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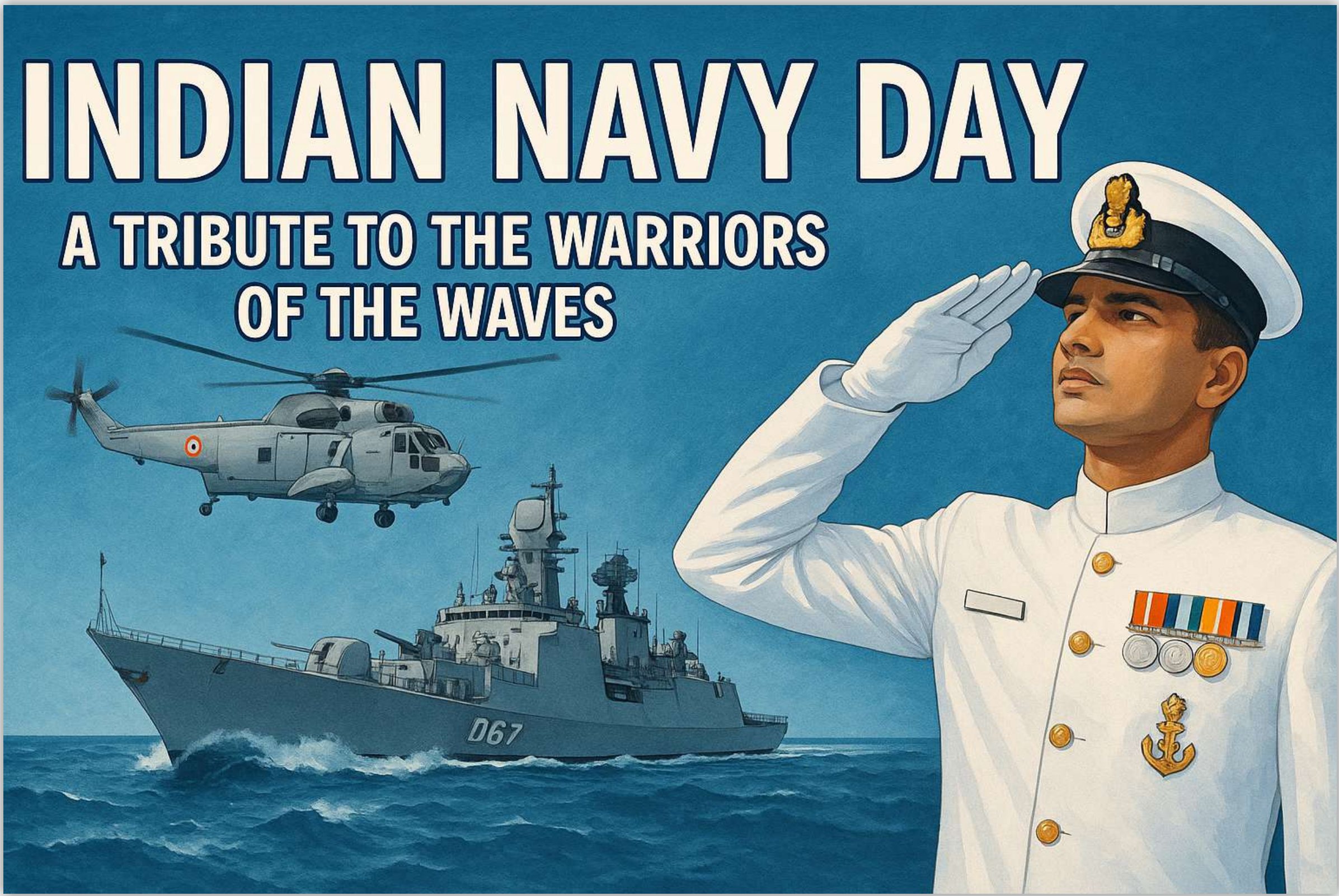
THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Naaz

INDIAN NAVY DAY: A TRIBUTE TO THE WARRIORS OF THE WAVES



INDIAN NAVY DAY A TRIBUTE TO THE WARRIORS OF THE WAVES

The Indian Navy Day is observed annual on December 4th to recognize the achievements and dedicated service of the Indian Navy. This day commemorates the successful Operation Trident executed during the 1971 Indo-Pak war. The celebration aims to honor the forces and highlights their significant role in protecting India's maritime boundaries. Indian Navy Day reflects on the Navy's importance in maintaining national security, cultivating international cooperation, and promoting a sustainable maritime environment.

The date of December 4th was selected to specifically commemorate Operation Trident, a successful naval attack on Karachi Harbor in 1971. This operation caused significant damage on the Pakistani Navy and is considered as one of the earliest uses of anti-ship missiles in combat.

The roots of the Indian Navy trace back to 1612, when the East India Company established a maritime force to protect its interests. Following India's Independence, this force evolved into what is now the Indian Navy. In 1950, the Royal Indian Navy was officially renamed the Indian Navy.

As the naval branch of the Indian Armed Forces, the Indian Navy is formally commanded by the President of India as the Commander-in-Chief. The Navy plays an essential role in safeguarding the nation's marine borders and enhancing India's global relations through activities like seaport visits, joint exercises, and humanitarian relief efforts. The modern Indian Navy is undergoing rapid modernization to strengthen its presence in the Indian Ocean region. Its current strength includes over 67,000 personnel and approximately 150 ships and submarines.

Navy Day in India was initially celebrated around the time of the British Royal Navy's Trafalgar Day. And, The Royal Indian Navy first observed Navy Day on October 21, 1944. The objective was to increase public awareness and outreach regarding the Navy. Traditional Navy Day celebrations featured parades in various port cities and public gatherings at inland Naval centers. After World War II, starting in 1945, Navy Day was celebrated on December 1st. On the night of November 30, 1945, the eve of the celebrations, Indian ratings notably painted slogans such as "Inquilab Zindabad." Subsequently, and up until 1972, due to enthusiastic public participation, Navy Day was observed on

December 15th, with the week around it being designated as Navy Week. In 1972, a decision was made at the Senior Naval Officer's Conference in May to move Navy Day to December 4th to specifically honor the Indian Navy's actions during the 1971 Indo-Pakistan War. Consequently, Navy Week was scheduled from December 1st to 7th.

Since then, Navy Day in India is celebrated to honor Operation Trident, which was the attack on the Karachi harbor by Indian Naval Missile boats on December 4, 1971, during the Indo-Pakistan war; as well as to pay respect to all the martyrs of that conflict. During the attack, Indian sailors communicated in Russian to prevent detection. Fortunately, no Indian sailors were lost in the attack.

A variety of events take place during Navy Week, culminating on Navy Day itself. On this day, Indian Navy warships and aircraft are often made accessible to visitors, including school children. The Military Photo Exhibition is also organized by photojournalists from Ernakulam as part of the Navy fest. Other community-focused activities, such as blood donation camps, are also held. The Naval Institute of Aeronautical Technology (NIAT) or a community service event at the Good Hope Old Age Home, Fort Kochi, where students from the Navy Children School entertain the residents and Naval doctors (from INHS Sanjivani) provide medical checkups. The Navy Ball and Navy Queen contests, along with the Navy fest, are also conducted as part of the Navy Day celebrations.

Several other events include an open sea swimming competition, a lunch for veteran sailors, performances by the Naval Symphonic Orchestra, an Indian Navy Inter School Quiz Competition, a Navy Half Marathon, and an air display for school children.

Navy Day is much more than just a historical date. It's a reminder of how important our Navy is to the country. It encourages us all to appreciate the courage and commitment of the sailors who protect us every day. The celebration highlights the Navy's efforts and inspires young people to respect the crucial job of maintaining India's sovereignty across the seas.

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RANI RUDRAMA DEVI: THE WARRIOR QUEEN OF THE DECCAN

In the 13th century, when much of India was ruled by kings and patriarchs, a young girl from the Deccan plains rose to prove that courage, wisdom, and righteousness knew no gender. Her name was Rani Rudrama Devi, the formidable queen of the Kakatiya Dynasty, who ruled from Warangal a city that echoed with the sound of valor and justice. Her story stands as a shining example of leadership grounded in dharma, equality, and compassion.

The Birth of a Queen

Rudrama Devi was born around 1259 CE to King Ganapati Deva, the mighty ruler of the Kakatiya kingdom. The royal astrologers had predicted that the child would bring immense fame to the dynasty, but there was a challenge she was a girl. In a time when patriarchy was deeply rooted, kings were expected to be men, warriors, and heirs of royal bloodlines. But King Ganapati Deva was a visionary. He recognized in his daughter the same fire and brilliance that he possessed. So, defying social conventions, he declared Rudrama Devi his heir, raising her as a prince rather than a princess. She was given the male title Rudradeva Maharaja, trained in warfare, administration, and diplomacy. From her early years, Rudrama displayed qualities far beyond her age courage in battle, empathy for the poor, and wisdom in governance. Her teachers often said that she was “born to rule, not to be ruled.”

The Rise of a Warrior

When Rudrama ascended the throne in her early teens, many feudal lords and nobles refused to accept her authority, mocking the idea of a woman sitting on the throne of Warangal. But Rudrama Devi's determination silenced all doubt. She personally led her army in battles to suppress rebellions and protect the borders. She rode horses and elephants into the battlefield, her armor gleaming under the sun, her commands firm and fearless. Soldiers began to call her “Rudramba — the Lioness of Warangal.” Her bravery was matched by her compassion. She toured villages disguised as a commoner to understand her people's problems. Once, she witnessed a farmer being unfairly taxed by a local official. Instead of punishing the farmer, she removed the corrupt officer and personally compensated the farmer from the royal treasury. “A ruler's wealth,” she said, “is not in gold but in the happiness of her people.”

The Battle for Honor

Her reign was not easy. Several enemies sought to challenge her power. The Yadavas of Devagiri, Pandyas of Madurai, and rebellious feudatories tried to weaken the Kakatiya kingdom. But Rudrama Devi was both a warrior and a strategist. She restructured the army, giving important positions to loyal

commanders regardless of their birth or caste. She was among the first Indian rulers to introduce women soldiers in her army a revolutionary idea for her time. One of her most famous battles was against the Yadava ruler Mahadeva, who invaded Kakatiya territory. Leading from the front, Rudrama fought with unmatched valor, defending her kingdom inch by inch. The invaders were defeated, and her leadership became legendary across South India. Her people sang of her bravery: “The queen who fought with the fire of Shiva, And ruled with the grace of Shakti.”



A Reformer and a Visionary

Beyond the battlefield, Rudrama Devi was a visionary ruler. She built strong fortifications, improved irrigation systems, and expanded trade routes across the Deccan. Under her, the Kakatiya kingdom prospered as a center of commerce, art, and architecture. She introduced policies that empowered farmers and merchants. She emphasized justice based on dharma, not favoritism. Her court was known for fairness even a poor villager could appeal directly to the queen. Rudrama Devi also championed the cause of women's rights in a deeply patriarchal society. She encouraged education for girls, employed women in administration, and proved through her example that women were capable of leadership equal to or greater than men. Her reign was marked by peace, prosperity, and moral governance a model of what modern scholars call ethical leadership.

