice many underestimate: self-reflection. In a world filled with noise, self-reflection stands out as a superpower—one that helps us understand who we are, where we stand, and where we truly want to go.

Self-reflection is more than simply thinking about your day. It is a conscious act of pausing, observing your thoughts, and understanding your emotions without judgement. When we reflect, we give ourselves permission to step outside the cycle of routine and re-examine our choices, habits, and responses. This deeper awareness allows us to notice patterns both helpful and harmful that shape our daily lives.

One of the biggest gifts of self-reflection is clarity. Many of us struggle with decisions not because we lack options, but because we lack understanding of what truly matters to us. By spending time

looking inward, we begin to separate external expectations from our inner values. This clarity helps us make decisions that are aligned with our authentic selves, rather than decisions made out of pressure, fear, or habit.

Self-reflection also strengthens emotional intelligence. When we reflect on our reactions why something upset us, why a comment made us insecure, or why we felt proud we start to understand the root causes of our feelings. This awareness allows us to respond more thoughtfully instead of reacting impulsively. Over time, we become calmer, more patient, and more balanced in our interactions with others.

Another powerful aspect of self-reflection is its ability to turn setbacks into lessons. Every challenge carries a message, but we often miss it when we rush forward without looking back. Reflection helps us ask important questions: What can this experience teach me? What could I do differently next time? What strengths did I discover in myself through this difficulty? When we reflect, even failures become stepping stones for future success.

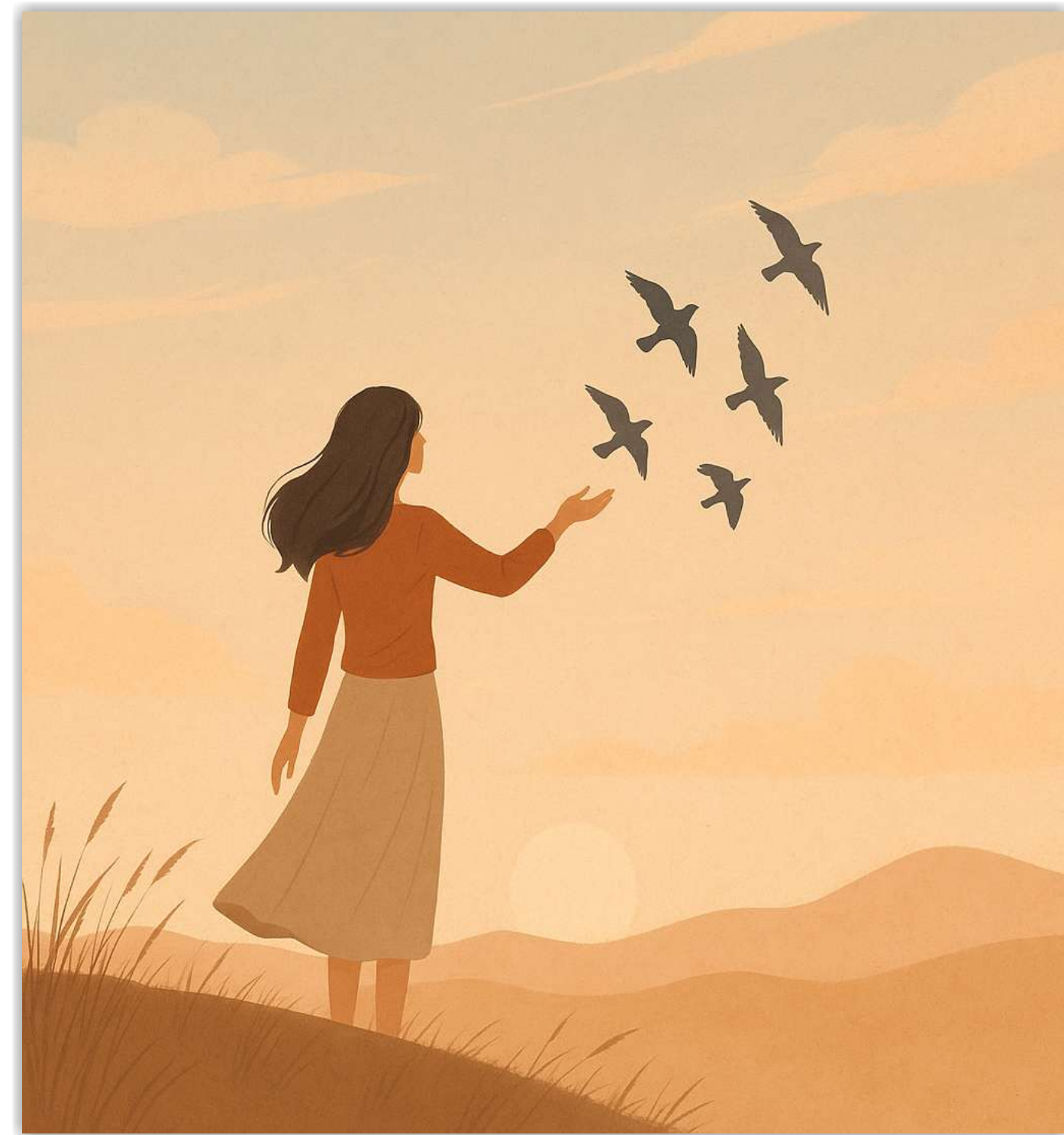
Self-reflection also nurtures gratitude. When we pause and observe our journey our growth, our small wins, our supportive relationships we begin to appreciate life more deeply. Gratitude shifts our focus from what is lacking to what is abundant, giving us a sense of contentment and inner peace.

