

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow

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Ravi Singh &amp; Delisha Gupta

## WORLD DAY FOR SAFETY AND HEALTH AT WORK: BUILDING A CULTURE OF CARE AND PREVENTION

Every year on April 28, the world comes together to observe the World Day for Safety and Health at Work a global initiative dedicated to promoting safe, healthy, and dignified working conditions for all. Spearheaded by the International Labour Organization (ILO), this day serves as a powerful reminder that every worker has the right to return home safely at the end of the day. It is not merely a date on the calendar, but a call to action for governments, employers, and employees alike to prioritize workplace safety and well-being.

In today's rapidly evolving work environment, safety concerns are no longer limited to physical hazards such as machinery accidents or exposure to harmful substances. While these traditional risks still exist, modern workplaces face emerging challenges including mental health issues, digital fatigue, ergonomic stress, and the pressures of remote work. As industries transform with technology and globalization, the definition of "safe work" must expand to include both physical and psychological well-being.

According to global estimates, millions of workers suffer from occupational accidents and diseases every year. These incidents not only cause human suffering but also lead to significant economic losses due to reduced productivity, medical expenses, and compensation claims. However, most workplace accidents are preventable. This highlights a crucial truth: safety is not accidental; it is intentional.

Creating a safe work environment begins with awareness and education. Employers must ensure that workers are properly trained to handle equipment, understand safety protocols, and respond effectively to emergencies. Regular safety drills, clear communication of guidelines, and access to protective gear are essential components of a proactive safety culture. At the same time, employees must take responsibility by following rules, reporting hazards, and looking out for one another.

One of the key themes emphasized in recent years is the integration of technology to enhance workplace safety. Artificial intelligence, automation, and data analytics are being used to predict risks, monitor working conditions, and prevent accidents before they occur. For example, wearable devices can track fatigue levels or exposure to harmful environments, alerting workers and supervisors in real time. While technology brings efficiency, it must be implemented thoughtfully to ensure that it supports rather than replaces human judgment and care.

Mental health has also emerged as a critical aspect of workplace safety. Stress, burnout, and anxiety can significantly impact an individual's performance and overall well-being. A toxic work environment can be just as harmful as a physically dangerous one. Organizations must foster a culture where employees feel valued, heard, and supported. Encouraging work-life balance, offering counselling services, and promoting open conversations about mental health are vital steps in this direction.

For countries like India, where a large portion of the workforce is employed in the informal sector, ensuring workplace safety presents unique challenges. Many workers lack access to basic safety equipment, training, or legal protection. On this World Day for Safety and Health at Work, it is important to extend our focus beyond formal offices and factories to include construction sites, farms, small businesses, and gig workers. Inclusive policies and stronger enforcement of labor laws are essential to protect every worker, regardless of their employment status.

Educational institutions also play a significant role in shaping future workplaces. By introducing safety awareness at an early stage, students can develop a sense of responsibility and preparedness before entering the workforce. This is especially relevant for young individuals pursuing professional courses, where practical exposure to real-world environments is common.

The responsibility of ensuring workplace safety does not lie with one group alone. It

*Safe today, Stronger tomorrow.*

**WORLD DAY FOR SAFETY & HEALTH AT WORK**  
— APRIL 28 —

Every job. Every worker.  
Every life matters.

- SAFETY FIRST**  
Think safe, work safe, go home safe.
- HEALTH ALWAYS**  
A healthy worker is a productive worker.
- TOGETHER WE PROTECT**  
Teamwork makes every workplace safer.
- CARE EVERYDAY**  
Look out for others and one another.

**A SAFE WORKPLACE BUILDS A BETTER FUTURE**

- BE AWARE**  
Know the risks. Stay alert.
- BE PREPARED**  
Follow procedures. Be ready.
- REPORT RISKS**  
Speak up. Prevent harm.
- RESPECT & CARE**  
A little care creates a lot of safety.

SAFE WORKPLACES. STRONG PEOPLE. BETTER WORLD.

requires collective effort. Governments must implement and enforce strict safety regulations. Employers must invest in training, infrastructure, and employee welfare. Workers must remain vigilant and proactive. Only through collaboration can we create workplaces that are not only productive but also humane.

As we observe this important day, let us move beyond symbolic gestures and commit to meaningful action. Safety should not be treated as an optional expense but as a fundamental investment in human life. Every policy implemented, every precaution taken, and every life protected contributes to a stronger, more sustainable future.

In conclusion, the World Day for Safety and Health at Work reminds us that behind every job is a human life that deserves protection, respect, and care. A safe workplace is not a privilege it is a basic right. By fostering awareness, embracing innovation, and promoting empathy, we can build a world where work empowers individuals without compromising their health or safety.

Let this day inspire us to transform our workplaces into spaces of security, dignity, and growth because when workers are safe, societies thrive.

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Durgesh K. Dubey

## YESAJI KANK: THE MAN WHO STOOD BETWEEN DANGER AND SWARAJYA

In the great story of Swarajya, where names like Chhatrapati Shivaji Maharaj shine brightly, there are also warriors whose loyalty and courage silently strengthened the foundation of that dream. One such name is Yesaji Kank, a trusted companion and a fearless soldier who stood firmly beside Shivaji Maharaj in times of danger and uncertainty. His life may not always be told in grand chapters, but it lives in the values of loyalty, bravery, and unwavering duty. Yesaji Kank was not born into royal privilege. He was a man shaped by discipline, physical strength, and a deep sense of commitment. From a young age, he was trained in traditional martial arts and became highly skilled in the mardani khel, the warrior traditions of Maharashtra. His strong build, sharp reflexes, and fearless nature made him a natural protector. But what truly defined Yesaji was not just his physical ability, it was his absolute loyalty.

### The Bodyguard Who Never Stepped Back

As Shivaji Maharaj began building Swarajya, he needed not only generals but also men he could trust with his life. Yesaji Kank became one of those few. He served as a personal bodyguard, always present, always alert, and always ready. Being close to Shivaji Maharaj was not a position of comfort. It was a responsibility filled with constant danger. Enemies surrounded them, spies moved silently, and betrayal was always a possibility. In such an environment, Yesaji stood like a shield. It is said that Yesaji had a unique quality he did not speak much, but his presence gave confidence. Soldiers felt safe when he was near, and Shivaji Maharaj trusted him completely.

### The Encounter at Golconda

One of the most well-known incidents associated with Yesaji Kank reflects not only his strength but also his calm confidence. During a visit to the court of the Qutb Shahi Sultan of Golconda, Shivaji Maharaj was accompanied by a small group of trusted men, including Yesaji. At the court, there was a display of strength involving a powerful royal elephant, known for its aggressive nature. The elephant was considered uncontrollable, and it was used to demonstrate the might of the Sultan's forces. In a moment that tested courage and composure, Yesaji Kank stepped forward. With remarkable confidence and skill, he confronted the elephant. Using his agility and understanding of movement, he managed to control the situation and subdue the animal. The court was stunned. This was not merely a display of strength; it was a message. The Maratha warriors were not only brave but also disciplined and fearless even in unfamiliar environments. Shivaji Maharaj's presence was strengthened by the courage of men like Yesaji.

### A Protector in Every Moment

Yesaji's role went far beyond individual incidents. He was part of Shivaji Maharaj's inner circle during critical missions and journeys. Whether it was traveling through dense forests, negotiating in enemy territory, or moving between forts, Yesaji remained alert. There is an account often spoken of in oral traditions where a sudden threat emerged during a night halt. While others were resting, Yesaji noticed unusual movement and immediately positioned himself between the danger and the

Maharaj. His quick response prevented what could have been a serious attack. Such moments were not recorded as victories in history books, but they were victories of vigilance and responsibility. Yesaji understood that protecting a leader was not about fighting only in battles; it was about being aware every second.

### Strength with Humility

Despite his extraordinary abilities, Yesaji Kank never allowed pride to take control. He remained grounded, focused only on his duty. He did not seek recognition or reward. For him, service to Swarajya was itself the highest honour. Shivaji Maharaj valued such qualities deeply. He believed that the strength of Swarajya depended not only on great leaders but also on dedicated individuals who worked without ego. Yesaji represented this ideal perfectly.

### Lessons from His Life

The life of Yesaji Kank teaches us that heroism is not always loud. Sometimes, it is quiet, consistent, and disciplined. He showed that loyalty is not just about words but about actions taken in moments of uncertainty. He also demonstrated that true strength is balanced with humility. Even when he proved his courage in the court of Golconda, he did not boast or seek fame. He simply returned to his duty. His life reminds us that every great mission requires not only visionaries but also protectors who stand firmly behind them.

### The Human Side of Courage

It is easy to see Yesaji as a fearless warrior, but his courage was deeply human. He faced danger repeatedly, knowing the risks involved. Yet, he chose duty over fear every time. He did not fight for personal glory. He fought because he believed in the idea of Swarajya, a land where people could live with dignity and freedom. His story tells us that courage is not about being fearless; it is about choosing the right path even when fear exists.

### Moral and Conclusion

The life of Yesaji Kank teaches us that true greatness lies in loyalty, discipline, and selfless service. He showed that protecting



a noble cause is as important as leading it. His courage reminds us to stay firm in our responsibilities, while his humility teaches us to act without seeking recognition. In today's world, where success is often measured by visibility, Yesaji's life encourages us to value dedication and integrity. His story proves that even those who stand behind great leaders play a vital role in shaping history, and that silent strength can be as powerful as celebrated leadership.

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Ravi Singh & Delisha Gupta

## YOUNG, FEARLESS, UNSTOPPABLE: VAIBHAV SOORYAVANSHI'S CRICKET JOURNEY

In a nation where cricket is more than just a sport, it is an emotion, new talents continue to emerge, carrying the dreams of millions. One such extraordinary name is Vaibhav Sooryavanshi, a young prodigy whose journey from the small town of Tajpur in Bihar to the grand stages of international cricket reflects dedication, discipline, and an unshakable passion for the game. His story is not just about records and achievements, but about perseverance, sacrifice, and the relentless pursuit of excellence at an age when most are still discovering their dreams.