The Test of Destiny

As Rudrama grew older, she faced her greatest challenge yet the invasion by the Delhi Sultanate under Alauddin Khilji's expansion campaigns. Although her exact fate in this conflict remains unclear, historical accounts suggest that she faced the enemy with unflinching courage. Even when faced with betrayal and overwhelming odds, she never abandoned her principles. For her, dharma was above victory. “A true ruler,” she once said, “does not live in fear of death but in fear of injustice.” Her sacrifice and courage inspired her grandson, Prataparudra II, who later became one of the most famous rulers of the Kakatiya dynasty.

Her Philosophy and Legacy

Rani Rudrama Devi's life reflected the core values of Indian knowledge systems Dharma, Shakti, and Seva. She ruled not through dominance but through moral authority and service to her people. Every decision she made was guided by righteousness, not personal ambition. She believed that rulers and subjects were bound by mutual duty and respect. Her bravery in war was balanced by empathy in peace. She inspired generations of women to lead with confidence and integrity. Her rule demonstrated that leadership is not about birth or gender but about vision, courage, and character.

Moral of the Story

The story of Rani Rudrama Devi teaches us that strength and compassion can coexist. She showed that moral integrity is the foundation of true leadership, and service to people is the highest form of duty. Her life reminds us that obstacles are not barriers but tests that reveal one's inner strength. For today's world, her example speaks clearly that progress without ethics leads to ruin, and that courage guided by compassion can change the course of history.

Conclusion

Rani Rudrama Devi's reign shines like a golden chapter in India's history a time when a woman ruled with wisdom and valor, protecting her land and uplifting her people. She embodied the spirit of Shakti power rooted in righteousness and love. Though centuries have passed, her legacy still inspires every woman who dreams of breaking barriers, every leader who strives to rule with justice, and every citizen who believes in the strength of truth. She was not just a queen she was a symbol of dharma in power, equality in leadership, and divinity in humanity. Her life continues to remind us that when courage walks hand in hand with compassion, kingdoms prosper and history remembers.

CHAYAA NANJAPPA: BLENDING ENTREPRENEURSHIP WITH EMPOWERMENT

Mrs. Chayaa Nanjappa, is a name that has become synonymous with quality and community upliftment. Setting aside the typical image of a corporate titan; Mrs. Chayaa Nanjappa is an esteemed, first-generation rural woman entrepreneur whose success is not just measured in revenue, but in the lives she has touched. Her career is not merely a path of business growth, but an achievement crafted through dedication and commitment to social enterprise. She is the Founder & Managing Partner of the respected Brand 'Nectar Fresh'.

The Nectar Fresh unit functions as a Khadi & Village Board-backed rural social enterprise that has consistently promoted the cause of empowering the rural and tribal populations, along with small farmers, throughout India. Mrs. Chayaa's success derives from her wide-ranging expertise covering agriculture, food processing, strict adherence to quality, and smart marketing strategies. This unique blend has achieved a successful amalgamation of farmer producers and food industry.

A significant part of this system is its connection to the tribal communities. The tribal population involved in honey collection is an essential stakeholder group. Her strong dedication to understanding the micro details in the supply chain has been a key factor. This focus helped grow her business from a small start-up to the internationally reputed unit today. Nectar Fresh is now one of the major buyers of honey sourced from tribal communities across the country.

With the support of the Khadi and Village Industries Commission of India, Nectar Fresh is reputed for its high-quality products in India's premium market. It remains a trusted and preferred name. The brand adapted its product line, successfully introducing a diversified portfolio. This innovative range includes locally grown Chia and flax seeds, natural coffee, natural jams, sauces, high-quality apple cider and mother vinegar, naturally grown spices, dry fruits, peanut butter, and the highly nutritious spirulina jagger chikki.

Nectar Fresh truly resembles a celebration of the collaboration between nature, farmers, and the food industry, delivering high nutrition processed food products. Driven by its core mission, it is committed to promoting sustainability and economically enriching the

livelihoods of small farmers & rural folk. This commitment involves actively working with groups across India. An entire team comprising rural folk from the unskilled and uneducated section were hired and trained by Nectar Fresh. They comprise an integral part of the Nectar Fresh family today.

Mrs. Chayaa Nanjappa firmly believes that a perfect quality management system is categorically important for her industry. Thus, all Nectar Fresh products showcase a high-quality reputation and constantly meet the best



of International Standards. Additionally, Nectar Fresh is the first brand in India to use the 'Women-Owned' logo of 'WEConnect International', actively promoting the 'Make in India' mission.

Since Nectar Fresh's launch in 2007, Mrs. Chayaa Nanjappa has received numerous Honors and Recognitions. Beyond her business expertise, Mrs. Chayaa cherishes a deep passion to empower and support women in business. This dedication of her resulted in her election to the board of Association of Business-Women in Commerce & Industry (ABWCI), serving as the Country President, India, and State President, Karnataka.

Her journey as a Woman Entrepreneur in the Food Processing Industry and MSME sector has been marked by significant milestones and prestigious awards. These include the 'Best Entrepreneur Award' in Food Processing from

COWE 2013-14, the prestigious 'CNBC Women Entrepreneur Award' 2014-15, and The 'VIT Amazing Entrepreneur Award – The Weekend Leader' for the same period. She also earned the 'Priyadarshini Award for Outstanding Woman Entrepreneur' 2015-16, and the 'Saarthak Naari Award' in 2016, specifically honoring her immense contribution in the rural sector.

With the unwavering support of her husband, who is also a business partner, Mrs. Chayaa Nanjappa Rajappa successfully broke

barriers by launching her products into the International Market. Her powerful move to challenge the monopoly of foreign brands in Indian market brought her significant esteem and numerous awards. She was honored with the award 'Laghu Udyog Bharati Woman Entrepreneur of the year' – MSME sector for 2016-17, presented by Smt. Nirmala Seetharaman. Other key honors include the 'Winner of FKCCI Award' 2014-15, The 'Entrepreneurship Award' by KASSIA 2014-15, the 'Industrialist of the Year Award' 2017-18, and the 'Industrialist Award-2018' by Rotary Mysore Midtown Best.

Mrs. Chayaa Nanjappa has also proudly represented the country at various international and national platforms. She spoke at the prestigious 'Hindu Economic Forum at HAGUE, Holland' in July 2020 and was among a selected group of women from Asia chosen for training on 'Scaling up of Exports to quality

conscious international market-2019' organized by the Australian Ministry of Foreign Affairs & Trade. She chaired the session 'Inspiring Women' at 'The World Hindu Congress' in Chicago–2018 and was part of the NSIC- Indian Delegation to Cardiff -United Kingdom. She was recently honored at the Devi Awards Bengaluru 2025, in November 2025 for her work with Nectar Fresh.

Her expertise is globally recognized, leading to her selection by APO- Japan as a 'Resource Person' for workshops worldwide. She also served as a Resource Person for the SAWDF, Srilanka and RECCA, Afghanistan. She was a Speaker with the Indian Science Congress on 'Implementing Technology acquired by R&D Labs'. In 2020, she was the main speaker at Amity University on 'Innovations, Entrepreneurship and Emerging Technologies In the food Sector'. She was a Guest Speaker at the CEO Meet by C.F.T.R.I Mysore and 'Guest of Honour' at the IIHR (Indian Institute of Horticulture Research), Bengaluru.

Mrs. Chayaa Nanjappa is now focused on elevating her business to the next level. Guided by a philanthropic vision, she emphasizes the need to empower and do more for the tribal community. To revive endangered indigenous art forms and support artisans, she is preparing to open India's largest rural and tribal artisans retail store, 'Naman', a sister concern of VeeraVartam Pvt Ltd. This initiative is dedicated to promoting the cultural heritage of India and offering a platform for unique tribal art forms.

Additionally, she is a prestigious member of the committee of the Indian Institute of Food Processing Technology, a member of the National Bee Board, and, also a member to the National Level Advisory Committee for Honey Mission of Khadi and Village Industries Commission, firmly establishing her as a national leader driving positive change.

Mrs. Chayaa Nanjappa's story is more than just of a successful business. It confirms that real success in business comes from working hard, meeting worldwide quality standards, and firmly believing in helping people in local communities; which serves as a great message for every aspiring entrepreneur.

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EDITORIAL NOTE

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

“In today's world, a double-tap isn't just a like, it's a potential sale.”

Once upon a time, social media was meant for sharing photos, reconnecting with friends, or killing time during a tea break. Today, Instagram, YouTube and other platforms have evolved into full-fledged marketplaces. Welcome to Social Commerce 3.0 the stage where entertainment, influence, and online shopping have merged into one powerful digital ecosystem. Social commerce is no longer an experiment; it is now a serious business model. From small homepreneurs to global brands, everyone has realized one truth: people trust people more than advertisements. That is why creators, influencers, and even students with a decent following are transforming likes, comments and shares into sales and income.

From Scroll to Purchase

Picture a college student scrolling through a “Get Ready With Me” reel on Instagram.. The creator casually mentions a lip shade and drops a link in the bio. Within minutes, the viewer is on a checkout page. There is no need to visit a

separate website or search on Google. The journey from discovery to purchase happens in seconds, all inside a social app. Similarly, a working professional watching YouTube after office hours comes across a review of wireless earbuds. The creator, whom they trust, demonstrates clarity and battery life. The buy button is right there under the video. This seamless experience is what is making social commerce irresistible. What earlier required physical stores, sales representatives and advertisements on television is now happening through mobile screens, short videos and live streams.

Influencers: The new-age sales executives

Influencers today are more than content creators. They are brand ambassadors, salespeople and storytellers rolled into one. A fashion influencer styling budget outfits, a fitness coach recommending protein brands, or a finance creator promoting an investment app all are part of this new economy. Unlike traditional advertising, influencer marketing feels personal. Followers see their daily routines, struggles, reviews and honest opinions. This builds trust and creates a strong emotional connection. When they recommend a product, it does not feel like a sales pitch it feels like advice from a friend. This is exactly why even small businesses are shifting their marketing budgets from billboards to Instagram collaborations and YouTube promotions.

Students as sellers, not just buyers

Social commerce is not only for big brands. Students are turning into micro-entrepreneurs using simple tools like Reels, WhatsApp Business and Instagram shops. For example, a college student making handcrafted jewellery can post aesthetic product reels, take orders through DMs, accept UPI payments and arrange delivery, all without renting a shop. Another student with graphic design skills may sell digital planners or resume templates directly through social platforms.

This revolution has opened doors to:

- Side income
- Personal branding
- Real-world marketing experience

Digital entrepreneurship

In short, social commerce has turned smartphones into business machines.

Can it be fully trusted?

With opportunity also comes risk. Fake accounts, copied products, misleading ads and duplicate pages are common on social media. Many users have experienced situations where the product received looked nothing like the video shown.

That's why awareness is essential.

