

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Delisha Gupta

## THE DAY THE WORLD STOPS WHISPERING ABOUT PERIODS

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*"Menstrual Hygiene Day isn't just a date on the calendar, it's a reckoning with silence, shame, and the simple dignity every person deserves."*

Every year on May 28, the world is called to do something quietly revolutionary: talk openly about menstruation. Menstrual Hygiene Day, first observed in 2014 by the German NGO WASH United, chose this date deliberately the 28th day of the 5th month, echoing the average 28-day cycle and the 5 days it typically lasts. It is a date stitched from biology itself.

Yet for hundreds of millions of people globally, periods remain far from ordinary. In many communities, menstruation is still treated as taboo, something to be hidden behind euphemisms, managed in silence, and endured without proper support. Girls miss school. Women skip work. And in some corners of the world, menstruating individuals are excluded from kitchens, places of worship, and even their own beds.

- 500M people lack access to menstrual products & facilities
- 1 in 5 girls in developing nations miss school due to periods
- 3,000+ days the average person menstruates in their lifetime

The numbers are stark, but the mission of Menstrual Hygiene Day goes beyond statistics. It is about dismantling the architecture of shame that has been built, brick by brick, over centuries. When a girl cannot access a clean pad and a private toilet, she doesn't just experience discomfort she receives a message about her worth. This day pushes back against that message.

"Period poverty is not a women's issue. It is a human rights issue one that speaks to how societies value the bodies that sustain all life."

Progress, thankfully, is no longer hypothetical. Scotland became the first country in the world to make period products free for all in 2022. More than 20 countries have axed the so-called "tampon tax." Grassroots organizations from Nairobi to Nepal are distributing reusable pads and teaching menstrual health in schools. Companies are finally putting period leaves and period-friendly policies on their agendas.

But awareness alone doesn't fill a school's dispensary, retrofit a toilet with a bin, or change a grandmother's belief that

**"A mother's CONFIDENCE becomes her DAUGHTER'S STRENGTH. Let's talk about periods without shame."**

Educate  
Support  
Empower



a menstruating granddaughter shouldn't touch the pickle jar. That work requires sustained investment, honest conversation, and the will to see menstruation not as a problem to be managed quietly, but as a normal, powerful part of human life.

say the word. Talk about periods. Fund the infrastructure. End the shame. The cost of silence is too high, and it is always paid by the most vulnerable.

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Menstrual Hygiene Day is, at its core, an invitation. An invitation to educators, governments, families, and friends:

Durgesh K. Dubey

## BAJI PRABHU DESHPANDE: THE STAND AT PAVAN KHIND

In the rugged Sahyadri mountains of Maharashtra, where narrow passes decide the fate of kingdoms, lived a warrior whose name became a synonym for sacrifice was Baji Prabhu Deshpande. He was a trusted commander in the service of Chhatrapati Shivaji Maharaj, and like many in that era, he was shaped by a simple yet powerful belief: that protecting Swarajya was not just a task, but a sacred duty.

Baji Prabhu was not a man of long speeches. He was known for his discipline, strength, and clarity of purpose. His loyalty was quiet but unshakeable. Those who fought beside him knew that if Baji stood at a place, that place would not fall easily.

### The Siege of Panhala

The turning point in his life came during one of the most difficult moments for Shivaji Maharaj. The fort of Panhala was under siege by the powerful forces of Siddi Jauhar. The situation inside the fort was becoming desperate. Supplies were limited, and the enemy surrounded them on all sides.

Shivaji Maharaj understood that staying inside the fort would eventually lead to defeat. A daring escape had to be planned. But escaping safely through enemy lines was not enough—the real challenge was ensuring that the enemy could not pursue and capture him.

A plan was made. Under the cover of darkness and heavy rain, Shivaji Maharaj would leave the fort with a small group and move toward Vishalgad. To mislead the enemy, a brave man named Shiva Kashid disguised himself as the king and allowed himself to be captured. This sacrifice bought valuable time. But the most crucial part of the plan was yet to come.

### The Decision at Ghodkhind

As Shivaji Maharaj moved toward Vishalgad, it became clear that the enemy would soon realize the escape and begin pursuit. There was only one narrow mountain pass—Ghodkhind—through which the Mughal forces would have to pass. Someone had to stay

back and hold that pass. That responsibility fell upon Baji Prabhu Deshpande.

When Shivaji Maharaj expressed concern, Baji Prabhu did not hesitate. He assured the king that he would stop the enemy at Ghodkhind and would not allow them to cross until Shivaji Maharaj reached Vishalgad safely. There was only one condition. Baji Prabhu said that he

The narrowness of the pass worked in his favour. It prevented the large enemy force from attacking all at once. One by one, they advanced—and one by one, they were pushed back.

But the battle was not easy. Baji Prabhu was wounded multiple times. Blood flowed, and exhaustion set in. Yet, he refused to stop. Every

complete. He had fulfilled his promise.

But his body had taken too many wounds. With a sense of peace and satisfaction, Baji Prabhu Deshpande collapsed on the battlefield. He had given his life, but he had protected Swarajya. In honour of his sacrifice, Ghodkhind was later renamed Pavan Khind - the sacred pass.

### A Legacy of Courage and Sacrifice

Baji Prabhu's story is not just about a battle; it is about the power of commitment. He knew that the odds were against him. He knew that survival was unlikely. Yet, he chose to stand and fight because his duty demanded it. His sacrifice ensured that Shivaji Maharaj could continue the mission of Swarajya. Without that moment at Pavan Khind, history might have taken a very different course. Baji Prabhu did not fight for personal glory. He fought for a cause greater than himself. That is what makes his story timeless.

### Moral and Conclusion

The life of Baji Prabhu Deshpande teaches us that true bravery lies in selfless sacrifice and unwavering commitment to duty. He showed that even a small group, led by determination and courage, can stand against overwhelming odds. His story reminds us that leadership is not about authority, but about setting an example through action. In today's world, where challenges often make people hesitate, Baji Prabhu's life inspires us to remain firm in our responsibilities, to act with integrity, and to stand strong for what is right. His sacrifice proves that when a person dedicates himself completely to a noble cause, his actions become immortal, guiding future generations with courage and purpose.

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would continue fighting until he heard the sound of cannon fire from Vishalgad, signaling that the king had reached safely. Until then, he would not step back.

### The Battle of Pavan Khind

With a small group of around 300–600 warriors, Baji Prabhu took position at the narrow pass. Soon, the pursuing forces reached the spot. They were far greater in number, better equipped, and determined to capture Shivaji Maharaj. The battle that followed was fierce and relentless.

Baji Prabhu stood at the front, sword in hand, leading his men with unmatched courage.

moment he held the pass was a moment gained for Shivaji Maharaj. His men looked at him and found strength. If their leader could fight despite such wounds, how could they give up?

Time passed. The battle continued. The enemy grew impatient and more aggressive. Still, Baji Prabhu stood firm.

### The Sound That Meant Victory

Finally, after hours of intense fighting, a distant sound echoed through the mountains—the firing of cannons from Vishalgad. It was the signal. Shivaji Maharaj had reached safely. Hearing this, Baji Prabhu finally allowed himself to pause. His mission was

Ravi Singh & Delisha Gupta

## WINGS OF CHANGE: THE YOUNG ENGINEER WHO HELPED RAJASTHAN'S DESERT WOMEN DISCOVER THEIR STRENGTH

The Thar Desert is often celebrated for its endless golden dunes, magnificent forts, and colourful culture. Tourists arrive from across the world to witness the beauty of Rajasthan's sands, capturing sunsets and camel rides through their cameras. Yet, beyond the postcard-perfect landscape lies another reality one that remains unseen by many. In small villages scattered across the desert, generations of women have spent their lives confined to household responsibilities, with little opportunity to earn an income, pursue education, or make independent choices. For years, this was simply accepted as the way life was meant to be.

Everything began to change when a young IT engineer named Kritigya Champawat stepped into this world. Having spent her professional life in Bengaluru, she never imagined that marriage would bring her to the remote villages near Jaisalmer. What she discovered there deeply moved her. She met girls whose education ended after primary school because the nearest higher school was too far away. She met women who spent every waking hour working for their families yet had never earned a single rupee of their own. She witnessed traditions that restricted movement, limited opportunities, and often silenced dreams. Rather than turning away from these realities, she chose to become part of the solution.

Determined to create opportunities where none existed, Kritigya launched Thar Ki Udaan meaning "Wings of the Thar." The initiative was built on a simple but powerful idea: if women could not easily step out into the world, then opportunities should be brought directly to them. Small training centres were established in villages where women could learn practical skills in a safe and supportive environment. These centres offered training in tailoring, embroidery, mehendi art, candle making, and incense production skills deeply connected to local traditions and capable of generating real income.

The journey, however, was far from easy. Convincing families to allow women to participate required patience, persistence, and trust. Community meetings were organised,

concerns were addressed, and assurances were given that the centres would be secure and respectful of local customs. Slowly, families began to see positive changes. Women returned home with new confidence, new friendships, and eventually, new sources of income. What started as a small experiment gradually grew into a movement that has now reached hundreds of women across multiple villages.

Among those whose lives transformed is



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Nijara Devi, who was married as a teenager and had to discontinue her education after Class 5. For years, her world revolved around household responsibilities and raising her six children. Through Thar Ki Udaan, she learned tailoring and now earns money by stitching garments. Her earnings are helping support the education of her daughters, allowing them to continue studies that she herself was denied. For Nijara, the sewing machine became much more than a tool it became a symbol of possibility.

