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# THE HULAHUL TIMES

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Ravi Singh &amp; Delisha Gupta

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## INTERNATIONAL WELLNESS DAY – APRIL 15: TAKING A STEP TOWARDS A HEALTHIER YOU



International Wellness Day reminds us that being successful and being healthy go together. We can't do our best if we're tired and run down. Taking care of ourselves is not a waste of time. It's an investment in our future.

International Wellness Day is a day to remind us to take care of ourselves.

One of the steps to wellness is taking care of our body. This doesn't mean we have to spend hours at the gym. Simple things like eating meals drinking water getting enough sleep and being active can make a big difference. Even a short walk, stretching or playing a game can give us energy. Improve our mood.

Our mental wellness is just as important. In today's paced world it's easy to feel overwhelmed. Negative thoughts, anxiety and self-doubt can affect our confidence and happiness. It's okay to not feel okay. What matters is how we deal with it. Talking to someone we trust writing down our thoughts or taking a break can help us feel better.

Another way to improve our health is by being present in the moment. We shouldn't worry about the past or future all the time. Simple things like breathing, meditation or focusing on what we're doing can calm our minds. Reduce stress.

Emotional wellness is about understanding and managing our feelings. Many people ignore their emotions. They think it's a sign of weakness. Recognizing our feelings and expressing them in a way makes us stronger. Every emotion is valid. Whether we're happy, sad, angry or scared our emotions deserve attention.

Social wellness is also important. Humans are beings. We need connections to be happy. Spending time with family talking to friends or sharing a laugh can instantly lift our mood. Surrounding ourselves with people helps us feel valued and understood.

Setting boundaries is also a part of wellness. Learning to say "no" when we feel overwhelmed and managing our time wisely can reduce stress. We don't have to do everything at. Prioritizing tasks and taking breaks can actually help us get more done.

On International Wellness Day let's not make promises we can't keep. Let's focus on changes we can achieve. Let's start by going to bed a little reducing screen time drinking more water or taking a few minutes each day to relax. These small steps can lead to improvements, in our lifestyle if we do them every day.

It's also important to remember that wellness is personal. What works for one person may not work for another. There is no routine that fits everyone. The key is to find what makes us feel healthy, peaceful and happy.

In conclusion International Wellness Day is not one day of taking care of ourselves. It's a reminder to build habits that support our being every day. Life will always have challenges. When we take care of ourselves we become stronger and better equipped to face them.

So let's take a moment today. Let's slow down. Let's check in with ourselves. Because in the journey of life our health and happiness should always come first. Let's remember International Wellness Day and take care of ourselves.

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**W**e live in a world that's always moving fast. People think being busy means you're successful. In all the rush we forget to take care of ourselves. We have school, work and responsibilities. We spend a lot of time on our phones and computers. We forget that our well-being is important. That's why International Wellness Day on April 15 is so important. It reminds us to stop think and take care of our body, mind and emotions.

People talk about wellness a lot. Many of us don't really understand what it means. Wellness is not just about having a body or eating good food. It's about finding balance in life. This balance includes our health, peace of mind emotional stability and good relationships. When we ignore one of these areas it can affect our well-being.

For students and young people taking care of our wellness can be tough. We have a lot of pressure to do well on exams worry about our careers and meet expectations. Stress is a part of our lives. Many of us stay up late to study skip meals because we're busy or spend hours on screens without thinking about how it affects us. These habits might seem normal. They can hurt our physical and mental health over time.



Durgesh K. Dubey

## RANI KARNAVATI: THE QUEEN WHO CHOSE HONOUR OVER FEAR

In the proud land of Mewar, where courage was not just admired but lived, there once ruled a queen whose name became a symbol of dignity, sacrifice, and fearless leadership i.e. Rani Karnavati. She was the widow of Rana Sanga, one of the greatest Rajput rulers, and the mother of young princes who were not yet ready to carry the weight of a kingdom.

After the death of Rana Sanga, Mewar entered a period of uncertainty. The responsibility of protecting the kingdom fell upon Rani Karnavati. She was not just a queen; she became the guardian of Mewar's honour and the protector of its future.

The times were difficult. Powerful forces were rising across North India, and among them was Bahadur Shah of Gujarat, whose ambitions soon turned toward Mewar. His army was strong, well-equipped, and determined. The challenge before Rani Karnavati was immense.

### A Mother, A Queen, A Leader

Rani Karnavati could have chosen a safer path. She could have surrendered, negotiated, or retreated. But she understood that some values cannot be compromised. For her, the honour of Mewar was not a matter of pride alone—it was a responsibility toward her people, her ancestors, and her children.

She began preparing the kingdom for resistance. Fortifications were strengthened, soldiers were motivated, and the people of Mewar stood united under her leadership. Despite being a woman in a time dominated by male rulers, she commanded respect not through authority alone, but through courage and clarity of purpose.

There is a well-known historical account associated with her life that reflects both her wisdom and her understanding of relationships. When the threat from Bahadur Shah intensified, Rani Karnavati is believed to have sent a rakhi to the Mughal emperor Humayun, seeking his support. This act was not one of weakness, but of cultural strength. By invoking the sacred bond of brotherhood, she appealed to a value that transcended politics.

Humayun, moved by this gesture, is said to have accepted her as his sister and set out to help her. However, history often moves faster than intentions.

### The Siege of Chittor

Before help could arrive, Bahadur Shah's army reached Chittorgarh, the heart of Mewar. The siege that followed was intense and prolonged. The defenders of the fort fought with unmatched bravery, but the enemy's strength was overwhelming.

Inside the fort, Rani Karnavati faced the most difficult decision of her life. She knew that defeat was becoming inevitable. But for the people of Mewar, defeat did not mean surrender—it meant a choice between dishonour and sacrifice.



The Rajput tradition valued dignity above life itself. Rani Karnavati, as the leader of her people, had to guide them through this moment.

### The Final Decision: Courage Beyond Fear

Understanding that the fort would soon fall, Rani Karnavati prepared for Jauhar, the ultimate act of sacrifice chosen to protect honour. Thousands of women, led by the queen, decided to embrace fire rather than fall into the hands of the enemy.

This was not an act of despair. It was an act of resolve. Before this final moment, Rani Karnavati ensured that the warriors of Mewar were ready for their last battle. The men, inspired by the courage of their queen, prepared to fight with the determination that they would not return alive, but they would fight with honour.

The gates of Chittor opened, and the Rajput warriors charged into battle, knowing that their sacrifice would become a part of

history. Inside, the flames of Jauhar rose, symbolizing a choice that was both tragic and powerful.

### A Legacy of Strength and Dignity

Though Chittor fell, the spirit of Mewar did not. The story of Rani Karnavati spread across generations, not as a tale of defeat, but as a lesson in courage, leadership, and unwavering values.

Her decision to send a rakhi to Humayun reflected her wisdom and her belief in human bonds. Her leadership during the siege showed her strength and determination. And her final act demonstrated her commitment to honour above all else.

Rani Karnavati was not just a queen who ruled; she was a mother who protected her children, a leader who inspired her people, and a symbol of courage who faced the most difficult choices with clarity.

### The Human Side of Courage

It is easy to see Rani Karnavati as a figure of legend, but her story is deeply human. She was a mother raising young sons in uncertain times. She was a woman facing the fear of war and loss. Yet, she did not allow fear to control her decisions.

Her life reminds us that bravery is not the absence of fear, but the strength to act despite it. She did not fight because victory was certain; she stood firm because it was right.

### Moral and Conclusion

The life of Rani Karnavati teaches us that true courage lies in standing by one's values even in the face of overwhelming challenges. She showed that leadership is not defined by power, but by responsibility and sacrifice. Her story reminds us that dignity and honour are priceless, and that difficult choices often define our character. In today's world, where compromises are common, her life inspires us to remain firm in our principles, to lead with courage, and to act with integrity. Rani Karnavati's legacy continues to remind us that even in the darkest moments, strength, wisdom, and self-respect can guide us toward decisions that leave a lasting impact on history.

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Ravi Singh & Delisha Gupta

## A YOUNG MIND, A COSMIC VISION: THE JOURNEY OF DR. VAISHNAV KAKADE

**D**r. Vaishnav Kakade is an 18-year-high school graduate from Pune. He does not fit into what people expect from someone his age. When most students are still trying to figure out what they want to do Dr. Vaishnav Kakade has already decided that he wants to work on one of the problems in modern science. This problem is about combining Albert Einstein's relativity with quantum mechanics. People often call this the "grail of physics".

Dr. Vaishnav Kakade is trying to do something big. What makes his journey so special is not just that he is curious about learning. That he knows exactly what he wants to achieve. In 2024 people around the world started to notice him because he was trying to answer questions that have been puzzling great scientists for a long time. Dr. Vaishnav Kakade's work is a mix of passion, hard work and new ideas. These qualities make him stand out in a world where there are talented people.

Dr. Vaishnav Kakade is known as the World's Youngest Physicist. He has also received the Padma Shri Award, which is one of India's highest civilian honors. He got this award because of his work in science, education and social work. Achieving something like this at an age is not just a big deal for him but it also inspires millions of young people to dream big.

What really sets Dr. Vaishnav Kakade apart is the way he thinks about the universe. While most scientists only look at facts and data Dr. Vaishnav Kakade goes beyond that. He tries to combine science and spirituality. His work brings together quantum physics and old philosophical ideas. This gives him a view of reality and consciousness. Dr. Vaishnav Kakade is not just trying to figure out how the universe works. Also why it is the way it is.

Dr. Vaishnav Kakade's research covers advanced fields. In physics he focuses on basic concepts like quantum entanglement and superposition. He wants to help develop quantum computing and new theoretical models. Dr. Vaishnav Kakade is also interested in astrophysics. He wants to learn more about mysteries like black holes, dark matter and the expansion of the universe. Through his studies he tries to connect ideas with real data, which brings science closer to understanding the universe.

Dr. Vaishnav Kakade also explores consciousness studies. He thinks that quantum mechanics might hold the key to understanding awareness and cognition. This approach not expands what we know about science but it also makes us think deeper about the nature of existence.