Developing this superpower does not require hours of meditation or complex routines. Simple daily practices make a difference: writing your thoughts in a journal, taking a quiet walk alone, setting aside five minutes before bed to review your day, or asking yourself meaningful questions. The key is consistency. The more regularly we reflect, the sharper our self-awareness becomes.

Ultimately, self-reflection empowers us to grow ahead with intention, resilience, and confidence. It reminds us that the answers we seek are often already within us we just need to slow down long enough to hear them. By looking inward, we discover not just who we are, but who we can become.



THE ART OF LETTING GO – LEARNING TO RELEASE NEGATIVITY



In a world full of constant movement, expectations, pressures, and emotions, holding on often feels easier than letting go. We cling to memories that hurt, conversations that disappointed us, and fears that were never ours to carry. The truth is, negativity is heavy but we sometimes carry it as if it defines us. The art of letting go is not about forgetting what happened; it is about freeing ourselves from the weight of what no longer serves our growth.

Letting go begins with awareness. Many people move through life without realising how much emotional baggage they hold on to. It could be a grudge from a past disagreement, a failure that feels too painful to revisit, or the constant need for

approval. These unresolved emotions quietly drain our energy, influence our decisions, and cloud our self-perception. When we stop for a moment and identify what is holding us back, we take the first step towards healing.

Another important aspect of letting go is acceptance. Acceptance does not mean agreeing with what happened; it means acknowledging reality without resisting it. Resistance keeps us stuck. Acceptance opens the door to change. When we accept our feelings whether anger, sadness, or disappointment we allow them to move through us instead of staying trapped within. The moment we understand that we cannot control everything, we start focusing on what we can control: our responses, our choices, and our attitude.

Letting go also requires kindness towards ourselves. Many people forgive others easily but struggle to forgive themselves. We replay our mistakes, judge our past decisions harshly, and hold on to unrealistic expectations. But personal growth is never a straight line. Life is made of successes and setbacks, both equally important. Treating ourselves with compassion allows us to move forward with clarity and courage.

One of the most effective ways to release negativity is to practise mindfulness. Whether through deep breathing, journaling, or simply observing our thoughts without reacting, mindfulness teaches us to live in the present moment. When we stop dwelling on the past or

worrying about the future, negativity loses its power. Instead of trying to erase unpleasant experiences, we learn to view them as lessons stepping stones that shape our resilience.

Letting go is not a one-time action; it is a continuous practice. Some days, we may feel completely free, and on other days, old emotions may resurface. This is normal. What matters is the willingness to keep choosing peace over bitterness, hope over fear, and clarity over confusion. With time, we become more skilled at recognising what to release and what to hold close.

Ultimately, letting go is an act of self-love. It allows us to grow lighter, think clearer, and live more authentically. When we release negativity, we create space for new experiences, positive relationships, and meaningful opportunities to enter our lives. In that space, we begin to rediscover ourselves not as people defined by our past, but as individuals capable of creating a brighter, healthier, and more fulfilling future.