Vaibhav Sooryavanshi was born on 27 March 2011 in Tajpur, a town in the Samastipur district of the Mithila region of Bihar. His father Sanjiv, who was an aspiring cricketer, played a key role in shaping his career. Vaibhav began his cricket training at the age of four in his hometown. Recognising his talent, his father enrolled him at Manish Ojha's GenNex Cricket Academy in Patna when he was eight years old. Vaibhav and his father used to travel approximately 100 km from Samastipur to Patna on alternate days for his training sessions. His childhood coach Ojha has described him as a quick learner. He is a fan of the West Indian batting great Brian Lara.

A left-handed batsman for Rajasthan Royals in the IPL, he is renowned for his aggressive style, becoming the fastest to 1,000 T20 runs (473 balls) and the first to score multiple sub-40 ball IPL centuries. He previously set records for the youngest first-class debutant (aged 12) and youngest U19 player.

Vaibhav Sooryavanshi is a rising star in cricket. In a country where cricket's a really big deal new players are coming up all the time. These players inspire a lot of people with their work and big dreams. Vaibhav Sooryavanshi is one of these players. You can see that Vaibhav Sooryavanshi is very passionate about cricket. He is willing to work hard to succeed.

Vaibhav Sooryavanshi is part of a group of cricketers who grew up watching the players in the world. They wanted to be like them. Vaibhav Sooryavanshi probably started playing cricket in parks and fields. These places are not always in condition. That did not stop Vaibhav Sooryavanshi from playing and practicing all the time. This is where Vaibhav Sooryavanshi learned to be tough. He learned

to keep going even when things are hard. Vaibhav played as a 12-year-old the Vinoo Mankad Trophy for Bihar's under-19 side.

In 2023, he played for the India B under-19 side in a quadrangular series, scoring 177 runs in six innings, including two half-centuries. In September 2024, he made his debut for India under-19 against Australia under-19s. He scored a 58-ball century on his under-19 Test debut, the fastest for an Indian under-19 player, before being run out for 104. This was the second-fastest century in under-19 international cricket.



At the 2024 ACC Under-19 Asia Cup, Vaibhav scored 76 off 46 balls against UAE under-19s, followed by 67 runs from 36 balls in the semi-final against Sri Lanka under-19s.

In November 2025, he scored 144 runs off just 42 balls playing for India A against the United Arab Emirates in the Asia Cup Rising Stars T20 match. He scored his century off just 32 balls.

In the final of the 2026 ICC Under-19 Cricket World Cup, Vaibhav scored 175 runs off 80 balls against England, smashing 15 fours & 15 sixes in a record-breaking knock.

What makes Vaibhav Sooryavanshi special is not just that he is a player. It is also how Vaibhav Sooryavanshi thinks about the game. Nowadays cricket players need to be able to do a lot of things. They need to be able to bat, bowl and field. They also need to be able to think fast and stay calm under pressure. Vaibhav Sooryavanshi seems to have all these qualities. He is always trying to get better. Vaibhav Sooryavanshi knows that just being talented is not enough. He needs to keep practicing and

learning things to be a good player.

One of the things about players like Vaibhav Sooryavanshi is that they can handle pressure. In India people love cricket. They expect a lot from the players. Even when they are just starting out players like Vaibhav Sooryavanshi have to deal with a lot of pressure to perform well. Vaibhav Sooryavanshi seems to be able to handle it. He stays focused on his goals.

To be a cricket player you need to practice a lot. You need to take care of your body. This means eating exercising and getting enough rest. Vaibhav Sooryavanshi knows this. He is working hard to get stronger and faster. Vaibhav

Sooryavanshi also knows that he needs to be mentally tough to play. This is important because cricket can be a sport. It is demanding both physically and mentally.

In November 2024, Sooryavanshi became the youngest player to sign an Indian Premier League (IPL) contract when he was picked by the Rajasthan Royals at 13 years old for 1.1 crore (US\$130,000).

On 19 April 2025, Sooryavanshi made his IPL debut for Rajasthan Royals against the Lucknow Super Giants at the age of 14 years and 23 days, becoming the youngest debutant in IPL history. He is notably the first IPL player born after the league's inception in 2008. In his debut IPL match, he scored 34 runs in 20 balls, including a first-ball six.

On 28 April 2025, Sooryavanshi became the youngest player to score a century in the IPL, at 14 years and 32 days old, when he scored 101 off 38 balls in a match against Gujarat Titans. He reached his century in just 35 balls, making it the second-fastest century in IPL history behind Chris Gayle (30 balls), and the fastest by

an Indian. During the innings, he also became the youngest player with a 50+ score in all T20s and equalled the record for most sixes in an IPL innings by an Indian (11), set by Murali Vijay.

Vaibhav Sooryavanshi has an attitude and a positive mindset. This is important for any cricket player. He is always willing to learn and get better. Vaibhav Sooryavanshi respects the game of cricket. This makes him a good role model for players. They want to follow in his footsteps. His story shows that if you work hard and stay focused you can achieve your dreams.

In 2025, he was honoured with the Rashtriya Bal Puraskar, one of the highest civilian awards for children in India, recognizing his talent and dedication at such a young age. The following year, he continued his remarkable journey by shining on the global stage, earning the Player of the Tournament title at the ICC Under-19 Cricket World Cup 2026. These achievements reflect not just his skill, but also his hard work, passion, and bright future in cricket.

There are a lot of ways for players like Vaibhav Sooryavanshi to get noticed. They can play at a level. There are tournaments and leagues where they can play against teams. There are also media and other ways to get their name out there. Vaibhav Sooryavanshi is taking advantage of these opportunities. He is using them to get better and get experience.

In the end Vaibhav Sooryavanshi is an example of what it means to follow your dreams. He is an example of what it means to work to achieve them. Vaibhav Sooryavanshi is an inspiration to all the cricket players there. They want to be like him. His story shows that if you are passionate, about something and you are willing to put in the effort you can succeed.

Vaibhav Sooryavanshi's journey is a powerful reminder that age is no barrier when talent meets determination. From practicing on modest grounds to breaking records on global platforms, he embodies the spirit of modern Indian cricket fearless, focused, and forward-looking. As he continues to rise, his story inspires countless young dreamers to believe in themselves, work tirelessly, and embrace challenges with courage. The future of Indian cricket looks brighter with stars like him, and his journey has only just begun.

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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.*

A decade ago, creating content online was largely seen as a hobby. People shared videos, photography, or opinions mainly for entertainment and self-expression. Today, content creation has evolved into a business model. The rise of the creator economy has turned YouTubers, influencers, freelancers, and digital educators into entrepreneurs who monetise skills, audiences, and expertise through digital platforms. With smartphones and social media, creators are building independent income streams beyond traditional employment. As a result, personal skills and digital presence are becoming valuable business assets.

### What Is the Creator Economy?

The creator economy refers to individuals who earn income by producing content, sharing expertise, or offering services directly to audiences online. Unlike traditional businesses, creators often build brands around:

- Knowledge
- Creativity
- Entertainment
- Skills and expertise
- Community engagement

## CONTENT TO COMMERCE: HOW THE CREATOR ECONOMY IS BUILDING MICRO-BUSINESS OWNERS

The creator is not just the marketer—they are also the product, the brand, and the business owner.

### How Creators Become Micro-Business Owners

Creators today do more than post content. They build ecosystems around their audience. Income sources may include:

- Brand collaborations
- Sponsored content
- Affiliate marketing
- Paid subscriptions
- Freelancing services
- Digital products and courses
- Advertising revenue

Example: A finance educator on YouTube may create videos explaining budgeting or investing while earning through ads, paid workshops, and brand partnerships.

The audience gradually becomes a customer base.

### YouTubers Turning Content into Business

YouTube has become one of the strongest platforms in the creator economy. Creators now build channels around:

- Education
- Personal finance
- Food and travel
- Technology reviews
- Career guidance
- Lifestyle and fitness

Example: A student who uploads productivity videos or study tips can gradually grow an audience and later monetise through sponsorships and educational content.

What begins as content can evolve into a business.

### Influencers and Niche Communities

Influencers are no longer limited to celebrity culture. Today, niche creators build strong communities around specific interests. Popular categories include:

- Fashion and Beauty
- Health and Wellness
- Fitness Coaching
- Career Mentoring

- Parenting Advice
  - Finance and Investing
- Example: A fitness influencer may partner with nutrition brands, offer workout plans, and create subscription-based communities.

Influence becomes an economic opportunity.

### Freelancers as Independent Businesses

Freelancing has become another pillar of the creator economy. Instead of working for a single employer, freelancers offer services directly to clients which include:

- Graphic design
- Content writing
- Video editing
- Website development
- Social media management
- Digital marketing

Example: A commerce student skilled in presentation design may work with startups or local businesses remotely and earn through project-based assignments.

Skills become income-generating assets.

### Why the Creator Economy Is Growing

Several factors are driving this rise:

- Low startup cost
- Smartphone accessibility
- Social media growth
- Flexible work culture
- Demand for personalised content
- Digital payment systems

People today trust relatable creators more than traditional advertisements.

### Career Opportunities for Students

The creator economy is opening diverse career paths beyond traditional jobs. Emerging roles include:

- Content Creator
- Brand Strategist
- Influencer Marketing Executive
- Social Media Manager
- Video Editor
- Community Manager
- Digital Consultant

Example: A student may start as a freelance content writer and later develop a

personal brand, online course, or consulting business.

These careers blend creativity with entrepreneurship.

### Skills Students Should Build

- Content creation and storytelling
  - Communication and presentation skills
  - Social media understanding
  - Basic editing and design skills
  - Branding and audience engagement
- Students who understand digital platforms gain a strong advantage.