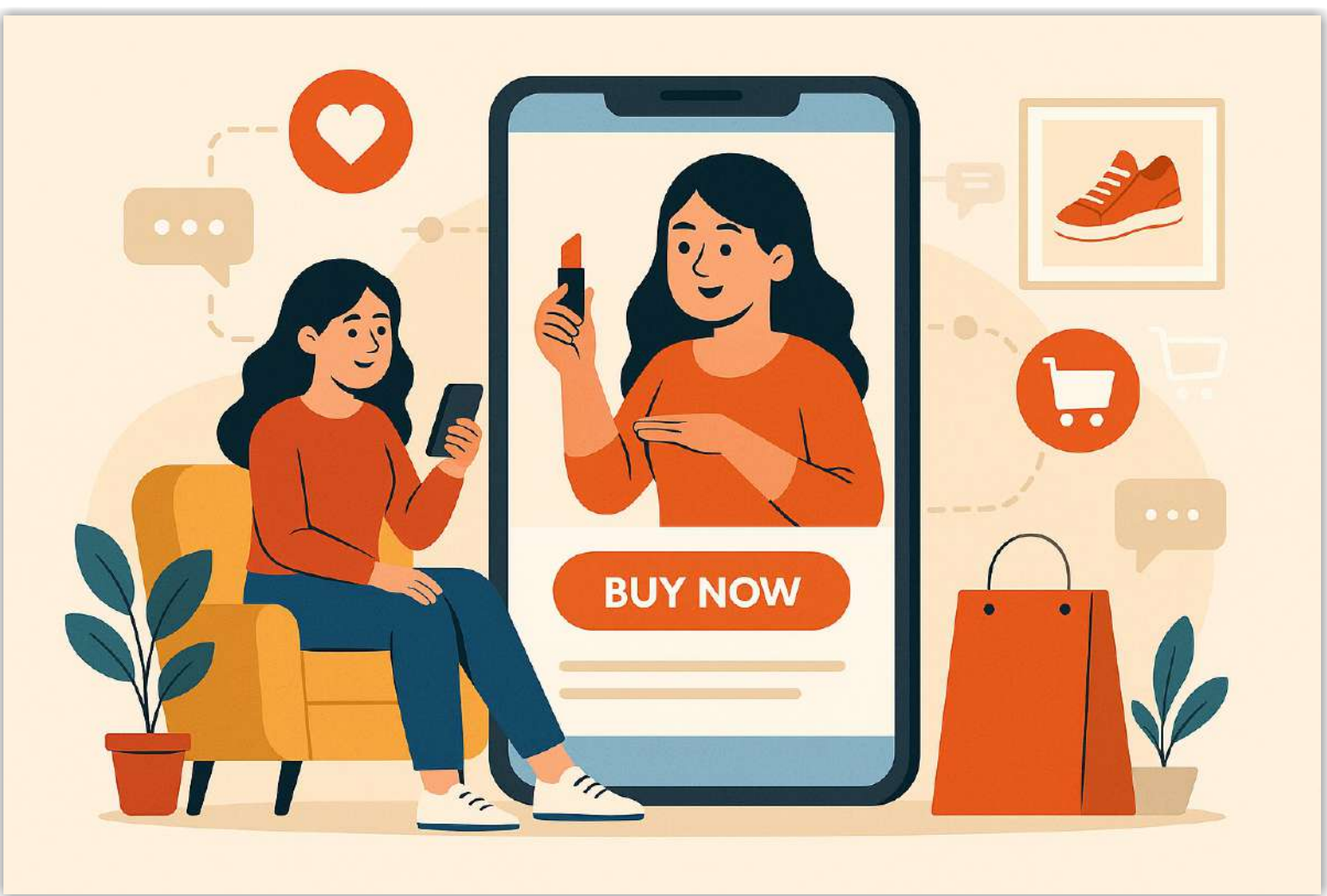
Here are smart tips for safe social shopping:

1. Check account credibility – Look for verified badges, genuine comments and active engagement.
2. Read customer reviews – Never depend only on influencer videos.
3. Avoid advance payment to unknown sellers – Prefer platforms with secure payment gateways.
4. Cross-check prices – If it looks too cheap to be true, it probably is.
5. Use return policy products – Choose sellers offering easy replacement or refund.

Being smart turns social commerce into a benefit, not a trap.

A new career highway

Social commerce is also creating new career options: content strategist, brand manager, social media analyst, influencer marketer, video editor and more. Students studying commerce, marketing, media and communication can build practical portfolios



by understanding this model early.

Brands today don't just want degrees. They want people who understand algorithms, audience psychology and storytelling, three pillars of social commerce.

Learning how content converts into commerce can give students an edge in interviews, startups and freelancing opportunities.

The bigger impact
Social Commerce 3.0 is not just changing how we shop; it is changing:

- How brands connect with customers
- How businesses are launched
- How young minds think about careers
- How trust is created online

It is fast, engaging, visual and emotional, everything modern consumers connect with.

As screens get smaller, opportunities get bigger. Every swipe is data. Every view is a potential transaction. Every creator is a possible entrepreneur.

In the age of social commerce, your phone is not just a device, it is a marketplace in your palm.

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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.

THE BOOKER PRIZE:
CELEBRATING EXCELLENCE IN
LITERATURE

The Booker Prize is one of the most prestigious awards in the world of English-language fiction.

Established in 1969, it honours the finest original novel written in English and published in the UK or Ireland.

Over the decades, the award has shaped global literary trends and elevated emerging as well as established writers.

Winners often gain worldwide recognition, increased readership, and international acclaim.

The prize has been known for its bold choices, celebrating diverse voices and innovative narrative styles.

Authors from various cultural and national backgrounds have been honoured, making it a truly global award.

The Booker Prize longlist and shortlist generate significant discussion among critics and

readers each year.

The judging process is rigorous, involving months of reading and deliberation by a panel of experts.

Past winners include literary giants like Salman Rushdie, Margaret Atwood, Arundhati Roy, and Hilary Mantel.

The prize has also acknowledged experimental and boundary-pushing narratives that redefine the novel form.

It plays an important role in promoting literary excellence and encouraging new directions in storytelling.

The award ceremony is a major cultural event, drawing attention from the literary world and media.

Winning the Booker Prize often transforms an author's career and readership across continents.

Its legacy continues to evolve as it embraces contemporary themes and global perspectives. The Booker Prize remains a symbol of outstanding achievement and enduring contribution to literature.

DID YOU KNOW?

- The word “alphabet” comes from the Greek alpha and beta.
- The phrase “déjà vu” literally means “already seen” in French.
- John Milton created the word “pandemonium” in Paradise Lost.

GRAMMAR TIP

Subject–Verb Agreement

The verb must always match the subject in number and person.

- ✓ **Singular subject** → Singular verb
- ✓ **Plural subject** → Plural verb

Examples:

- He walks to school.
- They walk to school.
- The bouquet of roses is on the table.

Common mistake:

Using a plural verb when the true subject is singular.

Incorrect: The list of names are long.
Correct: The list of names is long.

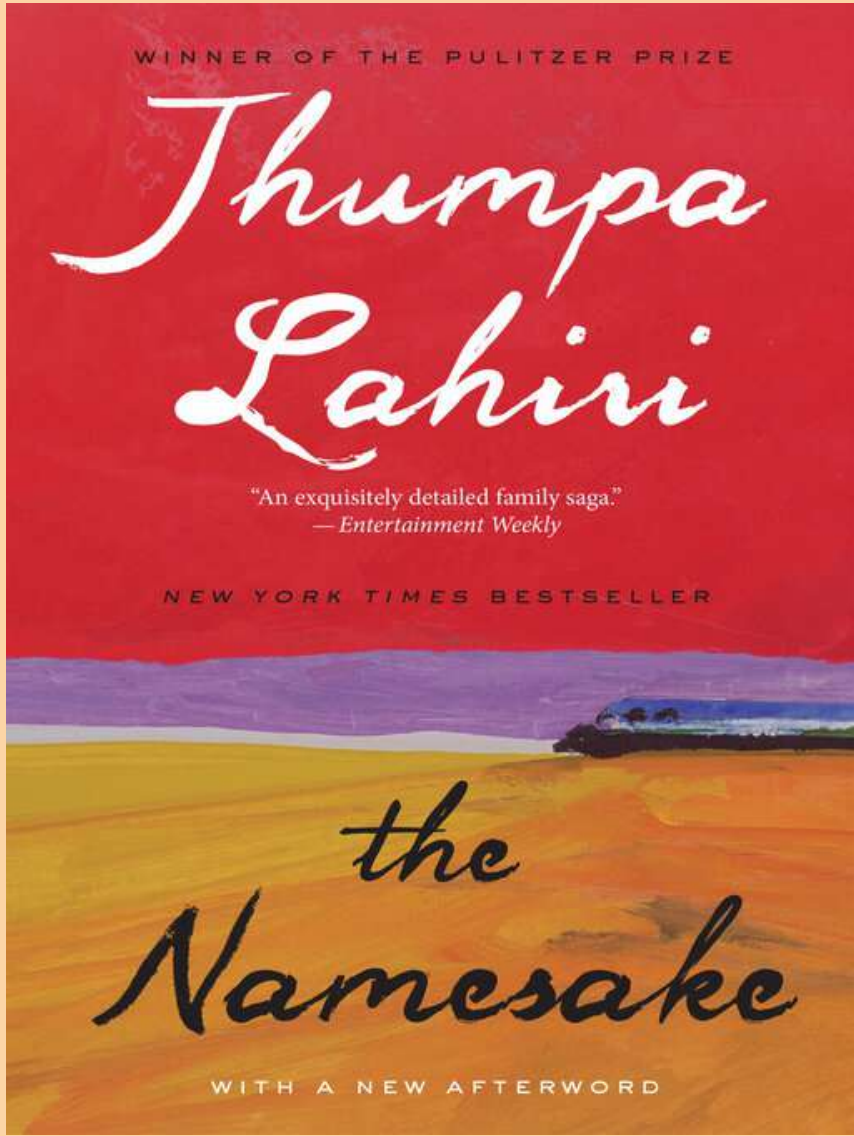
WRITER OF THE WEEK

Arundhati Roy

Arundhati Roy remains one of India's most powerful literary voices. Her Booker Prize–winning novel The God of Small Things revolutionized Indian English fiction with its lyrical prose and bold narrative style. Her essays and political writings continue to influence readers globally, marking her as a writer of conscience, imagination, and courage.

BOOK REVIEW

The Namesake by Jhumpa Lahiri



Jhumpa Lahiri's The Namesake explores identity, family bonds, and the immigrant experience through the life of Gogol Ganguli. Written in clear, elegant prose, the novel beautifully captures the quiet emotional struggles of balancing two cultures. It remains one of the most significant novels on diaspora experiences in contemporary literature.

QUOTABLE QUOTES

“We tell ourselves stories in order to live.”

— Joan Didion

CREATIVE WRITING



THE PEACE OF WILD THINGS

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Poetry By
Wendell Berry

WORD OF THE WEEK

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

Example: The beauty of a sunset is ephemeral, disappearing within minutes.