Afreen Mazgaonkar

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



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.

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

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

INDIA DOMINATES JAPAN PARA BADMINTON: PRAMOD BHAGAT LEADS WITH TRIPLE GOLD TRIUMPH



India's para badminton athletes performed gloriously at the Japan Para Badminton International 2025, taking home numerous prizes. Prabhakar was the main protagonist of the event, securing three yellow metals—men's singles, men's doubles, and mixed doubles. In the singles final, he made a strong comeback after losing the first set to Japan's Daisuke Fujihara and won 17-21, 21-19, 21-10. He also won the men's doubles title with Sukant Kadam and the mixed doubles gold with Manisha Ramdass. Krishna Nagar, the Tokyo Paralympic champion, also played brilliantly and won two gold medals — in men's singles and mixed doubles. He defeated Miles Krajewski from the USA in straight sets and later teamed up with Nithya Sre to win another gold. Sukant Kadam won one gold and one silver, taking gold with Pramod in doubles and silver in singles against Naveen Sivakumar. Other Indian players like Mansi Joshi, Thulasimathi Murugesan, Manisha Ramdass, and Nithya Sre also won medals in women's and mixed events. It was a proud moment for India, showing the hard work, skill, and teamwork of the country's para badminton players.

KARTHIK VENKATARAMAN SHOCKS DEAC TO REACH ROUND 4 OF FIDE WORLD CUP 2025

Grandmaster Karthik Venkataraman continued his excellent form at the FIDE World Cup 2025 by defeating Romania's Grandmaster Bogdan-Daniel Deac in the second tiebreak game. Playing with the black pieces, Karthik trapped Deac's king in the corner and used his extra bishop to win in 43 moves. He had drawn the first rapid game earlier. Karthik said his classical game against Deac was tough, but he defended well. "In both the rapid games, I played much better. I was clearly better in the first and the second went smoothly," he said. Karthik, a two-time National Champion, will now face Le Quang Liem of Vietnam in the next round. Speaking about the World Cup format, he said it's stressful because players can be eliminated at any time, unlike in other tournaments. Karthik's win means five Indian players will compete in the fourth round after a rest day. However, it was a disappointment for Vidit Gujrathi and Narayanan SL. Vidit lost to American GM Sam Shankland after a series of rapid games, while Narayanan was defeated by China's Yu Yangyi in a long 125-move battle.



RIISING STAR HARSHITA TIWARI CLAIMS BRONZE AT INTERNATIONAL KARATE CHAMPIONSHIP

A young karateka Harshita Tiwari from Army Public School, Tibri Cantonment, and the girl is a shining star of the school and the city. She bagged a bronze medal in an international Karate-Do tournament which recently took place in Malaysia. Despite her young age, Harshita, only in Class VIII, displayed exceptional mastery of the art, unwavering focus, and great willpower that eventually led her to the less coveted bronze medal in the tough contest. Karate-Do, the Japanese way of martial arts, is one that trains through punches, kicks, and letting go. It also enhances the students' self-discipline, self-worth, and good character through unceasing training. According to her coaches, Harshita competed against strong and experienced players from Indonesia, Bangladesh, Uzbekistan, Singapore, the Philippines, Malaysia, and India, yet she performed very well and earned the bronze medal. Her coach, Gurwant Singh, a 5th Dan Black Belt and national referee, has trained many students who have done well at both national and international levels. Karate coaching in Gurdaspur is held at the Government Senior Secondary School for Girls, Dak Khaana Chowk. Romesh Mahajan, national awardee and secretary of the Gurdaspur Karate-Do Association, praised Harshita's achievement, saying her success will inspire more students to take up karate training and bring more honours to the district in the future.



