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THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



NATIONAL UNITY DAY: HONOURING SARDAR PATEL AND THE VISION OF AN INDIVISIBLE INDIA

National Unity Day, also known as Rashtriya Ekta Diwas is celebrated in India on 31 October. It was introduced by the Government of India in 2014. The day is celebrated to mark the birth anniversary of Sardar Vallabhbhai Patel who played a major role in the political integration of India and was a significant figure in India's struggle for independence. He was the first Deputy Prime Minister and Home Minister of India.

At the time of independence there were 17 British Indian Provinces and more than 560 Princely States. Even though the Indian Independence Act gave the Indian Government authority over British India, the rulers of Princely States were given the choice of joining either India or Pakistan, or remain autonomous. In order to safeguard the unity of the nation, Sardar Vallabhbhai Patel ensured the accession and integration of the Princely States into the Union of India. On 15 August 1947, Sardar Vallabhbhai Patel took oath as the first Deputy Prime Minister, as well as the first Home Minister of independent India. Additionally, he assumed the charge of the Ministry of Broadcasting and Information.

Known for his exceptional leadership and unwavering commitment to national integration, Sardar Vallabhbhai Patel is fondly remembered as the “Iron Man of India.” National Unity Day serves as a reminder of his efforts to unite the diverse princely states into a single nation and ignites a spirit of solidarity among the people of India.

The official statement for National Unity Day by the Home Ministry of India cites that the National Unity Day "will provide an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity, and security of our country."

On the day, a pledge is read out in government offices:



I solemnly pledge that I dedicate myself to preserving the unity, integrity, and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of the unification of my country which was made possible by the vision and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure the internal security of my country.

Several events and activities are held nationwide to celebrate National Unity Day. Schools, colleges, and government institutions host a variety of events to raise awareness of the value of unity. The Run for Unity, a statewide marathon dedicated to celebrating Sardar Vallabhbhai Patel's goal of a unified India, is one of the main events.

In the year 2018, this day, i.e. October 31st also marked the inauguration of the world's tallest statue – the Statue of Unity, against the backdrop of Satpura and Vindhyachal hills at Kevadia, Gujarat. This 182 metre tall statue is dedicated to Sardar Vallabhbhai Patel, the architect of independent India.

On National Unity Day, we are reminded of the principles of inclusivity, unity, and integrity that Sardar Vallabhbhai Patel exemplified. For a nation with as many cultures, languages, and faiths as India, embracing unity is essential to its development. The day invites all the citizens to consider how crucial it is to unite in order to overcome obstacles, promote harmony, and embrace diversity.

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PRITILATA WADDEDAR: THE FLAME OF BENGAL'S FREEDOM

In the twilight of British rule in India, when freedom seemed like a distant dream and oppression was an everyday reality, there rose a young woman from Bengal whose courage and sacrifice would ignite a fire in countless hearts. Her name was Pritilata Waddedar — a revolutionary who chose the path of struggle over comfort, honor over fear, and martyrdom over submission. Her story is not only about rebellion but also about the moral strength, discipline, and devotion to the motherland that define the very essence of India's freedom movement.

A Childhood of Ideals

Pritilata was born in 1911 in Chittagong (now in Bangladesh) into a middle-class Bengali family. Her father worked in a municipal office, and her mother instilled in her a love for education and truth. Even as a child, Pritilata was known for her determination and sense of justice. At school, when she saw a classmate being unfairly punished, she stood up to the teacher — not with anger, but with reason. “Punishment cannot teach truth,” she said calmly. Those words, simple yet powerful, reflected the moral clarity that would later define her life.

The Making of a Revolutionary

Pritilata's brilliance in academics earned her a scholarship to Bethune College, Calcutta, one of the first colleges for women in India. There she was deeply influenced by nationalist leaders and teachers who spoke of Swadeshi, self-reliance, and freedom through sacrifice. She read the works of Bankim Chandra Chatterjee, Swami Vivekananda, and Sri Aurobindo. Their ideas awakened in her a deep conviction that freedom was not a gift to be begged for, but a right to be fought for. While studying in Calcutta, she came in contact with revolutionaries connected to Masterda Surya Sen, the fiery leader of the Chittagong Uprising. Pritilata's intellect, discipline, and fearlessness impressed him. Though most revolutionary groups were dominated by men, Surya Sen saw in her a rare courage that transcended gender.

Return to Chittagong

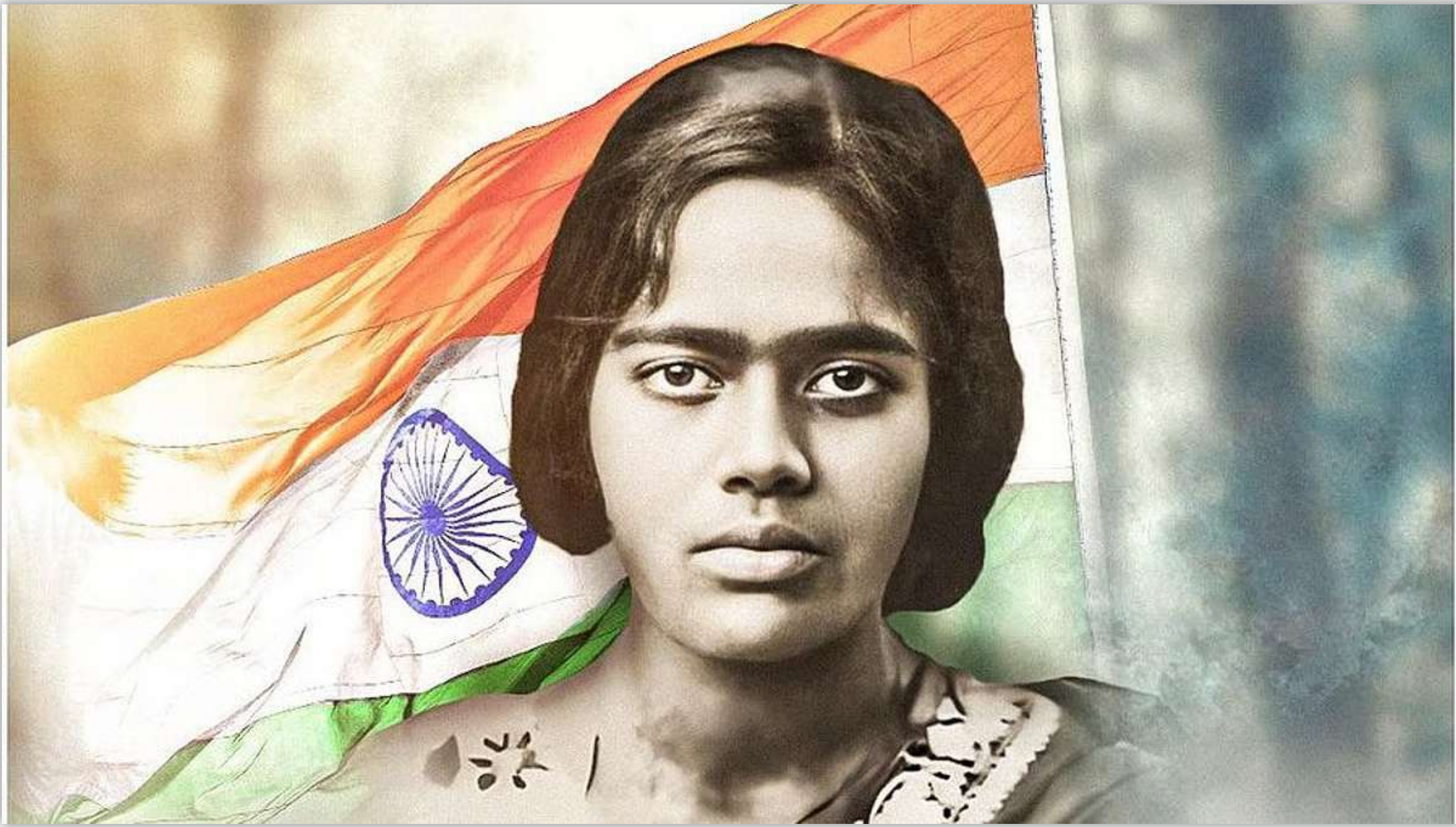
After completing her education, Pritilata returned to Chittagong as a schoolteacher. But behind the gentle smile of the teacher was the fire of a patriot. She secretly joined Surya Sen's revolutionary group and became an active member in their plans against British rule. The British had imposed harsh laws, suppressed freedom of expression, and humiliated Indians in their own land. Pritilata could not remain silent. “Education has

meaning only when it serves the nation,” she once wrote in her diary. She took part in secret meetings, distributed revolutionary pamphlets, and even trained with weapons all while continuing her teaching duties.

The Pahartali European Club Attack

In 1932, the revolutionaries of Chittagong planned a bold attack on the Pahartali European Club, a symbol of racial arrogance. The sign outside the club read: “Dogs and Indians not allowed.” To Pritilata, this insult was not just against her people but against the dignity of all humanity.

Surya Sen chose her to lead the operation — a decision that shocked many. “A woman leading an armed attack?” they



whispered. But Surya Sen replied, “Courage knows no gender. She has both intellect and fire — she will lead.” On the night of 23rd September 1932, Pritilata led a group of young revolutionaries to the club. Dressed in khadi, carrying a pistol and bombs, she moved like a shadow under the starlit sky. The attack was swift and fearless. The revolutionaries hurled bombs at the building, sending a clear message: India will not remain silent. But during the retreat, Pritilata was shot in the leg and surrounded by British forces. She had with her a small vial of cyanide, given by Surya Sen. Knowing that capture meant torture and betrayal of her comrades, she made her final, fearless choice — she swallowed the poison and embraced martyrdom at just 21 years of age.

The Aftermath

The news of Pritilata's death spread like wildfire across Bengal. People wept, but they also felt a surge of pride. The young teacher from Chittagong had become a symbol of courage, purity,

and self-sacrifice. The British were shaken they could not understand how a woman so young could fight with such resolve. Her bravery inspired a new generation of revolutionaries, including many women who later joined the struggle for independence. In her honor, Masterda Surya Sen said, “She is not dead; she has become immortal in the hearts of our people.”

Her Philosophy and Values

Pritilata's life was guided by the timeless values of Indian philosophy — the unity of knowledge, action, and sacrifice. She believed that one's duty to the nation and to justice was sacred. She once wrote, “If we do not stand for truth today, we lose the right to dream of tomorrow.” Her fight was not just for political freedom, but for the dignity of all Indians — especially women and the oppressed. Her readiness to give her life without hesitation showed her belief in the Gita's teaching — “To act without attachment is the highest form of freedom.” Her leadership challenged social conventions and proved that true patriotism lies in sacrifice, not recognition.

