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THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Naaz

NATIONAL MILK DAY: A TRIBUTE TO THE FATHER OF INDIA'S DAIRY TRANSFORMATION

National Milk Day is observed across India every year on 26 November to honour the remarkable contribution of Dr. Verghese Kurien, known as the “Father of the White Revolution” in India. Born on November 26, 1921, in Kozhikode, Kerala, Dr. Kurien was instrumental in transforming India from a milk-deficient nation to the world's largest producer of milk. This day highlights the significant role milk plays in daily nutrition, agriculture, and the livelihoods of millions, making it a significant observance for both health and economic awareness. It celebrates the transformative impact of India's dairy sector, a key contributor to rural empowerment, and economic growth.

Dr. Verghese Kurien is widely known for his 'Operation Flood', which is recognized as the world's largest agricultural program. He established 30 institutions that are run by various farmers and workers. He also played a key role in the establishment and success of Amul Brand. Because of his efforts, India became the largest producer of milk in 1998, surpassing the United States. He also helped manage the Delhi Milk Scheme and corrected the prices; and helped India become self-sufficient in edible oils. He was honoured with several awards, including the Ramon Magsaysay Award (1963), Krishi Ratna (1986) and World Food Prize (1989). He is also the recipient of India's highest civilian awards: Padma Shri (1965), Padma Bhushan (1966) and Padma Vib(1999).

India's Dairy Revolution begins when following the visit of Prime Minister Lal Bahadur Shastri to Anand district of Gujarat in 1964, the National Dairy Development Board (NDDB) was created in 1966 with a mandate to support creation of the Anand pattern of dairy cooperatives across the country through Operation Flood Program. Dr. Varghese Kurien, the first chairman of NDDB, along with his team commenced work on the launch of the project which envisaged the organization of Anand-pattern cooperatives in milk-sheds

across the country from where liquid milk produced and procured by milk cooperatives would be transported to cities.

increased from 18 to 136, milk outlets were expanded to about 290 urban markets, a self-sustaining system was set up that included 4,250,000 milk producers spread across 43,000 village cooperatives.



Phase III (1985-1996): This phase enabled the dairy cooperatives to expand and gave a finishing touch to the programme. It also strengthened the infrastructure required to procure and market increasing volumes of milk.

The significance of this revolution lies in the fact that it helped dairy farmers direct their own development, placing control of the resources they create in their own hands. The bedrock of Operation Flood has been village milk producers' cooperatives, which procure milk and provide inputs and services, making modern management and technology available to members.

The celebrations of National Milk Day observe several educational awareness campaigns organized in schools, colleges, and communities, focusing on nutrition and the dairy sector. Special events by government bodies, dairy cooperatives, and NGOs include Dr. Verghese Kurien's biography readings and exhibitions. Online contests, digital poster-making, and social media drives with trending hashtags like #NationalMilkDay are noticed. Public rallies, informative talks, and nutrition

drives encouraging balanced consumption and support for dairy farmers are arranged.

National Milk Day is not just a celebration of Dr. Kurien's vision but also an acknowledgment of India's remarkable journey in dairy development. As the world's largest producer, India exemplifies how a nation can achieve self-reliance, rural empowerment, and nutritional security through visionary leadership and cooperative spirit. Let us honor the farmers, cooperatives, and pioneers who have made India's White Revolution a global success story.

Phases of the White Revolution:

Phase I (1970-1980): This phase was financed by the sale of butter oil and skimmed milk powder donated by the European Union through the World Food Program. Phase II (1981 to 1985): During this phase, the number of milk sheds

#Notable_Story

U Tirot Sing Syiem: The Lion of the Khasi Hills.... **Pg 02**

#Person_of_Interest

Amla Ruia: The Architect of India's Quiet Water Revolution.... **Pg 03**

#Krishi_Gyan

Highlights from Day 2 of Earth Summit 2025-26 in Hyderabad **Pg 06**

#Educational_News

The Science of Stress: IIT Madras Unveils Test Anxiety Biomarkers.... **Pg 07**

#Artha_Gyan

India Leads New Global Development Agenda at Africa's First G20 Summit.... **Pg 08**

#Learning_and_Development through_Ancient_Indian_Wisdom

Q. How self-balance and social balance is connected?.... **Pg 09**

#Lifelab

Peer Pressure in the Workplace: Conformity vs. Individuality.... **Pg 10**

#Current_News

NIT Rourkela Patents Green Tech to Revive India's Black Terracotta Craft.... **Pg 11**

#Sports_News

Ammol & Stavva Finally Strike Gold at IPA Nationals 2025... **Pg 12**

#Job_Junction

Indian Air Force AFACT 01/2026 Recruitment.... **Pg 13**

U TIROT SING SYIEM: THE LION OF THE KHASI HILLS

In the green, misty hills of Meghalaya, where clouds float close enough to touch, there lived a man whose name became a symbol of courage and honor U Tirot Sing Syiem, the great leader of the Khasi Hills. He was not a ruler who sought glory for himself; he was a guardian of his people, a protector of their land, and a warrior whose spirit of freedom still echoes through the hills he loved so dearly.

A Leader Born of the Land

U Tirot Sing was born around 1802 in the Khasi Hills, part of present-day Meghalaya. He belonged to the Syiemlieh clan, which governed the Khasi state of Nongkhlaw. The Khasi system of governance was unique, the Syiem, or chief, ruled not by force, but by the will of the people. Every decision had to be taken in consultation with the Durbar (council) of elders. From a young age, Tirot Sing was known for his wisdom, bravery, and compassion. He would listen to the stories of elders about the sacred bond between the Khasi people and their land, the hills, rivers, and forests were not property but living beings, gifts from God. These teachings shaped his life philosophy that leadership meant service and protection, not dominance.

The Arrival of the British

In the early 19th century, the British were expanding their empire across India. After conquering the plains of Bengal and Assam, they turned their eyes toward the Khasi Hills, which lay between the two regions. They sought to build a road connecting Guwahati and Sylhet, a route that passed through Khasi territory. At first, Tirot Sing welcomed the proposal, believing that the road would bring trade and prosperity. He even allowed the British engineer David Scott to start work on the project. But soon, he realized the hidden motives behind the plan.

The British were not building a road for trade alone, they were laying the foundation of control. They began fortifying posts, bringing in soldiers, and interfering in the internal affairs of the Khasi states. When Tirot Sing questioned their actions, they ignored him.

The chief who had once trusted their words now saw their deceit. He declared in the Durbar: “We offered them friendship,

but they want our freedom. A land that bows to no one shall not bow now.”

The Call to Arms

In 1829, when the British refused to withdraw their troops from Khasi land, Tirot Sing made a decision that changed history. He ordered all British officials to leave Nongkhlaw. When they refused, he led his warriors in an attack on the British garrison. The hills that were once silent with the sound of rain now thundered with the cries of freedom. Armed with swords, spears, and bows, the Khasi warriors struck with the strength of their ancestors. The



British, surprised by the sudden attack, suffered heavy losses.

But Tirot Sing knew the war would not be easy. The British had guns and cannons; his people had courage and unity. Yet, he believed in the righteousness of their cause. “Better to die free in the forest than live as slaves in our own home,” he told his men. For years, the Khasis resisted with guerrilla warfare, using the thick forests and hills to their advantage. The British found it difficult to fight in such terrain. They called Tirot Sing “The Lion of the Hills” a title he earned through valor and strategy.

The Betrayal and Capture

But the British were cunning. Unable to defeat him in open battle, they used deceit. In 1833, after years of continuous struggle, they sent messengers pretending to negotiate peace. Trusting their words, Tirot Sing came out of hiding, only to be captured and imprisoned. He was taken far from his homeland to

Dhaka, then part of British India. For a man who had spent his life among the free hills, the stone walls of the prison felt like chains on his soul. Yet, he never lost his dignity. He refused to accept British authority and remained silent in defiance.

Even in captivity, he lived by his principles, humility, courage, and faith. When asked by a British officer why he fought so fiercely, he replied: “A tree does not ask why it stands against the storm. It is its nature to stand.”

U Tirot Sing Syiem died in prison in 1835, far away from the hills he loved. But the spirit of freedom that he had awakened in his people never died.

Legacy of the Hero

The story of U Tirot Sing did not end with his death. His sacrifice became the seed of many future movements for independence. To the Khasi people, he was not just a warrior, he was a symbol of dharma, the righteous duty to defend one's land and people. Generations of tribal leaders across the Northeast drew strength from his example. The government of Meghalaya honors July 17 as “U Tirot Sing Day” to remember his valor and ideals. His life represents timeless Indian values such as he fought not out of anger but out of moral responsibility to protect his people. ven in war, he believed in fairness and never sought unnecessary bloodshed. He united the Khasi tribes through trust,

not fear. He gave his life so that his people could live with dignity. The story of U Tirot Sing Syiem teaches us that true freedom begins in the mind in the courage to stand for what is right. He reminds us that leadership is not about power but about service. His life is a lesson in humility, courage, and integrity.

In a world where greed often blinds judgment, Tirot Sing's example reminds us to value truth over gain, honor over compromise, and community over self. He teaches that even when circumstances are against us, moral strength can defeat material power.

AMLA RUIA: THE ARCHITECT OF INDIA'S QUIET WATER REVOLUTION

INTERVIEW BY
NAAZ

The profound conviction that where there is a problem, a solution must exist defines the work of Ms. Amla Ruia, the revered 'Water Mother of India.' Her journey, which led to the creation of Aakar Charitable Trust, was sparked by a deeply emotional response to suffering. In 1998, the brutal famine gripping Rajasthan shocked Ms. Ruia at her heart. For a woman inclined to serve her country, the sight of farmers, the providers of food, living in absolute poverty and indignity was unacceptable.

While her family provided immediate relief with food and water tankers, Ms. Ruia recognized this was merely a temporary fix, not a cure for the cyclical droughts plaguing India. Driven by this burning passion, the lone housewife set aside her privileged life, resolute in her commitment to finding a permanent solution through social service.

The methodology of Aakar Charitable Trust is perfectly illustrated by its first check dam, built in Mundawara Village, Rajasthan, in 2006. Ms. Amla Ruia recalled that the two-member team of Aakar Charitable Trust arrived and found the village in dire situation: degraded soil, non-existent water, and only the elderly and infirm remaining in the village, as the able-bodied were departed for livelihood in urban centers. Aakar Charitable Trust's approach was collaborative; they consulted the residents, who, aware of the potential in the Udaipur Tehsil terrain, requested a rainwater harvesting structure.