ANISH BHANWALA WINS SILVER, SECURES PODIUM FINISH AT SHOOTING WORLD CHAMPIONSHIPS

Indian shooter Anish Bhanwala won a silver medal in the 25m rapid-fire pistol event at the ISSF World Championships on Sunday — the biggest achievement of his career so far. The 23-year-old from Haryana showed great focus and calmness during two tense shoot-offs in the final. He scored 28 points to finish second, while Clement Bessagnet of France won the gold with 31 points. Anish had earlier qualified for the final in second place with a total score of 585 — shooting 291 in Stage 1 and 294 in Stage 2. In the final, he started strong with a perfect series of five hits and stayed in second place after three rounds. He faced tough competition but kept his cool, winning shoot-offs against Germany's Emanuel Mueller and Ukraine's Maksym Horodynets, who took the bronze. This is India's second-best performance ever in this event, after Vijay Kumar's silver at the 2012 London Olympics. Anish said, "It feels unreal. I have worked hard for this moment, and this time everything clicked perfectly." Other Indians, Adarsh Singh and Sameer, finished 22nd and 35th, and together the Indian team ranked fifth overall.



GOLDEN DAY FOR INDIA: FOUR MEDALS GAINED AT ASIAN ARCHERY CHAMPIONSHIPS



With its exceptional performance, India at the Asian Archery Championships held in Dhaka bagged four medals in total out of which three were gold. The senior archers V. Jyothi Surekha, Abhishek Verma, Ankita Bhakat, and Dhiraj Bommadevara were instrumental in making this success possible. Jyothi was one of the top performers, winning two gold medals — the women's individual and women's team titles. She shot brilliantly in the semifinals and defeated her 17-year-old teammate Prithika Pradeep in the final. Along with Prithika and Deepshikha, Jyothi also helped secure the women's team gold by narrowly defeating Korea. Abhishek Verma won the mixed team gold with Deepshikha after a close match against Bangladesh. Although he and his teammates missed the men's team gold by one point, they secured a silver medal. India also made history in the recurve events. Ankita Bhakat won her first-ever individual continental gold by defeating Olympic silver medallist Nam Suhyeon. Dhiraj Bommadevara added another gold by beating his teammate Rahul in the final. India's men's recurve team also ended Korea's 12-year winning streak in a thrilling shoot-off. Overall, it was a proud and historic tournament for India.

9 - YEAR - OLD ARSHI GUPTA MAKES HISTORY AT NATIONAL KARTING CHAMPIONSHIP

Nine-year-old Arshi Gupta from Delhi Public School, Faridabad, has made history by becoming India's first girl to win a National Karting Championship title. She won the 2025 FMSCI National Karting Championship in the Micro Max class at the Meco Kartopia circuit in Bengaluru. Born on October 18, 2016, Arshi races for Leapfrog Racing. In her second year of racing, she showed great talent by winning Round 3 in Chennai and other races in Coimbatore. Her win also makes her the youngest champion in the 21-year history of the Indian Rotax series. In the final round, Arshi gave a brilliant performance—rising from the middle of the grid to win the Pre-Final, and later winning the Final from pole position. Arshi started karting in 2024 after her father, Anchit Gupta, noticed her love for speed while cycling. She trained under coach Rohit Khanna in Gurugram and later trained in the UAE and the UK. She also holds an India Book of Records title as the youngest female with a National Karting License. In September 2025, she represented Team India in Sri Lanka, finishing fourth. After her win, Arshi said happily, "I want to race more!"



Dr. Smita Ravikumar Kuntay & Ajab Tinwala

POWERGRID LAW OFFICER
RECRUITMENT 2025

POWER GRID, a premier PSU under the Ministry of Power, invites applications from fresh Law Graduates for 07 Officer Trainee (Law) positions. Candidates appearing for CLAT 2026 (PG) are eligible to apply. Join POWERGRID and contribute to India's transformational journey in the power sector.

Post name: Officer Trainee law
Total Vacancy: 07
Monthly salary: 40,000 rupees during training

Eligibility criteria:

- Full-time Three years LLB or Five years integrated Law/LLB course with not less than 60% marks or equivalent CGPA from a recognized Institute/University.
- Candidates must appear in CLAT 2026 (for Post Graduation admission).

