

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Delisha Gupta

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CHILDHOOD, NOT LABOUR: BUILDING A WORLD WHERE EVERY CHILD CAN THRIVE

Every year on 12 June people around the world remember World Day Against Child Labour. This is an effort to tell people about the millions of kids who have to work instead of going to school playing and having fun. The International Labour Organization started this day in 2002 to remind us that we need to stop child labour and keep kids safe over the world.

who are not treated equally might not have the chances as other kids.

Things like disasters, wars having to leave home and economic problems can also force kids to work when they are very young.

jobs and that means countries do not develop as well as they could. So stopping child labour helps kids, families and whole countries.

What is Being Done to Stop Child Labour?

Governments organizations and people around the world are working to stop child labour. Many countries have made laws to protect kids from work that's not safe.

The International Labour Organization and other groups are working to make sure kids have rights can go to school and are safe. They are telling people about the problem. Starting programs to help families and kids.

One of the ways to stop child labour is to make sure kids can go to school for free. When kids can go to school and families have help kids are less likely to have to work.

What Can We Do to Help?

We all need to work to stop child labour. Every person can help.

Kids in school can tell their friends about the problem write about it or start campaigns on media. Teachers can educate kids about why this important. People can help groups that work to keep kids safe report if they see kids being treated unfairly and support companies that treat workers fairly.

Governments need to make sure laws are strong schools are available and families have help. Companies should make sure they do not use child labour and treat workers with respect.

World Day Against Child Labour is not a day to remember it is a call, to action. Every kid deserves to learn, play and dream big. No kid should have to work of going to school or being healthy.

On 12 June let us promise to make a world where kidsre safe, happy and able to succeed. If we work together we can stop child labour. Make sure every kid has a happy and healthy childhood.

How Does Child Labour Affect. Society?



Childhood, Not Labour

12 June • World Day Against Child Labour

Why Does Child Labour Happen?

There are reasons why child labour still exists.

One big reason is that people are poor. Families who do not have money often need their kids to work so they can survive. Sometimes parents have no choice but to send their kids to work so they can buy food and other important things.

Another reason is that kids do not have access to schools. If schools are far away too expensive or just not available kids might have to work instead of going to school.

If people are treated unfairly or discriminated against their kids are more likely to have to work. Kids from families

Child labour is very bad for kids and for society as a whole.

When kids work they can get hurt get sick or not have food. Their bodies are still growing, so they are more likely to get hurt.

When kids work they often do not get to go to school. They have to leave school early. This means they do not get the education they need to get jobs when they are older.

Child labour can also hurt kids emotionally. They might feel stressed, worried or sad. They might not get to play with friends or have fun like kids.

For society child labour is a problem because it keeps people poor. If kids do not get an education they cannot get



Durgesh K. Dubey

JADAV "MOLAI" PAYENG: THE MAN WHO HEARD THE CRY OF A DYING LAND

History often celebrates kings who built empires, warriors who won battles, and leaders who changed nations. Yet sometimes, the most extraordinary stories belong to ordinary people who quietly dedicate their lives to a noble purpose. One such story is that of Jadav "Molai" Payeng of Assam, a man who transformed a barren wasteland into a thriving forest through patience, determination, and an unwavering love for nature. His journey is not merely an environmental success story; it is a lesson in compassion, perseverance, and the power of a single individual to create lasting change.

The story begins in 1979, when Assam was struck by severe floods. Like many others, the young Jadav witnessed the destruction caused by the rising waters of the Brahmaputra River. When the floods eventually receded, they left behind a vast stretch of dry sandbars near Majuli, one of the world's largest river islands. Curious and concerned, Jadav walked across one such barren expanse. What he saw there would remain etched in his memory forever.

Scattered across the scorching sand were hundreds of dead snakes. Swept ashore by the floodwaters, they had survived the flood only to perish under the merciless sun because there were no trees to provide shelter. The sight deeply disturbed him. While others viewed it as an unfortunate consequence of nature, Jadav saw something more profound. He saw a land that had lost its ability to support life. He understood that the absence of trees had turned the area into a place where even the smallest creatures struggled to survive.

That evening, he returned home carrying a burden in his heart. The image of those lifeless snakes would not leave him. A simple yet powerful thought began to grow within him: if the lack of trees could destroy life, perhaps planting trees could bring life back.