The Trust promised expertise and funds, but introduced a crucial condition for genuine empowerment. The villagers had to contribute one-third of the total construction cost. This requirement, challenging given their poverty, was essential for instilling ownership and value. A dedicated team went family-to-family, emphasizing that this was a collective effort for

the benefit of every resident.

Ms. Amla Ruia vividly recalls the immense human effort. Under the scorching 45° C sun, men, women, and children manually dug the foundation, as heavy machinery wasn't used then. After two months of hard labour, the structure was completed a masonry headwall flanked by large earthen embankments, designed to collect hillside water. Villagers gathered stray stones for construction materials



and were paid wages for their labour on the embankments.

Then came the "miracle." Ms. Amla Ruia humbly attributes the tremendous downpour that followed to "God's Grace." The check dam, a huge reservoir in an arid land, filled to overflowing in a couple of hours. The impact was immediate, the success at Mundawara drew nearby villagers, who requested similar projects in their villages.

The once parched land, now moist, yielded a bumper harvest without irrigation. But the transformation went deeper. The community gained enough fodder to sustain large numbers of cattle, creating a substantial, stable income stream through animal husbandry. This income often surpassed farming profits, directly empowering village women and ensuring children, including the previously disadvantaged girl child, could attend school. In the very first year, Mundawara's net income accounted to two crore rupees. The change was a complete societal transformation.

The Trust's objective post-construction is to cultivate self-sufficiency. The dam is handed over to the villagers, who are encouraged to open a separate bank account for maintenance funds, ensuring they stop reliance on government or external organizations. A crucial

element of Aakar's strategy is social reform: before construction, villagers pledge to give up destructive addictions like alcohol, tobacco and detrimental social practices like dowry and Mrityu Bhoj (funeral feast), which often traps farmers in debt, as they had to mortgage the land in order to throw the funeral feast.

Apart from her water projects, Ms. Amla Ruia also wants to empower children through education. The success of the water projects,

built on the 30% contribution model, highlighted the philosophy, involvement breeds ownership. She contrasted this with an early, unsuccessful attempt to run a completely free primary school in Ramgarh, where the lack of contribution led to a lack of value. Still, the educational goal persists; she has revamped a 103-year-old Girl's school and collaborated with NGOs to improve primary teacher training.

Challenges, including farmer disputes and bureaucratic interference, are met with a clever strategy. The Trust steps back, allowing the newly empowered villagers to defend their interests. This community-led resistance has been highly effective.

Notably, Ms. Amla Ruia shared two success stories. At the Budha-Budhi Check Dam in Bihar, the government had estimated a cost of six and a half crore rupees. While, Aakar Charitable Trust built the project spending 19.5 lakh rupees and the community contributing 24 lakh rupees. With a huge water collection, the villagers were empowered to finance and build a canal themselves, extending service to a total of 50 villages.

Similarly, in Rajasthan's Pali district, the Gunda-Bera Dam site saw a 74 lakh rupee

government-built earthen embankment collapse completely during the first rainfall. Aakar Charitable Trust intervened with a permanent masonry design, completing the necessary construction for 34 lakh, plus 20 lakh contributed by villagers. This correct engineering resulted in a net income of 54 crore rupees for the village in the inaugural year, demonstrating that sound design and community ownership are key to immense and sustained prosperity.

Despite the monumental success, Ms. Amla Ruia remains remarkably humble, viewing herself as an instrument facilitating a "miracle" through water's power. The title 'Water Mother of India' was bestowed by the people, and she affirms she works not to justify it, but simply to bring smiles to faces.

Her vision for India's future is complete empowerment. Villagers joining hands to resolve their own problems. With an ambitious target of building 300 water bodies annually (around 200 ponds and 100 check dams), the Trust proves that willpower can indeed bring prosperity.

Her message to the young generation is a direct appeal: "We need to step up and work for the cause of water because water is life." She is ready to offer support and teach the intricacies of this work, stressing that securing this precious resource is vital for the nation's future.

Ms. Amla Ruia's work is a powerful testament to the fact that a woman is not only capable of transforming homes but can also uplift entire villages and communities, fostering an unprecedented level of empowerment. Her mission to secure self-sufficiency for the villages of India strongly resonates with the Gandhian approach to revitalized, strong local economies, which ultimately leads to the strengthening of the whole nation.

EDITOR



Dr. Smita Ravikumar Kuntay

PhD (Business Administration) M.Phil, M.Com, B.Ed.
Assistant Professor, (Department of Commerce) &
Professor in-charge of Department of Accounting and
Finance (BAF) and Foreign Trade Sydenham College.
Member, Board of Studies in Accounting,
Dr. Homi Bhabha State University, Mumbai
Gazette Class One officer of Government
of Maharashtra.

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.

Stepping into your first job feels empowering the salary credits, the independence, the thrill of making your own decisions. But adulthood also brings invisible responsibilities. Among the least glamorous yet most crucial is insurance. For Gen Z and Millennials, the question is simple: What insurance do you actually need right now?

And the truth is even simpler: Insurance is not an investment; it is a safety net.

Choosing the right safety net early is one of the smartest financial decisions a young professional can make. Between pushy agents, confusing jargon, and dozens of products, it's easy to buy too much or avoid insurance entirely. But understanding just three essential covers can protect your entire financial future.

Why Insurance Matters Early

Young adults live fast, mobile and unpredictable lives. A single illness, accident or emergency can wipe out months even years of savings.

Think of it like this:

SMART SHIELD: THE ESSENTIAL INSURANCE GUIDE FOR YOUNG EARNERS

- Emergency = Painful.
- Emergency + No Insurance = Financial Disaster.
- Insurance doesn't stop the emergency it prevents the financial fallout.

1. Health Insurance: Your Non-Negotiable Shield

If you are in your 20s or early 30s, health insurance must be your first priority, even if your employer provides coverage.

- Why?
- Medical inflation in India rises 12–14% every year.
 - A 3-day dengue admission can cost ₹30,000–₹60,000.
 - One accident can destroy your emergency fund.

Example: Ayushi, 23, an HR trainee, assumed her company health cover was enough. After switching jobs, she fell ill during her 45-day waiting period. Her ₹38,000 typhoid bill came directly from her savings. A personal plan worth ₹4,000 a year could have saved her.

- What to look for:
- ₹5–10 lakh coverage
 - Cashless hospitals nearby
 - No room-rent limits
 - Day-care procedure coverage
 - Strong No Claim Bonus (NCB)
- Health insurance is pure protection and buying early locks in low premiums for life.

2. Term Insurance: Only If Someone Depends on You

Term insurance is not for you, it is for the people who rely on your income. It acts as a financial lifeline for your family in the event of your absence. You need term insurance if:

- You support parents
- You have education or personal loans
- You're married or planning a family
- You want long-term protection at minimum cost
- You can skip it if:
 - No one depends on your income
 - You have no liabilities

Cost example: A 25-year-old can buy a ₹1 crore term policy for ₹6,000–₹8,000 a year less than a weekend trip.

Coverage rule: Choose 15–20× your annual income.

And remember the golden warning: Never mix insurance with investment. Avoid endowment plans, ULIPs, money-back policies and “guaranteed return” schemes they give low returns with high premiums. Young earners benefit most from pure protection, not bundled products.

3. Personal Accident Insurance: The Most Ignored, Yet Most Valuable

Health insurance pays your hospital bills. Personal Accident (PA) Insurance pays for disability and income loss, which can be even more damaging.

- It covers:
- Accidental death
 - Permanent or partial disability
 - Temporary loss of income
 - Accident-related hospitalisation

- Why young adults must have it:
- Road safety data shows that India sees an exceptional ly high frequency of accidents compared to many other nations.
 - Two-wheeler commute is common
 - Costs only ₹300–₹900 per year

Example: Rohan, 27, fractured his leg in a road accident. His health policy paid hospital expenses. His PA policy replaced his income for two months helping him stay financially stable.

This dual protection is essential for young earners.

What You Don't Need in Your 20s

- Avoid buying expensive, low-return plans such as:
- Money-back policies
 - Endowment plans
 - Child plans
 - ULIPs
 - Any savings-linked insurance

They yield just 3–5% returns and lock your money for years.

Golden Rule: Insurance protects. Investments grow. Never mix the two.

- Build Your Safety Net in the Right Order
1. Health Insurance – first priority
 2. Personal Accident Cover – essential for commuters
 3. Term Insurance – only if dependents exist
 4. Emergency Fund – 3–6 months expenses
 5. Investments – SIPs, mutual funds, NPS

Most young adults do this backwards investing first, protecting later. One emergency can erase years of savings.

Don't Buy Insurance Out of Pressure

- Many young earners buy the wrong policy because:
- A relative is an insurance agent
 - A bank pushes a bundled product
 - A friend says a plan is “best”

Before buying, ask: “Does this protect my income or my family?” If no, don't buy it.

Smart Tips for First-Time Buyers

- Buy insurance online, lower premiums
- Compare policies on IRDAI-approved portals
- Disclose all medical details honestly
- Choose lifetime renewability
- Check Claim Settlement Ratio
- Review policy once a year

Insurance Is Not Fear It's Freedom. Insurance doesn't save your life it protects your financial stability. For young earners today, the mantra is simple: “Choose protection, not pressure.”

Prof. Dr. Savita Kishan Pawar

EDITOR



Prof. Dr. Savita Kishan Pawar
Professor and Head, Dept. of English,
Sydenham College.
Chairperson, Board of Studies in English,
Dr. Homi Bhabha State University, Mumbai.
Gazette Class One officer Government of
Maharashtra.
MPSC Batch 2005.

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.

MAGICAL REALISM: BLENDING THE ORDINARY WITH THE EXTRAORDINARY

Magical Realism is one of the most captivating literary movements of the 20th century. Originating in Latin America, it blends everyday reality with elements of magic, the supernatural, and the mythical yet presents them as natural parts of life. Unlike pure fantasy, magical realism keeps its characters grounded in real, often political or social, environments. The magical simply coexists with the ordinary, enriching the narrative with layers of meaning.

Writers such as Gabriel García Márquez, Isabel Allende, Salman Rushdie, and Toni Morrison have shaped the genre with their imaginative yet deeply human stories. In Márquez’s One Hundred Years of Solitude, ghosts, miracles, and prophecies appear without shock or disbelief. This acceptance reflects how many cultures perceive spirituality not as fantasy, but as another dimension of reality. Rushdie’s Midnight’s Children brings magical elements into

India’s political history, blending myth with the nation’s struggle for identity.