### Challenges in the Creator Economy

Despite growth, creators face challenges:

- Income inconsistency
- Platform dependency\High competition
- Creative burnout
- Audience retention pressure

Success requires discipline, adaptability, and continuous learning.

### The Bigger Shift

The creator economy is changing the definition of work. Individuals are no longer limited to traditional employment structures they can build businesses around skills, personality, and expertise. Work is becoming more flexible, independent, and audience-driven.

### The Takeaway

The creator economy is not just producing influencers it is creating micro-business owners who monetise talent, knowledge, and community. Because in today's digital world, a personal brand can become a powerful business model.

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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.*

## WILLIAM SHAKESPEARE'S CONTRIBUTION TO THE ENGLISH LANGUAGE

William Shakespeare has had an unparalleled influence on the development of the English language. Writing during the late 16th and early 17th centuries, he enriched English vocabulary by introducing over 1,700 words, many of which are still in use today, such as assassination, lonely, and majestic.

Beyond vocabulary, Shakespeare popularised numerous phrases and expressions like “break the ice,” “wild-goose chase,” and “heart of gold,” which have become integral to everyday communication. His works also demonstrate a remarkable flexibility in grammar and syntax, allowing the language to evolve in expressive and imaginative ways.

Shakespeare's literary genius not only shaped dramatic literature but also transformed English into a more vibrant and dynamic medium of expression.

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## DID YOU KNOW?

- Stream of consciousness is a narrative technique that presents a character's thoughts as they occur in the mind. Writers like James Joyce and Virginia Woolf used it to reflect inner emotions.
- The sonnet is a 14-line poetic form popularized by William Shakespeare, often exploring themes of love, time, and beauty.
- Satire is a literary technique used to criticize society through humor and irony. Jonathan Swift used satire effectively in his works.
- The Gothic genre combines horror, mystery, and the supernatural. Writers like Mary Shelley and Edgar Allan Poe shaped this style.
- Metaphor is a figure of speech that compares two unlike things to create deeper meaning, widely used in poetry and prose.
- Irony is when the intended meaning is different from the literal meaning. It is commonly used to create humor or emphasize contrast.
- The epic is a long narrative poem that tells the story of heroic deeds. Famous examples include works by Homer like the Iliad and the Odyssey.
- Dystopian literature explores imagined societies that are often oppressive or controlled, as seen in works by George Orwell.
- Literary movements often reflect the social and cultural conditions of their time, showing how literature connects with real-world changes.

## GRAMMAR TIP

### Subject-Verb Agreement

A verb must agree with its subject in number and person.

Singular subject → singular verb

Example: She writes every day.

Plural subject → plural verb

Example: They write every day.

Note: When subjects are joined by “and,” use a plural verb.

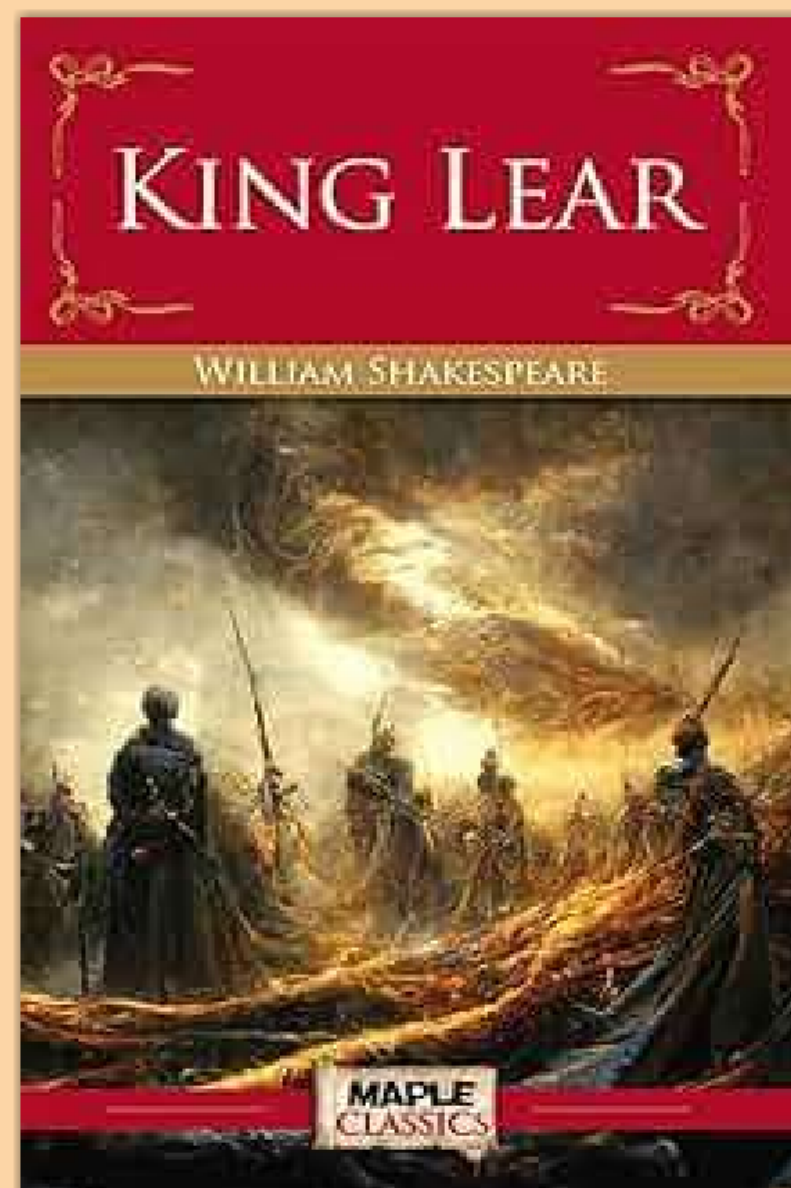
Example: Ram and Shyam are playing

## WRITER OF THE WEEK

### William Shakespeare

Widely regarded as the greatest playwright in the English language, Shakespeare authored 39 plays, 154 sonnets, and numerous poems. His works explore universal themes such as love, ambition, power, and human frailty, making them timeless and globally relevant.

## BOOK REVIEW



### King Lear

King Lear is a tragic masterpiece that examines themes of power, betrayal, madness, and redemption. The play narrates the story of an aging king who divides his kingdom among his daughters based on their flattery, leading to his downfall.

The emotional intensity and psychological depth of the characters, particularly Lear's descent into madness, make this play one of Shakespeare's most powerful tragedies. It offers profound insights into human nature and the consequences of pride and misjudgment.

## QUOTABLE QUOTES

*“Some are born great, some achieve greatness, and some have greatness thrust upon them.”*

— William Shakespeare

## CREATIVE WRITING

### SONNET 28

How can I then return in happy plight

That am debarred the benefit of rest?

When day's oppression is not eased by night,

But day by night and night by day oppressed,

And each (though enemies to either's reign)

Do in consent shake hands to torture me,

The one by toil, the other to complain

How far I toil, still farther off from thee.

I tell the day, to please him thou art bright,

And dost him grace when clouds do blot the heaven:

So flatter I the swart-complexioned night,

When sparkling stars twire not thou gild'st the even.

But day doth daily draw my sorrows longer,

And night doth nightly make grief's strength seem stronger.

Poetry by  
- William Shakespeare

Theme : The poem portrays the speaker's relentless exhaustion as both day and night conspire to deepen his suffering in separation from the beloved. It highlights how love transforms time itself into a source of unending emotional turmoil.

## WORD OF THE WEEK

### Eloquent (adjective)

**Meaning:** Fluent or persuasive in speaking or writing.  
**Example:** Her eloquent speech captivated the entire audience.

## IDIOM HIGHLIGHT

### “Break with tradition”

**Meaning:** Something that seems unfortunate at first but later proves beneficial.  
**Example:** Losing that job turned out to be a blessing in disguise as she found a better opportunity.

## Ravi Singh & Ajab Tinwala

### HEATWAVES THREATEN FARMING FUTURE: 250 UNSAFE WORKDAYS BY 2100

A recent joint report by the Food and Agriculture Organization (FAO) and the World Meteorological Organization (WMO) has issued a stark warning: extreme heat could make farming unsafe for up to 250 days a year by the end of the century. This alarming projection highlights a growing global food security crisis driven by climate change.



Rising temperatures and frequent heatwaves are already reducing crop yields, stressing livestock, and damaging fisheries. Experts note that most crops begin to suffer when temperatures exceed 30°C, while livestock face heat stress above 25°C. These changes are especially dangerous for regions like South Asia, where millions depend on agriculture for survival.

The report describes extreme heat as a "risk multiplier," worsening droughts, water scarcity, pests, and wildfires. It also threatens farm workers' health, reducing their ability to work safely outdoors and causing massive losses in productivity. Globally, billions

of work hours are already lost each year due to heat stress.

If urgent action is not taken, global food systems could be pushed to the brink. The report calls for climate-resilient farming, early warning systems, and stronger international cooperation to protect livelihoods and ensure future food security.

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### HIDDEN COSTS OF CRUELTY IN FOOD SUPPLYCHAINS: THE PRICE PAID BY ALL

Behind the affordable food we consume daily lies a complex supply chain where cruelty often goes unnoticed. From farmers to factory workers and ultimately consumers, the hidden costs of unethical practices in food production are far-reaching and deeply interconnected.



Farmers, especially in developing countries, are frequently forced to sell their produce at low prices due to market pressures and lack of bargaining power. This economic strain pushes them toward cost-cutting measures that may harm soil health, animal welfare, and long-term sustainability. Similarly, workers in food processing units often endure poor working conditions, low wages, and job insecurity, all in the race to keep food prices competitive.

Animal cruelty is another pressing concern. In industrial farming, animals are often raised in overcrowded and stressful environments to maximize output, raising serious ethical and

health questions. These practices not only affect animal welfare but can also lead to lower-quality products entering the market.

