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THE INVISIBLE THREAD: CELEBRATING WORLD RADIO DAY



In an era dominated by high-definition streaming, algorithm-driven playlists, and rapid-fire social media scrolls, there is a quiet hum that continues to hold its ground. It is the gentle crackle of a live broadcast, the warmth of a human voice traveling across invisible frequencies, and the magic of a medium that needs no screen to paint a thousand pictures. Every year on February 13, the world celebrates World Radio Day, paying tribute to a century-old technology that remains one of humanity's most intimate and resilient forms of communication.

Radio is the ultimate survivor. Since its early days, it has repeatedly been declared obsolete first by television, then by the internet, and later by smartphones. Yet, radio endures. Its strength lies in its simplicity and accessibility. In a world where the digital divide still excludes millions from reliable internet access, radio remains truly democratic. Its signals travel over mountains, across oceans, and into the most remote villages, requiring little more than a basic receiver and a few batteries. No passwords, no data plans just sound and connection.

Because radio has no picture we are its screen. It

provokes us into living back on the inside what we are accustomed to experiencing on the exterior locale. A radio play, a sports broadcast, or a news headline highlights what is often referred to as the "theater of the mind." And as listeners themselves take part in adding color to your picture, they become "artist-writers" who might decide: is this individual blond or dark-haired? Does he grin with straight teeth showing or laugh huskily? This special kind of closeness is why radio hosts are often anyone's good friend someone to ride along with during a late-night commute or to keep company in an empty house.

World Radio Day serves as a timely reminder of radio's importance in public safety. Then, when disaster strikes, the electricity grid goes down, conflict occurs, one of the few reliable frequencies remaining is often radio. Radio thus earns itself the name "first informer." It sends real-time information updates to people instantly, providing them with guidance on how best to reach safety and encourages you to keep calm instead of worrying about whether family members are safe. In times of crisis, radio becomes more than mere tool; it becomes a lifeline.

One of the core themes of World Radio Day is diversity and inclusion. Community radio stations preserve indigenous languages, promote local culture, and discuss grassroots issues ignored by mainstream platforms. They are democratic instruments at the local level, encouraging dialogue and participation involving citizens rather than simply lobbies or businesses. Radio gives voice to those often unheard.

Far from dying out, radio is changing. At its best, it has adapted to the new digital era through podcasting, allowing particular stories and instant listening; digital audio broadcasting, which can bring improved sound quality.

We celebrate World Radio Day because radio reminds us of something deeply human: connection without distraction. In a fragmented world, radio unites us through shared sounds, stories, and silence. As long as voices seek to be heard and stories yearn to be told, the airwaves will never fall silent.

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Durgesh K. Dubey

SHRI SAMARTH RAMDAS SWAMI: STRENGTH WITH WISDOM, ACTION WITH DHARMA

In the long history of India, there have been saints who spoke softly and saints who shook society awake. Shri Samarth Ramdas Swami belonged to the second kind. He was a saint who believed that prayer without strength was weak, and strength without wisdom was dangerous. His life was a message to the youth of India: be spiritual, but also be strong; be devoted, but also responsible.

Samarth Ramdas Swami was born as Narayan Suryaji Thosar in Maharashtra. From childhood, he was intense, observant, and restless in search of truth. Even as a young boy, he questioned the meaning of life and duty. At a very young age, during his marriage ceremony, he walked away from worldly life in search of deeper purpose. This was not an escape from responsibility it was the beginning of a larger responsibility toward society.

After renunciation, Ramdas Swami travelled across India for many years. He walked through villages, forests, hills, and towns. What he saw disturbed him deeply. People prayed daily, but lived in fear. They worshipped God, but lacked courage. Society was divided, weak, and directionless. Ramdas Swami realised that spirituality had become passive. He believed that a weak society cannot protect dharma.

From this understanding came one of his most important teachings:

आधी प्रपंच करावा नेटका ।
मग द्यावे परमार्थविवेका ॥

Through this verse, Ramdas Swami clearly told people especially the youth that spirituality does not mean running away from life. First, one must live responsibly, manage worldly duties properly, and serve society. Only then does spiritual wisdom become meaningful. He rejected the idea that holiness lies in isolation. For him, true spirituality begins in daily life.

Ramdas Swami believed that youth must be active, disciplined, and fearless. He strongly opposed laziness, helplessness, and dependency. He often reminded young people that God helps those who help themselves. This belief was expressed powerfully in another verse:

सामर्थ्य आहे चळवळीचे ।
जो जो करील तयाचे ॥

This line became the foundation of his philosophy of action. Ramdas Swami taught that power lies in movement, effort, and initiative. Those who act with determination gain strength. Those who remain passive lose both opportunity and dignity. This message made him a true youth icon, because he spoke directly to

the energy and potential of young minds.

To put his ideas into practice, Ramdas Swami established maths and akhadas across Maharashtra. These were not just



religious centres. They were places where young men were trained physically, mentally, and morally. Youth were taught discipline, fitness, courage, self-control, and devotion to the nation. Ramdas Swami believed that a strong body supports a strong mind, and a strong mind protects righteous action.

His guidance played a crucial role in shaping Chhatrapati Shivaji Maharaj. Ramdas Swami did not turn Shivaji into a blind warrior. He shaped him into a responsible ruler, who believed in justice, people's welfare, and ethical governance. Through this mentorship, Ramdas Swami indirectly contributed to the rise of Swarajya, based on moral strength rather than brute force.

Ramdas Swami repeatedly warned society against laziness and inaction. He believed that laziness is not just a personal weakness it is a social danger. He expressed this sharply in another authentic verse:

शक्ति आहे तों करावें विश्व कीर्तनें भरावें पुण्यवंत तो
साक्षेपी ।
आळशी लोकीं महापापी आपुलाचि घात करी ॥

Through this verse, he taught that one must use one's strength for righteous action and noble work. A lazy person harms not only society but also destroys himself. For Ramdas Swami, effort was a moral duty. He wanted youth to rise early, work hard, train the body, sharpen the mind, and live with purpose.

Ramdas Swami was not against devotion. In fact, he was deeply devoted. But he believed devotion must produce fearlessness, discipline, and service, not weakness. He taught that prayer should give strength to face injustice, not hide from it.

He wrote Dasbodh, a practical guide for living. It did not promise miracles. Instead, it taught leadership, ethics, self-control, social responsibility, and courage. His writings spoke to students, householders, rulers, and monks alike. He wanted every individual to become self-reliant and morally alert.

Ramdas Swami lived a life of simplicity. He owned nothing, yet inspired thousands. He never ruled a kingdom, yet shaped rulers. He never sought followers, yet created generations of disciplined youth. His influence spread quietly but deeply.

Today, Ramdas Swami is considered a youth icon of India because his message remains relevant. In a time when youth face confusion, pressure, and lack of direction, he reminds them that strength, discipline, and responsibility are the foundations of a meaningful life. He teaches that success without values is hollow, and spirituality without action is incomplete.

The life and teachings of Shri Samarth Ramdas Swami show us that true development comes from balanced living where action is guided by wisdom and strength is guided by ethics. He inspired youth to rise above fear, laziness, and confusion, and to live with discipline, courage, and responsibility. By combining devotion with action and spirituality with strength, Ramdas Swami became a timeless guide for India's youth. His message remains clear even today: build strength, live responsibly, act courageously, and walk the path of dharma with confidence.

Ravi Singh

COLONEL DIVYA THAKUR'S MISSION TO REDEFINE ORGANIC FARMING IN INDIA

In the tranquil foothills of Himachal Pradesh, where the Himalayas stand guard and a river snakes through, there's a century-old estate that was once home to British colonials and Indian royalty. It's not an Agri-power who is inducing that change, but a man whose life used to be governed by uniforms, rigid timetables and national duties. Colonel Divya Thakur has now donned a new uniform to accomplish a new mission: Restoration of honesty in Indian farming and rebuilding of trust between the fields and consumers' plates.

Colonel Thakur's own journey is rooted in a tradition of service. A fourth-generation Army officer, the grandson of Brigadier Rajinder Singh, Maha Vir Chakra (Posthumous) who carried the sobriquet of "Saviour of Kashmir" for his heroism during 1947 operations service to the nation pumps in his capillaries. He retired in 2019, after having served the Indian Army for 37 long years. He wasn't finished when he retired rather, retirement offered him a new battleground. This time, the adversary was widespread misuse of the term "organic" in Indian agriculture.

After Retiring from the army, Colonel Thakur headed to Greater Noida first of all for what he described as a "personal cooling-off period." Called by the worldwide COVID-19 pandemic, in March 2020 the colonel and his family relocated to Himachal Pradesh of India in order be nearer his father-in-law-- both a retired army general rank, it's worth mentioning. Meaningful discourse took form in the silence of lockdown and one's future, particularly in the rediscovery of an ancestral apple orchard that had been rented out for annual contracts.

Although he had no knowledge of farming before, Colonel Thakur's resolve to take up the challenge was exactly the same as when he was still an officer. He then studied apple farming for a whole year with help from specialists, going on orchard tours and learning about soil, weather and planting methods. Before long the family orchard which had been built up over generations became the base for a new though grounded in supreme ideals of sustainability

and moral standards. Realistic about but rigorous in these principles at its very core, it now shines like bright sunlight on the practices of a good business.