A key characteristic of magical realism is that magical events are narrated in a calm, matter-of-fact tone. Characters rarely question the unusual; instead, they adapt to it. This narrative style blurs the boundaries between natural and supernatural, encouraging readers to reflect on how cultures construct meaning and truth. Magical realism often emerges from societies marked by colonialism, political upheaval, or cultural tension. The blending of magic and reality becomes a way to express voices that were historically silenced. It captures emotional truths that factual histories cannot always convey. The genre also highlights themes such as memory, identity, trauma, and resilience. In today’s global literary landscape, magical realism continues to evolve. Contemporary writers use it to explore migration, displacement, gender, and ecological concerns. Its universal appeal lies in its ability to show that reality is not one-dimensional; instead, it is layered with myth, memory, dreams, and spiritual belief.

Magical realism remains a powerful reminder that the extraordinary often lives quietly within the ordinary.

DID YOU KNOW?

- The word “book” is one of the oldest in the English language and has Germanic origins.
- The longest English palindrome sentence that makes sense is often said to be: “Able was I ere I saw Elba.”
- Murasaki Shikibu, a Japanese noblewoman, wrote The Tale of Genji in the 11th century often considered the world's first novel.

GRAMMAR TIP

When to Use “Who,” “Whom,” and “Whose”

Who = used as the subject of a verb

Example: Who wrote this article?

Whom = used as the object of a verb or preposition

Example: Whom did you invite to the conference?

Whose = shows possession

Example: Whose notebook is on the table

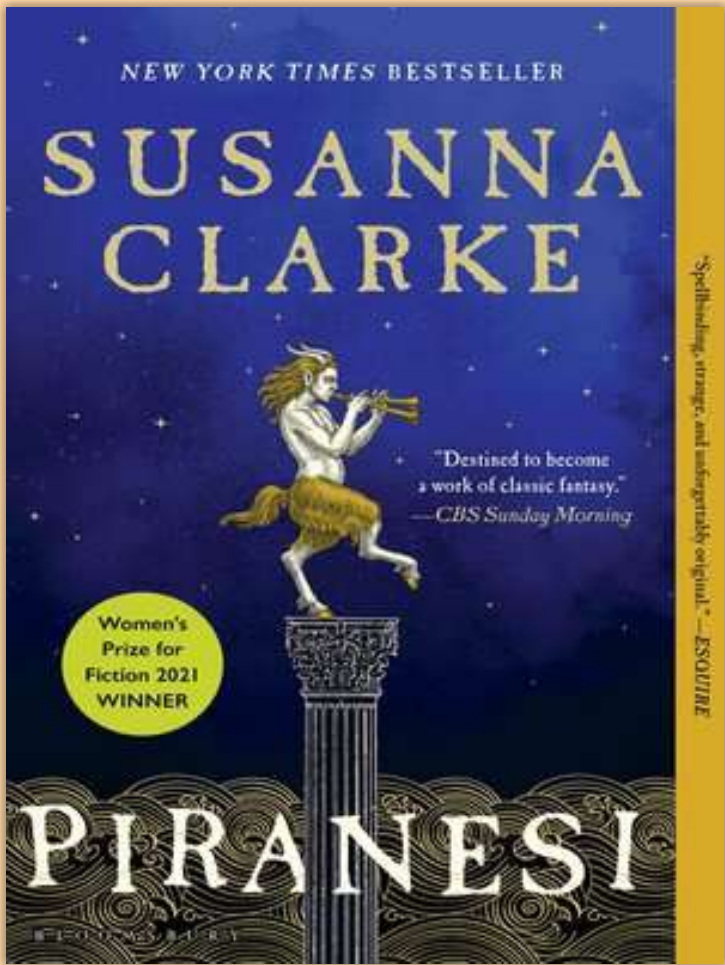
WRITER OF THE WEEK

Alice Munro

Alice Munro, the Canadian short story writer and Nobel Prize laureate, is celebrated for her mastery of the short fiction form. Her stories delve into the complexity of everyday life, relationships, memory, and quiet emotional struggles. Works such as Dear Life, Runaway, and Dance of the Happy Shades showcase her subtle narrative style, psychological depth, and ability to illuminate the extraordinary within the ordinary. Munro's writing is globally admired for its clarity, compassion, and profound human insight..

BOOK REVIEW

Piranesi by Susanna Clarke



Piranesi is a captivating and mysterious fantasy novel set within a vast, labyrinthine House filled with endless halls, shifting tides, and hundreds of statues. The story follows Piranesi, a gentle and curious inhabitant of this strange world, whose journal entries gradually uncover secrets about the House and his own identity.

Clarke's writing is atmospheric, lyrical, and deeply imaginative. The novel blends philosophy, myth, and psychological exploration, making it ideal for readers who appreciate elegant prose and thought-provoking storytelling.

QUOTABLE QUOTES

“The limits of my language mean the limits of my world.”

— Ludwig Wittgenstein

CREATIVE WRITING



STOPPING BY WOODS ON A SNOWY EVENING

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Poetry By
Robert Frost

WORD OF THE WEEK

Word: “Eloquent” (adjective)
Meaning: Fluent, expressive, and persuasive in speaking or writing.

Example: Her speech was so eloquent that the entire audience fell silent.

IDIOM HIGHLIGHT

Hit the Ground Running

Meaning: To start a task or project with full energy, speed, and efficiency, without any delay.

Example: Aditya hit the ground running as soon as the HULAHUL Mahotsav preparations began, ensuring every task moved smoothly from day one.

GOA AGRICULTURE DEPARTMENT TO PROBE
GIANT AFRICAN SNAIL INFESTATION

The Agriculture Department in Goa has launched an investigation to confirm whether Giant African Snails—a highly invasive species—are present in the region. Authorities are concerned about the damage these snails could inflict on agriculture and local vegetation due to their voracious feeding habits.



Known scientifically as *Achatina fulica*, these snails are listed by the IUCN as one of the world's 100 most invasive species. They pose a serious risk not just to crops, but also to native ecosystems by outcompeting local land snails and disrupting biodiversity. Earlier sightings—such as on the Goa University campus—have raised red flags among conservationists and agricultural experts.

If confirmed, the department plans to deploy preventive measures to control the potential spread. Experts warn that, if left unchecked, Giant African Snails can reproduce rapidly,

causing long-term ecological and economic damage. The move reflects a proactive stance from the state government to safeguard both its farmlands and native biodiversity.

HIGHLIGHTS FROM DAY 2 OF EARTH
SUMMIT 2025-26 IN HYDERABAD



On the second day of the Earth Summit 2025-26 in Hyderabad, Telangana's special chief secretary Jayesh Ranjan emphasized the transformative role of technology in boosting farmer incomes. He pointed out that over 24 innovation centres in Hyderabad are actively promoting AgriTech and that the state has already identified more than 80 technologies for crops like rice, maize, and cotton.

In a fireside chat with Dr. Subho Ray, President of the Internet and Mobile Association of India (IAMAI), Ranjan highlighted Telangana's "Vision 2047" — a roadmap that connects digital infrastructure, agritech, fintech,

renewable energy, and incubation networks to drive rural growth.

Deputy CM Bhatti Vikramarka also reaffirmed the government's commitment to farmers through initiatives such as digital crop records, improved irrigation, and strengthened post-harvest systems. NABARD is working on a "Rural Finance 2.0" model that includes real-time digital Kisan Credit Cards and data-driven loan underwriting to modernize cooperative credit systems.

Organized jointly by NABARD and IAMAI, the summit is supported by several national bodies, including the Ministries of Electronics & IT, Environment & Climate Change, and Panchayati Raj, among others.

US LIFTS TARIFFS ON 200 FOOD ITEMS — A BOOST
FOR INDIAN AGRI-EXPORTS

The United States has withdrawn punitive tariffs on more than 200 food products — including tea, coffee, spices, cashews, and tropical fruits — a move expected to benefit Indian agricultural exports significantly.



Under a White House executive order effective from November 13, reciprocal duties imposed earlier by President Trump are being relaxed for these food items. The Indian Commerce Ministry has welcomed the decision, stating that it levels the playing field for its exporters, who earlier faced tariffs of up to 50%.

The exempted categories include around 50 processed food items worth nearly \$491 million, spices valued at roughly \$359 million, and tea and coffee exports worth more than \$80 million. According to Ajay Sahai, Director-General of the Federation of Indian Export Organisations (FIEO), between \$2.5 billion and \$3 billion worth of Indian exports could benefit.

Nevertheless, analysts note that while the move strengthens India's position in niche areas like spices and specialty teas, the overall gain may be limited. India has limited presence in several of the largest exempted product lines, such as bananas, tomatoes, and citrus fruits. Challenges like high freight costs, stiff competition, and stringent U.S. quality norms may also curb the full potential of this tariff relief.

JHARKHAND ANNOUNCES RS.100/QUINTAL BONUS
OVER MSP FOR PADDY FARMERS



The Jharkhand government has approved a bonus of ₹100 per quintal for paddy farmers, on top of the Centre's Minimum Support Price (MSP). This move, spearheaded by Food and Public Distribution Minister Irfan Ansari, is aimed at strengthening farmers' incomes and ensuring fair compensation.

To implement this, the state has allocated around ₹60 crore. Under the procurement plan, farmers will be paid in a one-time settlement, a shift from the traditional two-phase payment system. The procurement process is expected to

begin by mid-December, aligning with the paddy harvesting schedule.

By offering direct payments and eliminating intermediaries, the policy aims to reduce exploitation and improve transparency in the procurement chain.

The bonus is seen as a strong incentive for farmers to sell their paddy through government channels, helping secure better returns and stabilize their income in a volatile agricultural market.

PM MODI'S STRATEGIC VISIT
TO ANDHRA PRADESH AND
TAMIL NADU ON
NOVEMBER 19



On November 19, 2025, Prime Minister Narendra Modi will undertake a two-state tour of Andhra Pradesh and Tamil Nadu to participate in a series of high-profile events. His day begins in Puttaparthi, Andhra Pradesh, where he will pay his respects at the holy shrine and Mahasamadhi of Bhagwan Sri Sathya Sai Baba. As part of the centenary celebrations of Sai Baba, the Prime Minister is scheduled to release a commemorative coin and a set of special stamps celebrating the spiritual leader's legacy.

Later, PM Modi will travel to Coimbatore, Tamil Nadu, to inaugurate the South India Natural Farming Summit 2025 at around 1:30 PM. During the summit, he will also launch the 21st instalment of the PM-KISAN scheme, disbursing more than ₹18,000 crore to benefit nearly nine crore farmers nationwide.