Age limit:

- 28 years as on 05.12.2025.
- (Relaxation :OBC (NCL): 3 years; SC/ST: 5 years; PwBD: 10 years)

Selection Process:

- CLAT – 2026 Score
- Behavioral Assessment
- Document Verification
- Group Discussion
- Personal Interview
- Pre-Employment Medical Examination

Application Fee:

- General / OBC / EWS: ₹ 500/-
- SC / ST / PwBD: Nil
- (Payment method: Online (Non- refundable))

Important Dates:

- Start of CLAT 2026 Registration: 01st August 2025
- Closing Date for CLAT 2026 Application: 31st October 2025
- Last Date for POWERGRID Online Application: 05th December 2025 (23:59 hrs)

How to Apply POWERGRID Officer Trainee (Law) Recruitment:

• Register and apply for CLAT 2026 (Post Graduation) on the Consortium website from 01.08.2025 to 31.10.2025. Appear for the exam. After CLAT results, register online on POWERGRID website (<https://www.powergrid.in>) from 14.11.2025 to 05.12.2025. Provide CLAT Application No., Roll Number, and other details.

• Pay the application fee (if applicable) through online mode. Submit the form before 05.12.2025 (23:59 hrs).

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

RRB RECRUITMENT 2025: 5817 GRADUATE POSTS IN INDIAN RAILWAYS (NON-
TECHNICAL POPULAR CATEGORIES – NTPC)

The Railway Recruitment Board (RRB) invites online applications from graduates for 5817 Non-Technical Popular Category (NTPC) posts under the Centralised Employment Notice CEN 06/2025. This is an excellent opportunity to build a stable and prestigious career with the Indian Railways.

Vacancies (Post-wise)

- Station Master – 615
- Goods Train Manager – 3423
- Traffic Assistant (Metro Railway) – 59
- Chief Commercial-cum-Ticket Supervisor (CCTS) – 161
- Junior Accounts Assistant-cum-Typist (JAA) – 921
- Senior Clerk-cum-Typist – 638

Vacancies (RRB-wise): Ahmedabad – 79 | Ajmer – 345 | Bangalore – 241 | Bhopal – 382 | Bhubaneswar – 231 | Bilaspur – 864 | Chandigarh – 199 | Chennai – 187 | Gorakhpur – 111 | Guwahati – 56 | Jammu-Srinagar – 32 | Kolkata – 685 | Malda – 522 | Mumbai – 596 | Muzaffarpur – 21 | Patna – 23 | Prayagraj – 110 | Ranchi – 651 | Secunderabad – 396 | Siliguri – 21 | Thiruvananthapuram – 58

Eligibility

- Educational Qualification: Bachelor's degree from a recognized university. Typing proficiency in English/Hindi is mandatory for JAA and Sr. Clerk-cum-Typist.
- Age Limit: 18 to 36 years.

Selection Process

- Two-Stage Computer Based Test (CBT)
- CBAT for Station Master
- Typing Skill Test (TST) for JAA & Sr. Clerk-cum-Typist
- For Goods Train Manager & CCTS: Two-stage CBT + Document Verification + Medical

Examination

- Application Fee
- General/EWS/OBC: ₹500
- SC/ST/Ex-Servicemen/ PwBD/ Female /Minorities/ EBC: ₹250 (Payment Mode: Online)

How to Apply

- Eligible candidates must apply online through the



official RRB website

Important Dates

- Online Application Starts: 21-10-2025
- Last Date to Apply: 20-11-2025
- Last Date for Fee Payment: 22-11-2025

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

BANK OF BARODA APPRENTICE RECRUITMENT 2025 – APPLY ONLINE FOR 2700
VACANCIES ACROSS INDIA!

The Bank of Baroda (BoB) has officially announced its Apprentice Recruitment 2025-26, inviting fresh graduates across India to apply for 2700 positions under the Apprentices Act, 1961. This is a golden opportunity for young aspirants to gain hands-on banking experience with one of India's leading public sector banks!

Post Name: Apprentice
Total Vacancies: 2700
Training Duration: 1 Year (On-the-Job)
Monthly Stipend: ₹15,000/-

Eligibility Criteria

- Educational Qualification: Bachelor's Degree in any discipline from a recognized University.
- Age Limit: 20 to 28 years as on 1st November 2025. (Relaxation: 5 years for SC/ST, 3 years for OBC, 10 years for PwBD)

Selection Process

1. Online Examination – covering General Awareness, English, Computer Knowledge, and Reasoning.
2. Document Verification
3. Local Language Test

Application Fee

- General / OBC / EWS: ₹800 + GST
- PwBD: ₹400 + GST
- SC / ST / Female: No Fee (Payment through