IDIOM HIGHLIGHT

A blessing in disguise

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

Sentence: Losing her old job turned out to be a blessing in disguise because she found a much better opportunity soon after.

GOVT TO PUSH GREEN-FUEL FARM MACHINERY TO BOOST AGRI MECHANISATION

The Indian government has announced plans to prioritise green-fuel based farm machinery to expand mechanisation, especially among small and marginal farmers.

Ministry of Agriculture & Farmers Welfare's recent statement highlighted that, over the next 5–10 years, agricultural equipment should move toward sustainable fuels such as electrically powered tractors or machines powered by compressed biogas (CBG) produced from rural CBG plants.

According to Devesh Chaturvedi, the Agriculture Secretary, this shift will help farmers by cutting both operational and maintenance costs. He underscored that mechanisation is critical to accomplishing four key goals: reducing farming costs, raising productivity, improving value-addition and price realisation, and building climate resilience in agriculture.

As part of this push, upcoming government schemes will give preference to green-fuel machinery. The move aligns with India's long-term



ambition to become a global “food basket” by 2047, while promoting sustainable and climate-sensitive farming practices.

This initiative could be particularly significant for small and marginal farmers, giving them access to low-cost, eco-friendly mechanisation, reducing dependence on diesel, and contributing toward greener agricultural practices across the country.

JU AGRI SCIENCES UNVEILS ANTHEM “MUSKURAYE MITTI, MUSKURAYEGA HINDUSTAN”



The agri-inputs company JU Agri Sciences has launched a new musical anthem titled “Muskuraye Mitti, Muskurayega Hindustan” voiced by eminent singer Kailash Kher. The song is meant as a tribute to India's farming community, celebrating the resilience of farmers and underscoring the importance of soil health and sustainable agricultural practices.

Through emotive lyrics and inspiring composition, the anthem captures JU Agri Sciences' vision: that a thriving soil leads to a prosperous

nation. Company executives at the launch described the anthem as more than a song it reflects their commitment to empowering farmers through innovation, technology, and environmentally conscious farming solutions.

According to statements by the company's leadership, the anthem represents a shared aspiration for a self-reliant, healthy, and smiling India one rooted in the belief that national growth begins from the soil and those who nurture it. JU Agri Sciences plans to use the anthem as a tool to strengthen its outreach efforts across rural India, encouraging adoption of advanced agri-solutions and sustainable inputs, thereby bridging the gap between science and farming on the ground.

₹1 LAKH CRORE RDI PUSH TO SUPERCHARGE INDIA'S EDIBLE-OIL INNOVATION

The Indian government's newly approved Research, Development & Innovation (RDI) scheme, backed by a ₹1 lakh crore outlay, promises to unlock fresh opportunities in the edible-oil sector by channeling long-term, low-interest funding into high-impact agri-technology. The initiative aims to de-risk private-sector R&D, enabling firms to invest more boldly into strategic areas such as oilseed breeding, processing technologies and value-chain optimization.

With more affordable capital and structured support, this fund could strengthen India's efforts to reduce its heavy dependence on edible-oil imports. According to existing government missions, the country currently relies on imported oils for more than half its consumption. By incentivizing innovation, the RDI scheme is expected to spur development



of higher-yield oilseed varieties, improve extraction efficiencies, and boost local processing capacity.

For agro-processors and farmer-producer organizations, this could mean access to cutting-edge tools and technology and in turn, more profitable local production. The anticipated boost in innovation may help ramp up domestic oilseed cultivation and processing, aligning with broader national goals of food security and self-reliance in edible-oil production.

FARMER GROUPS SKM AND KMM PLAN A FAST-UNTO-DEATH FROM NOVEMBER 26



The farmer-groups SKM and KMM have announced they will begin a fast-unto-death on November 26 to press the government to meet their long-standing demands. Their protest follows months of inaction leaders say that since February 18 the Centre has not responded substantively to their demands.

The list of demands includes a legal guarantee for the Minimum Support Price (MSP), implementation of the recommendations of the Swaminathan Commission, pension provisions for farmers and agricultural labourers, protection against electricity tariff hikes, withdrawal of pending

police cases, justice for victims of the 2021 violence at Lakhimpur Kheri incident, reinstatement of the repealed Land Acquisition Act, 2013, and compensation for farmers who lost lives during previous agitations.

Protesting farmers have been camping at the border points of Shambhu and Khanauri (Punjab–Haryana) since February after their march to Delhi was blocked. The fresh hunger strike is intended to heighten pressure on the government to resume talks and address the 13-point demand agenda.

As November 26 also marks the historic start date of the 2020 'Delhi Chalo' movement, the timing adds symbolic weight to the new protest — signalling that farmers are reviving their struggle until their demands are met.

LEADERSHIP TRANSITION AT CRYSTAL CROP PROTECTION MARKS A NEW ERA



Crystal Crop Protection Ltd has announced a significant shift in its leadership structure, appointing founder Nand Kishor Aggarwal as Chairman Emeritus, while elevating his son, Ankur Aggarwal, to Executive Chairman and Managing Director.

The change reflects the company's ambition to deepen its footprint in advanced areas like crop protection, seeds, biotechnology, and sustainable agriculture. Nand Kishor, who founded the firm over four decades ago, will now focus on strategic counsel and philanthropic efforts in education, livelihood creation, and environmental sustainability.

Ankur Aggarwal, having previously served as Managing Director, expressed his commitment to innovation and global competitiveness, while carrying forward his father's legacy. This generational transition underlines Crystal Crop's long-term vision and readiness to scale up its research-led operations in Indian agriculture.

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Dr. Smita Ravikumar Kuntay & Gargi Date

BRIDGES OF KNOWLEDGE: INDIA'S FINANCIAL AID TO NEPAL'S EDUCATION, HEALTH, AND CULTURE!



Padam Secondary School in Parsa, the Shree Basuki Secondary School in Achham, as well as the school building, hostel, and library of the Benga Sah Secondary School in Bara, and the five-bed hospital building in Manang, Nepal, will be carried out by local authorities and government institutions, including municipalities and rural municipalities.

The Government of Nepal, the Indian Embassy in Kathmandu, the Ministry of Federal Affairs and General Administration, and the Project Implementing Agencies of Government of Nepal signed Memorandums of Understanding (MoUs) to undertake ten High Impact Community Development Projects (HICDPs) in Nepal under the Government of India's grant assistance in the Education, Health, and Culture Sectors at a total cost of 625.00 million Nepali Rupees (around 390 million Indian Rupees).

The building of these institutions will contribute to the improvement of Nepal's health and educational systems. The Indian government has undertaken 579 High Impact Development Projects (HICDPs) in Nepal since 2003.

Of these, 496 grassroots initiatives in the fields of health, education, drinking water, connectivity, sanitation, and the development of public utilities have been completed.

The execution of these High Impact Community Development Projects (HICDPs) will contribute to improving Nepalese citizens' access to healthcare, education, and cultural resources.

Secondary school buildings, administrative and hostel buildings, monasteries, libraries, and health posts will also be constructed under these HICDPs. The construction of the Shree Jan Shakti Secondary School Building in Dhanusha, the Shree Mahobani

BEYOND BOOKISHNESS: ISRO CHAIRMAN URGES MULTIFACETED LEARNING

ISRO Chairman, V. Narayanan visited the Anna Centenary Library on Monday for a meeting between the High Level Expert Committee and the New Syllabus Design Committee, organized by the state of Tamil Nadu to help with the state curriculum's revision. Speaking to educators and specialists at the meeting, he cautioned that in a society that needs agility, values, and well-rounded skills, academic genius alone is no longer sufficient. He advised that India's educational system cannot afford to create "mere bookworms," stressing that character and values should be given equal weight with grades. He stated, "The book alone is not important. It is overall personality development that matters,".



data science in addition to providing sufficient teacher training. Anbil Mahesh Poyyamozhi, the Minister of School Education in Tamil Nadu, presided over the meeting. During the meeting, he emphasized the growing prevalence of digital addiction among young people and announced campaigns to raise awareness about excessive screen time. V. Narayanan applauded the Tamil Nadu government's effort, describing it as an admirable choice that will significantly help the students across the state.

Recognizing that a developed country needs talent in the arts, sports, sciences, and many developing sectors, he urged students to broaden their goals beyond the conventional doctor-engineer mindset. To make sure that the updated curriculum serves students for the next ten years, the ISRO Chairman suggested incorporating future-focused courses like artificial intelligence and

WHAT IS THE HIGHER EDUCATION COMMISSION OF INDIA BILL 2025?

The Union Government intends to introduce the Higher Education Commission of India (HECI) Bill, 2025 as a major reform to replace the University Grants Commission (UGC) and the sectoral councils, with the exception of medical and legal education, in the winter session of Parliament starting on December 1, 2025. In addition to transforming the National Education Policy (NEP) 2020's vision into precise guidelines for curriculum reforms, improved academic delivery, and the promotion of research culture, the HECI is anticipated to be a strong framework created to guarantee quality, accountability, and institutional autonomy in higher education.

Government officials claim that the new law will be consistent with the NEP 2020. Together, the four verticals of the HECI will serve as a single point of regulation for higher education, displacing the current various bodies.

These four pillars are the General Education Council (GEC), the National Higher Education Regulatory Council (NHERC), the National Accreditation



Council (NAC), and the Higher Education Grants Council (HEGC).

Universities and colleges currently have to deal with several entities that have overlapping mandates, which leads to confusion and redundancy. The University Grants Commission (UGC), the All India Council for Technical Education (AICTE), and the National Council for Teacher Education (NCTE), the three current regulators will be combined into a single, central organization when the Bill is approved. Higher education institutions that violate established norms may also be subject to much more severe financial penalties from HECI.

DIRECT FEE PAYMENT FOR SC STUDENTS UP TO ₹2 LAKH UNDER REVISED SCHOLARSHIP SCHEME



The guidelines for the Scheduled Caste (SC) scholarship for the 2024–2025 academic year have been updated by the Ministry of Social Justice and Empowerment. The "Top Class Scholarship for SC students" seeks to promote high-quality education for SC students. The Center will utilize DBT to directly transfer all tuition and non-refundable fees to students in accordance with the updated financial regulations; the annual maximum for private universities is Rs 2 lakh.

SC students who have been accepted into selected institutions, such as IITs, IIMs, AIIMS, NITs, National Law Universities, NIFT, NID, IHMs,

and other accredited colleges, and whose family income is up to Rs 8 lakh per year, would be eligible for the scholarship. Benefits from the program will not be extended to more than two siblings from the same family, and students who transfer schools after being chosen will no longer be eligible.

Only first-year students will be eligible for new scholarships. Students in their second, third, or fourth year will not be chosen for new spots. Additionally, 30% of the institution's slots will be set aside for qualified SC female students. If there aren't enough female students, the spots may be given to qualified male students based on their merit. In order to pay for living expenses, books, and laptops, students would also receive an academic allowance of Rs 86,000 in the first year and Rs 41,000 in future years.