The summit, organized by the Tamil Nadu Natural Farming Stakeholders Forum, aims to promote sustainable, chemical-free farming. It will feature over 50,000 participants, including farmers, natural farming experts, scientists, and rural entrepreneurs from across South India, to explore climate-smart agriculture, market linkages for farmer-

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REINVIGORATING INDOLOGY: A PUBLIC-PRIVATE INITIATIVE
BY ADANI AND THE EDUCATION MINISTRY



Indology, the academic study of Indian culture and heritage, has received unprecedented support through a landmark Rs 100 crore contribution announced by Gautam Adani. This significant investment aims to revitalise India's educational landscape and protect its civilisational memory while establishing a robust platform for interdisciplinary research and knowledge preservation.

The systematic study of India's ancient knowledge systems is now being reimagined through this ambitious initiative. The Adani Group and the Indian Knowledge Systems (IKS) have jointly launched a five-year programme with a funding outlay of Rs 13.16 crore to support 14 PhD scholars across leading institutions. Additionally, the initiative spans diverse

disciplines—from Paninian grammar and computational linguistics to ancient astronomical systems, traditional engineering, sustainability practices, classical literature, indigenous healthcare frameworks, political thought and heritage studies.

By combining classical Indian knowledge with modern research methods such as data science, systems thinking and multimodal archiving, we can witness how this programme seeks to make Indology relevant to contemporary academic discourse and global scholarship.

Mr. Adani pledged the Rs 100 crore as a "founding contribution" towards this innovative initiative, describing it as "the repayment of a civilizational debt". The inaugural Adani Global Indology Conclave, held in Ahmedabad from 20-22 November 2025, marked a significant milestone in repositioning India's traditional knowledge systems on the world stage.

THE SCIENCE OF STRESS: IIT MADRAS UNVEILS
TEST ANXIETY BIOMARKERS

Test anxiety grips the minds of students everywhere, and researchers at iitmadrass have now uncovered the biological signals that reveal this academic stress. According to the National Council of Educational Research and Training (NCERT, 2022), an estimated 81 percent of Indian students suffer from test anxiety, making this breakthrough particularly significant. Led by Venkatesh Balasubramanian from the Department of Engineering Design, the team monitored brain and heart signals simultaneously to identify biological markers of test anxiety. The groundbreaking study by iit madras researchers focused on two critical physiological markers: Frontal Alpha Asymmetry (FAA) and Heart Rate Variability (HRV)[-2].

During their investigation, 52 university students participated in a 30-minute mock examination that simulated actual testing conditions[-3]. The team discovered that when the brain-heart communication network breaks down during stress, students experience heightened anxiety and



avoidance behaviours. This finding revealed a clear biological distinction between adaptive and maladaptive test responses.

The significance of this research lies in its integration of neuroimaging insights with educational psychology.

This innovative approach has established a scientific foundation for early detection of test anxiety, potentially transforming how educational institutions support vulnerable students. Furthermore, the research sheds important light on how the brain and heart interact differently in students struggling with examination stress, offering hope for tailored intervention strategies.

MUMBAI UNIVERSITY LAUNCHES INDIA-JAPAN TALENT
MOBILITY PROGRAMME WITH TOP JAPANESE INDUSTRIES

A few weeks ago, Sanae Takaichi, the new prime minister of Japan, was congratulated by Indian Prime Minister Narendra Modi on becoming the nation's first female leader. The conversation focused on economic security, defense cooperation, and talent mobility—topics that both presidents see as essential to the next stage of bilateral engagement—and highlighted the long-standing alliance between New Delhi and Tokyo.

With Japan's rapidly aging population, Japanese companies are looking for talent from around the globe to invigorate their diminishing workforce. Japan is planning to invite thousands of Indian students and professionals to aid these companies. India and Japan share a "Special Strategic and Global Partnership" defined by deep historical and cultural links, strategic collaboration in the Indo-Pacific, and developing economic relations.

The "India-Japan Talent Mobility Programme" is being organized by Mumbai University's Career Training and Placement Cell in association with



the Alkesh Dinesh Mody Institute of Financial and Management Studies. The program aims to increase bilateral cooperation in technology, engineering, management, and innovation by connecting Indian students with top Japanese industries.

The event will take place today at the University's Kalina campus in support of the India-Japan aim of facilitating the movement of five lakh professionals by 2030. Approximately 150 students from important university departments and allied institutions will interact directly with business representatives about research opportunities, internships, employment, and skill development.

ROAD TO SAFE SCHOOLS: IRF INDIA AND EDUCATION
MINISTRY UNITE FOR NATIONAL MISSION



Approximately 12,000 kids in India perish close to school zones. In collaboration with the Union Education Ministry, the International Road Federation's (IRF) India branch announced the inauguration of the National Road Safety Mission for Schools (NRSM).

Road safety has become one of the most important public concerns in India, according to Anu Jain, director of the Ministry of Education, who launched the NRSM. This is especially true given the rising frequency of incidents involving children close to schools and educational zones.

Speaking on the topic she said, "Ensuring safe mobility for students and fostering a culture of

responsible road use among young citizens has become an urgent national priority. In this context, a dedicated mission focusing on schools will play a vital role in shaping safer road behavior and promoting community-driven safety initiatives." According to her, the National Road Safety Mission for Schools project will make school zones safer and help foster a culture of road safety from an early age.

According to IRF president emeritus K K Kapil, one of the initiatives being implemented for the program involves promoting the inclusion of a consistent road safety curriculum in school curricula. This is being implemented in collaboration with the non-governmental organization Academia Axis Edutech.

Akhilesh Srivastava, the president of IRF's India chapter, emphasized on the use of creative activities like plays, quizzes, skits, drawing competitions, cartoons, and stories to raise children's knowledge of road safety.

MAHARASHTRA TO LAUNCH
UNIFIED CET FOR BHMCT
, BCA, BBA & MORE FROM
APRIL 2026"



In a significant shake-up of college admissions, the Maharashtra State CET Cell has announced that from 2026, candidates applying for BHMCT (Hotel Management), BCA, and undergraduate business courses such as BBA, BMS, and BBM will face a single, common entrance examination. This move replaces the existing system where separate CETs were held for hotel management and business/computer programs.

Named MAH-BHMCT/BCA/BBA/BMS/BBM-CET 2026, the test is scheduled for April 28-30, 2026. Each session will run for 120 minutes, an increase from the previous 90-minute duration in separate tests.

According to the CET Cell, the decision to unify the exam stems from the fact that all five programs share very similar eligibility criteria, making a combined test more practical and beneficial for students.

Key details, including the exam syllabus and pattern, will be made available soon on the official CET Cell website: cetcell.mahacet.org

Education experts say that this reform is likely to simplify the admissions process significantly. Students applying to multiple courses will benefit from a single test, reducing exam stress, cutting down on redundant effort, and making higher education more accessible.

With this unified approach, Maharashtra is moving toward a more student-centric, streamlined system that is expected to bring transparency and ease to the undergraduate admissions journey for professional courses.

INDIA AND ISRAEL DEEPEN ECONOMIC PARTNERSHIP, PUSH FORWARD ON TRADE, INVESTMENT AND INNOVATION AGENDA

India and Israel are moving to significantly upgrade their economic partnership, with both nations signalling intent to broaden investment flows, strengthen regulatory cooperation and accelerate collaboration across emerging sectors such as fintech, agriculture technology and advanced manufacturing. The renewed momentum comes during a high-level visit by an Indian ministerial delegation to Israel, where a series of bilateral discussions marked a clear shift toward more structured and long-term engagement.

Over the past two decades, investments from Israel into India have gradually increased, amounting to more than USD 330 million between 2000 and mid-2025. The upward trend gained further traction this year when the two nations concluded a Bilateral Investment Agreement that shortened dispute-resolution timelines for investors. The move is widely viewed as an investor-friendly step that brings greater predictability and confidence to Israeli companies operating in India.

A major focus of the visit was on expanding cooperation in financial technologies and strengthening regulatory coordination between the two countries. Officials from both sides expressed interest in developing frameworks that would encourage greater participation of startups and financial service providers, ease compliance processes and facilitate cross-border innovation. With Israel being a global hub for digital technologies and India emerging as one of the world's fastest-growing fintech markets, policymakers see strong potential for joint ventures and knowledge exchange.

Agriculture also emerged as a central element of the talks. Senior Israeli officials shared details of the country's long-term food security roadmap, including cutting-edge irrigation systems, seed-development research and water-recycling technologies designed to optimise agricultural productivity in arid zones. India, which has been collaborating with Israel on model farms and precision-farming techniques for over a decade, is now exploring ways to expand this partnership to address climate-driven challenges in its own farm sector.

The ministerial delegation also engaged with key representatives from Israel's diamond and high-technology industries, highlighting India's interest in fostering deeper business cooperation. A meeting of business leaders under the India–Israel CEOs Forum further underlined mutual interest in scaling up partnerships in defence technology, cybersecurity, space research, artificial intelligence and digital manufacturing.

One of the most significant outcomes of the visit was the formal activation of negotiations on a potential Free Trade Agreement (FTA), following the signing of the Terms of Reference earlier in November. Talks on a similar agreement had been ongoing between 2010 and 2021 but had stalled after eight rounds. The revived discussions indicate a renewed political commitment from both sides to unlock greater market access, reduce tariff and non-tariff barriers, simplify customs procedures and draw up clearer rules for technology transfer and intellectual property.

The proposed FTA is expected to benefit several sectors, including

information technology, tourism, pharmaceuticals, business-process services and advanced industrial manufacturing. Officials say that greater mobility for skilled professionals could form a key component of the agreement, helping Indian expertise tap opportunities in Israel's specialised industries. India has also been identified as a potential partner for major infrastructure projects underway in Israel, including a large-scale metro transit system for which several Indian companies have already been shortlisted.

Trade projections reflect growing optimism. With the right policy architecture in place, bilateral trade is expected to expand sharply over the next five years, supported by wider investment links and the relocation of high-technology production to new geographies. Both countries see each other as strategic economic partners — India for its scale, talent and rapidly growing market, and Israel for its technological leadership and innovation ecosystem.

The visit marks a decisive step toward a more comprehensive economic relationship, with negotiations on the FTA set to determine the pace and scope of cooperation in the coming months.