His entry into farming was not driven by trends or profit margins. What deeply troubled him was how the word "organic" had become a marketing gimmick in India. Produce grown using chemical sprays even applied dangerously close to harvest was often sold at premium prices under the organic label. For



Colonel Thakur, this lack of honesty was unacceptable. Determined to create a counter-model, he established a high-density apple orchard using imported M9 rootstock and select cultivars, strictly adhering to organic principles.

Unlike many self-proclaimed organic farms, his orchard is undergoing the rigorous three-year government certification process. Every practice is documented, traceable, and chemical-free. For him, organic farming is not a claim it is a commitment.

Colonel Thakur attributes his farming philosophy to the values instilled by the Army: integrity, honesty, discipline, and accountability. Educated at a Sainik School and trained at a military academy, these principles have shaped every chapter of his life. Transitioning into organic farming was not a

career shift but an extension of service this time, serving the nation through food security and ecological responsibility.

The journey, however, has not been without challenges. India's organic certification framework requires individual farmers to eventually merge into a Local Group, often resetting processes and increasing bureaucratic hurdles. Convincing fellow farmers to adopt organic methods especially when returns are not immediate has proven difficult. Extensive

paperwork, inspections, and compliance checks further test one's patience. Yet, Colonel Thakur remains steadfast, choosing the harder path over the easier compromise.

Innovation plays a key role in his orchard. Three years ago, he installed a solar bio-fermenter becoming only the fifth farmer in Himachal Pradesh to do so. This system produces Jeevamruth, a natural bio-fertilizer that enhances soil health and microbial activity. He has also installed "Fasal," an advanced sensor-based system that provides real-time data on irrigation needs, weather, leaf wetness, pest attacks, and disease risks. Drip irrigation ensures efficient water use, while pest management relies on neem oil, biocontrol agents, intercropping, and certified organic inputs. His learning continues through formal training, including a three-month online course at MANAGE, Hyderabad.

Switching over to high-density apple production was a strategic decision. After conducting extensive market research, Colonel Thakur chose early-harvest Gala varieties over those that were commonly grown. He decided that early harvesting means a faster market entry, more propitious prices and less saturation. And this model lives up to its promise: The production per mu is also higher than under most other models while it allows better orchard management crucial competitive on markets.

To build consumer trust, he has begun transitioning from traditional mandis to a Direct-to-Consumer model. Pilot networks in Chandigarh, Delhi, and Greater Noida aim to deliver authentic organic apples directly to households. From next year, consumers will be able to digitally trace each apple knowing exactly where it was grown, how it was cultivated, and when it was harvested.

Beyond his own orchard, Colonel Thakur has guided to establish the Jujurana Farmer Producer Company, now associated with nearly 500 farmers. With dedicated wings for beekeeping, natural farming, and organic cultivation, the FPC empowers small and marginal farmers to access markets, certification, and fair pricing collectively.

Looking ahead, Colonel Thakur envisions his orchard as a model farm a living classroom for farmers, students, and policymakers. His goal is not just to grow apples, but to cultivate trust, ethics, and sustainability.

This is a new kind of service to the nation by Colonel Thakur by blending military discipline with ecological ethics, he proves that integrity and profitability can exist together. From the battlefield to the orchard, his mission continues, nurturing the nation with apples and unwavering principles.

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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.

Every year, thousands of students graduate with impressive degrees, professional certifications, and polished technical expertise. They clear competitive interviews, secure respectable salary packages, and proudly announce their first job on LinkedIn with celebratory posts and hashtags. For many families, this moment feels like the final destination.

Yet, a few years into their careers, a quiet and uncomfortable question begins to surface in many minds: "Why am I still in the same role while others are moving ahead?"

The answer is simple, but rarely spoken aloud in classrooms or offices. Technical skills help you get hired. Behavioural skills decide how far you rise.

Entry Is About Knowledge. Growth Is About Conduct

At the hiring stage, organizations are practical and objective. They need proof of competence.

They ask:

- Can you prepare accounts correctly?
- Do you understand compliance, taxation, or

BEHAVIOUR AT WORK: THE SILENT SKILL BEHIND EVERY PROMOTION

analytics?
• Can you use the required tools, software, and systems efficiently?

If the answer is yes, the job is yours. At this stage, marks, degrees, and certifications matter because companies are assessing what you know and what you can do immediately.

Example: A commerce graduate joins a firm because she is excellent with spreadsheets, meets deadlines consistently, and produces error-free work. She becomes the "go-to person" for data accuracy. Her technical strength builds early credibility, and she earns appreciation from her immediate supervisor. But here's the shift that happens silently, often unnoticed.

Once Inside, Everyone Is Skilled

After a year or two, the technical gap between employees begins to narrow. Training programs, exposure, and real-world experience gradually level the field. Most people around you now know their work reasonably well.

At this point, management starts observing something different.

They begin to notice:

- Who communicates calmly during pressure situations?
- Who supports the team during tight deadlines instead of blaming others?
- Who handles disagreement professionally rather than emotionally?

This is where behaviour becomes currency.

Why Behavioural Skills Matter More with Seniority

As you climb higher in an organization, your success depends less on tasks and more on people. Senior roles are not about doing more work alone they are about getting work done through others. A team leader doesn't just "know" finance or accounting. They guide, convince, coordinate, motivate, and correct.

Example: Two executives handle the same workload. One completes tasks efficiently but avoids discussions, reacts emotionally to criticism, and struggles with teamwork.

The other may not be the fastest, but communicates clearly, remains composed under stress, supports colleagues, and earns trust. When a leadership role opens, the choice is obvious. Competence gets you noticed but composure gets you promoted.

Promotion Is About Trust, Not Talent Alone

Promotions are not rewards for intelligence alone; they are bets on reliability. Management is not only asking whether you are smart they are asking whether you are safe to trust with people, pressure, and responsibility.

They silently consider:

- Can this person represent the organization professionally?
- Will they manage people fairly and ethically?
- Can they handle stress without damaging relationships or morale?

Behaviour answers these questions long before words do.

Students: The Skill You're Not Taught in the Syllabus

Most academic syllabi train students for examinations, not environments. While technical knowledge is assessed on paper, behavioural maturity is tested in real life. Group projects, presentations, internships, classroom discussions, and student activities are not "extra" they are behavioural training grounds.

Campus reality: The student who collaborates, communicates confidently, respects deadlines, and shows discipline often attracts better internships and placement opportunities than the one who scores the highest marks but avoids interaction and responsibility.

Working Professionals: The Mid-Career Trap

Many professionals feel overlooked despite years of experience. Although they



actively work on improving their technical capabilities, progress in their career hierarchy remains slow.

Often, the missing link is not knowledge but:

Common barriers include:

- Poor communication: Especially with seniors and team members
- Inflexibility: An unwillingness to adapt to change, new systems, or diverse working styles
- Lack of leadership attitude: Where individuals wait for instructions instead of taking ownership.
- Weak emotional control: Leading to reactive behaviour during stress, feedback, or conflict.

At this stage, learning how to manage people matters more than learning another software. Technical skills may keep you relevant, but behavioural maturity determines whether you move forward or remain stuck.

The Takeaway

Technical skills prove that you are capable. Behavioural skills prove that you are dependable. Organizations hire hands but promote minds with maturity. Because in the professional world, what you know gets noticed but how you behave gets remembered.

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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.

INTRODUCTION TO BEAT POETRY

Beat Poetry emerged in the 1950s in America as a bold literary movement that rejected conventional society, materialism, and rigid poetic forms. Led by writers like Allen Ginsberg, Jack Kerouac, and William S. Burroughs, Beat poets celebrated freedom of expression, spirituality, jazz rhythms, and raw, spontaneous writing. Their poetry often explored themes of individuality, rebellion, sexuality, and a search for deeper meaning in life.

Allen Ginsberg's Howl became a defining work of the movement, challenging censorship and social norms. Beat poetry broke away from structured meter and rhyme, embracing a conversational tone and emotional intensity. Influenced by Eastern philosophy, especially Buddhism and Indian spirituality, Beat poets valued personal experience and inner truth over literary polish.

The Beat movement not only reshaped modern poetry but also influenced music, culture, and later countercultural movements of the 1960s. Today, Beat poetry remains a symbol of literary rebellion and artistic authenticity.

DID YOU KNOW?

- The human brain begins to reorganize itself every time you learn something new, a process known as neuroplasticity. This means adults are biologically capable of learning complex skills at any age, making continuous education and exam preparation scientifically effective rather than age-dependent.
- The concept of competitive examinations originated in ancient China through the Imperial Examination System, which selected administrators based on merit rather than birth. This system laid the foundation for modern civil service exams across the world, including those followed in India today.
- Many scientific terms and academic vocabulary used in competitive exams come from Greek and Latin roots. Understanding these roots helps students decode unfamiliar words in comprehension passages and objective questions without memorizing every term separately.
- The average human attention span improves when study sessions are limited to 25–30 minutes followed by short breaks. This technique, known as the Pomodoro Method, increases concentration and reduces mental fatigue during long study hours.
- Rabindranath Tagore was the first non-European to win the Nobel Prize in Literature in 1913 for Gitanjali.

- The Constitution of India is the longest written constitution in the world. It originally had 395 Articles, 22 Parts, and 8 Schedules, and has been amended multiple times to adapt to changing social and political needs.
- The Indian Railways is one of the largest employers in the world, with more than one million employees. It operates thousands of trains daily and connects the country's vast geographical regions.

GRAMMAR TIP

Use of Articles (A, An, The)

Use a before words beginning with a consonant sound: A book, A university

Use an before words beginning with a vowel sound: An apple, An hour

Use the to refer to something specific: The sun, The principal of the college

Example: She saw a bird sitting in the tree and eating an apple.