IIT BOMBAY UNITES INDIA FOR A MENTAL-HEALTH FIRST CAMPUS MOVEMENT



On November 22 and 23, 2025, the Indian Institute of Technology (IIT) Bombay successfully hosted the Second National Well-Being Conclave. About 80 higher education institutions, 115 staff members, and 139 students participated in the two-day event, which was organized by the Department of Higher Education under the Ministry of Education. The conclave aimed to reinforce the nation's efforts to integrate mental health, resilience, and well-being throughout higher education systems.

The publication of the "Compendium of emerging best practices of well-being across the country" was a major highlight of the inaugural session. On the first day, there was a wellness exhibition, symposiums, and panel discussions about peer mentorship networks, digital well-being technologies, counseling systems, and institutional duties for student support.

A campus walkathon emphasizing the link between mental and physical health kicked off day two. Workshops on life skills, peer support techniques, counseling competences, and digital well-being were offered to professors and students. Afterwards, student groups showcased creative well-being initiatives created on various campuses.

The inter-university action plan for 2025–2026 and the final recommendations were also released during the conclave, influencing integrated well-being programs throughout universities.

The Conclave has united multiple national initiatives into a unified approach to the well-being of students and educators. The conclave reaffirmed the resolve to build a robust, inclusive, and accountable academic ecosystem that prioritizes mental health in India's higher education reforms by laying out a detailed action framework for 2025–2026.

Durgesh K. Dubey

INDIA SECURES TOP SPOT IN IMO COUNCIL ELECTIONS, STRENGTHENS MARITIME LEADERSHIP FOR 2025–26

India has reinforced its position as a key global maritime player after being re-elected to the International Maritime Organisation (IMO) Council for the 2025–26 term, securing the highest number of votes in its category. The election, held during the IMO Assembly in London, placed India at the top of Category B a group reserved for nations with major stakes in international seaborne trade.

Category B comprises ten countries whose maritime interests significantly influence global shipping and logistics. Alongside India, other elected members include Australia, Brazil, Canada, France, Germany, the Netherlands, Spain, Sweden and the United Arab Emirates. The newly chosen Council will convene for its 136th session on December 4, where it will select its Chair and Vice-Chair for the upcoming biennium.

India received 154 votes — the highest in its group — signalling widespread confidence among member states in New Delhi's contributions to international maritime governance. Following the announcement, India's diplomatic mission in London expressed gratitude for the overwhelming support and reaffirmed the country's commitment to strengthening the global maritime ecosystem.

The IMO serves as the apex international body responsible for regulating global shipping, maritime safety, environmental protection at sea, and the operational frameworks that drive world trade. The Council, acting as the organisation's executive arm, supervises key policy

decisions, reviews ongoing technical work, and formulates operational guidelines under the broader mandate of the Assembly.

India's renewed term comes at a time when it is pushing ambitious reforms within its domestic maritime sector. Earlier this year, the country formally launched its candidature for re-election, outlining long-term investment plans worth around USD 1 trillion over the next quarter-century. This investment roadmap aims to transform India into a leading maritime hub by 2047, aligning with its broader national development vision.

The strategy emphasises the expansion and modernisation of infrastructure across shipbuilding, ship recycling, port development, ocean logistics, and green shipping technologies. It also prioritises growth in ship ownership and ship financing capacities, reflecting a holistic approach to strengthening the maritime value chain.

Indian officials have repeatedly highlighted the country's belief in international cooperation as the backbone of maritime progress. Rooted in the principle of “One Earth, One Family, One Future,” India has been advocating for inclusive, secure and sustainable growth across the world's shipping networks. This philosophy has guided India's active participation in IMO deliberations, ranging from climate-resilient maritime operations to decarbonisation pathways and global safety standards.

India's continued presence on the IMO Council is expected to deepen

these engagements, particularly in areas involving capacity building, technology-sharing, digitisation of port operations, and enhancing resilience in global supply chains. With seaborne trade accounting for over 80% of global merchandise transport, the IMO's role remains central to shaping the future of international commerce — and India's leadership on the Council places it at the forefront of these evolving dynamics.



The IMO Assembly convenes every two years to review its programme of work, approve the organisational budget and elect the 40-member Council that oversees implementation. India's strong mandate for the upcoming term not only reflects its growing stature but also signals a rising confidence among global maritime partners in India's capacity to contribute meaningfully to the sector's transformation.

With its new term secured, India is now set to play a vital role in steering maritime governance at a time when sustainability, safety, and digital integration are reshaping the global ocean economy.

INDIA SET TO LAUNCH UNIFIED PORTAL TO HELP CITIZENS RECOVER UNCLAIMED FINANCIAL ASSETS

The government, in collaboration with the Reserve Bank of India (RBI), is preparing to launch a first-of-its-kind unified digital platform that will allow citizens to search, track and reclaim unclaimed deposits and forgotten investments scattered across multiple financial institutions. The integrated portal, expected to be rolled out soon, aims to simplify the recovery of dormant savings such as old bank balances, matured insurance policies, unpaid dividends, inactive pension accounts and unredeemed mutual fund units.

The initiative was highlighted during a national outreach programme under the campaign “Aapki Poonji, Aapka Adhikar” (Your Money, Your Right), which underscores the government's growing focus on returning idle financial wealth to rightful owners. A substantial amount of public money remains locked in inactive accounts due to outdated contact details, lack of documentation, untraceable nominees or beneficiaries being unaware of the assets.

At present, each regulator operates its own system for unclaimed funds — RBI's UDGM for bank deposits, SEBI's MITRA for securities and mutual funds, and IRDAI's Bima Bharosa for insurance policies. Users are required to visit multiple platforms and navigate different procedures. The proposed unified portal will bring all these services together under a single window managed by the RBI, allowing individuals to conduct a consolidated search across the banking, insurance, pension and capital market ecosystem.

The scale of unclaimed assets in the financial system is significant. Many families lose access to funds because the details of deceased account holders are unknown, addresses remain outdated, old fixed deposits are forgotten, or legacy share certificates are not dematerialised.

The upcoming system aims to solve these long-standing issues by centralising information, easing identity verification and enabling streamlined claim submissions.

The government's ongoing campaign has already shown encouraging results. In the weeks since its launch on October 4, various outreach events, digital drives and district-level camps have helped return nearly ₹1,887 crore to individuals and their nominees. Authorities expect this number to grow rapidly as awareness spreads and the unified portal becomes operational.

The nationwide effort is being jointly executed by the Department of Financial Services, RBI, SEBI, IRDAI and the Investor Education and Protection Fund Authority, along with support from the Ministry of Corporate Affairs. Camps conducted under the initiative provide hands-on support — helping citizens check for unclaimed amounts, update their KYC information, correct nominee details, and receive guidance on filing claims. Officials demonstrate how existing platforms like UDGM, MITRA and Bima Bharosa work, preparing people to use the more advanced unified portal once it is launched.

The upcoming platform is expected to include features such as search capability across all regulators, OTP-based user verification, digital uploading of documents, progress tracking of claims, and links with Aadhaar, PAN and DigiLocker to simplify authentication. It may also facilitate easier nomination updates, ensuring future ownership transitions happen smoothly.

This initiative is part of a broader push to strengthen financial inclusion by ensuring that citizens retain access to their accumulated



savings. With crores of rupees lying unclaimed due to avoidable gaps in information, the unified portal is positioned as a major reform that restores financial security to households and reduces fragmentation across the financial sector. As the campaign intensifies through December, officials hope that millions of Indians will be able to reclaim long-forgotten assets that rightfully belong to them.

EXPERT



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FAQs ON
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Q. In this Kalyuga when everyone is
Needy and Greedy, Tell me reasons to
be ethical!

Ans. Ethics forms the foundation of human civilization, guiding behavior, decision-making, and social harmony. Being ethical is not merely about conforming to laws or societal expectations; it is a conscious choice to act in ways that are just, compassionate, and aligned with universal principles. Ancient Indian wisdom, particularly the Subhashitam's, consistently emphasizes that ethics is central to personal growth, social order, and spiritual evolution. Understanding the reasons to be ethical requires exploring the impact of morality on the self, relationships, society, and ultimate liberation.

1. Ethics Cultivates Personal Integrity and Self-Respect: One of the most immediate reasons to be ethical is that it fosters self-respect and personal integrity. Ethical behavior aligns one's actions with inner values, creating consistency between thought, word, and deed. The Subhashitam

states: "सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम्। प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः॥" Speak truth pleasantly; never speak unpleasant truths nor pleasing falsehoods. This is eternal dharma. Acting ethically builds inner coherence. When one practices honesty, fairness, and truthfulness, the mind experiences less guilt and inner conflict. This alignment produces confidence, clarity, and self-respect. Ethical individuals find that their decisions are guided by wisdom rather than fear or impulse, leading to a life of dignity and moral strength.

2. Ethics Promotes Social Harmony: Ethical behavior is essential for sustaining trust and cooperation within communities. Human society depends on the predictable and reliable actions of its members. When individuals act ethically, it fosters mutual respect and reduces conflict. A Subhashitam highlights this principle: "सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।" May all be happy; may all be free from harm. Ethical conduct ensures that one's actions do not harm others. It strengthens relationships, builds trust, and encourages collaboration. A society in which people consistently act ethically becomes stable, cooperative, and resilient. Conversely, unethical behavior breeds suspicion, discord, and social fragmentation. By acting ethically, individuals contribute to collective well-being and societal harmony.

3. Ethics Ensures Long-Term Consequences and Avoids Harm: Ethics is not about short-term gain but about long-term outcomes. Unethical actions may bring immediate advantages, but they carry consequences that can disrupt life balance, relationships, and reputation. The Subhashitam aptly states: "अतिथेरहमितो बन्धुः, अधर्मेण हि नश्यति सुखम्॥" Dishonesty and injustice destroy happiness; unethical acts harm both self and society. Ethical choices minimize harm and prevent regret. By considering the consequences of actions on oneself and others, ethical behavior promotes sustainability in personal, professional, and social spheres. Ethics encourages foresight, prudence, and responsibility, fostering long-term benefits rather than transient gains.

4. Ethics Fosters Emotional Stability and Inner Peace: Acting ethically is deeply connected to emotional balance. Unethical deeds often generate guilt, fear, anxiety, and restlessness, whereas ethical actions nurture inner calm and contentment. The Subhashitam observes: "कृतज्ञः पुरुषः सुखी नित्यं, अकृतज्ञः दुःखी हि सदा॥" A grateful and virtuous person is always happy; the ungrateful or unethical suffers constantly. Ethics cultivates emotional resilience. When actions align with moral principles, the mind is free from internal conflicts and remorse. This mental clarity supports better decision-making, reduces stress, and enhances overall well-being. In essence, ethics is a source of inner serenity and stability.