INDIA LEADS NEW GLOBAL DEVELOPMENT AGENDA AT AFRICA'S FIRST G20 SUMMIT

The G20 Summit in Johannesburg — the first ever held on African soil — concluded with a sweeping declaration on peace, climate action and economic reform, even as the United States abstained from participation. At the centre of the deliberations was India's call for a fundamental reshaping of global development priorities and three new initiatives aimed at knowledge-sharing, skill creation and curbing the drug–terror nexus.

India used its intervention to highlight that long-standing growth models have failed to distribute resources equitably and have contributed to ecological stress, concerns experienced most acutely in Africa. With the continent hosting the summit for the first time, India argued that the moment demanded a shift in global parameters that define progress.

India's Proposals: Knowledge, Skills and Security

Presenting its vision for inclusive global growth, India outlined three major proposals designed to deepen cooperation between the G20 and developing economies:

1. Global Traditional Knowledge Repository: A digital archive proposed to preserve traditional medicinal, agricultural and ecological knowledge systems from across cultures. India believes the initiative can support affordable healthcare, sustainable practices and collective resilience.

2. G20–Africa Skills Multiplier Initiative: A plan to build long-term human capital in Africa by preparing one million certified trainers over the next decade, using a “train-the-trainers” model across manufacturing, technology, services and green industries. India

emphasised that Africa's progress is vital for global progress, and that capacity-building should be at the heart of future G20 cooperation.

3. Initiative on Countering the Drug–Terror Nexus: A coordinated global mechanism to combat narcotics trafficking and the financing networks that link drug cartels with terror groups. India stressed the need for unified financial, governance and security tools to dismantle transnational crime systems that destabilise societies.

India also reiterated its earlier idea of a Global Healthcare Response Team, composed of trained medical professionals who can be deployed during pandemics and natural disasters.

Summit Dynamics: Consensus Without Washington

The summit gained additional attention due to the absence of the United States, which stayed away following disagreements over domestic political claims against South Africa. Despite the boycott, negotiations continued and member nations adopted the G20 declaration after intense discussions.

The declaration underscores the bloc's commitment to multilateralism at a time of mounting geopolitical fractures. It prioritises climate resilience, support for conflict resolution in regions experiencing prolonged violence, and reforms to global financial systems.

Key Elements of the Adopted Declaration:

·Peace and Stability: The G20 pledged to support diplomatic efforts in Sudan, the Democratic Republic of Congo, the occupied Palestinian

territory and Ukraine.

·Climate Responsibility: Leaders supported tripling global renewable energy capacity and acknowledged that climate shocks disproportionately affect poorer communities. The text aligns with Africa's long-standing call for climate justice.

·Debt Reform: The bloc committed to improving the Common Framework for Debt Treatments, noting that interest burdens on low-income nations have doubled over the past decade.

·Value Addition in Critical Minerals: The document stresses the need for mineral-rich nations to upgrade their participation in global value chains instead of exporting raw materials alone.

India's Broader Message

India's overarching theme at the summit was the need to harmonise development with planetary well-being, drawing on the concept of Integral Humanism. It also reaffirmed support for greater representation of the Global South in international institutions and praised the African presidency for advancing discussions on mobility, tourism, food security, innovation and the digital economy.

The summit concluded with leaders agreeing to continue joint work under the next G20 presidency, signalling continuity even amid geopolitical tensions.

EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

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

PhD(Management-Finance), M.Phil(Management), MBA(Finance), M.com, M.Sc.(Psychology), M.A. (Philosophy and Religion)
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Q. How self-balance and social balance is connected?

Ans. In the tapestry of human existence, self-balance and social balance are intricately intertwined. Neither can exist in its fullest form without the other. Self-balance, or ātma-samyama, is the state of internal harmony in which an individual maintains control over emotions, thoughts, desires, and actions. It is the calm center in the storm of external circumstances, allowing a person to respond thoughtfully rather than react impulsively. Social balance, or samāja-samyama, on the other hand, refers to the harmonious functioning of a society, where relationships among individuals and groups are stable, just, and cooperative. A socially balanced society is characterized by fairness, empathy, inclusivity, and the equitable distribution of resources. When individuals are self-balanced, they naturally contribute to the stability and harmony of the larger social environment.

Conversely, a just, fair, and supportive society nurtures the development of self-balance in its members.

The ancient Indian wisdom emphasizes that personal equilibrium is the seed of societal equilibrium. A Subhāṣitam articulates this truth: "आत्मनः संयमात् समाजः स्थिरः भवति। आत्मनः अशान्ते लोके हि कलहं जायते॥" Through self-control, society becomes stable; in the absence of personal calm, conflict arises in the world. This verse highlights that the inner state of each individual directly influences the collective harmony. When people cultivate patience, self-awareness, and emotional stability, they contribute to the ethical and moral strength of their communities. Impulsive or unbalanced individuals, by contrast, become agents of tension, injustice, and discord. Self-balance begins with self-awareness, the ability to recognize one's tendencies, strengths, weaknesses, and emotional triggers. This awareness forms the foundation of ethical action and responsible citizenship. A self-aware individual understands the consequences of their actions on others, leading to behavior that supports fairness, compassion, and cooperation—essential components of social balance. Ancient seers knew that knowledge without self-control was incomplete, stating: "वृथा बुद्धिर्विनाऽभ्यासं वृथा अभ्यासो विनाऽधिना। यो हि संयोजयेदेतदुभयं स विजानती॥" Knowledge without practice is ineffective, and practice without guidance is futile; one who combines both truly understands. This verse underlines that personal discipline and ethical awareness are essential for contributing positively to society. Without inner control, even learned or capable individuals may inadvertently destabilize social structures.

A core aspect of self-balance is the ability to regulate emotions and desires. Emotional intelligence—understanding, managing, and expressing emotions appropriately—ensures that personal impulses do not harm others. Self-balanced individuals exhibit qualities such as patience, empathy, humility, and self-restraint, which are indispensable for maintaining social balance. The Subhāṣitam says: "स्वस्य संयमेन लोकोऽयं संयम्यते, अनियंत्रितः मनः हि कलहस्रोतः भवति॥" By controlling oneself, one regulates the world; an uncontrolled mind becomes a source of conflict. This truth demonstrates that personal mastery extends beyond the individual to the community. Each self-disciplined individual acts as a stabilizing force, creating a ripple effect that enhances social harmony. Social balance, in turn, reinforces self-balance. A society that promotes fairness, justice, inclusivity, and mutual respect provides individuals with an environment conducive to self-growth. Citizens feel secure, valued, and empowered, which reduces anxiety, fear, and selfish tendencies. In such an environment, individuals are more likely to cultivate virtues such as ethical responsibility, mindfulness, and empathy. A society free from oppression and extreme inequality nurtures self-discipline and ethical action, creating a mutually reinforcing cycle of balance between the self and the collective.

Education and awareness play a crucial role in connecting self-balance and social balance. When individuals are educated about ethical principles, civic responsibilities, and the consequences of their actions, they develop a sense of accountability that strengthens social cohesion. Awareness also fosters tolerance and understanding across cultural, religious, and economic divides. A Subhāṣitam encapsulates this wisdom: "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. Self-balanced individuals, like steady lamps, illuminate society, providing guidance, stability, and inspiration to others. The interconnection between self-balance and social balance is also evident in conflict resolution. Personal emotional regulation enables constructive dialogue rather than aggression or blame. Individuals who practice self-restraint and empathy can mediate disputes, listen to differing perspectives, and act in ways that restore harmony. Conversely, when individuals lack self-control, disagreements escalate, trust erodes, and social balance is disrupted. Ancient teachings emphasize moderation and ethical behavior to prevent

excesses that destabilize both personal and social life: "अतिशयमसहते भूमिर्मानं महीयसाम्। अतिशयितं च कार्यं विनाशायैव जायते॥" The earth cannot bear excess—whether of pride, power, or wealth; anything excessive leads to destruction. This principle applies equally to personal impulses and social structures. Excessive desires, unbridled emotions, or extreme inequalities can destroy the equilibrium of both the self and society. Furthermore, the cultivation of detachment and altruism links self-balance to social balance. Individuals who act without obsession for personal gain contribute to collective welfare, ensuring that resources, opportunities, and care are distributed equitably. A Subhāṣitam reinforces this idea: "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 living. Self-balanced individuals prioritize collective wellbeing, promoting a society where fairness, empathy, and justice prevail.

Modern societies face challenges such as inequality, discrimination, greed, corruption, and cultural intolerance, which threaten social balance. These issues can only be addressed when individuals cultivate self-balance, ethical awareness, and emotional stability. Conversely, the establishment of fair laws, equitable institutions, inclusive governance, and cultural tolerance creates an environment in which personal self-balance can flourish. A Subhāṣitam aptly expresses this synergy: "एकेन न शक्यं वृक्षं छायां दातुं महाजनैः। सर्वे भवन्तु संगच्छन्तु समृद्धयैव जगत् स्थिरम्॥" No single tree can provide shade to all; when many come together, prosperity and stability arise. Social balance, like collective shade, emerges from the coordinated effort of self-balanced individuals working together with compassion, cooperation, and ethical purpose.

In conclusion, self-balance and social balance are mutually reinforcing dimensions of human life. Personal equilibrium provides the ethical, emotional, and intellectual foundation necessary for a harmonious society, while a fair, just, and supportive social environment cultivates and sustains self-balance in individuals. Together, they form a dynamic continuum where personal virtues translate into social stability, and social stability nurtures personal growth. This interdependence reflects a timeless truth recognized by the sages of India: the welfare of the self and the welfare of society are inseparable. Stay blessed!

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PEER PRESSURE IN THE WORKPLACE: CONFORMITY VS. INDIVIDUALITY

Peer pressure is commonly associated with adolescence, but its influence extends far beyond school corridors. In the modern workplace, peer pressure has evolved into a subtle yet powerful force that shapes behaviour, performance, and professional identity. Whether positive or negative, the pressure to conform to workplace norms can impact decision-making, creativity, and overall job satisfaction. In today's fast-paced corporate environment, balancing conformity with individuality has become a crucial skill for every professional.

Workplace peer pressure often arises from the desire to fit into a team or gain approval from colleagues. Employees naturally observe how others behave whether they stay late, take minimal breaks, or maintain a certain style of communication and feel compelled to mirror these habits. While conformity can promote unity and efficiency, it can also limit personal expression and suppress innovative ideas. Many employees fear being judged, isolated, or labelled “uncooperative” if they deviate from group expectations.