Moral of the Story

Pritilata Waddedar's life is a shining example of how knowledge and courage can transform an ordinary person into a legend. She teaches us that education without purpose is incomplete, and that the highest purpose of learning is to serve humanity. Her story reminds us that heroism is not born of hatred but of love love for truth, for justice, and for one's people. Even in death, she gave life to the spirit of India's freedom. For today's generation, her life is an inspiration to stand firm for what is right, to lead with conviction, and to believe that no obstacle is too great when one's cause is just.

Conclusion

The story of Pritilata Waddedar is a flame that continues to burn in the heart of India. She was not a queen or a general — she was a teacher, a scholar, and a daughter of Bengal who defied the world's mightiest empire with her willpower. Her courage teaches us that moral strength is greater than any weapon, that sacrifice for the good of others is the truest form of victory. In her short life, she embodied the timeless Indian ideals of dharma, courage, and selfless service. As long as freedom and justice are cherished, the name of Pritilata Waddedar will remain immortal — a reminder that one brave soul, guided by truth and righteousness, can change the destiny of a nation.

FROM ADVERSITY TO ADVOCACY: JAVED AHMAD TAK'S MISSION FOR INCLUSION

INTERVIEW BY
NAAZ

"It is not the disabled person who is tested by the almighty, it is the test of 'abled persons' how they treat the person with disability."

- Javed Ahmad Tak

Javed Ahmad Tak is a prominent Disability Rights Activist and social worker from Jammu and Kashmir. He has dedicated his life to creating a barrier-free environment and securing the right to

a lack of students with disabilities, he conducted a Census in nearby areas to investigate, finding that children with disabilities lived in miserable conditions. Driven to educate them, Mr. Javed established the Humanity Welfare Organization Helpline in 2003, which has grown substantially.

Mr. Javed started his organization to educate people with disabilities using his personal Rs. 75,000 ex-gratia relief because no one else would fund him and his father had no money left after paying for his own medical treatment. He explained that this initial amount was worth "crores" because it ultimately led to economic independence.

empower persons with disabilities, help them secure a better future, and provide an independent life. The organization also runs the Zaiba Aapa Institute For Inclusive Education, the first school of its kind exclusively registered for persons with disabilities. Mr. Javed's original vision for the institute was "to create a Centre which could be replicated as a model." The school is named in tribute to his late grandmother, Zaiba, who was a social worker herself and worked for the community.

As part of his advocacy work, Mr. Javed introduced many reforms in the Kashmir University. With his efforts the university became barrier-free for persons with

pursuing higher education, and an intellectually disabled girl has married and is living happily.

Mr. Javed believe that mainstream teachers should be given training in special education. He said "disability is a term between dependence and interdependence." And, passionately elaborated "it is not the disabled person who is tested by the, almighty it is the test of the 'abled persons' how they treat the persons who have some bodily challenges." He argues "if a teacher is not able to give judicious education to every student who comes to his class then it is the teacher who is disabled not the student."



education for children with disabilities in the region. In 2020, he received the Padma Shri award for his unwavering commitment to empowering persons with disabilities and his crucial advocacy work.

While sharing the incident that became the turning point of his life, Mr. Javed called the initial phase "life in a custody." In 1997 he became a paraplegic and wheel chair-bound after being shot in the spine during an armed conflict in Kashmir. Despite this, he didn't give up and navigated his "dependent life in an independent way."

When his injury left him immobile, Mr. Javed's family struggled. To cope, he started giving free tuitions to neighborhood children. Connecting with his students was a delightful distraction; he began going out on his wheelchair with them, which helped him stay updated with the world around him.

Delineating the initial organizational obstacles that came in his way, Mr. Javed remembered that at that time, militancy was at its peak in Jammu and Kashmir. It took him three years to secure the No Objection Certificate (NOC) due to widespread skepticism and a lack of trust in his intentions, forcing him to visit countless offices in his wheelchair. Moreover, local community members were reluctant to enroll their children in schools exclusively for students with disabilities, fearing their children would be stigmatized.

And, the biggest challenge was sheer lack of resources. Mr. Javed described how he had to knock every possible door on wheelchair; to ask for some financial support. However, he mentioned, at the end of the day there was a sense of satisfaction when he was able to collect some money.

Mr. Javed established the successful Humanity Welfare Organization Helpline to

disabilities as construction of ramp, disabled friendly washrooms and other facilities were installed. He stated that the biggest hurdle was that the students themselves were unaware of their rights and the specific UGC guidelines.

After receiving the Padma Shri award, Mr. Javed observed an increase in his work's credibility and public trust, along with greater regional awareness of disability. Student enrollment also doubled from 140 to around 280.

Among all his achievements, closest to his heart is Mr. Javed's Students. Illuminating the success of his students, Mr. Javed mentioned of Saima Hussain and Zakia Mansur. Zakia is a girl with complete blindness and was rejected from school at age 9 but is now pursuing a Master's in History and research at Jawaharlal Nehru University. Another student, Saima Hussain, is a Junior Artist in the Calcutta Academy and has qualified the NET examination. He also noted that many girls with speech and hearing impairment are now

Mr. Javed identified key challenges for persons with disabilities, including lack of accessibility, scarcity of special educators and teaching materials, and unsupportive families. He stated that "when discrimination starts from the homes it never ends.

In his message to young individuals Mr. Javed said "you should never give up and never die while living."

Javed Ahmad Tak's journey is a powerful call to action, reminding us his core message that it is the 'abled persons' who are truly tested. Having transformed his personal pain into purpose, he proved that the greatest barriers are not physical, but systemic and societal. Mr. Javed has indeed built a model for an inclusive society, urging to end discrimination in all its forms.

EDITOR



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EDITORIAL NOTE

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

The Great Shift: From Window Shopping to Screen Scrolling

Online shopping, or “click commerce,” has revolutionized buying behaviour. According to Statista, India's e-commerce market will cross USD 200 billion by 2027, driven by smartphones, quick deliveries, and deep discounts.

Platforms like Amazon, Flipkart, Nykaa, and Meesho have turned shopping into an anytime, anywhere experience. A college student can order books at midnight, while a professional can restock groceries between meetings.

Yet, the charm of offline stores the “brick” experience remains strong. Malls still buzz with shoppers, especially during weekends and festivals. Because while online offers convenience, offline offers connection that tactile joy of trying, feeling, and interacting.

Clicks Create Convenience, Bricks Build Confidence

Digital shopping has made life unbelievably easy. Need a phone case? Search, compare, buy. Forgot a birthday gift? Same-day delivery saves you. Want a new look? Filter by size, brand, and price in seconds.

But when it comes to trust and experience, many still prefer stores. You can test gadgets, feel fabrics, and get real-time help all things a digital cart can't yet replicate.

Take IKEA India, which merges both worlds browse online, visualize using AR, then experience the product physically. Similarly, Reliance Trends and Shoppers Stop let customers order online and collect in-store, blending ease with assurance.

Hybrid Commerce: The New Normal

Welcome to the Hybrid Era of Shopping, where physical and digital retail unite. Known as “phygital commerce,” this model is redefining business strategy.

Nike's flagship stores feature digital kiosks where customers scan QR codes to check stock or customize shoes. Zara's mobile app enables fitting-room booking and app-based checkout. Even local kirana stores now sell via JioMart and Blinkit, connecting traditional retail to digital demand.

The hybrid trend isn't just technological it's psychological. Today's shoppers want control: browse online, test offline, and buy however they choose.

The Student Shopper's Dilemma

Students especially Gen Z are at the centre of this transformation. With limited budgets but limitless exposure to trends, they balance both worlds smartly.

A student may buy gadgets online after comparing prices but still head to a mall for clothes to ensure a perfect fit. Surveys show over 60% of youth follow the “Research Online, Purchase Offline (ROPO)” pattern, proving that clicks and bricks thrive together.

Smart Tips for the Hybrid Shopper

- 1. Compare Before You Commit:** Use price-comparison tools like Smart Prix or MySmartPrice. Even if buying offline, knowing online prices strengthens your bargaining power.
- 2. Check Reviews, Not Just Ratings:** A five-star product may not suit your needs. Read a few detailed reviews they reveal the real story behind the stars.
- 3. Experience Counts:** Try apparel, footwear, or electronics in-store first. For books or groceries, online deals usually win.
- 4. Blend Convenience with Conscience:** Support local stores that offer home delivery or digital payments saving time while sustaining your community.
- 5. Guard Your Digital Wallet:** Use secure payment gateways and avoid public Wi-Fi when shopping online. Scammers thrive on careless clicks.

Business Lesson: Adapt or Fade

For commerce students and budding entrepreneurs, one truth stands clear — the future isn't either/or, it's both. Brands that rely only on stores risk losing digital-first buyers, while online-only platforms now crave a physical presence to build trust.

From Mall to Mobile:
Decoding the Hybrid Shopping Wave

Clicks + Bricks = Commerce of Tomorrow



Example? Nykaa, once an online-only beauty platform, opened showrooms across cities. Amazon launched Amazon Fresh for quick offline deliveries. Even small boutiques now stream live on Instagram, bringing the store directly to your screen.

Final Thought: A Balanced Cart

The line between online and offline shopping is fading fast. In this hybrid world, your wallet moves seamlessly between the mall and the mobile, guided by comfort, choice, and curiosity. As consumers, we hold the power to make smart, conscious purchases. As future business leaders, we carry the responsibility to innovate, not imitate. So next time you tap “Add to Cart,” pause and think will you click, walk, or mix your way to satisfaction? Because in the commerce of tomorrow, the smartest shopper isn't loyal to one they're fluent in both.