The Beginning of an Impossible Dream

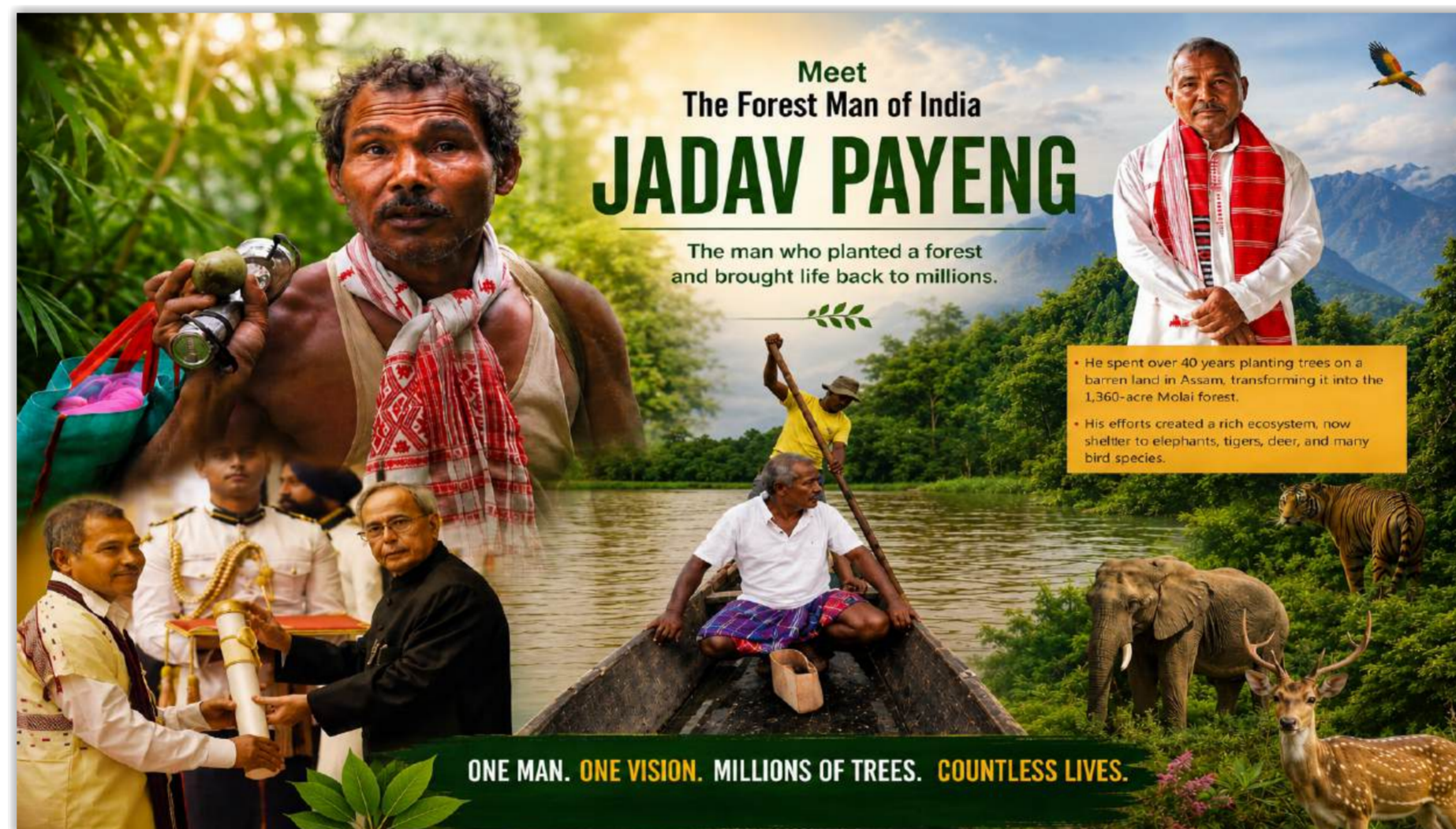
Most people would have shared their concern and then moved on with their daily lives. Jadav chose a different path.

He approached local forest officials and explained the situation. The officials suggested planting bamboo on the sandbar and provided him with a few saplings. To many, it was a small gesture. To Jadav, it was the beginning of a mission.

Armed with little more than determination,

he planted the first bamboo saplings. The conditions were harsh. The sandy soil was dry and infertile. There was no irrigation system. There were no workers to assist him. Every sapling required care, protection, and water. Yet Jadav continued.

