

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Delisha Gupta

## INTERNATIONAL DAY OF FAMILIES: HONOURING THE PEOPLE WHO STAND BY US

The world celebrates International Day of Families every year on 15 May. This day is to recognize how important families are to societies and to the people in them. The United Nations started this day in 1993. The day is to highlight the role of families in teaching people things giving support teaching values and helping with social development. It also raises awareness about the challenges that families face around the world in today's fast-changing world.

Families are like the place where we learn about life. Family members teach us a lot of things from when we're children until we are adults. They help shape our personalities, what we think is right and wrong and how we see the world. Parents teach children to be disciplined, kind, respectful and responsible. Grandparents often teach children about traditions, stories and where they come from. When things are tough families are where we find comfort and encouragement. Every family, no matter how big or small helps to build a community.

The theme for International Day of Families 2026 is about how families are changing and how we need to make sure they have a supportive environment. Many things like lifestyles moving to cities work pressure moving to new countries and technology have changed how families work. Today many families struggle to balance work and personal life. Parents often do not have a lot of time for their children because of work. Children are spending time on digital media and social networking platforms.

Technology has. Brought families closer and driven them apart. Video calls and messaging apps help families stay in touch when they are far apart. Spending too much time on screens can mean that families do not talk to each other as much at home.

Many families are trying to spend quality time by doing things like eating meals together talking, traveling and doing activities as a family. Simple things like eating dinner or talking about what happened during the day help make families closer. Another important thing about International

Day of Families is helping families that are facing challenges.

Things like being poor not having a job health crises, natural disasters and conflicts can really affect families. Around the world many children do not have access to education, food or healthcare. Some families, like those with

to understand their emotions and feel safe.

Studies show that children who grow up in stable families do better in school and in life. So it is very important to protect children from harm, neglect and unfair treatment.

In India family is very important. Big families have always been a part of emotional and social support. Older family members are. Festivals and traditions help bring families closer. Even though many families in cities are getting smaller the idea of being and caring for each other is still very strong in Indian society. Festivals like Diwali, Raksha Bandhan and Eid bring families together. Make their bonds stronger.

In a world that is changing fast and where people often feel stressed and lonely the support of loved ones is more important than ever. This day is a reminder to appreciate our family members for their love and sacrifices. Schools, communities and organizations around the world celebrate International Day of Families with awareness campaigns, workshops, cultural events and family activities.

Many people use this day to spend time with their loved ones connect with family members they have not seen in a while and thank their family for

being for them. Even small things like sharing a meal writing a message or helping each other at home can make families closer.

In conclusion families are what hold societies together. They give us love, a sense of who we're care and the emotional strength we need throughout our lives.

International Day of Families is not a celebration of families but also a reminder that we need to protect and support families all around the world. By promoting understanding, respect, equality and kindness, within families we can create a peaceful and harmonious world.

one parent, family members or families who have moved to a new country face even more challenges.

Governments and organizations should help these families by making sure they have protection, affordable healthcare time off from work to care for children, good education and equal opportunities.

The role of women in families has changed a lot over time. Women today do a lot of things not just taking care of the home but working, leading and being involved in their communities. When men and women are equal in families it makes for relationships and more respect for each other.

Fathers are also getting more involved in taking care of children and helping at home which helps them connect more with their kids. Children are at the heart of every family. When families are supportive children grow up to be confident able



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Durgesh K. Dubey

## SATYENDRANATH BOSE: THE QUIET MIND THAT CHANGED THE WORLD

In the bustling city of Calcutta at the turn of the twentieth century, where classrooms echoed with colonial textbooks and young minds were trained to repeat rather than question, there grew a boy who refused to accept knowledge without understanding. His name was Satyendra Nath Bose. From an early age, Bose showed a deep curiosity toward mathematics and science. He was not satisfied with memorizing formulas; he wanted to know why they worked. Teachers quickly noticed that this boy was different. He solved problems in his own way, sometimes even correcting methods taught in class. Instead of being discouraged, he was encouraged by a few mentors who saw in him a rare spark—a mind that did not just learn, but explored.

### The Desire to Understand, Not Just Learn

As Bose grew older, he continued his studies with remarkable dedication. He excelled in mathematics and physics, often ranking at the top of his class. Yet, what set him apart was not just his academic performance, but his approach to learning. While many students aimed for marks and recognition, Bose aimed for clarity. During his time at Presidency College, he studied under great teachers and alongside brilliant classmates. But he remained humble, focused, and deeply absorbed in his work. He believed that true education lies in understanding concepts deeply, not in collecting degrees. Later, as a lecturer, Bose faced a challenge that would define his life. While teaching physics, he realized that the available textbooks did not explain certain concepts of quantum theory clearly. Instead of ignoring the gap, he decided to study the subject himself and find a better way to explain it.

### A Bold Step: Writing to Einstein

While working on the theory of light and radiation, Bose made a discovery. He developed a new way of deriving Planck's law of radiation, treating light as particles in a completely original

manner. It was a bold and unconventional approach. However, when he tried to publish his paper, it was rejected by journals. For many, this would have been the end of the effort. But Bose did not give up. In a remarkable act of confidence and courage, he directly sent his paper to Albert Einstein, one of the greatest scientists of the time. He humbly requested Einstein to review his work. This decision required not only

position. He continued teaching, guiding students, and contributing to the academic environment in India. There is an often-mentioned aspect of his personality—he preferred teaching and sharing knowledge over personal glory. He believed that knowledge grows when it is shared freely.

### A Teacher First, A Scientist Always

learners.

### A Life of Simplicity and Depth

Satyendranath Bose lived a life that balanced intellect with simplicity. He was deeply interested in music, literature, and languages. He believed that a well-rounded mind is essential for true understanding. Unlike many who seek recognition, Bose never actively pursued awards or honours. In fact, despite his groundbreaking contributions, he was never awarded the Nobel Prize. Yet, this did not affect his work or attitude. He continued his journey with the same dedication, proving that true success lies not in awards but in the impact of one's work.

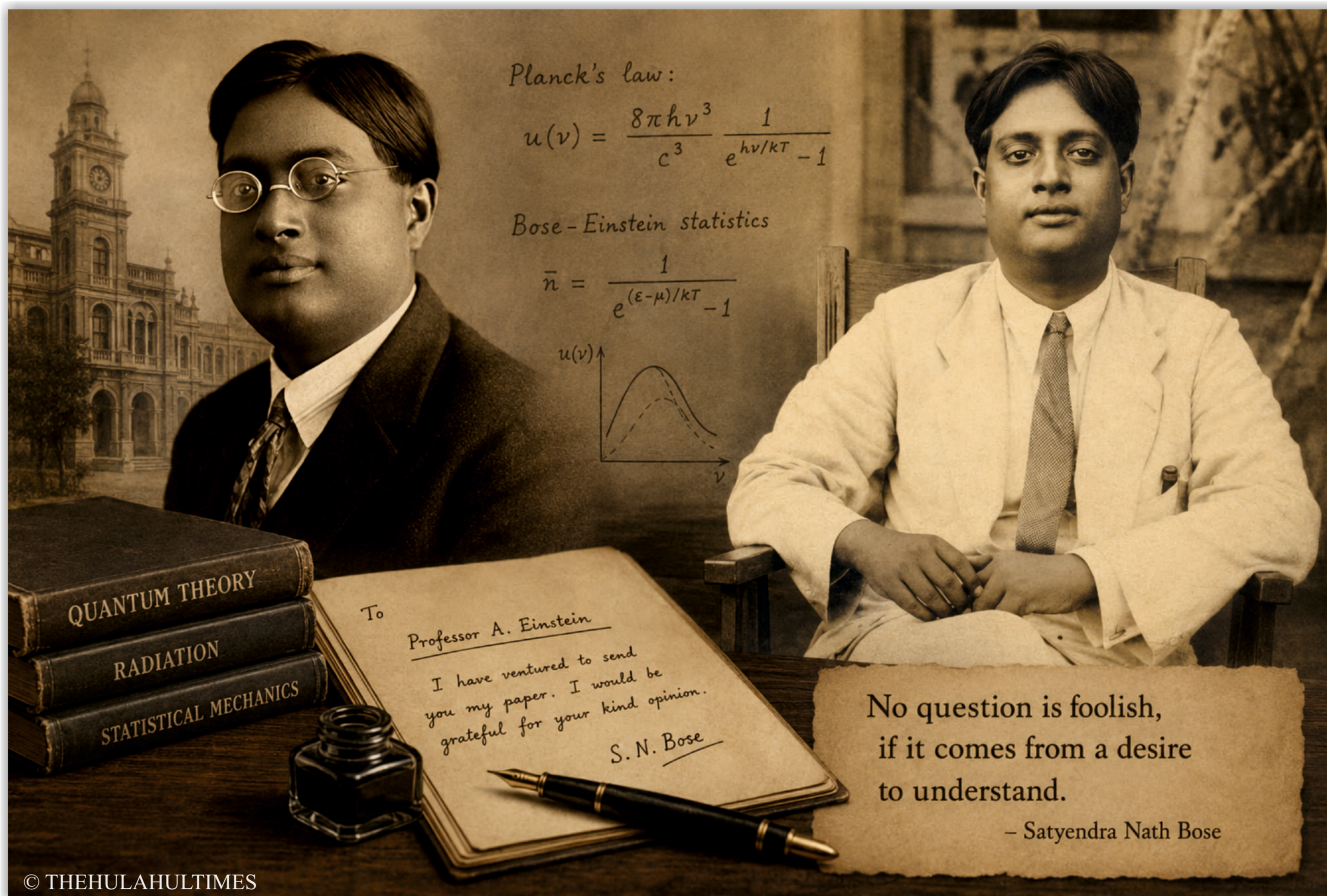
### Lessons from His Journey

Bose's life teaches us that courage is not limited to the battlefield. Intellectual courage—the willingness to think differently and stand by one's ideas—is equally powerful. His decision to write directly to Einstein shows the importance of self-belief. His humility reminds us that knowledge should not create ego but inspire service. He demonstrated that real achievement comes from persistence, clarity of thought, and dedication to learning.