EDITOR



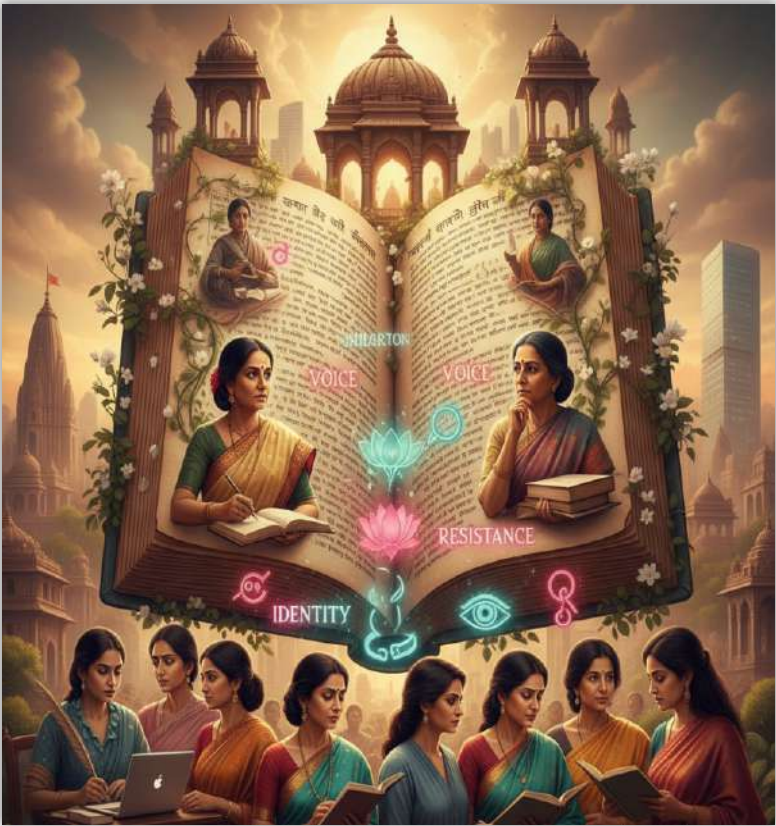
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EDITORIAL NOTE

The study of language and literature is not just an academic pursuit, but a journey into the world of imagination, critical thinking, and cultural exchange. This page celebrates creativity, knowledge, and expression by bridging the classics with contemporary voices.

WOMEN'S STRUGGLES
REPRESENTED IN INDIAN
ENGLISH LITERATURE

The evolution of Indian English literature cannot be understood without acknowledging the powerful contributions of women writers. From Toru Dutt and Sarojini Naidu in the 19th century to Arundhati Roy, Kiran Desai, and Jhumpa Lahiri in the 21st, women have redefined storytelling through their lens of experience, identity, and resistance.



Early pioneers like Cornelia Sorabji broke gender barriers by writing about the struggles of Indian women in colonial times. Later, authors such as Kamala Das expressed female desire and inner conflict with unprecedented honesty. The feminist sensibility in their work challenged social taboos and patriarchal constraints.

Contemporary women writers continue this legacy by exploring themes like migration, body politics, caste, and environmental awareness. Their works are not just literature they are testimony, dialogue, and dissent.

As Indian society evolves, women's writing remains its conscience truthful, transformative, and timeless. Each generation of female authors reclaims language as a space of liberation, proving that the written word can both heal and revolutionize.

DID YOU KNOW?

- Mahasweta Devi's short story Draupadi was banned in several Indian universities for its raw portrayal of sexual violence — yet it is now studied globally as a seminal feminist text in postcolonial literature.
- The longest word in the English language (that's not coined for a specific scientific purpose) is pneumonoultramicroscopicsilicovolcanoconiosis (45 letters), which is a lung disease caused by inhaling very fine ash and sand dust.
- India has the world's only floating post office. Located on a houseboat in Dal Lake, Srinagar, Kashmir, it serves the local community and is a popular tourist attraction, complete with a philately museum.

GRAMMAR TIP

Correct Use of “Who” and “Whom”:

Use **“who”** when referring to the subject of a clause.

Use **“whom”** when referring to the object of a verb or preposition.

- ✓ Who is coming to the meeting?
- ✓ To whom should I address the letter?
- ✗ Whom is coming to the meeting?

A quick trick: If you can replace it with he/she, use “who.” If him/her fits, use “whom.”

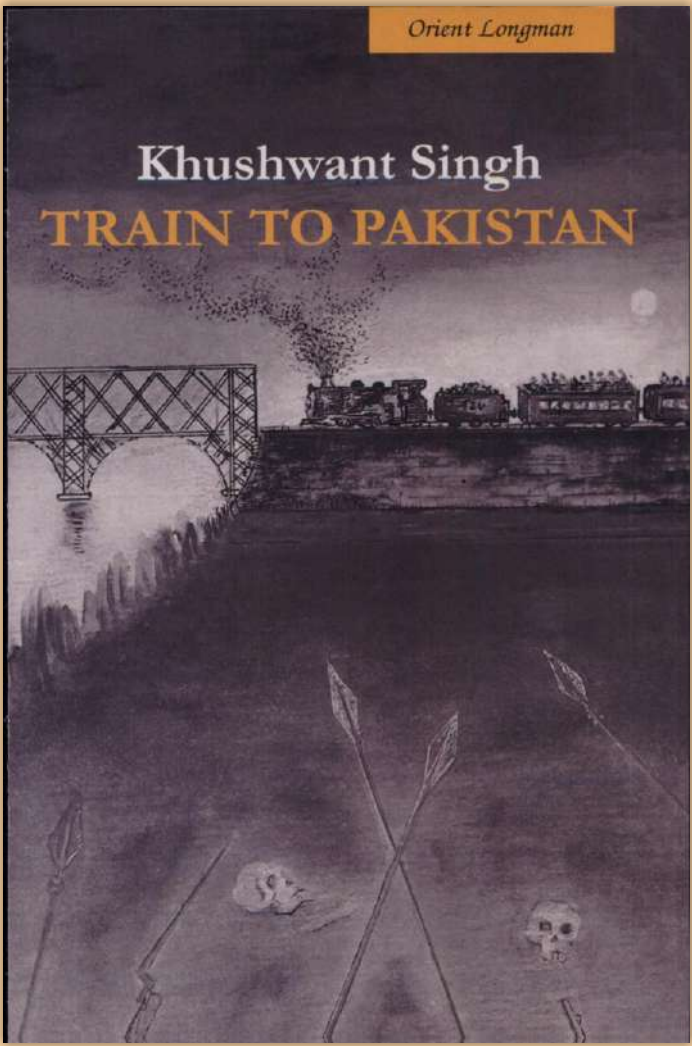
WRITER OF THE WEEK

Mahasweta Devi

Mahasweta Devi (1926–2016) was a Bengali writer, activist, and voice of the oppressed. Her fiction blends storytelling with social consciousness, giving a platform to tribal and marginalized communities. Her works like Draupadi, Hajar Churashir Ma (Mother of 1084), and Aranyer Adhikar (The Right to the Forest) expose injustice, gender violence, and the exploitation of the poor. A recipient of the Jnanpith Award and the Ramon Magsaysay Award, Mahasweta Devi remains a towering figure whose pen fought for dignity and equality as fiercely as any revolution.

BOOK REVIEW

Train to Pakistan by Khushwant Singh



Khushwant Singh's Train to Pakistan (1956) is a gripping and deeply humane portrayal of the Partition of India. Unlike other political narratives, it tells the story of tragedy through ordinary villagers in Mano Majra, a small Punjabi border town where Hindus, Muslims, and Sikhs once lived peacefully. Through the love story of Juggut Singh and Nooran, Singh reveals the human cost of communal hatred and the fragility of coexistence. His prose is direct yet powerful, his tone compassionate yet unsparing. Train to Pakistan remains one of the most haunting accounts of India's partition a timeless reminder of empathy amid chaos.

QUOTABLE QUOTES

“We write to taste life twice, in the moment and in retrospect.”

— Anaïs Nin

CREATIVE WRITING

Ozymandias

I met a traveller from an antique land
Who said—“Two vast and trunkless legs of stone
Stand in the desert. . . . Near them, on the sand,
Half sunk, a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them and the heart that fed.”

Poetry By

- Percy Bysshe Shelley

Shelley's Ozymandias is a meditation on the impermanence of power — a reminder that even the mightiest empires crumble, but art and memory endure.

WORD OF THE WEEK

Word: Serendipity (noun)
Meaning: The occurrence of events by chance in a happy or beneficial way.

Example: Discovering a beautiful poem while searching for something else was pure serendipity.

IDIOM HIGHLIGHT

A Blessing in Disguise

Meaning: Something that seems bad or unlucky at first but turns out to be good later.

Example: Losing that job was a blessing in disguise, it pushed Meera to start her own successful business.

Ravi Singh

IMMA PUSHES FOR UNIFORM 5% GST ON ALL MICRONUTRIENTS TO AID FARMERS

The Indian Micro-Fertilizers Manufacturers Association (IMMA) has formally requested the Union Finance Ministry to bring all agricultural micronutrients under a uniform 5% Goods and Services Tax (GST) slab. The appeal aims to standardize the tax rate for all fertilisers covered under the Essential Commodities Act (ECA) and the Fertiliser Control Order (FCO), including mixtures and non-subsidised grades, thereby supporting the nation's farming community.

A delegation from IMMA recently met with Central Board of Indirect Taxes and Customs (CBIC) officials in New Delhi to highlight the industry's critical challenges. The core issue raised was the persistent problem of the inverted duty structure, where manufacturers currently pay a high 18% GST on raw material inputs, while the finished products attract a lower or varying output tax. This disparity results in the accumulation of tax credits and the blocking of essential working capital.

IMMA warned the government that any proposal to shift fertilisers into the

18% GST slab would be detrimental to national food security, arguing it would sharply increase farm-gate prices and financial strain on both the manufacturing sector and farmers. The association also pressed for a fast-tracked, 30-day time-bound refund mechanism for any accumulated tax credit.

In a positive development, Finance Ministry officials have agreed to examine the proposal in consultation with the Agriculture Ministry. IMMA has, in turn, assured the government that the industry will not engage in profiteering and will guarantee that any tax savings are directly passed on to farmers through price reductions or by maintaining current Maximum Retail Prices (MRPs). This collaborative effort is seen as a crucial step toward making essential soil nutrients more affordable and accessible nationwide

NITI AAYOG UNVEILS BLUEPRINT TO UNLOCK 7.16 MILLION TONNES IN DEEP-SEA FISHERIES



NITI Aayog has released a comprehensive strategy report to develop India's deep-sea and offshore fisheries, aiming to capitalize on a massive, largely untapped potential within the country's 2 million square kilometer Exclusive Economic Zone (EEZ). The report, launched on October 13, 2025, estimates a potential yield of 7.16 million tonnes of marine resources, which could transform India, already the world's second-largest fish producer, into a global leader in the sector.

The ambitious blueprint seeks to multiply the fisheries sector's current economic contributions—including

exports worth ₹60,523 crore (FY 2023-24)—while simultaneously ensuring ecological sustainability and easing pressure on strained coastal fisheries.

The strategy adopts a science-based, technology-enabled approach with a focus on social inclusion. Key interventions include supporting fisher cooperatives and cluster-based models to provide local communities with access to modern, capital-intensive technology and shared operational benefits.