Each morning, he walked long distances to tend the young plants. During the summer months, when the heat became unbearable, he carried water by hand. When animals threatened the saplings, he protected them. When floods damaged sections of the plantation, he started again.



Years passed, but he never stopped.

Many villagers considered his efforts unrealistic. Some laughed at him. Others questioned why a single man would devote his life to a patch of empty land. Jadav rarely argued. He simply continued planting.

His faith was not based on immediate results. It was rooted in patience.

Nature Responds to Dedication

Slowly, the barren landscape began to change. The bamboo grew taller. New species of trees were added. The roots stabilized the soil, and moisture began to return. What had once been an empty sandbar started developing into a living ecosystem.

The first signs of success came quietly. Birds began nesting among the trees. Small animals returned. Insects reappeared. The land was breathing again.

Encouraged by these changes, Jadav expanded his efforts. He planted indigenous species that could thrive naturally. Year after year, he nurtured the growing forest with the same dedication he had shown from the beginning.

As the decades passed, the transformation became extraordinary. Deer began visiting the area. Then came wild boars, rabbits, and monkeys. Eventually, elephants started migrating through the forest. Tigers and vultures also found refuge there. What had once been a lifeless sandbar evolved into a flourishing

ecosystem capable of sustaining countless forms of life.

The forest continued to expand until it covered more than 500 hectares. It became larger than many urban parks and protected reserves. The world would later know it as Molai Forest, named after Jadav Payeng's nickname.

Recognition Comes Late

For nearly three decades, Jadav worked in relative obscurity. He did not seek awards, publicity, or recognition. His reward was the sight of life returning to the land.

Then, in 2007, a photographer discovered the forest and was astonished to learn that it had been created largely through the efforts of a single individual. The story soon attracted national and international attention.

People were amazed. Environmentalists praised his work. Journalists travelled to Assam to meet the man who had planted a forest with his

own hands. He eventually received several honours, including the Padma Shri, one of India's highest civilian awards.

Yet fame changed very little about him. Even after receiving recognition, Jadav continued doing what he had always done—planting trees, protecting wildlife, and caring for the forest. His humility remained intact because his mission had never been about personal success.

The Spiritual Wisdom Behind His Work

Although Jadav Payeng is not traditionally described as a spiritual teacher, his life reflects a profound Indian philosophy. Ancient Indian culture has long regarded nature as sacred. Rivers are revered as mothers, trees are worshipped, and animals are respected as part of the larger family of life.

Without quoting scriptures or delivering sermons, Jadav embodied these values through action. He understood something that modern society often forgets that humanity does not stand above nature; it exists within nature. His work was an act of devotion, not merely conservation. Every tree he planted represented hope. Every sapling symbolized faith in the future.

Moral and Conclusion

The life of Jadav "Molai" Payeng teaches us that true greatness does not require power, wealth, or authority. It requires compassion, patience, and the courage to act when others remain indifferent. His journey reminds us that lasting change often begins with a single step and that extraordinary achievements are built through consistent effort over many years. In a world facing environmental challenges and growing disconnection from nature, his story inspires us to take responsibility rather than wait for others to act. Jadav transformed a barren land into a living forest because he believed that every life matters and every action counts. His legacy proves that when determination is guided by selfless service, one person can restore not only a landscape but also humanity's faith in the power of hope.