### Moral and Conclusion

The life of Satyendranath Bose teaches us that true greatness comes from curiosity, courage, and humility. He showed that one must not be afraid to question existing knowledge and present new ideas, even in the face of rejection. His journey reminds us that success is not defined by recognition, but by contribution to society and the pursuit of truth. In today's competitive world, where many seek quick success, Bose's life encourages us to focus on understanding, perseverance, and integrity. His story proves that a calm and determined mind can achieve extraordinary things, inspiring future generations to think boldly, learn deeply, and remain grounded in their values.

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intellectual courage but also self-belief. Einstein immediately recognized the brilliance of Bose's work. He translated the paper into German and arranged for its publication. This collaboration gave birth to what is now known as Bose-Einstein statistics, a fundamental concept in quantum physics.

### Recognition Without Pride

The scientific world began to recognize Bose's contribution. His work laid the foundation for understanding a special class of particles now called "bosons," named in his honour. Despite this recognition, Bose remained simple and grounded. He did not chase fame or

Even after gaining international recognition, Bose chose to work in India, contributing to institutions and encouraging young minds. He served as a professor at the University of Dhaka and later at Calcutta University. His students admired him not only for his knowledge but also for his humility. He would often encourage them to question everything, even his own teachings. He believed that science progresses through doubt and exploration, not blind acceptance. One of his students once hesitated to ask a question, fearing it might seem foolish. Bose gently told him that no question is foolish if it comes from a desire to understand. This simple encouragement gave confidence to many young

Ravi Singh & Delisha Gupta

## FROM BHARATPUR TO THE BIG LEAGUE: THE RISE OF KARTIK SHARMA



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In a country where cricket is more than just a sport, young players continue to dream of wearing the Indian jersey and making their mark on the world stage. Every year, Indian cricket witnesses the rise of fresh talent from small towns and cities, proving that dedication and hard work can turn dreams into reality. Among the newest names creating excitement in Indian domestic cricket is Kartik Sharma

Born on 26 April 2006 in Bharatpur, Kartik Sharma developed a passion for cricket during his childhood, a talented wicketkeeper-batter from Rajasthan who has already begun attracting national attention with his remarkable performances and record-breaking achievements at a very young age. Like

millions of Indian youngsters, he grew up watching cricket legends and dreaming of playing at the highest level. His family and coaches recognized his talent early and encouraged him to pursue the sport seriously.

Kartik Sharma is a handed batter and he can also keep wickets. This makes him very useful to his team. These days teams want players who can do things. Kartik Sharma is good at batting and keeping wickets so he is a help to his team.

He plays cricket for the Rajasthan team. People are surprised by how he plays even though he is very young. In November 2025 he played his big cricket match for Rajasthan. Then in December 2025 he played another kind

of cricket match.

Kartik Sharma is very good at cricket. The numbers show it. He played 8 matches and scored 479 runs. This is a good average. He also scored three centuries, which's very hard to do. His best score was 139.

In another kind of cricket Kartik Sharma scored 445 runs in 9 matches. This is also a good average. He scored two centuries and two half-centuries. His best score was 123. This shows that he can play well in kinds of cricket.

Kartik Sharma also played 12 cricket matches and scored 334 runs. This is not easy because the short matches are very fast. He did well and scored two half-centuries. His best

score was 58.

Kartik Sharma is also very good at keeping wickets. He helps the bowlers. Makes good decisions on the field. He catches the ball well. Is very alert.

One big thing that happened to Kartik Sharma was when he was chosen to play for the Chennai Super Kings. They paid a lot of money for him which's a record. This shows that people believe in him and think he will do well.

Playing for the Chennai Super Kings is a deal. They are a team and they help young players get better. Kartik Sharma will learn a lot from the players and get to play in big matches.

Kartik Sharma's story shows how important it is to play in domestic cricket. If you do well you can get. Play for India one day. He is an example, for young players who want to succeed in cricket. From the cricket grounds of Rajasthan to becoming a record-breaking IPL signing, his journey is a powerful example of perseverance and talent.

Kartik Sharma is a good young player. He does well in cricket. People are excited to see him play. He has a lot of

potential. Can achieve great things if he keeps working hard. In conclusion, Kartik Sharma has emerged as one of the brightest young stars in Indian cricket. His remarkable performances in domestic cricket, impressive batting records, and historic IPL auction selection have already made him a player to watch in the coming years. With continued hard work, discipline, and experience, Kartik Sharma has the potential to achieve even greater milestones and possibly represent India on the international stage in the future.

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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.

Not long ago, investing in financial markets was associated with large capital, expert knowledge, and complex processes. Many believed meaningful investing required significant savings. Today, that perception is changing rapidly as micro-investing apps make wealth creation more accessible than ever. Small money is now making big moves, enabling individuals to start investing with minimal amounts and build financial discipline over time.

Powered by fintech innovation, these platforms allow users to invest in stocks, mutual funds, digital gold, and other instruments with ease. With smartphones and simplified interfaces, investing is no longer limited to experienced investors it is becoming part of everyday financial behaviour.

This signals a clear shift: wealth creation is no longer about how much you start with it is about starting early and staying consistent.

### What Is Micro-Investing

Micro-investing refers to investing small amounts regularly instead of waiting to accumulate large funds. It allows individuals to build portfolios gradually through disciplined contributions.

## SMALL MONEY, BIG MOVES: THE RISE OF MICRO-INVESTING IN INDIA

Users can:

- Invest small sums daily or monthly
- Start Systematic Investment Plans (SIPs)
- Convert spare change into investments

Micro-investing is not just changing how people invest it is changing when they invest. Younger individuals are entering markets earlier, developing consistent habits without financial pressure.

Start small, stay consistent, and let time do the compounding.

### How Fintech Apps Are Transforming Investing

Fintech platforms have removed traditional barriers to investing. Apps like Groww, Zerodha Kite, and Paytm Money enable users to open accounts digitally, invest with minimal amounts, track portfolios in real time, and automate investments.

Example: A college student can start a SIP with just ₹100 per month and gradually build a long-term investment habit.

Technology has simplified investing, but the deeper change is behavioural. Investors are moving from hesitation to participation and from saving to wealth creation. Investing is no longer about timing the market it is about time in the market.

### Why Micro-Investing Is Growing

The popularity of micro-investing is driven by:

- Increased financial awareness
- Mobile-based investment platforms
- Low entry barriers
- Rising young investor participation
- Focus on long-term wealth creation

Young individuals are no longer waiting for high incomes they are starting early and learning along the way.

### Changing Investment Behaviour

Micro-investing is reshaping financial habits by encouraging:

- Regular investing over lump-sum investing
- Goal-based financial planning
- Long-term wealth creation
- Greater participation from first-time investors

Example: A young professional may invest small monthly amounts for goals such as higher education, travel, or retirement.

Investing is becoming more structured, purposeful, and disciplined.

### Impact on Financial Inclusion

Micro-investing is widening financial inclusion by enabling more people to participate in formal financial markets. It enables first-time investors, small earners, and young individuals to participate in wealth creation while reducing reliance on informal saving methods.

As participation grows, so does demand for professionals in digital finance.

Where investors grow, opportunities follow.

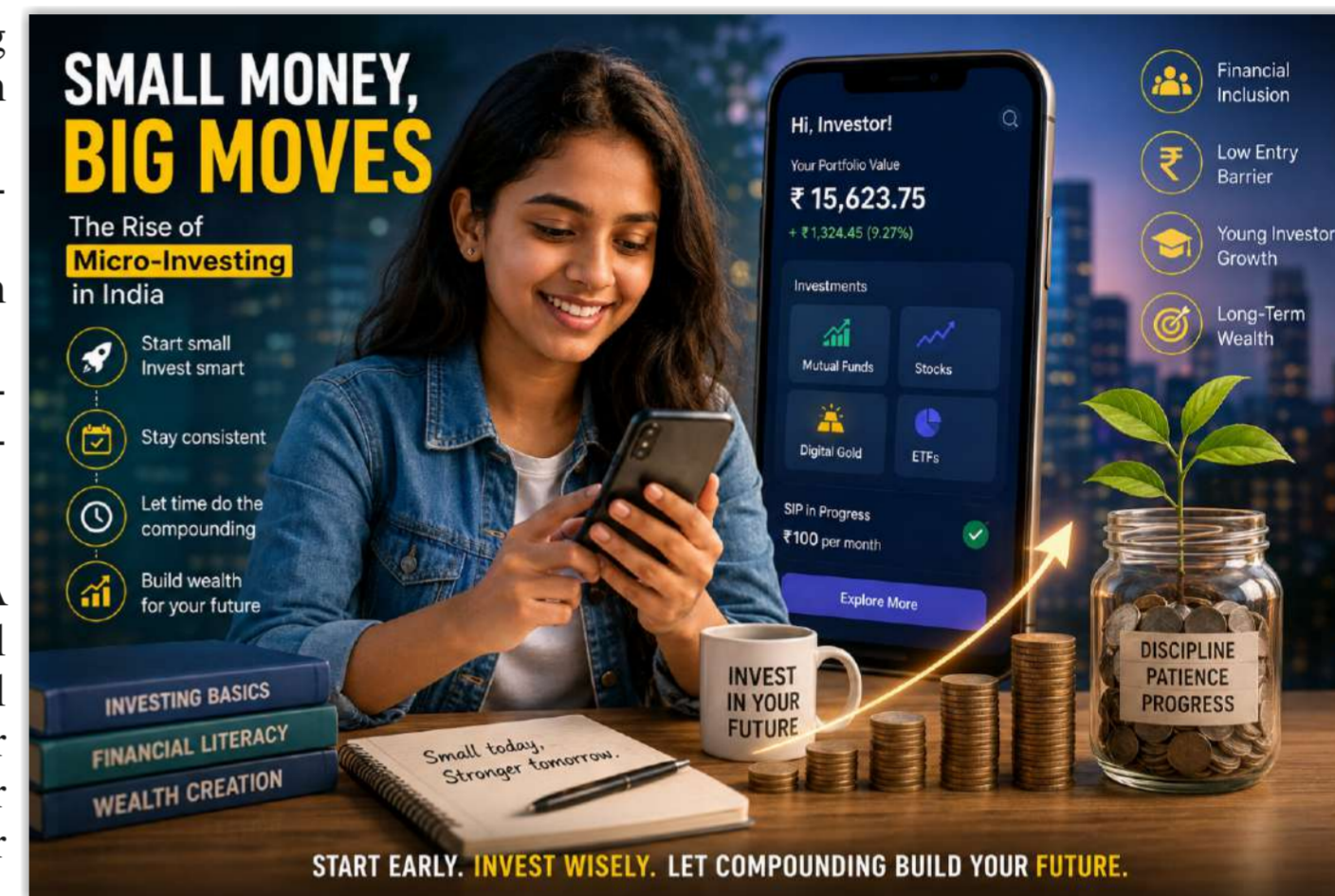
### Career Opportunities for Students

The rise of fintech and micro-investing platforms is creating new career paths such as:

- Investment Analyst
- Fintech Product Associate
- Financial Advisor
- Data Analyst (Financial Services)
- Wealth Management Executive

Example: A commerce graduate may work with a fintech company analysing investor behaviour and designing user-friendly financial products.

