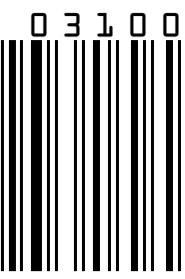


THE HULAHUL TIMES

Evolving Today For A Better Tomorrow

ISSN 2583-5033



Ravi Singh & Naaz

LIGHTING THE PATH TO A SUSTAINABLE FUTURE

When we talk about energy efficiency, we talk about the foundation of a truly sustainable world; how we move forward without harming the earth. India demonstrates its heartfelt dedication to this cause by marking **December 14th as National Energy Conservation Day**. This special day is a hopeful reminder and a moment of shared responsibility that highlights the great importance of making smart energy choices. More than just an official event, it's the spark that inspires people, businesses, and organizations everywhere to take ownership of saving, guiding us toward a healthier and more harmonious tomorrow.

Understanding when the day began gives us deeper insight into its goals. National Energy Conservation Day serves as a reminder of the significant role energy plays in our day-to-lives and the urgency of conserving it. The day was introduced in 1991, by the Bureau of Energy Efficiency (BEE) under the Ministry of Power, symbolizing the nation's commitment to energy efficiency and conservation. Energy conservation, in essence, is about reducing unnecessary energy usage or wastage by adopting and promoting efficient practices and technologies. It is a collective responsibility that requires incorporating energy-conscious behavior into our daily routines. By doing so, we not only save the resources for future generations but also contribute to mitigate environmental deterioration.

India's commitment to energy conservation is highlighted in various government initiatives aimed at reducing energy consumption and enhancing sustainability. The "Perform, Achieve, and Trade" (PAT) scheme has saved energy worth Rs. 55,00 crore annually, while avoiding 110 million tons of CO2 emissions.

Similarly, the Standard and Labelling (S&L) program covers 38 appliances, informing consumers about the energy-saving potential of labelled products.

The "Go Electric" campaign, launched in 2021, promotes electric vehicles (EVs) and electric cooking, while the "EV Yatra" web portal and mobile app provide information on Electric Vehicle charging stations across the country.

The UJALA scheme has distributed millions of energy-efficient LED bulbs, leading to significant reductions in greenhouse gas emissions and electricity bills.



NATIONAL ENERGY CONSERVATION DAY

Energy Audits and Pledges are observed in several institutions. Schools and organizations conduct energy audits to assess usage and encourage students to take "energy conservation pledges." This symbolic act encourages a commitment to saving energy daily.

Awards and Competitions become part of the activities as the Bureau of Energy Efficiency organizes essay writing, poster-making, quiz, and debate competitions. Winners are acknowledged at local, state, and national levels, motivating peers to join in.

Workshops and Awareness Drives are conducted. Interactive sessions provide practical advice on energy-efficient appliances and techniques for reducing power

consumption, crafting a culture of conservation.

A showstopper of the National Energy Conservation Day celebrations is the prestigious National Energy Conservation Awards (NECA), an initiative by the Bureau of Energy Efficiency (BEE) under the Ministry of Power.

Instituted in 1991, with the declaration of National Energy Conservation Day, these awards honor the commendable efforts of industrial units, institutions, and establishments that have truly reduced energy consumption while maintaining or enhancing their functionality efficiency.

Each year, on December 14, these awards are presented by esteemed dignitaries. Over years, the National Energy Conservation Awards have developed into a prominent platform, cultivating a spirit of competition and innovation among stakeholders across different sectors to excel in energy conservation.

As an aware citizen, we can also celebrate National Energy Conservation day by adopting and promoting small habitual energy conservation practices. We can commence it by simply switching off lights, fans, and electronics when not in use, making it a habit at home and school. Avoiding single-use decor or giveaways, opting for electronic presentations or reusable materials during school events. Encouraging recycling and proper waste disposal at all events.

National Energy Conservation Day is far beyond a day on the calendar. It is a nationwide mission aimed at making energy consciousness a natural part of life. As the country moves forward, our focus on sustainable habits and efficiency is becoming more significant than ever. By ensuring that our personal choices reflect our national goals, we can all join hands to light the way toward a sustainable future.

#Notable_Story

Queen Didda of Kashmir: The Iron Lady of the Pg 02

#Person_of_Interest

Ms. Neha Arora: Opening India's Roads to Inclusive Travel.... Pg 03

#Krishi_Gyan

Vidarbha Farmer Boosts Income Through Doorstep Turmeric Grinding Model... Pg 06

#Educational_News

IIT Kharagpur Launches 24x7 'Recharge Zones' to Ease Placement-Season Stress.... Pg 07

#Artha_Gyan

India-Russia Summit Unveils Broad Vision for Trade, Connectivity, Technology, Culture and Global Governance.... Pg 08

#Learning_and_Development_through_Ancient_Indian_Wisdom

Q. Speak truth pleasantly; never speak unpleasant truths nor please falsehoods. Do you think, it is possible?.... Pg 09

#Lifelab

The Confidence Loop: How Small Wins Become the Fuel for Big Dreams.... Pg 10

#Current_News

India and Canada to Resume Negotiations on Free Trade Deal... Pg 11

#Sports_News

Treesa Jolly and Gayatri Gopichand Retain Syed Modi International 2025 Title.... Pg 12

#Job_Junction

IIBF Junior Executive Recruitment 2025 – Apply Online Now! Pg 13

Durgesh K. Dubey

QUEEN DIDDA OF KASHMIR: THE IRON LADY OF THE HIMALAYAS

High in the serene valleys of Kashmir, where snow-fed rivers whisper ancient tales, lived a queen who defied the limits of her time Queen Didda, the remarkable ruler of the 10th-century Lohara dynasty. Her story is not merely one of power and politics; it is a story of resilience, intellect, and moral conviction — a lesson in how a determined mind and righteous heart can shape destiny.

The Birth of a Remarkable Soul

Queen Didda was born around 958 CE, the granddaughter of the great ruler Bhima Shahi of the Lohara dynasty in modern-day Poonch (Jammu and Kashmir). From birth, she faced physical challenges — one of her legs was weak, making walking difficult. In an era when physical perfection was associated with strength, many thought she would live a quiet, dependent life.

But Didda's spirit was stronger than her body. She grew up listening to tales of valor and wisdom from her grandfather, who often told her, "A strong will can conquer any weakness."

She learned statecraft, philosophy, and the duties of dharma from the best scholars of her time. While most girls were confined to domestic life, Didda was training to become a thinker, a ruler, and a warrior of destiny.

Marriage and the Seeds of Power

Didda was married to King Kshemagupta of Kashmir, a learned yet pleasure-loving ruler. Though she entered the palace as queen, her heart remained close to her people. She often sat among villagers, listening to their concerns. She was intelligent and observant — she understood the workings of the royal court, the ambitions of courtiers, and the fragility of power.

When Kshemagupta died around 958 CE, Didda's young son Abhimanyu ascended the throne. The kingdom plunged into uncertainty, and conspiracies flourished. Didda was now the regent queen, ruling on behalf of her minor son. Many nobles thought they could control her, believing that a woman and a physically weak one could not rule a kingdom.

But they underestimated her. Beneath her gentle demeanor lay a mind sharp as a blade.

The Queen's Courage and Wisdom

Didda ruled wisely and firmly. She curbed corruption and restored discipline in administration. Her policies were guided by dharma — righteousness and justice for all. She reduced unnecessary taxes and built temples, irrigation channels, and schools, ensuring that prosperity reached every corner of the kingdom.

However, fate struck again. Her son Abhimanyu died young, leaving behind an infant heir. Once again, the throne rested on

Didda's shoulders this time as a grandmother and regent to her grandson. Enemies saw this as their chance. Rebellions rose in distant provinces, and ministers plotted against her.

But Didda did not lose heart. She summoned her council and declared, "The kingdom is not a throne of gold; it is a seat of duty. If I must defend it alone, I will."

She personally led her forces, showing that physical weakness could not weaken the spirit. Her sharp strategies and courage in battle silenced her critics. Over time, she eliminated disloyal ministers and reorganized the administration to ensure stability.

The Iron Lady of Kashmir

As her grandson matured, Didda continued to guide him, teaching him lessons of justice and leadership. But fate was cruel



again one after another, her grandsons died mysteriously, leaving no direct heir. The nobles, fearing chaos, urged Didda to take the throne herself.

In 980 CE, Didda officially became the Queen of Kashmir, ruling in her own right one of the very few women in medieval India to do so.

Under her reign, the kingdom flourished. Trade routes revived, cultural exchanges increased, and art and architecture reached new heights. She treated her subjects as her children, personally intervening in disputes and ensuring fair justice. Her court welcomed scholars, poets, and philosophers, making Kashmir a center of learning and culture.

Though firm, she was deeply compassionate. Once, when a peasant woman's son was wrongly imprisoned, Didda personally reviewed the case and freed him, saying, "If a ruler cannot hear the cry of a mother, she does not deserve the crown."

Balancing Power and Dharma

Didda's greatest strength lay in her understanding of balance

between firmness and mercy, authority and humility. She never let power corrupt her judgment. She believed that kingship was not about ruling over others but serving them with justice.

Her enemies, including local feudal chiefs, tried many times to overthrow her. Yet, each time, she used wisdom instead of vengeance. When one of her old rivals was captured, she spared his life, saying, "Killing one's enemy is easy; conquering his hatred is divine."

In her later years, Didda prepared carefully for the future. With no direct heirs, she adopted her nephew Samgramaraja from the Lohara dynasty, uniting two regions Lohara and Kashmir under one future rule. This decision brought long-term stability to the region and ensured peace after her death.

Her Legacy and Philosophy

Queen Didda ruled Kashmir for nearly 44 years from 958 CE to 1003 CE a period longer than many great kings. Her reign is remembered for political stability, social reform, and women's empowerment. She proved that leadership is not defined by gender or physical strength, but by courage, wisdom, and moral conviction.

Her philosophy reflected the timeless principles of Indian knowledge systems. She ruled according to moral law, protecting the weak and punishing injustice. She believed that destiny favors those who act with faith and determination. Though a warrior, she valued peace and mercy over revenge. She saw her role not as a ruler, but as a servant of her people and her land.

Moral of the Story and Conclusion

The story of Queen Didda of Kashmir teaches us that true leadership is not about titles or privilege it is about responsibility, wisdom, and compassion. She turned personal suffering into strength, transforming challenges into opportunities for growth. Her life reminds us that even in adversity, one can uphold dharma and serve with integrity.