Positive peer pressure in the workplace, however, can be a strong motivator. When employees work alongside ambitious, ethical, and high-performing colleagues, they feel encouraged to elevate their own standards. Collaborative environments where team members share knowledge, support each other's goals, and celebrate achievements create a culture that pushes everyone forward. In such workplaces, peer influence acts as a catalyst for growth, resulting in enhanced productivity and improved morale.

On the other hand, negative peer pressure can lead to unhealthy work habits and ethical compromises. For example, employees may feel

pressured to work beyond official hours, skip breaks, hide mistakes, or engage in office politics simply because others do so. This creates a toxic environment where decisions are driven by fear rather than professionalism. In some cases, individuals may face pressure to manipulate reports, meet unrealistic targets by any means, or overlook unethical practices in order to “fit in.” Over time, this can lead to burnout, loss of confidence, and reduced job satisfaction.

Maintaining individuality in a competitive workplace requires self-awareness and confidence. Employees must understand their values, strengths, and personal boundaries. It is essential to communicate openly, seek guidance from mentors, and resist participating in activities that compromise ethics or mental well-being. Organizations, too, play a vital role by promoting a culture of acceptance, encouraging diverse ideas, and training managers to identify unhealthy group dynamics. When employees feel safe to express themselves, innovation flourishes.

The key to navigating workplace peer pressure lies in achieving balance. Conformity is beneficial when it fosters teamwork, discipline, and shared purpose. Individuality is equally important as it drives creativity, unique perspectives, and personal fulfilment. A workplace that respects both dimensions can unlock the true potential of its workforce.

In conclusion, peer pressure in the workplace is inevitable, but its influence can be shaped in positive ways. By fostering supportive teams,



promoting open communication, and valuing individual contributions, organizations can help employees thrive without compromising their authenticity. Ultimately, the healthiest workplaces are those where people feel free to contribute their best, without losing who they are.

THE SCREEN TRAP: HOW TO BREAK FREE AND TAKE CONTROL

In today's digital age, screens are everywhere—smartphones, tablets, laptops, televisions, and even smartwatches. While technology has made life easier, too much screen time can affect our health, relationships, and productivity. Managing screen time does not mean avoiding screens completely. Instead, it means learning to use technology wisely and maintaining a healthy balance between online and offline life.

One of the biggest reasons students struggle with screen time is entertainment overload. Social media apps, online games, and video platforms are designed to keep users engaged for long periods. Notifications, trending videos, and continuous content create a cycle that makes it hard to disconnect. This often leads to losing track of time, delaying important tasks, and feeling mentally drained. Therefore, being aware of one's habits is the first step towards control.

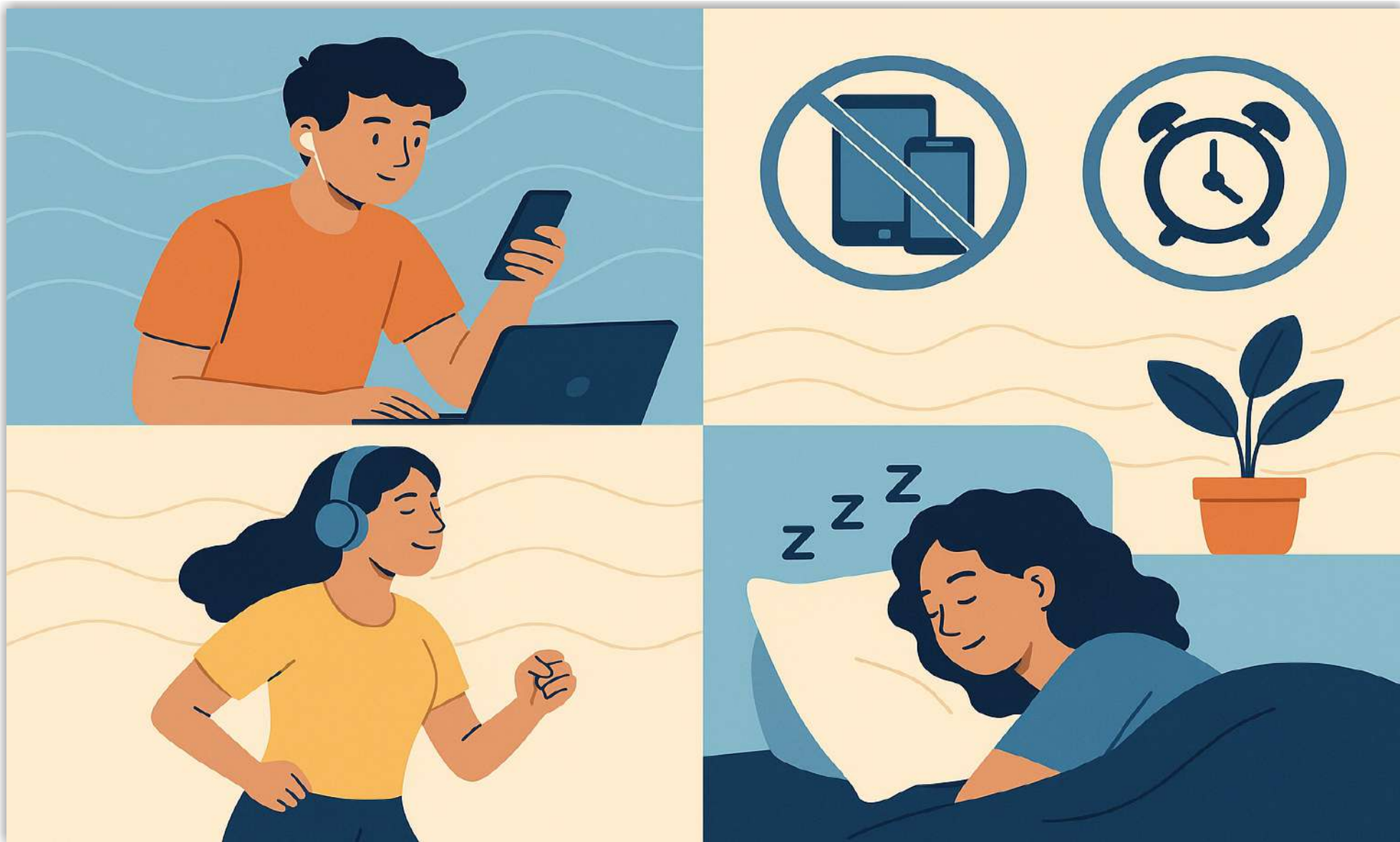
Excessive screen time impacts both physical and mental health. Staring at screens for long hours causes headaches, eye strain, and sleep disruption due to exposure to blue light. Many students stay awake late at night scrolling on their phones, which reduces their sleep quality and affects their focus the next day. Increased screen use also reduces physical activity, leading to a more sedentary lifestyle. On the emotional side, spending too much time online can create anxiety, low self-esteem, and a constant sense of comparison, especially on social media platforms.

Managing screen time requires discipline and smart strategies. Setting daily limits is a simple yet effective way to start. Many devices offer built-in screen time tracking tools that show how much time you spend on each app. Once you become aware of your usage, you can set realistic goals for example, limiting social media to 30 minutes a day or avoiding screens an hour before bedtime.

Creating “no-screen zones” or “no-screen hours” can also help. For instance, avoiding screens during meals or before sleeping allows your mind to relax. Replacing screen habits with healthier alternatives like reading, exercising, drawing, or playing a sport—reduces dependency on digital gadgets. Building a hobby can be one of the strongest ways to cut unnecessary screen usage.

Another powerful method is practicing digital mindfulness. This means using screens with intention. Ask yourself before opening an app: “Why am I using this? What do I want to do?” Mindless scrolling often consumes hours, while mindful usage brings purpose and control.

Families and schools can also play an important role. Parents can encourage children to follow healthy digital habits by setting their own example. Schools can teach students about cyber wellness, time management, and responsible device usage. When support comes from all sides, it becomes easier for students to strike a



balance.

Ultimately, managing screen time is about building a healthier lifestyle. Technology is a valuable tool, but it should not control our time or distract us from real-

world experiences. With awareness, discipline, and healthy habits, students can enjoy the benefits of technology while staying mentally and physically well.

INDIA'S PROSTHETICS REVOLUTION: TECHNOLOGY CHANGING LIFE AFTER LOSING A LIMB



India is going through a revolutionary change in the area of prosthetics. New technologies are making artificial limbs more functional, cheap, and easily available to the people. The new innovations like carbon-fiber light-weight designs, 3D printed prosthetics, and AI-powered bionic legs are helping greatly to improve the mobility and independence of the amputees. The modern prosthetics now concentrate mostly on replicating the natural movement by means of state-of-the-art joint mechanisms, sensory feedback systems, and individualized fitting. The hospitals and rehabilitation centers are rapidly incorporating the 3D scanning and printing technique into their practice, which decreases the manufacturing time and makes it possible to produce custom-made limbs at very low costs compared to those previously charged. These positive changes are very much felt in the rural areas, where, till now, access to good prosthetics had been limited. Also, Indian research institutes and startups are working on the production of smart prosthetic arms that will be able to sense the muscle signals and carry out tasks with precision. Improved rehabilitation programs are also contributing to fast adaptation of the patients and their greater ease in performing daily activities. This technological movement is a huge step towards inclusive healthcare. By marrying innovation with affordability, India is not only improving the lives of amputees but also positioning itself as a global center for the next generation of prosthetic solutions.

NIT ROURKELA PATENTS GREEN TECH TO REVIVE INDIA'S BLACK TERRACOTTA CRAFT

A sustainable technology has been patented by the researchers at NIT Rourkela, which has the potential of overturning the black terracotta craft in India. The new method has notably cut down the firing time from nearly two days to less than seven hours, besides keeping the toxic emissions that usually cause harm to the artisans and the environment at bay. The team consisting of Prof. Swadesh Kumar Pratihari, Shiv Kumar Verma and Dr. Rupesh Mandal blended the traditional artisan's skill with the modern ceramic engineering to develop a method. Instead of the open-pit firing with cow dung, straw, and wood, the technique employs indirect heating in an enclosed, air-depleted (vacuum) electric chamber. During heating, controlled pyrolysis creates a reducing atmosphere that gives the wares their signature deep black colour and mirror-like shine—without needing specialised clay, organic fuel, or highly skilled firing experts. The technology promises more uniform quality, quicker production, and cleaner working conditions which in turn would help the heritage crafts like Nizamabad black pottery. The making of black terracotta through this innovation is going to be both large-scale and eco-friendly which in turn could lead to the revival of rural incomes, supporting artisan communities, and placing India in the map of green traditional ceramics as a global hub.