5. Ethics Shapes Reputation and Trustworthiness: Ethical behavior profoundly affects how individuals are perceived by others. A reputation for honesty, fairness, and integrity opens doors of opportunity, strengthens relationships, and fosters leadership. The Subhashitam emphasizes: "सत्यं वद, धर्मं चर, मित्रं वर्धय, नात्मनः क्रोधया॥" Speak truth, practice righteousness, nurture friendships, and do not incite anger in yourself. Ethical conduct builds credibility and trust, both personally and professionally. People are more likely to rely on, collaborate with, and support those who act with integrity. Trust, once established, becomes a foundation for enduring social, business, and personal relationships. Ethics is not merely moral duty but practical wisdom in sustaining lasting connections.

6. Ethics Encourages Compassion and Altruism: Ethical behavior cultivates compassion, empathy, and a sense of responsibility for others. It reminds individuals that their actions affect not only themselves but the larger web of life. The Subhashitam illustrates: "अन्येभ्यः परं कर्तव्यम्, स्वार्थं परित्यजेत् शीलवान्॥" The virtuous person places duty to others above self-interest. Ethics nurtures a selfless orientation that values collective welfare. By acting in consideration of others' needs and rights, one promotes harmony, reduces suffering, and contributes positively to the social fabric. Compassion, guided by ethical principles, becomes a cornerstone of meaningful and fulfilling human

interaction.

7. Ethics Guides Spiritual Growth: In Indian philosophy, ethical conduct is inseparable from spiritual evolution. Ethics purifies the mind, reduces attachment and ego-driven impulses, and prepares the individual for higher understanding and liberation. The Subhashitam declares: "धर्ममार्गेण मोक्षः, अधर्मेण सदा बन्धनः॥" Following the path of righteousness leads to liberation; following unrighteousness results in bondage. Ethical behavior is not merely a social or psychological necessity but a spiritual practice. By living righteously, individuals cultivate virtues such as truthfulness, compassion, patience, and self-control, which purify the mind and enable deeper meditation, insight, and liberation. Ethics serves as the foundation for both worldly success and ultimate spiritual fulfillment.

8. Ethics Enhances Self-Discipline and Moral Courage: Practicing ethics requires self-discipline and the courage to act rightly even under pressure. It strengthens willpower and fortifies character. The Subhashitam observes: "धर्मेणैव विजयो भूषणम्, अधर्मेण हारो भवति सदा॥" Victory and honor come through righteousness; defeat and disgrace come through unrighteousness. Ethical living reinforces the ability to resist temptations, stand against wrongdoing, and uphold moral principles in challenging situations. It builds character, self-confidence, and moral courage, enabling individuals to navigate ethical dilemmas effectively.

The reasons to be ethical are profound and multifaceted. Ethics nurtures personal integrity, emotional stability, trust, social harmony, compassion, and spiritual growth. It ensures long-term consequences are beneficial, strengthens relationships, and cultivates moral courage. Ancient Indian Subhashitam's serve as enduring reminders that ethical conduct is both practical and sacred, grounding human life in wisdom and virtue. Ethics is not merely a societal expectation but a conscious choice that shapes character, destiny, and the collective well-being of humanity. Living ethically is therefore not an obligation but a path to fulfillment, happiness, and ultimate liberation.

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REWRITING YOUR STORY: BECOMING THE AUTHOR OF YOUR OWN LIFE

Every person carries an invisible book pages filled with memories, choices, chances taken, and chances missed. Some chapters make us proud, some we wish we could erase, and others are still unwritten. Yet the most powerful truth most people forget is this: you are not just the character in your life story you are the author. The pen has always been in your hands, even when life made you believe otherwise.

Rewriting your story is not about denying the past; it is about refusing to let the past dictate the future. Too often, we get trapped in narrative created by circumstances, society, or even mistakes. Labels like “not good enough,” “too late,” “too broken,” or “too ordinary” quietly shape the chapters that follow. But when we pause and challenge these beliefs, something extraordinary happens we begin editing the script. ' The first step in becoming the author of your life is awareness. You must recognize the storyline you are currently living. Are you repeating patterns? Are you stuck in a loop of self-doubt or hesitation? Awareness is like switching on a light in a dark room and it doesn't fix everything instantly, but it lets you finally see what needs to change.

Once you acknowledge your existing story, the next step is acceptance. Not the kind that feels like surrender, but the kind that frees you. Acceptance says, “Yes, this happened, but it does not define me. It is part of my story, not the whole story.” Every bruise, every failure, every wrong turn becomes a paragraph not a full chapter. Acceptance



gives you the emotional space to move from being a character reacting to life, to an author designing it. Then comes the most transformative step: choice. Choice is where rewriting truly begins. You can choose courage over fear, healing over bitterness, and growth over comfort. You can choose to learn a new skill, to break an old pattern, to walk away from who no longer aligns with your wellbeing. And yes, you can choose to start again even if you're starting from the middle of the book. The beauty of life is that it allows rewrites at any age, any stage.

Rewriting your story also means embracing the power of small changes. You don't need a dramatic plot twist to transform your life. Sometimes, a tiny shift waking up earlier, reading more, speaking kindly to yourself, saying “no” when required is enough to redirect the narrative. Ever sentence you change influences the chapter that follows. Most importantly, trust the pr. Every author knows that the first draft is messy. Your transformation won't be perfect; your new habits won't be flawless. But progress is still progress, and every page you turn brings you closer to the life you envision. Remember, life is not happening to you; it is unfolding through you. The past may have written a few chapters, but the future is still blank, waiting for your ink. Start with intention,with co, and with compassion for yourself. Because the moment you decide to rewrite your story, you stop being a character and become the creator of your own journey.

FROM STRUGGLE TO STRENGTH: THE BEAUTY OF BOUNCING BACK

Life never unfolds in a perfect straight line. It bends, breaks, and often throws us into moments we never asked for. But hidden inside every struggle is a quiet invitation an invitation to rise, rebuild, and return with a strength we didn't even know we possessed. This is the true beauty of bouncing back.

Struggles come in different shapes. Sometimes they arrive as failures, sometimes as heartbreaks, and sometimes as situations completely out of our control. In those moments, it's easy to feel lost or defeated. But struggle itself is not the problem; the story we tell ourselves about the struggle becomes the challenge. When we see difficulties as the end of the road, we shrink. When we see them as stepping stones, we grow.

Resilience doesn't mean pretending everything is fine. It means acknowledging the pain and still choosing to move forward one small step at a time. The strongest people are not the ones who never fell they are the ones who stood up again and again, even when their legs trembled. Every setback you've survived has been silently training you for the person you are becoming.

The transformation from struggle to strength begins with acceptance. Not acceptance as surrender, but acceptance as awareness. When we stop fighting the reality of what happened, we create emotional space for healing. Acceptance helps us breathe again. It helps us understand that though we cannot rewrite the moment,

we can always rewrite its meaning.

The next step is perspective. Hardships often cloud our vision, making us believe that the world has shut its doors on us. But with time, reflection, and a little courage, we begin to see what those moments were shaping within us. Strength. Patience. Depth. Empathy. Confidence. Every difficulty adds a new layer to who we are, making our character richer, wiser, and more grounded.

And then comes the most beautiful part rebirth. This is where strength finally shows its face. You wake up one day and realize you're not the same person who broke down weeks or months ago. You are softer in the heart, sharper in thought, and stronger in spirit. You carry scars, yes, but they become reminders of how far you've travelled, not how much you've lost.

Bouncing back also means embracing new beginnings. Sometimes life doesn't take us back to where we were it takes us somewhere better. Somewhere we wouldn't have reached without being pushed out of our comfort zone. Painful chapters often lead to powerful transformations. Suffering cracks us open, but through those cracks, light enters.

So, when life feels heavy, remember this simple truth: your story doesn't end in the struggle; it begins in the bounce back. The version of you that emerges after hardship is braver, clearer, and more resilient than ever before. Every storm you've survived has carved strength



into your soul.

The beauty of bouncing back is not just in rising it is in discovering who you become through the rise. And

that version of you? That is someone the world truly needs.

Afreen Mazgaonkar & Nancey Kujur

INDIA RISES TO THIRD IN GLOBAL QUICK
COMMERCE RANKINGS



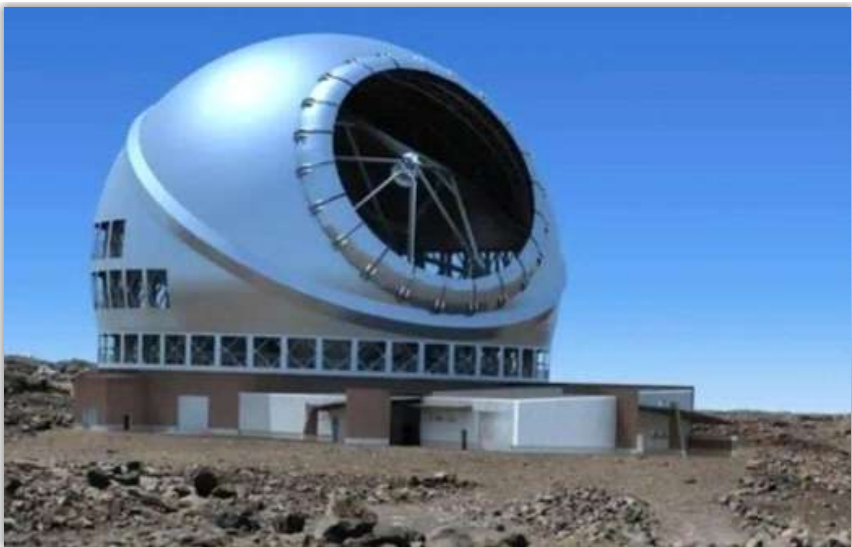
India's retail market is changing quickly because of quick commerce. Quick commerce means getting items like groceries delivered in just a few minutes or hours. It has changed the way people buy things and how companies do business. In India, it is creating new demand, changing shopping habits, and providing new jobs and business opportunities. However, in China, quick commerce has become a serious challenge. Big companies like Alibaba, Meituan, and JD.com are competing heavily to provide fast delivery. To win customers, they are offering huge discounts and spending a lot of money. This competition is reducing their profits and worrying the Chinese government and investors. According to reports, these companies burned more than \$4 billion in just three months. Leaders of these companies have admitted that competition is becoming too aggressive. Analysts say this price war may continue for months. The Chinese government is also worried because this competition may push prices too low, adding to the country's economic problems. As a result, companies promised to reduce price wars. But experts believe profits may take one to two years to recover. Companies like Meituan and JD.com are expected to suffer the others like Pinduoduo are also feeling pressure.