Dr. Vaishnav Kakade uses data science and machine learning in his research. He analyzes systems and finds patterns in big datasets. This shows how technology can help us discover things. Dr. Vaishnav Kakade can combine theoretical approaches with new computational tools, which shows that he is a forward thinker.

People have noticed Dr. Vaishnav Kakade's contributions. His work has been featured in publications like Forbes, Times of India Sakal Times and Lokmat Times. This has made him well-known both in his country and around the world. Dr. Vaishnav Kakade inspires people through his lectures, research papers and spiritual teachings. He makes complex ideas easy to understand and fun for people from all walks of life.

Dr. Vaishnav Kakade has been recognized globally for his thinking. He participated in NASA's International Space Apps Challenge. Got noticed for addressing real problems related to Earth and space. Dr. Vaishnav Kakade also received the Bharat Gaurav Ratna Shri Samman Award for his work in science and society. He is a member of the World Human Rights Protection Commission, which shows that he cares about justice and human welfare.

Despite all his achievements what stands out most about Dr. Vaishnav Kakade is his vision for the future. He represents a generation of thinkers who do not limit themselves to one field. Instead they look for connections between science and spirituality technology and humanity, knowledge and purpose.

Dr. Vaishnav Kakade's journey shows that age is not a barrier when you have passion and dedication. Through his work Dr. Vaishnav Kakade is not just trying to solve scientific problems but he is also changing what it means to be a scientist today. He is someone who explores not the universe outside but also the consciousness, within.



As Dr. Vaishnav Kakade continues to grow and evolve one thing is certain: his story is just. The world is watching with curiosity and hope.

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Dr. Smita Ravikumar Kuntay

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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.*

Platforms like Flipkart Minutes and Zepto are rapidly reshaping how brands think about supply chains, inventory, and customer reach. Not long ago, FMCG success depended on wide distribution, strong retail presence, and shelf visibility. Today, that model is being fundamentally redefined. Quick commerce promising deliveries within minutes is transforming how products are stocked, discovered, and delivered. Instead of competing only for shelf space, brands are now racing for speed, proximity, and digital visibility. In modern retail, the fastest supply chain is emerging as the strongest competitive advantage.

### From Warehouses to Dark Stores

Traditional FMCG supply chains followed a long route—manufacturer to distributor, retailer, and finally the customer. Quick commerce compresses this chain into a shorter, faster model centred around dark stores. Dark stores are small, strategically located warehouses designed exclusively for rapid order fulfilment. They are not open to customers but act as hyperlocal delivery hubs. Example: When a customer orders groceries or personal care items, platforms like Flipkart

Minutes or Zepto deliver products from nearby dark stores within minutes rather than days. Speed now matters more than distance.

### Why D2C Brands Must Rethink Strategy

Direct-to-Consumer (D2C) brands initially focused on centralised warehouses and online marketplaces. However, quick commerce is pushing them to rethink inventory placement and logistics.

To remain competitive, brands must:

- Position inventory closer to consumers
- Ensure availability across multiple dark stores
- Focus on high-demand, fast-moving products
- Maintain real-time inventory tracking

Example: A skincare brand that earlier shipped products from a central warehouse must now distribute inventory across city-level hubs to ensure visibility on quick commerce platforms.

In this ecosystem, availability directly determines visibility.

### Inventory Becomes a Strategic Advantage

In quick commerce, the product closest to the customer is most likely to be sold. This makes inventory placement a critical strategic decision.

Brands now analyse:

- Local demand patterns
- Consumption trends
- Peak order timings
- Area-specific preferences

Example: A beverage brand may stock energy drinks near college zones, while organic products may be prioritised in residential areas.

Supply chains are becoming hyperlocal and data-driven.

### Algorithms Replace Shelf Space

Unlike traditional retail, where shelf positioning influences sales, quick commerce platforms rely heavily on algorithms. Products are ranked based on:

- Proximity to the customer
- Availability in nearby dark stores
- Delivery speed
- Customer demand and ratings

Example: If a product is not available in a nearby dark store, it may not even appear in

search results reducing its chances of being purchased. In quick commerce, invisibility means zero sales.

### Changing Consumer Behaviour

Quick commerce

is also reshaping consumer habits:

- More frequent purchases
- Smaller order sizes
- Instant decision-making
- Reduced brand loyalty

Example: A customer may choose whichever product is available for fastest delivery rather than waiting for a preferred brand.

Convenience is becoming the new driver of choice.

### Career Opportunities for Students

The rapid growth of quick commerce is creating new roles for commerce students:

- Supply Chain Analyst
- Inventory Planner
- Demand Forecasting Analyst
- Quick Commerce Operations Executive
- Category Manager
- Logistics Coordinator

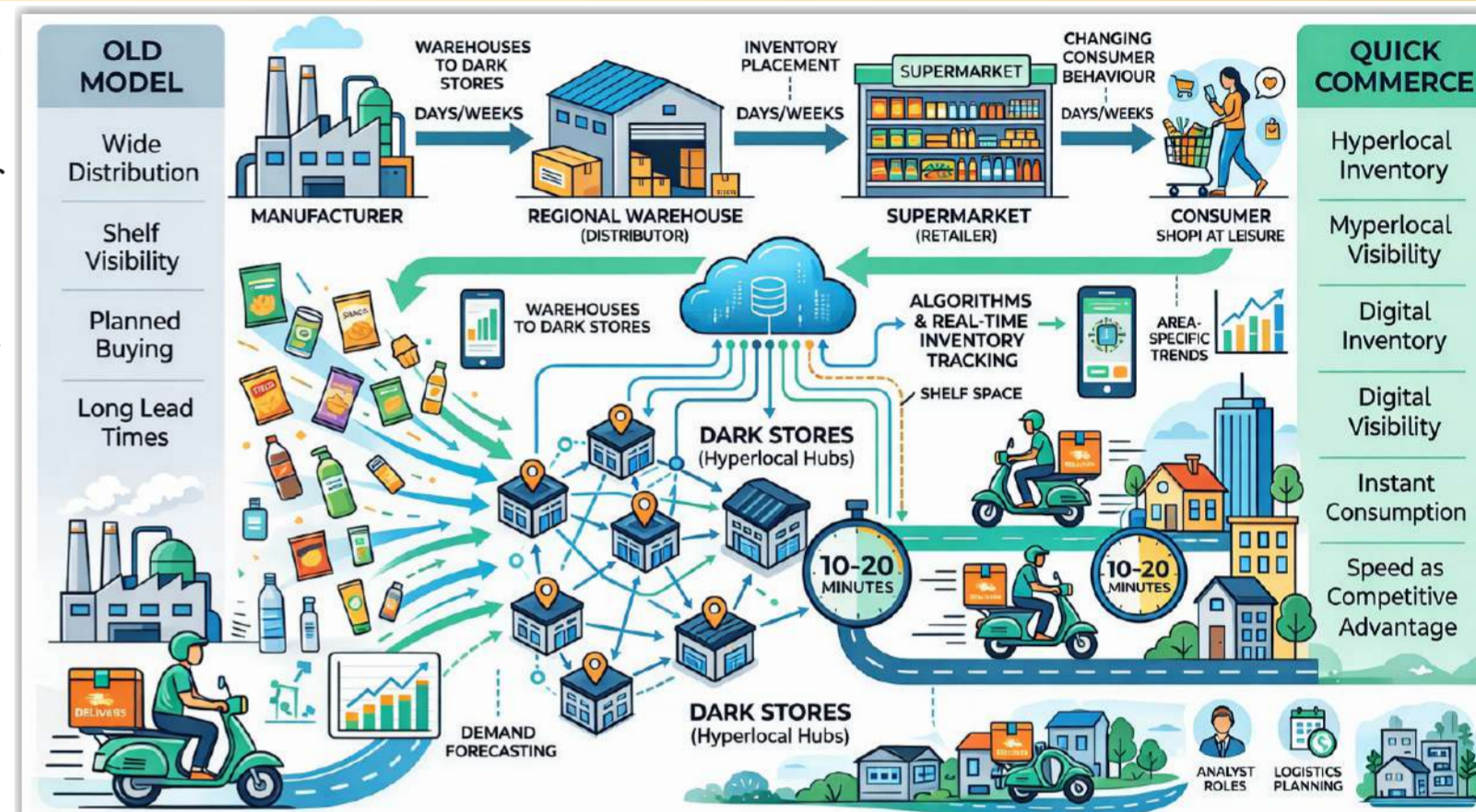
Example: A graduate may work with brands to optimise product placement across dark stores based on real-time demand data.

These roles combine commerce knowledge with analytics and operations.

### Skills Students Should Build

- Understanding of supply chain and logistics
- Data analysis and demand forecasting
- Knowledge of e-commerce ecosystems
- Inventory management skills
- Digital decision-making ability

Students who develop analytical and operational skills gain strong career



advantages.

### Challenges in Quick Commerce

Despite rapid growth, quick commerce faces challenges:

- High operational costs
- Inventory wastage risks
- Margin pressure on brands
- Dependence on platform algorithms
- Complex logistics management

Balancing speed with profitability remains a key concern.

### The Bigger Shift in Retail

Quick commerce represents a shift from distribution-led retail to speed-driven, data-led retail. Success now depends not only on product quality but also on how quickly and efficiently it reaches the customer.

Retail is moving from planned buying to instant consumption.

### The Takeaway

Quick commerce is not just reducing delivery time—it is redefining how FMCG brands plan, stock, and sell.

Because in today's market, the brand closest to the customer is often the brand that wins.

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Prof. Dr. Savita Kishan Pawar

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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.*

## LITERARY TERM OF THE WEEK

### IRONY

**I**rony is a literary device where the intended meaning is different from the actual meaning expressed.

- Verbal Irony – Saying the opposite of what is meant
- Situational Irony – When the outcome is unexpected
- Dramatic Irony – Audience knows more than characters

Example:

In Romeo and Juliet, the audience knows Juliet is alive, but Romeo does not—creating tragic dramatic irony.

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## DID YOU KNOW?