These roles combine finance, technology,



and customer understanding.

### Skills Students Should Build

Basic knowledge of stock markets and mutual funds. Understanding of digital investment platforms.

- Financial planning and analytical skills.
- Communication and advisory abilities.
- Awareness of fintech trends.

Financial literacy is becoming a key career advantage.

### The Bigger Shift

Micro-investing represents a shift from exclusive investing to inclusive investing. Financial markets are no longer limited to high-net-worth individuals they are opening up to students, young professionals, and first-time investors. Technology is democratising wealth creation.

### The Takeaway

Micro-investing is not about investing less it is about starting smart and building steadily. It promotes discipline, consistency, and long-term thinking. Because in today's financial world, small investments made consistently can create big financial outcomes over time. Start early, invest wisely, and let compounding build your future.

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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.*

## WILLING SUSPENSION OF DISBELIEF

The concept of “willing suspension of disbelief” refers to the readiness of readers or audiences to temporarily set aside doubts about unrealistic or imaginary elements in a literary work so that they can fully enjoy and emotionally engage with the story. The term was introduced by Samuel Taylor Coleridge, one of the major poets of the Romantic Age.

The idea is especially important in genres such as fantasy, mythology, science fiction, magical realism, and supernatural literature. Readers know that dragons, magical powers, ghosts, or time travel may not exist in reality, yet they accept these elements while reading or watching the story. For example, in Harry Potter and the Philosopher's Stone, readers accept the existence of magic schools and wizards because the fictional world is presented convincingly. Similarly, audiences watching Avatar emotionally connect with the imaginary planet Pandora despite knowing it is fictional.

In Indian literature and epics, willing suspension of disbelief also plays a significant role. Readers of the Ramayana and the Mahabharata accept divine weapons, flying chariots, and miraculous events because these elements contribute to the moral, spiritual, and emotional depth of the narratives.

This concept is not limited to literature alone. Theatre, films, television series, and digital storytelling also depend on the audience's willingness to believe fictional situations temporarily. Without this imaginative participation, artistic storytelling would lose much of its emotional impact and creativity.

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## DID YOU KNOW?

- The word “mythology” comes from the Greek words mythos meaning “story” and logos meaning “study.”
- Mythological tales from cultures like Greek, Roman, Indian, Norse, and Egyptian civilizations continue to inspire modern books, movies, comics, and television series.
- Many famous fictional characters and superheroes are influenced by ancient myths and legendary heroes.
- The term “epic” originally referred to long narrative poems that told stories of heroic adventures and cultural traditions.
- Myths were often used to explain natural events, seasons, creation stories, and human emotions before scientific explanations existed.
- Writers frequently use mythological symbols and references in literature to add deeper meaning and connect readers with universal themes.

## GRAMMAR TIP

### Comparative Degree

The comparative degree is used to compare two persons, places, things, or ideas.

**Structure:** Adjective + er + than

Example: Riya is taller than Meera.  
For longer adjectives, use more + adjective + than

Example: This novel is more interesting than the previous one.

### Important Note

Use “than” after comparative adjectives.

- ✗ He is smarter then his brother.
- ✓ He is smarter than his brother.

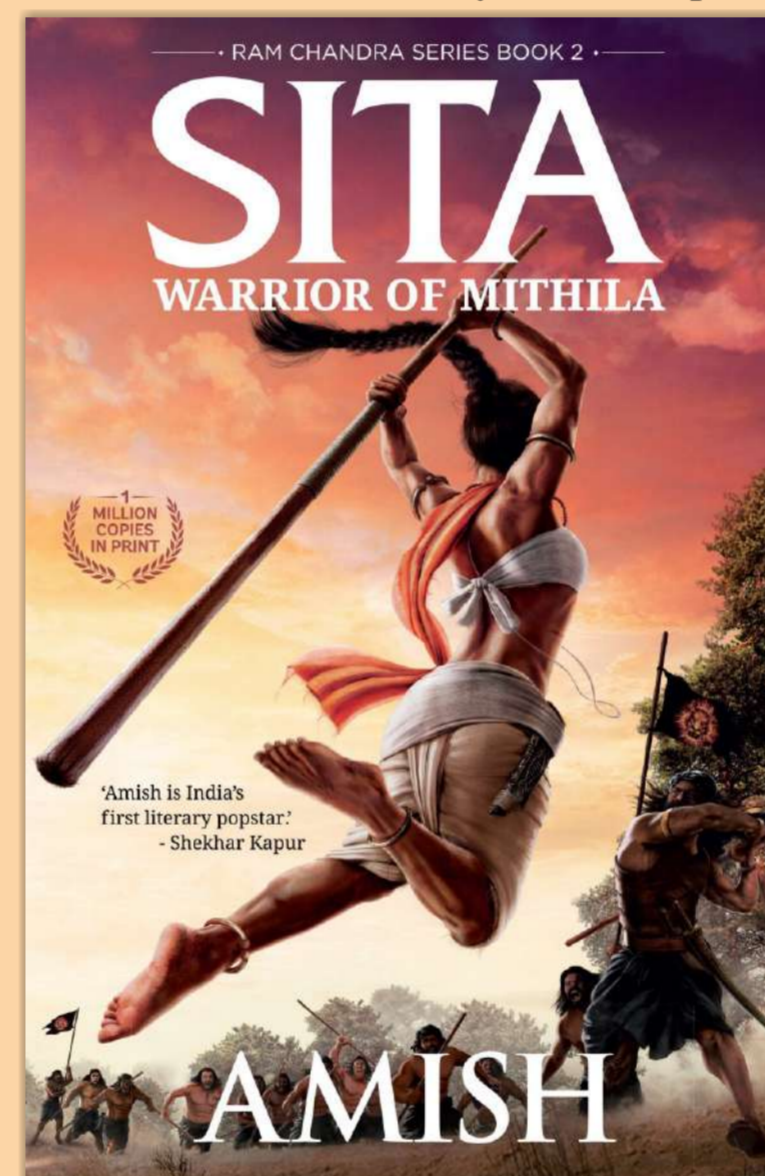
## WRITER OF THE WEEK

### Amish Tripathi

Amish Tripathi is one of India's most celebrated contemporary authors, known for blending mythology, philosophy, history, and fiction. His famous mythological fiction series such as Shiva Trilogy and Ram Chandra Series have transformed Indian mythological storytelling for modern readers. His works highlight themes of duty, leadership, courage, and moral responsibility.

## BOOK REVIEW

### Sita: Warrior of Mithila by Amish Tripathi



This novel presents a powerful reinterpretation of Sita from the Indian epic Ramayana. Rather than portraying Sita merely as a traditional figure, the author depicts her as intelligent, courageous, and capable of leadership. The narrative combines mythology with action, politics, and emotional depth, making it engaging for modern readers. The book emphasizes women's empowerment, justice, and determination, while maintaining a strong connection with Indian cultural traditions.

## QUOTABLE QUOTES

*“A creative man is motivated by the desire to achieve, not by the desire to beat others.”*

- Ayn Rand

## CREATIVE WRITING

### Sita

Three happy children in a darkened room!  
What do they gaze on with wide-open eyes?  
A dense, dense forest, where no sunbeam pries,  
And in its centre a cleared spot. There bloom  
Gigantic flowers on creepers that embrace  
Tall trees: there, in a quiet lucid lake  
The white swans glide; there, “whirring from the brake,”  
The peacock springs; there, herds of wild deer race;  
There, patches gleam with yellow waving grain;  
There, blue smoke from strange altars rises light.  
There, dwells in peace, the poet-anchorite.

But who is this fair lady? Not in vain  
She weeps, for lo! at every tear she sheds  
Tears from three pairs of young eyes fall amain,  
And bowed in sorrow are the three young heads.

It is an old, old story, and the lay  
Which has evoked sad Sita from the past  
Is by a mother sung.... 'Tis hushed at last  
And melts the picture from their sight away,  
Yet shall they dream of it until the day!  
When shall those children by their mother's side  
Gather, ah me! as erst at eventide?

Poetry by  
- Toru Dutt

## WORD OF THE WEEK

### Resilience (noun)

**Meaning:** The ability to recover quickly from difficulties or challenges.  
**Example:** The protagonist's resilience inspired readers throughout the novel.

## IDIOM HIGHLIGHT

### Turn over a new leaf

**Meaning:** To start behaving in a better or more responsible way.  
**Example:** After completing his studies, he decided to turn over a new leaf and focus seriously on his career.

Ravi Singh & Ajab Tinwala

## 1°C RISE, 8% FALL: CLIMATE CHANGE THREATENS INDIA'S FARM FUTURE

A recent study has warned that India's crop yields could decline by nearly 8% with just a 1°C rise in global temperatures, putting the country's food security and farming economy at serious risk. The findings highlight how climate change is beginning to erase years of agricultural productivity gains achieved through improved seeds, irrigation, and farming technologies.



India's agriculture sector supports almost half of the country's workforce and plays a major role in feeding its 1.4 billion people. However, rising temperatures, irregular rainfall, heatwaves, and water shortages are making farming increasingly unpredictable. Crops such as wheat, rice, and maize are especially vulnerable to heat stress, which reduces grain quality and overall production.

Experts warn that even small temperature increases can have massive economic consequences for farmers, especially small landholders who already struggle with debt and unstable incomes. Lower yields may also push food prices higher, affecting consumers across the country.