Another young participant, nineteen-year-old Manisha Goyal, had completed Class 8 before settling into a routine of domestic chores. Joining the training centre introduced her to new skills and new ambitions. By

stitching traditional Rajasthani outfits, she began earning and saving money independently. More importantly, she gained confidence in her own abilities and discovered a community of women who encouraged one another to dream beyond limitations.

Perhaps the most inspiring story is that of Veenu Kawar. She entered the programme as a learner, eager to acquire a skill that could

Many participants, for the first time in their lives, are earning money and making personal spending decisions. These may seem like small achievements from the outside, but within communities where women historically had little financial independence, such changes represent significant progress.

The story of Thar Ki Udaan carries an important lesson for today's youth. Social change does not always require massive resources or extraordinary power. It often begins when one person notices a problem and decides to act. Kritigya did not arrive with grand promises or unlimited funding. She arrived with empathy, determination, and the belief that every individual deserves an opportunity to grow. By using her education and skills to serve others, she demonstrated how young people can become catalysts for meaningful change in society.

In a world where success is often measured by personal achievements, this story reminds us that true success is also about lifting others along the way. Every young person possesses the ability to create impact whether through education, innovation, community service, or simply by supporting someone who needs encouragement. The women of Rajasthan's desert villages are proving that circumstances do not define destiny, and Kritigya's journey proves that one person's initiative can help countless others discover their wings.

As the sun sets over the dunes of Jaisalmer, the desert continues to tell stories of resilience and hope. Inside modest training centres, women are stitching not only garments but also brighter futures. Their journey is a powerful reminder that dreams can flourish even in the harshest landscapes, and that when courage meets compassion, ordinary people can create extraordinary change.

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The training centres have evolved into much more than vocational classrooms. They have become safe spaces where women discuss health, education, family concerns, and personal aspirations. Doctors conduct awareness sessions, conversations about well-being take place openly, and women find support systems they never previously had.

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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, tourism planning depended heavily on travel agents, brochures, and personal recommendations. Today, India's tourism sector is rapidly evolving through the growing influence of smartphones, travel-tech startups, online booking platforms, and social media-driven travel trends.. Travel is no longer just planned—it is discovered digitally. From booking flights and hotels to exploring hidden destinations through Instagram reels, tourism has become faster, more personalised, and experience-driven. This digital tourism boom is not only changing how people travel but also creating new opportunities for local economies. Small hotels, homestays, cafés, taxi operators, handicraft sellers, and local guides are benefiting from greater online visibility and digital bookings. For students, professionals, and entrepreneurs, this highlights a major shift: tourism today is powered not just by destinations, but by digital reach, customer experience, and online influence.

### How Technology Changed the Tourism Industry

Technology has simplified travel planning and improved accessibility for travellers.

Today, consumers can:

- Compare hotel and flight prices instantly

## TRAVEL GOES DIGITAL: HOW INDIA'S TOURISM ECONOMY IS POWERING LOCAL GROWTH

- Book trips through mobile apps
  - Read customer reviews before travelling
  - Make digital payments easily
  - Explore destinations through social media
- Platforms like MakeMyTrip, Goibibo, and Airbnb have made tourism more organised and consumer-friendly. Travel is becoming more convenient and personalised.

### The Influence of Social Media Tourism

Social media platforms are playing a major role in destination popularity.

Travel influencers promote:

- Hidden travel locations
- Local food experiences
- Adventure tourism
- Boutique stays and cafés
- Cultural and lifestyle experiences

Example: A small café or scenic location can suddenly attract large tourist crowds after becoming viral on Instagram or YouTube travel vlogs.

Digital visibility is becoming a powerful tourism driver.

### How Local Economies Are Benefiting

The tourism boom is creating opportunities far beyond major cities.

Increased travel supports:

- Local hotels and homestays
- Taxi and transport providers
- Street food vendors and restaurants
- Local handicraft businesses
- Tour guides and adventure operators

**Example:** A small handicraft seller or local food business near a tourist destination can attract visitors through positive online reviews, Google listings, Instagram posts, and travel influencer recommendations, helping them reach customers far beyond their local area and increase sales throughout the tourist season.

### Travel Startups and Experience-Based Tourism

Modern travellers increasingly seek personalised experiences rather than standard sightseeing.

Travel startups now focus on:

- Adventure tourism
- Solo travel communities
- Budget travel planning

- Wellness retreats
- Cultural and eco-tourism experiences

Example: Young travellers may choose local village experiences, trekking tours, or eco-friendly stays instead of traditional hotel packages.

Tourism is becoming more experience-oriented and lifestyle-driven.



### Changing Consumer Behaviour

Today's travellers value:

- Convenience and flexibility
- Online reviews and ratings
- Unique local experiences
- Sustainable tourism options
- Digital payment and booking ease

Example: A traveller may choose a destination based on influencer content, online reviews, or trending travel reels rather than traditional advertisements. Consumer decisions are increasingly shaped online.

### Career Opportunities for Students

India's expanding tourism sector is opening up a wide range of career opportunities

Emerging roles include:

- Travel Content Creator
- Tourism Marketing Executive
- Hospitality Manager
- Event and Experience Planner
- Social Media Strategist
- Travel Consultant
- Digital Booking Coordinator

Example: A commerce or management graduate may work with a travel startup managing digital campaigns, customer engagement, or tourism operations.

Tourism today combines hospitality, technology, and marketing.

### Skills Students Should Build

- Communication and networking skills
- Customer service understanding
- Digital marketing and branding knowledge

- Travel and tourism management awareness
- Social media and content creation skills
- Strong people and digital skills are becoming essential.

### Challenges Facing the Industry

- Despite rapid growth, tourism also faces challenges:
- Over-tourism in popular destinations
- Environmental and sustainability concerns
- Seasonal business uncertainty
- Dependence on online ratings
- Infrastructure gaps in rural areas
- Responsible tourism development remains important.

### The Bigger Shift

India's tourism industry is evolving from traditional travel systems to digitally connected experience economies. Online platforms, travel startups, and influencer culture are redefining how destinations attract visitors, generate business, and support local employment, entrepreneurship, and regional branding.

### The Takeaway

The digital tourism boom is transforming travel into a major driver of entrepreneurship, employment, and local economic development across India. Because in today's connected world, one viral destination can create new opportunities and visibility for an entire community.

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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.*

## WHY LITERATURE STILL MATTERS IN THE AGE OF SHORT ATTENTION SPANS

In a world dominated by 15-second reels and instant gratification, literature offers something revolutionary: depth. While social media gives us fragments, novels and poems provide complete emotional journeys that shape empathy and critical thinking.

Reading literature improves vocabulary, emotional intelligence, and the ability to understand different perspectives. Studies show that regular readers develop better theory of mind the ability to understand others' mental states. In multicultural societies like India, where multiple languages and traditions coexist, literature becomes a bridge across divides.

Classic works by Tagore, Premchand, Austen, or Toni Morrison continue to speak to modern struggles identity, love, power, and belonging. Even in the digital age, the quiet act of turning pages creates space for reflection that scrolling cannot replace.

Parents and educators should actively promote reading habits. Schools can incorporate storytelling sessions and creative writing clubs. Digital platforms can complement rather than replace physical books. The goal is not to reject technology but to balance it with the timeless wisdom found in literature.

Ultimately, stories help us make sense of our own lives. They remind us of our shared humanity. In an increasingly divided world, literature remains one of our most powerful tools for connection, healing, and imagination. Let us keep reading, keep writing, and keep the magic of words alive.

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## DID YOU KNOW?

- The longest sentence in literature is found in Ulysses it runs for 4,391 words without a single full stop.
- The word "bookkeeper" is one of the few English words with three consecutive pairs of double letters: oo, kk, ee.
- William Shakespeare introduced over 1,700 words into the English language, including lonely, fashionable, and swagger.
- Reading for just 20 minutes a day can expose a person to nearly 1.8 million words in a year.
- People tend to remember 90% of what they teach others, making teaching one of the most effective ways to learn.
- Learning a new skill creates new neural connections in the brain, improving memory and problem-solving abilities.

## GRAMMAR TIP

### Affect vs Effect

#### Affect:-

Affect is usually a verb meaning to influence something.

Example: The novel deeply affected her worldview.

#### Effect:-

Effect is usually a noun meaning the result of a change.

Example: The book had a profound effect on her.

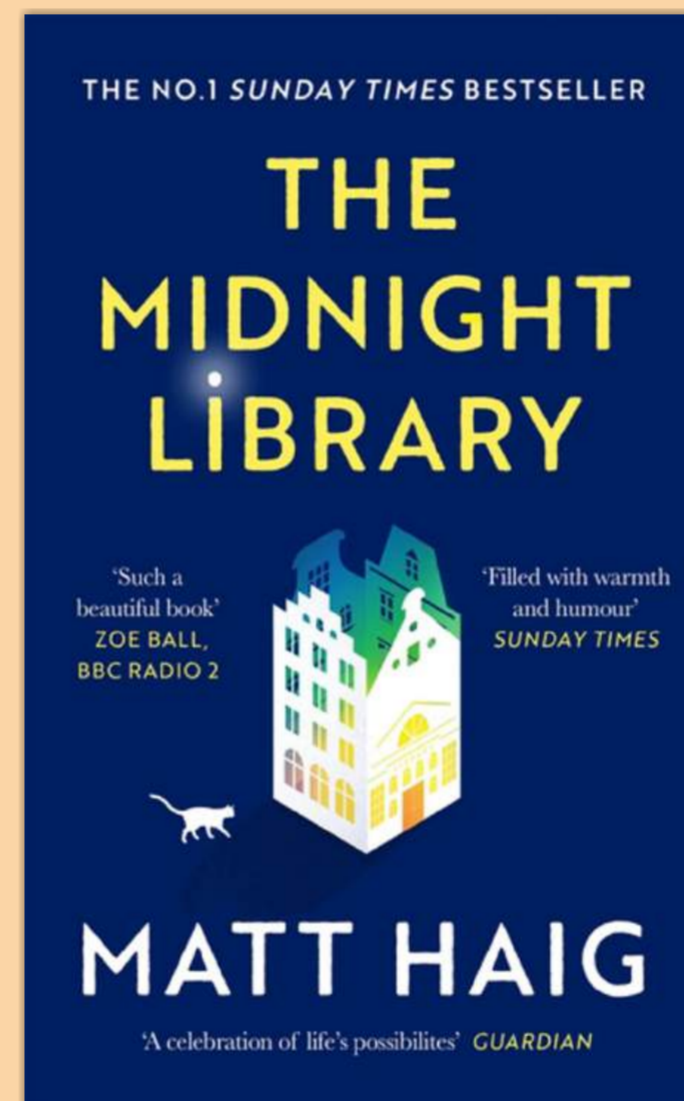
## WRITER OF THE WEEK

Jane Austen  
(1775–1817)

The masterful English novelist who gave us timeless classics like *Pride and Prejudice* and *Emma*. Known for her sharp social commentary, witty irony, and realistic portrayal of women's lives in 19th-century England, Austen remains one of the most beloved voices in English literature. Her ability to blend romance with social critique continues to inspire writers and readers worldwide.