- The shortest war in history lasted only 38 to 45 minutes. It was the Anglo-Zanzibar War between the United Kingdom and the Zanzibar Sultanate in 1896.
- A blue whale's heart is so large that a human could swim through its arteries. However, its throat is so small that it cannot swallow anything larger than a beach ball.
- The Bluetooth technology we use today was named after a 10th-century Scandinavian king, Harald "Bluetooth" Gormsson, who united dissonant tribes in Denmark and Norway.
- Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old and are still perfectly edible! Honey's low moisture and acidic pH make it an inhospitable environment for bacteria.
- Botanically speaking, bananas are considered berries, but strawberries are not! To be a true berry, a fruit must produced from a single ovary and have a fleshy middle.
- Astronauts have described the smell of outer space as a mix of seared steak, hot metal, and welding fumes. This is caused by polycyclic aromatic hydrocarbons (PAHs) floating in the vacuum.
- An octopus has three hearts and nine brains. Two hearts pump blood to the gills, while the third pumps it to the rest of the body. They have a central brain and a mini-brain in each of their eight arms.
- The Eiffel Tower can be 15 cm taller during the summer. When the iron is heated by the sun, the particles move more and take up more volume a phenomenon known as thermal expansion.

## GRAMMAR TIP

### Say vs Tell vs Speak

What's the difference?

**Say** → focuses on what is said (no person needed)

**Tell** → needs a person (tell someone)

**Speak** → used for languages / formal talking

### Examples:

She said she was tired.  
She told me she was tired.  
He can speak English fluently.

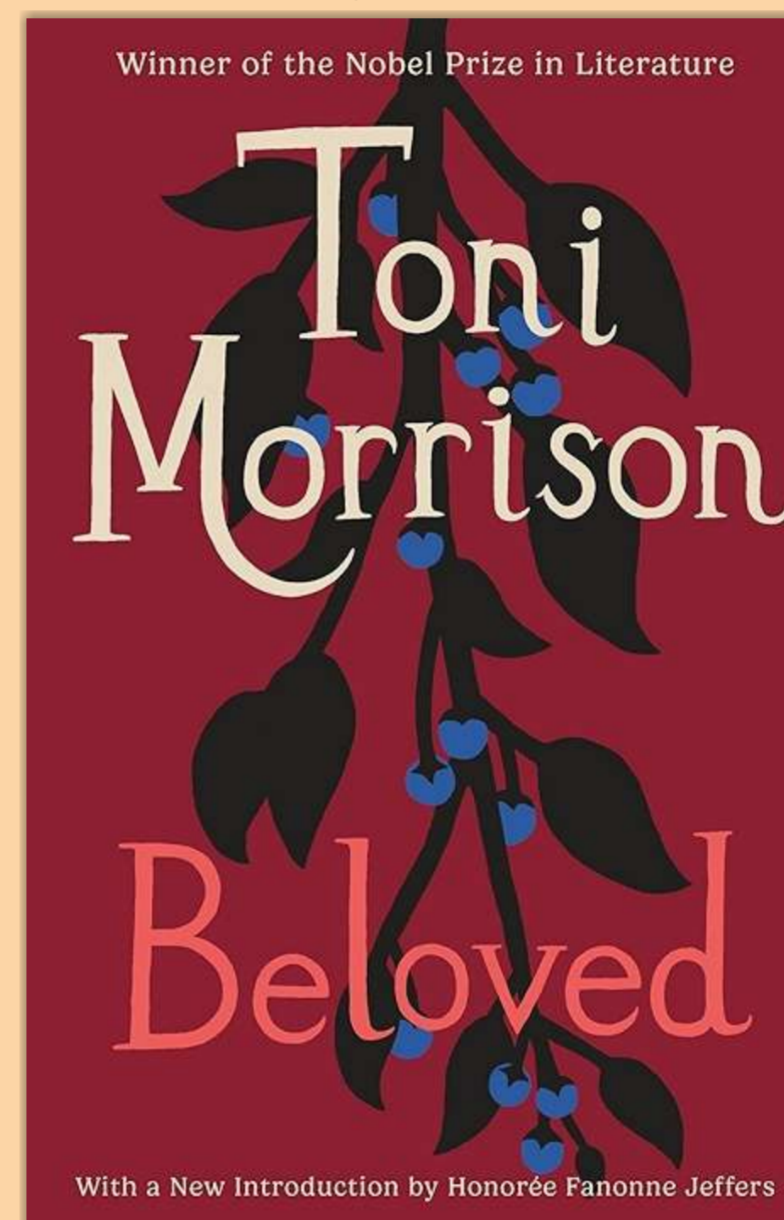
## WRITER OF THE WEEK

### Toni Morrison (1931–2019)

- Nobel Prize-winning American novelist
- Known for powerful exploration of African-American identity, history, and trauma
- Famous works include *Beloved* and *Song of Solomon*
- Her writing blends lyrical language with deep social insight

## BOOK REVIEW

### *Beloved* by Toni Morrison



**B**eloved is a haunting and deeply emotional novel that tells the story of Sethe, an escaped enslaved woman haunted by her past. Morrison masterfully combines history with supernatural elements to explore memory, motherhood, and trauma. The novel reflects the lasting scars of slavery while celebrating resilience and identity.

### Why read it?

It is a profound literary work that challenges readers to confront painful histories while appreciating the strength of the human spirit.

## QUOTABLE QUOTES

*"The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion."*

— Albert Camus

## CREATIVE WRITING

### STOPPING BY WOODS ON A SNOWY EVENING

Whose woods these are I think I know.  
His house is in the village though;

He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near

Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.

The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep,  
But I have promises to keep,

And miles to go before I sleep,  
And miles to go before I sleep.

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Poetry by  
Robert Frost

## WORD OF THE WEEK

### Serendipity (noun)

**Meaning:** The occurrence of pleasant events by chance.  
**Etymology:** Coined by Horace Walpole from the Persian tale *The Three Princes of Serendip*.  
**Example:** Finding that rare book in a small shop was pure serendipity.

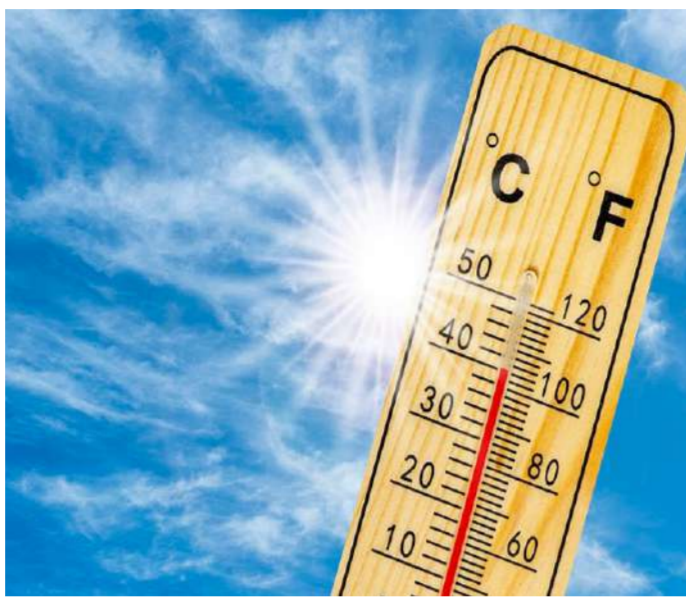
## IDIOM HIGHLIGHT

### Break the ice

**Meaning:** To initiate conversation in a social setting.  
**Example:** She told a joke to break the ice at the meeting.

## MARCH 2026 CLIMATE ALERT: EARTH NEARS CRITICAL WARMING THRESHOLD

March 2026 has been recorded as the fourth-warmest March globally, highlighting the accelerating pace of climate change. According to the European Union's Copernicus Climate Change Service, global temperatures during the month were approximately 1.48°C above pre-industrial levels, bringing the planet dangerously close to the critical 1.5°C threshold set by international climate agreements.



The report also revealed that ocean surface temperatures reached their second-highest level for March, indicating that excess heat is increasingly being absorbed by the oceans. This warming trend has significant consequences, including rising sea levels, stronger storms, and disruptions to marine ecosystems.

Another alarming indicator was the record-low Arctic sea ice extent for March, reflecting the rapid changes occurring in polar regions. Scientists warn that such trends signal a climate system under continuous stress.

Overall, the data underscores the urgency for stronger climate action, as rising temperatures and extreme weather events increasingly threaten ecosystems, agriculture, and global stability.

Europe experienced its second-warmest March on record, with temperatures more than 2°C above average in several regions. At the same time, weather patterns were uneven—some areas faced dry conditions, while others saw heavy rainfall and flooding.

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## INDIA BOOSTS FERTILISER SUBSIDY TO SUPPORT FARMERS IN KHARIF 2026

The Government of India has significantly increased the nutrient-based subsidy (NBS) for the Kharif 2026 season to ₹41,534 crore, aiming to protect farmers from rising global fertiliser prices. This marks an increase of about ₹4,317 crore compared to the previous year, reflecting a rise of nearly 11–12%.



The subsidy applies to phosphatic and potassic (P&K) fertilisers such as DAP and NPK, ensuring their availability at affordable prices during the crucial sowing season from April to September. Under the NBS scheme, subsidies are calculated based on nutrient content—nitrogen, phosphorus, potassium, and sulphur—rather than specific products.

Additionally, the policy ensures a steady supply of fertilisers across the country by supporting manufacturers and importers through direct subsidy transfers. This move is expected to promote balanced nutrient usage, improve soil health, and enhance agricultural productivity.

Overall, the increased subsidy demonstrates the government's commitment to strengthening the agricultural sector and ensuring food security, especially during periods of global uncertainty.

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One of the key objectives of this decision is to shield farmers from international price volatility caused by geopolitical tensions and supply disruptions. Despite rising global costs, the government has maintained stable retail prices for essential fertilisers like DAP, helping reduce the financial burden on farmers.

## EDIBLE OILS LEAD GROWTH WHILE FMCG RECOVERY REMAINS GRADUAL

India's edible oils and agri-linked consumer staples sector is showing a strong growth outlook, driven primarily by rising demand in essential categories. According to a recent industry report, edible oils have emerged as the key growth engine, with steady consumption across products such as soybean, mustard, rice bran, and palm oil supporting overall expansion.