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## FERTILIZER FALLOUT: HOW THE US-ISRAEL-IRAN CONFLICT COULD CHANGE INDIA'S FOOD BASKET



input costs. This could reduce production levels and eventually increase food prices for consumers. Reports suggest global fertilizer prices may rise by 15-20% if the crisis continues, creating pressure on countries dependent on imports like India.

The conflict is also increasing fuel prices, making transportation and farming operations more expensive. Since agriculture in India is closely tied to fertilizer availability, any shortage directly impacts crop yields and food security. Policymakers are now discussing alternatives such as domestic fertilizer production, renewable energy use and reduced dependence on imported supplies.

The crisis shows how a war thousands of kilometers away can still influence what Indians grow, buy and eat every day.

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Experts warn that Indian farmers may begin shifting from fertilizer-intensive crops such as wheat, rice and sugarcane to crops requiring lower

## INDIA EXTENDS DUTY-FREE PULSE IMPORTS TILL 2027 AMID RISING FOOD PRICES

In a major move to control food inflation and stabilize domestic pulse prices, the Government of India has extended duty-free imports of yellow peas and black gram until March 2027. The decision comes at a time when rising prices of essential pulses are putting pressure on household budgets across the country.



Yellow peas, widely imported from countries such as Canada and the USA, are used as a cheaper alternative to chana and other pulses. Black gram, commonly known as urad dal, is an important ingredient in Indian cuisine and is heavily consumed in both urban and rural households.

The extension of duty-free imports is expected to increase the supply of pulses in the domestic market and prevent sudden price spikes. Experts believe the move will help maintain food security and protect consumers from inflation, especially during periods of lower domestic production caused by irregular weather patterns and climate-related challenges.

However, the decision has also raised concerns among Indian farmers, who fear cheaper imports could affect local market prices and reduce profits for pulse growers. Agricultural economists say the government now faces the challenge of balancing consumer affordability with farmer welfare.

The policy reflects India's continuing effort to manage food inflation while ensuring adequate availability of essential commodities nationwide.

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## INDIA'S FARM SUICIDE CRISIS PERSISTS DESPITE SLIGHT DECLINE IN 2024



across the country in 2024.

Maharashtra remained the worst-affected state, contributing over one-third of the total farm suicides nationwide. Experts believe rising debt, unstable crop prices, climate-related crop failures, and increasing farming costs continue to push farmers into severe distress.

India recorded 10,546 suicides in the farming sector in 2024, according to the latest data released by the National Crime Records Bureau. Although the figure shows a marginal 2% decline from 2023, the crisis continues at an alarming scale nearly one farmer or agricultural labourer dying by suicide every hour.

The report revealed that agricultural labourers accounted for 5,913 deaths, while 4,633 farmers and cultivators also took their lives during the year. Farm-sector suicides made up 6.2% of all suicide deaths recorded

While the slight reduction in numbers may indicate some improvement, activists and researchers argue that the underlying agrarian crisis remains unresolved. Many also claim the actual figures could be higher due to underreporting and gaps in data collection. The NCRB findings once again highlight the urgent need for stronger farmer support systems, financial security, and mental health assistance in rural India.

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## ANCIENT DISCOVERY REWRITES THE HISTORY OF BREAD WHEAT



A groundbreaking new study has revealed that bread wheat may have first originated in present-day Georgia and the South Caucasus nearly 8,000 years ago, reshaping long-held beliefs about the origins of one of the world's most important food crops. The research, published in the Proceedings of the National Academy of Sciences (PNAS), provides archaeological evidence that the region was an independent center for the domestication of bread wheat, scientifically known as *Triticum aestivum*.

Scientists discovered ancient wheat remains at the Neolithic sites of Gadachrili Gora and Shulaveris Gora in Georgia. Radiocarbon dating showed the grains were cultivated between 5922 and 5747 BCE, making them among the earliest known examples of bread wheat ever found. Researchers believe the crop emerged through the natural hybridization of domesticated wheat with a wild grass species called *Aegilops tauschii*.

The findings challenge the traditional idea that the South Caucasus merely adopted farming innovations from neighboring regions. Instead, experts now argue that Georgia played a key role in shaping early agriculture and food culture. Today, bread wheat accounts for nearly 95% of global wheat consumption, making this discovery highly significant for understanding human agricultural history and the development of civilization itself.

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Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## ODISHA LAUNCHES SHAKTISHREE APP TO EMPOWER GIRL STUDENTS IN HIGHER EDUCATION

The Government of Odisha has launched the ShaktiShree mobile app and new internship framework to promote safety and increase educational and career opportunities for girls in higher education. The program was formally presented by Union Minister for Education, Dharmendra Pradhan, and senior government officials from Odisha, at a nationwide workshop.



learning experiences; exposure to various industries; and development of skills needed to be successful in the marketplace. Government officials are confident that

the incorporation of an internship experience for students is an effective means of increasing employability and providing students with a real-world experience before entering the marketplace.

The Government of Odisha anticipates that its program will support the overall educational ecosystem and support the respective personal and professional growth of many girls in the state.

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The ShaktiShree app is intended to act as a digital platform specifically focused on providing safety and support services to females enrolled in higher education. The government officials stated that the ShaktiShree app will facilitate creating safe and supportive campus environments and that the app will help encourage and inspire more girls to pursue higher education.

Additionally, with the ShaktiShree launch, the Government of Odisha announced structured internship guidelines that are aligned with the National Education Policy (NEP). The intention of these internship programs is to provide students enrolled within colleges and universities with hands-on

## GOVERNMENT LAUNCHES AI SKILL PROGRAMME FOR MEDIA SECTOR

In India, the government has developed a new AI skills training initiative for students and industry professionals in the media and creative sectors. As part of this initiative, the government has announced 15,000 scholarships to enable those who wish to acquire skills in artificial intelligence and gain exposure to the industry.

The AI skills initiative seeks to strengthen India's digital economy and the creative economy by providing young people with the professional skills necessary for careers in the emerging technology age.

According to government officials, the development of AI is rapidly changing a number of industries, including the media production, animation, video game, visual effects, advertising and digital communications industries; this has created a demand for a workforce that is trained and experienced in artificial intelligence.

The program itself is designed to provide training to select participants in AI-related tools and techniques, digital content creation, automation

technology, and professional methodologies in the production of different types of media. Additionally, the program will include networking opportunities between mentors and learners, hands-on training and experience with industry professionals, and other activities designed to enhance the employability of learners.

According to government officials, the scholarship program is designed to promote the availability of advanced technology training opportunities for all young people, and especially for young people who want to pursue a creative career in the media and creative industries or technology; additionally, this initiative is expected to promote both innovation and entrepreneurship related to AI-enhanced digital content creation and storytelling.

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## KARNATAKA GOVERNMENT TO UPGRADE 16 HIGH SCHOOLS INTO PU COLLEGES



Karnataka State Government will Upgrade 16 Existing High Schools to the Status of Pre-University (P.U.). Karnataka State has approved the upgrading of 16 existing government high schools to the status of Pre-University (P.U.) Colleges. The upgrading of these P.U. colleges will help students residing in rural areas and underdeveloped areas gain increased access to higher secondary education (HSE) and have resulted in a creation of 50 new positions for lecturers at the upgraded P.U. colleges.

Education officials state that an important consideration in upgrading these P.U. colleges is that many students complete class 10, but do not enter P.U. because they cannot transport themselves to the P.U. colleges located far from their homes, or do not have P.U. colleges in proximity to them (especially females). By converting the government high schools to P.U. Colleges, the Karnataka State government hopes to increase the number of students enrolled in P.U. Colleges and decrease the number of students withdrawing from school after class 10.

Initially, the new P.U. College programs will provide commerce stream subjects accompanied by language subject areas of Kannada and English.

Education officials report that this program is part of the Karnataka State government's overall vision for improving education in rural areas, while also enhancing equal opportunity for education for the students of the state of Karnataka.

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## BITSOM EXPANDS AI-FOCUSED LEARNING IN MBA EDUCATION

BITSOM (BITS School of Management) is increasing its focus on incorporating artificial intelligence into its MBA programs. They want to prepare students for careers as future leaders in a world where technology plays an increasingly important role in many aspects of business.



BITSOM has established a number of research-based initiatives focused on using AI to create new solutions to business problems and digital transformation strategies. The MBA program also features a number of opportunities for internships, mentoring, and leadership development in addition to academic learning.

Today, businesses are seeking individuals with both strong management skills and experience working with new technology. Schools offering management programs that include AI as part of their curriculum are attracting the attention of both students and employers.

They feel that future business leaders will need to have an understanding of how AI is changing industries such as banking, advertising, consulting and supply chain management.

As part of this overall approach to education, BITSOM has created many specialized programs that allow students to gain practical experience by solving real business problems that are related to the use of AI. In addition, BITSOM is facilitating cross-disciplinary collaboration through workshops, industry interactions and other activities designed to enhance the use of technology and innovation.

In order to help students and faculty develop their skills related to AI,

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## EDUCATION MINISTRY ISSUES NEW SMC GUIDELINES TO STRENGTHEN SCHOOL GOVERNANCE

The Ministry of Education is implementing changes to the way that schools are governed in Nepal through the release of new School Management Committee (SMC) Guidelines for 2026. The new SMC Guidelines will provide a higher level of accountability and promote community involvement to improve school governance throughout the nation.

Additionally, the new guidelines will help to streamline school governance in order to improve the efficiency and effectiveness of the school administration and increase cooperation and communication between the parents, teachers, and local government.

In keeping with this mandate, the Ministry of Education has developed the new SMC Guidelines using the principles of the National Education Policy (NEP) 2020, and will apply to all schools that operate under the Right to Education (RTE) framework. One of the most important changes made in the new SMC Guidelines is the



establishment of a single SMC structure for all schools, from Balvatika through C-12. The Ministry believes that by establishing a single structure, there will be a more efficient and effective way to govern all schools.

The Ministry has also directed all schools to establish sub-committees for academic development, infrastructure maintenance, and student welfare. Schools will also be encouraged to develop a development plan, monitor learning outcomes for all students and to establish and maintain safe learning environments.