In an age when women's voices were often silenced, she became the voice of courage and justice. Her story inspires us to face obstacles with patience, lead with moral clarity, and remember that every act of righteousness leaves a lasting legacy.

Her story belongs not only to Kashmir but to all of India a reminder that power finds its true purpose only when guided by virtue.

Even today, the mountains of Kashmir seem to echo her message: "Strength lies not in the body, but in the will guided by dharma." Queen Didda, the Iron Lady of Kashmir lives forever as a symbol of wisdom, courage, and righteous leadership.

MS. NEHA ARORA: OPENING INDIA'S ROADS TO INCLUSIVE TRAVEL

For decades, the simple, inherent joy of travel has remained an inaccessible dream for millions of Indians living with disabilities. The barriers they face are not just the obvious ones such as



inadequate infrastructure or a lack of ramps, but a more serious challenge, deeply ingrained societal prejudice and the assumption that disabled people simply don't travel. Ms. Neha Arora, the person who started and leads the inclusive travel company Planet Abled, is working hard to fix these problems in Indian tourism. Her company is a pioneer because it's transforming the way people with disabilities travel in India.

Ms. Neha Arora's commitment to accessibility arises out of personal reality. Her mother uses a wheelchair and her father is visually impaired and uses hearing aids, so she grew up seeing their everyday challenges. The moment that made her take action happened during a family holiday. She was disappointed by the lack of accessible facilities and people's lack of concern that it led to a public fight over access at a temple. This incident was her wake-up call, realizing that in India, "no one expects disabled people to travel, assuming that they don't work or they don't have money and will be a charity case."

Driven by this sense of urgency, Ms. Neha Arora launched Planet Abled in January 2016. Her business idea was, and remains, revolutionary. She rejected the single-disability focus like many agencies in developed countries do. Instead, she established tours where people with different disabilities such as physical, cognitive, and sensory, travel with non-disabled companions. This blend is central to her company's vision. Ms. Neha Arora calls this calibre to manage diverse groups a "privilege I have from my birth," having been trained by her family experience.

The nucleus of Planet Abled's functioning lies in design thinking. They eschew one-size-fits-all solutions, precisely taking into account the accessibility needs of each traveler to customize tours accordingly. If a trip is for a diverse group, the experiences are designed so that everyone can participate, ensuring that the need for accommodation does not restrict one's freedom of choice. As Ms. Arora pointed out, "Why shouldn't a disabled person have the freedom of choice when it comes to travelling?"

Planet Abled does more than just fixing physical barriers. It helps change how society thinks. When non-disabled people travel with their disabled peers, they start to lose their prejudices. Instead of feeling sorry for them or ignoring them, they gain real understanding. These groups teach everyone that people with disabilities are "just people who happen to have disabilities." Ms. Neha Arora points out the positive impact that travelers without disabilities have been inspired to make their own workplaces accessible or hire people with disabilities, showing that the trips encourage respect and thoughtful interaction.

Despite the company's success, Ms. Arora acknowledges the fact that India still lags behind the rest of the world. Accessibility is not just an infrastructure problem but a political one. As per the World Health Organization, 15 percent of the global population has a disability, yet India's 2011 census counted only 2.2

percent. If citizens are not counted, resources cannot be allocated, and the situation remains unchanged. While iconic sites abroad like the Colosseum in Rome and the Acropolis in Greece are wheelchair accessible, major Indian sites, such as the Taj Mahal's mausoleum, are still not. Additionally, basic public transport and sanitation remain largely inaccessible for everyone, let alone those with disabilities.

This lack of reliable public infrastructure means that traveling with a disability in India remains extremely expensive. Travelers are often restricted to 4-star hotels above just to find a single wheelchair-accessible room. Planet Abled addresses this by working directly with hotels, providing essential training on everything from assisting a blind person to communicating with a deaf traveler, bridging the gap left by an untrained workforce.

Planet Abled has marked several achievements. The company's most celebrated project remains the organization of the first



ever accessible river rafting trip in India in 2016, proving that high-adrenaline adventure is possible for all. Having served an estimated 8,000 to 9,000 people, the company has expanded its influence globally, recently opening a consulting office in Vienna. There, Ms. Arora and her team work with destinations and businesses to make them "accessible by design," even organizing a stakeholder consultation for the United Nations to address the disconnect between compliance and the actual needs of travelers.

What truly motivates Ms. Neha Arora is the emotional feedback, like travelers saying, "You gave me the best day of my life," or hearing from people who, after an injury, started visiting India again every year thanks to Planet Abled. Ms. Neha Arora's ultimate vision is to see the tourism industry move away from viewing accessibility as an obligation and instead embrace it as an aspiration, competing on who offers the most inclusive and dignified service. She uses her life experience to ensure that the smiles of her travelers continue to spread happiness and accessibility is the norm across the globe.

Planet Abled's greatest success is proving that including everyone is the best way to travel. The company is creating a model for a travel industry where all people are treated with respect and have choices, helping us move toward a world that is truly open to everyone.



Dr. Smita Ravikumar Kuntay

EDITOR



Dr. Smita Ravikumar Kuntay

PhD (Business Administration) M.Phil, M.Com, B.Ed.
Assistant Professor, (Department of Commerce) &
Professor in-charge of Department of Accounting and
Finance (BAF) and Foreign Trade Sydenham College.

Member, Board of Studies in Accounting,
Dr. Homi Bhabha State University, Mumbai
Gazette Class One officer of Government
of Maharashtra.

EDITORIAL NOTE

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

A few years ago, online shopping meant typing, scrolling and clicking. Today, it has shifted from fingers to voice and from English to your mother tongue. Imagine simply speaking a sentence in your kitchen and having groceries delivered the same day.

“Hey Google, order toothpaste.”
“Alexa, find a kurta under ₹1000.”
“Hey Google, book a cab to college.”
“नमस्ते, मुझे एक नया मोबाइल दिखाइए।”

Voice commerce has turned speech into a shopping tool. Combined with vernacular marketing, it is reshaping the way India shops and connects with brands. Your voice is now your shopping cart, and your own language is the new digital marketplace.

From Typing to Talking: The New Buying Habit

Voice commerce allows people to search, compare and purchase products using smart assistants such as Google Assistant, Siri or Alexa. Instead of typing on a small screen, users simply speak their needs. This is especially useful for:

- Students rushing between classes.
- Professionals multitasking or driving.
- Elderly people who find typing difficult.
- First-time internet users.
- Those not comfortable with English.

Talking is natural. It is faster than typing and easier than reading. That is why voice-based buying is becoming the preferred method for millions, especially in semi-urban and rural India.

Imagine a college student preparing for an interview. She realises her formal shoes are worn out. She simply says, “Show me affordable black formal shoes for women.” Within seconds, her phone reads out options, displays pictures and even suggests discounts. One tap and the purchase is complete.

Power in one sentence Efficiency in one tap

Vernacular: The Real Bridge to Bharat

India is not just an English-speaking nation. It is a multilingual powerhouse of Hindi, Marathi, Tamil, Telugu, Bengali, Gujarati, Punjabi and many more languages. Brands have finally understood this reality. Apps, advertisements and voice commands are now available in local languages. When a brand greets you in your mother tongue, the connection becomes personal and emotional. Trust builds instantly. Buying feels comfortable. For example, a farmer in rural Maharashtra may hesitate to use an English-only app. But when he can search, listen and order in Marathi, a digital barrier disappears. This is inclusive commerce a system that does not leave anyone behind. Language is no longer a limitation. It is a bridge.

When Voice Meets Local Language

This powerful combination is already shaping daily life:

- E-commerce apps offer voice search in regional languages.
- Banking apps allow spoken transactions.
- Food delivery apps accept voice orders.
- Government apps provide information in local languages.
- Even kirana store owners use voice-based systems to reorder goods.

Voice + vernacular is not just increasing sales; it is increasing digital equality across India.

Why Brands Are Loving This Trend

For companies, voice-based interaction is gold. It reveals:

- What customers want
- How they speak
- Which language they prefer
- Their urgency and emotions

Using this data, brands create personalised and localised campaigns. For instance, a snack brand may promote spicy flavours in South India and sweeter ones in the North all communicated in the local language.

Marketing is no longer general. It is regional, emotional and interactive.

A Big Opportunity for Students

For students of commerce, marketing, media and management, this is the new career playground. Emerging roles include:

- Voice Experience Designer
- Regional Content Strategist
- Language Data Analyst
- AI Conversation Trainee
- Multilingual Digital Marketer

Those who understand how people speak and connect in local languages will stand out. If you understand your community's language, you understand the next big market.

Challenges & Smart Safety Tips

Like all technology, voice commerce has some risks:

- Accent misunderstandings
- Errors in complex commands
- Privacy concerns
- Inaccurate recommendations

To stay safe:

- ✓ Set a voice-security password
- ✓ Review orders before payment
- ✓ Use verified apps only



- ✓ Delete voice history regularly
- ✓ Never share OTPs or personal data

Your voice is powerful, use it wisely.

More Than a Trend – It's a Movement

Voice Commerce and Vernacular Marketing are not just upgrades in technology. They represent a social shift technology adapting to humans.

Earlier, people had to learn English to use the internet. Now, the internet is learning our languages.

From a small town in Bihar to a metro city in Mumbai, the journey is becoming the same.

Speak, Listen, Choose & Buy.

In the coming years, keyboards may become optional but your voice will become your strongest digital tool. Because in this new world of commerce, every language is a shopping language and every voice is a buying power. In short, “In the new age of commerce, your voice is the fastest checkout key.”

Echoes of Expression

Prof. Dr. Savita Kishan Pawar

EDITOR



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

EDITORIAL NOTE

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

LITERARY ADAPTATION IN FILMS: A BRIEF HISTORY

The relationship between literature and cinema is almost as old as film itself. Since the early 20th century, filmmakers have turned to novels, plays, and poems for compelling stories and characters. Some of the earliest silent films, such as Georges Méliès's *A Trip to the Moon* (1902), were inspired by literary works by Jules Verne and H. G. Wells.



GRAMMAR TIP

Using 'Which' vs 'That'

'That' → essential information
'Which' → extra, non-essential information (comma needed)

Examples:

The book that she recommended was excellent.
The book, which has a red cover, is on the table.