The report indicates that the sector is likely to witness around 13% year-on-year volume growth, largely fuelled by edible oils and "industry essentials" like oleochemicals and de-oiled cake. These segments are benefiting from improved industrial demand and better price realisations, signalling a broader recovery in downstream sectors.

Pricing strategies are also playing a role in revenue growth. Recent price hikes of ₹4–₹5 per litre in edible oils are expected to support margins in the near term. Additionally, stable inventory levels and favourable pricing trends may provide further financial stability to companies operating in the sector.

recovering at a slower pace. While staple foods such as rice and wheat continue to perform well, the broader packaged foods category is still witnessing moderate demand. Early signs of improvement are visible, but a full recovery is expected to take time.

Overall, the sector's outlook remains positive, with edible oils and industrial essentials driving growth, even as FMCG gradually regains momentum in India's evolving consumer market.

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However, the FMCG segment is

## SPECIALITY FERTILISERS AS A STRATEGIC SHIELD AGAINST GLOBAL SUPPLY DISRUPTIONS

Rising geopolitical tensions, especially in regions critical to fertiliser production, have exposed vulnerabilities in global agricultural supply chains. Conventional fertilisers like urea and DAP have witnessed sharp price increases due to disruptions in energy supplies and logistics, with prices nearly doubling compared to pre-conflict levels.



In this context, speciality fertilisers are emerging as a viable solution. Unlike traditional fertilisers, these products are sourced from a more diversified set of regions, including Europe, China, Taiwan, and the Middle East, reducing dependence on any single supply chain. Their higher nutrient efficiency also means smaller quantities are required, making transportation easier and less vulnerable to global shocks.

advanced inputs, including micronutrient solutions, are essential for improving agricultural output and achieving long-term food security.

Despite being more expensive, demand for speciality fertilisers in India is growing at 10–12% annually, indicating that farmers are increasingly prioritising quality and productivity over cost. ♦ Experts believe that such

However, challenges remain. Regulatory hurdles and limited adoption still restrict large-scale deployment. To fully leverage their benefits, policy reforms and innovation-driven approaches are necessary. Overall, speciality fertilisers offer a promising pathway to reduce supply risks and enhance resilience in agriculture amid global uncertainties.

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## TECHNOLOGY YET TO BRIDGE EFFICIENCY AND DATA GAPS IN INDIA'S SUGAR INDUSTRY



Despite increasing adoption of modern technologies, India's sugar sector continues to face significant inefficiencies and data-related challenges, according to the Food Secretary. While digital tools and improved machinery have been introduced in many mills, their impact has not been uniform across the industry.

One of the major concerns highlighted is the uneven performance of sugar mills, particularly in terms of sugar recovery rates. Variations in recovery levels—ranging roughly between 10.5% and 10.9%—indicate inconsistent efficiency in extracting sugar from cane. Such disparities reduce overall productivity and affect profitability across the sector.

In addition to operational inefficiencies, the sector also faces serious data gaps. Inaccurate or incomplete data collection makes it difficult for policymakers and industry stakeholders to monitor performance, plan reforms, and implement targeted improvements. The lack of reliable, real-time information limits the effectiveness of technological advancements already in place.

Another challenge is high energy consumption and suboptimal processing practices in several mills, which further increase costs and reduce competitiveness. Experts believe that simply adopting technology is not enough; it must be complemented by better data systems and efficient implementation at the ground level.

The government has emphasised the need for focused policy interventions, improved data integration, and modernisation of mill operations to address these issues. Strengthening these areas can enhance productivity, reduce inefficiencies, and make the sugar industry more sustainable.

Overall, the situation highlights that while technology offers promise, its true benefits can only be realised through consistent performance and strong data-driven governance.

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Dr. Smita Ravikumar Kuntay

## OVER 1 LAKH CLASS 3 STUDENTS TO PARTICIPATE IN NATIONAL FOUNDATIONAL LEARNING STUDY

A large-scale national study on foundational learning is set to be conducted across India, covering more than one lakh Class 3 students from over 10,000 schools. The initiative aims to assess the basic literacy and numeracy skills of young learners as part of ongoing efforts to strengthen early education.



The study will be carried out under the framework of PARAKH, aligning with the goals of the NIPUN Bharat Mission. It is designed to evaluate how effectively students are acquiring essential reading and mathematical skills at an early stage of schooling.

Officials stated that the assessment will help identify learning gaps and provide valuable insights into the current state of foundational education across different regions. The findings are expected to guide policymakers, educators, and institutions in improving teaching methods and learning outcomes.

The study will focus on key competencies such as reading comprehension, basic arithmetic, and problem-solving abilities. By gathering

data at a national level, authorities aim to ensure that targeted interventions can be introduced where needed.

This initiative reflects the government's continued commitment to achieving universal foundational literacy and numeracy by the primary school level. Strengthening these core skills is seen as crucial for long-term academic success and overall development of students.

Through this comprehensive assessment, the education system aims to move closer to ensuring that every child gains the essential skills required for future learning and growth..

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## UTTAR PRADESH CABINET APPROVES METRO UNIVERSITY, FREE TABLETS, AND HONORARIUM HIKE

The Uttar Pradesh government has approved a series of major decisions aimed at strengthening higher education and supporting students and educators across the state. These include the establishment of a new Metro University, distribution of free tablets, and an increase in honorarium for teaching staff.

A key highlight is the approval to set up a Metro University in Greater Noida, which will be built on around 26 acres of land. The university is expected to focus on industry-oriented and employment-driven education, expanding higher education opportunities in the region.

In addition, the Cabinet has approved the distribution of 25 lakh free tablets to students under the Swami Vivekananda Youth Empowerment Scheme. The initiative aims to bridge the digital divide and support students in higher education, technical courses, and skill development programmes by improving access to digital learning resources. The government has also announced a significant increase in the

monthly honorarium of Shiksha Mitras and part-time instructors. Shiksha Mitras will now receive ₹18,000 per month, up from ₹10,000, while part-time instructors' honorarium has been raised to ₹17,000 from ₹9,000.

This move is expected to benefit over 1.4 lakh Shiksha Mitras and thousands of instructors across the state. Officials stated that the revised honorarium will come into effect from April 2026, with payments reflecting the increase from May onwards. The decision aims to recognise the contributions of educators and improve their financial stability.

These initiatives collectively reflect the state's focus on enhancing digital access, improving education infrastructure, and supporting teaching staff. By combining investment in institutions, technology, and human resources, Uttar Pradesh aims to strengthen its education system and create better learning and employment opportunities for students.

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## BHU FORMS FULBRIGHT PANEL TO PROMOTE GLOBAL FELLOWSHIP OPPORTUNITIES

Banaras Hindu University has established a dedicated panel to help students, researchers, and faculty explore international academic opportunities through prestigious fellowship programmes.

The university has set up a Fulbright Campus Representative (FCR) committee to guide applicants, provide mentorship, and simplify the application process for global fellowships. The panel will also collaborate with the United States-India Educational Foundation to ensure better outreach and support for candidates.

As part of this initiative, BHU organised an awareness session on the Fulbright-Nehru Fellowships for the 2027-28 cycle. The session saw participation from over 180 PhD scholars, researchers, and faculty members across departments, highlighting strong interest in international academic exchange programmes.

During the session, experts and former Fulbright scholars shared insights into academic and cultural

experiences in the United States. Representatives from USIEF also explained the application process, eligibility criteria, and key areas of study, helping participants better understand the fellowship opportunities.

The newly formed committee aims to expand awareness through workshops, orientation sessions, and mentorship programmes. It will also help identify suitable candidates and provide structured guidance at every stage of the application process.

This initiative reflects BHU's commitment to promoting global academic exposure and strengthening international collaborations. By supporting students and faculty in accessing prestigious fellowships, the university aims to enhance research opportunities and global learning experiences.

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## PUNJAB INTRODUCES SMS ATTENDANCE ALERTS UNDER MISSION SAMRATH 4.0

The Punjab government has launched a new phase of school education reforms under Mission Samrath 4.0, focusing on improving attendance, accountability, and learning outcomes in government schools.

A key feature of the initiative is a state-wide attendance tracking system that will send daily SMS alerts to parents regarding their child's presence or absence in school. The system is designed to strengthen communication between schools and families while ensuring regular student attendance.

Officials stated that the system includes escalation measures for prolonged absenteeism. If a student remains absent for seven days, the case will be followed up at the district level, while absences beyond 15 days will be flagged to higher authorities, ensuring both learning continuity and student safety.

The reform is part of the broader Mission Samrath 4.0 programme, which aims to enhance foundational learning among students, particularly in

Classes 3 to 8. The programme emphasises reading, writing, and mathematics skills through structured and level-based teaching approaches.

Punjab has already achieved top rankings in national assessments like PARAKH, and the government now aims to move from national recognition to measurable improvements in classroom outcomes. The initiative also focuses on continuous assessment, teacher support, and sharing best teaching practices across schools.

Additionally, the state has increased its education budget significantly to support infrastructure development, timely distribution of textbooks, and better school facilities, further strengthening the overall learning environment.

Through these reforms, Punjab aims to ensure that every child attends school regularly and achieves strong foundational learning, reinforcing its commitment to improving the quality and effectiveness of public education.

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## KVS ANNOUNCES 4 NEW KENDRIYA VIDYALAYAS ACROSS STATES



The Kendriya Vidyalaya Sangathan has announced the establishment of four new Kendriya Vidyalayas across Jammu & Kashmir, Bihar, Uttar Pradesh, and Uttarakhand for the 2026-27 academic session.

The new schools will be set up to expand access to centrally administered education and cater to the growing demand for quality schooling in different regions. The institutions will be located in Gool (Jammu & Kashmir), Darbhanga (Bihar), Shamli (Uttar Pradesh), and Tehri Garhwal (Uttarakhand).

Initially, these schools will start with Classes 1 to 5, each having a single section, and will expand gradually based on feasibility and approvals. In Bihar and Uttar Pradesh, the schools will also offer Balvatika levels (pre-primary education) from Balvatika 1 to 3 along with primary classes.