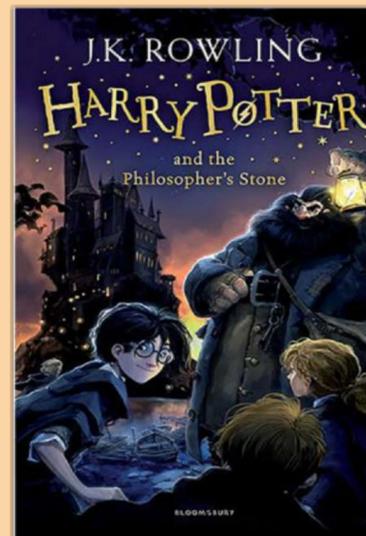
WRITER OF THE WEEK

J. K. Rowling

J. K. Rowling is a British author best known for creating the Harry Potter series, one of the most successful literary franchises in history. Born in 1965, Rowling conceived the idea of Harry Potter during a train journey. Despite facing personal struggles and rejection from publishers, she persevered. Her works have inspired millions of readers worldwide and have been translated into numerous languages. Rowling's writing highlights imagination, resilience, and the power of hope.

BOOK REVIEW

Harry Potter and the Philosopher's Stone



J.K. Rowling's Harry Potter and the Philosopher's Stone introduces readers to the magical world of Hogwarts through the eyes of an eleven-year-old orphan, Harry Potter. Living a miserable life with the Dursleys, Harry discovers that he is a wizard and is invited to study at Hogwarts School of Witchcraft and Wizardry.

The novel beautifully blends fantasy, friendship, courage, and mystery. As Harry makes friends like Ron and Hermione, he also uncovers secrets about his past and his connection to the dark wizard Voldemort. Rowling's imaginative storytelling, memorable characters, and vivid world-building make this book a timeless classic for readers of all ages.

The story emphasizes values such as bravery, loyalty, and the triumph of good over evil, making it not just entertaining but meaningful.

QUOTABLE QUOTES

"Success is not final, failure is not fatal: it is the courage to continue that counts."

— Winston Churchill

CREATIVE WRITING

DON'T GIVE UP

Don't give up and don't give in
It's all in the Lord's hands
No matter what you're facing
He is the one who can.

In any situation
His grace can turn it around
So you can be victorious
As His love does abound.

The beginning and the end He knows
And all that's in between
So put your total trust in Him
To Him it's all foreseen.

He knows about your struggles
He knows about your pain
Your hardships and your sorrows
And He will help you to reign.

So don't give up and don't give in
Don't quit before it's time
God's grace will give you power
To make it to the finish line
In His way and time!!!

Poetry by
Janet Mullaly

WORD OF THE WEEK

Meticulous (adjective)

Meaning: Showing great attention to detail; very careful and precise.
Example: She kept meticulous records of all her research notes.

IDIOM HIGHLIGHT

Spill the beans

Meaning: To reveal a secret unintentionally.
Example: He spilled the beans about the surprise party.

INDIA SAFEGUARDS AGRICULTURE AND DAIRY IN INDIA-US TRADE DEAL



sectors while fostering broader bilateral economic cooperation.

A major highlight of the trade framework is the reduction of U.S. tariffs on Indian exports to about 18 per cent from previously higher levels, which Goyal noted is lower than tariffs faced by many competitor countries potentially improving India's export competitiveness in the American market.

While negotiating sensible market access for goods and services, the government's stance aims to balance trade liberalisation with domestic economic protection. According to Goyal, the deal will also unlock opportunities for MSMEs, entrepreneurs, skilled workers and industry, aligning with national initiatives such as Make in India, Design in India and Viksit Bharat 2047.

Overall, the announcement signals that India is pursuing growth via international trade while maintaining policy space to support its farmers, food producers and allied rural stakeholders.

India has firmly protected its agriculture and dairy sectors in the recently concluded India-United States trade agreement, Union Commerce and Industry Minister Piyush Goyal told the Lok Sabha. After about a year of intensive negotiations between officials from both countries, New Delhi ensured that these sensitive sectors including farmers and dairy producers are not compromised or exposed to unfettered foreign competition under the pact.

Goyal emphasised that safeguarding food, agriculture and dairy interests was a core priority for the Indian side throughout negotiations. He reassured lawmakers that India's "core sensitivities" in food and agriculture have been fully taken into account, and that the arrangement protects these

UNION BUDGET 2026-27 BETS ON HIGH-VALUE CROPS TO BOOST FARM INCOMES

In the Union Budget 2026, the Indian government has placed strong emphasis on diversifying agricultural output and raising farmers' incomes by promoting high-value crops and allied sectors, alongside traditional farming support. The budget earmarks a total of ₹1.63 lakh crore for agriculture and allied activities, a roughly 7 per cent increase over the previous year's estimates, reaffirming the sector's role as a key driver of economic growth.

A central theme of this year's agricultural strategy is support for high-value and plantation crops such as coconut, sandalwood, cocoa and cashew especially in coastal and suitable agro-climatic regions to enhance productivity, diversification and value addition. The government plans a Coconut Promotion Scheme to improve yields by replacing old palms with improved varieties, benefiting millions of people who depend on coconut cultivation. A dedicated programme for cashew and cocoa aims to make India self-reliant in raw material production and processing, with long-term goals of building premium global brands by 2030.



The Budget also highlights allied sectors: fisheries, animal husbandry and nuts such as almonds, walnuts and pine nuts will receive focused support to create rural employment and strengthen value chains. Initiatives like the Bharat-VISTAAR multilingual AI tool are intended to help farmers make data-driven decisions and improve productivity.

Overall, the 2026 Budget signals a shift towards market-oriented, technology-led and value-added agricultural development, aiming to boost incomes, widen export potential and modernise farm practices for long-term rural prosperity.

WHY INDIA'S SUGAR STOCKPILES REMAIN LOW DESPITE SURPLUS OUTPUT



India has experienced strong sugar production in recent seasons, with output rising sharply in some years even as crushing activity expands. For example, in the 2025-26 sugar season, total sugar production had grown significantly compared with the previous year, with substantial contributions from key producing states like Maharashtra and Uttar Pradesh. Yet overall sugar stockpiles remain lower than expected, creating a puzzling supply picture given the output figures.

One major reason is increased diversion of sugarcane toward ethanol production. The Government of India has encouraged mills to convert part of their sugar output into ethanol — a move aimed at supporting the biofuel programme and helping mills generate better cash flow — which effectively reduces the net sugar available for storage. This ethanol diversion acts as a buffer when export or domestic stocks are tight, absorbing part of the production that otherwise would add to inventories.

Domestic consumption also plays a role. India's sugar use is high and rising, keeping much of the locally produced sugar in circulation. Seasonal demand patterns — such as festive season consumption — absorb significant quantities, further limiting long-term stock build-up.

A third factor is the financing and pricing environment. Even when production increases, lower sugar realisations reduce incentives for mills to hold unsold stock; with prices under pressure, mills often sell into the market or divert output to ethanol rather than carry high inventory costs.

Taken together, these dynamics — ethanol diversion, robust domestic usage and pricing pressures — help explain why India's sugar stock levels don't rise in line with production, keeping inventories relatively lean despite seasonal surpluses.

AMAZON AND IIT ROORKEE COLLABORATE TO TURN AGRICULTURAL WASTE INTO SUSTAINABLE PACKAGING

Amazon India has partnered with the Indian Institute of Technology (IIT) Roorkee to develop eco-friendly packaging materials using agricultural waste, marking a notable step toward sustainable agriculture and circular economy goals. Under this collaboration, researchers at IIT Roorkee's Department of Paper and Packaging Technology will focus on converting crop residues such as wheat straw, bagasse and other field waste into fibres that can be processed into lightweight, strong, recyclable and home-compostable paper packaging.



15-month period, after which the partners intend to move toward industrial trials, process validation and potential commercial production by mid to late next year. If successful, this approach could provide farmers with a new income stream by creating a market for crop residues, in addition to offering industry a sustainable alternative to conventional packaging.

This initiative illustrates how industry-academia partnerships can address environmental challenges and support innovation in agri-waste utilisation, aligning with broader national priorities for sustainability and circular resource use.

India generates nearly 500 million tonnes of agricultural waste annually, much of which is traditionally burned, contributing to severe air pollution. By diverting this biomass into packaging production, the project aims to reduce stubble burning and cut reliance on virgin wood pulp or plastic materials, which are more environmentally taxing to produce and dispose of.

The initial phase will involve lab-scale development and testing over a

INDIA WITHDRAWS WHEAT STOCK LIMITS AS DOMESTIC SUPPLIES IMPROVE

The Indian government has removed restrictions on wheat stockholding for traders, wholesalers and retailers, reflecting a comfortable supply situation and easing prices in domestic markets. The stock limits were earlier introduced in May 2025 to prevent hoarding and rein in rising wheat costs, but improved availability has allowed authorities to lift these ceilings.

According to official data, private wheat inventories now stand at about 8.1 million tonnes, which is roughly three million tonnes higher than the same period last year, indicating strong supplies across the country. The increase in stocks has contributed to a softening of wholesale wheat prices, helping to ensure that supplies remain adequate for both consumers and food programmes.

While the stock limits have been withdrawn, the government continues to require weekly reporting of holdings by all wheat stock entities to maintain transparency and monitor market conditions in real time. This ongoing declaration mechanism allows officials



to track supply flows and intervene if prices or availability begin to tighten.