## BOOK REVIEW

"The Midnight Library" by Matt Haig



Matt Haig's thought-provoking novel explores the roads not taken through a magical library where one can try out different versions of their life. Nora Seed's journey is both heartbreaking and hopeful. Haig masterfully blends philosophy, regret, and second chances into an accessible yet profound read. Perfect for anyone who has ever wondered "what if?" — a beautiful meditation on the beauty of ordinary life. Highly recommended.

## QUOTABLE QUOTES

"Books are a uniquely portable magic."

- Stephen King

## CREATIVE WRITING

### The Rainbow (My Heart Leaps Up)

My heart leaps up when I behold

A rainbow in the sky:

So was it when my life began;

So is it now I am a man;

So be it when I shall grow old,

Or let me die!

The Child is father of the Man;

And I could wish my days to be

Bound each to each by natural piety.

Poetry by  
- William Wordsworth

## WORD OF THE WEEK

### Ethereal (adjective)

**Meaning:** Extremely delicate and light; seeming too perfect for this world, often heavenly or spiritual.

**Example:** The ethereal imagery in the poet's description of dawn created a dreamlike atmosphere that stayed with readers long after.

## IDIOM HIGHLIGHT

### Lost in translation

**Meaning:** When the meaning of something is not properly conveyed or understood when translated from one language to another.

**Example:** The subtle humour in the original Hindi poem was completely lost in translation.

Ravi Singh & Ajab Tinwala

## BIHAR'S FAMOUS SHAHI LITCHI FACES CLIMATE CRISIS

The world-famous Shahi litchi of Muzaffarpur is facing a severe crisis as unpredictable weather and rising temperatures continue to damage crops across the region. Farmers in Bihar have reported losses of nearly 70 percent this season, raising concerns about the future of one of India's most celebrated fruits.



Erratic rainfall, intense heatwaves, and sudden temperature fluctuations during the flowering and fruiting stages have badly affected production. Many orchards witnessed premature fruit drop, smaller-sized litchis, and poor quality harvests. Experts believe that climate change is rapidly altering the delicate weather conditions required for Shahi litchi cultivation.

For thousands of farmers in Muzaffarpur and nearby districts, litchi farming is the primary source of income. This year's heavy losses have pushed many growers into financial stress, especially small farmers who invested

heavily in irrigation, fertilizers, and pest management. Traders and exporters are also worried as reduced production may impact both domestic supply and international demand.

Agricultural scientists are now urging the government to support farmers with climate-resilient farming techniques, better irrigation systems, and crop insurance schemes. The crisis serves as another warning that climate change is no longer a distant threat but a harsh reality affecting India's agriculture and food economy.

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## ODISHA'S MILLET MISSION FACES SETBACK AS BUDGET CUTS WORRY FARMERS



farmers in Odisha shifted towards millet cultivation after receiving support through training, seeds, procurement facilities, and awareness campaigns under the scheme.

However, the recent budget reduction has created uncertainty among cultivators who fear that extension services, market linkages, and financial support may weaken. Farmer groups argue that cutting funds at a time when millet demand is rising could slow down Odisha's efforts to build sustainable agriculture and strengthen food security.

Experts believe that continued investment in millet farming is crucial not only for farmers' livelihoods but also for tackling climate change and malnutrition. Many stakeholders are now urging the government to reconsider the decision and protect the future of Odisha's successful millet movement.

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Millet, often called "Shree Anna," have become increasingly important due to their ability to survive in drought-prone conditions and require less water compared to traditional crops like paddy. Thousands of small and tribal

## GUARDIANS OF THE FORGOTTEN SEEDS: VIDARBHA FARMERS PROTECT INDIA'S BIODIVERSITY

On the occasion of International Day for Biological Diversity, the story of Vidarbha's traditional farmers highlights a silent struggle to protect India's disappearing agricultural heritage. Across the region, many farmers are working tirelessly to preserve indigenous seed varieties that are slowly vanishing due to commercial farming and hybrid crop dependence.



For generations, these native seeds adapted naturally to local climate conditions, pests, and soil quality. However, modern agriculture's focus on high-yield hybrid crops has reduced crop diversity and increased farmers' dependence on expensive market seeds. In response, several farmers in Vidarbha have started community seed banks and traditional farming practices to conserve rare varieties of millets, pulses, cotton, and oilseeds.

These seed keepers believe biodiversity is not just about protecting plants but also about ensuring food security, ecological balance, and farmer independence. Native crops often

require less water and fewer chemical inputs, making them more resilient during climate change and drought conditions.

Their efforts carry deep importance for India's agricultural future. As climate uncertainties grow, preserving traditional seeds may become crucial for sustainable farming. Vidarbha's farmers are not merely saving seeds, they are safeguarding culture, resilience, and the future of Indian agriculture for generations to come.

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## THE HIDDEN COST OF CHEAP WATER: NAJAFGARH FARMERS AND THE WASTEWATER DILEMMA



In the agricultural fields of Delhi's Najafgarh, many farmers are increasingly relying on wastewater irrigation to sustain their crops amid rising water scarcity and high irrigation costs. For small and marginal farmers, untreated or partially treated wastewater offers a cheaper and more accessible alternative to groundwater and canal water. It allows cultivation throughout the year and supports the production of vegetables, fodder, and grains that feed nearby urban markets.

However, this affordable solution comes with serious hidden risks. Experts warn that wastewater often contains harmful chemicals, industrial pollutants, heavy metals, and disease-

causing bacteria. Continuous exposure to contaminated water can damage soil quality, reduce long-term agricultural productivity, and threaten farmers' health. Skin infections, respiratory issues, and stomach-related illnesses are increasingly reported among farming communities working in such conditions.

Consumers may also unknowingly face health risks when crops irrigated with polluted water enter local markets. Despite these concerns, many farmers say they have little choice due to declining freshwater availability and inadequate government support.

The situation highlights the urgent need for better wastewater treatment infrastructure, regular monitoring, and farmer awareness programs. Sustainable water management policies are essential to protect both agricultural livelihoods and public health in rapidly urbanising regions like Najafgarh.

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## AGROFORESTRY: A GREEN SHIELD FOR INDIA'S RAINFED COTTON FARMERS



India's rainfed cotton farmers are among the most vulnerable to climate change. Irregular rainfall, rising temperatures, soil degradation, and increasing pest attacks have made cotton cultivation highly risky in many regions. In this situation, agroforestry is emerging as a sustainable and climate-resilient solution for protecting both farmers' livelihoods and the environment.

Agroforestry is the practice of growing trees along with crops on the same land. In cotton farming, trees help improve soil fertility, reduce erosion, conserve moisture, and create a better microclimate for crops. They also act as natural barriers against strong winds and extreme heat. As a result, cotton plants become more resilient to drought and unpredictable weather conditions.

Experts believe agroforestry can also increase farmers' incomes by providing additional products such as fruits, timber, fodder, and fuelwood. This reduces farmers' dependence on a single crop and offers financial security during poor harvest seasons. Studies further show that agroforestry systems help capture carbon, support biodiversity, and strengthen sustainable farming practices in rainfed regions.

With India's cotton sector facing growing climate challenges, promoting agroforestry through government support, awareness programs, and farmer training can create a stronger and greener agricultural future. It is not just a farming technique, but a lifeline for millions of rainfed cotton farmers across the country.

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Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## WEST BENGAL ANNOUNCES SCHOLARSHIP FOR ECONOMICALLY WEAKER STUDENTS

West Bengal's Chief Minister has announced the state's plan to reintroduce the scholarship programme for students from low-income families while discontinuing some religious stipend programmes. The rationale provided is that the revised programme will focus on need-based financial aid rather than any type of community-based assistance.



who believe that no particular group of people should be given an advantage over another group in government-funded welfare programs and that all students who require assistance should receive it.