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Durgesh K. Dubey

## FUEL PRICE PRESSURE MOUNTS AS OIL COMPANIES ABSORB ₹30,000 CRORE MONTHLY LOSS



nearly ₹30,000 crore every month while selling petrol, diesel and domestic cooking gas below the actual market-linked cost. The situation has created fresh concern that fuel prices may be revised in the coming days if the pressure continues.

The problem has emerged because international crude oil and gas prices have moved sharply upward, while retail prices in India have largely remained stable. Petrol is being sold in Delhi at around ₹94.77 per litre, diesel at ₹87.67 per litre and a 14.2-kg domestic LPG cylinder at ₹913. The last major reduction in petrol and diesel prices came in 2024, when rates were cut by ₹2 per litre, and since then pump prices have not moved in line with global volatility.

The government has so far tried to protect consumers from a sudden shock in household and transport expenses. Excise duty cuts have already placed a revenue burden of nearly ₹14,000 crore on the Centre, but even after this support, oil companies

The financial pressure is not limited to petrol and diesel. Domestic LPG has also become a major burden because the price paid by consumers is lower than the cost faced by companies. Commercial LPG prices have seen a sharp revision, but domestic cylinder prices have been kept comparatively stable to avoid putting immediate pressure on household budgets. Aviation turbine fuel used by domestic airlines is also facing cost pressure, though the full estimate of losses in that segment is not yet clear.

The sharp rise in crude oil prices is closely linked to instability around key energy routes, especially the Strait of Hormuz, through which a significant share of global oil movement takes place. Any disturbance in this region creates fear of supply disruption, higher freight charges and increased insurance costs for tankers. As a result, crude prices that were much lower a few months ago have climbed significantly, worsening India's import bill and increasing pressure on fuel retailers.

Reports suggest that a fuel price hike of around ₹4 to ₹5 per litre for petrol and diesel is being discussed, though no final official announcement has been made. Domestic LPG may also become costlier if the government and oil companies decide to pass on part of the burden to consumers. Such a move, however, will have wider economic effects because fuel prices influence transport, food movement, logistics, household expenses and overall inflation.

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India's public sector oil marketing companies are facing one of their toughest financial phases in recent years as global crude prices remain high due to rising tension in West Asia. Indian Oil, Bharat Petroleum and Hindustan Petroleum are estimated to be absorbing

continue to face heavy under-recoveries. In simple terms, these companies are buying costly crude oil and gas from international markets, processing and supplying them domestically, but are unable to recover the full cost through retail selling prices.

## GUJARAT BUILDS 870 MW BATTERY STORAGE NETWORK TO POWER ITS CLEAN ENERGY FUTURE

Gujarat has taken a major step in strengthening its renewable energy infrastructure by making five Battery Energy Storage Systems operational with a combined capacity of 870 MW. The move places the state among the early movers in India's energy storage transition and comes at a time when the country is working towards the national target of achieving 500 GW of non-fossil fuel power capacity by 2030. The storage network includes facilities at Modhera, Lakhpat and Charal village in Sanand taluka of Ahmedabad district, with 13 more projects registered across Ahmedabad, Gandhinagar, Banaskantha, Patan and Kutch.

The importance of this development lies in the changing nature of electricity generation. Gujarat has made rapid progress in solar and wind energy, but renewable power is not available in the same quantity throughout the day. Solar power is generated mainly during daylight hours, while demand often rises sharply in the evening when households, shops and industries require more electricity. Battery Energy Storage Systems help solve this mismatch by storing surplus electricity when generation is high and releasing it when demand increases.

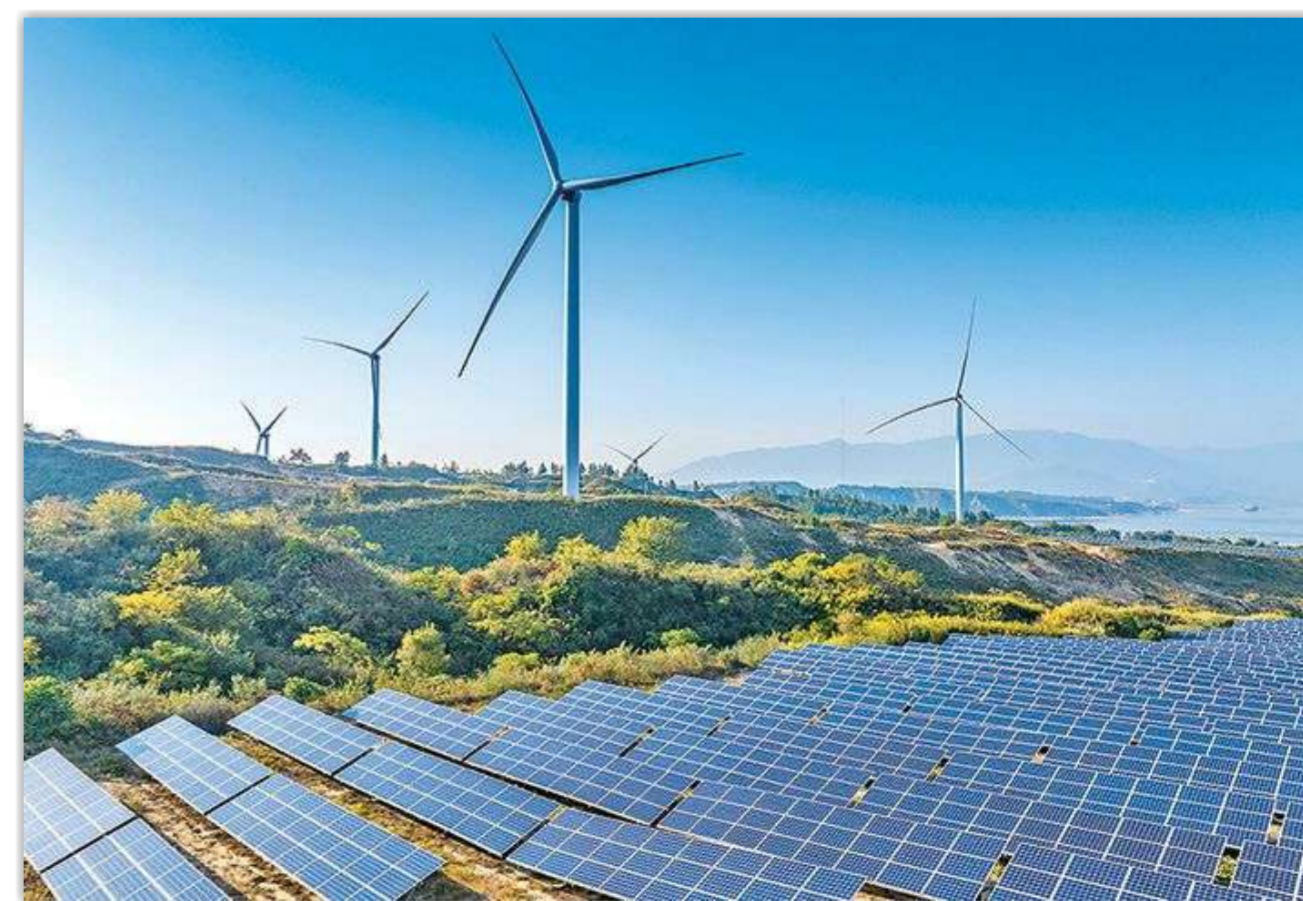
Modhera, already known as India's first solar village, has now become an important example of how local renewable generation can be supported by battery storage. Such systems make clean power more dependable because they reduce the gap between generation and consumption. This is especially important for a state like Gujarat, where industrial activity, urban growth and rising electricity demand require a stable and flexible power supply. The state's Integrated Renewable

Energy Policy 2025 also gives special attention to battery storage, including grid-connected projects, co-located storage with solar and wind plants, and storage systems for transmission support and distribution utilities.

The state government is following a planned approach by encouraging battery projects through competitive bidding and by placing storage facilities near renewable energy sites. This can help reduce transmission losses and prevent wastage of electricity. Power utilities and grid agencies are identifying suitable locations based on grid capacity, technical requirements and operational needs. Apart from storing power, these batteries can support voltage and frequency regulation, which is essential for keeping the grid stable.

The upcoming 13 projects are expected to expand Gujarat's ability to manage peak demand and improve reliability in both urban and rural areas. Once the standard operating procedure is finalised, commercial and industrial consumers may also be able to register battery storage projects along with their solar or wind installations. This can encourage industries to use more renewable power while maintaining backup support for their operations.

For common citizens, the benefit of battery storage may not always be visible immediately, but it can be felt through fewer disruptions, better power quality and more efficient use of clean energy. For businesses, it can mean greater energy security and lower dependence on conventional backup systems. For the state, it creates a foundation for a stronger green



economy.

Gujarat's 870 MW battery storage push is therefore more than a technical achievement. It is a sign that the next phase of renewable energy will not be judged only by how much power is generated, but also by how intelligently it is stored, managed and delivered when people need it most.