The decision follows other supportive measures, such as allowing exports of wheat flour and related products, which were restricted in previous years. Together, these steps suggest that India's wheat supply chain bolstered by robust stocks and stable production is now in a position where restrictive controls are no longer necessary.

Dr. Smita Ravikumar Kuntay

UGC URGES COLLEGES TO INTRODUCE DISASTER MANAGEMENT SKILL COURSE FOR UNDERGRADUATES



UGC highlighted that India's growing exposure to climate-related and environmental risks makes disaster management education a necessity rather than an option. By embedding this course across undergraduate programmes, students from all disciplines will gain critical life skills alongside their academic studies.

The University Grants Commission has directed higher educational institutions to introduce a two-credit disaster management skill enhancement course for undergraduate students from the 2026-27 academic session. The initiative aims to equip students with essential knowledge and practical skills to respond effectively during emergencies.

The curriculum is expected to include topics like early warning systems, evacuation planning, community-based disaster response, and the role of technology in disaster mitigation. Institutions may adopt experiential learning methods such as simulations, case studies, and field activities.

The move aligns with the National Education Policy (NEP) 2020, which stresses holistic and skill-based education. UGC said the initiative will help create a more resilient, informed, and socially responsible generation prepared to respond to emergencies and support community safety.

The course, developed in collaboration with the National Institute of Disaster Management (NIDM), will focus on disaster preparedness, risk reduction, and first-response measures. Students will be trained to handle natural and human-induced disasters such as floods, earthquakes, cyclones, fires, and industrial accidents.

UP TO SET UP SARDAR VALLABHBHAI PATEL EMPLOYMENT & INDUSTRIAL ZONES IN EVERY DISTRICT

The Uttar Pradesh government has announced plans to develop Sardar Vallabhbhai Patel Employment and Industrial Zones in all districts of the state, aiming to strengthen local employment generation and industrial growth. The initiative was unveiled under the leadership of Chief Minister Yogi Adityanath as part of the state's long-term economic development strategy.



Dedicated infrastructure, streamlined approvals, and investor-friendly policies are expected to support rapid implementation.

The initiative is named after Sardar Vallabhbhai Patel, reflecting the vision of unity and self-reliance in nation-building. The government believes the programme will significantly boost employment opportunities for youth and strengthen Uttar Pradesh's role as a major industrial and economic hub.

By integrating industrial development with skill creation and local employment, the state aims to drive inclusive growth and long-term economic resilience across all districts.

The proposed zones will focus on creating district-level industrial ecosystems that combine manufacturing, services, skill development, and entrepreneurship. By decentralising industrial growth, the government aims to reduce migration, generate jobs closer to home, and ensure balanced regional development across Uttar Pradesh.

Officials said the zones will be tailored to the economic strengths and resource potential of each district. Emphasis will be placed on attracting investment, supporting MSMEs, promoting startups, and aligning skill training with local industry needs.

MENSTRUAL HEALTH IS A FUNDAMENTAL RIGHT: SUPREME COURT DIRECTS SCHOOLS TO ACT

The Supreme Court of India has declared menstrual health a fundamental right under Article 21 of the Constitution and directed schools across the country to ensure adequate facilities for girl students. The ruling recognises menstrual hygiene as integral to dignity, health, and equality, especially for adolescents in the education system.



The apex court observed that inadequate menstrual facilities often force girls to miss school, affecting attendance, learning outcomes, and long-term educational participation. To address this, it directed schools to provide free sanitary pads to girls studying in Classes 6 to 12, along with clean and functional toilets, access to water, and safe disposal systems.

The court stressed that menstruation should not be treated as a taboo or a private issue but as a public health concern that requires institutional support. It underlined the responsibility of governments and educational authorities to create safe, inclusive, and supportive school environments for girls.

The judgment also highlighted the importance of awareness and sensitisation programmes to normalise discussions around menstrual health among students, teachers, and parents. Schools were encouraged to integrate menstrual hygiene education into health and life-skills learning.

By linking menstrual health to the right to life and dignity, the Supreme Court reinforced the need for gender-sensitive school infrastructure and policies, ensuring that no girl's education is disrupted due to lack of basic menstrual care facilities.

KERALA BROADENS EDUCATION SUPPORT NET TO COVER 28 MORE COMMUNITIES



The Kerala government has announced a major expansion of education benefits, extending financial and institutional support to 28 additional communities across the state. The move is aimed at strengthening access to higher education and advancing social equity by easing economic barriers for students from historically underrepresented groups.

According to officials, the expanded coverage will allow eligible students to access a range of benefits, including scholarships, fee concessions, and academic support schemes linked to college and university education. These measures are expected to reduce dropout rates and improve enrolment and completion outcomes in higher education institutions.

The government said the decision reflects Kerala's long-standing commitment to inclusive development through education. By widening the beneficiary base, the state aims to ensure that merit and aspiration are not constrained by socio-economic limitations. Institutional support will also be enhanced to guide students through admissions, coursework, and career planning.

Education authorities noted that the policy complements existing welfare initiatives and aligns with broader efforts to build a skilled, future-ready workforce. The expansion is expected to have a positive impact on employability by enabling more students to pursue professional and academic pathways.

With this step, Kerala reinforces its belief that education is a powerful equaliser one that can drive social mobility, economic resilience, and sustainable growth by empowering students from diverse communities to fully participate in the state's development journey.

HIMACHAL PRADESH TO ENFORCE MOBILE PHONE BAN IN SCHOOLS FROM MARCH 1



The Himachal Pradesh government has announced a complete ban on the use of mobile phones in all schools across the state starting March 1, Chief Minister Sukhvinder Singh Sukhu said. The move applies to both government and private schools and is aimed at improving academic focus and student well-being.

The decision comes amid growing concerns over excessive screen time, classroom distractions, and the impact of mobile phones on students' mental health and discipline. State officials said unrestricted phone usage has affected attention spans and reduced meaningful engagement in learning activities.

The Chief Minister emphasised that schools should be spaces for learning, interaction, and holistic development. While acknowledging the role of technology in education, he said mobile phones often lead to misuse when accessed without supervision by students.

School authorities have been instructed to strictly implement the ban and sensitise parents and students about its purpose. Teachers will also be encouraged to promote alternative methods of learning and interaction that do not rely on personal mobile devices.

The government clarified that the policy does not oppose digital education but seeks to ensure that technology is used in a structured and purposeful manner. Supervised digital tools may continue to be used where required for academic purposes.

Education officials believe the ban will help students concentrate better, improve classroom behaviour, and develop healthier study habits. The government will review feedback from schools after the ban is implemented to assess its impact.

Durgesh K. Dubey

SHARED GROWTH, SHARED FUTURE: INDIA-MALAYSIA TIES GAIN NEW MOMENTUM

India and Malaysia are stepping into a renewed phase of partnership, one that places shared growth and collective progress at the heart of their relationship. During a recent high-level engagement in Kuala Lumpur, the message was clear: the success of one nation reinforces the success of the other, and together, both contribute to a stronger and more confident Asia. This outlook reflects a relationship that has moved beyond traditional diplomacy to focus on people, technology and long-term transformation.

At the core of this partnership is a forward-looking framework that emphasises speed, scale and tangible benefits for citizens. Rather than limiting cooperation to formal agreements, the relationship is increasingly defined by outcomes jobs created, technologies shared and opportunities expanded. This approach underlines a belief that collaboration between two diverse yet complementary economies can deliver results that extend well beyond national borders.

Economic cooperation has emerged as a key pillar of this growing bond. Indian companies, particularly in information technology and digital services, have built a strong presence in Malaysia, contributing to employment and skills development. These firms are not only supporting local businesses but are also helping integrate Malaysia more deeply into global digital networks. At the same time, manufacturing collaboration especially in sectors such as healthcare has highlighted how joint ventures can strengthen regional supply chains and improve access to essential products.

Digital connectivity is another area where cooperation is accelerating. Plans to link digital payment ecosystems promise to make

everyday transactions smoother for travellers, businesses and the diaspora. Such integration goes beyond convenience; it reflects trust in each other's systems and a shared ambition to build inclusive digital economies. Institutional platforms focused on digital collaboration are opening new pathways for innovation, startups and cross-border solutions tailored to Asian markets.

Equally important is the human dimension of the relationship. People-to-people ties, nurtured over centuries through trade, migration and culture across the Indian Ocean, continue to be the foundation of bilateral relations. The vibrant Indian diaspora in Malaysia serves as a living bridge, strengthening cultural understanding while contributing to economic and social life. Encouraging travel, tourism and cultural exchange remains central to keeping this connection dynamic and relevant for younger generations.

India's own transformation over the past decade adds fresh energy to the partnership. Rapid improvements in infrastructure ranging from expanded airports and highways to modern rail systems—have reshaped mobility and connectivity. Economic reforms and industrial initiatives have helped the country climb the global economic ladder, while manufacturing capabilities, particularly in electronics, have expanded at an unprecedented pace. These changes create new opportunities for collaboration, investment and shared growth with partners across Southeast Asia.

For Malaysia, closer engagement with a fast-growing economy opens doors to technology, markets and talent. For India, Malaysia offers a strategic gateway to the ASEAN region and a trusted partner with deep



cultural links. Together, the two countries are positioning their partnership as one that benefits not only their own citizens but also contributes to regional stability and prosperity.