HEALTH MINISTRY REVISES APPOINTMENT RULES FOR
INDIA'S TOP DRUG REGULATOR, RAISES ELIGIBILITY
STANDARDS

The Union Health Ministry has proposed significant reforms to the selection process for the next Drugs Controller General of India (DCGI), the country's top authority for approving medicines, vaccines, and medical devices. A draft notification outlining the new rules has been released for public feedback, aiming to ensure a more transparent, rigorous, and technically sound appointment process. These changes follow a crucial phase, as the current DCGI, Dr. Rajeev Singh Raghuvanshi, received a one-year extension due to the absence of a suitable successor a decision later questioned by the Madras High Court. Under the revised eligibility criteria, candidates must now hold a master's degree in engineering, biotechnology, life sciences, pharmacy, or specialized medical fields such as clinical pharmacology or microbiology. A PhD will serve as an additional advantage. Applicants must also have a minimum of 15 years of experience in drug manufacturing, testing, clinical trials, or regulatory work. Additionally, the maximum age limit for deputation has been raised from 56 to 58 years. Suggestions on the draft rules may be submitted within 30 days, after which the final guidelines will be finalized.



30-METER TELESCOPE PROJECT: INDIA AND JAPAN JOIN
HANDS IN SPACE EXPLORATION



India and Japan are jointly developing the Thirty Metre Telescope (TMT), a next-generation space observatory that will allow scientists to study distant planets, stars, and galaxies—and potentially detect signs of life beyond Earth. The United States is also a key partner in this international project. From India, institutions such as IIA, IUCAA, and ARIES will contribute to designing and building critical components of the telescope. The TMT's main feature is its 30-metre-wide primary mirror, made up of nearly 500 precisely aligned segments, enabling it to capture images far sharper and clearer than any current telescope. Located on Mauna Kea, Hawaii, at an altitude of 4,000 metres, the site offers clear skies and minimal atmospheric interference, making it ideal for deep-space observations. Once operational in the mid-2030s, the TMT will help researchers explore distant galaxies, exoplanets, black holes, and the early universe. The project marks a major milestone in global scientific collaboration and significantly strengthens space research capabilities in both India and Japan.

FLAGSHIP SHOWDOWN: ONEPLUS 15 AND
IQOO 15 LAND IN INDIA

The Indian flagship Android market has just been energized by the simultaneous launch of the OnePlus 15 and the iQOO 15, both powered by the cutting-edge Qualcomm Snapdragon 8 Elite Gen 5 chipset. Starting at an identical price point of ₹72,999, the two rivals are engaging in a fierce battle, primarily differentiated by their focus areas. The iQOO 15 targets the extreme performance user, packing a specialized Q3 Gaming Chip and a massive 8K vapour chamber cooling system to ensure sustained, top-tier frame rates. It boasts a stunning 6.85-inch 2K LTPO AMOLED display with an industry-leading 6,000 nits of peak brightness. Conversely, the OnePlus 15 positions itself as the all-round premium choice. While also a performance powerhouse, it features a slightly larger 7,300mAh battery with quicker 120W wired charging, a faster 165Hz refresh rate display, and a more robust camera system with advanced 8K video recording capabilities. The choice between the two high-end devices ultimately rests on user priority: raw gaming focus (iQOO) or superior battery life and video versatility (OnePlus).



BOLLYWOOD BIDS FAREWELL TO 'HE-MAN' DHARMENDRA



The entire Indian cinema community is steeped in sorrow following the passing of legendary veteran actor Dharmendra, who breathed his last on November 30, 2025, at the age of 90. Known affectionately as the 'He-Man' of Bollywood, Dharmendra's unparalleled charm, versatility, and enduring screen presence spanned seven decades, making him one of the most beloved figures in film history. Tributes have poured in from all corners of the industry. Veteran actor and close friend, Shatrughan Sinha, expressed his profound grief, calling the loss "the end of a golden era." He lauded Dharmendra's humility and his rare ability to seamlessly transition from romantic lead to action star to comedian. Prime Minister Narendra Modi and several Chief Ministers also extended their condolences, recognizing his immense contribution to Indian arts. From his debut in 1960 to his final project, Dharmendra's legacy, marked by iconic films like Sholay, Chupke Chupke, and Satyakam, will continue to inspire generations of artists. He leaves behind an indelible mark on cinema and a nation mourning the loss of a true icon.

EUROPE'S GROUNDWATER CRISIS: TWO
DECADES OF SHRINKAGE

A concerning analysis of two decades of satellite data has revealed a significant and alarming depletion of freshwater reserves across vast swathes of southern and central Europe. The primary casualty is groundwater, the hidden water beneath the Earth's surface, which is shrinking at an accelerating rate due to the impacts of climate breakdown. The study, utilizing data from the GRACE (Gravity Recovery and Climate Experiment) mission, points to persistent and prolonged droughts, coupled with increased water consumption for agriculture and cooling, as the main drivers. Regions including the Mediterranean basin, France, and parts of the UK are now experiencing a deficit that is not being adequately replenished by rainfall. This sustained decline in groundwater threatens not only ecological stability but also the region's long-term water security. Groundwater is a crucial buffer against drought, especially for domestic consumption and irrigation during dry summer months. Experts warn that without immediate, coordinated European strategies for sustainable water management and strict climate action, the continent faces an escalating hydrological crisis.



Afreen Mazgaonkar & Nancey Kujur

PUNE'S ARMY SPORTS INSTITUTE SHINES: ALL 9 BOXERS MEDAL, INCLUDING 3 GOLDS



Boxers from the Army Sports Institute (ASI) in Pune delivered an exceptional performance at the World Boxing Cup 2025, achieving a remarkable 100% medal success rate as all nine participating athletes secured podium finishes. Their outstanding haul included three gold, four silver and two bronze medals, showcasing the institute’s excellence in training and the athletes’ unwavering dedication. The gold medals were won by Havildar Arundhati in the 70 kg category, Naib Subedar Jaismine in the 57 kg category and Havildar Sachin in the 60 kg category, each demonstrating superior skill and fighting spirit. The Indian Army praised the boxers for their discipline, commitment and resilience, attributing this historic

performance to ASI’s world-class training environment, scientific support and the relentless efforts of coaches and support staff. Established in 2001 under Mission Olympics, ASI has consistently played a crucial role in grooming elite athletes across disciplines such as boxing, wrestling, archery and athletics. The institute also identifies and nurtures young talent through its Boys’ and Girls’ Sports Company programmes, drawing promising sportspersons from across the country. The Army congratulated all the winners and reaffirmed its commitment to preparing athletes who can bring glory to the nation on the global stage.

INDIAN WOMEN'S KABADDI TEAM WINS WORLD CUP FOR THE SECOND TIME IN A ROW

Congress president Mallikarjun Kharge congratulated the Indian Women’s Kabaddi Team for their outstanding triumph at the Women’s Kabaddi World Cup 2025, where India secured their second consecutive title by defeating Chinese Taipei 35-28 in the final held in Dhaka. Kharge, in his message on social media, praised the players for their dedication, perseverance and remarkable teamwork, stating that the entire nation is proud of their achievement and that their victory will inspire countless young girls across the country to pursue sports and chase their dreams with confidence. The Indian team delivered a dominant performance throughout the tournament, winning all their group-stage matches before defeating Iran 33-21 in a strong semi-final display that earned them a well-deserved place in the final. Chinese Taipei also showcased impressive form, remaining unbeaten in their group and overcoming Bangladesh 25-18 in the semi-final to set up the title clash with India. With 11 nations participating, the tournament highlighted the rapid global rise and popularity of women’s kabaddi, reflecting the sport’s growing international appeal. India’s victory reaffirms the nation’s status as a powerhouse in kabaddi and stands as a proud moment for Indian sports on the world stage.



STRONG FINISH FOR INDIA: 16 SHOOTING MEDALS AT DEAFLYMPICS, MOHIT SANDHU BAGS FOUR

India concluded its Deaflympics shooting campaign in Tokyo with an exceptional haul of 16 medals, marking a significant improvement from the previous edition in Brazil where the country had secured only five. On the final day, shooter Chetan Hanmant Sapkal competed in the men’s 25m rapid fire pistol final after qualifying third with a score of 564-5x, but despite a strong start, he was the first to be eliminated in the final and finished sixth with a score of eight. The event saw South Korea’s Seung Hwa Lee clinch the gold medal, while Ukraine’s Serhii Ohorodnyk and South Korea’s Tae Young Kim secured silver and bronze respectively. Over the 10-day competition, Indian shooters displayed remarkable consistency and skill, winning 7 gold, 6 silver and 3 bronze medals out of the 39 available. Rifle shooter Mahit Sandhu emerged as India’s standout performer with four medals two gold and two silver followed by pistol shooters Abhinav Deshwal and Pranjali Prashant Dhumal, who each claimed two gold and one silver. Other medalists included Dhanush Srikanth with two gold medals, along with Mohammed Murtaza Vania, Komal Milind Waghmare, Anuya Prasad, Shourya Saini and Kushagra Singh Rajawat, all contributing to India’s memorable and inspiring campaign.



INDIA EDGES SOUTH AFRICA IN 1ST ODI THRILLER

India clinched a thrilling 17-run victory over South Africa in the first ODI at the JSCA International Stadium Complex in Ranchi, taking a 1-0 lead in the three-match series after a high-scoring contest that kept fans on the edge until the final over. Batting first, India posted an imposing 349/8, powered by a brilliant 52nd ODI century from Virat Kohli, who crafted a magnificent 135 off 120 balls and anchored the innings with trademark elegance and control. He received solid support from Rohit Sharma, who contributed a fluent 57, and captain KL Rahul, whose composed 60 helped maintain India’s momentum. South Africa, despite losing three early wickets, fought back admirably through a determined middle-order effort and a spirited late surge from Corbin Bosch, who top-scored with a fighting 67 to keep the Proteas in the hunt. However, India’s bowlers held their composure under pressure, with Kuldeep Yadav delivering a match-defining performance by taking four crucial wickets, while young pacer Harshit Rana impressed with three important breakthroughs. South Africa’s chase eventually ended at 332 in the final over, handing India a hard-fought win. For his superb century and match-winning impact, Virat Kohli was named the Player of the Match.



MIAMI STORM INTO MAIDEN MLS CUP FINAL WITH DOMINANT 5-1 WIN



Inter Miami CF marched into their first-ever MLS Cup final with a commanding 5–1 victory over New York City FC in the Eastern Conference playoff final, marking a historic night for the club and its fans. Led by captain Lionel Messi, Miami produced one of their most dominant performances of the season, with Argentine forward Tadeo Allende stealing the show through a brilliant hat-trick that took his playoff goal tally to eight. Miami’s attacking firepower continued as Mateo Silvestri added a well-crafted goal assisted by Messi, while substitute Telasco Segovia sealed the rout with a composed finish in the second half. Despite New York grabbing a consolation goal, they struggled to match Miami’s intensity, rhythm and clinical edge in front of goal. The atmosphere at Chase Stadium was electric, fueled by a crowd anticipating a milestone moment for the club, and their excitement soared once the final whistle confirmed Miami’s place in the MLS Cup final, where they will host Vancouver Whitecaps FC. Head coach Javier Mascherano praised the squad’s unity, describing the team as an “unbreakable group” committed to a shared vision. With confidence high and momentum on their side, Inter Miami now stand on the brink of potentially securing the most significant title in their young history.