The implementation is structured into three phases: Phase 1 (2025–2028) for foundational growth, Phase 2 (2029–2032) for scaling up global competitiveness, and a final phase beginning in 2033 to cement India's position as a sustainable deep-sea fisheries leader. This initiative promises to significantly boost livelihoods for millions of coastal communities.

CENTRE ACCELERATES ROLLOUT OF PULSES AND FARM TRANSFORMATION SCHEMES

Union Agriculture Minister Shivraj Singh Chouhan has instructed officials to fast-track the implementation of two ambitious agricultural schemes aimed at achieving national self-sufficiency in pulse production and transforming farming across 100 districts. The push is to accelerate the 'Self-Reliance in Pulses Mission' and the 'Pradhan Mantri Dhan-Dhaanya Krishi Yojana,' both recently approved by the Union Cabinet.

The Self-Reliance in Pulses Mission, with a six-year outlay of ₹11,440 crore, targets a significant boost in production, aiming to increase the area under pulse cultivation from 275 lakh hectares to 310 lakh hectares by 2030-31. The goal is to raise total pulse production from 242 lakh tonnes to 350 lakh tonnes, reducing India's dependence on imports and generating employment in rural areas.

Meanwhile, the Pradhan Mantri Dhan-Dhaanya Krishi Yojana is a six-



year program, starting 2025-26, with an annual budget of ₹24,000 crore. It is designed to advance agriculture in 100 aspirational districts by integrating 36 sub-schemes across various ministries.

Minister Chouhan emphasized the need for coordinated, time-bound execution, instructing officials to collaborate with NITI Aayog and state nodal officers. An inter-ministerial meeting involving 11 ministries is planned to ensure seamless implementation, with the primary objective being the timely delivery of benefits directly to farmers.

WHOLESALE INFLATION COOLS TO 0.13% IN SEPTEMBER, DRIVEN BY FOOD PRICE PLUNGE



India's Wholesale Price Index (WPI) inflation significantly eased to 0.13% in September 2025, a marked drop from 0.52% recorded in August, according to the latest government data. This cooling trend at the wholesale level was primarily driven by a sharp deflation in food articles and falling fuel costs, providing relief from price pressures in the commodity market.

The WPI Food Index recorded a negative inflation rate of -1.99% in September, a considerable correction

from the 0.21% inflation seen in the previous month. The most notable drops were seen in key vegetables: onion prices plummeted by nearly 64% year-on-year, and potato prices fell by over 42%. Prices of pulses also registered significant deflation at 17.19%.

In contrast, the manufactured products sector, which holds the largest weight in the WPI, recorded a modest positive inflation of 2.33%. However, the decline in primary article and fuel prices with petrol and diesel dropping over 3% helped offset these increases, pushing the overall wholesale inflation figure near zero. The data signals a mixed but generally easing price environment for commodities, influenced by seasonal factors and supply chain improvements.

INDIA-BRAZIL DIALOGUE: GOYAL TOUTS 7.8% GDP GROWTH, PUSHES AGRI-COOPERATION



Union Commerce Minister Piyush Goyal addressed the India-Brazil Business Dialogue on World Food Day (October 16, 2025), emphasizing India's strong economic performance and the deepening strategic ties with the South American nation. Goyal highlighted that India's economy is maintaining its impressive momentum, having posted a significant 7.8% GDP growth in the first quarter and remaining the world's fastest-growing major economy.

The Minister stressed the natural synergy between the two nations, which are global agricultural powerhouses, and called for enhanced cooperation in agri-business and food processing to bolster global food security. He articulated three pillars of India's development: robust macroeconomic fundamentals, including \$700 billion in foreign exchange reserves; expansive infrastructure development; and massive social uplift, which has pulled 250 million citizens out of poverty over the last decade.

Reaffirming the government's ambitious vision, Goyal stated that structural reforms are paving the way for India to become the world's third-largest economy shortly. The long-term goal remains achieving a \$30-35 trillion developed economy by 2047, a mission he believes will be secured by the collective resolve of the nation and strong international partnerships like the one with Brazil.

DELHI SCHOOLS TO PARTNER WITH NGOS, CORPORATES UNDER VIDYANJALI INITIATIVE



The Delhi government has urged its schools to collaborate with NGOs and CSR organisations under the Vidyanjali scheme, an initiative of the Union Ministry of Education aimed at strengthening school education through community and corporate participation.

The move seeks to bridge learning gaps, enhance infrastructure, and improve the overall learning experience for students by inviting voluntary contributions of time, talent, and resources from individuals and institutions. Schools have been encouraged to register on the Vidyanjali portal, where they can connect with potential partners for support in areas such as teacher training, digital learning, sports promotion, health awareness, and co-curricular development.

Under this model, CSR entities can fund school improvement projects, while NGOs and volunteers can offer mentoring, skill-building workshops, or academic support. The government believes that this public–community partnership will help schools achieve holistic growth and ensure equitable access to quality education.

Officials noted that the initiative will also help inculcate social responsibility among students, exposing them to collaborative and community-driven learning experiences. By leveraging external expertise and resources, Delhi's education department aims to create vibrant learning spaces that go beyond traditional classrooms.

Through the Vidyanjali initiative, the Delhi government hopes to transform schools into centres of shared learning and innovation, strengthening the connection between education, community, and industry for a more inclusive future.

BEYOND TEXTBOOKS. EDUCATION MUST BE CREATIVE

The North East Education Conclave 2025 was organised by Pragjyotispur University in Guwahati on 18th October 2025. The aim of the event was to discuss how the implementation of the National Education Policy 2020 (NEP 2020) could help transform the North Eastern states' educational outlook. The event organised on the occasion of the foundation day of the Pragjyotispur University, was attended by multiple dignitaries from throughout the region.



Takshashila, Nalanda, and Vikramshila where education was a holistic tool meant to foster multidimensional perspectives, develop one's character, and promote global welfare rather than being focused on material pursuits. He underscored that education needs to incorporate critical, experimental, and creative thinking through real-world experiences and technologically enabled surroundings rather than being limited to theoretical learning. According to him, education should not be relegated to examinations, but also focus on developing minds that are imaginative and empathetic. Students must be prepared not only as job seekers but also as ethical, creative problem solvers and entrepreneurs.

The Governor of Assam, Lakshman Prasad Acharya in his speech on Saturday, emphasised the need to move away from rote learning and focus towards creating a system that inspires critical thinking, creativity and problem-solving skills applicable in today's world. He said,“Education must awaken the mind, challenge assumptions, and inspire creativity.”

During his speech as he looked back on India's long and storied history as a global leader in education and knowledge systems, the governor mentioned famous schools like

SPECIAL CAMPAIGN 5.0: CLEAN SPACES, BRIGHT FUTURES

The Department of School Education and Literacy (DoSEL) under the Ministry of Education, plans to actively fulfill the goals of Special Campaign 5.0 from October 2nd to October 31st, 2025.



Through the campaign, the department plans to improve school facilities and regularize “Swachhata” (cleanliness) throughout all educational institutions. This would involve renovating school campuses and enhancing environmental consciousness among students through sustainable practices like reducing e-waste, recycling, afforestation, etc. Various activities like painting school buildings with decorative murals and wall art based on regional art forms like Madhubani, Warli and others ; performing minor repairs to electrical equipment, sanitation, and drinking water facilities were undertaken by the ministry.

Several schools and organisations across the country initiated “E-waste awareness and management” drives, webinars and lectures, while others conducted a variety of other programs.

TURNING PAGES, BUILDING MINDS: LILAVATI NSS LAUNCHED ‘BOUND BY BOOKS’

The NSS Unit of Lilavati Lalji Dayal College of Commerce, Charni Road, has launched an inspiring new initiative titled 'Bound by Books', a weekly reading community by students, for students. The programme aims to rekindle the joy of reading, encourage thoughtful discussions, and strengthen student engagement beyond academics.



The sessions are conducted every Saturday from 7:30 a.m. to 9:30 a.m. at S.K. Patil Garden, Charni Road, offering participants a peaceful start to their weekend filled with stories and conversations. Students from different colleges across Mumbai are invited to join, making it an open and inclusive literary platform.

Books are provided by the NSS Unit, though participants are also encouraged to bring their own favourites. The initiative reflects the

INDIA-SRI LANKA ACADEMIC TIES TO STRENGTHEN AFTER PM AMARASURIYA VISIT



The Prime Minister of Sri Lanka, Dr. Harini Amarasuriya visited multiple educational institutes in and around Delhi during her first official visit to India. During the three-day visit, the PM of Sri Lanka discussed the potential of improving the existing relationship between India and Sri Lanka and looking at new ways for two countries to work together on research, innovation and higher education.

There is a long history of educational cooperation between the two countries. Through the SAARC Scholarship Scheme, the Indian Council for Cultural Relations (ICCR) grants scholarships to Sri Lankan citizens, who wish to pursue postgraduate studies in a variety of fields. Dr. Amarasuriya was also the recipient of a scholarship when she studied sociology at Delhi University's Hindu College in the 1990s.

She visited IIT Delhi, where she interacted with the faculty, students and some startup founders. During her visit, the creation of a Sri Lanka Academic and Research Hub was one of the projects proposed by Professor Anil Verma, Dean of International Programmes. The aim of the hub would be to provide a collaborative platform that could connect higher education institutions in both countries to advance joint research, innovation, and skill development. Another project proposed during her visit, called the “Delhi-Colombo Education Bridge” seeks to promote educators and students exchange programs.

Dr. Harini Amarasuriya's visit could prove to be a major chapter in strengthening the diplomatic ties between India and Sri Lanka through educational collaborations.

INDIA-CHINA FLIGHTS RESUME AFTER FIVE-YEAR PAUSE, SIGNALLING DIPLOMATIC THAW

Direct air connectivity between India and China officially resumed on Sunday night, marking the end of a five-year suspension that began during the COVID-19 pandemic and extended amid border tensions. The first flight, operating from Kolkata to Guangzhou, departed at 10 p.m. on October 26, reopening a critical route that had long symbolised the strained ties between Asia's two largest nations.

A Step Toward Normalisation

Air travel between the two countries was halted in early 2020 when the pandemic shut international borders. But diplomatic friction following clashes along the Line of Actual Control (LAC) in Ladakh further delayed any resumption. The restart, therefore, carries broader significance it is being viewed as a gesture of cautious normalisation between New Delhi and Beijing.