The classes are expected to begin in the 2026-27 academic session after completion of formalities such as land transfer and arrangement of temporary campuses. Admissions will be conducted within 30 days once all required approvals and infrastructure arrangements are in place.

Until permanent buildings are developed, all four schools will function from temporary campuses, including existing government school premises, ensuring that academic activities begin without delay.

This initiative is part of a broader expansion plan under which more than 100 new Kendriya Vidyalayas have been sanctioned across the country. The move aims to strengthen access to quality education and support foundational learning at the primary level.

By increasing the reach of Kendriya Vidyalayas, the government seeks to provide better educational opportunities to students, especially in underserved areas, reinforcing its commitment to inclusive and accessible school education.

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Durgesh K. Dubey

## RBI TIGHTENS OVERSIGHT: RS.1 LAKH CRORE BENCHMARK TO REDEFINE NBFC REGULATION



institutions grow in scale and influence, ensuring robust oversight becomes essential to maintaining financial stability. Another important aspect of the proposal is the inclusion of government-owned NBFCs within the upper layer category, provided they meet the size criteria. Previously, such entities were largely placed in lower regulatory layers, irrespective of their scale.

The revised approach reflects a shift towards an ownership-neutral framework, where regulation is determined by the size and systemic importance of an institution rather than its ownership structure. The changes are also expected to expand the number of NBFCs falling under stricter supervision. Until recently, only a limited number of large NBFCs were classified in the upper layer. With the introduction of the asset-based criterion, more institutions are likely to come under this category, thereby increasing the scope of enhanced regulatory scrutiny.

In addition to the asset threshold, the proposal retains a broader monitoring mechanism. The largest NBFCs based on exposure levels will continue to be assessed periodically, ensuring that emerging risks are identified in time. This dual approach combining simplicity with ongoing oversight aims to strike a balance between ease of classification and effective risk management.

The regulatory tightening will also bring with it stricter compliance requirements. NBFCs identified in the upper layer will need to adhere to enhanced prudential norms within a specified transition period. This includes stronger risk management practices, improved governance standards and greater transparency in operations. Such measures are expected to build investor confidence and strengthen the resilience of the

financial system.

A notable provision in the proposal allows upper layer NBFCs to use state government guarantees as a credit risk transfer tool, without a fixed cap, subject to certain conditions. This could potentially improve credit flow in the economy while maintaining safeguards against excessive risk-taking. From a broader perspective, the proposed reforms signal a proactive approach to financial regulation in an evolving economic environment. As NBFCs continue to expand their footprint, aligning regulatory frameworks with their scale becomes crucial. The shift towards a more transparent and rule-based classification system is likely to benefit not only regulators but also investors, borrowers and the institutions themselves.

However, the transition may also pose challenges for some NBFCs, particularly those newly classified under the upper layer. Adapting to stricter norms could require changes in business models, capital structures and risk strategies. Yet, in the long run, such adjustments are expected to contribute to a more stable and robust financial sector.

As the proposal awaits feedback from stakeholders, it represents a key step in reshaping the regulatory architecture of India's non-banking financial space. By focusing on size, risk and transparency, the new framework aims to ensure that growth in the sector is accompanied by resilience and accountability an essential combination in today's dynamic financial environment.

\*\*\*\*

## INDIA STEPS INTO NUCLEAR FUTURE: KALPAKKAM BREAKTHROUGH SIGNALS ENERGY INDEPENDENCE

India has taken a decisive leap in its long-term energy journey with a landmark achievement in nuclear technology, marking a turning point in its pursuit of energy security and sustainability. The successful activation of an indigenously developed fast breeder reactor at Kalpakkam represents not just a technological milestone but a strategic shift towards self-reliance in power generation.

The reactor has achieved what is known as "first criticality," a stage where a controlled nuclear chain reaction begins. This moment signifies the operational readiness of one of the most complex and advanced reactor systems developed in the country. More importantly, it marks India's formal entry into the second phase of its ambitious three-stage nuclear power programme a vision designed decades ago to utilise limited uranium resources while unlocking vast thorium reserves.

Unlike conventional nuclear reactors, this new system operates on a fundamentally different principle. It uses a special fuel mix derived from reprocessed material and is designed to generate more fuel than it consumes. In simple terms, it acts not just as a power generator but also as a fuel producer. This capability is particularly significant for India, which has limited uranium but abundant thorium reserves that can be tapped in later stages of the programme.

The importance of this development goes beyond scientific achievement. It reflects years of sustained effort in research, engineering and indigenous innovation. Building such a reactor requires extreme precision, advanced materials and sophisticated safety systems,

especially since it uses liquid sodium as a coolant, a feature that demands careful handling and design expertise. Successfully reaching this stage demonstrates the country's growing capability in high-end nuclear engineering.

From an energy perspective, the breakthrough comes at a critical time. With rising global uncertainties and frequent disruptions in fossil fuel supply chains, the need for stable and reliable energy sources has become more urgent than ever. Nuclear power offers a clean and consistent alternative, reducing dependence on imported fuels and shielding the economy from volatile global prices.

Currently, nuclear energy contributes a modest share to India's overall electricity generation. However, the long-term vision is far more ambitious. Plans are underway to significantly expand nuclear capacity over the next two decades, with projections aiming for a substantial increase by the early 2030s and an even larger target by mid-century. This expansion is aligned with broader goals of achieving energy independence and reducing carbon emissions.

The new reactor also plays a crucial role in closing the nuclear fuel cycle. By reusing spent fuel and extracting more energy from it, the system enhances efficiency and reduces waste. Over time, this approach can transform the economics of nuclear power, making it a more viable and sustainable option for large-scale deployment.

Beyond energy generation, the development is expected to have wider

economic and technological implications. It can stimulate growth in allied industries, create high-skilled employment opportunities and position India as a global player in advanced nuclear technology. The emphasis on indigenous design and manufacturing further strengthens domestic capabilities and reduces reliance on foreign technology.

At a broader level, this milestone reflects a shift in how the country approaches its future energy needs. It is no longer just about meeting demand but about building a resilient and self-sufficient system that can withstand global shocks. The focus on long-term solutions, such as thorium-based reactors and advanced technologies, indicates a forward-looking strategy that prioritises sustainability alongside growth.

For citizens, the impact may not be immediate, but it holds promise for a future where energy is more affordable, reliable and environmentally friendly. For policymakers, it reinforces the importance of investing in science and innovation as drivers of national progress.

This achievement is not the end of the journey but the beginning of a new chapter. As the reactor moves towards full-scale operations and similar projects follow, India's nuclear programme is set to play a central role in shaping the country's energy landscape. In a world grappling with climate change and resource constraints, such breakthroughs underline the potential of innovation to power a more secure and sustainable future.

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Dr. (Mrs) Chandra Hariharan Iyer

EXPERT



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FAQs ON  
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Q. How to overcome anger?

Ans. Anger is a powerful emotion that arises naturally in human life, yet when it is uncontrolled, it can disturb mental peace, harm relationships, and lead to poor decisions. The Indian Knowledge System offers a deep and holistic approach to understanding and overcoming anger. Rather than suppressing it, ancient wisdom focuses on identifying its roots and transforming it into a balanced and constructive force.

According to Indian philosophy, anger (krodha) does not arise suddenly; it is the result of inner disturbances such as desire, attachment, and ego. The Bhagavad Gita explains that when a person becomes attached to certain expectations, it creates desire. When those desires are not fulfilled, frustration develops, and this frustration eventually turns into anger. Therefore, to manage anger effectively, one must first

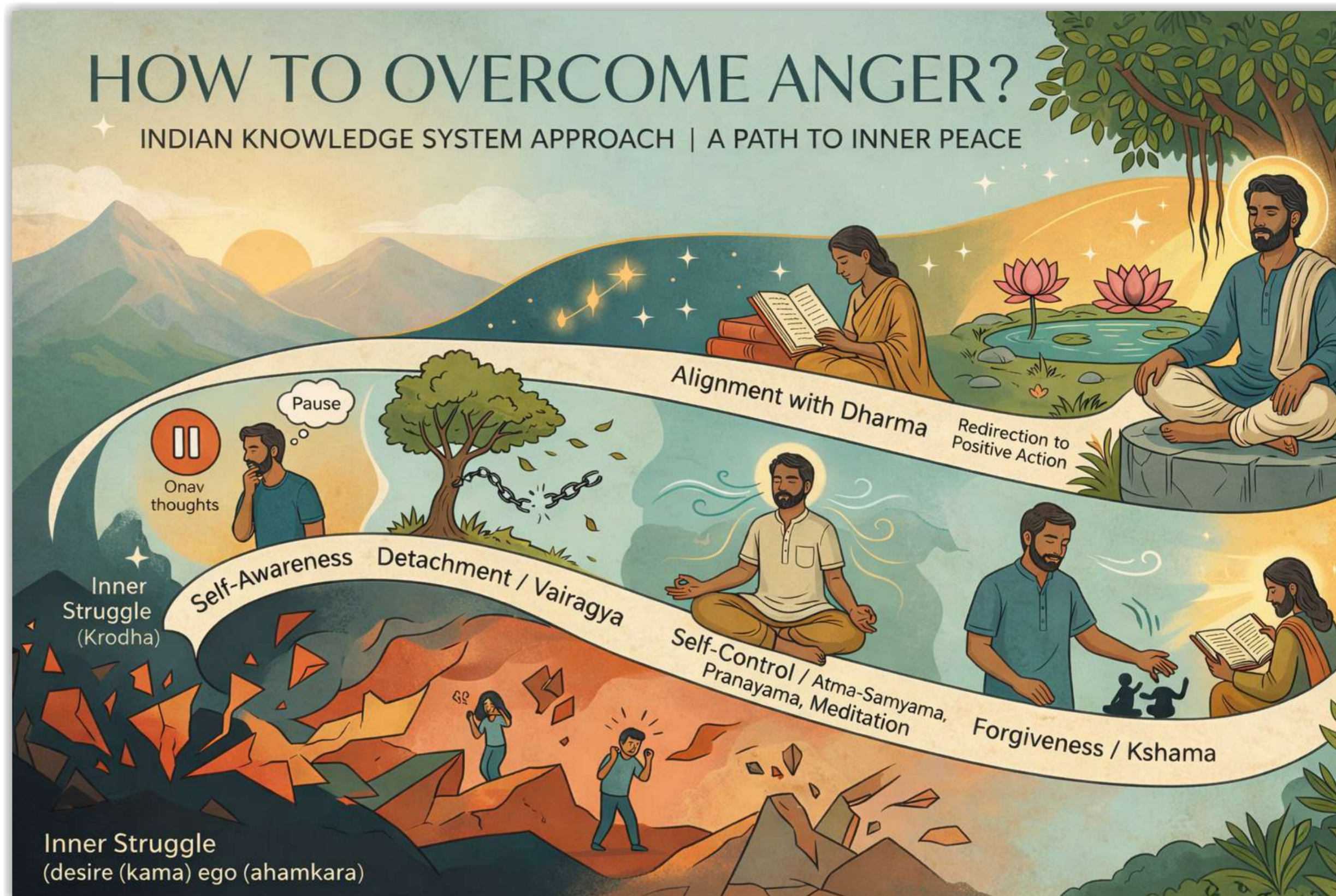
understand its origin. Self-awareness becomes the foundation. Whenever anger arises, it is helpful to pause and reflect: What exactly triggered this feeling? Is it due to unmet expectations, a sense of disrespect, or fear of losing control? This awareness creates a gap between the emotion and the reaction, allowing for a more thoughtful response.