Consumers, too, pay a hidden price. While food may appear cheaper, the long-term costs include health risks, environmental damage, and ethical compromise. Ultimately, addressing cruelty in food supply chains is essential not just for fairness and sustainability, but for the well-being of everyone involved.

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### SEEDS OF CHANGE: WOMEN LEADING ODISHA'S MILLET REVIVAL

On International Seed Day 2026, the spotlight turns to rural Odisha, where women farmers are quietly driving a powerful movement of millet revival and seed sovereignty. In many villages, the agricultural cycle begins not in the fields but inside homes, where women carefully select and preserve seeds based on experience, taste, and resilience. This traditional knowledge, passed down through generations, plays a crucial role in ensuring crop diversity and food security.



rainfall, soil conditions, and taste preferences. This holistic approach ensures crops that are both climate-resilient and nutritionally valuable.

Millets, once a staple in Odisha's dryland regions, had declined due to the rise of rice-centric farming. However, initiatives like the state's millet mission have helped expand cultivation significantly in recent years. Women remain central to this revival, contributing to nearly every stage of farming from seed selection and sowing to harvesting and storage.

Their role goes beyond labour. Women evaluate seeds not only for yield but also for adaptability to erratic

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Despite limited recognition in formal systems, women are the true custodians of seeds. Their efforts highlight the importance of community-led agriculture and biodiversity. As climate challenges intensify, Odisha's millet revival shows that sustainable farming begins with empowering those who have long protected its roots women farmers.

### CLOSING GENDER GAPS IN AFRICA'S AGRIFOOD SYSTEMS: A \$53 BILLION OPPORTUNITY

A recent report by the Food and Agriculture Organization (FAO) highlights the massive economic potential of empowering women in Sub-Saharan Africa's agrifood systems. According to the findings, closing gender gaps in productivity and wages could unlock up to \$53 billion in economic value, boosting regional GDP by nearly 2.6 percent.



Women already play a crucial role in the region's food systems, with about 76 percent of working women engaged in agriculture and related activities the highest share globally. Their contributions span farming, processing, packaging, and distribution, making them central to food security and rural livelihoods.

However, despite their significant involvement, women face persistent barriers. These include limited access to land, finance, and social protection, along with unequal wages and restricted decision-making power. As a result, their productivity remains lower, and millions face higher levels of food insecurity compared to men.

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The FAO emphasizes that addressing these inequalities is not just a matter of fairness but an economic necessity. By investing in women, improving access to resources, and implementing gender-responsive policies, countries can enhance productivity, reduce hunger, and strengthen economic growth. Ultimately, empowering women in agrifood systems could transform Africa's food security landscape while driving sustainable development.

### RABI CROPS SOLD BELOW MSP: FARMERS FACE DEEPENING CRISIS IN 2026



Rabi crops across India are being sold below the Minimum Support Price (MSP) in 2026, triggering a severe financial strain on farmers. Despite the government announcing increased MSPs to safeguard farmer incomes, market prices in many mandis have fallen sharply due to excess supply and weak demand.

Key crops such as wheat, maize, gram, and millets like bajra and ragi are trading significantly below their MSP levels. In several regions, wheat prices have dropped far below the assured rate, while coarse grains are witnessing gaps of 20–30%. This has forced many farmers into distress sales, where they sell their produce at lower prices just to meet immediate financial needs.

The price crash is largely driven by a sudden influx of produce in markets, leading to oversupply. At the same time, limited government procurement and inadequate storage facilities have reduced farmers' ability to hold their crops and wait for better prices.

As a result, farmers are struggling to recover even their production costs, intensifying rural distress. The situation exposes gaps in the MSP system, which, despite its intent, does not fully protect farmers in open market conditions.

Strengthening procurement systems and improving market infrastructure are now essential to ensure farmers receive fair and stable returns for their hard work.

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Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## RESEARCH PUSH: CENTRE PLANS ₹14 CRORE GRANTS FOR PM RESEARCH CHAIRS

The Ministry of Education intends to pursue a new funding initiative for improving research quality in India through a program called:

"Prime Minister Research Chairs" initiative. Phase one of the plan will provide grants of up to ₹14 crores for the top researchers and will focus on delivering comprehensive support to all aspects of research, including advanced studies and innovation within certain subject areas.

The goal of the program is to allow India to attract nearly every top-level scientist/academic from both domestic and foreign locations to return to India. Additionally, the Indian government anticipates that by offering significant financial support with quality research opportunities, that will create an environment where globally recognized scientists return to their home country, thus, further strengthening India's overall academic institution. The ultimate goal of this initiative is to reduce brain drain and foster the growth of knowledge in India.

The plan for Prime Minister



Research Chairs will also support early stage scientists via grants that may be small, however, by being able to grant funds to these budding researchers can help them build their individual projects and/or contribute to OTHER researchers' ongoing projects and will benefit from the initiative.

The selection committee will be made up of a number of experts, thus ensuring the highest quality of candidates selected and have proposed strong research plans with an ultimate focus on quality, impact, and long-term contribution to society.

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## DELHI LAUNCHES FACULTY FIRST: IIFR TO FOSTER RESEARCH & TEACHING UNDER THE NEP

A major milestone in enhancing the quality of higher education in India, the International Institute for Faculty and Research (IIFR) has officially opened in New Delhi. IIFR's mission is to develop and strengthen faculty development as well as create innovative research in accordance with the vision outlined in the National Education Policy (NEP) 2020. IIFR's aim through this is to help meet the increasing demand for skilled educators, as well as provide improvement to quality of academic output at universities.

IIFR offers an innovative and comprehensive education for teachers by combining academic expertise with real-world industry exposure to train and assist teachers. The key to success of the program is to produce quality educators to teach effectively and efficiently to students who can share real-world experiences with their students in a classroom setting. As a result, it is believed that this institute's effort will provide a mechanism by which to connect the theory taught in schools with the practical experience



gained from working in the industry; historically there has not been a connection between theory and practice in India.

Another major component of IIFR's function is research standards improvement. To achieve this objective, the Institute is developing partnerships with Indian universities in collaboration with major international universities. These partnerships allow for the exchange of information and improved methodologies of delivering educational services and will provide international exposure to both students and faculty members.

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## EARN WHILE YOU LEARN: PM INTERNSHIP SCHEME OPENS DOORS FOR INDIA'S YOUTH

The PM Internship Scheme (PMIS) is creating valuable opportunities for young people across India by providing practical job exposure along with financial support. The initiative aims to improve youth employability by connecting students and early job seekers with real workplace environments, allowing them to gain skills and experience beyond classroom learning.

One of the major highlights of the programme is its monthly stipend support. Selected interns generally receive financial assistance of around ₹9,000 per month, helping them manage daily expenses and costs associated with internship participation. This financial aid makes the programme especially beneficial for youth from economically weaker backgrounds, enabling them to access work opportunities that may otherwise remain out of reach.

The scheme is designed to be inclusive and accessible to a broad section of Indian youth. To qualify, applicants must be between 18 and 25 years of age and should not be engaged in full-time employment. Eligible



candidates may have completed Class 10, Class 12, diploma courses, or graduation, making the programme open to individuals from varied educational backgrounds. The PMIS application process is fully online, making registration simple and convenient. Interested candidates can apply through the official PMIS portal, where they can complete the registration and internship application process digitally.

By combining work experience with financial assistance, the scheme aims to build confidence, improve employability, and prepare young individuals for future careers in a competitive job market.

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## CONFIDENCE VIA SUMMER: LAUNCH OF 2026 SUMMER CAMPS FOR SCHOOLS BY BRITISH COUNCIL IN INDIA

A talk between the Governor of Sikkim Om Prakash Mathur interacted with students from the students of Guru Jambheshwar University (GJU) of Science and Technology of Hisar.

During their academic excursion to Sikkim, on a week-long visit to the State in search of an application of study of environment and geography were fields to nature and natural set up at the governor's house on Wednesday. The students dwelled on matters relating to biodiversity of Sikkim, geography and its culture.

The governors replies were full of details and details about Sikkim as a model of ecological balance and sustainability. He said northeast of country is "Ashtalakshmi" or the eighth manifestation of divine energy that symbolizes India's natural as well as cultural wealth. He said that preserving India's cultural heritage and promotion of arts and crafts is essential and local



communities are preserving traditions and harmonious coexistence with nature in Sikkim.

'Mero Rukh Mero Santati' programme which means "Plant a tree when a child is born to you" was also discussed in the meeting. The governor said that environment consciousness was an integral part of the life of the people of Sikkim, and that was the reason why the state was known as a "clean state free from pollution."

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## MARATHI MADE MANDATORY IN MAHARASHTRA SCHOOLS; STRICT PENALTIES FOR NON-COMPLIANCE



Maharashtra has reinforced its commitment to preserving regional language and culture by making Marathi a compulsory subject in all schools, including those affiliated with CBSE, ICSE, IB, and State Boards. While the directive is not entirely new, the latest government order aims to ensure stricter implementation and stronger compliance across institutions.

Under the policy, Marathi must be taught from Classes 1 to 10 in all schools operating within the state. Institutions failing to follow the rule will first receive an official notice seeking clarification. If the explanation is found unsatisfactory, authorities may impose a penalty of up to ₹1 lakh. In cases of repeated or serious violations, schools could even face withdrawal of official recognition, making the regulation one of the strictest language policies in the country.

To monitor implementation, the government plans to conduct regular inspections. Education officers and language experts will visit schools to assess whether Marathi is being taught effectively. Their reports will play a key role in determining compliance and possible action against institutions.

Officials believe the move will help students remain connected to Maharashtra's linguistic and cultural heritage. However, some educators have expressed concerns regarding increased academic burden and clarity in execution.

Despite these concerns, schools are expected to adopt the policy promptly and ensure compliance to avoid penalties and administrative action.

By making Marathi compulsory, the government aims to ensure that every student studying in the state gains familiarity with its language, culture, and identity.