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**Q. How to overcome from arrogance?**

**Ans.** Mada refers to pride, arrogance, or intoxication with one's own power, wealth, knowledge, beauty, or status. In the Indian Knowledge System, it is counted among the arishadvarga (six inner enemies) because it distorts perception, weakens relationships, and blocks true wisdom. Unlike healthy self-confidence, mada creates a false sense of superiority and disconnects a person from reality. Overcoming it does not mean lowering one's abilities; it means aligning them with humility, balance, and higher understanding.

a) The first step in overcoming mada is self-awareness (atma-chintan). Pride often operates unconsciously. A person may not realize when confidence turns into arrogance. Therefore, one must observe thoughts and behavior carefully: Do I dismiss others' opinions? Do I feel superior because of my achievements or

possessions? Do I seek constant validation? The Bhagavad Gita highlights that ignorance of one's true nature leads to ego-based identity. By becoming aware of these tendencies, one begins to loosen the grip of pride.

b) A fundamental concept that helps dissolve mada is viveka (discriminative wisdom). Viveka allows a person to distinguish between the temporary and the eternal. Wealth, beauty, status, and even knowledge are subject to change over time. When one reflects deeply on this impermanence (anitya), the basis of pride weakens. For example, physical strength may decline, social status may change, and even intellectual superiority can be surpassed. Understanding this does not create negativity; instead, it brings balance and perspective, reminding us that nothing external is permanent enough to justify arrogance.

c) Closely connected to this is vairagya (detachment). Pride thrives on attachment to identity—"I am powerful," "I am superior," or "I am more successful." Detachment helps in stepping back from these labels. It allows a person to perform well and achieve success without becoming defined by it. A detached individual uses their abilities responsibly but does not let them inflate the ego. This creates inner stability and prevents the rise of arrogance.

d) The cultivation of humility (vinaya) is the direct antidote to mada. Indian tradition consistently praises humility as a sign of true greatness. A humble person recognizes their strengths but also acknowledges the contributions of others, the role of circumstances, and the grace of higher forces. For instance, even the most learned sages in ancient texts approached knowledge with humility, considering themselves lifelong students. Practicing humility involves simple habits—listening to others, accepting mistakes, and showing respect regardless of status. Over time, these actions reshape one's inner attitude.

e) Another effective way to overcome pride is through seva (selfless service). Serving others without expectation of reward helps reduce ego-centered thinking. When a person engages in acts of service—helping the needy, contributing to society, or supporting others—they experience a sense of interconnectedness. This shifts the focus from "I" to "we." Service reminds us that our abilities are not just for personal gain but for the welfare of others. This perspective naturally reduces arrogance.

f) The concept of karma yoga also plays an important role. The Bhagavad Gita teaches performing actions without attachment to personal

## How to Overcome from ARROGANCE?

Transform Pride into Humility and Wisdom

**1. SELF-AWARENESS**  
Observe your thoughts and behavior. Recognize prideful tendencies within.

**2. VIVEKA (DISCRIMINATIVE WISDOM)**  
Reflect on the impermanence of wealth, beauty, status and knowledge. Understand the difference between the temporary and eternal.

**3. VAIRAGYA (DETACHMENT)**  
Let go of labels and attachments to identity. Achieve without ego and stay innerly free.

**4. HUMILITY (VINAYA)**  
Be respectful, listen to others, accept mistakes and value everyone. True greatness is humble.

**ARROGANCE**  
I, Me, Mine  
Separation, Ego,  
Superiority

**HUMILITY**  
We, Us, All  
Connection, Gratitude,  
Inner Peace

**5. SEVA (SELFLESS SERVICE)**  
Serve others without expectations. Shift focus from 'I' to 'We'. Experience unity.

**6. KARMA YOGA**  
Do your duty sincerely, without attachment to results or recognition. Transform pride into gratitude.

**7. UNDERSTAND EGO (AHAMKARA)**  
Ego creates limited identity and seeks validation. Realize your true self (Atman) beyond ego.

**8. MEDITATION & INTROSPECTION**  
Calm the mind. Observe thoughts without judgment. Reflect, learn and grow.

**9. DHARMA (RIGHTEOUS CONDUCT)**  
Live by values like respect, compassion and fairness. Use your abilities for the welfare of all. Let dharma guide your actions.

*Humility is not thinking less of yourself, but thinking of yourself less.*  
— Indian Wisdom

**PRACTICAL STEPS TO OVERCOME MADA**

1. Be aware of prideful thoughts

2. Reflect on the impermanence of achievements

3. Practice humility in daily interactions

4. Engage in selfless service

5. Focus on effort, not recognition

6. Cultivate inner awareness through meditation

The goal is not to deny your strengths, but to use them wisely and responsibly. When arrogance is replaced with humility and gratitude, you grow internally and contribute positively to the world around you.

glory. Pride often arises when we take complete ownership of success and ignore the larger network of causes behind it. Karma yoga encourages focusing on duty and effort rather than recognition. When success is seen as a result of many factors—effort, support, opportunity, and grace—the ego becomes lighter. This attitude transforms pride into gratitude.

g) Understanding the role of ego (ahamkara) is essential in addressing mada. Ego creates a limited identity based on achievements and comparisons. It constantly seeks validation and superiority. Indian philosophy teaches that the true self (Atman) is beyond these temporary identities. By shifting attention from the ego to the deeper self, one experiences a sense of equality and unity with others. This realization reduces the need to feel superior and promotes inner peace.

h) Meditation (dhyana) and introspection are practical tools to overcome pride. A restless mind is more prone to comparison and self-centered thinking, while a calm mind develops clarity. Through meditation, one can observe thoughts of superiority without acting on them. This awareness gradually weakens ego-driven patterns. Regular reflection on one's actions and attitudes also helps in identifying and correcting prideful behavior.

i) Living according to dharma (righteous conduct) ensures that abilities and achievements are used responsibly. Dharma emphasizes values like respect, compassion, and fairness. When actions are guided by these principles, pride is kept in

check. For example, a leader who follows dharma will use authority for the benefit of others rather than personal glorification. This alignment creates balance between achievement and humility.

From a practical perspective, overcoming mada involves consistent effort. First, develop awareness of prideful thoughts and behaviors. Second, reflect on the impermanent nature of achievements and status. Third, practice humility in daily interactions. Fourth, engage in selfless service to reduce ego-centered thinking. Fifth, focus on effort rather than recognition. Finally, cultivate inner awareness through meditation and reflection.

In conclusion, mada or pride becomes harmful when it disconnects a person from reality and others. The Indian Knowledge System teaches that by cultivating awareness, humility, detachment, service, and alignment with dharma, one can transform pride into balanced self-confidence. The goal is not to deny one's strengths but to use them wisely and responsibly. When arrogance is replaced with humility and gratitude, a person not only grows internally but also contributes positively to the world around them.

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## THE REAL STRUGGLE BEGINS AFTER SUCCESS

**P**ower is much easier to acquire than it is to hold onto. This line sounds simple, but it explains one of the harshest truths about life. Most people focus only on achieving success, scoring good marks, getting promoted, becoming famous, gaining followers, building a business, or reaching a powerful position. But very few people talk about what happens after success arrives. The real challenge is not reaching the top; it is surviving there.

In today's world, everyone is running after power in different forms. For students, power may look like academic success. For employees, it may be a higher position in a company. For influencers, it may be fame and attention. For businessmen, it may be money and authority. We spend years chasing these things because we believe success will solve everything. But once we finally achieve it, a new pressure begins, the pressure to maintain it.

A student can top one exam through hard work, but staying consistent in every exam is difficult. A creator can go viral once, but remaining relevant for years is harder. An athlete can win one trophy, but defending that title requires discipline beyond talent. One moment of success can happen through luck, timing, or opportunity, but long-term success demands character, consistency, and control.

That is why many people rise quickly but fall even faster. History is filled with examples of celebrities, leaders, and businesses that became powerful overnight but collapsed because they could not handle the responsibility that came with success. Power attracts attention, expectations, pressure, and competition. The higher you rise, the more carefully you must walk.

Consistency becomes the true test of greatness. Anyone can work hard when they are desperate to achieve something, but only a few people continue working hard after they already have it. Success often makes people comfortable. Comfort slowly kills discipline, and without discipline, power disappears.

This idea can also be connected to the teachings of the Bhagavad Gita. The Gita teaches that a person should stay focused on their duty without becoming arrogant because of success or broken because of failure. Power should not control the mind. If a person becomes addicted to status, ego, or praise, they eventually lose balance. Real strength lies in staying grounded even when the world places you above others.

There is also another hidden truth about power: maintaining it can either destroy a person or transform them. Pressure can make someone anxious, insecure, and afraid of losing everything. But the same pressure can also create discipline, wisdom, and maturity. It depends on how a person handles responsibility.

In the end, success is not proved by how high you reach once. It is proved by how long you can stay there without losing yourself. Acquiring power may take effort, but holding onto it requires patience, self-control, humility, and relentless consistency. The top is never permanent. Every



day is another test. And those who continue growing even after success are the ones who truly deserve their power.

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## THE HIDDEN HABIT NOBODY TALKS ABOUT: MALADAPTIVE DAYDREAMING



**L**et's be real, everyone daydreams. You're sitting in class, listening to music, or just bored, and suddenly you're the main character in your own movie. It feels good. It's fun. It's your little escape from reality. But what if that "little escape" slowly turns into

your full-time reality?

That's what maladaptive daydreaming is. It's not just imagination, it's when your mind creates such intense, detailed stories that you start getting stuck in them. At first, it's just a few minutes. You imagine scenarios, conversations, maybe even entire alternate lives. But then those minutes turn into hours. And suddenly, you're spending more time in your head than in real life.

The scary part? You don't even realize when it starts taking over. Your brain keeps pulling you back in because, honestly, that world feels better. There, you're in control. You're confident, successful, loved, everything feels perfect. Meanwhile, real life starts feeling slow, boring, or even overwhelming. And then comes the guilt.

Your work is pending. Your goals are paused. You know you wasted time, but instead of fixing it, you escape again... into the same world. It becomes a loop: daydream → avoid reality → feel guilty → escape again. And yeah, that loop hits hard.

But here's the thing, this doesn't just happen randomly.

Most of the time, maladaptive daydreaming is your brain trying to cope. Maybe you feel lonely. Maybe something hurt you. Maybe reality isn't giving you what you need emotionally. So your mind steps in and says, "Fine, I'll create something better." And honestly, it does a pretty good job. The problem is, it works too well.

You start depending on it. Your imagination becomes your comfort zone, and stepping out of it feels uncomfortable. Real life doesn't give instant happiness like your daydreams do, so you keep choosing the easier escape. But here's a truth you might not like: staying there won't build the life you actually want.

Your imagination is powerful, that's not the problem. In fact, it's a strength. But when it starts controlling you instead of you controlling it, that's when it becomes an issue. So what can you do?

Start small. You don't need to "quit" daydreaming overnight, that's unrealistic. Just become aware of it. Catch yourself when you drift too far. Pull yourself back, even if it's annoying. Keep your body busy, walk, write, talk to someone, do anything that grounds you in reality.

Because at the end of the day, your mind can create amazing stories... but your real life? That's the one that actually matters.

And trust me, being the main character in reality hits different.