Chinese Embassy spokesperson Yu Jing confirmed the resumption on social media, describing the service as a “positive development for people-to-people engagement.” Officials from both sides expressed optimism that the move would boost tourism, student mobility, business travel, and cultural exchange after years of disruption.

India's Ministry of External Affairs (MEA) spokesperson Randhir Jaiswal said at a press briefing earlier this month that commercial discussions for flight operations had begun as part of a “widening trend of normalisation in bilateral relations.”

China and India Welcome the Move

Reacting to the development, Chinese Foreign Ministry spokesperson Gua Jiakun called the resumption “an important step in implementing consensus between both governments.” He added that the decision reflected “mutual willingness to restore civil exchanges” between the world's two most populous countries — home to over 2.8 billion people combined.

Officials and analysts have described the decision as a confidence-building measure, reflecting gradual efforts to stabilise ties following years of military and diplomatic tension. The resumption of direct flights, they say, aligns with the recent uptick in trade discussions and multilateral engagement between the two nations.

More Routes in the Pipeline

The Kolkata–Guangzhou service will soon be followed by additional routes. IndiGo Airlines has announced daily Delhi–Guangzhou flights starting November 10, 2025, operated with Airbus A320 aircraft. The airline has also confirmed plans for a Delhi–Shanghai route later in November.

According to IndiGo, these connections will enhance business, educational, and tourism opportunities while strengthening commercial ties. “Restored connectivity opens up new prospects for entrepreneurs, students, and professionals on both sides,” the airline said in a statement.

Flights between India and Hong Kong — a key transit hub — are already operational, and further expansion into East and Southeast Asia is on the horizon, including a Delhi–Hanoi route from December 20.

Economic and Cultural Impact

The resumption of flights is expected to bring significant benefits for sectors ranging from trade and education to tourism. Local business leaders in Kolkata's Tangra district, home to a sizeable Chinese-Indian community, welcomed the development, saying it would improve family connections and business exchanges that had been interrupted for half a decade.

Beyond economic gains, officials view this as a symbolic bridge-building step — one that could help foster trust, collaboration, and dialogue between two regional powers that share both competition and interdependence.

INDIA'S PASSENGER VEHICLE EXPORTS JUMP 18% IN H1 FY25; MARUTI SUZUKI DRIVES THE BOOM

India's passenger vehicle exports surged by 18.4% year-on-year in the April–September 2025 period, reaching 4.45 lakh units, according to data released by the Society of Indian Automobile Manufacturers (SIAM). The growth, led by Maruti Suzuki, highlights India's growing position as a key automobile export hub amid strong demand from the Middle East, Latin America, and Africa.

Maruti Suzuki Leads the Charge

At the forefront of this export surge is Maruti Suzuki India, which shipped 2,05,763 units in the first half of FY25 — a 40% increase over the 1.47 lakh units exported in the same period last year. The company's exports are now more than double those of its nearest domestic competitor, cementing its leadership both in domestic and overseas markets.

According to Rahul Bharti, Senior Executive Officer (Corporate Affairs) at Maruti Suzuki, the automaker is on track to cross the 4 lakh export mark for FY26. “In Q1, we exported about 1.1 lakh units, and in the first half, we've already surpassed 2.07 lakh units,” he said. Bharti added that models such as the Fronx, Jimny, Swift, Baleno, and Dzire have been the most popular in international markets, while exports of the eVITARA electric model — over 6,000 units in August and September — mark a milestone in India's EV export story.

Maruti's top export destinations during the period include South Africa, Japan, Saudi Arabia, Chile, and Colombia.

Overall Export Growth: SUVs and Vans Drive Momentum

Total passenger car exports stood at 2,29,281 units, up 12% year-on-year, while utility vehicle (SUV) exports surged 26% to 2,11,373 units. Even van exports registered an impressive 36.5% rise, reaching 5,230 units during the six-month period.

Other major exporters also posted healthy growth:

- Hyundai Motor India shipped 99,540 units, up 17% from last year.
- Nissan Motor India exported 37,605 units, up from 33,059 units.
- Volkswagen India, Toyota Kirloskar Motor, Kia India, and Honda Cars India contributed exports of 28,011, 18,880, 13,666, and 13,243 units respectively.

SIAM attributed the robust growth to strong overseas demand, particularly from emerging economies, despite declining shipments to the U.S. market due to high tariff barriers imposed in September.

India Expands Global Footprint

Indian automakers have reported positive export growth in 24 key markets, including UAE, Germany, Vietnam, Mexico, Russia, Kenya, Nigeria, Canada, and Brazil. SIAM noted that this diversification strategy has shielded the industry from volatility in individual markets and reflects India's evolving competitiveness in the global auto supply chain.

Bharti credited India's recent free trade agreements (FTAs) and a



consistent government focus on “Make in India” initiatives for enabling higher exports. “Four years ago, we exported just about one lakh units annually. Today, we're doing that in a single quarter,” he remarked.

Outlook: On Track for a Record Year

Industry experts expect FY26 to be a record-breaking year for Indian automobile exports, driven by growing global demand for compact and affordable cars. Maruti Suzuki's forecast of 4 lakh units sets a new benchmark for Indian automakers.

As India strengthens its export base through product quality, price competitiveness, and localization, the country's automotive industry is well on its way to becoming a global manufacturing powerhouse.

EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

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

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FAQs ON
Learning and Development through
Ancient Indian Wisdom

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Q. Gratitude sustains abundance by preventing greed and ensuring balance, really?

Ans. Abundance is often mistaken for the mere accumulation of wealth, possessions, or power. But in the Indian wisdom tradition, abundance (sampad) is sustained not by hoarding but by cultivating a grateful heart. Gratitude (kr̥tajñatā) ensures that one sees the gifts of life not as entitlements but as blessings. When gratitude thrives, greed (lobha) diminishes, and when greed is restrained, balance within oneself, in relationships, and in society naturally arises.

Ancient Subhashitam's, the distilled jewels of Indian wisdom, repeatedly remind us that gratitude is not only a virtue but also a strategy for sustaining prosperity. It prevents us from falling into endless craving and ensures that abundance flows in harmony. Let us explore this principle step by step, with the guidance of Subhashitam's.

- 1. Gratitude as the Foundation of True Wealth:** A person who is grateful feels wealthy even with little, while an ungrateful person remains poor despite vast riches. Gratitude transforms what one has into enough; greed turns even abundance into insufficiency. कृतज्ञता नृणां शोभा अकृतज्ञता तु कुलनाशिनी॥ “Gratitude is the ornament of human beings; ingratitude destroys even noble lineage.” Here, the Subhāṣitam emphasizes that gratitude itself is wealth—it sustains honor, peace, and prosperity. By contrast, greed, which is rooted in ingratitude, corrodes abundance.
- 2. Gratitude Prevents the Endless Cycle of Desire:** Greed is insatiable. It keeps expanding like fire fed with ghee, never reaching fulfillment. Gratitude arrests this endless cycle by anchoring the mind in appreciation of what already exists.यावत् तृप्तिर्जनस्यास्ति तावत् संपत्तिरिष्यते। अतृप्तस्य कुतः संपदशेषा दोष एव सः॥ “As long as a person feels content, abundance exists; for the discontented, no wealth is ever enough, it only becomes a defect.” This wisdom shows that gratitude sustains abundance by cutting the root of dissatisfaction. A grateful heart does not run endlessly after “more,” but savors and preserves what is already present.
- 3. Gratitude Balances Self and Society:** Abundance is not sustained if it benefits only one individual while leaving society in poverty or imbalance. Gratitude widens one's vision beyond the self and fosters generosity. A grateful person naturally shares, while greed isolates. कृतज्ञो मित्रं लभते कृतज्ञो वंशं पूष्णाति। अकृतज्ञो नश्यति लोभात्॥ “The grateful wins friends, preserves family, while the ungrateful perishes due to greed.” This teaching reveals how gratitude maintains balance in relationships and society. Sharing abundance keeps wealth circulating, ensuring harmony. Greed, in contrast, breaks bonds and leads to destruction.
- 4. Gratitude Ensures Harmony with Nature:** Nature itself operates on cycles of giving. The sun shares light, rivers share water, trees share fruits, and the earth shares its resources. Human greed disrupts this balance, leading to exploitation and decay. Gratitude restores alignment with the natural order (ṛta). यस्य भूतेषु दया तस्य सर्वत्र संपदः स्थिराः। लोभिनां न हि स्थिरा लक्ष्मीः॥ “For one who shows compassion to all beings, abundance remains stable everywhere; for the greedy, prosperity is never steady.” Here, gratitude expressed as compassion toward nature and living beings ensures lasting abundance. Greed leads to imbalance and environmental collapse.
- 5. Gratitude Preserves Inner Peace, the Root of Abundance:** True prosperity is not measured by coins but by peace of mind. A person enslaved by greed may have riches but not rest. Gratitude calms the restless mind, ensuring balance between outer success and inner harmony. शान्तो जनः सुखं शेते लोभी च निरतोद्विग्नः। कृतज्ञो लभते सौख्यं लोभी केवलमशान्तिम्॥ “The peaceful person sleeps happily; the greedy is ever disturbed. The grateful attains joy; the greedy only restlessness.” Thus, gratitude sustains abundance by protecting the inner wealth of peace, without which outer prosperity collapses like a house without foundation.
- 6. Gratitude Strengthens Memory and Dharma:** Ingratitude makes one forgetful of past help, while gratitude sharpens memory and strengthens dharma. A society that honors its benefactors, teachers, and ancestors sustains abundance through respect and continuity. यः स्मरति कृतं कर्म तस्य कुशलं सदा भवेत्। विस्मृत्य कृतं जनः लोभी दुःखमेव लभते॥ “He who remembers deeds done for him always prospers; the greedy, who forgets, gains only sorrow.” This shows how gratitude sustains abundance not just materially but also culturally and morally. Greed blinds one to the value of others' contributions, leading to decline.
- 7. Gratitude Encourages Right Use of Wealth:** Wealth is a tool, not an end in itself. Gratitude guides wealth toward purposeful use charity, education, service whereas greed wastes it on indulgence or destructive

competition.कृतज्ञः पश्यति धनं साधनं धर्ममार्गस्या। अकृतज्ञो पश्यति धनं भोगाय लोभाय च॥ “The grateful sees wealth as a means to righteousness; the ungrateful sees it only as a source of greed and indulgence.” This insight explains why some dynasties thrive for generations while others collapse. Gratitude sustains abundance through wise use; greed destroys it through reckless misuse.