TRAVIS SCOTT'S CIRCUS MAXIMUS CONCERT AT MUMBAI WAS AN EXPLOSION OF SOUND AND LIGHTS



Scott, the American hip-hop star, made his performance live and thrilling at the Mahalaxmi Racecourse in Mumbai during his world tour of CIRCUS MAXIMUS, among the most loud and energetic audiences of his show. After recently performing in Delhi, the Grammy-nominated rapper gave Mumbai a night to remember. The concert opened with Canadian rapper NAV's electrifying performance that set the mood, but it was Travis who raised the temperature to the maximum when he took over. He was performing such massive favorites as Sicko Mode, Goosebumps, and others, Travis really had the audience dancing and bouncing non-stop. At the end of the concert, the biggest moment happened with FE!N, though Travis still had to play it four times because of the overwhelming demand. His engagement with the audience—bringing fans on stage and very much appreciating the energy in Mumbai—made the event unforgettable. Mumbai was not in the itinerary at first but its addition to the tour was only due to the enormous fan demand, and it was the huge crowd that justified the decision. The concert organized by BookMyShow Live was not merely an event but a turning point in the development of India's influence over the global live music market.

US REDUCES TARIFFS: INDIA EXPECTED TO BENEFIT, SAYS COMMERCE MINISTRY

India is likely to benefit from the United States' recent decision to remove additional tariffs on some agricultural products like tea, coffee, and spices. The Commerce Ministry said that this change will apply to all countries, but it will help Indian exporters compete fairly in the US market. On November 12, the White House issued an order removing tariffs on products such as coffee, tea, tropical fruits, fruit juices, cocoa, spices, bananas, tomatoes, oranges, beef, and certain fertilisers. The new rule has been effective since November 13. India exports more than USD 1 billion worth of these items every year. These exports mainly include spices, tea, coffee, processed food, fruits, nuts, essential oils, and vegetables. According to the Commerce Ministry, the removal of tariffs will give Indian products equal access compared to other countries. However, the economic think tank GTRI believes that India may not benefit much immediately. This is because India does not export many of the major products listed, such as bananas, melons, citrus fruits, tomatoes, and fruit juices. GTRI founder Ajay Srivastava said India may gain slightly in spice exports, but bigger benefits will go to Latin American, African, and ASEAN countries unless India improves storage, cold chains, and product variety.



INDIA CALLS FOR GLOBAL UNITY TO CUT INDUSTRIAL CARBON EMISSIONS AT COP30



India renewed its call for stronger global teamwork to cut carbon emissions and support sustainable growth at COP30. India's Environment Minister, Bhupender Yadav, led the discussion and said that after 10 years of the Paris Agreement, countries must move from “planning to real action.” Yadav spoke at the LeadIT Industry Leaders' Roundtable, which he co-chaired. LeadIT (Leadership Group for Industry Transition) was launched by India and Sweden in 2019. The group supports the transition to cleaner and low-carbon production of industries such as steel, cement, and heavy transport. It links governments and businesses to a common platform for the creation of technology, co-ideas, and the acceleration of a transformation in industry. Yadav underlined the advancements in India related to renewable energy, the environment, disaster management, and the conservation of energy. He stated that during the period 2005-2020, India reduced its emission intensity by 36%, while the economy grew at a fast pace. He further pointed out the urgency of equitable climate obligation, particularly for those developing countries suffering the most from global warming. LeadIT has now grown to 18 countries and 27 companies. Under its Industry Transition Platform, India and Sweden are supporting projects related to carbon capture, hydrogen heating, AI-based solutions, and recycling industrial waste. Yadav also mentioned a partnership between Tata Motors and Volvo to reduce emissions from heavy-duty transport.

ISRO TARGETS 2028 FOR NEXT LUNAR MISSION CHANDRAYAAN-4

ISRO is entering a very busy phase, with seven more space launches planned before the end of this financial year. ISRO Chairman V. Narayanan confirmed that India's first human spaceflight mission is still scheduled for 2027. The upcoming launches include a commercial communication satellite and several missions using PSLV and GSLV rockets. Narayanan also announced that the government has approved the Chandrayaan-4 mission. This mission will be India's most challenging lunar project so far, as it aims to bring back soil and rock samples from the Moon. Only three countries the United States, Russia, and China have achieved this milestone. ISRO is targeting 2028 for the Chandrayaan-4 launch. Another important project in progress is LUPEX, a joint mission with the Japanese space agency JAXA, to explore the Moon's polar region. ISRO has also started working on building an Indian Space Station. The plan is to finish it by 2035. The space station will not be sent all at once it will be built in parts. The first part, out of five modules, will be launched into space in 2028. Overall, the next few years are very important for India's space programme. ISRO has many big and advanced missions planned, which could help India achieve major progress in space exploration.



Afreen Mazgaonkar & Nancey Kujur

AMMOL & STAVYA FINALLY STRIKE GOLD AT IPA NATIONALS 2025



The IPA Nationals 2025 was held at The Sports School in Bengaluru and was India's first PWR2000 World Ranking Event. The tournament had players from under-12 age groups to 60+, and the matches were exciting and competitive. Maharashtra performed very well and won both Open Singles titles. Arjun Singh won the Men's Singles final 15–6, and Mihika Yadav won the Women's Singles final 15–4. Karnataka also did well, especially in the Masters events. They won the Women's 40+ Team title and the Women's 30+ Doubles title. Maharashtra won the 30+ Men's Doubles, while Telangana secured the 40+ Men's Doubles gold. The junior matches were full of energy, especially on Children's Day. Trilok Sundaresan won the Under-12 Boys title, while Veer Shah from Gujarat won the U-14 Boys title. Tamil Nadu's Maanasi Karthik won the U-14 Girls title. Young doubles teams also showed strong talent. Chief Coach Dhiren Patel praised the improvement in skills and said the event will help select 10 Indian players for the US Open 2026. The tournament was also eco-friendly, using digital scoring and permanent courts to reduce waste and pollution.

INDIA AT WORLD BOXING CUP FINALS: FOUR MEDALS FOR FOUR BOXERS

The World Boxing Cup Finals 2025 marked a very successful day for Indian boxing as four boxers from India namely Minakshi, Preeti, Ankush Phangal and Narender Berwal won their respective first matches and hence, obtained medals right on the first day of the event. Since only the top eight boxers in each weight category were invited, reaching the semifinals already guarantees them a place on the podium. The event is being held at the Shaheed Vijay Singh Pathik Sports Complex. World Champion Minakshi (48kg) began strongly by defeating Kazakhstan's Bolat Akbota with clean punches and fast movement. Preeti (54kg) continued India's winning run by overpowering Uzbekistan's former Youth World Champion Nigina Uktamova with sharp attacking boxing. In the men's category, Ankush Phangal (80kg) showed great control and smart tactics to beat Japan's Go Wakaya by unanimous decision. In the heavyweight 90+kg bout, Narender Berwal fought bravely despite a cut near his eye and won 4-1 against Ukraine's Andrii Khaletskyi. More Indian boxers will compete on Day 2, including Pawan Bartwal, Sumit, Naveen Kumar, Jadumani Singh, and Hitesh, who will face strong opponents from Kazakhstan, Korea, and Japan. Meanwhile, boxers from countries like Poland, Uzbekistan, Ukraine, and Australia also registered dominant wins in their matches.



JASMEEN CLINCHES U-17 TABLE TENNIS TITLE IN LUDHIANA

Jasmeen, a young and talented player, undoubtedly showed her skills and won the U-17 girls' title at the Ludhiana District Table Tennis Tournament during the three-day event at the TT Hall near Rakh Bagh. With great technique and also maintaining her consistency all through the tournament, she finally defeated the contestants in the final rounds and thus became the champion. Not only that, but her win was the most noticeable one among all the matches that were full of thrills and were played simultaneously in different age groups. Satvik was the winner in the U-17 boys' category after a long and tough battle with several players, thereby exhibiting his growing maturity and grooming and also his skill. The younger age groups too had engaging performances of the same standard, with Dhruvin winning the U-13 boys' title and Gauranshi crowned the U-13 girls' winner. The boys' and girls' victories demonstrated the district's talent pool. The tournament saw a good number of future table tennis stars participating eagerly, testing their skills and trying their luck in state-level competitions thereafter. The coaches and officials who were present at the tournament were impressed by the skill level and quality of play, and they also pointed out that the competition is still a major platform for young athletes to move one step further in their sporting journey. It is another title for Jasmeen which signifies a milestone in her career and also puts her among the region's most promising and exciting players.



ASIAN ARCHERY: ANKITA, DHIRAJ STRIKE GOLD

India had a great day at the Asian Archery Championships in Dhaka, winning two gold medals in the individual recurve category. Ankita Bhakat defeated South Korea's Olympic silver medallist Nam Suhyeon with a score of 7-3. She started strong by winning the first set 29-27. The second set ended in a tie, and Nam won the third set. However, Ankita made a strong comeback in the fourth set and finally won the match by staying calm and scoring two perfect 10s in the final set. This is her first individual Asian Championship gold. Another Indian, Sangeeta, won the bronze medal by defeating Deepika Kumari in a shoot-off. In the men's final, Dhiraj Bommadevara defeated fellow Indian archer Rahul 6-2. With this victory, Dhiraj became the first Indian man to win the individual recurve gold at the Asian Championships. Earlier in the semifinals, he had beaten South Korea's Jang Chaehwan. India also made history in the men's recurve team event. The team of Yashdeep Bhoge, Atanu Das, and Rahul won India's first Asian Championship team gold in 18 years by beating South Korea in a thrilling shoot-off. This victory ended Korea's long winning streak since 2009.



DHANUSH SRIKANTH BREAKS DEAFLYMPICS WORLD RECORD, WINS GOLD FOR INDIA



Indian shooter Dhanush Srikanth made a grand entry for India on the medals board at the 2025 Summer Deaflympics in Tokyo. He won the gold medal with a world-record score of 252.2 in the men's 10m air rifle final. His excellent shooting was preceded by a phenomenal qualification round where he scored 630.6, thus breaking the previous Deaflympic record. Srikanth's partner Mohammed Murtaza Vania was also a great support for him; he finished with a score of 250.1 and bagged the silver medal. Thus, India had a double podium finish. This victory is especially significant for Srikanth who has been a deaf sports athlete, and now he has successfully defended his title. His victory is not only attributed to his talent and individuality; he decided to dedicate it to the whole

shooting of the Indian contingent at the Deaflympics. The achievement is a proud moment for the country and a mighty encouragement for the differently-abled artists who dream of being up there on the international stage.