During the 1930s and 1940s, the "Golden Age of Hollywood" embraced classic literature, adapting works like *Wuthering Heights*, *Pride and Prejudice*, and *Great Expectations*. These films brought canonical texts to wider audiences and cemented literature's role as a rich source of cinematic storytelling.

In India, the tradition of literary adaptations has been equally strong. Filmmakers like Satyajit Ray drew heavily from Bengali literature, adapting *Bibhutibhushan Bandyopadhyay's Pather Panchali*, which became a landmark in world cinema.

The late 20th and early 21st centuries saw a surge in adaptations ranging from fantasy (*Harry Potter*, *The Lord of the Rings*) and historical novels (*The English Patient*) to contemporary fiction (*Life of Pi*, *The Namesake*). Modern filmmakers often reimagine classics for new generations, reflecting current social and cultural contexts.

Today, adaptations span multiple platforms: films, web series, and streaming originals demonstrating the timeless power of literature to inspire new visual forms. The dialogue between text and screen continues to thrive, offering fresh perspectives on beloved stories.

DID YOU KNOW?

- The word "serendipity" was coined by Horace Walpole in 1754.
- Marathi historically used the Modi script for administrative writing.
- "Status quo" in Latin means "the existing state of affairs."
- German has a word for pleasure in someone's misfortune: *Schadenfreude*.
- The English word "clue" originally meant a ball of thread.
- The word "salary" comes from *salarium*, referring to salt payments given to Roman soldiers.

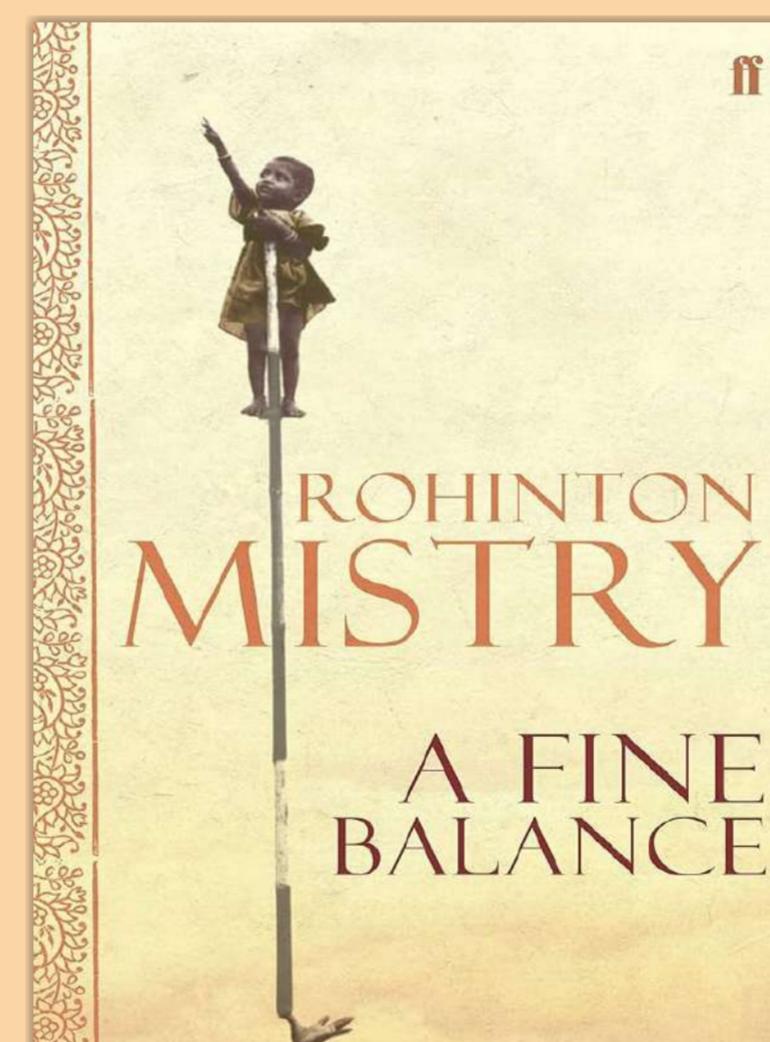
WRITER OF THE WEEK

Percy Bysshe Shelley (P. B. Shelley)

Percy Bysshe Shelley (1792–1822) was one of the greatest English Romantic poets, renowned for his lyrical genius, revolutionary ideas, and visionary imagination. His poetry reflects themes of freedom, nature, political radicalism, idealism, and the transformative power of love. Works such as "Ode to the West Wind," "To a Skylark," "Adonais," and *Prometheus Unbound* showcase his poetic mastery. Although underappreciated during his lifetime, Shelley is now celebrated as a central figure of English literature whose words continue to inspire generations.

BOOK REVIEW

A Fine Balance by Rohinton Mistry



A Fine Balance is a profoundly moving novel set during India's Emergency period (1975–77). The story brings together four individuals whose lives collide amidst political turmoil and social injustice. Mistry's narrative is rich, emotionally charged, and deeply humane. Through its portrayal of friendship, suffering, and perseverance, the novel explores the "fine balance" between hope and despair in human life. It remains one of the finest achievements in contemporary Indian fiction.

QUOTEABLE QUOTES

"One day I will find the right words, and they will be simple."

— Jack Kerouac

CREATIVE WRITING

WHERE THE MIND IS WITHOUT FEAR

Where the mind is without fear and the head is held high
Where knowledge is free

Where the world has not been broken up into fragments
By narrow domestic walls

Where words come out from the depth of truth
Where tireless striving stretches its arms toward perfection

Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit

Where the mind is led forward by thee
Into ever-widening thought and action

Into that heaven of freedom, my Father, let my country awake.

Poetry By
Rabindranath Tagore

WORD OF THE WEEK

Word : Resonance (noun)

Meaning: A deep, lasting effect or echo.

Example: Her motivational speech had a strong resonance, inspiring everyone long after the event ended.

IDIOM HIGHLIGHT

"Break the Ice"

Meaning: To initiate conversation in a socially awkward or tense situation.

Example: The host told a funny story to break the ice at the beginning of the meeting.

Ravi Singh & Kailashkumar Gaunder

VIDARBHA FARMER BOOSTS INCOME THROUGH DOORSTEP TURMERIC GRINDING MODEL

A farmer from Vidarbha Shivaji Kurhe has turned his turmeric harvest into a profitable business by providing doorstep grinding and direct delivery to customers. Instead of selling raw turmeric in bulk to traders for a low price, he offers freshly ground turmeric powder prepared from his own crop and sells it directly to consumers.

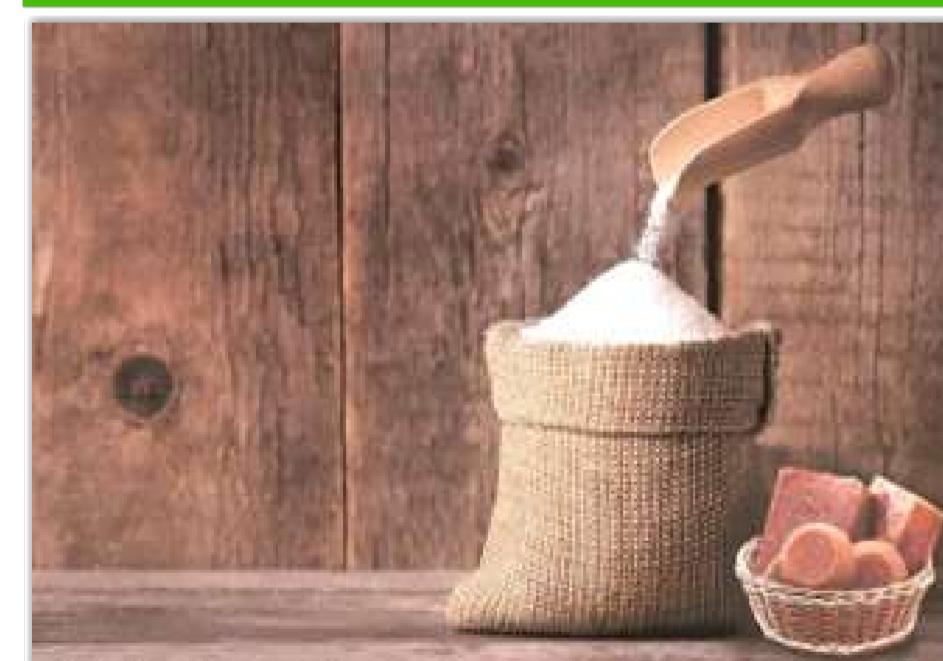


On average, Kurhe delivers about 50 kg of turmeric powder per day. The conventional route selling raw turmeric to traders fetched around ₹130 per kg. But by processing and delivering directly to customers, he earns nearly ₹300 per kg, more than double the traditional price.

Initially, Kurhe used a two-wheeler to carry a manual grinder, selling about 20 kg a day. But after investing ₹2.5 lakh in a vehicle equipped with a grinding setup, he now supplies 50 kg daily. He believes this direct-to-consumer model can substantially increase farmers' income and reduce reliance on loans.

Customers appreciate the

INDIA'S SUGAR OUTPUT SURGES 43% IN OCT-NOV ON STRONG MAHARASHTRA PERFORMANCE



Energy Manufacturers Association (ISMA), the rise reflects healthier cane yields and improved sugar-recovery rates as sugarcane crushing picked up pace nationally. Additionally, the number of operational sugar mills increased to 428 from 376, supporting the production boost.

India's sugar production jumped by 43% during October–November 2025, reaching 4.11 million tonnes compared to 2.88 million tonnes in the same period last year. This surge is largely thanks to a robust performance in Maharashtra one of the country's leading sugar-producing states where output rose to 1.69 million tonnes from just 460,000 tonnes a year ago.

Despite this upturn, the association has urged the government to raise the minimum selling price (MSP) of sugar, which has remained unchanged for over six years, citing increased production costs. With sugar output off to a strong start, the industry is eyeing a potentially high net production for the 2025–26 season provided cane yield, recovery rates, and demand all remain favourable.