As this comprehensive partnership deepens, its success will be measured not by statements alone but by real-world outcomes more jobs, stronger digital systems, easier travel and greater economic resilience. In an era of global uncertainty, the India-Malaysia relationship stands as an example of how shared vision and mutual respect can turn bilateral ties into a force for broader Asian progress.

INDIA-US INTERIM TRADE FRAMEWORK SIGNALS A NEW PHASE OF OPPORTUNITY FOR BUSINESSES AND CONSUMERS



India and the United States have taken a significant step toward reshaping their economic relationship with the announcement of an interim trade framework that promises to lower barriers, deepen technology cooperation and open global pathways for Indian enterprises. While the agreement is still to be formalised into a legal pact, its broad contours point to a pragmatic and forward-looking approach aimed at boosting trade, investment and confidence on both sides.

At the heart of the framework is a calibrated reduction in import duties. The United States has agreed to sharply lower tariffs on a range of Indian goods, while India will eliminate or reduce duties on most American industrial products and several food and agricultural items. This mutual easing of tariffs is expected to reduce costs for businesses, improve price competitiveness and ultimately benefit consumers through greater choice and affordability. For Indian exporters, especially in

agriculture and food processing, the move opens a valuable window into one of the world's largest consumer markets with zero or minimal reciprocal tariffs on many products.

A key focus of the agreement is support for micro, small and medium enterprises. By lowering tariffs and addressing long-standing non-tariff barriers, the framework aims to make it easier for MSMEs to integrate into global value chains. For thousands of small manufacturers and processors, this could translate into access to new buyers, better technology and more predictable trade conditions. Importantly, the framework seeks to balance openness with protection, ensuring that sensitive sectors linked to farming and animal husbandry are safeguarded, thereby preserving livelihoods while expanding export opportunities.

The agreement also reflects a strong push toward deeper technology collaboration. Both countries have committed to expanding trade in advanced technology products, including those critical for data centres, artificial intelligence and digital infrastructure. By addressing regulatory and standards-related hurdles, the framework sets the stage for smoother movement of high-end electronics, medical devices and ICT goods. This is particularly relevant as India scales up its digital economy and data centre capacity, creating new demand for cutting-edge hardware while offering global firms a stable and fast-growing market.

Beyond goods and technology, the framework sends a powerful signal to global investors. Industry leaders have welcomed it as a confidence booster at a time of global uncertainty, noting that lower tariffs, streamlined procedures and clearer rules can strengthen supply chains and manufacturing competitiveness. For India, the agreement aligns with its broader ambition of becoming a global manufacturing and innovation hub,

supported by predictable trade partnerships rather than ad-hoc arrangements.

Another notable aspect is the intent to significantly expand bilateral trade volumes over the coming years, including large-scale purchases in energy, transport equipment and high-value industrial inputs. Such commitments underline the strategic nature of the partnership and its potential to rebalance trade in a sustainable way. At the same time, phased implementation and quota-based concessions in certain sectors suggest that the agreement is designed to allow domestic industries time to adjust, rather than forcing sudden exposure to global competition.

For ordinary citizens, the impact may be subtle but meaningful. Cheaper imports of selected goods could ease household expenses, while expanded exports and investments may create jobs across manufacturing, logistics, technology and services. For entrepreneurs and startups, improved access to technology, capital goods and global markets could lower entry barriers and accelerate innovation.

While the interim framework is not the final destination, it marks a decisive move toward closer economic integration between two large democracies. Its success will depend on careful implementation and the ability to convert intent into action. If executed well, the agreement could become a cornerstone of a more resilient, inclusive and future-ready trade relationship one that benefits businesses big and small, and strengthens India's role in the global economy.

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**Q. Can Policies Work If Employees
Don't Understand Them?**

Ans. In any organization, policies form the backbone of operational consistency, ethical standards, and workplace discipline. They are intended to guide behavior, clarify expectations, and align individual actions with the broader objectives of the company. However, a policy is only as effective as the understanding and engagement of the people expected to follow it. If employees fail to grasp the purpose, rationale, or practical application of policies, adherence becomes superficial at best and counterproductive at worst. As the Subhashitam teaches, “स्वभावो नोपदेशेन शक्यते कर्तुमन्यथा; सुतप्तमपि पानीयं पुनर्गच्छति शीतताम्,” understanding human nature is essential people cannot act ethically or follow rules they do not comprehend. This principle underscores that before enforcing policies, organizations must educate users thoroughly, ensuring relevance, and practical applicability.

The first challenge is bridging the gap between abstract principles and practical understanding. Policies often articulate high ideals, ethical norms, or procedural guidelines in formal language, which may not resonate with employees on a day-to-day level. For instance, a policy promoting data security may emphasize confidentiality, but without practical training on secure password management or phishing prevention, employees may unintentionally violate rules. The Subhashitam “अतिवृष्टिः पयः पीतं, अत्यल्पं च न जीवति; अत्यन्तं सर्वमत्यन्तं न वरं न च शोभनम्” emphasizes balance and moderation. Applying this to policy education, instruction must neither overwhelm with excessive detail nor under-explain essential procedures. Employees must receive clear, balanced guidance that is actionable and contextually meaningful, enabling them to internalize both the ethical principles and practical steps required.

Communication is central to policy effectiveness. The Subhashitam “सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम्; प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः” underscores the importance of truthfulness delivered with clarity and kindness. Organizational policies, however ethical, fail if they are ambiguous, convoluted, or presented in a manner that alienates employees. Regular workshops, simplified manuals, interactive sessions, and scenario-based training transform abstract rules into lived understanding. Transparency in communicating not only the “what” but also the “why” behind policies fosters engagement, helping employees see policies as enablers of collective wellbeing rather than mere constraints. Understanding policies also requires alignment with human tendencies and workplace realities. The Subhashitam “क्षमा बलं अशक्तानां, शक्तानां भूषणं मतम्” teaches that patience and forbearance are signs of strength. Educating users necessitates patience, repeated reinforcement, and contextualization of rules to ensure they are comprehensible. Employees may struggle to grasp certain ethical or operational nuances at first; consistent guidance and support are essential. Organizations that fail to provide such structured learning inadvertently create environments where policies are ignored, misinterpreted, or circumvented, weakening the very ethical framework they aim to uphold.

Practicality is another vital consideration. The Subhashitam “फलमूलाश्रिता नित्यं नापि मूलफला वनाः; संगमूलाश्रिता नित्यं नापि मोक्षफला नराः” teaches that attachment to outcomes without understanding underlying principles leads to failure. A policy that is theoretically sound but practically impossible to implement will generate frustration and non-compliance. Educating users involves demonstrating not only the ethical rationale but also practical procedures for

adherence. For example, an environmental sustainability policy must include accessible instructions on waste segregation or energy conservation; abstract exhortations to “be green” are insufficient. When employees understand how to act in alignment with policies, the likelihood of genuine compliance increases. The Subhashitam “अन्येभ्यः परं कर्तव्यम्, स्वार्थं परित्यजेत् शीलवान्” emphasizes duty over self-interest. Education ensures that employees recognize their responsibilities within the ethical framework of the organization. Without comprehension, employees may act according to convenience or personal preference, inadvertently undermining ethical standards. By providing context, rationale, and practical examples, policy education instills a sense of shared responsibility, encouraging employees to prioritize collective goals over individual expedience. In this way, understanding transforms policy from a passive requirement into an active commitment.

Feedback loops further enhance policy comprehension and effectiveness. The Subhashitam “वृथा बुद्धिर्विनाऽभ्यासं वृथा अभ्यासो विनाऽधिना; यो हि संयोजयेदेतदुभयं स विजानती” teaches that knowledge without practice, or practice without understanding, is futile. Organizations that actively solicit questions, monitor implementation, and refine policies based on employee feedback create an iterative learning environment. Employees are more likely to follow rules they have helped interpret, tested in practical scenarios, and seen in action. This participatory approach cultivates ownership, ensuring that policies are not just directives but shared commitments. Moreover, cultural reinforcement plays a critical role. The Subhashitam “कृतज्ञता एव साधूनां भूषणं हि परं स्मृतम्; अकृतज्ञः पुरुषः पापी लोकद्विष एव च” highlights that recognition and appreciation reinforce virtuous behavior. Educating employees about policies must include acknowledgment of adherence, ethical problem-solving, and responsible behavior. Positive reinforcement builds a culture where ethical compliance is valued and celebrated, rather than feared or resented. When employees experience tangible benefits or recognition for following policies, understanding and adherence deepen.

Detachment from rigid enforcement and fostering ethical reasoning is equally important. The Subhashitam “मन एव मनुष्याणां कारणं बन्धमोक्षयोः; बन्धाय विषयासक्तं मुक्त्यै निर्विषयम् स्मृतम्” teaches that the mind governs both bondage and liberation. Simply imposing rules without fostering comprehension can lead to mechanical compliance or covert non-compliance. True effectiveness arises when employees internalize ethical reasoning, connecting policies to broader moral and organizational objectives. Education transforms policy from external enforcement to

internalized guiding principles, empowering employees to act responsibly even when oversight is minimal.

Finally, continuous adaptation ensures policies remain relevant and understandable. Workplace contexts, technologies, and societal norms evolve, requiring policies to be reviewed and re-communicated. The Subhashitam “शीलवान् पुरुषः सर्वत्र विजयी भवति, आसक्तिमुक्तः सदा सुखी” reminds us that virtue combined with adaptability ensures lasting success. Organizations that provide ongoing education and revise policies based on practical realities ensure comprehension and compliance remain high. This cyclical process of learning, feedback, and adaptation embeds ethical and practical alignment into the organizational culture.