8. Gratitude Sustains Collective Prosperity: When gratitude is practiced collectively, societies flourish. Families remain united, communities thrive, and nations prosper. Greed, however, breeds conflict, corruption, and inequality. कृतज्ञता राष्ट्रस्य रक्षिका लोभ एव नाशकः। समृद्धिः तिष्ठति तत्र यत्र कृतज्ञा जनाः॥ “Gratitude protects a nation; greed destroys it. Prosperity abides where grateful people dwell.” This Subhāṣitam makes clear that gratitude is not only a personal virtue but also a civilizational force that sustains abundance across generations.

9. Gratitude Transforms Death into Immortality: All material wealth ends with death, but gratitude ensures one's deeds are remembered and honored. Greed may build monuments, but only gratitude leaves a legacy. कृतज्ञस्य कीर्तिः शाश्वती अकृतज्ञस्य लोप्यते। लोभिनः नास्ति स्मरणं दानिनः स्मृतिः स्थिरा॥ “The grateful earn eternal fame; the ungrateful are forgotten. The greedy leave no memory, but the giver is remembered forever.” Abundance sustained through gratitude thus transcends mortality. What we give in gratefulness outlives us; what we hoard dies with us.

Gratitude is not a small courtesy but the very breath that sustains abundance. It prevents greed the endless hunger that erodes wealth, relationships, and peace and ensures balance within the self, in society, and with nature. Ancient Indian wisdom, through Subhāṣitams, reminds us that abundance is a flowing current, not a stagnant pool. Gratitude keeps it flowing by honoring what we have, sharing it wisely, and aligning with the rhythm of the universe.

Without gratitude, abundance collapses into emptiness; with gratitude, even little becomes inexhaustible. Thus, gratitude is the true guardian of prosperity, the seed of balance, and the antidote to greed. Practice Gratitude, live gracefully!

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THE POWER OF GRATITUDE JOURNALING IN TRANSFORMING LIVES

Be it access to clean water, three meals a day, clothes to wear, oxygen to breathe, parents by our side, money to spend, and a shelter over our heads. We are blessed immensely, as many people don't even have the basic necessities to live. The least we can do is be grateful for the things we are blessed with.

Gratitude should be the most important part of our lives, because when we are grateful for the things we have in our lives, we feel content, and that is the most important thing for our mental well-being.

It is easier to be ungrateful than being grateful, because we as humans have the tendency to compare our lives with the ones who are more blessed than us. But, most of us forget to look at the lives of the people who are less fortunate than us, and are still living their life to the fullest.

When we are grateful, we tend to attract positive energy, and hence we feel happy about ourselves and our achievements. When we complain rather than being grateful, negativity sweeps in our mind and body, and we neglect the things that we are blessed with, and complain about the things that we don't have. We just compare everything with others.

Journaling is a very good way of stress relief, and we are doing gratitude journaling. It's like a cherry on the cake. We are training our minds to be thankful for things rather than to complain. And any habit, when continued for 21 days, is believed to transform into a lifestyle.

Let us see the benefits of gratitude journaling; they are not just limited to being positive and staying happy, but it is much more.

satisfied, you don't envy others who have more than you. This erases the feeling of jealousy from the heart.

Mental Health Stability - Gratitude journaling helps in releasing happy hormones like dopamine and serotonin as we feel happy and content about what we have. Thus, helping in regulating one's mental health by eliminating the risk of anxiety and depression. As anxiety and depression are linked to negative feelings and overthinking, gratitude journaling helps in removing these.

Maintaining Physical Health - We are all aware that physical health is, in some or the other way, related to our mental health. When our mental health is stable, it directly reflects on our physical health as well.

Health is the utmost gift that the Almighty has blessed us with, when we are being grateful for our health. We automatically tend to maintain healthy habits for a healthy body and a healthy brain.

Builds Empathy - When we are grateful, we tend to understand the situation of others who are less fortunate. This will help in building empathy and lending a helping hand to the needy.

You can also do this practice twice a day, once in the morning for a fresh, happy, and energetic start of the day that will keep you motivated and satisfied throughout the day. And once at the end of the day, before going to bed, this will help in improving sleep. When you are grateful, happy, and content, and you have nothing to worry about, it directly has an impact on a good and sound sleep.



journaling. Just spend some minutes and pen down daily the things that you are grateful for. It will contribute to maintaining your inner peace and well-being.

Satisfaction - You feel satisfied with what you have. When you are

It is easier than we think to transform our lives through gratitude

SILENCE SPEAKS LOUDER: DISCOVERING STRENGTH IN STILLNESS



When was the last time you heard nothing? Not the distant hum of traffic, not the buzz of your phone, not the chatter of your own thoughts but actual, unbroken silence?

For most of us, silence is rare, almost unnatural. We fill our lives with sound music, podcasts, conversations, notifications as if quiet were something to fear. But as burnout, anxiety, depression, and digital fatigue rise across the world, more people are

discovering a radical truth: stillness isn't emptiness. Its strength.

“Silence speaks louder than words,” we all have heard this quote. But when we actually practice silence, we get to know about its strength and the real meaning of this quote that we have been hearing for so long.

We all get distracted by the constant buzz of the notification tone from our phones, don't we? Even the vibration sound triggers our brain to check the notifications, and this way, we have totally submitted ourselves to the daily dose of noise, which is not only disturbing our daily activities, but in the long run, it is creating productivity issues.

Many of us believe that we can experience silence when we move out of our busy cities, away from the daily hustle-bustle and go to the places where stillness can be achieved. But we can't escape from the responsibilities that we are entitled to in order to achieve stillness and embrace silence.

And of course, not everyone can escape to the mountains away from the busy, noisy cities in search of stillness. But stillness is not tied to geography; it is a mindset.

It can be found in a morning cup of tea enjoyed without screens. In a few minutes of deep breathing before bed. In a paused walk, watching sunlight flicker through trees.

Author and mindfulness coach Rohan Sharma says silence can be cultivated even in the busiest cities.

“You don't have to go anywhere,” he says. “Turn off your phone for ten minutes a day. Step outside without headphones. Notice what happens. The world does not stop — but you start hearing it differently.”

He describes it as “micro-stillness” small pauses that anchor us in the present. “Over time,” he says, “those small silences become strength. You stop reacting to everything. You start responding.”

Silence teaches us patience, which is much needed in winning the hardest battles. It builds courage, it makes us resilient. It helps us to be a better version of ourselves. Even during work hours, when we are surrounded by too much noise, we tend to lose our focus, and that impacts our productivity. The opposite is in silence, we are calm and composed, and have an enhanced ability to look through a problem and solve it.

As the world grows noisier, silence is becoming a rare and valuable skill.

Psychologists now encourage “mindful stillness” as part of emotional intelligence training. Schools in Finland and Japan have even introduced “quiet time” into their daily routines, where students sit silently before classes begin.

The result? Improved focus, better social interactions, and reduced anxiety.

Yet, despite its benefits, silence remains one of the most difficult states for modern people to embrace. Do you know why? Because of the fear of missing out, that constant urge of being seen and heard is making people embrace the noise and ignore the power of silence.

There's even a term for the fear of silence - It is sedatephobia.

Stillness not only calms the body and mind, but also helps in better decision making. It gives us a proper time to evaluate things that seem impossible to handle in chaos. Silence over chaos in life helps in winning battles that we don't even consider giving a fight.

Afreen Mazgaonkar & Nancey Kujur

INDIA'S FESTIVE SALES SURGE WITH QUICK COMMERCE
LEADING THE BOOM



India saw a e-commerce shopping surge during the festival of 2025, which generated record growth online with a 24% growth in e-commerce order volume and 120% growth within quick commerce. Platforms such as Blinkit and Zepto led quick commerce during the festival rush (15-20 minutes delivery) by catering to impulse and last minute purchases. Many direct-to-consumer brands were even more successful, reporting as much as 3x sales growth primarily due to better inventory management and regional fulfilment hubs. While conventional e-commerce was still used for large ticket items (e.g. electronics and fashion), quick commerce made inroads into first-in-class categories such as personal care and gifting, as well as daily essentials. Digital ad spends increased by nearly 25% given brands engaged their audience and marketed real-time delivery tracking. This shift shows a fundamental change in consumer behaviour in India, towards instant gratification and convenience. The task now is to deliver and convert the breakthrough growth into sustainable and profitable growth; the focus now is to ensure the festive uptick and growth becomes a more permanent shift in the Indian retail ecosystem.

INDIA DEVELOPS FIRST INDIGENOUS ANTIBIOTIC
NAFITHROMYCIN TO COMBAT DRUG-RESISTANT
INFECTIONS

In a significant breakthrough against antimicrobial resistance (AMR), India has launched Nafithromycin – the first-ever antibiotic to be developed and made in India - to treat drug-resistant infections. Prepared by Wockhardt, with support from the Biotechnology Industry Research Assistance Council (BIRAC), this represents a historic achievement in Indian pharmaceutical development. Nafithromycin addresses community-acquired bacterial pneumonia (CABP) with a three-day treatment regimen, providing a quicker and more effective alternative to other available antibiotics. In clinical trials, Nafithromycin has been demonstrated to be ten times more effective than Azithromycin with greater pulmonary tissue uptake, and is effective against typical pathogens, but also atypical bacterial pathogens. Nafithromycin was developed over 14 years, at an estimated cost of ₹500 crore—indicating the scale and ambition of the project. The launch of Nafithromycin is important to reduce the global burden of pneumonia where India carries a sizable burden; thus not just tackling AMR but reducing dependency on imported antibiotics and AMR and helping to sustain India's self-reliance in health care. In addition to providing one more alternative to treating AMR infections and enhancing India's capacity to treat vulnerable populations of children, elders, and the immune-compromised, the regulatory pathway is underway for approval of this important antibiotic.