Uttar Pradesh also contributed positively, producing about 1.40 million tonnes during this period, up from 1.28 million tonnes last year. According to the Indian Sugar & Bio-

MAHARASHTRA APMC MARKETS TO SHUT ON DECEMBER 5 IN PROTEST

On December 5, 2025, a coalition of major traders' organisations in Maharashtra launched a one-day statewide bandh to protest against the existing Agricultural Produce Market Committee Act, 1963 (APMC Act) and related market rules. The strike was called by five apex bodies Chamber of Association of Maharashtra Industry and Trade (CAMIT), Federation of Association of Maharashtra (FAM), Maharashtra Chamber of Commerce, Industry and Agriculture (MACCIA), Grain, Rice & Oil Merchants Association (GROMA), and Poona Merchants Chamber (PMC).



modern trade realities including changes in storage, logistics, packaging, and food-safety regulations. Given the shutdown, the supply of vegetables, fruits, grains, pulses, edible oils and other staples may be disrupted, affecting retail shops, restaurants, and even online delivery platforms temporarily.

According to traders, the APMC system has "collapsed" they claim it has become outdated, exploitative, and imposes unreasonable burdens on both traders and farmers. The bandh entails closure of mandis, wholesale markets, kirana shops, and other related trade units across the state for the entire day.

Whether this bandh results in meaningful reform remains to be seen but it underscores the growing frustration among traders and merchants over the regulatory framework governing agricultural markets in Maharashtra.

The protesters demand a complete overhaul or repeal of the existing APMC law, arguing that it fails to align with

INTERLINKING RIVERS: N. CHANDRABABU NAIDU'S PUSH TO MAKE ANDHRA PRADESH DROUGHT-RESILIENT



Vamsadhara River, Nagavali River, and Penna River through reservoirs and canals.

The plan encompasses completing mega-projects like Polavaram Project, which is central to river-linking ambitions, along with smaller reservoirs and lift irrigation networks. If fully implemented, the programme could deliver reliable irrigation and drinking water to remote and drought-prone zones such as Rayalaseema, helping restore groundwater levels and improve agricultural output.

Naidu has framed this strategy not just as an irrigation upgrade but as a broader roadmap to ensure every acre gets water mitigating drought risk and transforming the agrarian economy of Andhra Pradesh.

Naidu pointed out that thousands of thousand-million cubic feet (TMC) of water from the Godavari River and Krishna River currently goes unused into the sea a waste that could be avoided by linking rivers such as the

NATIONAL AGRI-STARTUP EXPO TO BE ORGANISED BY UAS DHARWAD



The UAS Dharwad is gearing up to host a two-day National Agri Startup Expo (NASE-2024) on December 27 and 28 at its Farmer's Knowledge Centre. The expo, organized in partnership with KRISHIK Agri-Business Incubator (KRISHIK-ABI) under the government's agriculture-entrepreneurship programme, will bring together around 150 agri-startups from across India.

This event promises a vibrant showcase of agricultural innovations from new farming technologies and mechanisation to sustainable agri-inputs and digital farming tools. Startups will display their solutions in dedicated stalls, engage with potential investors, and network with farmers' groups, agricultural buyers, and venture capitalists.

According to UAS Dharwad's vice-chancellor P.L. Patil, the expo offers a unique platform for startups to gain visibility, pitch to investors, and build meaningful collaborations that could transform farming practices across the country.

With its blend of innovation, entrepreneurship and agriculture, NASE-2024 has the potential to reshape how farming communities access modern technologies and business models — potentially redefining the future of agriculture in India.

To place an
Advertisement
please call on
+91-8433608140

Dr. Smita Ravikumar Kuntay & Gargi Date

IIT KHARAGPUR LAUNCHES 24x7 'RECHARGE ZONES' TO EASE PLACEMENT-SEASON STRESS



comes in response to a noticeable rise in student anxiety linked to the relentless placement schedule. The recharge zones are part of a broader effort by IIT Kharagpur to strengthen mental-health support, which already includes expanded counselling services and wellness programmes.

The IIT Kharagpur has rolled out around-the-clock "recharge zones" across campus to help students cope with the high pressure and anxiety that accompany the placement season.

For many students, the recharge zones are a lifeline during stressful times. As one student observed, even a short break from the placement frenzy can help "regain focus."

These dedicated relaxation spaces are designed to offer students a much-needed mental breather amid marathon interviews and consecutive selection rounds. The zones feature calm corners for meditation and reading, creative walls for doodling, soft-music pods, stress-relief games, and simple fitness tools — giving students a quick escape and a chance to reset their minds.

This move marks a meaningful change in how top institutions are addressing mental well-being during high-stakes academic events. By offering calm, supportive, and judgement-free spaces, IIT Kharagpur is recognising that taking a break or seeking solace need not be viewed as weakness — but as a healthy and essential part of navigating pressure and performance stress.

According to institute Director Suman Chakraborty, the initiative

ACCELERATING NAGALAND: HEALTH, EDUCATION GET A BOOST THROUGH TOYOTA KIRLOSKAR

Recently, the Investment and Development Authority of Nagaland and Toyota Kirloskar Motor Pvt Ltd signed a Memorandum of Understanding (MOU) to improve the state's health and education systems.

the TKM Pvt Ltd-run school and the Toyota manufacturing facility, pointing out that the school's holistic development and experiential learning model demonstrated how high-quality education can prepare children for the future.

In order to better prepare Nagaland's youth for new prospects, the education programs will encourage digital learning, skill development, and infrastructure upgrades.

In addition to expressing gratitude to Toyota Kirloskar Motor Pvt Ltd for its dedication to promoting positive social effect in Nagaland, the state government expressed optimism that this partnership with IDAN will produce significant and long-lasting benefits for the populace.

Chief Minister, Neiphiu Rio emphasized to the assembly that Nagaland's top priorities are healthcare and education. He claimed that this MOU offers a crucial boost to enhancing the quality of life in rural areas, where the need for skill development and infrastructure deficiencies continue to be major obstacles.

The MoU was conceived and carried out in a remarkably short amount of time, according to IDAN Chairman Abu Mehta. Toyota Kirloskar's Sudeep Dalvi highlighted the company's "Child to Community Development" philosophy, which holds that a child's growth influences the community's overall development.

He emphasized that Toyota Kirloskar's activities provide a significant route for long-term development.

Rio mused about his recent visit to

UGC LAUNCHES LEARN ONE MORE BHARATIYA BHASHA INITIATIVE FOR HEIS

The "Learn One More Bharatiya Bhasha" initiative, which aims to encourage students, faculty, and the local community to learn an additional Indian language from a different state or region in order to strengthen cross-cultural understanding, has been urged by the University Grants Commission (UGC) to be promoted by universities nationwide.

In order to assist higher education institutions in implementing new courses that encourage the study of Indian languages, the Bharatiya Bhasha Samiti (BBS) has developed guidelines.

Since the vocabulary, sentence structure, sound system, alphabet, and underlying grammar of all Indian languages are very similar, learning one more Indian language is not the same as learning a completely new language. Therefore, acquiring a second Indian language would be simple for HEI staff, instructors, and students, according to an official release from the UGC.

The guidelines provided by the BBS specify the kinds of courses that HEIs must offer, the target demographic



for these courses, the resources required for the Bhasha courses, and methods for rewarding students.

Colleges are allowed to use the knowledge of educators inside their institution or collaborative network to produce their own resource materials for their target Indian languages, including texts, videos, audios, and situational conversations.

Additionally, they can work together with other universities to create or distribute each other's course materials. For the project to be implemented successfully, universities will be permitted to employ trainers with diverse mother tongues and linguistic origins from both inside and outside the institution.

2,000+ DELHI GOVT SCHOOL STUDENTS TO GAIN FREE COACHING FOR JEE, NEET AND BEYOND

Education Minister Ashish Sood recently announced that the Delhi government is providing free professional coaching for JEE, NEET, CLAT, CA, and CUET to 2,200 deserving government school students as part of the Mahamana Pandit Madan Mohan Malaviya Vidya Shakti Mission.

According to an official statement, the purpose is to boost students' dreams, guarantee emotional well-being, and construct future-ready schools throughout the capital. The funding allotted for this initiative, as per Budget is Rs 21 crore.

For JEE, NEET, CLAT, and CA Foundation, the mission reserves 50 seats each for female students; CUET-UG will provide 1,000 seats, 150 of which will be set aside for girls. Aakash Institute, Narayana Academy, KD Campus, and Ravindra Institute are among the empanelled institutions that will offer coaching.

After school and on weekends, students will receive live sessions, study materials, exam preparation

RISING LEADERS, SHARED HORIZONS: SINGAPORE-INDIA EXCHANGE



In an attempt to develop a new generation of leaders with a thorough understanding of Indian culture and economy, the Confederation of Indian Industry Young Indian chapter in Singapore (CII Yi) plans to expand a student exchange program to 300 young people annually.

This information was shared by CII Yi Chairman, Mohamed Irshad

a day after holding the inaugural "Yi-India Singapore Youth Summit" in Singapore. He placed a strong emphasis on developing a long-term plan to fortify the two countries' century-old relations.

The day-long conference in Singapore was attended by about 100 representatives from Singapore and India.

Forty university students have participated in exchange and immersion programs in India thus far, such as the "India Talent Read Programme" run by the Ministry of Trade Industry, Enterprise Singapore, a state-owned organization, and the National Youth Council. This year, forty students from higher education institutes in India participated in a similar exchange program in Singapore.

In order to obtain a thorough grasp of Indian society, particularly tier 2 and tier 3 cities, CII Yi intends to exchange 300 students annually. This is to establish a base of young people in Singapore who are interested in the Indian market and to cultivate relationships.

Students from Singapore have also been able to explore India and its culture thanks to the "India Experience Immersion Program", an initiative developed between CII and the Institute of South Asian Studies.

Durgesh K. Dubey

INDIA-RUSSIA SUMMIT UNVEILS BROAD VISION FOR TRADE, CONNECTIVITY, TECHNOLOGY, CULTURE AND GLOBAL GOVERNANCE

Beyond defence and energy, the 23rd India-Russia Annual Summit in New Delhi showcased a remarkably wide canvas of cooperation that stretches across trade, connectivity, science, technology, education, climate action and multilateral engagement. Both nations used the platform to articulate a modern, forward-looking agenda that reflects their evolving priorities in an increasingly interconnected yet uncertain world.