Debit/Credit Card, Internet Banking, or Mobile Wallet)

Top States with Vacancies

Karnataka – 440 | Gujarat – 400 | Maharashtra – 297 | Uttar Pradesh – 307 | Rajasthan – 215

Important Dates

- Online Registration Opens: 11th November 2025
- Last Date to Apply: 1st December 2025
- Exam Date: To be announced

NOTIFICATION

2700
VACANCIES

November 11, 2025
to
December 1, 2025

How to Apply

1. Register on NATS (nats.education.gov.in) and NAPS (apprenticeshipindia.gov.in) portals.
2. Upload required documents – ID proof, degree mark sheets, photo, and signature.
3. Submit the online form at Bank of Baroda's official website.

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

Deepika Singh



1. What three themes did India highlight at COP30 for climate action?
2. Under which Paris Agreement Article did India demand climate-finance fulfilment?
3. India's non-fossil power capacity has crossed what percentage?
4. Chandigarh's new wildlife survey will cover which areas for the first time?
5. India achieved its ethanol-blending goal how many years early, and joined which initiative?
6. Which state is hosting India's first “Tour de Thar” desert cycling race?
7. The “Tour de Thar” race is linked to which social campaign?
8. What percentage of present-day glaciers may remain at ~2.7°C warming?
9. India warned that climate policies should not be undermined by what?
10. Who will participate in Chandigarh's wildlife survey?



1. I stand when others fall, I build when others break — sometimes loud, sometimes calm. What am I?
2. I grow with pride on a man's face, changed with style or kept in place. What am I?
3. I'm given at birth, earned with time; I guide, protect, and sometimes rhyme. What am I?
4. I'm not a crown but I mark the age; gray or black, I show life's page. What am I?
5. I sometimes fix a leaky sink, I sometimes teach you how to think. Who am I?
6. I walk beside you, not in front or behind — I'm respect and care combined. What am I?
7. I'm a role and a feeling, not only a rule — when I show up, families are cool. What am I?

7.	Responsibility
6.	Partner
5.	Handy man
4.	Hair
3.	Father
2.	Beard
1.	Strength
(II) RIDDLES	
10.	NGOs, volunteers & institutions
9.	Unilateral trade measures
8.	24%
7.	#CycleForZeroHunger
6.	Rajasthan
5.	5 years early; Belem 4x
4.	Forest blocks + green areas
3.	50%
2.	Article 9.1
1.	Finance, tech, fairness
(I) QUIZ TIME	
ANSWERS	



Chhena Peda: Odisha’s Melt-in-the-Mouth Delight

This Week, We’re Relishing Chhena Peda: Odisha’s Melt-in-the-Mouth Delight

Chhena Peda is one of Odisha’s most beloved traditional sweets, known for its caramelised flavour, soft texture, and delightful aroma of roasted cottage cheese. Originating from the town of Puri, this sweet is a celebration of purity, patience, and slow cooking. Made mainly from chhena (fresh cottage cheese), sugar, and a hint of cardamom, Chhena Peda has been enjoyed for generations during festivals and special occasions.

Ingredients:

Fresh chhena (cottage cheese) – 2 cups, Sugar – ½ to ¾ cup (adjust to taste), Semolina (optional, for texture) – 1 tbsp, Ghee – 1 tbsp, Cardamom powder – ½ tsp, Crushed nuts (cashew/almond) – optional, A few drops of rose water or kewra – optional

Preparation

1. **Prepare Chhena:** Curdle milk with lemon juice, strain, wash, and squeeze out extra water. Keep the chhena slightly dry.
2. **Make the Mixture:** Crumble the chhena until smooth. Add sugar, semolina, ghee, and cardamom powder. Mix well to form a soft dough-like blend.
3. **Slow Cooking:** Cook this mixture on low flame, stirring continuously, until it thickens and gets a light caramel aroma.
4. **Shape the Pedas:** Let it cool a bit. Grease your palms and shape into small round pedas, flattening gently.
5. **Set and Serve:** Allow the pedas to rest for an hour to firm up. Serve at room temperature.



Serving Tips: Sprinkle a little cardamom powder or saffron strands on top for extra flavour

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

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