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Durgesh K. Dubey

## MAHARASHTRA PUSHES BIG MOBILITY PLAN: METRO 5A AND VIDARBHA EXPRESSWAYS SET TO TRANSFORM TRAVEL

Maharashtra has taken a major step towards strengthening urban and regional connectivity by approving large-scale infrastructure works for Mumbai Metro Line 5A and three important expressway projects in eastern Maharashtra. The decisions, cleared at the Cabinet Infrastructure Committee meeting held at Mantralaya on April 23, 2026, reflect the state's focus on faster mobility, planned urban growth and improved access between expanding residential, commercial and industrial centres. The Mumbai Metro Line 5 and 5A project alone has received approval worth ₹18,130.55 crore, making it one of the most significant public transport investments for the Mumbai Metropolitan Region in recent years.

The Metro 5A corridor is expected to bring major relief to people living in Thane, Bhiwandi, Kalyan and Ulhasnagar, where daily commuting has become increasingly difficult due to road congestion, overcrowded local trains and dependence on multiple modes of transport. The corridor will cover around 34.21 km and include 19 stations, linking important suburban zones that have witnessed rapid population growth and real estate development. The project is expected to benefit nearly 69 lakh residents by offering a smoother, faster and more predictable travel option.

The proposed route will be developed in phases. It will connect Kasarvadavali, Dahisar Check Naka, Durgadi, Kalyan and Ulhasnagar, thereby creating an important east-west and north-south public transport link in the larger metropolitan region. Once completed, the corridor is expected to reduce travel time by nearly 40 to 50 percent. For thousands of students, office-goers, small traders and daily wage earners, this could mean fewer hours lost in traffic and more comfort in everyday travel. The

project may also reduce pressure on existing roads and suburban railway routes, especially in densely populated pockets of Thane and Kalyan.

Along with the metro push, the state has also approved HUDCO-backed funding for land acquisition related to three major expressways in Vidarbha. These include the Nagpur-Gondia, Bhandara-Gadchiroli and Nagpur-Chandrapur corridors. The government has cleared ₹3,162.18 crore for the Nagpur-Gondia expressway, ₹931.15 crore for the Bhandara-Gadchiroli route and ₹2,353.94 crore for the Nagpur-Chandrapur project. These roads are expected to improve connectivity between key districts and provide better access to remote and tribal regions.

The Maharashtra State Road Development Corporation will be responsible for planning and executing these expressway projects. It will prepare project schedules, invite tenders and coordinate with the Finance Department for loan-related approvals. The expressways are expected to shorten travel time, reduce congestion on existing highways and create new opportunities for trade, logistics, agriculture movement and employment in construction and allied activities.

Together, these metro and expressway approvals indicate a wider development vision for Maharashtra. While Metro 5A aims to improve everyday urban commuting in the Mumbai region, the Vidarbha expressways seek to connect districts that need stronger infrastructure support for balanced regional growth. If implemented with speed, transparency and proper rehabilitation planning, these projects can



reshape mobility, support economic activity and improve the quality of life for millions of people across the state.

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## RBI DRAWS THE FINAL LINE: PAYTM PAYMENTS BANK LOSES BANKING LICENCE



The Reserve Bank of India has taken one of its strongest regulatory actions in the digital banking space by cancelling the banking licence of Paytm Payments Bank Limited with effect from the close of business on April 24, 2026. With this decision, the bank is no longer permitted to carry out banking activities, and the central bank will move the High Court for initiating the winding-up process. The action marks the final stage of a long regulatory journey that had already

placed severe restrictions on the bank's operations over the past few years.

The decision did not come suddenly. The regulator had first directed the bank to stop onboarding new customers in March 2022. Later, in January and February 2024, further restrictions were imposed, preventing the bank from accepting fresh deposits, credits, top-ups in wallets, prepaid instruments and similar accounts. These earlier steps had already reduced the bank's role to a limited operational framework, mainly allowing existing customers to withdraw or use their available balances.

The RBI's cancellation order points to serious concerns relating to governance, regulatory compliance and the manner in which the bank was being run. The central bank observed that the conduct of the bank's affairs was not in the interest of depositors and public trust. It also found that the bank had failed to meet the conditions attached to its payments bank licence. In such a situation, the regulator concluded that allowing the bank to continue would not serve any meaningful public purpose.

For customers, the most important assurance is that Paytm Payments Bank has sufficient liquidity to repay its deposit liabilities during the

winding-up process. This means that depositors' money is expected to be settled as per the regulatory procedure. However, customers who were still linked to Paytm Payments Bank for wallets, savings accounts, current accounts or other banking-related services may need to shift completely to other banking options for future transactions.

The development also separates the fate of Paytm Payments Bank from the broader Paytm app ecosystem. One 97 Communications, the parent company behind Paytm, has clarified that its regular digital payment and merchant services are not dependent on Paytm Payments Bank. Services such as the Paytm app, UPI, QR codes, Soundbox, card machines, payment gateway and other financial service platforms are expected to continue separately, subject to their existing banking partnerships and regulatory approvals.

This episode is important not only for Paytm but for India's entire fintech sector. Payments banks were originally created to promote small deposits, digital payments and financial inclusion. However, the rapid growth of UPI, rising compliance expectations and stricter monitoring of customer accounts have changed the business environment. The Paytm Payments Bank case shows that innovation in finance cannot move ahead without strong governance, transparent systems and strict adherence to regulatory norms. In India's digital economy, speed and scale may build a brand, but trust and compliance ultimately decide its survival.

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Q. How to overcome from attachment?

**Ans.** Moha, often translated as attachment, delusion, or emotional clinging, is a central concept in the Indian Knowledge System. It refers to a state where a person becomes so attached to people, objects, roles, or ideas that their clarity of thinking is clouded. Unlike simple affection or responsibility, moha binds the mind, creates dependency, and leads to भ्रम (confusion) and दुःख (suffering). Overcoming moha does not mean becoming cold or indifferent; rather, it means developing clarity, balance, and freedom in relationships and actions.

The Bhagavad Gita repeatedly identifies moha as a cause of inner disturbance. Arjuna's initial state on the battlefield is described as one of moha he is overwhelmed by attachment to his relatives, which clouds his sense of duty (dharma). This shows that moha is not always about material things; it can also arise from

emotional over-identification.

Therefore, the first step in overcoming moha is self-awareness (atma-chintan). One must honestly observe: "Where am I excessively attached? What fear or insecurity is driving this attachment?" Often, moha is rooted in fear of loss, desire for control, or dependence on external validation. Awareness helps in identifying these hidden patterns.

**Vivek or Discriminative Wisdom:** A key method to overcome moha is developing viveka (discriminative wisdom). Viveka is the ability to distinguish between what is permanent and what is temporary, what is essential and what is superficial. Indian philosophy teaches that most objects of attachment wealth, status, relationships, and even physical identity are impermanent (anitya). When we treat temporary things as permanent, moha arises. By regularly reflecting on the changing nature of life, a person gains clarity and reduces emotional clinging. This does not weaken relationships; instead, it makes them more mature and less possessive.

**Vairagya or Detachment:** Closely related to viveka is vairagya (detachment). Detachment is often misunderstood as rejection, but in Indian thought, it means maintaining inner independence while engaging fully in life. A detached person performs their duties with sincerity but does not become emotionally dependent on outcomes or people. For example, a parent cares deeply for a child but understands that the child has an independent journey. This balanced approach reduces moha while preserving love and responsibility. Vairagya allows one to act with freedom rather than compulsion.

**Karma Yoga:** Another important principle is karma yoga, which emphasizes action without attachment to results. Moha often arises when we expect specific outcomes from our actions whether it is appreciation, success, or emotional return from others. When these expectations are not met, disappointment and confusion follow. By focusing on the sincerity of effort rather than the result, one gradually loosens the grip of attachment. This shift from "What will I get?" to "What is the right thing to do?" is crucial in overcoming moha.

**Ego:** The role of ego (ahamkara) is also significant. Moha is often strengthened by the ego's need to control and possess. For instance, phrases like "my success," "my family," or "my idea" can create a sense of ownership that leads to attachment. Indian wisdom teaches that this sense of "mine-ness" (mamatva) is an illusion. By reducing ego and cultivating humility, one begins to see things more objectively. This reduces emotional dependency and promotes inner freedom.

**Meditation and Mindfulness:** Meditation (dhyana) and mindfulness are practical tools to

overcome moha. The mind naturally clings to what it finds सुखद (pleasant) and resists what is दुःखद (unpleasant). Through meditation, a person learns to observe thoughts and emotions without getting entangled in them. This creates a space between the self and the attachment. Over time, the intensity of moha decreases, and the mind becomes more stable. Practices like pranayama (controlled breathing) also help in calming emotional fluctuations and increasing awareness.

**Contentment and Gratitude:** Another powerful approach is cultivating contentment (santosh) and gratitude. Moha often arises from a feeling of incompleteness believing that happiness depends on acquiring or holding onto something. When a person practices gratitude for what they already have, the urge to cling reduces. Contentment shifts the focus from scarcity to sufficiency, weakening the roots of attachment.

**Dharma:** Living according to dharma (righteous principles) also helps in overcoming moha. Dharma provides clarity about one's duties and responsibilities. When actions are guided by dharma rather than personal attachment, decisions become more balanced and less emotionally driven. For example, a leader who acts based on fairness rather than personal bias is less influenced by moha. Dharma acts as a guiding light that prevents attachment from distorting judgment.

From a practical perspective, overcoming moha involves consistent effort. First, identify areas of excessive attachment in your life. Second, reflect on the impermanent nature of those attachments. Third, practice detachment by reducing dependency while continuing to fulfill responsibilities. Fourth, shift focus from outcomes to right action. Fifth, engage in meditation to develop awareness and emotional balance. Finally, cultivate gratitude and align your actions with higher values.