Trade and economic linkages formed one of the central pillars of the discussions. The leaders endorsed "Programme 2030," a comprehensive roadmap designed to diversify bilateral commerce, promote joint industrial ventures and expand investment flows. Emphasis was placed on increasing India's exports, enhancing value-added trade, and deepening collaboration in sectors such as pharmaceuticals, agriculture, machinery, chemicals, critical minerals and advanced materials. Both sides reaffirmed their commitment to a transparent, inclusive global trading system and welcomed progress toward a potential free trade agreement between India and the Eurasian Economic Union.

Connectivity emerged as another strategic theme. The two countries highlighted the importance of the International North-South Transport Corridor, the Chennai-Vladivostok Eastern Maritime Corridor and the Northern Sea Route as transformative links that could reshape Eurasian logistics. These corridors are expected to shorten supply chains, reduce costs and strengthen India's access to northern markets while expanding Russia's engagement with the Indo-Pacific region. Railway cooperation,

port development and maritime training also featured prominently, signalling an intent to build multi-modal infrastructure for the future.

Science, technology and innovation also gained substantial attention. Both sides agreed to scale up cooperation under their joint roadmap, enabling collaboration across digital technologies, cybersecurity, information protection, artificial intelligence, start-up ecosystems and protection of critical infrastructure. Opportunities for co-development of new technologies, joint R&D initiatives and exchange programmes for young innovators are expected to inject new energy into bilateral cooperation.

Cultural and societal connections formed another vibrant dimension of the summit. Leaders reaffirmed the importance of cultural exchanges, film collaborations, literary festivals, academic mobility and tourism, all of which have grown steadily in recent years. With mutual liberalisation of visa regimes, people-to-people engagement is anticipated to expand significantly. The two countries also highlighted student welfare and pledged to deepen institutional partnerships across universities and scientific organisations.

On the global stage, India and Russia reiterated their shared commitment to reformed multilateralism and equitable global governance. They expressed strong alignment on issues such as UN Security Council reform, climate action, sustainable development, strengthening multilateral financial institutions and addressing the concerns of the

Global South. Collaboration within platforms like BRICS, SCO and the G20 was highlighted as essential for shaping a more representative multipolar world.

The summit also emphasised joint efforts to tackle climate change, expand low-carbon technologies and enhance cooperation under Article 6 of the Paris Agreement. Participation in platforms such as the International Big Cat Alliance, the International Solar Alliance and disaster-resilient infrastructure initiatives further demonstrated their shared commitment to global ecological stability.

Overall, the summit revealed a partnership that is not restricted to traditional domains but increasingly spans new areas of global relevance. As India and Russia navigate a turbulent international environment, their cooperation in trade, connectivity, technology, culture and multilateral diplomacy appears set to play a significant role in shaping regional and global outcomes in the coming decade.

MODI-PUTIN DEEPENS STRATEGIC ENERGY AND DEFENCE COOPERATION AMID SHIFTING GLOBAL REALITIES

The 23rd India-Russia Annual Summit in New Delhi marked a renewed consolidation of two sectors that have long formed the backbone of bilateral ties: energy and defence. At a time when global security dynamics remain unpredictable and energy markets are undergoing turbulent transitions, both nations used the summit to reinforce their long-standing partnership in these critical domains. Their discussions demonstrated a shared recognition that future stability, growth and strategic autonomy will depend heavily on resilient defence collaboration and secure energy supply chains.

Energy cooperation emerged as one of the most consequential themes of the summit. Building on decades of collaboration across hydrocarbons, nuclear power and advanced energy technologies, the two sides reaffirmed their commitment to widening the scope of joint ventures and ensuring uninterrupted long-term supply arrangements. Cooperation spans upstream oil exploration, petrochemical technologies, gas infrastructure, LNG terminals, refinery processes and new-age technologies such as underground coal gasification. Both sides acknowledged that strengthening investment mechanisms and resolving operational hurdles will be essential to maximise the value of ongoing projects.

Civil nuclear energy remains an area of flagship collaboration, particularly with progress on additional units of the Kudankulam Nuclear Power Plant. The summit noted the timely execution of key stages and the importance of maintaining delivery schedules for equipment and fuel supplies. Beyond Kudankulam, discussions included India's identification of a second site for a future nuclear power project and the possibility of deeper joint research on next-generation reactors, fuel cycle technologies and localisation of nuclear equipment manufacturing. These

advancements align with India's long-term aspiration to scale its nuclear power capacity significantly by 2047.

Equally central to the summit was the enduring defence partnership, a pillar that has shaped India-Russia ties for decades. Both countries highlighted the need to transition from a buyer-seller relationship to a model rooted in joint design, co-development and co-production of advanced systems. With India's increasing focus on self-reliance in defence manufacturing, Russia signalled strong support for technology transfer, local production of spare parts and the establishment of joint ventures to maintain and service Russian-origin equipment used by Indian forces. This not only strengthens operational readiness but also enables export potential to friendly countries.

The leaders reviewed recent military interactions, including regular bilateral exercises, staff-level exchanges and training programmes. They reiterated that sustained military engagement is crucial for maintaining interoperability and enhancing strategic confidence. Additionally, cooperation in emerging domains—ranging from counter-drone technologies to cyber defence and information security—was identified as the next frontier of strategic alignment.

Given the unpredictable security environment across Eurasia, both sides underscored the need for coordinated approaches to counter terrorism, combat extremist networks and safeguard strategic infrastructure. They expressed a unified stance on addressing cross-border terrorism, choking financial flows and enhancing intelligence sharing—reinforcing the belief that security cooperation must adapt to evolving threats.



As the summit concluded, both countries signalled clear intent to build a future-oriented defence and energy partnership that matches contemporary challenges. The outcomes reflect not only continuity but also an accelerated ambition to expand the technological, industrial and strategic underpinnings of the relationship. In a world marked by geopolitical flux and energy insecurity, India and Russia appear determined to anchor their partnership in shared security interests, long-term energy resilience and a common strategic outlook.

Dr. (Mrs) Chandra Hariharan Iyer

EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

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

PhD(Management-Finance), M.Phil(Management), MBA(Finance), M.com, M.Sc.(Psychology), M.A. (Philosophy and Religion)
DBM, PGDBM, PGDFM,
PG Diploma in Guidance & Counselling

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Q. Speak truth pleasantly; never speak unpleasant truths nor pleasing falsehoods. DO you think, it is possible?

Ans. In the vast ethical and philosophical literature of ancient India, one of the most celebrated guiding principles of communication is found in the Subhashitam: "सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम्। प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः॥" Speak the truth pleasantly; never speak unpleasant truths nor pleasing falsehoods. This is the eternal dharma. At first glance, this guideline seems idealistic. Human interaction often confronts situations where the truth may be uncomfortable, and speaking it might hurt others' feelings. Similarly, some truths are necessary for learning or correction but may be unwelcome or harsh. The subhashitam, however, do not present this as an impossible standard but as a practical, disciplined approach to communication one that aligns morality, wisdom, and empathy. Exploring whether it is truly possible to speak the truth pleasantly requires

understanding the nuances of human psychology, ethical judgment, and linguistic skill.

1. The Nature of Truth and Its Perception: Truth, while absolute in itself, is experienced subjectively. A statement may be factually correct yet provoke pain, disagreement, or emotional discomfort in the listener. The Subhashitam highlights this principle: "न हि कश्चित् पातु सत्यं हृदयस्य पीडयेत् सदा॥" Truth itself does not inherently cause suffering; suffering arises from attachment, ego, and misperception. This verse teaches that the discomfort caused by truth is often due to the listener's expectations, desires, or insecurities. Therefore, speaking truth pleasantly is less about altering the truth and more about presenting it with awareness, empathy, and context. By framing truth with consideration for the listener's mental state, one can convey necessary information without unnecessary harm.

2. Pleasant Truth and Emotional Intelligence: Speaking the truth pleasantly requires a high degree of emotional intelligence an awareness of one's own emotions, the emotions of others, and the impact of words. A Subhashitam emphasizes the interplay between speech and emotions: "वाक्यं यथासंभवमात्मानं शीलं वर्धयेत्॥" Words, when delivered appropriately, enhance virtue and character. Emotional intelligence allows the speaker to regulate tone, timing, and delivery, ensuring that the truth is not weaponized or aggressive. It involves listening actively, understanding the listener's perspective, and choosing words that convey clarity without blame. In this sense, speaking truth pleasantly is an art cultivated through mindfulness, reflection, and practice.

3. The Role of Timing and Context: Even the most carefully chosen words can cause pain if delivered at the wrong time or in an inappropriate context. Ancient wisdom recognizes that timing and context are as important as content: "कालो हि मन्त्रस्य प्राणः, यथासमयं वाक्यम् प्रवृत्तेत्॥" The effectiveness of words depends on timing; one must speak at the appropriate moment. Pleasant truth requires sensitivity to circumstances. Delivering constructive criticism or difficult information should be done in private, with a calm demeanor, and when the listener is receptive. Hastily spoken truths in moments of anger, stress, or embarrassment may wound, even if factually accurate. Mastering timing is, therefore, essential to the practice of ethical speech.

4. Clarity and Simplicity in Language: Pleasant truth is not merely a function of tone but also of clarity and simplicity. Misunderstandings arise when truths are conveyed ambiguously, leading to confusion or resentment. The Subhashitam states: "सुस्पृष्टं वरेत्, न हि भाषास्पृश्य दुःखं जनयेत्॥" Speak clearly and directly; ambiguous words do not produce suffering. When truth is articulated in clear, simple language, it minimizes misinterpretation and defensiveness. Complexity, sarcasm, or exaggeration can transform a factual statement into a source of conflict. Therefore, clarity is an indispensable tool in making truth acceptable and pleasant.

5. Transforming Unpleasant Truth into Learning: Some truths are inherently unpleasant feedback on mistakes, warnings about danger, or moral correction. Speaking such truths pleasantly is possible when the focus shifts from judgment to constructive learning. The Subhashitam reminds us: "विद्या ददाति विनयं, विनयाद् याति पात्रताम्॥" Knowledge gives humility; humility leads to competence. A statement of correction, if delivered with humility, care, and intention to help, transforms an unpleasant truth into a growth opportunity. The speaker's attitude, the framing of the message, and the demonstration of empathy can make even difficult truths acceptable and beneficial. The listener perceives concern rather than criticism, making the truth not only palatable but valuable.