Another important principle is detachment (vairagya). Much of human anger stems from trying to control situations and people beyond our influence. Indian wisdom teaches that while we have control over our actions, outcomes are not always in our hands. By reducing excessive expectations and accepting reality as it is, emotional disturbances like anger begin to reduce. Detachment does not mean becoming indifferent; rather, it means maintaining balance without being overly affected by external situations.

The practice of self-control (atma-sanyama) plays a crucial role in overcoming anger. Ancient texts emphasize the importance of discipline in thought, speech, and action. When anger arises, reacting immediately often leads to regret. Instead, taking a moment to pause, breathe deeply, and observe the situation can prevent negative consequences. This simple habit, when practiced consistently, strengthens emotional stability. Over time, the mind becomes trained to respond calmly rather than react impulsively.

The concept of ego (ahamkara) is also closely linked with anger. Many times, anger is not about the situation itself but about how it affects our sense of self. When the ego feels hurt—due to criticism, insult, or disagreement—anger surfaces as a defensive reaction. Indian philosophy encourages reducing ego by cultivating humility and self-understanding. When a person stops taking everything personally, they gain the ability to remain calm even in challenging situations. This shift from ego-centered thinking to value-based thinking significantly reduces anger.

Forgiveness (kshama) is another powerful way to overcome anger. Holding onto resentment only prolongs mental suffering. Indian epics consistently highlight forgiveness as a strength, not



a weakness. By forgiving others, one releases the emotional burden carried within. Forgiveness does not justify wrong actions; rather, it frees the mind from negativity. Along with forgiving others, self-forgiveness is equally important. Being overly harsh on oneself can also create inner frustration, which may later express itself as anger.

Practices like meditation (dhyana) and breath control (pranayama) are highly effective in calming the mind. A disturbed mind reacts quickly, while a calm mind responds wisely. Regular meditation helps in observing thoughts without getting carried away by them. Similarly, slow and deep breathing techniques reduce the intensity of emotional reactions. These practices gradually build inner peace, making it easier to handle situations that would otherwise trigger anger.

Indian wisdom also emphasizes living in alignment with dharma (righteous conduct). When actions are guided by values such as patience, compassion, and understanding, the tendency to become angry decreases. Dharma provides a moral direction that encourages thoughtful behavior even in difficult circumstances. A person who is rooted in values is less likely to react impulsively.

From a practical point of view, overcoming anger involves consistent effort. First, develop the habit of pausing before reacting. Second, identify the deeper cause of anger instead of focusing only

on the immediate trigger. Third, practice breathing techniques to calm the mind. Fourth, express your thoughts calmly and clearly rather than aggressively. Fifth, cultivate forgiveness and let go of past grievances. Finally, engage in regular self-reflection to understand and improve your emotional responses.

In conclusion, anger is not something that needs to be completely eliminated but something that must be understood and managed wisely. The Indian Knowledge System teaches that by cultivating awareness, reducing attachment, practicing discipline, and aligning with higher values, anger can be transformed into a constructive force. When handled properly, the same energy that fuels anger can be redirected toward positive action and personal growth. Through continuous practice, one can develop inner calmness and clarity, leading to a more peaceful and balanced life.

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Ravi Singh

## A TEACHER WHO GAVE EVERYTHING... AND STILL CHOSE TO BEGIN AGAIN!

There is a quiet kind of courage that does not make headlines. It does not announce itself, nor does it seek applause. It simply stands up, dusts itself off, and begins again. This is the courage of starting over.

In a small classroom once filled with noise, curiosity, and restless ambition, there stood a man who believed that teaching was not just a profession it was a responsibility. He was the kind of teacher who did more than complete a syllabus. He stayed back after hours, explained concepts in simpler ways, and saw potential where others saw average.

Years passed, and his efforts bore fruit not in awards, but in the success of his students. Some became professionals, some leaders, some simply better individuals. He had quietly shaped lives, never pausing to calculate what he gained in return.

But life, as it often does, had its own plans. Circumstances shifted. Institutions changed. Priorities around him evolved in ways he did not expect. Slowly, the space he once called his own began to feel unfamiliar. And one day, without ceremony, he found himself at a point he had never imagined standing at the edge of starting over. For someone who had already given everything, this was not just a challenge; it was a test of identity.

Starting again after failure is difficult.  
Starting again after success is even harder.

Because when you have built something meaningful, letting go is not easy. It feels like losing a part of yourself. There are questions that

linger, Was it enough? Did it matter? Why again?

But here lies the essence of life's deeper learning: starting over is not about losing what you had; it is about rediscovering what you still carry within. That teacher did not begin again because he had no choice. He began again because something within him refused to settle. Experience had not weakened him it had refined him. This time, he walked differently. There was less urgency, but more clarity, Less noise, but more depth. Less expectation, but more purpose.

He no longer needed validation from the world because he had already seen the impact of his work in the lives he touched. What he carried forward was not a designation, but a legacy of effort, resilience, and quiet influence. And that is what makes starting over powerful it strips away everything external and leaves you with your truest self.

In today's fast-moving world, we often associate progress with constant upward movement. We fear pauses, setbacks, and restarts, believing they signal failure. But Life Lab teaches us otherwise. Sometimes, life resets you not to punish you, but to prepare you.

Every new beginning holds within it the wisdom of the past. The lessons you learned, the struggles you endured, and the effort you invested they do not disappear. They transform into strength, into perspective, into a foundation that cannot be shaken easily. Starting over is not a return to zero. It is a return to self.

The story of that teacher is not extraordinary because of what he lost, but because of what he chose to rise again without bitterness, to move forward without regret, and to continue giving without hesitation. That is



the true art.

Because in the end, life will not measure you by how consistently you stayed at the top, but by how gracefully you began again when everything asked you to stop. So, if you ever find yourself standing at a similar crossroads uncertain, tired, and questioning remember this:

You are not starting from scratch.  
You are starting from experience.  
And sometimes, that makes all the difference.

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## STRENGTH IN SILENCE: BECOMING UNSTOPPABLE WHEN NO ONE IS WATCHING

In a world driven by validation, applause, and recognition, strength is often associated with visibility. We celebrate victories that are seen, struggles that are spoken about, and resilience that is publicly acknowledged. But there exists a quieter, deeper form of strength one that unfolds when no one is watching.

This is the strength of showing up every day, even when there is no audience to appreciate your effort. It is waking up with determination despite carrying unseen burdens. It is choosing discipline over distraction, growth over comfort, and hope over despair without the need for external validation.

True strength is not always loud. It does not always announce itself with grand gestures or dramatic comebacks. Sometimes, it is found in the smallest decisions: choosing not to give up, staying calm in moments of chaos, or continuing to believe in yourself when circumstances seem uncertain. These moments often go unnoticed, yet they build the foundation of character.

Being strong when no one is watching also means being honest with yourself. It is easy to perform for the world, to maintain an image that meets expectations. But real strength lies in confronting your fears, acknowledging your weaknesses, and working on them privately. It is in these quiet battles that real growth happens.

There are days when motivation fades, when the path ahead feels unclear, and when the effort seems invisible. During such times, strength is not about feeling powerful it is about continuing despite feeling powerless. It is about consistency when enthusiasm disappears. It is about resilience when results are delayed.



This kind of strength shapes not only your actions but also your identity. It builds self-respect, because you know the effort you are putting in even if others do not. It creates inner confidence, because you are not dependent on external approval. And most importantly, it prepares you for moments when the spotlight does arrive, ensuring that you are ready, grounded, and authentic.

In many ways, life's most defining chapters are written in silence. The early mornings, the late nights, the sacrifices, the discipline these are rarely seen, yet they determine the outcomes that people eventually admire. What the world calls "success" is often the visible result of countless invisible efforts.

Being strong when no one is watching is not easy. It requires patience, self-belief, and a deep sense of purpose. But it is this quiet strength that sets individuals apart. It is what transforms ordinary efforts into extraordinary outcomes.

So, even when it feels like no one notices, keep going. Keep building, keep learning, keep growing. Because the strength you develop in silence will one day speak louder than any applause ever could.

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Afreen Mazgaonkar & Mosina

## INDIA WITHDRAWS BID TO HOST UN CLIMATE SUMMIT COP33 IN 2028



India has withdrawn its offer to host the 33rd Conference of the Parties (COP33), the United Nations' flagship climate summit, scheduled for 2028. The decision was communicated to the Asia-Pacific group after the government reviewed its commitments for that year, though no detailed official reason has been provided. India decided to compete in worldwide climate negotiations through the COP33 hosting plan which Prime Minister Narendra Modi announced during the COP28 summit in Dubai in 2023. The officials explained that the organization had to withdraw from the event because of its logistical needs and administrative responsibilities and its existing priorities. A COP summit requires substantial financial and infrastructural and diplomatic resources because it unites almost 200 nations to establish climate policies and emission reduction objectives. Experts suggest that stepping back could mean a missed

opportunity for India to strengthen its leadership role among developing nations and showcase its climate initiatives on a global stage. The withdrawal leaves uncertainty over the host country for COP33, with discussions expected to continue among member nations.