	<b>1. Self-Awareness (Atma-Chintan)</b>	<ul style="list-style-type: none"> <li>Identify where attachment exists.</li> <li>Understand fears, insecurities, and need for control or validation.</li> </ul>
	<b>2. Viveka (Discriminative Wisdom)</b>	<ul style="list-style-type: none"> <li>Differentiate between permanent and temporary.</li> <li>Recognize the changing nature of life to reduce emotional clinging.</li> </ul>
	<b>3. Vairagya (Detachment)</b>	<ul style="list-style-type: none"> <li>Maintain inner independence while fulfilling responsibilities.</li> <li>Care deeply without emotional dependency or possessiveness.</li> </ul>
	<b>4. Karma Yoga</b>	<ul style="list-style-type: none"> <li>Focus on sincere action, not results.</li> <li>Shift from "What will I get?" to "What is the right thing to do?"</li> </ul>
	<b>5. Ego (Ahamkara)</b>	<ul style="list-style-type: none"> <li>Reduce "mine-ness" (mamatva).</li> <li>Develop humility to avoid control and possessiveness.</li> </ul>
	<b>6. Meditation &amp; Mindfulness</b>	<ul style="list-style-type: none"> <li>Observe thoughts without attachment.</li> <li>Create inner space and emotional stability.</li> </ul>
	<b>7. Contentment &amp; Gratitude (Santosh)</b>	<ul style="list-style-type: none"> <li>Appreciate what you have.</li> <li>Reduce the need to cling by shifting from scarcity to sufficiency.</li> </ul>
	<b>8. Dharma</b>	<ul style="list-style-type: none"> <li>Act based on duties and principles.</li> <li>Ensure decisions are guided by fairness, not attachment.</li> </ul>



In conclusion, moha is not merely an emotional issue but a state of confusion that affects perception and decision-making. The Indian Knowledge System teaches that through self-awareness, discrimination, detachment, disciplined action, and spiritual practices, one can gradually overcome moha. The goal is not to withdraw from life but to engage in it with clarity and freedom. When moha is reduced, relationships become healthier, decisions become wiser, and life becomes more peaceful and purposeful.

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## THE COST OF JUDGING TOO QUICKLY: TRUTH BEYOND APPEARANCES

We've all heard the saying, "Don't judge a book by its cover." It may sound simple, even overused, yet its meaning runs deeper than we often realize. The reason this saying exists is because judgement especially when formed too quickly creates an illusion, one that feels real but is far from the truth.

When we see a book, we often assume its story, genre, or value simply by looking at its cover. Without reading it, we create an image in our minds. But that image is not the book itself; it is only our assumption. The same pattern reflects in real life. When we look at people, we form opinions based on appearance, behavior, or a single moment. We believe we understand who they are, while in reality, we are only seeing a small fraction of their story.

Human beings are far more complex than first impressions allow. No one can be fully understood in a glance, yet we often reduce individuals to quick labels. Sometimes, we do not even need to meet someone to judge them we rely on what we hear, such as opinions, rumors, or second-hand narratives. But what does this create? Not understanding, but an illusion.

This illusion can quietly harm many aspects of life. It can damage relationships before they even begin, affect opportunities, and weaken trust. A person judged unfairly may never receive the chance to express their true self. At the same time, the one judging also loses, as they miss out on genuine connections and meaningful understanding.

Judgement also narrows our perspective. The moment we judge, we stop seeking the truth. Curiosity fades, and we settle for what we think we

know. Instead of exploring reality, we replace it with a simplified version shaped by our assumptions. While this may feel easier, it distances us from clarity.

In reality, every individual carries layers of experiences, emotions, struggles, and growth. These layers cannot be captured in a single impression. When we judge, we overlook this depth and choose convenience over understanding. However, truth is rarely simple it requires patience, openness, and a willingness to look beyond the surface.

Breaking the habit of judgement is not easy, as it often occurs unconsciously. However, awareness is the first step toward change. The next time we find ourselves forming an opinion too quickly, we must pause and question whether we truly know the whole story. More often than not, we do not.

Choosing understanding over judgement does not mean ignoring reality; it means allowing reality to reveal itself fully. It means giving people and situations the space they deserve to be understood, rather than confined to assumptions.

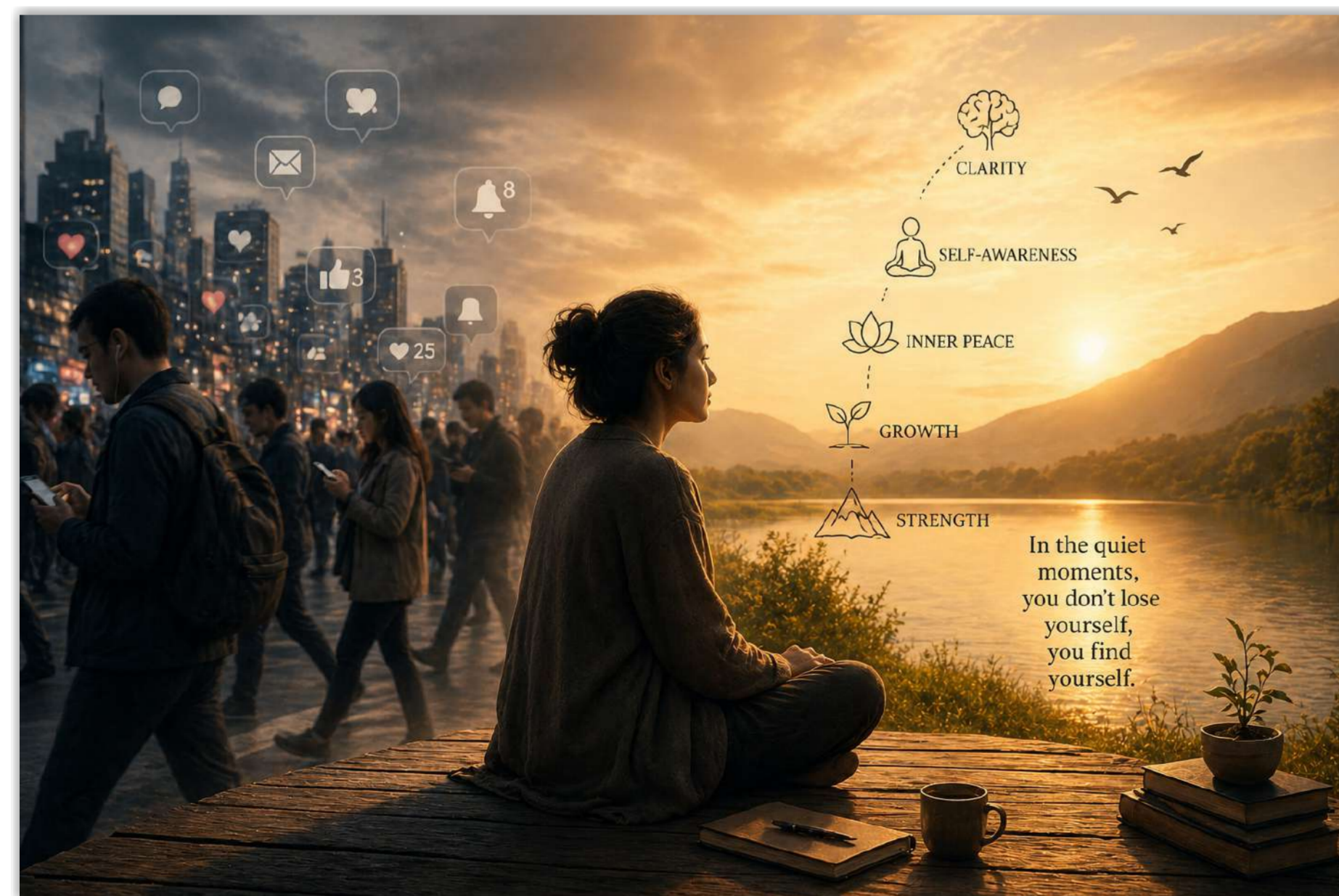
In the end, judgement does not define reality it distorts it. And the more we rely on it, the further we move away from truth. By choosing understanding over assumption, we not only see others more clearly but



also grow into more aware and thoughtful individuals.

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## SILENCE AS STRENGTH: A NEW PERSPECTIVE ON BEING ALONE



In a world that celebrates constant activity, noise, and connection, the idea of being alone is often misunderstood. Solitude is seen as emptiness, something to be avoided or filled. Yet, hidden within silence lies one of life's most powerful and positive experiences, the ability to truly connect with oneself.

is freedom.

Being alone allows us to step away from the noise of the world and listen to our own thoughts without interruption. It creates space for clarity. When we sit quietly, without distractions, we begin to understand ourselves better our desires, fears, ideas, and emotions. This self-

In earlier times, life demanded more physical effort. After long hours of work, people naturally gravitated toward meaningful human connections, spending time with family, sharing stories, or simply sitting under the open sky. These moments were not rushed or scheduled; they flowed effortlessly. Peace was not something people searched for, it was something they lived.

Today, however, our lives have taken a different shape. We are constantly occupied, chasing goals, meeting expectations, and staying connected to the world through screens and responsibilities. Ironically, in the process of staying "connected," we have lost touch with ourselves. Silence feels unfamiliar, and being alone often makes us uncomfortable. We schedule our peace, and even then, we carry guilt for taking a break.

But solitude, when embraced with the right perspective, is not loneliness, it

awareness is not just comforting; it is empowering.

Some of the most meaningful moments of clarity are born in silence. Every great idea, every creative breakthrough, and every deep realization often emerges when the mind is at rest. Solitude gives us the opportunity to reflect, to process, and to grow. It acts as a reset button for our overwhelmed minds.

Moreover, learning to enjoy our own company builds emotional strength. When we are comfortable being alone, we no longer depend on constant external validation or distractions. We become more independent, more grounded, and more at peace with who we are. This inner stability helps us navigate life's challenges with greater confidence and calmness.

Solitude also enhances our relationships. When we understand ourselves better, we connect with others more genuinely. We listen more, appreciate more, and bring a sense of completeness into our interactions rather than seeking others to fill a void within us.