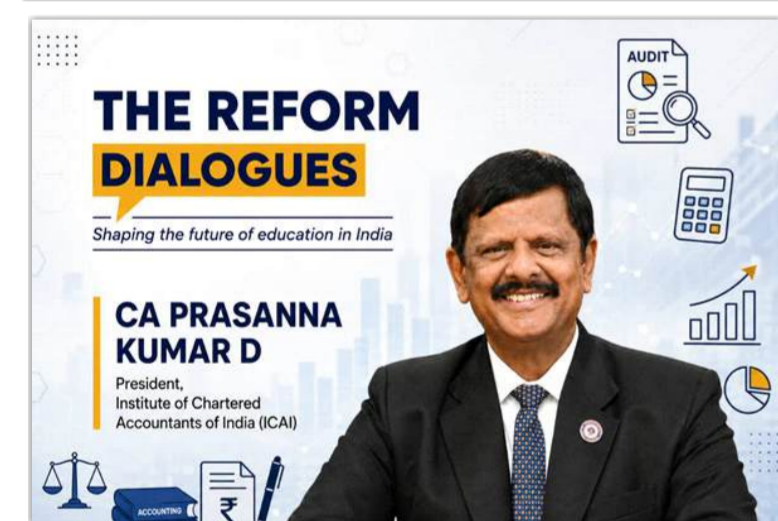
The revamped scholarship programme will provide low-income families with additional financial assistance, helping them continue their education without the burden of educational fees and costs associated with attendance. Rising expenses often make it difficult for low-income families, particularly in rural areas and urban areas with lower income levels, to afford to send their children to school. The goals of the scholarship programme is to increase the number of students who complete school/college, thereby increasing the number of students who seek to earn a college degree.

Experts in the field of education have indicated that when scholarships are provided to low-income families, they will have a positive essential long-term effect on the individual recipient, as well as on society, due to the promotion of the educational advancement of an individual, as well as supporting the building of confidence in the student.

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Discontinuing the religious stipend programme has also generated political debate amongst supporters of the plan,

## ICAI REVAMPS CA CURRICULUM: EMPHASIZING AI AND GLOBAL OPPORTUNITIES FOR FUTURE CHARTERED ACCOUNTANTS



important part of CA education. This step can help students develop practical skills that match current corporate expectations. Along with technical knowledge, ICAI is also focusing on communication, professional training, and international exposure to make Indian CAs more competitive globally.

The Chartered Accountancy profession in India is entering a new phase as the Institute of Chartered Accountants of India (ICAI) plans to modernize its curriculum with a stronger focus on Artificial Intelligence (AI) and global career opportunities. The decision reflects the growing influence of technology in the financial and business world. Today's accountants are expected not only to manage accounts and audits but also to understand digital tools, automation, and data analysis.

Another important aspect of this reform is the emphasis on overseas opportunities. Indian chartered accountants already have a strong reputation in countries across the Middle East and other international markets. By upgrading the curriculum, ICAI hopes to create professionals who can easily adapt to global work environments and emerging financial technologies.

This move highlights how professional education must evolve with time. The future chartered accountant may not just be a finance expert but also a technology-aware professional capable of working in a fast-changing global economy.

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The revised curriculum aims to prepare students for these changing industry needs. Subjects related to AI, technology, and modern financial systems are likely to become an

## MADHYA PRADESH SCHOOLS TO INTRODUCE AI EDUCATION FROM CLASS 8



Mohan Yadav has approved major education reforms to modernise school learning in Madhya Pradesh, including the introduction of Artificial Intelligence (AI) education for students from Classes 8 to 12. The decision was taken during a School Education Department review meeting held in Bhopal.

The state government will also introduce vocational training in agriculture, animal husbandry, and fisheries at the high school level to provide students with practical and employment-oriented skills. Stressing the need for future-ready education, the Chief Minister said students must gain technological knowledge and real-world skills beyond textbooks.

Officials have been instructed to complete preparations before the new academic session begins on June 16, 2026. The reforms will focus on innovation-based teaching, technology-driven learning, and regular monitoring to improve educational standards across the state.

To encourage academic excellence, schools achieving 100 per cent examination results will receive public recognition. Institutions scoring above 90 and 95 per cent may also be honoured for their consistent performance.

The government also approved the "Shiksha Ghar Yojana" in principle to help students who dropped out after Class 8 continue their education through the Madhya Pradesh State Open School Education Board.

According to the Education Department, enrollment in Class 1 increased by 32.4 per cent, while Classes 9 to 12 recorded a 4.25 per cent rise in the 2025-26 academic session.

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## CENTRE PLANS FRESH EFFORTS TO BRING DROPOUT CHILDREN BACK TO EDUCATION

Ministry of Education and National Institute of Open Schooling have launched a major initiative to bring nearly two crore dropout students back into the education system. A high-level meeting chaired by Sanjay Kumar brought together officials from state governments, district administrations, and NIOS to prepare a nationwide action plan for educational inclusion.



economic opportunities.

Highlighting the seriousness of the issue, Kumar stated that out of every 100 children enrolled in Class 1, only 62 reach Class 12. According to the latest labour survey data, over two crore children aged 14 to 18 are currently out of school due to financial hardship, family responsibilities, and pressure to earn a livelihood.

The government plans to address the challenge through flexible and skill-oriented education models. Students unable to return to traditional schools will be supported through Open and Distance Learning programmes offered by NIOS and State Open Schools. The initiative also aims to provide employable skills linked to local

NIOS officials described the campaign as a people's movement focused on reconnecting youth with education through adaptable learning pathways. The operational plan includes identification of out-of-school children, trained facilitators, app-based monitoring systems, and phased implementation.

In the first phase, the programme will be launched across 10 districts in states including Maharashtra, Bihar, Uttar Pradesh, Odisha, Karnataka, Gujarat, Chhattisgarh, Madhya Pradesh, and Delhi, targeting areas with high dropout rates.

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## GOOGLE INTRODUCES FREE GEMINI AI TRAINING FOR INDIAN TEACHERS



Google recently announced a new initiative to offer free AI training for teachers in schools across India; this will be a major milestone step towards an increased focus on digital education and developing teachers' overall awareness of AI as a function of classroom activities as well as an overall improvement of educational outcomes. Five states in India are already signing up to take advantage of this programme, and we see more interest each day from various states about the use of technology for enhancing instructional practice and improving learning experiences for students.

The goal of this training programme is to give teachers a better understanding of how AI can be used in schools to enhance their ability as educators. By using Gemini tools, teachers can learn about how to develop curriculum and lesson plans, create activities for students, simplify difficult subjects, and develop a better way to communicate with students in their classrooms. This initiative is directed toward building confidence in teachers' ability to utilize modern digital tools as opposed to replacing teachers' traditional roles as instructors.

Finally, this initiative demonstrates India's growing commitment to transforming its educational system through digital opportunities. Many experts also believe that even with the introduction of some of the most recent AI technology into schools, teachers will still be the primary source of instruction; technology will simply serve as an enhancement of the educational process.

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Durgesh K. Dubey

## MODI'S FIVE-NATION TOUR SIGNALS INDIA'S PUSH FOR ENERGY SECURITY, TECHNOLOGY AND GLOBAL PARTNERSHIPS



The first and most urgent stop was the UAE, one of India's key energy partners. The visit gained importance because of instability in West Asia and concerns over oil and gas supplies. India and the UAE moved forward on defence cooperation, long-term energy arrangements and strategic petroleum reserves. A major outcome was the plan to expand UAE participation in India's strategic crude reserves up to 30 million barrels, along with cooperation in LPG and gas storage. UAE-linked investment commitments of nearly \$5 billion also added economic weight to the visit.

In the Netherlands, the focus shifted towards technology, trade, semiconductors, clean energy and cultural diplomacy. The visit helped strengthen India's engagement with one of Europe's important innovation economies. Cooperation in areas such as artificial intelligence, quantum technology, maritime security, critical minerals and green hydrogen reflects India's desire to build future-ready partnerships. The agreement to return the historic Chola copper plates also added emotional and civilisational depth to the relationship, showing that diplomacy is not only about business but also about heritage and memory.

Sweden emerged as another important partner in technology and innovation. India and Sweden agreed to deepen cooperation in artificial intelligence, 6G, clean energy, semiconductors, critical minerals, life sciences and defence manufacturing. This partnership is significant because Sweden has strength in advanced industries, sustainable technologies and telecom innovation, while India offers scale, talent and a growing market. Such cooperation can support India's Make in India and digital transformation goals.

Norway's role in the tour was linked to renewable energy, maritime

technology, digital health and space cooperation. With its experience in clean energy, ocean economy and Arctic research, Norway can become a valuable partner for India's green transition. Cooperation between space agencies and digital public infrastructure initiatives also showed that the relationship is expanding beyond traditional areas.

The final stop, Italy, gave a major push to India's European outreach. India and Italy elevated their ties to a Special Strategic Partnership and discussed cooperation in defence, clean energy, critical minerals, advanced manufacturing, education, culture and connectivity. Italy's role in the India-Middle East-Europe Economic Corridor is particularly important because of its strategic location in the Mediterranean. Both countries are also aiming to raise bilateral trade to €20 billion by 2029.

Overall, the tour appears to have opened an investment pipeline of nearly \$40 billion, with global companies showing interest in sectors such as semiconductors, logistics, green infrastructure, energy, defence and technology.

In simple terms, the visit showed India's changing diplomatic style. It was not limited to protocol, speeches or symbolic meetings. It was about securing oil, building technology bridges, attracting capital, protecting supply chains and positioning India as a serious player in a changing world order. At a time when global uncertainty is rising, India's message was clear: partnerships must serve both national interest and long-term global stability.

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## RBI'S RECORD ₹2.87 LAKH CRORE DIVIDEND GIVES CENTRE FISCAL BREATHING SPACE AMID GLOBAL PRESSURE

The Reserve Bank of India has approved a record surplus transfer of ₹2.87 lakh crore to the Central Government for the financial year 2025–26, offering a major support to public finances at a time when the economy is facing pressure from high crude oil prices, global uncertainty and possible subsidy burdens. The decision was taken by the RBI's Central Board of Directors, which also reviewed the wider domestic and global economic situation before finalising the transfer.