6. Avoiding Pleasing Falsehoods: Equally important is the avoidance of falsehood, even if it seems pleasant. Pleasing lies may offer temporary comfort, but they erode trust, credibility, and long-term well-being. The Subhashitam cautions: "सुखं लभते क्षणिकं, सत्यं हि सर्वदा बलम्॥" Temporary happiness may

come from falsehood, but truth always strengthens. Speaking falsehood to appease or comfort may seem beneficial in the short term, but it ultimately undermines ethical integrity. Balanced speech requires the courage to uphold truth, even when it is uncomfortable, while softening delivery to avoid unnecessary hurt. True mastery lies in combining honesty with compassion.

7. The Practice of Balanced Speech as a Spiritual Discipline: In Indian philosophical traditions, speech is more than communication it is an ethical and spiritual practice. The Subhashitam emphasizes the spiritual significance of words: "वाचो हि कर्मणा मूलं, सन्तोषेण युक्तं यत्॥" Speech is the root of action when aligned with contentment and virtue. Speaking truth pleasantly is not simply a social skill; it is a form of yoga integrating mind, speech, and ethics. Through mindful speech, the individual cultivates self-discipline, awareness, and inner harmony, reflecting the principle that ethical communication is inseparable from self-mastery.

Is it possible to speak truth pleasantly and avoid both unpleasant truths and pleasing falsehoods? The subhashitam suggest that it is not only possible but necessary for ethical, balanced living. While challenging, it is achievable through mindfulness, empathy, clarity, timing, and humility. Speaking truth pleasantly requires emotional intelligence, ethical discernment, and a sincere intention to benefit the listener. Avoiding falsehood preserves trust and integrity, while softening delivery ensures that truth is received constructively. Far from being an unrealistic ideal, this principle offers a practical framework for communication that nurtures relationships, enhances personal integrity, and promotes inner and social harmony. It is a lifelong discipline, reflecting the timeless wisdom of Indian thought, where speech is not merely words but an instrument of ethical, emotional, and spiritual cultivation.

By integrating empathy, awareness, and discernment, every individual can gradually embody this ideal, turning communication into a tool for harmony, understanding, and personal growth. The subhashitam remind us that words carry immense power, and ethical speech transforms not only the listener but also the speaker, reinforcing the eternal dharma of truth, kindness, and wisdom. Be gracious, be ethical, stay blessed!

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Ravi Singh

THE CONFIDENCE LOOP: HOW SMALL WINS BECOME THE FUEL FOR BIG DREAMS

Have you ever stood on the edge of a new challenge a daunting presentation, a fitness routine you keep postponing, or a creative idea that feels too big to chase and suddenly felt a familiar knot of doubt tightening in your stomach? We often imagine that confidence is something other people are born with, a mysterious trait possessed by the bold and fearless.

But confidence is not a gift.
It is a craft.

It is not the starting point of your journey but the result of every small step you dare to take. Confidence is not a lightning strike it grows in soft, steady sparks through a gently powerful process known as The Confidence Loop.

The Four Stages of the Confidence Loop

Confidence doesn't rise from perfection; it emerges from motion. The Loop is a simple, cyclical process an engine of belief you build quietly, repeatedly, and intentionally.

1. The Small, Courageous Action — The Spark

This is where transformation begins: with a tiny act of courage. Not a grand gesture, not a life-altering leap just one doable step.

Instead of saying:
"I must start a business that will change the world."

Say:
"I will spend 20 minutes today outlining the first idea."

The key is humility.
The spark isn't about impressing others, it's about proving to yourself that you can show up, even in the smallest possible way.

2. The Small Win — The Glow

Because the step was manageable, you succeed.

You complete the title page.
You take that five-minute walk.
You send the email draft you've been avoiding.

It may look insignificant to others, but internally, something powerful happens: your brain releases a sense of achievement. A quiet voice inside whispers:

"See? You did it."

This is the glow, a gentle reminder of your capability.

3. The Evidence & Self-Belief — The Fuel

This stage is the heart of the loop.
Your small win becomes evidence.
Your effort becomes proof.
Your past action becomes your resource for future confidence.
You no longer depend on hope or hypothetical belief, you rely on fact.

This is how self-efficacy grows: "I have done it once, so I can do it again."



In this phase, self-compassion also deepens. You learn to applaud yourself for the act of trying, not just the final outcome. You become your own quiet supporter.

4. The Motivation for a Bigger Action — The Momentum

Once belief fuels your inner engine, the next step no longer feels frightening it feels natural.

"If I can walk for five minutes, maybe I can run for seven."

The next action becomes a little bigger.
The next win becomes a little louder.
Your belief becomes a little stronger.

Thus, the loop renews itself:
Action → Win → Evidence → Motivation → Action again.

With each cycle, confidence expands, not as an illusion but as a grounded, lived truth.

The Grace of Imperfection

The most beautiful part of the Confidence Loop is that it leaves room for being human. It understands that you will falter, pause, or fall. But when the steps are small, the failures are gentle. You don't collapse under pressure; you simply begin again with an even smaller spark.

Like the writer who commits to 50 words a day.

After 30 days, they haven't written a bestseller but they have written 1,500 words.

They are, undeniably, a person who writes.
Like the anxious soul who makes one unplanned phone call a week.

After a month, their anxiety hasn't vanished but they have proof that they can move through discomfort and survive it.

Every small win becomes a story that strengthens you.

Where Will Your Loop Begin?

Confidence is not built in the roar of a crowd; it is built in the quiet moments where you choose courage over comfort, effort over avoidance, and progress over perfection.

So ask yourself:

What is my spark today?
What is the smallest, most doable action I can take?

Don't wait for massive courage
Don't wait for the perfect mood.
Don't wait for fear to disappear.

Just start the loop.

Let your next small win become the beginning of your next big dream.

Because confidence grows not in giant leaps, but in the beautiful, steady rhythm of small, self-chosen victories.

Afreen Mazgaonkar & Nancey Kujur

INDIA AND CANADA TO RESUME NEGOTIATIONS ON FREE TRADE DEAL



In 2023, Canada stopped trade talks with India because relations became very tense. This happened after then-Prime Minister Justin Trudeau claimed that India might be linked to the killing of Hardeep Singh Nijjar. Recently, Commerce and Industry Minister Piyush Goyal met Canadian Minister Maninder Sidhu. They discussed how to restart talks for a free trade agreement called the Comprehensive Economic Partnership Agreement (CEPA). Their goal is to increase India-Canada trade to 50 billion USD by 2030. Goyal said they had a useful meeting where they discussed the overall plan, objectives, and process for restarting CEPA negotiations. He also said he will lead a high-level trade and investment

delegation to Canada next year. CEPA is a type of free trade agreement where both countries reduce or remove customs duties on many goods. It also makes it easier for skilled professionals to work in each other's countries and helps increase investments. Before talks stopped, India and Canada had already held more than six rounds of discussions on CEPA. India's exports to Canada increased by 9.8%, reaching 4.22 billion USD in 2024-25, while imports from Canada slightly decreased to 4.44 billion USD. Relations between the two countries improved after Prime Minister Narendra Modi met Canadian Prime Minister Mark Carney during the G7 summit in Canada. In 2023, the total trade (goods and services) between India and Canada was 18.38 billion USD. Canada also has a large Indian community — about 2.9 million Indian-origin people and more than 4,27,000 Indian students living there

CENTRE ORDERS COMPREHENSIVE STUDY OF GANGOTRI GLACIER AND BHAGIRATHI ECO-SENSITIVE ZONE



The GB Pant Society of Himalayan Environment and Development is going to do a thorough investigation of the Gangotri Glacier and the Bhagirathi Eco-Sensitive Zone (BESZ) for the purpose of the Union Environment Ministry. The purpose of the research is not only to determine the extent of the glacier's current health but also to conduct an evaluation of the ecological vulnerabilities and communities in the region that the Himalayas' ecosystem offers. This process will also involve the making of a biodiversity register for the area, which will enable the scientific community to get a better understanding of the diversity of species and the monitoring of long-term ecological changes. This project is very timely, as the BESZ has already been subjected to a lot of pressure due to rapid infrastructural development, road building, and increasing human activities. The problem of environmental deterioration, or more specifically, deforestation and landslides—the miners that are destabilizing hills are mostly around the Char Dham road project—has made it even more critical to conduct thorough scientific assessments and establish strong environmental protections. As a result, the study is already expected to be a turning point in the relationship between the policy-makers and the scientists by pushing the former to take responsible thus guided development decisions. Moreover, the move has been positively received by the local population and conservationists and they expect it to not only help fortify the conservation measures but also to create a win-win scenario of balancing the needs of the people and nature in one of India's most ecologically sensitive areas.

DRDO HAS TRANSFERRED SEVEN INDIGENOUS DEFENSE TECHNOLOGIES TO ARMED FORCES



DRDO has already transferred seven defense technologies, thus marking a big step towards total reliance on domestic products under the Atmanirbhar Bharat (self-reliant India) scheme. The new technologies touch the most important areas of warfare such as air, naval and electronic. Among them are the high voltage power supply system made for the jammers in aircraft which will be the basis on which the electronic warfare capabilities will be built up, and for naval jetties, the tide-efficient gangway that will prevent any accidents during boarding and will make it more stable and smooth even when the tides are very high or low. An advanced VLF-HF radio switch matrix has been delivered by the DRDO for secure long-distance military comms which also keeps communication open for operations. Besides, other major technology transfers are VLF loop aerials for submarines which allow underwater communication without coming up, and a water-jet propulsion system that increases the speed and maneuverability of interceptor boats used in coastal defence. To support the green movement, DRDO has also come up with a lithium-recovery process from spent batteries and a long-life seawater battery system for underwater sensors. The transfer of these technologies will not only bolster India's defense manufacturing ecosystem but also enhance the strategic capabilities of the nation.

FROM ARYABHATA TO GAGANYAAN: INDIA-RUSSIA EYE NEXT PHASE OF SPACE COLLABORATION

Russian President Vladimir Putin is visiting India for three days starting Thursday. Ahead of his visit, Russia's space agency Roscosmos said that India and Russia are planning to increase their cooperation in the space sector. Roscosmos chief Dmitry Bakanov told a Russian newspaper that both countries may announce new space projects very soon. The plan includes working together on rocket engines, crewed space missions, orbital stations, astronaut training, and rocket fuel. However, Russia said it will not transfer its technology but will focus on cooperation that benefits both sides. Putin also said that Russia wants to build a stronger relationship with India and take their partnership to a "new level," especially in technology, energy, industry, space, and agriculture. He is in India for the 23rd India-Russia Annual Summit at the invitation of Prime Minister Narendra Modi. Earlier, it was reported that India and Russia are working on setting up ground stations for their satellite navigation systems—Russia's GLONASS and India's NavIC—to improve accuracy. Russia has been a major partner in India's space journey since the launch of India's first satellite, Aryabhata, in 1975. Its role continued in the Gaganyaan mission, where Indian astronauts received training at Russia's Yuri Gagarin Cosmonaut Training Center.