Ravi Singh & Ajab Tinwala

FROM CRIME TO CONSCIENCE: THE INSPIRING TRANSFORMATION OF LAXMAN GOLE

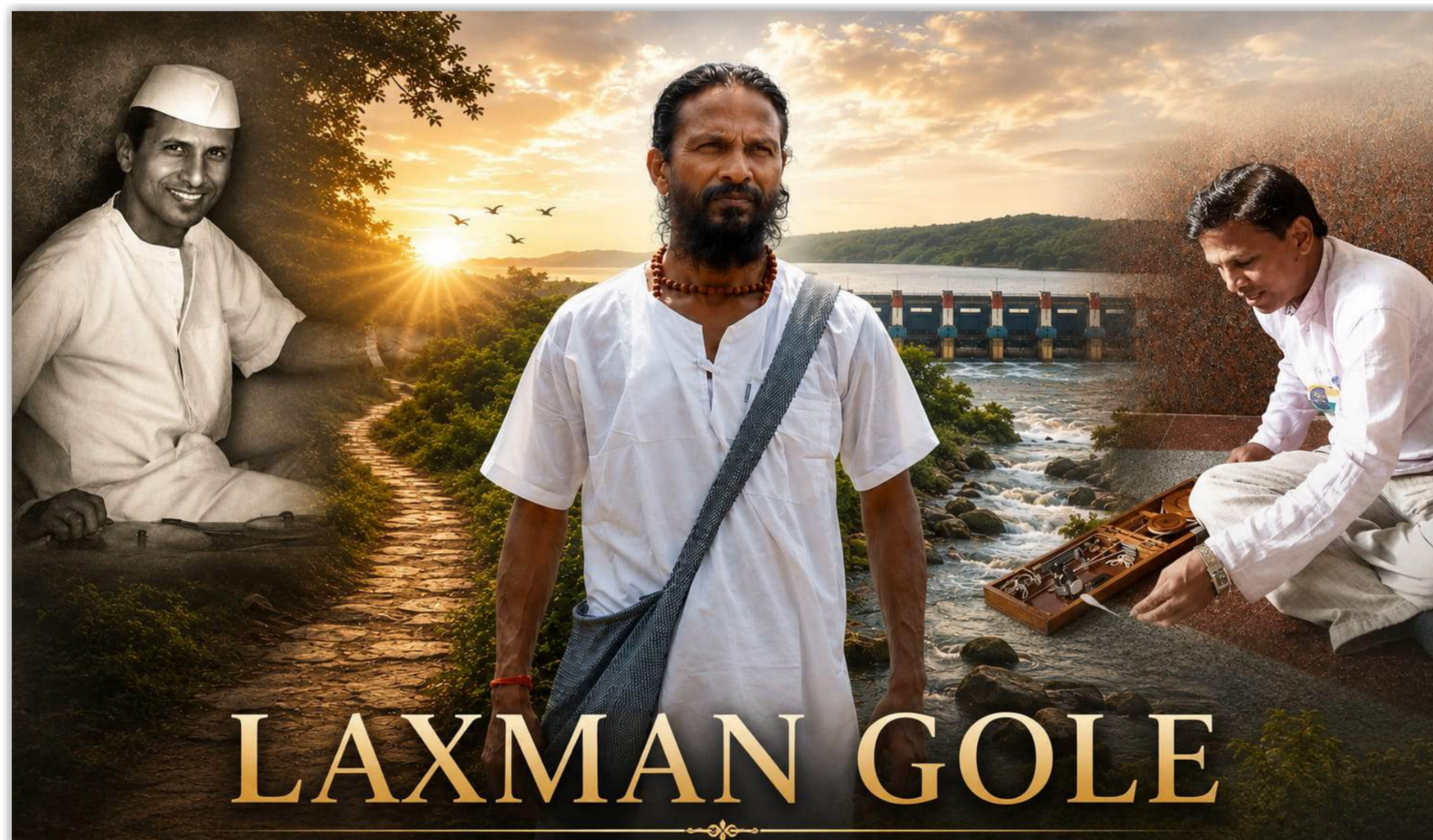
INTERVIEW BY AJAB TINWALA

The story of Laxman Gole is not merely a tale of personal transformation; it is a powerful testament to the ability of truth, self-reflection, and determination to change the course of a human life. Once involved in crime and violence, Gole is today known as a Gandhian thinker and social reformer who dedicates his life to spreading the values of truth, non-violence, and social responsibility. His remarkable journey from the underworld to social service continues to inspire countless individuals across the country.

Born and raised in Mumbai's Kurla-Sakinaka area, Gole grew up in a modest middle-class family. His father worked in a private company, and life was relatively stable at home. However, the environment around him was often turbulent. As a young boy, he witnessed violence, communal tensions, and conflicts in his neighborhood. These experiences shaped his understanding of the world at an early age. He recalls that growing up in a violent atmosphere made him believe that aggression was often the only way to respond to challenges. "Anger can destroy a person's life," he said to The HULAHUL Times, reflecting on how uncontrolled emotions influenced many of his early decisions.

As he entered his teenage years, Gole gradually became involved with individuals engaged in criminal activities. The culture around him glorified power, fear, and dominance. Those who could intimidate others were often respected in society and treated like local heroes. Influenced by these perceptions, he drifted deeper into the world of crime. Over time, he became involved in extortion, illegal land dealings, gang rivalries, and other unlawful activities. He developed a reputation for being intelligent and strategic, often staying a step ahead of law enforcement. Looking back, he admits that while criminals often possess sharp minds and exceptional planning skills, those abilities are wasted when directed toward destructive purposes. "If that same intelligence is used for society and the nation, it can create something remarkable," he said to The HULAHUL Times.