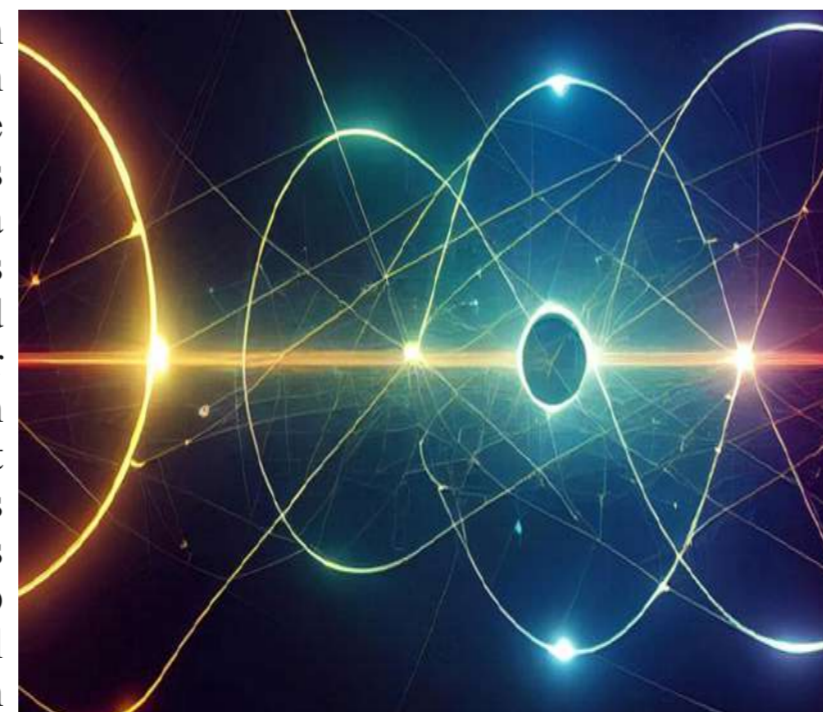
## GULF WARS AND INDIA'S OIL SECURITY: TIMELINE OF STRATEGIC RESERVES

India established its oil supply security system through international crisis events which specifically included Gulf region warfare conflicts. The 1990–91 Gulf War first exposed India's vulnerability, as disruptions in West Asian oil supplies highlighted the risks of heavy import dependence. Policymakers decided to create emergency reserves because this situation developed through time. The government developed Strategic Petroleum Reserves (SPR) which functioned as a supply shock buffer during the early 2000s. The first phase of India's storage network development included facilities built at Visakhapatnam, Mangalore, and Padur. The reserves provide approximately 9 to 10 days of crude oil supply which supports the existing commercial inventory. The subsequent governments expanded their operations capacity while implementing different methods for capacity expansion because of events like the 2008 oil price increase and the current Middle East conflicts. India possesses sufficient combined reserves and stocks to protect its energy needs during multiple weeks which serves as an essential defense mechanism. India considers reserve enhancement through reserve growth to be vital for its strategic energy security approach in response to current geopolitical threats.



## INDIA DEMONSTRATES 1,000-KM QUANTUM COMMUNICATION NETWORK

India shows a 1,000-kilometer quantum communication system through its National Quantum Mission which uses fully domestic technology. The achievement establishes India among the world's top countries for secure communication technology while it builds toward a future quantum internet. The Bengaluru-based startup QNu Labs finished its network development work within a two-year period which exceeded its original schedule to build a 2,000-kilometer network during eight years. The system protects data through quantum key distribution (QKD) which enables users to transmit information securely because it detects any unauthorized access attempts to their information. The experts consider this achievement to be a landmark advancement because it will help secure essential data in defense and banking operations and vital public infrastructure systems. The system enables operations in difficult conditions which include both underwater and underground network environments. India strengthens its position in the global quantum competition through this development which brings the country closer to creating a secure network for advanced communication systems.



## RAMAYANA'S VFX OVERLOAD: BIG PUSH FOR INDIAN CINEMA OR RISKY GAMBLE?

The Ramayana project directs its entire funding budget toward developing its visual effects systems, which create its current visual appearance. The movie presents Indian mythology through advanced technological methods which provide viewers with an immersive experience that allows them to explore ancient stories from India. The movie uses visual effects to create its visual elements, which have generated different opinions among audiences. The audience members who watched the film acknowledged its monumental visual aspects. The audience members who watched the film found its visual presentation to be artificial. They expected to see authentic cultural elements which should appear in a story that has deep roots in the Ramayana tradition. The movie attempts to reach Hollywood production standards through its extensive budget and IMAX execution methods. The movie makes a courageous effort to raise Indian filmmaking standards through its IMAX production approach which aims to match Hollywood filmmaking standards. The experts predict that digital special effects will create a twofold advantage and disadvantage for the movie. The film needs to develop strong storytelling elements together with emotional depth which will enable it to reach success with all audiences. The film will either achieve monumental success or suffer disastrous failure through its current situation.



## ISRO SUCCESSFULLY COMPLETES SECOND AIR DROP TEST FOR GAGANYAAN



The Indian Space Research Organisation has executed its second Integrated Air Drop Test (IADT-02) for the Gaganyaan Mission which represents an important achievement for India's human spaceflight program. The test occurred at the Satish Dhawan Space Centre on April 10 2026. The Indian Air Force Chinook helicopter lifted a simulated crew module that weighed approximately 5.7 tonnes to a height of 3 kilometers before dropping it into the ocean. The capsule used ten parachutes which deployed in a specific order to control its descent until it reached the ocean for safe recovery by the Indian Navy. The test serves an essential function by assessing the parachute-based systems which will protect astronauts during their space mission re-entry process. The demonstration achieved its goals which bring India closer to its first manned space mission while strengthening trust in the safety systems that Gaganyaan development team designs.

## ENSURING ACCESS TO LIFE-SAVING CANCER CARE THROUGH SPECIALIST EQUITY

The Ayushman Bharat PM-JAY scheme which India operates faces a major problem when it comes to providing cancer treatment to all patients. The current system which requires oncologists to possess specific super-speciality degrees for treatment authorization creates problems because it blocks access to treatment for major groups of qualified specialists who have completed fellowship programs. The specialists who completed their training at top medical institutions deliver vital cancer treatment services throughout Tier-2 and Tier-3 cities which suffer from restricted access to advanced medical facilities. The process of excluding these specialists would cause all specialized knowledge to concentrate in big cities which would result in reduced healthcare access for smaller communities. The experts demonstrate that India needs to maintain high-quality standards but the existing policies must incorporate actual operational conditions which include oncology staff shortages throughout the country. The gap needs to be closed through a balanced system which includes recognizing equivalent educational credentials as well as implementing transitional rules and using competency-based evaluation methods. The Indian healthcare system requires both accessible cancer treatments and high-quality services to meet its current needs. The delivery of urgent medical treatment which can save lives depends on developing policies that match actual needs throughout various geographical areas.



Afreen Mazgaonkar & Mosina

## PAYAL NAG STUNS WORLD NO. 1; INDIA SHINES AT PARA ARCHERY SERIES



The Indian para-archery team showed exceptional skills at the World Archery Para Series held in Bangkok, which included Payal Nag's outstanding victory. The teenage quadruple amputee competed against world No. 1 Sheetal Devi in the women's compound final, where she won gold by scoring 139 to 136. Nag achieved remarkable success because she managed to compete at elite levels after overcoming substantial physical obstacles. Her victory not only marks a personal milestone but also underscores India's growing strength in para sports. India achieved multiple victories that extended its success beyond this main victory. Shyam Sunder Swami won a bronze medal in the men's compound event after defeating his fellow countryman Rakesh Kumar in a tight playoff

match, while Rakesh finished fourth. The Indian team achieved a successful tournament outcome after winning multiple medals which established its superiority in para archery. The Bangkok performances showcase both rising stars and seasoned athletes, which indicates that India will achieve success in future international para-archery events.

## AYUSH SHETTY WON THE SILVER MEDAL AT THE 2026 BADMINTON ASIA CHAMPIONSHIPS

Ayush Shetty from India finished his outstanding performance at the 2026 Badminton Asia Championships by winning the silver medal in the men's singles event. He lost the final match against Shi Yuqi from China after two games which ended with scores of 21-8 and 21-10. Shetty achieved an extraordinary achievement when he reached the final match despite his defeat. The 20-year-old player defeated multiple top-ranked opponents who demonstrated his ability to perform well under pressure while showing his increasing self-assurance throughout international competitions. His performance marks a historic achievement, as he became only the second Indian in over six decades to reach the men's singles final at this prestigious tournament. Shi Yuqi controlled the final match through his expert skills while Shetty's silver medal victory shows that Indian badminton has discovered a new talented player. His initial successful season increased Indo-Chinese competition in the sport while creating possibilities for future international victory at major tournaments.



## SAWAN BARWAL BREAKS 48-YEAR-OLD NATIONAL RECORD IN HISTORIC MARATHON RUN

Sawan Barwal achieved a historic victory at the Rotterdam Marathon when he broke an ancient Indian athletics record through his long-distance running. The 28-year-old clocked an impressive 2 hours 11 minutes and 58 seconds which broke the national record of 2 12 0 that Shivnath Singh set in 1978. The record remained intact for 48 years which established it as the most enduring national record in Indian athletics history. Barwal finished 20th in the elite race which he achieved through his first official marathon appearance. Barwal hails from Himachal Pradesh and he achieved success in long-distance running events through his national championship victories and international competition experience. His latest achievement represents a critical turning point for his athletic journey and Indian sports because it demonstrates Indian endurance running ability to compete internationally. Barwal breaks the record through his dedication to training which he pursued for multiple years of practice. The achievement establishes Barwal as an emerging star who will compete in international events.