LAKSHYA SEN WINS AUSTRALIAN OPEN 2025 BADMINTON TITLE AND ENDS DROUGHT FOR TITLES

The Indian shuttler Lakshya Sen stunned everyone with his brilliant performance and took the Men's Singles crown at the Australian Open 2025 by overcoming Japan's Yushi Tanaka in two sets, 21-15, 21-11. The match which lasted only 38 minutes marked Sen's first title of the season and also ended a long wait for a major win which in turn brought back his world rank to No. 11. During the final, Sen was the one and only master with his controlled but aggressive playing style, he was the one to dictate the rallies, and he was the one to maintain sharp net dominance and, eventually, his rival fell into unnatural errors. After a slight period when he was behind at 13-12 in the first game, he came back with a series of winners and finished the match very confidently. This win ends a difficult period for the 24-year-old, as it comes on the heels of a disappointing run at the beginning of the year. It not only confirmed his position among the elite shuttlers but is also a great boost for him before the next season. With this landmark achievement, Lakshya Sen announces his comeback and sets a high tone for his badminton career on the international circuit.



INDIAN AIR FORCE AFCAT
01/2026 RECRUITMENT

The Indian Air Force (IAF), Ministry of Defence, invites Men & Women Indian Citizens to apply for Short Service Commission (SSC) in Flying Branch, Ground Duty (Technical & Non-Technical), and NCC Special Entry through AFCAT 01/2026.

Online Registration: 17 Nov 2025 to 14 Dec 2025
A golden opportunity for graduates to proudly serve the nation as Flying Officers.

Vacancy Details (Total: 340 Posts)

AFCAT Entry
Flying Branch – 38 (Men: 34, Women: 4)
Ground Duty (Technical) – 188
PC: Men – 12, Women – 6
SSC: Men – 138, Women – 32
Ground Duty (Non-Technical) – 114
SSC: Men – 89, Women – 25
NCC Special Entry
Flying Branch – 10% seats of AFCAT / CDSE vacancies

Age Limit (As on 01.01.2027)
Flying Branch / NCC Entry: 20–24 years
Ground Duty (Tech & Non-Tech): 20–26 years

Pay Scale
Rs. 56,100 – 1,77,500/- (Level 10)
MSP Rs. 15,500/-

Educational Qualifications
• Flying Branch: Graduation (3-year degree) with 60% marks OR BE/B.Tech
• Technical Branch: 10+2 (PCM) + 4-year Engineering Degree
• Non-Technical Branch:
• Admin/Logistics – Any Degree
• Accounts – B.Com
• Education – MBA/MCA/MA/M.Sc
• Meteorology: PG Degree in Science / Maths / Stats / Geo / Env.
• Sciences with 50% marks

Selection Process
• Online AFCAT Exam
• Document Verification

Application Fee
• AFCAT Entry: ₹550 + GST
• NCC Special Entry: No Fee

Important Dates
• Registration Opens: 17 Nov 2025 (11:00 AM)
• Registration Closes: 14 Dec 2025 (11:30 PM)
• Admit Card: From 22 Jan 2026
• AFCAT Exam Date: 31 Jan 2026

How To Apply
Apply online at AFCAT CDAC Portal (afcat.edcil.co.in):
1. Register and fill application form
2. Upload photo, signature & documents
3. Pay fee (if applicable)
4. Submit form before 14 Dec 2025

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

UPBPB HOME GUARD RECRUITMENT 2026

The Uttar Pradesh Police Recruitment & Promotion Board (UPBPB) invites online applications from eligible candidates for the massive recruitment of 41,424 Home Guards across Uttar Pradesh. This is an excellent opportunity for 10th-pass candidates seeking a permanent government job in the state's law and order department.

Post Details
• Post Name: UP Police Home Guard
• Total Vacancies: 41,424
• Job Type: Permanent
• Job Location: Uttar Pradesh

Important Dates
• Online Application Starts: 18 November 2025
• Last Date to Apply: 17 December 2025

Eligibility Criteria
• Must have passed Class 10 (High School) or equivalent from a recognized board in India.
• Age Limit (as on 01-07-2025)
• Minimum: 18 years
• Maximum: 30 years
• Age relaxation as per UP government rules.

Pay Scale

• ₹ 5,200 – ₹ 20,200 per month (As per UP Home Guard cadre norms)

Selection Process
Candidates will undergo:
1. Written Examination
2. PST (Physical Standard Test)
3. PET (Physical Efficiency Test)
4. Document Verification
5. Medical Examination

Application Fees
• General / EWS / OBC: ₹400/-
• SC / ST: ₹300/-
• Payment Mode: Online only

Application Mode
• Online Application Only via official UPBPB portal: upbpb.gov.in

How to Apply
1. Visit the official website: upbpb.gov.in
2. Click on Home Guard Recruitment 2026



3. Register using basic details
4. Fill the application form carefully
5. Upload photo, signature & documents
6. Pay the application fee online
7. Submit the form before 17 December 2025

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

INTELLIGENCE BUREAU (IB) RECRUITMENT 2025 (MTS – GENERAL)

The Intelligence Bureau (IB), under the Ministry of Home Affairs (MHA), invites online applications from eligible Indian citizens for the recruitment of 362 Multi Tasking Staff (MTS – General) posts. This is an excellent opportunity for 10th pass candidates aspiring for stable Central Government employment. Online registration will remain open from 22 November 2025 to 14 December 2025.

Post Details
• Post Name: Multi Tasking Staff (General)
• Total Vacancies: 362
• Category: Group C, Non-Gazetted, Non-Ministerial

Job Location: Across India (Subsidiary IB Offices)

Pay Scale: Level-1 (₹18,000–56,900)

Eligibility Criteria
• Age Limit: 18–25 years as on 14.12.2025
Relaxation: SC/ST – 5 yrs; OBC – 3 yrs; others as per rules
• Qualification: Matriculation (10th Pass) from a recognized Board
• Domicile: Must have domicile certificate of the State/UT applied for

Selection Process
1. Tier-I Online Exam (MCQ, 100 marks)
• General Awareness (40)

- Quantitative Aptitude (20)
- Reasoning (20)
- English Language (20) 1-hour duration, ¼ negative marking

2. Tier-II Descriptive Test (50 marks)
• English Language & Comprehension
• Qualifying; minimum 20 marks

3. Tier-III Personality Test

Application Fee
• General / OBC / EWS (Male): ₹650
• Other Candidates: ₹550
• SC/ST/PwBD/ExSM/Female: Nil
• Payment: Online / Offline

Important Dates
• Registration Starts: 22 Nov 2025
• Last Date to Apply & Pay Fee: 14 Dec 2025 (23:59 hrs)
• Offline Fee Payment Last Date: 16 Dec 2025

State-wise Major Vacancies
Delhi (108), Itanagar (25), Mumbai (22), Srinagar (14), Trivandrum (13), Lucknow (12), Aizawl (11), Bhopal (11), Chennai (10), Guwahati (10), Leh (10),



and others.

How to Apply
Visit mha.gov.in or ncs.gov.in, complete OTR, fill the application form, upload documents, pay fee, and submit before 14 December 2025.

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

Deepika Singh



1. What was the theme of the CII Partnership Summit 2025?
2. What was India's CPI-Combined inflation rate for October 2025?
3. Was CPI-Rural in October 2025 positive or negative?
4. Which country suspended visa-waiver for Indians?
5. Name the two partner countries for Hornbill Festival 2025.
6. Sansad Sports Festival ends on which date?
7. Main focus of Colombo Security Conclave?
8. What does “hidden hunger” mean?
9. ISRO's lunar sample mission year?
10. Which topic was not part of Nov 17 current affairs?



1. I chew all day without a break, give you milk, cream, and sometimes cake. Who am I?
2. I'm rich in milk, but I'm not a cow. You can ride me too, but not right now. Who am I?
3. Farmers store me cold and tight, to keep the milk fresh and white. What am I?
4. I am made when milk is churned and spun, I'm creamy, salty and loved by everyone. Who am I?
5. I'm in milk and help bones grow, your teeth and nails also know. What am I?
6. I stand early in fields all day, I milk the cows and pack away. Who am I?
7. I'm sweet and soft, made with milk and rice, served at festivals, oh so nice. What am I?

7.	Kheer
6.	Farmer
5.	Calcium
4.	Butter
3.	Refrigerator
2.	Buffalo
1.	Cow
II) RIDDLES	
10.	Digital currency adoption
9.	2028
8.	Micronutrient deficiency
7.	Maritime security
6.	25 December
5.	Switzerland & Ireland
4.	Iran
3.	Negative
2.	0.25%
1.	Trade Technology, Trust &
III) QUIZ TIME	
ANSWERS	



Milk Mysore Pak – Soft, Sweet, and Milky!

This Week, We’re Relishing Milk Mysore Pak – Soft, Sweet, and Milky!

Milk Mysore Pak is a creamy and soft variation of the traditional Mysore Pak. Unlike the original which is porous and firm, this version is rich, soft, and milky with a melt-in-mouth texture. It needs very few ingredients and is perfect for festivals, celebrations, or gifting.

Ingredients:

- Besan (Gram Flour) – 1 cup, Milk – ½ cup, Ghee – ¾ cup, Sugar – 1 cup, Cardamom powder – ½ tsp, Chopped almonds/pistachios – for garnish (optional)

Preparation

1. In a pan, heat milk and sugar together until the sugar fully dissolves and the mixture turns slightly thick.
2. Slowly add sieved besan, stirring continuously to avoid any lumps and to form a smooth mixture.
3. Add warm ghee little by little while stirring. Continue cooking on low flame until the mixture becomes thick, glossy, and starts leaving the sides of the pan.
4. Mix in cardamom powder, quickly pour the mixture into a ghee-greased tray, level it, let it cool for 30–40 minutes, then cut into pieces.



Serving Tip:

Serve the Milk Mysore Pak at room temperature, garnished with chopped pistachios or almonds, and pair it with a cup of warm milk or masala chai for a perfect festive treat.

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		SUBMISSION DETAILS	
• Age Limit: Up to 24 years		• Email your artwork to: thehulahultimes@gmail.com	
• Artwork Size: A4		• Subject Line: ARTWORK	
• Format: Hand-drawn only		• Include: Your Name, Age, School/College Name, and Phone Number	
CONTACT INFORMATION		Phone +91-7977005423	Email thehulahultimes@gmail.com

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