It is important to remember that solitude does not mean isolation from the world. It simply means creating intentional moments to pause, breathe, and reconnect with oneself. Whether it's a quiet walk, sitting in silence, journaling, or simply reflecting, these moments hold immense value.

In the end, peace is not something we find outside, it is something we cultivate within. And sometimes, all it takes is a little silence to rediscover it.

So, instead of fearing solitude, embrace it. Because in the quiet moments, you don't lose yourself, you find yourself.

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Afreen Mazgaonkar & Ganisha Gundu

## INDIA, US SEEK GREATER CLARITY ON TRADE ISSUES AMID ONGOING TALKS

India and the US are negotiating trade matters to determine their specific trading restrictions. The current negotiations occur during an essential period since both parties need to settle their existing tariff disputes and determine their upcoming trade relationship. The Indian delegation, led by chief negotiator Darpan Jain, met US officials headed by Assistant Trade Representative Brendan Lynch to address unresolved issues. The US tariff system needs immediate clarification according to India because upcoming Section 301 duties will create major problems for Indian export activities. The February framework agreement aimed to decrease Indian tariffs until they reached 18% but the US legal system and its current policies created new obstacles. Experts warn that delays in finalising an interim agreement could lead to higher tariffs, with the negotiation window narrowing. Both



parties maintain positive progress through their discussions despite existing problems because they both want to develop their economic relationship.

## NGT CALLS FOR URGENT ACTION ON INDIA'S WATER POLLUTION CRISIS

The 65th Cannes Critics' Week will have Indian filmmaker Payal Kapadia as its jury president who represents a major achievement for Indian cinema in its international reach. The Critics' Week at Cannes Film Festival represents a highly esteemed section of the festival which aims to discover new filmmakers while supporting their work. The international success of All We Imagine As Light, which won the Grand Prix at the Cannes 2024 festival, led to her appointment because the film brought her international recognition. The jury will evaluate the international selection of debut feature films and short films which will be screened during the event. The Critics' Week 2026 edition will run from May 13 to 21 at Cannes in France during the main festival. The selection of Kapadia for this position represents an important achievement for India because it demonstrates how independent Indian cinema and its filmmakers gain recognition on the world stage.



## EXTREME HEAT PUTS GLOBAL FOOD SYSTEMS AT RISK, WARN UN AGENCIES

The Food and Agriculture Organization together with the World Meteorological Organization has published a report which declares that rising extreme heat conditions endanger all worldwide food production systems because this development puts over one billion people at risk of losing their livelihoods. The report demonstrates that increasing numbers of extreme heat events now produce harm to agricultural systems because they damage crops and livestock and fisheries and forests which leads to unpredictable food production results. Once temperatures reach critical limits which occur when crop temperatures exceed 30°C and livestock temperatures surpass 25°C, the agricultural yields show an extreme reduction, while animals experience heightened stress. Extreme heat functions as a risk multiplier which increases the severity of droughts and wildfires and pest outbreaks, thus creating greater food shortages in multiple areas. The agencies have called for urgent global action, including climate-resilient farming practices, early warning systems, and stronger international cooperation. Experts maintain that adaptation methods will not solve the problem so long-term solutions must aim to decrease greenhouse gas emissions for the protection of worldwide food security.



## OMRON, TRICOG PARTNER TO EXPAND AI-POWERED CARDIAC SCREENING IN INDIA

OMRON and Tricog have established a partnership to develop AI-based cardiac screening solutions throughout India. OMRON Healthcare and Tricog Health have strengthened their collaboration in India with the launch of Tricog CardioCheck (TCC) an AI-enabled cardiac screening solution which helps healthcare professionals identify heart disease at its earliest stage. OMRON ECG blood pressure monitors work together with Tricog's AI system which operates on cloud technology. The system transmits ECG data from clinics to receive analysis within 10 seconds which produces three levels of risk assessment to help doctors make quick medical choices. The platform will operate in Indian health centres starting from April 2026 while it gives healthcare workers tools to evaluate patients through a smartphone app which operates in regions without cardiologist access. Rising cardiovascular disease rates in India which currently affect 110 million people are expected to reach 230 million people by 2050. The program uses routine blood pressure checks to include ECG testing which helps identify medical issues before symptoms appear from conditions that lead to heart attacks and strokes. The experts consider this collaboration to be an essential achievement which will deliver low-cost cardiovascular medical solutions throughout India.



## ISRO IS BUILDING CAPACITY TO MONITOR ACTIVITY IN EARTH ORBIT



The Indian Space Research Organisation is entering new operational territory because it will expand its capacity for tracking objects that move through Earth orbit. The move comes amid growing congestion in space due to satellites and debris. At the SMOPS-2026 conference in Bengaluru, ISRO released its latest Space Situational Awareness report, which described its efforts to track and protect its orbital assets. The agency is constructing new ground facilities that will feature advanced radar systems and optical telescopes to enhance its ability to observe satellites and space debris. The systems help organizations identify potential collision threats while they support organizations through early collision avoidance maneuvers which protect active spacecraft. The initiative builds on existing programmes like Project NETRA, which provides India with independent tracking capabilities. Experts indicate that ongoing space object growth requires such advancements to achieve sustainable space operations throughout the future. ISRO's efforts not only strengthen national security but also position India as a responsible player in the global space ecosystem.

## TECH2.COM MAKES STRATEGIC COMEBACK, REIMAGINED FOR THE AI ERA

Tech2.com which launched one of India's first tech journalism sites has returned to the market with an artificial intelligence based strategy. The platform established its first important results with consumers and tech enthusiasts through its 2003 launch which continued for two decades. Tech2 now provides an AI based user experience which combines machine learning abilities with human content creation skills. The organization plans to develop intelligent personalized content which delivers faster results while maintaining its established brand identity and consumer trust. The platform provides users with technology decision support to assist them in selecting devices and managing their complete digital environments. The organization intends to broaden its content reach through multiple Indian languages to show how technology has become a part of daily existence. Tech2 strengthens the Network18 digital ecosystem through its return which adds to its collection of specialized news and entertainment and sports platforms. The organization uses its relaunch to demonstrate the upcoming changes which will occur in digital media operations.



Afreen Mazgaonkar & Ganesha Gundu

## INDIA BOUNCE BACK WITH STRONG WIN OVER UKRAINE IN UBER CUP 2026



The Indian women's badminton team achieved victory over Ukraine during their match at the Uber Cup 2026 which restored their tournament prospects. India maintained their quest for knockout stage entry through this victory which followed their earlier defeat. India won the match through a commanding victory which demonstrated their enhanced team coordination and match management skills during singles and doubles competitions. The players exceeded expectations during critical moments which allowed the team to achieve successful results during the group stage. The match result became essential after India lost their first match against Denmark through a 2-3 score which made their encounter against Ukraine a necessary

victory. The victory not only enhanced team spirit but also maintained their chances of reaching the quarterfinals through games played in a tough competition. The Uber Cup, one of the most prestigious team events in international badminton, features top nations from around the world. The victory has restored India's competitive energy which they will utilize to build winning strength towards their upcoming matches to achieve knockout round advancement.

## ARUNACHAL'S GIRLS WIN MULTIPLE MEDALS IN MOSCOW WUSHU CHAMPIONSHIP



National champions Nyeman Wangsu and Mercy Ngaimong hailing from Arunachal Pradesh added achievements by winning multiple medals at the Moscow Wushu Star International Championship held in Moscow from April 17 to 21. Three-time National Games gold medallist Wangsu secured three silver medals in the changquan, daoshu and gunshu events. Ngaimong, also a three-time National Games gold medallist, clinched two silver medals in the jianshu and qiangshu events. Both athletes have cleared the preliminary trials for the upcoming Asian Games in Japan, with final selection scheduled for June ahead of the continental event later this year. Meanwhile, the All Arunachal Pradesh Wushu Association (AAPWA) expressed concern over the lack of proper training infrastructure in the state. AAPWA general secretary John Tara Bakey said that despite consistent performances at national and international levels, wushu players from Arunachal Pradesh continue to face challenges due to inadequate facilities. He pointed out that there is no dedicated indoor wushu training hall in the capital region or any district in the state, and urged authorities to establish well-equipped training centres to help athletes prepare better for major events like the Asian Games and the Olympics.

## INDIA DOMINATES WPC SERIES IN MALAYSIA WITH 9-MEDAL HAUL



The Indian pickleball team achieved an exceptional victory at the WPC Series in Penang Malaysia by winning 4 gold medals, 3 silver medals and 2 bronze medals. The achievement demonstrates how the country has developed into a major force in international pickleball competitions. The All India Pickleball Association (AIPA) players excelled across categories. The gold medal in men's doubles 19+ open event was won by Mayur Patil and Vanshik Kapadia while Kuldeep Mahajan and Nicholas Maleganeas secured bronze. Kapadia won gold in men's singles which added to India's medal count. India won all available titles in both mixed and women's competitions. Vrushi Thakare and Vanshik Kapadia captured gold in mixed doubles, while Aalyka Ebrahim impressed with a gold in women's singles and a silver in women's doubles alongside Ariana Muralidharan. The officials recognized the athletes for their commitment and ability to maintain performance because these achievements demonstrate how Indian athletic competition continues to grow. India has established itself as a powerful competitor in international pickleball tournaments through its impressive medal achievements.

## INDIA CLIMBS TO THIRD IN ISSF JUNIOR WORLD CUP STANDINGS



India's junior shooters picked up four more medals, including three silver and a bronze, on day two of the ISSF Junior World Cup here on Wednesday. India is currently third on the medal tally as athletes from Kazakhstan and Individual Neutral Athletes (AIN) won four of the five gold on offer on competition day two. Rohit Kanyan gave India their first silver of the day in the 50m rifle prone men junior event with an effort of 615.8, just 0.5 behind Kazakhstan's gold winning Oleg Noskov. Sejal Kamble then topped the junior women's 25m pistol qualifiers with a score of 580 and then went on to finish second in the final with 27 hits. AIN's Katsiaryna Ivanova took gold with 31 hits in the eight five-shot series final. India secured a second double podium in the competition after Shiva Narwal and Chirag Sharma's heroics on day one, with Raj Chandra shooting 580 and Abhinav Deshwal 578, for silver and bronze respectively in the 25m pistol men junior event. Kazakhstan took gold again with Kirill Tsukanov shooting 581.