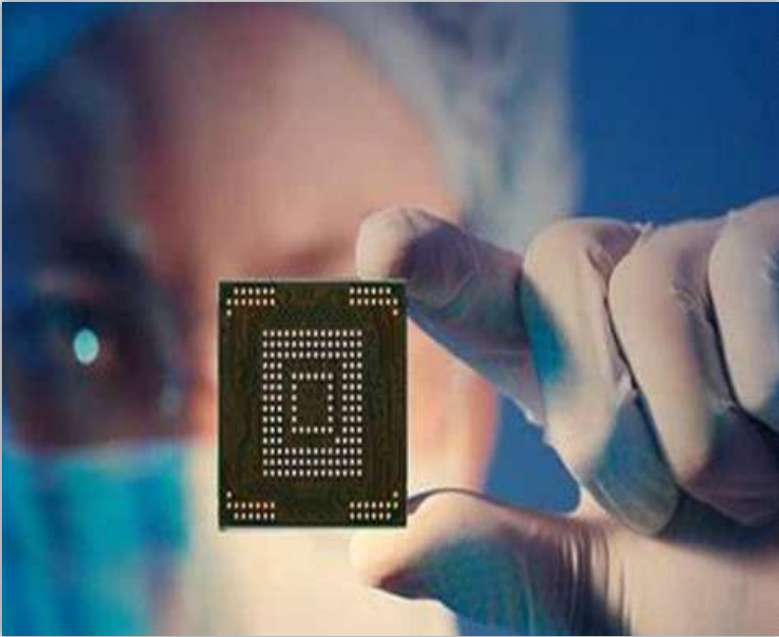
BACK AFTER 13 YEARS: ENRIQUE IGLESIAS SET TO ROCK
MUMBAI, VISIT TAJ MAHAL

International pop star Enrique Iglesias is finally returning to India after more than a decade, and fans are thrilled. The singer behind hits like Bailamos, Hero, and Escape will perform in Mumbai on October 29 and 30, 2025, at the MMRDA Grounds in Bandra Kurla Complex. The last time he performed here was in 2012, and so the news generated a lot of excitement among Indian music fans. Enrique mentioned that he has always felt an amazing connection with his Indian audience and calls them passionate and energetic. The concerts are anticipated to feature Enrique's biggest hits as well as some newer material, definitely promising a night of music, memories, and excitement. This time, Enrique also wants to explore India beyond the stage. During his 2012 visit, he couldn't visit the Taj Mahal and has always regretted it. Now, he plans to stay longer and finally see the iconic monument. He also hopes to experience India's culture, art, and local life. Fans are eagerly counting down the days to welcome him back.



INDIA'S NANO REVOLUTION: 7NM CHIP DESIGN
IN THE WORKS

India's first indigenously designed 7-nanometer computer processor, named 'Shakti', is expected to be ready by 2028, according to the IIT Madras team working on the project. The development marks a major step toward India's goal of becoming self-reliant in semiconductor technology. A video shared by Union Minister Ashwini Vaishnaw on social media shows him giving approval to the team to move ahead with plans for domestic production of the chipset, which will be used in IT servers. The minister stated that India will progress from 28-nanometer to 7-nanometer technology by the time the country's chip manufacturing plant (wafer fabrication unit) becomes operational. The Shakti processor is being developed to serve key sectors such as finance, communication, defense, and strategic industries. At present, the majority of state-of-the-art electronic devices such as mobile phones, computers and servers contain chips that are between 3 and 7 nanometers. A successful completion of this project would mark a considerable achievement in India's semiconductor and digital infrastructure improvement.



INDIA CLIMBS TO 9TH GLOBALLY IN FOREST AREA,
RETAINS 3RD SPOT IN ANNUAL FOREST GROWTH



India has risen to ninth in total forest area and remained third in annual net forest gain in the latest Global Forest Resources Assessment. Previously ranked tenth, India's total forest area is now about 72.7 million hectares which accounts for about 2 percent of the world's forest area. From 2015-2025, India achieved an annual net forest gain of about 1.91 lakh hectares, which is only second to China and Russia for total area gained in terms of percentage growth rate. Experts indicate that this is the result of massive afforestation campaigns, programs for community-led protection of forests, and greater engagement in tree planting initiatives. While it is a positive development that India has gained rank, according to analysts, the major challenge remains the quality of forests, protection of degraded ecosystems, and scaling up sustainable management. Even with the gains in countries such as India and China, the global situation is still concerning considering the massive losses continuing in South America and Africa. Regardless, India shows that it is taking a growing role in positive climate action and sustainable land use.

OVARIAN CANCER CASES SURGE IN URBAN INDIA,
EMERGING AS A SILENT EPIDEMIC

Ovarian cancer is rising in India's metro cities, increasingly affecting women at younger ages. What was once considered a disease of older women, is now being diagnosed in women in their 20's and 30's, particularly in urban areas of India - Delhi, Bengaluru, Chennai and Hyderabad. In Bengaluru, one in every 89 women will be diagnosed with ovarian cancer at the age of 74. Experts cite lifestyle choices associated with urban living (late marriage and childbirth, overweight/obesity, hormonal pill use, infertility therapy, and sedentary behavior) for the increasing incidence of ovarian cancer. Genetic factors, such as mutations of the BRCA1 or BRCA2 genes, will also increase risk. Unfortunately, late stage diagnosis is not uncommon due to the silent nature of the disease where symptoms are intermittent such as bloating, abdominal pain, and fatigue, until the disease reaches advanced stages. Doctors emphasize the importance of the awareness of the disease comes with early detection by regularly obtaining gynecological exams and screening methods in the consideration for high-risk patients of the CA-125 blood test and pelvic ultrasound. They acknowledge the continued urbanization of the country and the hospital support and preventive health and lifestyle change/climate control needed to combat.



Afreen Mazgaonkar & Nancey Kujur

10-YEAR-OLD CHESS PRODIGY SHOCKS FORMER WORLD CHAMPION AT ECCC



British chess prodigy Bodhana Sivanandan made headlines around the world for stunning former Women's World Champion Grandmaster Mariya Muzychuk at the European Chess Club Cup (ECCC) 2025 in Rhodes, Greece. The 10-year-old prodigy of Indian descent is among the youngest players to ever defeat a former title holder in world chess. Playing for the She Plays to Win Lionesses team, Sivanandan played a calm and skillful game to upset the experienced Ukrainian GM Muzychuk. The upset was remarkable as Muzychuk, the Women's World No 13, was rated almost 280 FIDE points above the young Dunfermline-born player. Chess commentators have hailed Bodhana's victory as nearly a "perfect game" and an "incredible win", noting her rapid rise

in chess. This win adds to her incredible achievement of earlier in 2025 becoming the youngest female to ever defeat a Grandmaster, and places Sivanandan in the highly ranked group of chess rising stars for the world to see. Bodhana started playing chess during the COVID-19 lockdown, and has continued to break records recently. The world of chess and the chess-playing community are all excited about Bodhana's unprecedented flow of achievement in chess!

DISAPPOINTMENT FOR INDIA AS AUSTRALIA SECURES SULTAN OF JOHOR CUP TITLE

The Indian junior men's hockey team faced disappointment in their quest for the Sultan of Johor Cup title after losing to Australia 1-2 in a closely contested final match. The Blue Colts, who were playing in their record eighth final already, gave it all they had to try and bring home the elusive title, but were undone by a late Australian goal. Australia struck first, taking the lead when Ian Grobbelaar converted a penalty corner in the 13th minute. India responded quickly in the second quarter, equalizing from a penalty corner through Anmol Ekka in the 17th minute, bringing the score to 1-1. The contest remained finely poised in a tense third and most of the fourth quarter, with both defenses shutting down each other's penalty corner opportunities. It appeared that the match was heading for a penalty shootout, when Australia found the winning goal. Grobbelaar scored his second and the match-winning goal for the Kookaburras, converting another penalty corner in the 59th minute. India generated a flurry of penalty corners in the final minute, but the Kookaburras defense held firm against another equalizer. The 2-1 defeat means that Australia gained its first ever victory against India in a Sultan of Johor Cup final and left the Indian side with the runner up medal after.



FROM POPAT TO TANVI: INDIANS WHO SHONE IN THE WORLD JUNIOR CHAMPIONSHIPS FINALS

After helping India win a historic bronze in the team event at the BWF World Junior Championships, 16-year-old Tanvi Sharma impressed again by reaching the girls' singles final in Guwahati. Aiming for gold, she played with great determination but lost to Thailand's Anyapat Phichitpreechasak 7-15, 12-15 at the National Centre of Excellence. Tanvi said she was happy with the silver medal but slightly disappointed about missing the gold. With this achievement, she became only the fifth Indian to win silver in this championship, after Aparna Popat, Saina Nehwal, Siril Verma, and Sankar Muthuswamy. Tanvi started strong in the second game but made errors under pressure, which allowed her Thai opponent to take control. Her coach, Park Taesang, advised her to stay patient and play long rallies. Tanvi said she needs to get better at playing near the net and improve her stamina. Even though she lost, her performance was a big positive for India's junior badminton program and showed her great talent and potential. She thanked her coach and mother for always supporting her and said this experience gives her confidence to do well in future senior tournaments.



INDIA CRUSHES AUSTRALIA BY NINE WICKETS TO END ODI SERIES ON A HIGH NOTE

India concluded their tour of Australia in a dramatically positive fashion, defeating Australia by nine wickets in the third and final One-Day International match at the Sydney Cricket Ground. With India having already lost the series, 1-2, this win was heartening all around. Australia were bowled out for 236 runs in 46.4 overs, unable to create too much momentum after a potentially solid start had now turned into middle-order failure. However, the continuing discipline of India's bowlers was the difference, with spinners and seamers choking almost all the middle overs and breaking any partnerships created. India's chase was a master class. Having lost just one wicket, India's innings read 237 runs for 1 wicket out in 38.3 overs. The brilliance of Rohit Sharma (121*) with support from Virat Kohli (74*) had built an impressive run-chase after surviving an earlier setback after the first two matches. The opening partnership of 168* runs erased any doubts, and Rohit reached his century, then Kohli consolidated his innings after a malaise to his season's form. This was a significant win not only in terms of margin but what it shows - Indian veterans are still getting the job done, playing at the highest level and dominating teams away from home. The message is what we needed - India did not know who it was. Balance, ability to bat and bowl with quality and controlling the match with their leadership. India returns with confidence looking to build with this form into the subsequent series.



ZORAVAR SANDHU CLINCHES BRONZE IN TRAP, FIRES INDIA'S FIRST SHOT AT ISSF SHOTGUN WORLDS 2025



More than 30 years after his first Junior World Championship and 27 years since his Senior Worlds debut, India's 48-year-old Zoravar Singh Sandhu won the men's trap bronze medal at the ISSF World Championship Shotgun 2025 in Athens. Competing at the Malakasa Shooting Range in rainy conditions, Zoravar performed steadily, hitting 31 out of 40 targets in the 50-shot final to finish third. The gold medal went to Croatia's Olympic champion Josip Glasnovic with 44 hits, while Spain's Andres Garcia, the Junior World Champion, took silver with 39. Zoravar expressed his happiness after the event, saying it was a challenging competition due to the weather but a great experience overall. He thanked his family, coaches, and teammates for their support. Earlier in the qualification rounds, he scored a total of 122 (24, 25, 25, 25, 23), missing only one target in the first four rounds. In the women's trap event, Spain's Mar Molne Magrina claimed gold, Italy's Silvana Maria Stanco won silver, and Poland's Sandra Bernal took bronze.