INDIA'S FREE HEALTHCARE SCHEME CHANGED LIVES, BUT CHALLENGES PERSIST



Ayushman Bharat, started in 2018, is the government's biggest health insurance scheme. It promises ₹5 lakh of free hospital treatment for poor families. But in reality, the scheme is struggling. Hospitals are not being paid on time, and arguments over treatment costs have slowed down reimbursements. Because of this, the scheme is not meeting the needs of the people it was created for. A study of 30 million claims over five years shows that the average payment per patient is less than ₹10,000. This is far lower than the promised ₹5 lakh coverage. A new survey in Bengaluru found that even families who are eligible for Ayushman Bharat still had to take loans from moneylenders at very high interest rates to pay for medical care. The scheme's budget is also too small. Experts say that if only 10% of the 600 million beneficiaries needed treatment worth ₹50,000, the government would need ₹3 lakh crore, but the 2025 budget is just ₹9,406 crore. The situation of many private hospitals that are not opting for the scheme and the unavailability of hospital beds for the enormous number of patients in need of treatment is indeed a serious one. Ayushman Bharat has made more people come forward for healthcare, but the scheme does not have enough money, hospital beds, or quick payments to hospitals. Because of this, it cannot fully protect poor families from falling into debt due to medical expenses.

ARYAN KHAN WINS FIRST BEST DIRECTOR AWARD FOR THE BA***DS OF BOLLYWOOD

Aryan Khan got a gigantic leap in his directing career along with a Best Director award for his series The Ba***ds Of Bollywood at the 2025 Bollywood Hungama OTT Fest and India Entertainment Awards in Mumbai. This is his first directing award and also an indication of how huge a debut he has made on the OTT scene in India. The series, which was actively discussed for its bold storytelling, sharp commentary and beautiful treatment, soon attracted attention for its harsh depiction of the film industry's dark corners. Critics were really appreciative of Aryan's sure-footed direction and thus referred to it as an impressive debut that exhibited his skill over intricate narratives and multifaceted characters. Aryan did not manage to make it to the award presentation because of his previous engagements but his win turned out to be one of the most talked about features of the event. The award also symbolizes a larger tendency of the young filmmakers to come up with fresh, experimental and boundary-pushing content on Indian streaming platforms. With this accolade, Aryan Khan has assuredly claimed his place as a new and promising voice in the realm of contemporary digital entertainment.



Afreen Mazgaonkar & Nancey Kujur

TREESA JOLLY AND GAYATRI GOPICHAND RETAIN SYED MODI INTERNATIONAL 2025 TITLE



Top Indian shuttlers Treesa Jolly and Gayatri Gopichand won the women's doubles title at the Syed Modi International 2025 badminton tournament in Lucknow. They were the top seeds and ranked 14th in the world. In the final, they defeated Japan's Kaho Osawa and Mai Tanabe 17-21, 21-13, 21-15 in a tough match that lasted 76 minutes. Treesa and Gayatri lost the first game, but they played very well in the second game. They took the lead early and stayed in control, which helped them reach the third game. In the final game, they kept playing strongly, led 11-5 at the break, and won the match with confidence. This win gave them the Syed Modi International title for the second year in a row. This victory also made them the first Indian doubles pair to win a BWF World Tour title in 2025. India's only other badminton titles this season came from Lakshya Sen and Ayush Shetty in men's singles. In the men's singles final, Kidambi Srikanth suffered a close loss against Jason Gunawan of Hong Kong China. Srikanth lost 16-21, 21-8, 22-20 after a tight third game. He had also won the Syed Modi International earlier in 2016.

INDIA EDGED BELGIUM IN A THRILLER TO REACH JUNIOR HOCKEY WORLD CUP SEMIFINALS

By winning a tense penalty shoot-out 4-3 after the match finished 2-2 in regulation time, India's junior men's hockey team took a thrilling victory over Belgium and grabbed a spot in the semifinals of the 2025 FIH Men's Junior World Cup. The first quarter saw Belgium score in the 13th minute, which put India under early pressure. After a slow first half, India sprang into action in the third quarter when captain Rohit netted a corner to make it 1-1. The fourth quarter saw India gain further supremacy when Sharda Nand Tiwari struck another penalty-corner, making the scorers list 2-1 for India. At that moment, however, Belgium would not be silent. The latter's scoring in the 59th minute forced the match into an extra shoot-out. In the short time that was decisive for the match, Indian goalie Princedeep Singh performed like a hero, saving two shots from the penalty spot. Tiwari gave a masterclass in controlling the nerves, scoring on all three attempts, while Ankit Pal calmly slotted in the winning stroke. This hard-fought victory keeps India as the only unbeaten team in the tournament and sets them up for the tough German semifinal match against seven-time champions.



DIVYANSI BHOWMICK CLINCHES U-15 BRONZE AS INDIA BAGS THREE MEDALS AT WORLD YOUTH TT CHAMPIONSHIPS 2025

Indian paddlers had a successful run at the World Youth Table Tennis Championships 2025, winning three medals. Divyanshi Bhowmick secured a bronze medal in the Under-15 girls' singles event in Romania. She played at the BT Arena in Cluj Napoca, where she won the first game in the semi-final but eventually lost 4-1 to China's Zhu Qihui. Earlier this year, Divyanshi became the first Indian in 36 years to win the Asian Youth U15 girls' singles title, and she continued her good form at the World Championships. She began her campaign with a strong 4-0 win against Algeria's Jade Morice. In the next rounds, she defeated Korea's Kim Minseo 4-2 and Japan's Kokomi Ishida 4-2 to enter the semi-finals and secure a medal. Her bronze was India's third medal of the tournament. The Under-15 girls' team—Ankolika Chakraborty, Divyanshi Bhowmick, Ananya Muralidharan and Naisha Rewaskar—won bronze after losing to South Korea in the semi-finals. The Indian Under-19 boys' team, made up of Ankur Bhattacharjee, P. B. Abhinandh, Priyanuj Bhattacharya and Punit Biswas, won the silver medal after a 3-0 loss to Japan in the final.

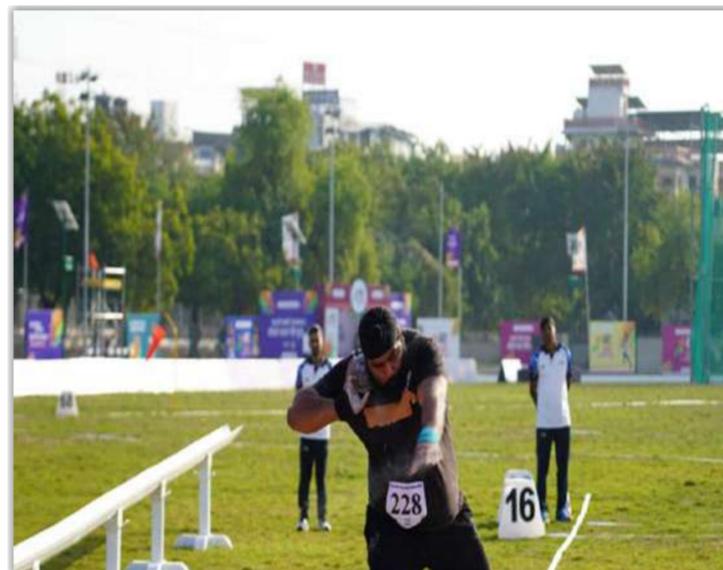


AT AGE 3, SARVAGYA KUSHWAHA ENTERS HISTORY AS YOUNGEST FIDE-RATED CHESS PRODIGY

Three-year-old Sarvagya Singh Kushwaha from Sagar, Madhya Pradesh, has created history by becoming the youngest person in the world to get an official FIDE chess rating. At only 3 years, 7 months, and 20 days old, he entered the international chess rankings with a strong rating of 1572, breaking the previous record held by Anish Sarkar from West Bengal. Sarvagya started learning chess when his parents, Siddharth and Neha, introduced the game to reduce his screen time. They soon realised that he had a special talent. Within six months, he understood the game much better than expected and even started beating experienced players. To get a FIDE rating, a player must defeat at least one rated opponent. Sarvagya defeated three rated players in tournaments held in Bhopal, Mangaluru, and other places. His rapid rating of 1572 shows both his natural ability and his hard work. Many people helped him reach this milestone. District Collector Sandeep GR promoted chess in the region, making training available in schools. National coach Akash Payasi and personal trainer Nitin Chaurasia trained Sarvagya for four hours every day at the District Chess Association. His proud parents say they hope he will one day become a Grandmaster.



TOP PROGRAMMERS MAKE HISTORY AT KIUG 2025 AS KIIT FLOURISHED



The 2025 Khelo India University Games (KIUG) held in the state of Rajasthan saw the athletes of Kalinga Institute of Industrial Technology (KIIT) perform remarkably on the last day of the event, where they broke several meet and national records. Samardeep Singh Gill in the men's shot put improved his own All-India University (AIU) and KIUG marks by propelling the shot to a distance of 19.42 metres, thus winning the golden medal and refurbishing his authority over the event. On the other hand, Isha Chander Prakash crossed the mark of the previous record in the women's heptathlon by a wide margin, with a huge score of 4,857, thereby establishing a new standard. The men's 4x100 metre relay team, under the baton of experienced sprinter Animesh Kujur, made history too by taking the event with the fastest time of 40.09

seconds, which was the quickest ever recorded in the relay event at KIUG. The breaking of three major records on one day was a clear indication of the emergence of university-level athletics in India and the development of the talent pipeline. The achievements confirmed KIIT's claim as a giant among collegiate sports and suggested a bright future for Indian athletics at the grassroots level.