## 24-YEAR-OLD ABHIMANYU WINS GOLD AT ASIAN WRESTLING CHAMPIONSHIPS

A 24-year-old athlete from India named Abhimanyu achieved first place at the Asian Wrestling Championships which took place in Bishkek. The wrestler who competed in the 70 kilogram freestyle event showed extraordinary determination and wrestling abilities which enabled him to achieve first place at the competition. Abhimanyu won the match after coming back from an early deficit to defeat his Mongolian opponent with a score of 5-3. The athlete used his defensive abilities and his ability to launch attacks at the right moments to demonstrate his growing international wrestling skills. Abhimanyu currently holds the position of head constable with the CISF Central Wrestling Team and he has established himself as one of the world elite wrestlers through his outstanding performances during the last few years. His gold medal victory at the championships contributed to India's overall medal count while establishing the country's status as a major force in Asian wrestling. Abhimanyu achieved this milestone which demonstrates his personal success because it provides motivational support to Indian wrestlers who aspire to participate in international competitions.



## ADITYA, ARJUN STUN AMERICANS TO WIN U-18 GOLD AT US OPEN



The Indian team of Aditya and Arjun achieved an extraordinary victory at the US Open which brought them the U-18 gold medal when they defeated American teams on their home ground. The duo demonstrated exceptional ability to maintain their focus while demonstrating advanced skills which allowed them to defeat their opponents during the championship match. The victory became an important achievement because India faced international opponents who had established themselves as elite competition during the match. The athletes maintained their technical expertise and strategic abilities and mental toughness throughout the tournament which brought them victory in the championship match. The junior triumph of Indian tennis reaches another achievement because Indian players continue to expand their presence in international tennis competitions. The victory provides rising players with increased confidence while it indicates that Indian tennis has a bright future. The victory established Aditya and Arjun as emerging stars who would achieve international success and professional development in their upcoming years.

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## SINDAROV MAINTAINS HIS LEAD IN FIDE CANDIDATES 2026 AFTER COMPLETING ROUND 10

Javokhir Sindarov achieved his victory in Round 10 of the FIDE Candidates Tournament 2026 which enabled him to maintain his first place standing. The only match which produced a winner took place between Sindarov and R Praggnanandhaa who defeated him to achieve his current record of 8/10 while remaining undefeated throughout the competition. Meanwhile, key rivals dropped points. Anish Giri played out a draw against Hikaru Nakamura while Wei Yi and Fabiano Caruana also shared the spoils. The tournament reached its final stages as players tended to draw matches which included players such as Andrey Esipenko and Matthias Bluebaum. Sindarov has established his lead in upcoming rounds which makes him the main candidate for World Championship title match rights. His consistent performance and unbeaten record make him the top competitor in the tournament until this point.



Dr. Smita Ravikumar Kuntay & Ajab Tinwala

## ACAB ASSISTANT RECRUITMENT 2026 – 150 VACANCIES



### ACAB Assistant Recruitment 2026

Notification Out for 150 Assistant Vacancies

Application Window: 20 March - 19 April, 2026

The Assam Co-operative Apex Bank (ACAB) has released an official notification inviting applications for Assistant posts. This is a great opportunity for graduates with computer proficiency seeking banking jobs in Assam.

**Post Name: Assistant**  
• Total Vacancies: 150 Posts  
• Job Location: Assam

**Eligibility Criteria**  
• Educational Qualification: Graduate (Any Discipline) + Computer Proficiency Certificate  
• Age Limit: 21 to 38 years (as on 01 January 2026, relaxation applicable)

**Application Fee:**  
• All Candidates: ₹750/-  
• (Payment Mode: Online only)

**Selection Process:**  
• Written Examination  
• Personal Interview

**Important Dates:**  
• Application Start Date: 20 March 2026  
• Last Date to Apply: 19 April 2026 (12:00 Midnight)

**How to Apply:**  
• Visit the official ACAB recruitment portal.  
• Register and fill the application form with personal, educational, and contact details.  
• Upload required documents:  
• Photograph  
• Signature  
• Other necessary documents  
• Pay the application fee online.  
• Submit the form and take a printout for future reference.

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

## SSC CGL RECRUITMENT 2026 – 14,582+ VACANCIES

The Staff Selection Commission (SSC) is expected to release the SSC CGL 2026 notification for recruitment to various Group B and Group C posts. This is one of the most popular national-level exams for graduates seeking central government jobs across India.

**Post Name: Various Group B & Group C Posts**  
Total Vacancies: 14,582+ Posts  
Job Location: All India

**Eligibility Criteria:**  
• Educational Qualification: Bachelor's Degree from a recognized University (post-wise)  
• Age Limit: 18 to 32 years (post-wise & pay level-wise, as on 01 August 2026)

**Application Fee:**  
• UR/OBC/EWS: ₹100/-  
• SC/ST/PwBD/ESM/Women: Nil  
• (Payment Mode: Online – Credit/Debit Card, UPI, Net Banking)

**Selection Process:**  
• Tier-I – Computer Based Test (Objective)  
• Tier-II – Computer Based Test (Objective)  
• Document Verification

### Important Dates:

- Notification Release: April 2026 (Expected)
- Application Start Date: April 2026
- Last Date to Apply: May 2026
- Tier-I Exam Date: May – June 2026

### How to Apply:

- Visit the official SSC website → Complete One-Time Registration (OTR).
- Login using your credentials.
- Fill the application form with personal, educational, and post preference details.
- Upload required documents:  
• Photograph  
• Signature  
• Relevant Certificates



- Pay the application fee online (if applicable).
- Submit the form and take a printout for future reference.

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

## KARUR VYSYA BANK VARIOUS POSTS RECRUITMENT 2026 – 1284 VACANCIES



Karur Vysya Bank (KVB) has released a recruitment notification inviting applications for various Executive, Manager, and Officer posts. This is a great opportunity for candidates with BFSI experience to work in a leading private sector bank across India.

**Post Name: Executive, Manager & Officer Posts**

• Total Vacancies: 1284 Posts  
• Job Location: Pan India (Bangalore, Mumbai, Chennai, Hyderabad, Delhi, etc.)

### Eligibility Criteria

- Educational Qualification: Graduate / MBA / Postgraduate (post-wise) with relevant BFSI experience
- Age Limit: 21 to 32 years (varies post-wise)

**Application Fee:**  
• All Candidates: Nil  
• (Payment Mode: Not applicable)

**Selection Process:**  
• Shortlisting based on eligibility and experience  
• Personal Interview / Written Test (as applicable)

**Important Dates:**  
• Notification Release: March 2026  
• Last Date to Apply: No last date (Ongoing recruitment)

**How to Apply:**  
• Visit the official KVB career portal.  
• Register / Login using a valid email ID and mobile number.  
• Search for the desired post and click on "Apply".  
• Fill the application form with personal, educational, and experience details.  
• Upload required documents.  
• Submit the application form.

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

Deepika Singh

## QUIZ TIME

1. Which organization is conducting the national Foundational Learning Study for Class 3 students?
2. Which mission aims to achieve foundational literacy and numeracy in India by primary level?
3. Which state launched SMS-based attendance alerts under Mission Samrath 4.0?
4. Which university formed a Fulbright panel for the 2027–28 fellowships?
5. Which organization announced 4 new schools across J&K, Bihar, UP, and Uttarakhand?
6. Which city will host the newly approved Metro University in Uttar Pradesh?
7. Which region recently led global discussions on AI regulations?
8. Which sport saw Jannik Sinner win a major Grand Slam recently?
9. Which platform released recent trending Indian web series updates?

## RIDDLES

1. I connect the world without moving, letting voices travel far and wide. What am I?
2. I have keys but no locks, space but no room, and you can enter but not go outside. What am I?
3. I show you pictures, videos, and text, but I have no eyes. What am I?
4. I fit in your pocket, smarter than many, and connect you to everything. What am I?
5. I store your memories but have no brain. What am I?
6. I keep things cool but run on electricity in your home. What am I?
7. I help you see in the dark but am not the sun. What am I?
8. I print your work but don't write myself. What am I?

1. Telephone
2. Keyboard
3. Screen
4. Smartphone
5. Harddrive
6. Refrigerator
7. Flash light
8. Printer

### (II) RIDDLES

1. NIPUN Bharat Mission Punjab
2. NIPUN Bharat Mission Punjab
3. Punjab
4. Banaras Hindu University
5. Kendriya Vidyalaya Sangathan
6. Greater Noida
7. European Union
8. Tennis
9. Amazon Prime Video

### (I) QUIZ TIME

### ANSWERS



## A PLATTER OF SWEET FUSION DREAMS

This Week, We're Relishing Fusion Dessert Platter!

**F**usion Dessert Platter is a modern twist on traditional sweets, combining classic Indian flavors with global dessert styles. This platter brings together a variety of textures and tastes—creamy, crunchy, rich, and refreshing—making it perfect for parties, celebrations, or indulgent evenings. Each element is beautifully presented, offering both visual appeal and delightful flavors in every bite.

### Ingredients:

2 gulab jamuns (cut into halves), 1 slice cheesecake (or ½ cup cream cheese mixture), 2 tablespoons rabri, 2 tablespoons chocolate sauce, 1 tablespoon crushed biscuits, 1 tablespoon chopped nuts (pistachios/almonds), 2–3 fresh strawberries (sliced), 1 tablespoon whipped cream, 1 small brownie piece, a few mint leaves for garnish.

### Preparation

- **Prepare Base Elements:** Arrange cheesecake slice and brownie on a serving plate.
- **Add Indian Touch:** Place halved gulab jamuns and drizzle rabri over them
- **Chocolate Layer:** Drizzle chocolate sauce artistically over the brownie and plate.



- **Crunch Factor:** Sprinkle crushed biscuits and chopped nuts for texture.
- **Fresh Elements:** Add sliced strawberries for a refreshing balance.
- **Creamy Finish:** Pipe or place whipped cream on the side.
- **Garnish:** Decorate with mint leaves for a fresh and elegant look.

### Serving Tip:

Serve chilled or slightly warm depending on preference. You can customize the platter with rasmalai, ice cream, or flavored syrups to make it more indulgent and visually appealing. Perfect for Instagram-worthy presentations

### 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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