JYOTHI SUREKHA VENNAM MAKES HISTORY WITH BRONZE MEDAL AT ARCHERY WORLD CUP FINAL

Jyothi Surekha Vennam, the queen of compound archery from India, made history on Saturday in Nanjing, China, as a bronze medalist at the Archery World Cup Final. She is the first Indian woman compound archer to ever medal at the Archery World Cup Final. Vennam captured third place in a bronze medal match against Great Britain's Ella Gibson on Saturday. Vennam shot with perfect accuracy and with incredible composure in the match finishing with a score of 150-145 to defeat Gibson. Her perfect scoring of 150 was the highlight of her match. She made history on Saturday by being the first archer to score 150/150 in a World Cup Final match re-defining the excellence of her shooting. The bronze medal is the 88th of Vennam's international career to add to this incredible feather to her illustrious cap. Vennam's medal is a stamp into the history of sport and country as her finish on the podium in Nanjing solidifies her status as a star of compound archery internationally and brings great pride back home to the sporting community in India.



INDIA POST PAYMENTS BANK
(IPPB) EXECUTIVE
RECRUITMENT 2025 - APPLY
ONLINE FOR 348 VACANCIES



IPPB – A Government of India Undertaking – has released its official notification for Executive (GDS) Recruitment 2025-26. IPPB invites online applications from fresh graduates for 348 Executive positions, exclusively open to Gramin Dak Sevak (GDS) from the Department of Posts (DoP). This is a golden opportunity to build a career in India's rapidly expanding digital banking network while serving across various postal circles.

- Important Dates**
- Notification Release: 09th October 2025
 - Online Application Starts: 09th October 2025
 - Last Date to Apply: 29th October 2025 (till 11:59 PM)
 - Post Details
 - Post Name: Executive
 - Total Vacancies: 348
 - Job Type: Contractual engagement
 - Location: Across India (Various IPPB offices)
 - Salary: As per Bank Rules
 - Application Fee: ₹750/- (All categories, Non-refundable)

- Eligibility Criteria**
- Age Limit: 20 to 35 years as on 01.08.2025 (Age relaxation as per Govt. rules)
 - Qualification: Graduate in any discipline (Regular/Distance) from a recognized University or Institution.
 - Experience: Not required – Freshers can apply!

- Selection Process**
- Merit List – Based on Graduation marks (banking outlet-wise).
 - Online Test – May be conducted at IPPB's discretion.
 - Document Verification – For shortlisted candidates.

- How to Apply**
1. Visit the IPPB Recruitment Portal: ibpsonline.ibps.in/ippb1aug25/
 2. Register and fill out the online form.
 3. Upload photograph, signature, and certificates.
 4. Pay ₹750/- application fee online.
 5. Submit and download your application before 29th October 2025.
 6. State-wise Openings: Uttar Pradesh (40), Maharashtra (31), Gujarat (29), Madhya Pradesh (29), Bihar (17), Tamil Nadu (17), Karnataka (19), and others.

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

ONGC APPRENTICE RECRUITMENT 2025-26



Oil and Natural Gas Corporation Limited (ONGC) – India's largest energy major and a “Maharatna” PSU under the Government of India – has announced a massive recruitment drive for 2,743 Apprentice positions across 25 work centres nationwide. This opportunity is open to fresh ITI, Diploma, and Graduate candidates under the Apprentices Act 1961 (as amended). If you're ready to kickstart your career with India's most trusted energy brand, this is your chance!

- Important Dates**
- Notification Release: 16th October 2025
 - Online Registration Starts: 16th October 2025
 - Last Date to Apply: 6th November 2025
 - Result Declaration: 26th November 2025
- Vacancy Details**
- Post Name: Apprentices
 - Total Posts: 2,743
 - Sectors Covered: Western (856), Eastern (578), Mumbai (569), Central (253), Southern (322), Northern (165)
- Work Centres:** Ahmedabad, Ankleshwar, Dehradun, Mumbai, Chennai, Vadodara, Agartala, Kakinada, Karaikal, Jorhat, and more.
- Eligibility Criteria**
- Age Limit: 18–24 years as on 06.11.2025 (DOB between 06.11.2001 – 06.11.2007).
 - Relaxation: 5 yrs (SC/ST), 3 yrs (OBC), +10 yrs (PwBD).
 - Educational Qualification: 10th / 12th Pass for Trade Apprentices.

- Key Highlights**
- Total Vacancies: 532 Posts
 - Post Name: Apprentices
 - Monthly Stipend: ₹15,000/-
 - Job Type: Full-time Apprenticeship Training
 - Location: Across India
 - Application Dates: Registration Start: 21st October 2025, Last Date to Apply: 30th October 2025, Last Date for BFSI SSC Application & Payment: 5th November 2025
- Eligibility Criteria**
- Age Limit: 20 to 28 years as on 01.10.2025 (Born between 02.10.1997 and 01.10.2005) Age relaxation: SC/ST – 5 yrs, OBC (NCL) – 3 yrs, PwBD – 10 yrs.
 - Qualification: Graduate degree in any discipline from a recognized University/Institute (completed on or after 01.04.2021).

- Selection Process**
1. Online Test (Objective Type – 100 Questions / 100

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 - Relaxation: 5 yrs (SC/ST), 3 yrs (OBC), +10 yrs (PwBD).
 - Educational Qualification: 10th / 12th Pass for Trade Apprentices.
- Monthly Stipend**
- Graduate Apprentice: ₹12,300/-
 - Diploma Apprentice: ₹10,900/-
 - ITI (2 years): ₹10,560/- | ITI (1 year): ₹9,600/-
 - Trade Apprentice (10th/12th): ₹8,200/-
- Selection Process**
- Based on Merit List (marks in qualifying exam).
 - Final selection subject to document verification.
 - No written test or interview!
- How to Apply Register on:**
- apprenticeshipindia.org – for ITI candidates.
 - nats.education.gov.in - for Diploma/Graduates.
 - Apply online via ongcapprentices.ongc.co.in before 6th November 2025. Upload documents, certificates, and a valid photo ID.
- No Application Fee**
- Nationwide Opportunities
 - Government Certification
- For more details, candidates can refer to the official notification.

UCO BANK APPRENTICE RECRUITMENT 2025 – APPLY ONLINE FOR 532 VACANCIES!



- Marks) covering:
- General/Financial Awareness
 - General English
 - Reasoning & Computer Aptitude
 - Quantitative Aptitude
2. Local Language Proficiency Test
- Application Fee**
- GEN/OBC/EWS: ₹800 + GST
 - PwBD: ₹400 + GST
 - SC/ST: Nil (Payment via BFSI SSC Portal)
- How to Apply**
1. Register at NATS Portal – nats.education.gov.in
 2. Await BFSI SSC email for detailed application at bfsissc.com
 3. Upload required documents & pay fee (if applicable)
- For more details, candidates can refer to the official notification.



1. Which organization recently constructed the world's highest motorable road at Mig La Pass in Ladakh?
2. Which country, previously one of the few places in the world known to be free of mosquitoes, recorded its first sighting of the insect in October 2025?
3. The term 'Green Cracker' has been in the news. Which heavy metals or chemicals do green crackers still contain, despite being considered less polluting than traditional firecrackers?
4. Who was recently appointed as the First Deputy Managing Director of the International Monetary Fund (IMF)?
5. Which Indian military organization recently celebrated its 93rd anniversary on October 8, 2025, with the main event held at Hindon Air Force Station?
6. The LCA Tejas Mk 1A recently undertook its first public sortie. To which generation of multi-role fighter aircraft does the Tejas belong?
7. The Gyan Bharatam Mission was launched with which primary objective?
8. Which country, along with China and the United States, led global carbon sequestration on forest land in the 2021–2025 period, according to a recent FAO report?



1. I visit nightly but never wake, I wear a thousand lives and never lie. I can soothe or haunt, rewrite what you take; I vanish when you turn the light on. What am I?
2. I bind two strangers without a chain, I can grow from a glance or crumble from a word. You build me with time and sometimes with pain. Break me once and I'll be harder to afford. What am I?
3. I tally your missteps without a coin, I collect in the quiet and press on the chest. You try to drown me with tasks and noise, I wear the shape of lessons in unrest. What am I?
4. The more you give me away, the richer I stay; Hoard me and I wither, dull and small. I travel on breath, in deeds and in play. Without me your walls are tall. What am I?

- ANSWERS
- 1) QUIZ TIME
1. A dream
 2. Trust
 3. Regret (or conscience)
 4. Knowledge (or love—either fits)
- II) RIDDLES
1. A dream
 2. Trust
 3. Regret (or conscience)
 4. Knowledge (or love—either fits)
- III) QUIZ TIME
1. BRO
 2. Iceland
 3. Barium/Arsenic (Barium is a primary one)
 4. Katz
 5. IAF
 6. 4, 5
 7. Digitisation
 8. Russia



Thekua (Traditional Bihari Sweet Snack)

This Week, We're Relishing Thekua Recipe (Traditional Bihari Sweet Snack).

Thekua, a beloved traditional delicacy from Bihar and Jharkhand, is especially prepared during the Chhath Puja. This crunchy yet soft sweet snack is made from wheat flour, jaggery, and ghee offering a perfect blend of rustic flavor and festive nostalgia.

Ingredients:

1 cup whole wheat flour, ½ cup grated jaggery (or powdered sugar), 2 tbsp grated coconut, 2 tbsp semolina (rava), 3 tbsp ghee (clarified butter), ½ tsp cardamom powder, Water as required, Oil or ghee for deep frying

Steps:

Prepare the jaggery syrup:

Dissolve grated jaggery in ½ cup of warm water. Strain it to remove impurities and let it cool slightly.

Make the dough:

In a bowl, mix wheat flour, semolina, grated coconut, cardamom powder, and ghee. Gradually add the jaggery syrup and knead into a firm dough. Do not make it too soft. Let it rest for 10–15 minutes.

Shape the thekua:

Take small portions of dough and flatten them slightly using your hands or a mould. You can add decorative impressions using a fork or traditional thekua design mould.

Fry:

Heat oil or ghee in a pan over medium flame. Fry the thekuas until they turn golden brown and crisp. Remove and drain on paper tissue.

Serving Tip:

Let the thekuas cool completely before storing them in an airtight container. They stay fresh and flavorful for up to 10 days — a perfect companion with tea or as a festive offering!



Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

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