## 8-YEAR-OLD GURNOOR KAUR BECOMES YOUNGEST TAEKWONDO BLACK BELT IN J&K



The eight-year-old Gurnoor Kaur has become the youngest Taekwondo black belt in Jammu and Kashmir which creates a significant achievement for Indian grassroots sports. Gurnoor who comes from Poonch has dedicated herself to martial arts training for approximately four years while demonstrating outstanding discipline and dedication as a young student. She expressed her happiness about reaching this achievement because her regular practice brought her success and she plans to become a national player who will win a gold medal for India. Her coach Zaira Bukhari considered the accomplishment to be a proud achievement which brought honor to all residents of the Union

Territory while she recognized Gurnoor's commitment as an inspiring example for young girls who want to participate in sports. Experts believe that Gurnoor will reach national and international competition standards through continuous training and support which demonstrates the increasing promotion of martial arts among young athletes in India.

## RITVIK GUPTA CLINCHES U-17 NATIONAL TABLE TENNIS TITLE FOR J&K

Young paddler from Jammu and Kashmir Ritvik Gupta established a new record by capturing the Under-17 Boys National Table Tennis Championship title at the UTT 87th Inter-State Junior and Youth National Championships which took place in Dehradun. Ritvik won the final match against Odisha player Sarthak Arya after an intense battle which extended through seven games and ended with a score of 4-3. The match featured intense rallies between both players until Ritvik maintained his composure to win the decisive game which brought him victory. Ritvik has achieved his first national title through this win which makes him the first player from Jammu and Kashmir to win the Under-17 national championship thus this achievement creates an important milestone for the Union Territory in table tennis. His achievement resulted from his dedication to training and his ability to perform consistently and receive increasing assistance from the regional sports system which includes programs developed by the Jammu and Kashmir Sports Council. Ritvik's success will inspire local youth athletes because his achievement shows that athletic skills can develop outside India's main sports training centers. His victory brings good news for both his professional advancement and the future development of table tennis in Jammu and Kashmir.



Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## KURMANCHAL BANK ASSISTANT VACANCY 2026

**K**urmanchal Bank has released a notification for Assistant posts across its branches. The recruitment offers a good opportunity in the cooperative banking sector. Candidates must apply before the deadline.

### Key Highlights:

- Total vacancies: 60
- Job Sector : Banking
- Last date: 30 April 2026

### Post Wise Vacancy:

- Assistant – 60 Posts

### Age Limit:

- Minimum: 21 years
- Maximum: 40 years

### Salary:

- ₹7,200 – ₹19,300 (basic pay) + allowances as per bank rules

### Eligibility Criteria:

- Graduate in any discipline
- Basic computer knowledge required

### Selection Process:

- Written Examination
- Interview

### Application Fee:

- General/OBC: ₹1,000
- SC/ST: ₹500

### Important Date:

- Last Date: 30 April 2026

### How to Apply:

Step 1: Visit the official application portal [ibpsreg.ibps.in/knsblmar26](https://ibpsreg.ibps.in/knsblmar26) and register using valid details.

Step 2: Fill the online application form carefully with personal, educational, and domicile details.

Step 3: Upload scanned copies of Photograph (4.5cm × 3.5cm), Signature (black ink), Left Thumb Impression, and Hand-written Declaration (black ink on white paper).

Step 4: Pay the application fee of ₹1,000/- online.

Step 5: Submit the form and take a printout of the application for future reference. Keep the registration number safe.

Note: Only online applications will be accepted. Candidates must have domicile of the state in which the bank operates. The bank reserves the right to cancel the recruitment process at any stage.

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

## BANK OF BARODA SPORTS QUOTA RECRUITMENT 2026



**B**ank 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 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: 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)
- 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 can refer to the official notification.**

## IRFC RECRUITMENT 2026 – APPLY ONLINE FOR ASSISTANT & ASSISTANT MANAGER

**I**ndian Railway Finance Corporation Limited, a Navratna PSU under the Ministry of Railways, invites online applications for 23 vacancies of Assistant (NE-5 Level) and Assistant Manager (Finance) (E-1 Level) on a regular basis. This recruitment offers an excellent opportunity for finance and commerce graduates seeking a prestigious PSU career.

### Recruitment Overview:

- Organization: IRFC
- Post Name: Assistant & Assistant Manager (Finance)
- Total Vacancies: 23 Posts
- Job Location: New Delhi
- Application Mode: Online

### Vacancy Details:

- Assistant (NE-5): 16 Posts
- Assistant Manager (Finance – E-1): 07 Posts

### Age Limit (as on 01.05.2026):

- 18 to 30 Years
- Age relaxation applicable as per Government norms

### Educational Qualification:

- Assistant: B.Com (60%) + CA/CMA Intermediate
- Assistant Manager: B.Com (60%) + Qualified CA/CMA or MBA/PGDM (Finance)

### Salary Package:

- Assistant (NE-5): ₹21,000 – ₹74,000
- Assistant Manager (E-1): ₹40,000 – ₹1,40,000

### Selection Process:

- Computer Based Test (CBT)
- Document Verification
- Interview (for Assistant Manager only)
- Medical Examination

### Application Fee:

- ₹500/- for UR/OBC-NCL/EWS
- No Fee for SC/ST/PwBD/Ex Servicemen/Transgender

### Important Dates:

- Online Application Starts: 04 April 2026
- Last Date to Apply: 01 May 2026
- Tentative CBT: June 2026

### How to Apply:



- Eligible candidates must apply online only through the official portal. No other mode of application will be accepted.
- Visit the official IRFC portal, register, fill the form, upload documents, pay the fee, and submit the application online.

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

Deepika Singh

## QUIZ TIME

1. Which country hosted the G20 Summit 2025?
2. Who is the current Secretary-General of the United Nations (2026)?
3. Which Indian state launched a major AI-based governance initiative in 2025?
4. Which space agency launched the Artemis II mission?
5. Which country won the 2025 ICC Men's Cricket World Cup?
6. Which company became the world's most valuable company in 2025?
7. Which country introduced a 4-day work week policy nationally?
8. Who is the current Prime Minister of India (2026)?
9. Which Indian city led the Smart City Mission pilot phase?
10. Which country joined BRICS in its recent expansion?

## RIDDLES

1. I started as a tea seller, now I lead the nation strong, From Gujarat to Delhi, I've come a long way along. Who am I?
2. From a family known in politics, my journey is still in flow, Leading a major party, with a name many know. Who am I?
3. I am known as the "Iron Man" of today's political scene, Handling home affairs, strict and keen. Who am I?
4. Once a bureaucrat, now Delhi is my domain, Focused on education, health, and governance gain. Who am I?
5. A woman leader from Bengal, bold and strong voice, Known for grassroots politics, fighting by choice. Who am I?
6. From a young leader to a chief in the state, In Uttar Pradesh, I shape the fate. Known for strict rule and saffron attire, My governance style is firm and higher. Who am I?

- ANSWERS
10. Saudi Arabia  
9. Bhubaneswar  
8. Narendra Modi  
7. Iceland  
6. NVIDIA  
5. Australia  
4. NASA  
3. Karnataka  
2. Antonio Guterres (Antonio Guterres)  
1. Brazil
10. RIDDLES
1. Narendra Modi  
2. Rahul Gandhi  
3. Amit Shah  
4. Arvind Kejriwal  
5. Mamata Banerjee  
6. Yogi Adityanath



## A TASTE OF HOME: AUTHENTIC MAHARASHTRIAN BHARLI VANGI

This Week, We're Relishing Bharli Vangi!

**B**harli Vangi is a classic Maharashtrian delicacy made with tender baby eggplants stuffed with a rich and aromatic coconut-peanut masala. Slow-cooked to perfection, this dish brings together a beautiful balance of spicy, tangy, and slightly sweet flavors. Often prepared during festive occasions and traditional meals, Bharli Vangi is a true representation of Maharashtra's bold and earthy culinary heritage.

### Ingredients:

8–10 small baby eggplants (brinjals), 3 tablespoons roasted peanut powder, 2 tablespoons grated dry coconut, 1 finely chopped onion, 1 teaspoon ginger-garlic paste, 2 tablespoons oil, 1 teaspoon mustard seeds, 1 teaspoon cumin seeds, 1 teaspoon red chilli powder, ½ teaspoon turmeric, 1 teaspoon goda masala, 1 teaspoon tamarind pulp, salt to taste, fresh coriander for garnish, water as required.

### Preparation

- **Prepare Brinjals:** Wash the eggplants and make a cross slit at the base, keeping the stem intact.
- **Stuffing Mix:** In a bowl, combine peanut powder, dry coconut, onion, ginger-garlic paste, and all spices. Mix well to form a thick stuffing.
- **Stuff Brinjals:** Fill each brinjal with the prepared masala and keep aside.
- **Tempering:** Heat oil in a pan, add mustard seeds and cumin seeds. Let them splutter.
- **Cook Curry:** Place the stuffed brinjals in the pan and gently sauté for a few minutes.
- **Simmer:** Add remaining stuffing (if any) and a little water. Cover and cook on low flame until the brinjals turn soft and absorb the flavors.
- **Final Touch:** Add tamarind pulp and mix gently. Cook for a few more minutes.
- **Garnish:** Sprinkle fresh coriander before serving.



### Serving Tip:

Serve hot with chapati, bhakri, or steamed rice. Pair it with dal or curd for a complete Maharashtrian meal. Slow cooking enhances the richness of the masala and makes the dish irresistibly flavorful.

### 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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