INDIA SENDS STRONG CONTINGENT TO 2025 ISSF WORLD CUP FINAL WITH MANU BHAKER & SAMRAT RANA IN LEAD ROLES

India has appointed 15 shooters for the 2025 ISSF World Cup Final in Doha, among whom are prominent players such as Manu Bhaker and the shooting star Samrat Rana. Bhaker, who has already secured a spot in two women's pistol events (air and standard) at the Paris Olympics, is considered as a medal prospect. Rana, who just won the world title in the men's air pistol category—India's first-ever such win—is the number one contender for men's pistol lineup. The swordsmanship really shows India's determination to not only play but also win the 2025 shooting season, as they have sent their brightest talents in the rifle and shotgun events, too. The event, scheduled for December 6-8, will have the world's best shooters and the Olympics finalists. The very formation of the team indicates the confidence and the full preparedness of India: It is a combination of tested champions and young achievers; so, it simply points to the vastness and the changing nature of the Indian shooting which is now at the elite level.



MAHARASHTRA JEEVAN PRADHIKARAN (MJP) RECRUITMENT 2025



Post Names: Junior Engineer & Clerk

Recruitment Notification 2025

The Maharashtra Jeevan Pradhikaran (MJP) invites online applications from eligible candidates for direct recruitment to 290 technical and administrative posts. This is a golden opportunity to secure a stable government career in the water supply and sanitation sector across Maharashtra.

Application Period:

Start: 20 November 2025

Last Date: 19 December 2025

Job Location: Across Maharashtra

Pay Scale: As per 7th Pay Commission

Selection Process: Online Examination + Document Verification

Major Vacancies

- Junior Engineer (Civil) – 144
- Junior Engineer (Mechanical) – 16
- Senior Clerk / Clerk-cum-Typist – 46
- Civil Engineering Assistant – 48
- Accounts Officer (B) – 3
- Assistant Accounts Officer – 6
- Deputy Accountant – 3
- Higher & Lower Grade Stenographer – 9
- Assistant Store Keeper – 13
- Internal Audit Officer / Sr. Accounts Officer – 2

Total: 290 Posts (Group A / B / C)

Eligibility

- Minimum Qualification: Degree/Diploma in relevant field
- Age Limit: 18 to 38 years (Up to 45 years for Group A post)
- Relaxation: 5 years for Backward Class, Ex-Servicemen & Orphans
- Preference: Maharashtra residents & Marathi-speaking candidates

Application Fee

- Open Category: ₹1000
- Reserved / Ex-Servicemen / PwD / Orphans: ₹900 (Payment Mode: Online)

How to Apply

Candidates must apply through IBPS portal: ibpsonline.ibps.in/mjpjn125/
Register → Fill Application → Upload Documents → Pay Fee → Submit & Print.
Applications after 19/12/2025 will NOT be accepted.

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

Dr. Smita Ravikumar Kuntay & Ajab Tinwala

IIBF JUNIOR EXECUTIVE RECRUITMENT 2025 – APPLY ONLINE NOW!

The Indian Institute of Banking & Finance (IIBF) has officially released the Junior Executive Recruitment 2025 Notification for filling 10 vacant positions. This is an excellent opportunity for young graduates who aspire to work in a reputed national-level financial institution.

Application Window: 28 November 2025 – 12 December 2025

Official Website: www.iibf.org.in

Job Location: As per IIBF norms

Post Details

- Post Name: Junior Executive
- Total Vacancies: 10
- Salary / Pay Scale: ₹40,400 – ₹1,30,400 per month
- CTC: Approx. ₹8.7 Lakhs per annum

Educational Qualification

Candidates must be Graduates with minimum 60% marks from a recognised university.

Desirable Qualifications:

- Diploma in Banking & Finance (IIBF)
- M.Com / MA (Economics) / MBA
- CA / CMA / CS / CFA

Age Limit (as on 01/11/2025)

- Maximum: 28 years
- Age relaxation applicable for SC / ST / OBC / PwD / Ex-Servicemen as per Govt. rules

Selection Process

- Online Examination – 28 December 2025
- Personal Interview
- Document Verification
- Medical Examination

Application Fee

- General / OBC: ₹700/- + GST
- SC / ST / PwD / Women: Refer to official notification
- Mode of Payment: Online (Debit/Credit Card / Net Banking / UPI)

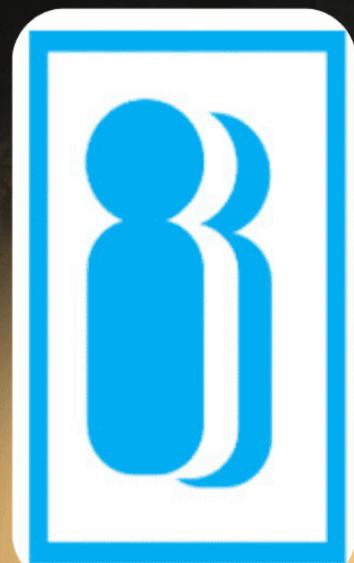
number

- Fill out the application form
- Upload required documents
- Pay fee and submit
- Take a printout for reference

Last Date to Apply: 12 December 2025

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

IIBF JR. EXECUTIVE RECRUITMENT 2025



PARBHANI DISTRICT CENTRAL CO-OPERATIVE BANK (PDCC BANK) RECRUITMENT 2025 – APPLY ONLINE

The Parbhani District Central Cooperative Bank Ltd. (PDCC Bank), Maharashtra has released an official notification for the recruitment of 152 posts in Middle Management, Junior Management and Support Staff cadre. This is a golden opportunity for graduates seeking a secure banking career in the cooperative sector.

Organization: Parbhani District Central Cooperative Bank Ltd.

Job Location: Parbhani District, Maharashtra

Apply Online: 25 November 2025 – 10 December 2025

Post Details

Law Officer, Chartered Accountant, IT Officer, Accountant, Clerk / Stenographer, Sub Staff (Peon/Driver)

Total Vacancies: 152

Eligibility

- Nationality: Indian
- Language: Must know Marathi (Read / Write / Speak)
- Qualification: Graduate with minimum 50% marks (post-wise variation)
- Age Limit: 21 to 38 years as on 01/11/2025
- Reservation: 70% seats for Parbhani & Hingoli locals, 30% for others
- Probation Period: 24 months

Salary

Parbhani District Central Co-operative Bank

Recruitment 2025

Apply Now

25th November to 10th December

- Middle Management: ₹35,000 – ₹39,000 (Gross)
- Junior Management: ₹23,000 – ₹31,000 (Gross)
- Support Staff: As per norms

Application Fee

- ₹800 + 18% GST = ₹944 (All Categories)
- Mode: Online (Card/Net Banking/IMPS/Wallet)

Important Dates

- Registration Start: 25/11/2025
- Last Date to Apply & Pay: 10/12/2025
- Print Application Till: 25/12/2025
- Exam Date: To be notified

How to Apply

Visit the official online portal → Register → Upload photo & documents → Pay ₹944 → Submit & print application.

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

Deepika Singh

QUIZ TIME

- Which country hosted the 23rd India-Russia Annual Summit in December 2025?
- What is the name of India's first manned deep-sea submersible mission, which aims to reach a depth of 6,000 meters?
- Which Indian state's traditional products, Woraiyur cotton sari and Thooyamalli rice, recently secured a Geographical Indication (GI) tag?
- The DHRUVA initiative, recently proposed by the Department of Posts in India, aims to create what kind of national system?
- Keoladeo National Park, recently in the news due to the return of migratory birds after heavy monsoon rains, is located in which Indian state?
- Which telescope was used by Indian researchers to discover a new perfect spiral galaxy named "Alknanda"?
- Operation Sagar Bandhu was the Humanitarian Assistance and Disaster Relief (HADR) mission launched by India to assist which neighboring country following Cyclone Ditwah?
- Exercise EKUVERIN, a key bilateral military exercise conducted in December 2025, is held between India and which country?

RIDDLES

- I can be cracked, I can be made, I can be told, I can be played. I'm often shared to lighten the load, But I vanish the second my meaning is showed. What am I?
- The person who makes it doesn't need it. The person who buys it doesn't use it. The person who uses it doesn't know it. What is it?
- I go in dry and come out wet, The longer I'm in, the stronger I get. What am I?
- I have cities but no houses, Forests but no trees, Rivers but no water, And countries without keys. What am I?
- 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 every person. What am I?

5. Pencil lead (graphite)

4. A map

3. A tea bag

2. A coffee

1. A joke

II) RIDDLES

8. Maldives

7. Sri Lanka

6. James Webb Space

5. Rajasthan

4. A Digital Addressing System (Digital Hub for Reference and Unique Virtual Address)

3. Tamil Nadu

2. Samudrayaan

1. India (New Delhi)

II) QUIZ TIME

ANSWERS

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

CONTACT INFORMATION

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ASSAMESE KHAR



This Week, We're Relishing Traditional Assamese Khar – Earthy, Soothing, and Truly One-of-a-Kind!

Khar is a signature Assamese delicacy made using raw papaya and the unique alkaline extract derived from sun-dried banana peels (Kolakhar). Mild, aromatic, and incredibly comforting, this dish is usually enjoyed at the start of a meal as it helps in digestion and sets a refreshing tone for the Assamese thali.

Ingredients:

- Raw Papaya – 1 medium-sized, peeled & grated/chopped
- Kolakhar (banana peel alkaline water) – $\frac{1}{2}$ to 1 cup. (Alternative: $\frac{1}{2}$ tsp baking soda dissolved in $\frac{1}{2}$ cup water)
- Mustard Oil – 1-2 tbsp
- Green Chillies – 2, slit
- Turmeric Powder – $\frac{1}{2}$ tsp
- Salt – to taste
- Water – as needed

Preparation

Prepare the papaya by peeling and grating it (or chopping into thin pieces).

- Heat mustard oil in a pan and lightly sauté the green chillies.
- Add the grated papaya, turmeric, and salt; cook for 2-3 minutes until slightly soft.
- Pour in Kolakhar (or the baking soda solution) and mix well.
- Add water if needed and let the mixture simmer on medium flame.
- Cook until the papaya becomes tender and the dish develops a soft, mellow texture.
- Adjust salt and switch off the heat once the water reduces and the flavours blend beautifully.



Serving Tip:

Serve Khar hot with steamed rice, preferably as the first item on the plate. Its light, alkaline taste cleanses the palate and aids digestion, making it one of the most cherished starters in Assamese cuisine.