This year's dividend is higher than the previous year's ₹2.68 lakh crore payout, making it the largest such transfer by the central bank to the government. Although the amount is slightly below what some market observers had expected, it will still provide the Centre with important fiscal space. The money can help the government manage expenditure pressures, especially at a time when energy imports have become costlier due to geopolitical tensions and instability in global oil markets.

The RBI earns income from various sources such as foreign exchange operations, investments, interest earnings and currency management. After meeting its expenses and setting aside provisions for risks, the remaining surplus is transferred to the government. This annual transfer is an important source of non-tax revenue for the Centre and helps in managing the fiscal deficit without immediately increasing taxes or borrowings.

However, the record dividend does not completely remove fiscal concerns. The government may still face pressure from higher fuel and

fertiliser subsidies if crude oil and global commodity prices remain elevated. Slower tax collections or weaker dividends from public sector companies could also create stress. Therefore, while the RBI's payout will act as a cushion, it may not be enough by itself to fully protect the budget from external shocks.

A notable feature of this year's decision is that the RBI has also increased its allocation to the Contingent Risk Buffer. The central bank has transferred over ₹1.09 lakh crore towards this buffer, much higher than the previous year. This shows that while the RBI is supporting the government through a large dividend, it is also preparing itself for possible financial market volatility. A strong risk buffer allows the central bank to respond better during uncertain times, especially when currency, bond or foreign exchange markets face pressure.

The RBI's balance sheet has also expanded sharply, crossing ₹91 lakh crore by the end of March 2026. This reflects the scale of the central bank's operations and the larger role it plays in maintaining financial stability. At the same time, the decision to keep the risk buffer within the approved framework shows a careful attempt to balance two needs: supporting government finances and protecting the central bank's own strength.

For the common citizen, this development may appear technical, but its impact can be meaningful. A higher RBI dividend can help the government avoid sudden spending cuts or excessive borrowing. It may also give some room to manage subsidies, infrastructure spending and welfare schemes during a difficult economic period.



Overall, the RBI's record ₹2.87 lakh crore transfer is a timely relief for the government. Yet, it is not a permanent solution to fiscal challenges. The real test will depend on how crude oil prices move, how tax revenues perform and how effectively the government manages expenditure. In uncertain global times, this dividend is a strong support—but careful economic management will remain equally important.

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Q. How to overcome from sadness?

Ans. Sadness is a natural human emotion that arises in response to loss, disappointment, failure, or unmet expectations. While it is a part of life, prolonged sadness can drain energy, reduce motivation, and disturb inner peace. The Indian Knowledge System (IKS) offers a deep and compassionate approach to understanding and overcoming sadness—not by denying it, but by transforming it through awareness, wisdom, and right living.

Sadness often arises from unfulfilled desires and expectations. When we constantly want more, dissatisfaction increases.

- Practice gratitude for what you have
- Reduce excessive expectations from people and situations
- Focus on sufficiency rather than scarcity
- Develop inner satisfaction

Overcoming sadness (दुःख) through the wisdom of Subhashithams involves not just reading the verses, but deeply understanding and applying their meaning in life. Each teaching offers a practical insight into how the mind works and how emotional balance can be developed. Below is a detailed explanation of each principle in the light of Subhashithams.

**1. Understanding the Temporary Nature of Sadness (Equanimity – Samatvam):** “सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ।” This Subhashitham teaches that both happiness and sadness are temporary phases of life. Just as happiness does not stay forever, sadness too will pass. However, when a person is sad, they often feel that the situation will never improve. This belief intensifies emotional suffering. By understanding that life is constantly changing, one develops emotional balance. Equanimity means not getting overly attached to happiness or overly disturbed by sorrow. When practiced regularly, this mindset prevents extreme emotional highs and lows and creates inner stability.

**2. Role of Mind in Creating Sadness** “मन एव मनुष्याणां कारणं बन्धमोक्षयोः।” This verse highlights that the mind is the main cause of both suffering and freedom. External situations may trigger sadness, but it is the interpretation of the mind that determines how deeply we are affected. For example, two people may face the same failure, yet one may feel devastated while the other sees it as a learning experience. This difference lies in mental attitude. By training the mind to think rationally and positively, sadness can be reduced. Practices like mindfulness and self-reflection help in gaining control over thoughts and emotions.

**3. Importance of Contentment (Santosh)** “संतोषामृततृप्तानां नास्ति तृष्णा मनस्विनाम्।” This Subhashitham emphasizes that contentment brings deep satisfaction, while constant desire leads to dissatisfaction. Sadness often arises when expectations are not fulfilled. A person who is always comparing or wanting more will rarely feel happy. Contentment does not mean lack of ambition; it means appreciating what one has while striving ethically for improvement. When gratitude is practiced, the focus shifts from what is missing to what is present, reducing sadness and promoting peace of mind.

**4. Power of Effort and Action** “उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः।” This teaching reminds us that progress comes through effort, not mere wishing. Sadness often leads to inactivity, where a person feels helpless and stuck. This verse encourages taking action, even in small steps. Engaging in meaningful work or productive activities helps shift focus away from negative emotions. Action creates a sense of purpose and achievement, which

gradually reduces sadness. Instead of dwelling on problems, one should focus on solutions and continuous improvement.

**5. Importance of Positive Company (Satsang)** “सत्संगत्वे निस्संगत्वं निस्संगत्वे निर्मोहत्वम्।” This Subhashitham explains the transformative power of good company. When a person is surrounded by positive, wise, and supportive individuals, their thinking becomes clearer and more balanced. Sadness often increases in isolation or in negative environments. Satsang provides emotional support, guidance, and encouragement. It also helps in reducing attachment to negative thoughts and brings clarity in decision-making. Being around uplifting people or engaging with good literature can significantly improve mental well-being.

**6. Self-Responsibility and Inner Strength** “आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः।” This verse teaches that a person is their own best friend and their own worst enemy. It emphasizes self-responsibility in handling emotions. Instead of blaming others or circumstances for sadness, one must take charge of their own mental state. Developing positive habits, disciplined thinking, and emotional resilience helps in overcoming दुःख. When a person supports themselves with constructive thoughts and actions, they become stronger and more independent.

**7. Practice of Gratitude and Positive Perspective:** Though not always expressed in a single verse, many Subhashithams highlight the importance of perspective. Sadness often arises when we focus only on what we lack. By consciously practicing gratitude, we train the mind to recognize the good aspects of life. This shift in thinking reduces negativity and promotes emotional balance. Appreciating small joys, relationships, and opportunities creates a sense of fulfillment and reduces the intensity of sadness.

To truly overcome sadness, these principles must be practiced consistently:

- 1) **Accept that sadness is temporary and will pass:** Understand that emotions keep changing; sadness is not permanent. Reminding yourself of this reduces its intensity and gives hope.
- 2) **Train the mind to respond positively rather**



**than react negatively:** Instead of reacting impulsively, pause and choose a balanced response. This helps in controlling emotions and maintaining mental clarity.

**3) Cultivate contentment and reduce unnecessary expectations:** Be satisfied with what you have while working for improvement. Fewer expectations lead to fewer disappointments and less sadness.

**4) Take constructive action instead of remaining inactive:** Engage in meaningful activities to shift focus from negative thoughts. Action builds confidence and gradually uplifts mood.

**5) Seek good company and avoid negative influences:** Positive people and environments improve your mindset. Avoiding negativity prevents the mind from becoming more disturbed.

**6) Take responsibility for your emotional well-being:** Recognize that your thoughts shape your feelings. By managing your mindset, you gain control over your emotions.

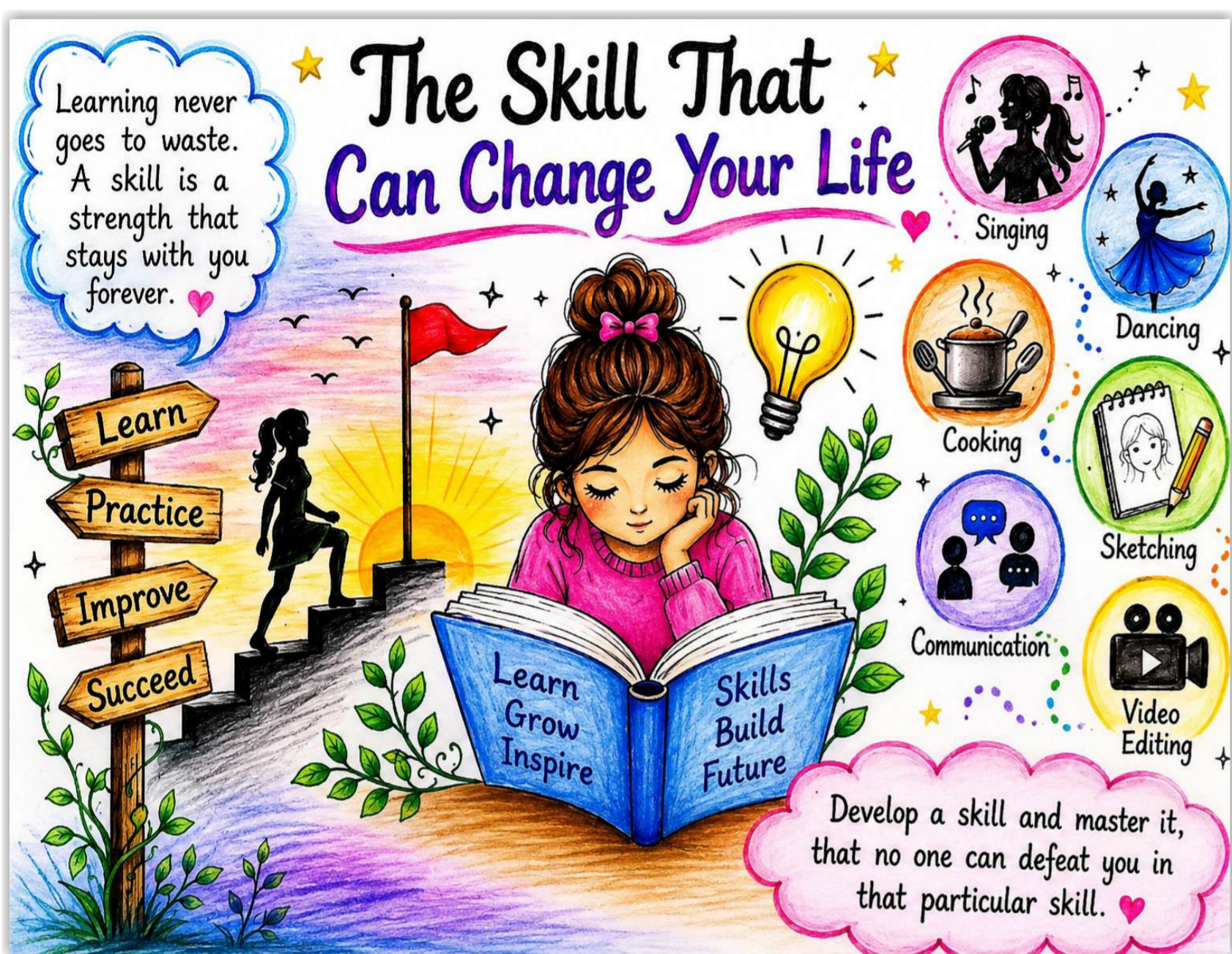
**7) Practice gratitude daily to shift perspective:** Focus on what is good and present in your life. Gratitude reduces negativity and brings a sense of peace and satisfaction.