In conclusion, policies cannot work effectively if employees do not understand them. Ancient wisdom, reflected in Subhāsitams such as “स्वभावो नोपदेशेन शक्यते कर्तुमन्यथा,” “अतिवृष्टिः पयः पीतं, अत्यल्पं च न जीवति,” and “अन्येभ्यः परं कर्तव्यम्, स्वार्थं परित्यजेत् शीलवान्,” emphasizes that alignment between understanding, action, and ethical principles is crucial. Educating users transforms policies from abstract documents into actionable, morally grounded, and practical frameworks. Through clarity, balance, transparency, feedback, and continuous adaptation, organizations ensure that ethical and operational policies are not only followed but embraced, fostering a culture of integrity, trust, and sustained organizational success. Policies understood are policies lived, and policies lived are the true foundation of ethical and effective workplaces.

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SUCCESS WITHOUT APPLAUSE: WHEN GROWTH HAPPENS IN SILENCE



spotlight, in moments that no one else notices.

Silent growth begins where external validation ends. It shows up in early mornings when discipline replaces motivation, in late nights spent learning a skill that no one has asked for yet. It lives in the decision to improve, even when no immediate reward follows. These moments rarely earn praise, but they slowly shape character, competence, and confidence. What looks like “nothing happening” from the outside is often deep transformation within.

We are conditioned to announce progress. Social media reinforces this idea that success must be visible to be real. But when growth becomes performative, its purpose shifts. Instead of learning for mastery, we learn for approval. Instead of healing for peace, we heal for validation. Silent success resists this pressure. It is deeply personal and rooted in self-respect rather than public recognition.

Some battles are meant to be fought alone.

Overcoming self-doubt, rebuilding after failure, developing emotional strength, or choosing consistency over comfort these victories don't come with claps or trophies. No one sees the internal negotiations, the moments of wanting to quit, or the courage it takes to keep going without encouragement. Yet these unseen struggles often

prepare us for visible success later.

There is also dignity in quiet improvement. When you grow in silence, you allow your work to speak when the time is right. Skills sharpen without noise. Confidence develops without arrogance. Resilience forms without bitterness. Such growth creates stability, not dependency on others' opinions. It teaches you to trust your process, even when no one is watching.

History and everyday life are filled with examples of people who prepared quietly before the world noticed them. What appears to be “overnight success” is usually the result of years of unnoticed effort. The silence was not emptiness; it was incubation. Growth needed that quiet to mature.

Choosing success without applause is not about rejecting recognition altogether. Appreciation feels good, and acknowledgment matters. But when success depends entirely on applause, it becomes fragile. Silent growth builds something stronger a sense of purpose that remains intact even when praise fades.

In the end, the most powerful question is not “Who noticed?” but “Who did I become in the process?” When growth happens in silence, it reshapes you from the inside out. And when the applause finally arrives or doesn't you stand firm, knowing your success was real long before anyone clapped.

FRIENDSHIPS THAT EXPIRE: LEARNING TO LET GO GRACEFULLY

Not all friendships are meant to last forever, and accepting this truth is one of adulthood's quiet lessons. We grow up believing that real friendships should survive everything time, distance, change, mistakes. But life rarely works in straight lines. People evolve, priorities shift, and paths diverge. When that happens, some friendships don't end with conflict or betrayal; they simply expire.

Expired friendships are often the hardest to process because nothing “went wrong.” There is no dramatic fallout, no clear villain, no final argument to justify the distance. Conversations become shorter, meetings less frequent, and one day you realize the bond that once felt effortless now requires effort from only one side. This realization brings confusion, guilt, and sometimes self-doubt. We ask ourselves whether we didn't try hard enough, whether letting go makes us selfish or disloyal.

But growth demands honesty. Clinging to friendships that no longer align with who you are can quietly drain emotional energy. You may find yourself shrinking your thoughts, filtering your dreams, or holding back your growth just to preserve familiarity. What once felt like comfort starts feeling like constraint. Letting go, in such cases, is not an act of abandonment it is an act of self-respect.

Learning to let go gracefully means releasing resentment. Not every ending needs an explanation, and not every distance requires closure. Sometimes the kindest thing you can do is acknowledge what the friendship gave you during its time and allow it to rest there. Gratitude can coexist with acceptance. You can honour shared memories without forcing a future that no longer fits.

Grace also means resisting the urge to rewrite history. When friendships fade, we often swing between nostalgia and bitterness either idealising what was or devaluing it completely. Both extremes are unfair. The truth usually lies in between: the friendship was real, meaningful, and

necessary at that stage of life. It fulfilled its purpose. And then, quietly, it reached its end.

There is courage in letting go without drama. No social media announcements, no passive-aggressive silences, no emotional scorekeeping. Just a gentle loosening of expectations. This kind of maturity allows space for new connections to form friendships that reflect your current values, not your past versions.

It is also important to understand that letting go does not always mean cutting off completely. Some friendships transform rather than disappear. They move from daily presence to occasional check-ins, from deep involvement to distant warmth. Accepting this evolution prevents unnecessary heartbreak and allows relationships to breathe naturally.

In the end, friendships that expire teach us an essential lesson: permanence is not the measure of worth. Impact is. Some people walk with us for a lifetime; others walk with us for a season. Both matter. Letting go



gracefully is about trusting that what is meant to stay will stay and what leaves makes room for growth, clarity, and new beginnings.

Afreen Mazgaonkar

POLLUTION THREATENS TORSA RIVER, RAISING ENVIRONMENTAL CONCERN IN WEST BENGAL

The Torsa River of West Bengal is facing a serious pollution problem nowadays. This river flows from Alipurduar district of Bengal to India-Bhutan border. The quality of water of this river is polluted due to factories's waste, sewage and plastic waste is directly discharged into the river. The local people are saying that The Water of Torsa River is used for farming, fishing and daily use, but now there's a bad smell coming from this water, and its color has changed as well. The great loss from this is to fishes and other aquatic life. This pollutes not only the environment but also people's health. Stomach and skin problems cases are increasing day by day. This is a big concern that the Torsa River is important for both

countries India and Bhutan. If pollution is not controlled, this problem creates environmental tension at international level. Experts say that the government should take strict action against factories and increase cross-border environmental cooperation. The problem extends beyond a single river because it tackles water conservation and environmental protection for future generations. Immediate awareness among local communities, proper waste management systems, and regular monitoring of river water quality are essential. Development needs to protect Torsa River because it serves as an essential resource for both progress and environmental sustainability.



INDIA'S LEAP TOWARDS ITS OWN SPACE STATION

India is entering a new phase of space exploration. The Indian Space Research Organisation (ISRO) started their work on Bharat Space Station (BAS), which will be India's own space station.



Along with this project, India is going to join the elite clubs that have independent space station capabilities. The Bharat Space Station will be set up in Low Earth Orbit (LEO), where Indian astronauts can conduct long-duration scientific research. Here, in a zero-gravity environment, they'll run experiments on human health, medicine, new materials, and space agriculture. This research will not only be a way of future mission but also help improve life back on Earth. According to ISRO's roadmap, the first module of BAS is planned for launch in 2028, with more modules added gradually in the coming years. The hands-on-experience from the Gaganyaan mission will play a key role in shaping the station's development. The Bharat Space Station is being recognized as a revolutionary development for India's human space program. The program will deliver scientific advancements while it motivates young people to pursue studies in space science. The achievement represents a major advancement that will enable India to develop its space technology capabilities.

INDIA SUCCESSFULLY TESTS SFDR RAMJET MISSILE TECHNOLOGY OFF ODISHA COAST

India successfully tested its Solid Fuel Ducted Ramjet (SFDR) missile technology during a critical flight test at Integrated Test Range which operates from the coast of Odisha. This test establishes a new technological achievement for the Defence Research and Development Organisation (DRDO) which enables India to join an exclusive group of countries that possess advanced air-breathing missile propulsion technologies. Missiles that use SFDR technology can sustain their top speed across long distances because they use atmospheric oxygen as their combustion fuel instead of needing an onboard oxidizer. The system provides operational range improvements and better handling capabilities which allow it to maintain its final



approach energy levels during its entire operational period which makes it useful for creating upcoming long-range air-to-air missile systems. The missile achieved its initial supersonic speed before the ramjet propulsion system began operation which produced successful results. The system functioned correctly because all essential subsystems operated as they should, which included the fuel control system and propulsion system while real-time data confirmed mission success. The achievement significantly strengthens India's capacity for domestic missile development while it enhances the country's military operational abilities. The successful test will expedite the creation of advanced supersonic weapon systems according to officials who stated this will support India's efforts to achieve self-sufficient defense technology development.

FILM CERTIFICATION PROCESS IN INDIA GETS FASTER WITH NEW ONLINE CBFC SYSTEM

The Central Board of Film Certification (CBFC) has established an online system which enables quicker film certification in India through its digital application process. The system was developed to help filmmakers finish their projects without delays which typically occur during the film certification process before the theatrical release. The new system enables producers to submit their films through digital channels which allow them to monitor the submission status and obtain their results faster than they would through standard offline procedures. Filmmakers can now submit their movies and supporting documents through the CBFC portal which eliminates the requirement for them to make physical submissions and office visits. The new system has decreased both the time required for processing applications and the number of administrative delays which occurred with the previous system. The digital certification procedure includes automatic progress monitoring which provides applicants with full visibility throughout their certification process. The reform helps to meet demand because the Indian entertainment sector needs faster results which directly impact box office revenue through its scheduled film releases. The new online system will help independent filmmakers and smaller production houses because it makes the certification process faster and more affordable. India wants to improve business operations in the media and entertainment industry through certification process modernization which will not compromise content quality standards. The new approval process will result in more creative works being produced which will improve film distribution for various languages and formats.