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Afreen Mazgaonkar & Ganisha Gundu

## INDIA MAINTAINS CONDITIONAL SUPPORT ON WTO E-COMMERCE DUTY MORATORIUM

India maintains its support for the World Trade Organization e-commerce duty moratorium which operates under conditions but rejects any efforts to establish it as a permanent regulation. The long-standing e-commerce duty moratorium which began in 1998 prohibits countries from charging tariffs on digital content that includes software downloads and streaming and online services. The position of New Delhi shows that developing countries share the same concern because they believe permanent extension will result in major revenue losses which will stop them from developing their digital industrial sector. India has therefore backed only a temporary or negotiated extension because it wants to avoid an indefinite extension of the treaty. Developing

countries around the world view the permanent moratorium as a threat to their economic growth while developed countries see it as a means to protect their digital trade interests. India has asserted that all decisions should follow the WTO consensus mechanism while safeguarding developing nations' rights and needs. The current deadlock demonstrates the existence of fundamental disputes between countries which govern international trade, while the outcome of digital taxation and international e-commerce regulations remains uncertain.



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## INDIA TO SHOWCASE DIVERSE CINEMATIC VOICES AT CANNES 2026

India will present its complete range of cinematic traditions through its upcoming Cannes 2026 film festival presentation. The Cannes Film Festival 2026 will take place in France from May 12 to 23 which will showcase Indian cinema through its various film industry and independent filmmaking elements. The Indian delegation features established artists such as Aishwarya Rai Bachchan and Alia Bhatt and Karan Johar together with upcoming performers, who include Tara Sutaria. The year 2026 stands out because it features strong regional cinema representation. Punjabi and Marathi and other regional film industries will present their storytelling abilities to showcase India's linguistic and cultural diversity which will be shown on an international platform. The Critics' Week jury will receive leadership from filmmaker Payal Kapadia which marks an important achievement for Indian cinema in the global arena. India's active participation in international events shows its growing national power which enables the country to create diverse stories and innovative cinematic techniques.



## FOOD IS MEDICINE: EXPERT DEMONSTRATES HOW SPIRITUAL HEALTH IMPACTS HUMAN WELL-BEING

The concept of food being used as medicine has received growing support from research which shows that spiritual health needs to be treated as an essential component of human well-being. According to a spirituality expert, true health goes beyond physical fitness and includes mental, emotional, and spiritual balance. The concept of mindful eating teaches people to select natural foods that create a balanced diet with nutritious elements which benefits their body and their mental state and their search for inner peace. People who follow Ayurvedic dietary practices can successfully stop diseases from developing while their digestion improves and their overall health increases. The spiritual health of people in this context requires them to practice meditation and develop gratitude while practicing self-awareness so they can effectively manage stress and build resilience. Experts argue that when food choices are combined with a spiritually aware lifestyle, it can lead to better emotional stability and long-term health benefits. The approach directs people to see nutrition and spirituality as two main components that create holistic wellness which provides protection against diseases and creates better health results through early treatment.



## INDIA'S AGEING LANDFILLS ARE LEAKING MICROPLASTICS INTO THE ENVIRONMENT

Scientists report that plastic waste from India's outdated garbage sites is entering the environment through microplastic particles. A recent scientific review showed that India's outdated garbage sites function as a continuous microplastic pollution source which affects all natural environments. The study conducted by researchers at the CSIR-National Environmental Engineering Research Institute showed that waste dumps which have existed for decades now create soil and water and air pollution. These legacy landfills, often unmanaged and overflowing, contain large amounts of plastic waste that gradually break down into tiny toxic particles called microplastics. The particles which wind and monsoon runoff carry spread throughout the environment, while they enter groundwater resources and natural ecosystems and the food chains of various organisms. The study shows that polyethylene and polypropylene handle the highest waste disposal rate of common materials, yet waste management systems do not properly track microplastic emissions. Microplastics create hidden pollution which experts identify as a long-term danger to both ecosystems and human health because these particles transport dangerous substances which build up inside living things. The findings require immediate policy changes together with better landfill operations and new waste treatment methods to handle the escalating situation.



## PIXCEL, SARVAM TO BUILD INDIA'S FIRST ORBITAL DATA CENTRE SATELLITE



As space-based computing gains momentum globally, India is taking early steps to build computing infrastructure beyond Earth, a shift driven by rising data demand, energy constraints and strategic interest in developing domestic AI capabilities. Pixxel, a US-Indian private space technology company, on Monday said in a statement on X that it has entered a partnership with Sarvam, an Indian artificial intelligence company headquartered in Bengaluru, Karnataka, to develop India's first orbital data centre satellite, called Pathfinder. The development is significant as countries, including the United States, those in Europe, and China, explore similar technologies. In India, parallel efforts are also emerging, with Agnikul Cosmos and NeevCloud partnering to build the country's first AI-powered data centre in space. The Pathfinder, a 200-kg satellite expected to reach orbit by the end of 2026, will host GPUs (graphics processing units) to train and infer Sarvam's AI model. Unlike conventional satellite computing, which relies on low-power edge processors optimised for survival rather than performance, the Pathfinder satellite will use hardware comparable to that found in terrestrial data centres powering frontier AI models, according to the Bengaluru-based startup.

## GOVERNMENT SEND NDMA TEST ALERT TO PHONES ACROSS INDIA, NO NEED TO PANIC

India rolled out a nationwide test on its new Cell Broadcast alert system on Saturday, an indigenous technology that has been created to deliver instant emergency warnings directly to mobiles. Several smartphones across the nation have received a loud alert tone today and a message that informed users that no action is required by the public and is an instant disaster alert. The message read that, India, launches Cell Broadcast using indigenous technology, for instant disaster alerting service for its citizens. Alert citizens, safe nation. No action is required by the public upon receipt of this message. This is a test message from the Government of India.



Afreen Mazgaonkar & Ganesha Gundu

## BATON ERRORS, DNF DERAIL INDIA'S WORLD RELAYS CAMPAIGN DESPITE NATIONAL RECORD



India's World Athletics Relays 2026 campaign ended in failure because a combination of baton exchange mistakes and a Did Not Finish outcome prevented them from reaching the World Championships. The mixed 4x100m relay experienced its largest failure when a baton exchange attempt failed which resulted in a DNF because team members could not work together to meet high pressure conditions. The same difficulties which caused dropped batons and disqualifications harmed overall performance. The men's events faced multiple issues because of runner injuries. A 4x400m relay team lost their essential runner who exited during the race which resulted in their disqualification from the event and their chances of qualifying suffered a major blow. The setbacks brought

two advantages to the situation. The Indian mixed 4x100m team established a new national record by achieving a time of 41.35 seconds which proved their ability even during a difficult competition. The Indian relay teams failed to advance beyond the heats which resulted in their inability to qualify for the 2027 World Championships. The campaign demonstrated that better baton coordination and race execution should become essential training requirements for international competition.

## ARJUN ERIGAI SI RETURNS TO WORLD TOP 10 AFTER KEY VICTORY IN SWEDEN

Indian chess grandmaster Arjun Erigaisi has re-entered the world's top 10 in classical rankings after defeating Sweden's Nils Grandelius at the TePe Sigeman & Co tournament. Erigaisi achieved his necessary tournament victory through Round 3 success which also increased his live rating to approximately 2755 that established him as the ninth best player in the world. The result serves as a powerful comeback after his performance at Tata Steel Masters which showed his less active competition time earlier this year. The game itself was a tactical battle, with Erigaisi outplaying Grandelius in a complex endgame to seal the win. His performance also put him among the joint leaders in the tournament standings, reinforcing his consistency at the elite level. Erigaisi, who has previously crossed the 2800 rating mark, continues to be one of India's brightest chess talents. His return to the top 10 highlights India's growing dominance in global chess and signals strong prospects for upcoming international events.



## GANGA SINGH CLINCHES GOLD IN 50M RIFLE 3 POSITIONS AT SURENDRA SINGH MEET

Ganga Singh achieved an outstanding performance which secured him the gold medal in the men's 50m rifle 3 positions event at the 24th Kumar Surendra Singh Memorial Shooting Championship. Ganga Singh captured first place in the final match after scoring 357.8 points which brought him victory against Railways shooter Arjun Babuta who received silver with 356.9 points. Railways shooter Swapnil Kusale won third place which earned him the bronze medal. The championship, one of India's premier domestic shooting events, witnessed high-quality performances across categories. The competition reached higher levels of intensity when Kamaljeet Choudhary and Surbhi Rao from Haryana won gold in the 10m air pistol mixed team event. Ganga Singh's victory shows how Indian shooters maintain their consistent national level performance through their armed forces base which produces excellent athletes. His performance establishes him as a strong candidate for future international tournaments. The championship continues to serve as a key platform for identifying and nurturing India's next generation of shooting stars.



## BARANICA ELANGO VAN CLEARS 4.23M TO BREAK HER OWN POLE VAULT NATIONAL RECORD

Tamil Nadu's Baranica Elangovan bettered her own pole vault national record by clearing 4.23m on the second day of the inaugural Indian Indoor Open Combined Events and Pole Vault Competition at the Indoor Athletics Centre of Kalinga Stadium in Bhubaneswar on Sunday. Elangovan had set the previous national mark of 4.22m in March this year during the maiden National Indoor Athletics Meet at the same venue. On Sunday, after two failed attempts, she improved the record by 0.01m. She later attempted 4.30m but failed to clear the bar in all three attempts, admitting she was drained by then. Speaking after the event, both Elangovan and her coach Milber Russell expressed satisfaction with the performance, especially since they were not expecting such a result. Elangovan said that she didn't prepare with any set expectations. She simply focused on improving her technique and accepted whatever performance came. As long as it came from sticking to her basics, she was happy with it, who has already cleared the 4.10m Asian Games qualification mark three times this year.



## HISTORY-MAKING FRANCE ENTER FINAL AT THOMAS CUP; INDIA SIGN OFF FROM BRONZE



Ayush Shetty from Chennai, had been living a dream since the start of April. After his exploits at the Asia Championships in China, where he captured a rare silver, he was once again producing high-quality badminton to take down big rivals including All England and India Open winner Lin Chun-yi in the quarterfinals of the ongoing Thomas Cup at Horsens, Denmark, on Friday. Wins that were adding to his growing reputation. However on Saturday, just a day before his 21st birthday, Ayush hit a wall in the form of Christo Popov. In the first men's singles against France in the last-four stage in the absence of senior compatriot Lakshya Sen, Ayush was simply no match for Christo. The Indian was a helpless figure as the left-handed Christo, with his fine smashes aimed towards the backhand, put up a masterclass to walk away with an easy victory (21-11, 21-9). Ayush is still raw at this level and that was evident during the match as he just couldn't figure out Christo's game. On Friday, Ayush, known for his power game, had conjured some delicate touches to the other side of his game. Over the course of the tournament, he had shown his ability to course-correct in-game and find solutions. But on the day, he was blank. It was as though his system had malfunctioned. Christo, on the other hand, continued to press on before polishing off the tie within 39 minutes.