By cultivating equanimity, strengthening the mind, practicing contentment, and engaging in right action, one can gradually overcome दुःख and attain inner peace. These teachings remind us that while sadness is a part of life, suffering can be reduced through right understanding and conscious living. Stay blessed!

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## BEYOND EDUCATION: WHY EVERY INDIVIDUAL NEEDS A SKILL FOR LIFE



Life is a journey of constant learning, growth, and self-discovery. Every day teaches us something new, whether through success or failure. Most people believe learning is only important for achieving success in studies or careers, but in reality, learning becomes even more valuable during difficult times. Knowledge and skills are like hidden strengths that support us when life becomes uncertain. That is why everyone should learn at least one skill that can help them stand independently and confidently in the future.

A skill can be anything that a person truly enjoys doing. It does not always have to be connected to academics or professional work. Skills can include driving, communication, teaching, singing, dancing, cooking, editing videos, sketching, writing, photography, coding, or any creative activity. Every skill has value. Sometimes a hobby that starts simply for enjoyment later becomes a source of income, confidence, or recognition. Even small talents can create big opportunities when developed with dedication and consistency.

Many people ignore their interests because they think those activities are “just hobbies.” However, hobbies are often the beginning of

something meaningful. A person may start drawing for fun and later become a designer or artist. Someone who enjoys speaking may become a teacher, leader, or content creator. The world is full of examples where simple passions turned into successful careers. Even if a hobby never becomes a profession, it still gives happiness, peace of mind, and personal growth. Learning skills is also important because life is unpredictable. There may come a time when academic degrees alone are not enough. A practical skill can become a backup support system during hard times. It can help a person earn money, solve problems, and survive independently. Skills make people self-reliant and increase their confidence. They teach patience, discipline, and creativity, which are useful in every stage of life.

Another important thing about learning is that it never goes to waste. Every new skill improves the mind and adds experience to life. The process of learning itself makes a person stronger and wiser. Even mistakes made while learning become valuable lessons. People who continuously learn and improve themselves are more adaptable and successful because they are never afraid of challenges.

Therefore, everyone should invest time in developing at least one meaningful skill. It is not necessary to become perfect immediately. What matters is consistency, practice, and passion. A skill mastered with dedication becomes a powerful strength that no one can take away. In the end, education gives knowledge, but skills give the ability to apply that knowledge in real life. The more we learn, the more capable and confident we become.

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## THE POWER OF SPEAKING: HOW COMMUNICATION CREATES OPPORTUNITIES

What if the opportunity you have been waiting for is just one conversation away? In a world driven by connections, communication has become one of the most valuable skills a person can possess. While many people associate communication with solving disputes or exchanging information, its greater purpose lies in creating possibilities, fostering trust, and opening doors to experiences that can transform lives. The ability to speak, listen, and connect effectively often determines the opportunities that come our way.

Many people are told, “Don’t share your plans or dreams.” While this advice may sometimes come from fear of failure or disappointment, staying completely silent can also stop growth. Dreams become meaningful when they are shared with the right people. If no one knows what you want to achieve, how will they help you, guide you, or connect you with opportunities?

Communication is one of the strongest tools a person can have. A simple conversation can lead to a friendship, a partnership, a career opportunity, or even a life-changing idea. Sometimes, the people around us carry experiences, knowledge, and resources that can help us move closer to our goals. But those connections can only happen when we are willing to speak and express ourselves.

This does not mean a person should boast or show off. There is a big difference between bragging and sharing with purpose. Bragging seeks attention, while meaningful communication seeks connection. Sharing your ideas with the right people can inspire support, advice, and encouragement. A teacher may guide you toward success after hearing your ambitions. A friend may introduce you to someone who can help you grow. Even a stranger may become an important part of your journey.

In today’s world, communication matters more than ever. Whether it is through conversations, presentations, interviews, or social media, the

ability to express thoughts clearly can shape a person’s future. Confidence in speaking helps people stand out. It allows them to present their ideas, defend their opinions, and make others understand their vision. Many successful people reached great heights not only because they were talented, but because they knew how to communicate their talent to the world.

Good communication also builds trust. When people talk openly and honestly, relationships become stronger. Misunderstandings decrease, teamwork improves, and people feel valued. Silence often creates distance, while conversation creates understanding.

Another beautiful thing about communication is that it connects us with unexpected people. Life is unpredictable, and help can come from anywhere. A random conversation with a stranger can teach an important lesson or open a new path. Every person we meet carries a different story, and through communication we learn, grow, and discover new perspectives.

At the same time, communication should always be thoughtful and respectful. Speaking is powerful, so words must be used wisely. Listening is equally important because true communication is not only about talking but also about understanding others.



In the end, communication is more than just words. It is a bridge between dreams and reality. It helps people connect, grow, and discover opportunities they never imagined. So never be afraid to speak, share your ideas, and connect with people. You never know which conversation might change your life forever.

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Afreen Mazgaonkar & Ganesh Gundu

## FLIPKART MAINTAINS DOMINANCE IN INDIA'S E-COMMERCE MARKET



According to investment firm William Blair, Flipkart has attained more than 50 percent market share in the Indian e-commerce industry which helps the company maintain its leadership position. The report shows that Flipkart maintains its market lead because of its strong position in the market against Amazon and new quick-commerce businesses. The company maintains a strong market position because of its leading status in smartphone and electronics and fashion and cheap consumer product categories. According to analysts, Flipkart has established a strong presence in tier-2 and tier-3 cities which, combined with its festive sales and appealing discounts, enables the company to dominate the expanding online retail market in India. The report

showed that India's e-commerce sector is growing quickly because more people gain access to the internet and digital payment systems and smartphones become more popular. Flipkart has a strategic advantage in its local market because of its logistics network which Amazon operates as its main rival. Industry experts predict that competition will increase because of the expansion of both quick-commerce and social commerce platforms. The current customer base of Flipkart together with its business size provides the company with strong potential for growth. The research results show how India evolved into one of the fastest growing digital retail markets worldwide because urban and semi-urban areas developed millions of online shopping customers.

## IN INDIA 7-MINUTE CANCER SHOT COSTING LAUNCHED RS 3.7LAKH PER DOSE

India has taken a major step forward in cancer treatment with the launch of a new seven-minute cancer injection for lung cancer patients. The drug, called Tecentriq, has been introduced by Roche Pharma India and is designed to make immunotherapy faster and more convenient. Unlike traditional intravenous (IV) treatment that can take several hours in a hospital, this new injection is given under the skin and takes only around seven minutes. The treatment is meant for patients suffering from non-small cell lung cancer (NSCLC), which is the most common form of lung cancer in India. Doctors believe that the new method could improve patient comfort and reduce the burden on hospitals. However, the treatment has also raised concerns because of its very high price. The drug is priced at around Rs 3.7 lakh for one dose, with many patients needing about six doses during treatment. The launch of this injection highlights the growing importance of immunotherapy in cancer care. Unlike chemotherapy, which directly attacks cancer cells and can damage healthy cells too, immunotherapy helps the body's own immune system fight cancer. Many patients prefer immunotherapy because it often causes fewer severe side effects than chemotherapy.



## SCIENTISTS DEVELOP NEW DEVICE TO REDUCE EARTHQUAKE DAMAGE WITHOUT ELECTRICITY

What happens when a strong earthquake hits and the lights go out at the same time? A new patented device tries to answer that problem with something surprisingly plain, a hollow steel cylinder packed with solid balls and crossed by a moving shaft. Developed by civil engineering professor Moussa Leblouba at the University of Sharjah, the system is designed to reduce shaking in buildings, bridges, and sensitive equipment without electricity. The device uses friction between steel balls and rods to dissipate vibration energy, while early lab tests reported an effective damping ratio of about 14 percent. The device is not a computer, sensor network, or smart-building gadget. It is closer to a mechanical shock absorber, with a central shaft that moves back and forth inside a cylinder full of solid balls. When an earthquake, strong wind, train vibration, or industrial machine sets a structure moving, that shaft slides through the packed balls. Short rods sticking from it push against them, creating friction that turns part of the shaking into heat and movement inside the device instead of sending all of it into the structure.