INDIA-US TRADE AND ECONOMIC RELATIONS ENTER NEW PHASE



The economic relations between India and the United States will become very strong in the coming days. According to recent developments, both countries are increasing their cooperation in the areas of trade, investment and technology. External Affairs Minister partner Rajnath Singh has said that the India-US partnership is not limited to investment trade; rather, it is growing at both strategic and economic levels. Today, India has become an important trade partner for the US, while America is a major investor for India. The two countries are working together in sectors such as information technology, defence, renewable energy, and manufacturing. This cooperation is creating more employment opportunities in India and giving a boost to economic growth. Because of trade deals and policy support, Indian startups and businesses are getting access to the global market. At the same time, US companies are also benefiting from India's large consumer market. Experts believe that this partnership is most important for stability and development in the Indo-Pacific region. Overall, India-US economic ties are likely to become even stronger in the future. This relationship will create a win-win situation for both countries and will have a positive impact on the global economy as well.

EXPERTS HIGHLIGHT URGENT NEED TO FIX INDIA'S HEALTHCARE SYSTEM

Experts explain that India requires immediate system changes which will enable better access to medical services and improved healthcare quality and system strength. The population faces numerous challenges because medical staff members are missing and rural healthcare facilities provide limited services while primary and tertiary medical systems lack proper connections and public health centers lack sufficient resources. Digital health projects which include ABHA Card use digital technology to transform medical recordkeeping by creating unified systems which enhance patient care delivery. The government intends to build medical centers across various regions while increasing healthcare funding through the Union Budget which shows that officials understand existing system deficiencies. The industry experiences ongoing disputes because organizations disagree on employee support methods and training requirements and ethical conduct standards. The need for enhanced healthcare delivery systems in India has become essential because the country needs to handle growing healthcare demands and developing health challenges and meet increased patient care quality expectations.



Afreen Mazgaonkar

ESHA MAKES GOLDEN RETURN, SAMRAT CAPTURES BRONZE



Once again, Indian Shooting show the strong performance on international stage. Esha Singh won the Gold medal with an impressive comeback. Samrat Rana won the Bronze medal and felt proud for India. Both Shooters' performance consistency, focus and mental strength is the best example for all. Esha Singh's Gold medal has become most important, because this was a comeback phase for her. In spite of pressure, Esha was being calm and composed and execute her shooting skills perfectly. Her confidence is shown clearly in every shoot. With this win, Esha proved that she is a strong pillar of Indian shooting. Meanwhile, Samrat Rana also showed strong fight in the competition. Competing against strong opponents, he

clinched the bronze medal. This medal is the result of his hard work and dedication. Competing against strong opponents, he clinched the bronze medal. His accuracy and patience led to this win. This medal is the result of his hard work and dedication. Experts say such performances are brightening the future in Indian shooting. Esha and Samrat are inspirations for the youth generation. These achievements are a strength for India's reputation at international tournaments. Esha's gold and Samrat's bronze are proud moments for India. This success shows Indian shooters are performing consistently and focused at the global level and raising hopes for more medals in upcoming tournaments.

LOVLINA BORGHAIN AND HITESH POWER INDIA'S STRONG DAY 2 AT BOXAM ELITE INTERNATIONAL

The Indian boxing team achieved success in their second competition day at the Boxam Elite International Boxing Tournament through the exceptional performances of Lovlina Borgohain and Hitesh Yadav. The two boxers achieved outstanding victories which improved India's chances to compete while showcasing the boxing abilities of the nation. Lovlina, one of India's most accomplished pugilists, displayed her trademark power, precision and tactical nous in the ring. This was shown by her ability to control the fight tempo through her precise punch combinations which she used to defeat her rival. Her performance established her as a leading contender in her weight category for the tournament. Judges moved Hitesh into the next round after witnessing his offensive, counter-attacking style of fighting against opponents around the world. The audience and coaches alike recognized his ability to effectively defend while also being aggressive at just the right times. On the second day of the second competition, established Indian athletes competed against developing athletes in order to demonstrate their boxing skills to those watching. Both Lovlina and Hitesh showed the level of skill that boxers in India can now have when competing against international competition. As the tournament continues on, the Indian team will do everything possible to continue winning for their fans.



STRONG START FOR INDIAN WOMEN AS THEY BEAT MYANMAR 5-0 VICTORY OVER MYANMAR

The Indian women's badminton team has started its campaign at the Badminton Asia Team Championships on a strong note. Team India defeated Myanmar 5-0 and made a perfect start in the tournament. This win clearly shows the confidence, skill, and teamwork of the Indian players. In the beginning of the match, the Indian team focused and maintained control. In the single matches, players were calm and focused on performances, while the doubles pairs displayed fast and hostile play. Indian players focused and maintained their strategy and discipline in every match. This dominant win has significantly boosted the team's morale. The team shows a good balance of experienced players and young talent. Coaches and officials have also praised the players' consistency and strong mindset. The Badminton Asia Team Championships is a major tournament in Asia where the best teams compete. India's strong beginning has sent a clear signal to other teams. If the Indian women continue this form, the team can deliver strong performances in the upcoming rounds. Overall, the 5-0 win against Myanmar is a positive and promising start for the Indian women's badminton team. The strong opening win has significantly enhanced the confidence of the Indian women players. This is the positive sign for the team management for the upcoming matches.



DAVIS CUP QUALIFIER: FASTER COURTS SUIT DHAKSHINESWAR SURESH AS INDIA FACES NETHERLANDS

The Davis Cup qualifying match between India and the Netherlands will benefit from fast court conditions which will help Dhakshineswar Suresh of India to perform better. The tie uses a court surface which enables players to execute aggressive strokes and powerful serves because it produces a low bounce and high-speed movement. Suresh will excel in these playing conditions because his strong playing style allows him to control match tempo which establishes India's confidence for their first singles matches. The Indian team aims to sustain their playing strength while establishing early game advantages that will force their Dutch rivals into defensive positions. The match result depends on decisive moments during singles matches and doubles matches because both teams have strong players who need fast reflexes and strategic understanding to succeed. The players have been training specifically to adapt to the court speed which enables them to improve their movement and shot selection abilities. The coaching staff considers this tie to be a crucial chance for India to achieve Davis Cup qualifying success because the team will use its abilities which include rapid serves and strong baseline defense and precise net play. The fans will observe Suresh and his team as they try to use the court conditions for their benefit.



TRACK ASIA CUP 2026 : INDIAN CYCLISTS SHINE ON HOME GROUND



This prestigious event was organized from January 29 to 31 at the SDAT Cycling Velodrome of Tamil Nadu Physical Education and Sports University (TNPESU). Asia's top track cyclists participated in this competition, where high-speed races and thrilling performances took place. Indian cyclists showed strong dominance especially in the women's events. Triyasha Paul and Keerthi Rangaswamy gave their outstanding performances in the women's elite keirin event and won gold medals, bringing proud moments for the country. Both athletes attracted everyone's attention with their speed, focus, and strategy. The family support also increases their confidence. Additionally, Thabitha Shaffi won gold in the junior women's sprint category, developing more opportunities for the future. These performances of Indian girls show that young talent in India is growing rapidly and they are ready to compete at the international level. Coaches and sports authorities have attributed this success to systematic training and better infrastructure. The Track Asia Cup 2026 achieved two things when it won an award and medals through which it transmitted a powerful message about the positive future of Indian cycling. International sporting events in India work to develop sports culture while they help increase youth participation and give young athletes the chance to compete at international events.

SUJEET KALKAL WINS GOLD, AMAN AND ABHIMANYU SECURE MEDALS AT ZAGREB OPEN 2026

Indian athletes delivered standout performances at the Zagreb Open 2026, with Sujeet Kalkal claiming the gold medal and teammates Aman and Abhimanyu also finishing on the podium. The international competition brought strong international competitors to the event which demonstrated India's expanding presence in various sports at the international level. Kalkal achieved his gold medal win through his steady performance which he maintained throughout the competition while implementing effective tactical methods. His performance established the competition's pace which he maintained throughout the event to earn one of India's top results at the competition. The medal achievements by Aman and Abhimanyu demonstrated their ability to recover while showing their athletic capabilities. The Indian team received additional support from their performances which demonstrated the potential of emerging athletes from their country. The Zagreb Open serves as an essential platform that enables Indian athletes to compete against elite international competitors while testing their skills in different competitive environments. The upcoming international tournaments will benefit from the momentum which Kalkal and his teammates established through their recent wins. The medals which they received bring personal recognition to them while showing the international growth of Indian sports which inspires other athletes in their country. Fans and coaches embraced the outcomes which generated hope for India's future progress in international sports events.



Dr. Smita Ravikumar Kuntay & Ajab Tinwala

INDIA POST GDS RECRUITMENT 2026



India Post, under the Department of Posts, Government of India, has released the official notification for Gramin Dak Sevak (GDS) Recruitment 2026. Applications are invited for a massive 28,636 vacancies for the posts of Branch Postmaster (BPM), Assistant Branch Postmaster (ABPM), and Dak Sevak across rural postal divisions all over India. Selection will be done purely on merit based on 10th standard marks.