## INDIAN MMA STAR SONAM ZOMBA RETAINS MFN TITLE WITH WIN OVER MARISTELA ALVES

MMA star Sonam Zomba pulled off a brilliant win over Brazil's Maristela Alves to defend her MFN Women's Strawweight Championship in the main event of Matrix Fight Night 18 at Shaheed Vijay Singh Pathik Indoor Sports Complex. Zomba entered the bout on a seven-fight unbeaten streak since her return in 2022. Zomba, who trains under coach Bhawajit Choudhary, won the title at MFN 17 after beating Russia's Anna Safeeva. Sonam Zomba has been dominating the ring since her comeback, with her wins coming via stoppage, unanimous decisions, and a ground-and-pound finish against Shiyin Tan in February. She also holds a kickboxing win at Bidang Fighting Championship. Meanwhile, Sonam's win over Maristela Alves earned her praise from the sports fraternity, who lauded the 27-year-old for bringing pride to the country.



Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## TMB BANK SPECIALIST OFFICER RECRUITMENT 2026



Tamilnad Mercantile Bank has released the official notification for recruitment to various Specialist Officer (SO) posts across multiple departments. The bank is inviting applications from experienced and qualified professionals for senior and managerial roles at different locations in India. Interested candidates can apply online from 29 April 2026 to 19 May 2026 through the official career portal.

### Recruitment Highlights

- Organization: Tamilnad Mercantile Bank (TMB)
- Post Name: Various Specialist Officer Posts
- Total Vacancies: Various
- Job Location: Thoothukudi, Ernakulam, Mumbai & other locations across India
- Application Mode: Online
- Application Fee: Nil

### Posts Available

- Recruitment includes posts such as:
- Deputy Vice President – Secretarial Section
- Global NRI Centre Head
- Deputy CFO
- Law Officer
- Specialist Officer (IT)
- Branch Head
- Retail Assets Vertical
- Trade Finance Vertical
- Product Specialist

### Senior Relationship Manager Eligibility Criteria

- Age Limit: 28 to 55 years (varies by post) as on 31 March 2026
- Qualification: Graduation / Post Graduation / CA / ACS / B.E./B.Tech / MCA or other professional qualifications with relevant experience.
- Candidates must possess regular educational qualifications and clean service records.

### Selection Process

- Selection will be based on:
- Shortlisting of Applications
- Personal Interview / Other Selection Process

### Important Dates

- Online Registration Starts: 29 April 2026
- Last Date to Apply: 19 May 2026

### How to Apply

Eligible candidates must apply online through the TMB career portal by registering with a valid email ID and mobile number, uploading required documents, and submitting the application form before the closing date. Candidates are advised to read the official notification carefully before applying.

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

## SOUTH INDIAN BANK JUNIOR OFFICER RECRUITMENT 2026

South Indian Bank has invited online applications from eligible Indian nationals for the recruitment of Junior Officer (Operations) posts for Andhra Pradesh and Telangana states. The recruitment offers an excellent opportunity for young graduates seeking a career in the private banking sector.

### Recruitment Highlights

- Post Name: Junior Officer (Operations)
- Organization: South Indian Bank
- Job Type: Banking Sector Job
- Application Mode: Online
- Job Location: Andhra Pradesh / Telangana
- Application Fee: Nil

### Eligibility Criteria

- Age Limit: Maximum 28 years as on 31 March 2026
- SC/ST candidates eligible for 5 years relaxation
- Educational Qualification: Graduation from a recognized university with good communication and computer skills.

### Selection Process

- Selection will be based on:
- Online Test
- Group Discussion (if conducted)

- Preliminary / Final Interview

### Important Dates

- Online Registration Starts: 06 May 2026
- Last Date to Apply: 13 May 2026

### How to Apply

Eligible candidates must apply online only through the official South Indian Bank recruitment portal.

- Visit the recruitment website and register using a valid email ID and mobile number.
- Fill the application form carefully with personal, educational, and state preference details.
- Upload photograph, signature, resume, and educational documents in prescribed format.
- Verify all details before final submission as modifications will not be allowed later.



- Submit the application and save the Application Reference ID for future use.

Candidates are advised to read the detailed notification carefully before applying.

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

## CURRENCY NOTE PRESS NASHIK RECRUITMENT 2026



Currency Note Press Nashik has released the official recruitment notification for 534 vacancies in various categories including Officer, Supervisor, Junior Technician, and other posts. The recruitment offers an excellent opportunity for candidates seeking secure government jobs in a prestigious currency printing organization under the Government of India. Eligible candidates can apply online from 20 April 2026 to 19 May 2026.

### Recruitment Highlights

- Organization: Currency Note Press Nashik
- Post Name: Various Posts
- Total Vacancies: 534
- Job Location: Nashik, Maharashtra
- Application Mode: Online

### Eligibility Criteria

- Age Limit: 18 to 30 years (varies post-wise) as on 19 May 2026
- Age relaxation applicable as per Government rules.
- Qualification: Candidates must possess prescribed educational qualifications and technical skills

relevant to the post before the closing date.

- Salary Details
- Selected candidates will receive attractive pay scales ranging from:
- ₹18,780 to ₹1,03,000
- (Pay Levels W-1 to A-2 depending on the post)

### Selection Process

- Selection will be based on:
- Online Written Examination
- Skill Test (where applicable)
- Document Verification

### Important Dates

- Online Registration Starts: 20 April 2026
- Last Date to Apply: 19 May 2026

### How to Apply

- Candidates must apply online through the official recruitment portal by filling the application form, uploading required documents, paying the fee online (if applicable), and submitting the form before the deadline. Applicants should keep a printout of the submitted application for future reference.
- Candidates are advised to read the detailed notification carefully before applying.

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

Deepika Singh

## QUIZ TIME

1. India conducted a maiden test of a nuclear-capable ICBM on 8 May 2026 from which island off the Odisha coast?
2. Who was appointed as India's next Chief of Defence Staff on 9 May 2026?
3. Who was appointed as the next Chief of the Naval Staff of India on 9 May 2026?
4. India added its 99th Ramsar Site in April 2026 — which lake was included, and in which state?
5. Which AI-powered system was handed over to India's Ministry of Home Affairs in April 2026 to strengthen security?
6. What is the name of the initiative launched by India's Textiles Ministry to promote Indian weaves on the world stage?
7. Which state emerged as the top performer in house completion under PMAY-Urban 2.0 as of May 2026?
8. India issued QR-coded identity cards to enumerators for which upcoming national exercise?

## RIDDLES

1. I live in a pineapple under the sea. I fry burgers and laugh like a hyena. Who am I?
2. I am a blue cat who lives in Japan. I have a magic pocket with endless gadgets. Who am I?
3. I wear a red cape and fly through the sky. I have a dog named Krypto. I am the last son of Krypton. Who am I?
4. I chase a mouse every day but never catch him. I live in a house and always get hurt. Who am I?
5. I have long blonde hair and a frying pan as a weapon. I was locked in a tower my whole life. Who am I?
6. I am orange, I love lasagna and I hate Mondays. I have a lazy owner named Jon. Who am I?
7. I am a yellow creature with no nose. I wear overalls and work at a nuclear plant. My wife has blue hair. Who am I?

7. Homer Simpson

6. Garfield

5. Rapunzel

4. Tom (Tom & Jerry)

3. Superman

2. Doraemon

1. SpongeBob SquarePants

### (II) RIDDLES

8. Census 2027

7. Odisha

6. Vishwa Sutra

5. Pragna

4. Shekha Jheel, Uttar Pradesh

3. Vice Admiral Krishna Swaminathan

2. Lt. General N S Raja Subramani (Retd.)

1. Abdul Kalam Island

### (I) QUIZ TIME

### ANSWERS



## PHALEY – THE CRISPY TIBETAN DELIGHT!

This Week, We're Relishing Phaley – The Crispy Tibetan Delight!

**P**haley is a traditional Tibetan delicacy popular in the Himalayan regions, especially in Kalimpong. This crispy stuffed bread is known for its golden outer layer and flavorful filling hidden inside. Prepared with simple ingredients yet packed with comforting taste, Phaley beautifully reflects the warmth of mountain cuisine and Tibetan culinary heritage. Whether enjoyed as a snack or a hearty meal, every bite offers a delightful mix of crunch, spice, and softness.

**Ingredients:** 2 cups all-purpose flour (maida), 1 tablespoon oil, salt to taste, water as required for dough.

**For the Filling:** 1 cup finely chopped cabbage, 1 finely chopped onion, ½ cup grated paneer or cheese, 1 teaspoon ginger-garlic paste, 1 teaspoon soy sauce, ½ teaspoon black pepper, ½ teaspoon chilli flakes, 1 tablespoon chopped spring onion, salt to taste, oil for frying.

### Preparation

**Prepare Dough:** In a bowl, mix flour, salt, and oil. Add water gradually and knead into a soft dough. Cover and let it rest for 20 minutes.

**Prepare Filling:** Heat a little oil in a pan. Sauté onion and ginger-garlic paste until fragrant. Add cabbage, spring onion, paneer, soy sauce, pepper, chilli flakes, and salt. Cook lightly and allow the mixture to cool.



**Shaping:** Divide the dough into small balls and roll them into circles. Place the filling in the center and fold the edges tightly to seal.

**Frying:** Heat oil in a pan and deep fry or shallow fry the phaley until golden brown and crispy on both sides.

### Serving Tip:

Serve Phaley with spicy red chilli chutney, clear soup, or a cup of butter tea for an authentic Himalayan experience. Its crispy texture and warm filling make it a perfect comfort snack during rainy or winter evenings.

### Introducing Our New Column

## ARTWORK OF THE WEEK

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

#### CRITERIA

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

#### SUBMISSION DETAILS

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

#### CONTACT INFORMATION

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#### For Internship

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