## ANDHRA PRADESH'S KONASEEMA TO USE PLASMA TECHNOLOGY FOR WASTE DISPOSAL



The Plasma technology system will serve as the waste management solution which Konaseema district needs to achieve sustainable garbage disposal. The initiative aims to address growing concerns over landfill accumulation and environmental pollution. Plasma technology converts waste into synthetic gas and street waste through its process which operates at extremely high temperatures. The system performs better at handling mixed waste than conventional waste disposal methods according to the officials. The district authorities expect the project will enhance sanitation conditions while promoting cleaner development in urban areas. The system will generate syngas which functions as a renewable energy source through its waste treatment process. Environmental experts support the initiative because advanced waste processing technologies will help cities which experience quick population growth to decrease open dumping and greenhouse gas emissions. Their commitment to successful long-term outcomes requires them to maintain proper tracking of operations and expenses. The Konaseema model will inspire Indian districts and cities to adopt cleaner methods for their municipal waste disposal if it achieves successful execution.

## ISRO'S CHANDRAYAAN 3 HOP EXPERIMENT REVEALS LAYERED STRUCTURE BELOW MOON'S SURFACE

A team of scientists from the Indian Space Research Organisation (ISRO) on May 18 shared a report of the findings of the 'Hop' experiment conducted by the Vikram Lander of Chandrayaan-3 and the Chandra's Surface Thermophysical Experiment (ChaSTE) on the moon. The researchers noted that while we often call it lunar soil, the more apt term to be used is lunar regolith. The lunar regolith is actually shattered rock, tiny, jagged glass-like shards that are abrasive and cling to everything. They also pointed out that the complex structure of regolith has unique geo-technical and thermophysical properties. They said the top 2-6 cm regolith is found to be highly cohesive or sticky and hyper-porous, which can act as a thermal blanket. This layer is crucial in the storage of water-ice molecules in the subsurface, and in selecting the sites for future scientific bases and habitat construction on the Moon. The ISRO scientists said that for an astronaut, this means the surface might feel like walking on dry flour, while just a few inches deeper. This is because, even at that small depth of a few centimetres, the bulk density changes from 750 to 1600 kg m<sup>-3</sup>.



## 'RAJA SHIVAJI' NEARS HISTORIC MILESTONE, CHALLENGES 'SAIRAT' BOX OFFICE RECORD

The Marathi historical epic Raja Shivaji which Riteish Deshmukh directed and performed in has achieved unprecedented box office success through its extended theatrical release. The film has crossed the ₹100 crore worldwide gross mark making it the second Marathi film to reach this milestone following Sairat. The film which premiered on Maharashtra Day has become a major success across Maharashtra because audiences treat its showings as festivals. The movie has already earned more than ₹114 crore worldwide according to industry reports which confirm that it has officially become the highest-grossing Marathi film surpassing Sairat. The film which depicts the life and legacy of Chhatrapati Shivaji Maharaj has received acclaim for its extensive production design and emotional narrative and impressive visual effects. The film which was made with a budget between ₹75 crore and ₹100 crore holds the title of most expensive Marathi film ever made. Trade analysts believe the success of Raja Shivaji marks a turning point for Marathi cinema because it demonstrates that regional films can achieve blockbuster-scale commercial success while maintaining their cultural heritage.



Afreen Mazgaonkar & Ganesha Gundu

## TEJASWIN SHANKAR PRODUCES RARE DECATHLON FEAT IN RANCHI



**T**ejaswin Shankar an Indian athlete achieved his exceptional National Combined Events Championships performance through his decathlon win at the Ranchi competition which brought surprise to the entire athletics community. The decathlete achieved a rare high jump record of 2.25 metres in the high jump event. His performance demonstrated his exceptional athletic abilities through his ability to perform decathlete events which include ten tests of running speed and running endurance and weightlifting strength and technical skills. Tejaswin has become a complete athlete because he started his career as one of India's best high jumpers. Experts noted that clearing 2.25m within a decathlon setting is exceptionally difficult because

athletes must conserve energy across multiple events over two days. The achievement has drawn praise from coaches and former athletes, many of whom described it as a world-class performance. Tejaswin has established himself as one of India's top track-and-field athletes through his exceptional athletic performances which he will showcase at upcoming major international events such as the Asian Games and World Championships. Indian athletics has witnessed rapid progress in recent years and Tejaswin. The latest achievement shows how Tejaswin has reached better athletic standards which operate at higher levels than he had already achieved in his multiple event competitions during his career.

## BENGALURU'S PRIYA KUMARI TRIUMPHS AT IGU PUNE LADIES GOLF CHAMPIONSHIP

**I**n a thrilling finish at the IGU Pune Ladies & Junior Girls Golf Championship held at the Oxford Golf Resort, Bengaluru's Priya Kumari showcased her skills by sinking two crucial puts under pressure. She secured both the overall championship title and the Category 'A' title for ages 15-17. Priya began her final round with a 10-foot birdie putt on the last hole, which allowed her to tie with Rajasthan's Ojaswini Saraswat, who delivered an impressive three-under 69 on the final day. During the playoff, Priya reached the green in two strokes and made a five-foot birdie putt, while Ojaswini could only manage a par, finishing in second place. Both players concluded the tournament with a three-total of even-par 21, although Priya's five-shot lead had narrowed to just one after a double-bogey on the ninth hole. Ojaswini's strong performance on the final day saw her equalize after Priya dropped a shot on the 15th hole. Ojaswini then birdied the 17th, taking the lead for the first time. However, Priya responded by birdieing the 18th to level the score again.



## ASHMITA CHALIHA'S EXIT ENDS INDIA'S CAMPAIGN AT MALAYSIA MASTERS



**T**he Indian badminton team was eliminated from the Malaysia Masters 2026 after Ashmita Chaliha lost her quarterfinal match in the women's singles event. The last remaining Indian player in the tournament lost to an opponent who held a higher ranking which resulted in the end of India's competition in Kuala Lumpur. Despite losing the match Ashmita demonstrated strong ability to compete throughout the tournament while displaying her fighting spirit. She reached the quarterfinals after winning an essential pre-quarterfinal match which made her the only Indian player to reach this stage after most top Indian shuttlers lost their matches. Ashmita faced difficulties in her quarterfinal match because her opponent, who had experienced better control over the match

through faster movements and more precise shots. The Indian player demonstrated exceptional skills while fighting until the last point of the match. Her tournament performance is currently regarded as an optimistic development for Indian badminton especially in women's singles because new female athletes are increasing their global competition experience. Coaches and analysts believe Ashmita's run will boost her confidence ahead of future BWF tournaments and continental competitions. The Indian team will shift its focus on upcoming events while players prepare for their upcoming international tournaments which will happen later in the season.

## INDIAN U-18 MEN'S HOCKEY TEAM READY FOR ASIA CUP CHALLENGE IN JAPAN

**T**he Indian Under-18 men's hockey team will begin its first match at the 2026 Men's U-18 Asia Cup in Japan while the young players of the team try to maintain India's historic success in junior hockey. The tournament will showcase top emerging talents from Asia who will use the event as a vital platform to develop their future international careers. The Indian team begins the competition with high expectations, based on their strong performances in both junior tournaments and national training camps. Hockey India officials expressed confidence about the team, after they reported that players showed both fitness and discipline and played an attacking style of hockey. India will compete in a tough group where they will face powerful teams from Pakistan, South Korea, and Malaysia during the league matches. Coaches expect the tournament to provide essential international experience, which will help them discover players who can eventually join the senior national team. The Asia Cup holds special significance because teams that perform well will improve their chances to qualify for upcoming global junior competitions. Hockey experts believe India has a title-winning opportunity because their team shows both strong offensive players and skilled defensive players. The upcoming match will test whether the young Indian team can duplicate their continental success from last year.



## INDIA STORM INTO QUARTERFINALS OF JUNIOR DAVIS CUP ASIA-OCEANIA QUALIFIERS



**T**he Indian Under-16 boys' tennis team achieved a dominant victory which brought them to the quarterfinals of the Junior Davis Cup Asia-Oceania Final Qualifying Tournament in Shymkent Kazakhstan. The Indian team defeated China 3-0 in their final group-stage tie to top Group C unbeaten. The match started successfully for India when Tavish Pahwa defeated Junze Wu with a score of 6-1 6-3 in the first singles match. Hruthik Katakam then sealed the tie with another straight-sets win, defeating Hongjin Qi 6-3, 6-2. The pair later combined in doubles to complete the clean sweep against the Chinese team. The Indian side achieved victory over Indonesia and Malaysia in their previous matches which allowed them to finish the group stage without losing any ties. Despite having high fever,

Katakam returned to the court for doubles which showed the team's dedication to fight until the end. The Indian team will compete against Uzbekistan in the quarterfinals under the coaching of Rana Banerjee. The tournament holds critical importance because the Junior Davis Cup World Finals will accept teams that reach the semifinals thus every knockout match becomes essential for the competition.

## KKR VERSUS MI MATCH ESTABLISHED A NEW VIEWERSHIP RECORD FOR IPL

**T**he IPL 2026 match between Kolkata Knight Riders and Mumbai Indians achieved its historic moment by establishing a new record for all-time viewership in the tournament. The match received enormous audience interest because it was a crucial game which demonstrated that IPL had become more popular than ever before. Eden Gardens hosted the match which attracted cricket enthusiasts who wanted to see two major league teams compete against each other. The game achieved its highest combined viewership numbers in IPL history which exceeded all previous records from playoff and final games. The contest received extra excitement from KKR's exhilarating win against Mumbai Indians. The outcome improved Kolkata's chances to reach the playoffs while it decreased Mumbai's chances for success in the season. The rivalry between the two franchises generated substantial viewer interest because both teams had star players who participated in the match. The record demonstrates IPL has established itself as a worldwide sports brand which attracts more digital viewers while maintaining its appeal to younger fans. The tournament maintains its position as the leading sports entertainment event in India because broadcasters and streaming platforms experience record levels of viewer interaction.



Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## SBI APPRENTICE RECRUITMENT 2026



State Bank of India has released the official notification for SBI Apprentice Recruitment 2026 under the Apprentices Act, 1961. The recruitment drive offers 7150 Apprentice vacancies across various States and Union Territories in India. Eligible graduates can apply online from 19 May 2026 to 08 June 2026 through the official SBI Careers portal.

### Recruitment Highlights

- Post Name: Apprentice
- Total Vacancies: 7150 Posts
- Training Duration: 1 Year
- Monthly Stipend: ₹15,000/-
- Job Location: Across India

### Eligibility Criteria

- Graduation in any discipline from a recognized University/Institute.
- Candidates must register on the NAPS Portal before applying.
- Age Limit: 20 to 28 years as on 01 April 2026.
- Age relaxation applicable for SC/ST/OBC/PwBD categories as per Government rules.

### Selection Process

- Online Written Examination
- Local Language Test
- Document Verification
- Medical Examination

### Online Exam Pattern

- General/Financial Awareness
- General English
- Quantitative Aptitude
- Reasoning Ability & Computer Aptitude
- Total: 100 Questions | 100 Marks | 60 Minutes
- Negative Marking: ¼ mark for each wrong answer

### Application Fee

- General/OBC/EWS: ₹300/-
- SC/ST/PwBD: Nil

### Important Dates

- Online Registration Starts: 19 May 2026
- Last Date to Apply: 08 June 2026
- Online Exam: Tentatively July 2026

### How to Apply:

- Visit the official application portal and register using valid email and mobile number.
- Fill the online application form carefully with personal, educational, state/district preference, and category details.
- Upload scanned copies of Photograph, Signature, Left Thumb Impression, Hand-written Declaration, and all required documents.
- Pay the application fee online and submit the form

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

## PUNJAB AND SIND BANK APPRENTICE RECRUITMENT 2026

Punjab & Sind Bank, a Government of India Undertaking, has released the official notification for recruitment of 635 Apprentices across various States and Union Territories under the Apprentices Act. Eligible graduates can apply online from 21 May 2026 to 06 June 2026 through the official portal.

### Vacancy Highlights

- Post Name: Apprentice
- Total Vacancies: 635 Posts
- Job Location: Across India
- Monthly Stipend: ₹12,300/-
- Training Type: Apprenticeship Training

### Eligibility Criteria

- Graduation in any discipline from a recognized university.
- Candidates must possess proficiency in the local language of the applied State/UT.
- Age Limit: 20 to 28 years as on 01 May 2026. Age relaxation applicable as per Government rules.
- Candidates with Post Graduation or more than one year of work experience are not eligible.

### Selection Process

- Selection will be based on:
- Merit List prepared on the basis of 10+2 (HSC)

- marks
- Document Verification
- No written examination will be conducted.

### Application Fee

- General/OBC/EWS: ₹200/- + Taxes
- SC/ST/PwD: ₹100/- + Taxes

### Important Dates

- Online Registration Starts: 21 May 2026
- Last Date to Apply Online: 06 June 2026
- Last Date for Printing Application: 21 June 2026

### How to Apply

- Step 1: Visit the official application portal and register using valid email and mobile number.
- Step 2: Fill the online application form carefully with personal, educational, state/district preference, and category details.
- Step 3: Upload scanned copies of Photograph, Signature, Left Thumb Impression, Hand-written Declaration, and all required documents.

Step 4: Pay the application fee online and submit the form

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

## BANK OF BARODA SPORTS QUOTA RECRUITMENT 2026

Bank of Baroda has released an official notification for Sports Quota Recruitment 2026 to fill 30 vacancies for Customer Service Associate (Clerical Cadre) on a regular basis. This recruitment offers an excellent opportunity for talented sportspersons to build a secure banking career while continuing their sporting excellence.

### Recruitment Overview:

- Post Name: Customer Service Associate (Sport

Graduation in any discipline from a recognized university

- Sports Qualification: Must have represented State/UT/Country in National or International events, Khelo India Games, Inter-University tournaments, or National School Games.

### Sports Discipline-wise Vacancies:

- Cricket (Delhi & Mumbai)
- Kabaddi (Male & Female)

- Quota)
- Total Vacancies: 30 Posts (24 Male + 6 Female)
- Job Type: Regular Clerical Cadre
- Job Locations: Delhi, Mumbai & Chennai
- Application Mode: Online

### Eligibility Criteria:

- Age Limit: 20-28 years as on 01 April 2026
- Age Relaxation: 3 years for OBC, 5 years for SC/ST candidates
- Educational Qualification:

- Football
- Table Tennis

### Salary & Benefits:

- Pay Scale: ₹24,050 – ₹64,480
- Additional allowances and benefits as per bank norms

### Selection Process:

- Shortlisting of Applications
- Field Trials / Sports Performance Assessment
- Document Verification

### Application Fee:

- UR/OBC/EWS: ₹850/-
- SC/ST/ESM/Women: ₹175/-

### Important Dates:

- Online Registration Starts: 22 April 2026
- Last Date to Apply: 12 May 2026

### How to Apply:

- Visit the official Bank of Baroda website → Careers → Current Opportunities → Register → Upload documents → Pay fee → Submit application.

For more details candidates are asked to visit the official website

Deepika Singh

## QUIZ TIME

1. Which military operation did India launch on 7 May 2025 in response to the Pahalgam terror attack, and how many terror camps were targeted?
2. PM Narendra Modi received the FAO Agricola Medal in May 2026. In which city was this award ceremony held?
3. India won the 2026 ICC Men's T20 World Cup final by 96 runs. Who was named Player of the Match?
4. How many civilians were killed in the Pahalgam terror attack on 22 April 2025 that triggered Operation Sindoor?
5. India's first dedicated mission to Venus, Shukrayaan, is approved with what budget and planned launch date?
6. On 22 May 2026, India dominated a global heatwave record. How many of the world's 50 hottest cities were located in India that day?
7. India and Italy elevated their bilateral ties to what level of partnership during PM Modi's visit to Rome in May 2026?

## RIDDLES

### ON IPL

1. I played for one team my whole career with pride, 9,000 runs and counting, no one by my side. RCB's number 18, in red and gold I shine — Who am I, the run king of IPL all time?
2. Five trophies each, two teams share this crown, One wears yellow, one wears blue in every town. Equal champions, no one leads the race — Name both the teams who share the top place?
3. 175 not out — a score the world won't forget, A West Indian giant, the bowlers' biggest threat. In 2013 for RCB, he tore the attack apart — Who is this big-hitting legend with a massive heart?
5. Six wickets for twelve runs — on my very first day, Mumbai Indians' new weapon, I blew SRH away. A West Indian debutant, 2019 was my year — Who am I, whose bowling figures fill batters with fear?

- ANSWERS
- I) QUIZ TIME
1. Sindoor
  2. Rome
  3. Bumrah
  4. 26
  5. Venus
  6. 50
  7. Maharashtra
- II) RIDDLES
1. Virat Kohli
  2. Mumbai Indians and Chennai Super Kings
  3. Chris Gayle
  4. Alzarri Joseph



## DAHI KE SHOLE – THE CRISPY YOGURT DELIGHT!

This Week, We're Relishing Dahi Ke Shole – The Crispy Yogurt Delight!

**D**ahi Ke Shole is a popular North Indian appetizer known for its crispy golden exterior and creamy, flavorful yogurt filling. Made with thick hung curd, paneer, and aromatic spices wrapped in bread and fried to perfection, this dish is a favorite at parties, festive gatherings, and special occasions. The contrast between the crunchy outer layer and the rich, tangy filling creates an irresistible snack that delights every palate.

**Ingredients:** 2 cups hung curd (thick yogurt), ½ cup grated paneer, 2 tablespoons finely chopped capsicum, 2 tablespoons finely chopped onion, 1 green chilli (finely chopped), 1 tablespoon chopped coriander leaves, ½ teaspoon roasted cumin powder, ½ teaspoon chaat masala, salt to taste, 8–10 bread slices, 2 tablespoons maida (all-purpose flour), water as required, oil for frying.

### Preparation

**Prepare the Filling:** In a bowl, combine hung curd, grated paneer, capsicum, onion, green chilli, coriander leaves, roasted cumin powder, chaat masala, and salt. Mix gently until smooth and refrigerate for 15–20 minutes.

**Prepare the Bread:** Trim the edges of the bread slices and roll them flat using a rolling pin.

**Shaping:** Place a spoonful of the yogurt mixture in the center of each bread slice. Fold the sides and roll tightly. Seal the edges with a paste made from maida and water.

**Frying:** Heat oil in a deep pan and fry the prepared rolls on medium heat until they turn golden brown and crisp. Remove and place on absorbent paper.

**Garnishing:** Arrange the hot Dahi Ke Shole on a serving platter and garnish with fresh coriander leaves. Serve with mint chutney, tamarind chutney, or tomato ketchup.

**Serving Tip:** Serve Dahi Ke Shole hot and crispy as an evening snack, party starter, or festive appetizer. Pair it with refreshing mint chutney and masala tea for a delicious combination. The crunchy coating and creamy, tangy filling make every bite a delightful experience that guests will love.



### 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](mailto:thehulahultimes@gmail.com)
- Subject Line: ARTWORK
- Include: Your Name, Age, School/College Name, and Phone Number

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