Organization: India Post, Department of Posts, Government of India

- Post Name: Gramin Dak Sevak (BPM, ABPM, Dak Sevak)
- Total Vacancies: 28,636 Posts
- Job Location: All India (Rural Postal Divisions)

Age Limit:

- Minimum Age: 18 Years
- Maximum Age: 40 Years
- Age relaxation applicable for SC, ST, OBC, PwBD and other reserved categories as per Government rules.

Educational Qualification:

- 10th Class pass from a recognised board.
- Knowledge of local language of the concerned postal circle is mandatory.

Selection Process:

- Selection through automated merit list based on 10th standard marks
- Marks calculated up to four decimal places
- No weightage for higher educational qualifications
- Document verification for shortlisted candidates
- Tie-breaking based on age and category preference

Application Fee:

- UR / OBC / EWS Male / Trans-man: ₹100/-
- Female / SC / ST / PwBD / Transwomen: Nil
- Payment mode: Online only

Important Dates:

- Start of One Time Registration: 31 January 2026
- Last Date for OTR: 14 February 2026
- Online Application Submission: 02 February 2026
- Last Date to Apply: 16 February 2026 (5:00 PM)
- Edit / Correction Window: 18-19 February 2026

How to Apply:

- Apply online through the official India Post GDS portal
- Complete registration, upload documents, pay fee if applicable
- Submit application and take printout for future reference

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

PNB APPRENTICE RECRUITMENT 2026 – APPLY ONLINE FOR 5,138 POSTS ACROSS INDIA

Punjab National Bank (PNB), one of India's premier Public Sector Banks, invites online applications from eligible Indian citizens for engagement as Apprentices under the Apprentices Act, 1961 for the Financial Year 2025-26.

This recruitment offers 5,138 Apprentice vacancies across branches nationwide, providing a one-year structured training programme consisting of 2 weeks of basic training followed by 50 weeks of on-the-job training an excellent gateway for graduates aspiring to build a career in banking.

Key Highlights

- Post Name: Apprentice
- Total Vacancies: 5,138
- Training Duration: 12 Months
- Job Location: Across India
- Last Date to Apply: 24 February 2026

Age Limit (as on 01.01.2026)

- 20 to 28 years
- Relaxation: 5 years (SC/ST), 3 years (OBC-NCL), 10 years (PwBD), as per rules.

Eligibility Criteria

- Educational Qualification: Graduate degree in

any discipline (result declared on or before 31.12.2025)

- Local Language: Proficiency in reading, writing, speaking, and understanding the local language of the State/UT applied for.

Monthly Stipend

- ₹15,000/- (Metro Branches)
- ₹12,300/- (Rural / Semi-Urban / Urban Branches)

Selection Process

- Online Written Test (Objective)
- Test of Local Language
- Document Verification
- Medical Examination

Application Fee (Inclusive of GST)

- Gen/OBC/EWS (Male): ₹944/-
- Gen/OBC/EWS (Female): ₹708/-
- SC/ST/PwBD/Transgender: ₹236/-

Payment Mode: Online

Important Dates

- Online Registration Starts: 08 February 2026
- Last Date to Apply: 24 February 2026



- Tentative Exam: 1st Week of March 2026

How to Apply

- Apply online only through bfsissc.com under PNB Apprenticeship Program 2025-26. Complete registration, upload documents, pay the fee, and submit the form before the deadline.

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

INDIAN BANK SPORTS QUOTA RECRUITMENT 2026 – APPLY ONLINE FOR 07 POSTS



Indian Bank, a premier Public Sector Bank, has released an official notification for Sports Quota Recruitment 2026 for the posts of Officer JMG Scale I and Clerk (Customer Service Associate). Eligible and meritorious sportspersons are invited to apply online for a total of 07 vacancies across various sports disciplines. Selected candidates may be posted anywhere in India.

Organization: Indian Bank

- Post Name: Officer JMG Scale I & Clerk (CSA) – Sports Quota
- Total Vacancies: 07
- Job Location: Anywhere in India

Eligibility Criteria:

- Age Limit: 18 to 26 years as on the cut-off date. Age

relaxation is applicable for SC/ST/OBC/PwBD candidates as per Government of India rules.

- Educational Qualification: Pass in XII Standard or equivalent examination.

Selection Process:

- Selection will be based on screening of applications, performance in sports trials, interview (Officer posts only), and document verification.

Application Fee:

- SC/ST/PwBD: ₹175/-
- General/OBC/EWS: ₹1000/-
- Mode of Payment: Online only

Important Dates:

- Online Registration Starts: 04 February 2026
- Last Date to Apply & Pay Fee: 24 February 2026

How to Apply:

- Eligible candidates must apply online only through the official Indian Bank recruitment portal by completing registration, uploading required documents, paying the application fee, and submitting the form before the last date.

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

Deepika Singh

QUIZ TIME

1. The United States recently removed the additional 25 % tariffs on Indian goods effective from February 7 2026. What was India's related commitment leading to this decision?
2. Under a newly signed trade pact, India has eased import duties on which of the following categories?
3. India and which regional bloc have formalised the start of free trade agreement talks?
4. India recently rejected "baseless" claims made by which neighbouring country regarding attacks in Balochistan?
5. Which city hosted the G20 Sherpa Track meeting in 2026?
6. Who is the current Chief Justice of India (2026)?
7. The digital payment platform UPI is operated by which organization?
8. Which Indian city ranks highest in Smart City implementation as per latest government review?
9. India's first bullet train project is between which two cities?
10. Which scheme focuses on providing internships to youth under Budget 2026?

RIDDLES

CRICKET PLAYERS

1. I wear number 18 on my back, Aggression fuels my batting attack. Chasing is my favorite game, King is part of my name. Who am I?
2. I started as a ticket collector, Now stadiums chant my name louder. Helicopter shot made me great, Captain cool decides calmly, never late. Who am I?
3. Master they called me, straight from Mumbai, A billion hearts watch when I walk by. 100 hundreds made history roar, Cricket without me was never before. Who am I?
4. I bat left, I bowl left, I lead with pride, I ruled the world cup as captain beside. Calm face, fearless mind, One of the greatest leaders you'll find. Who am I?
5. Yorkers are my deadly art, Toe-crushers break a batter's heart. Sri Lanka knows my pace and might, I owned the death overs day and night. Who am I?

5. Lasith Malinga
4. Ricky Ponting
3. Sachin Tendulkar
2. MS Dhoni
1. Virat Kohli

(II) RIDDLES

10. Pragati
9. Mumbai - Ahmedabad
8. Indore
7. NPCI
6. Chandrachud
5. Varanasi
4. Pakistan
3. GCC
2. Wines
1. Russia

(I) QUIZ TIME

ANSWERS



DAHI-LAUKI BESAN CURRY (HOME-STYLE)

This Week, We're Relishing Dahi-Lauki Besan Curry (Home-Style) – Light, Comforting, and Soulfully Desi!

Dahi-Lauki Besan Curry is a comforting Indian home-style dish where tender bottle gourd and soft besan dumplings are gently simmered in a mildly spiced yogurt gravy. Light, nourishing, and easy to digest, it beautifully balances tanginess, earthiness, and natural sweetness making it ideal for simple, satisfying everyday meals.

Ingredients:

- **For the Besan Dumplings (Gatte):** Besan (gram flour) – 1 cup, Turmeric powder – ¼ tsp, Red chilli powder – ½ tsp, Ajwain (carom seeds) – ½ tsp, Salt – to taste, Oil – 1 tsp, Water – as required.
- **For the Green Gravy:** Lauki (bottle gourd), peeled & diced – 1½ cups, Fresh curd (well whisked) – 1½ cups, Besan – 1 tbsp, Mustard seeds – ½ tsp, Cumin seeds – ½ tsp, Green chilli (slit) – 1, Ginger (grated) – 1 tsp, Turmeric powder – ¼ tsp, Red chilli powder – ½ tsp, Coriander powder – 1 tsp, Asafoetida (hing) – a pinch, Oil – 1½ tbsps, Salt – to taste, Fresh coriander leaves – for garnish

Preparation

1. In a bowl, mix besan, turmeric, red chilli powder, ajwain, salt, and oil. Add water gradually to form a firm dough.
2. Divide the dough into small portions, roll into cylindrical logs, and boil in salted water for 8–10 minutes until cooked. Remove, cool slightly, and slice into bite-sized pieces.
3. In another bowl, whisk curd with 1 tbsp besan until smooth and lump-free. Set aside.
4. Heat oil in a pan. Add mustard seeds and cumin seeds; let them splutter. Add hing, ginger, and green chilli, sautéing briefly.
5. Add diced lauki, turmeric, red chilli powder, coriander powder, and salt. Cook covered for 5–6 minutes until lauki softens.
6. Lower the heat and slowly add the whisked curd mixture, stirring continuously to prevent curdling.
7. Add the besan dumpling pieces and simmer gently for 7–8 minutes until the curry thickens slightly and flavours blend well.
8. Switch off the heat and garnish with fresh coriander leaves.

Serving Tip:

Serve Dahi-Lauki Besan Curry warm with plain steamed rice, soft chapatis, or jowar bhakri. Best enjoyed with a side of onion salad or a squeeze of lemon, this dish is ideal for comforting weekday lunches, light dinners, or traditional satvik meals that nourish both body and mind.

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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