TREESA - GAYATRI RETAIN TITLE; SRIKANTH FALLS AGONIZINGLY SHORT AT SYED MODI INTERNATIONAL

The Syed Modi International Badminton Championships in Lucknow on November 30, 2025, brought contrasting emotions for Indian fans as the women’s doubles team of Treesa Jolly and Gayatri Gopichand successfully defended their title, while former World No. 1 Kidambi Srikanth narrowly missed out on ending his long title drought. Top-seeded Treesa and Gayatri delivered a remarkable comeback to claim their second consecutive Syed Modi crown, defeating Japan’s Kaho Osawa and Mai Tanabe 17-21, 21-13, 21-15 in an intense final that stretched beyond an hour; their triumph also marked the first BWF World Tour title by an Indian doubles pair this year. In contrast, Srikanth endured a heartbreaking loss in the men’s singles final, extending his search for a BWF title since 2017. Facing Hong Kong’s Jason Gunawan, he battled through a gripping encounter but ultimately fell short 16-21, 21-8, 20-22, despite staging a strong resurgence in the second game and even saving a match point in the decider. A costly unforced error at the end left him settling for the runner-up position. The day highlighted both the rising strength of India’s doubles contingent and the continued resilience of Srikanth as he pursues a long-awaited return to the top podium.



Dr. Smita Ravikumar Kuntay & Ajab Tinwala

IOCL APPRENTICE
RECRUITMENT 2025-26

Indian Oil Corporation Limited (IOCL), India's largest commercial enterprise, invites applications from Fresher ITI, Diploma, 12th Pass, B.Sc, B.Com & B.A graduates for 2757 Trade & Technician Apprentice posts under its Refineries Division. This is an excellent opportunity for young aspirants to begin their professional journey with a Maharatna PSU, offering hands-on training, industry exposure, and a pathway to future employment opportunities.

Post Name: Trade Apprentice & Technician Apprentice
Total Vacancies: 2757

Eligibility Criteria

- Age Limit: 18-24 years as on 30.11.2025 (Upper age relaxation as per Government norms)

Educational Qualifications:

- Trade Apprentice (ITI): Matric + Full-time ITI (Fitter, Electrician, Instrument Mechanic, Electronics, DEO, etc.)
- Trade Apprentice (DEO): 12th Pass
- Technician Apprentice: 3-year Diploma (Mechanical, Electrical, Civil, Instrumentation, EEE, etc.)
- Graduate Apprentice: B.A / B.Com / B.Sc / BBA (as per refinery requirement)

Stipend: As per Apprentices Act 1961/1973 and IOCL guidelines

Job Location: Across IOCL Refineries in India

Last Date to Apply: 18 December 2025 (5:00 PM)

IOCL Refinery-Wise Vacancy Distribution (Total: 2757 Posts)

- Guwahati: 82
- Barauni: 313
- Gujarat: 583
- Haldia: 216
- Mathura: 189
- Panipat & Petrochemical Complex: 707
- Digboi: 112
- Bongaigaon: 142
- Paradip: 413

Selection Process

- No Written Test
- No Interview
- Only Document Verification based on educational marks
- A merit list will be prepared purely on qualifying exam scores.

How to Apply

- Eligible candidates must apply online through the IOCL Apprenticeship Portal.
- Ensure all documents photo, signature, certificates—are uploaded correctly before submission.

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

OICL AO RECRUITMENT 2025-26 | 300 ADMINISTRATIVE OFFICER POSTS

The Oriental Insurance Company Limited (OICL), New Delhi a premier Public Sector General Insurance Company announces an excellent career opportunity for graduates across India. The OICL AO Recruitment 2025-26 aims to fill 300 Administrative Officer (Scale-I) positions in Generalist and Hindi Officer disciplines. This is your chance to join one of India's top government-owned insurers with an attractive salary, nationwide postings, and a stable career path.

Available Vacancies (Total: 300 Posts)

- Generalist: 285
- Hindi Officer: 15

Important Dates

- Notification Released: 25 November 2025
- Online Registration Starts: 1 December 2025
- Last Date to Apply: 15 December 2025
- Tier-I Exam: 10 January 2026 (Tentative)
- Tier-II Exam: 28 February 2026 (Tentative)

Eligibility Criteria

- Age Limit: 21-30 years (Relaxation: SC/ST 5 yrs, OBC 3 yrs, PwBD 10 yrs)
- Educational Qualification:
 - Generalist: Bachelor's Degree in any discipline

(Freshers eligible)

- Hindi Officer: Master's Degree in Hindi/Hindi Translation with English as a graduation subject

Salary

- Approx. ₹85,000/- per month including allowances (Scale-I Officer).

Selection Process

- Preliminary Exam (100 Marks)
- Main Exam (200 Marks)
- Interview - Final merit based on Main Exam + Interview.

Prelims Exam Pattern:

- English Language - 30
- Reasoning Ability - 35
- Quantitative Aptitude - 35

Total: 100 Marks

Application Fee

- UR/OBC: ₹1000 + GST
- SC/ST/PwBD/Internal: ₹250 + GST Payment Mode: Online (UPI, Wallets, Cards, Net Banking)



OICL AO Recruitment 2025

How to Apply

Apply online at orientalinsurance.org.in

- Visit Career → Administrative Officer Recruitment
- Register → Fill form → Upload documents
- Pay fee online → Final Submit
- Download application copy for records

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

KVS & NVS RECRUITMENT 2025-26

The Central Board of Secondary Education (CBSE), on behalf of Kendriya Vidyalaya Sangathan (KVS) and Navodaya Vidyalaya Samiti (NVS), invites online applications from eligible Indian citizens for 14,967 Teaching and Non-Teaching vacancies. This national-level recruitment offers excellent opportunities for teachers, administrators, and support staff across India's premier central schools.

Available Posts (Teaching & Non-Teaching):

- Assistant Commissioner - 01, Principal -134, Vice Principal , PGT - 1465, TGT- 2794, PRT - 3365, Librarian -147, AE, ASO, AO, JSA, SSA, Steno, Lab Attendant, MTS, and more.

Total Vacancies: 14,967 (Tentative)

Important Dates

- Online Registration Begins: 14 November 2025 (10:00 AM)
- Last Date to Apply: 4 December 2025 (11:50 PM)

Educational Qualifications

Qualifications vary by post:

- PG + B.Ed. for PGT/Principal/Vice Principal
- Graduation + B.Ed. + CTET for TGT/PRT
- 10th/12th Pass for Non-Teaching posts
- Professional degrees for AE, Translator, Steno & Administrative posts
- Minimum 50% marks essential wherever specified.

Age Limit

- 18 to 50 years (Post-wise) + Age relaxation as per Govt norms.

Pay Scale

- Level 1 to Level 12: ₹ 18,000 – ₹ 2,08,700/- + allowances (as per post)

Selection Process

- Tier-1 Written Exam (Qualifying)
- Tier-2 Written Exam (85 % weightage)
- Interview (15% weightage)
- Skill Test (for Steno/JSA)
- Document Verification & Medical Exam

Application Fees

- PGT/TGT/PRT/AE/FO/AO/ASO/JT: ₹1500 + ₹500 processing
- JSA/SSA/Steno/Lab Attendant/MTS: ₹1200 + ₹500
- SC/ST/PwBD/Ex-Servicemen: Only ₹500 processing fee

Payment Mode: Online

KVS NVS Recruitment

Kendriya Vidyalaya Sangathan & Navodaya Vidyalaya Samiti

14,967 Posts



How to Apply

- Apply online through: cbse.gov.in | kvsangathan.nic.in | navodaya.gov.in

Steps:

- Register using personal details
- Upload photo, signature & certificates
- Pay fee online
- Submit application before 4 Dec 2025

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

Deepika Singh



1. Which country banned social media for children under 16?
2. Who won the first Blind Women's T20 World Cup?
3. Which NASA rover found "mini-lightning" on Mars?
4. Which country's Bill C-3 expands citizenship by descent?
5. Where was India's first global aircraft engine MRO inaugurated?
6. Who received the 2025 Jean Hersholt Humanitarian Award?
7. Which Indian city hosted the FIDE World Cup 2025?
8. Which cyclone hit Sri Lanka and Tamil Nadu in late Nov 2025?
9. Which film won "Best AI Film" at IFFI 2025?
10. Where was the Syed Modi International Badminton Championship held?



1. I am lighter than a feather, yet the world's strongest person can't hold me for much more than a minute. What am I?
2. What has cities, but no houses; forests, but no trees; and water, but no fish?
3. What word in the English language does the following: The first two letters signify a male, the first three letters signify a female, the first four letters signify a great man, and the whole word signifies a great woman?
4. A man is trapped in a room with only two doors. The first door leads to a fire so intense it would instantly incinerate him. The second door leads to a guard who will shoot him on sight. He escapes alive. How?
5. I am taken from a mine and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?

- ANSWERS
- 1) QUIZ TIME
1. Australia
 2. India
 3. Perseverance
 4. Canada
 5. Hyderabad
 6. Dolly Parton
 7. Goa
 8. Cyclone Ditrwah
 9. My Red Crayon
 10. Lucknow
- 11) RIDDLES
1. Your Breath
 2. A Map
 3. Heroine (He, Her, Hero, Heroine)
 4. He waited until night. The blazing sun that would instantly incinerate him is gone, and he can walk safely through the first door.
 5. Pencil Lead (Graphite)



Doodhi Halwa- Light, Nutty, and Traditionally Comforting!

This Week, We're Relishing Doodhi Halwa – Light, Nutty, and Traditionally Comforting!

Doodhi Halwa, also known as Lauki Halwa, is a classic Indian dessert made from bottle gourd, slow-cooked in milk, ghee, and khoya. It is mildly sweet, aromatic, and has a rich, fudgy texture that melts beautifully in every bite. Perfect for festive spreads, prasad, or a warm homemade treat after meals.

Ingredients:

- Bottle Gourd (Doodhi/Lauki) – 1 kg, peeled & grated
- Milk – 1 cup (full-fat recommended)
- Ghee – 4–5 tbsp
- Sugar – ¾ to 1 cup (adjust to taste)
- Khoya/Mawa – ½ cup (optional but enhances richness)
- Cardamom powder – ½ tsp
- Cashews, Almonds, Raisins – 2 tbsp mixed (for garnish)
- Saffron – a few strands soaked in 1 tbsp warm milk (optional)

Preparation

1. Peel the lauki, grate it, and lightly squeeze out the excess water.
2. Heat 2 tbsp ghee in a pan and sauté the grated lauki for 8–10 minutes until the raw smell fades.
3. Add milk and cook on medium–low flame until it fully absorbs and reduces, stirring occasionally.
4. Add sugar; the mixture will loosen at first—keep cooking until it thickens again.
5. Mix in khoya and remaining ghee, cooking until the halwa turns glossy and leaves the pan sides.
6. Add cardamom powder and saffron milk, mixing well.
7. In a small pan, fry dry fruits in a little ghee and fold them into the halwa.



Serving Tip:

Serve Doodhi Halwa warm for its best taste and aroma. Garnish with roasted nuts and pair it with hot puris or enjoy it as a rich, festive dessert after meals.

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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