Eventually, his criminal activities led to imprisonment. What appeared to be the darkest phase of his life, however, became the foundation of an extraordinary transformation. Unlike many inmates, Gole nurtured a habit of reading. While his preference had largely been for crime novels and thrillers, his passion for books remained unwavering. During his time in prison, he encountered the autobiography of Mahatma Gandhi, *The Story of My Experiments with Truth*. The book had been made available through an initiative of Mumbai Sarvodaya Mandal, which distributed



inspirational literature in prisons. What began as a casual reading experience soon evolved into a profound turning point, inspiring deep self-reflection and setting him on a path toward truth, reform, and redemption.

As he immersed himself in Gandhi's thoughts, he found himself questioning his own choices and actions. Gandhi's commitment to truth, moral courage, and self-discipline deeply resonated with him. More importantly, it awakened what he describes as his "inner voice." "My inner voice kept telling me that what I had been doing was wrong. Reading Gandhi helped me hear that voice clearly," he said to The HULAHUL Times. For the first time, he began to understand that real strength did not come from fear or violence but from honesty and self-control.

Inspired by Gandhi's philosophy, Gole started conducting his own "experiments with truth" within prison. He consciously chose

honesty in his daily interactions and observed the impact it had on his mind. Gradually, he realized that speaking the truth brought a sense of peace and freedom. "When we lie, we must remember our lies. But when we speak the truth, we carry no burden," he said to The HULAHUL Times. This realization became the foundation of his transformation.

A defining moment came in 2007 when he appeared before a court in connection with several criminal cases. Faced with the option of denying his actions or accepting responsibility,

he chose the latter. Rather than continuing a cycle of deception, he decided to tell the truth and face the consequences of his actions. This decision marked a turning point in his life and reinforced his commitment to living honestly.

During his imprisonment, Gole also became aware of another challenge faced by many inmates: illiteracy. Prisoners frequently approached him to read letters, write applications, and help them understand official documents. One day, a fellow inmate asked him a simple yet profound question: if education was so important, why was he not teaching others? The question inspired him to take action. With the support of prison authorities, he began teaching fellow prisoners how to read and write. "Preaching is easy. Demonstrating through action is difficult," he said to The HULAHUL Times. Through these efforts, he empowered many inmates to gain basic literacy and confidence.

Re-entering society after prison was not easy. Gole knew that rebuilding trust would require patience and consistency. He deliberately distanced himself from the places and influences associated with his past and focused on creating a new identity based on service and integrity. Over time, people began to recognize the sincerity of his transformation. According to him, society naturally tests those who seek a second chance, but genuine change eventually speaks for itself.

One of the most emotional moments of his journey involved his father. Deeply disappointed by his son's criminal activities, his father had stopped speaking to him for twelve years. After Gole's release, he devoted himself to caring for his aging father during a period of illness. Witnessing his son's dedication and transformation, his father finally reconciled with him. That acceptance and forgiveness became one of the most meaningful rewards of his new life.

Today, Gole actively works to guide people away from crime and towards constructive living. He believes that poverty alone does not create criminals; rather, crime often emerges when poverty is combined with a lack of education, opportunities, support systems, and positive influences. His mission is to help individuals discover alternatives before they make choices that could damage their lives and the lives of others.

For young people who view Gandhian philosophy as outdated, Gole offers a modern perspective. "Gandhi was the original life hacker. He showed that you can change the operating system of society through principles. The tools have changed, but the method remains the same," he said to The HULAHUL Times. His life itself stands as proof of that belief.

The journey of Laxman Gole demonstrates that no individual is beyond redemption. Through truth, courage, and self-reflection, he transformed himself from a feared criminal into a respected voice for peace and reform. His story serves as a reminder that even in the darkest circumstances, a single decision to embrace truth can illuminate an entirely new path.

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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.

The modern workplace is rewriting the rules of career success. Rather than depending on a single job, professionals are increasingly combining multiple skills, passions, and income streams to build flexible and resilient futures. Career success is no longer defined by one designation it is increasingly defined by the ability to create value in multiple ways. As a result, the traditional formula of earning a degree, securing a stable job, and building a lifelong profession is rapidly evolving. Instead of identifying themselves by a single role, many individuals are embracing portfolio careers, where diverse skills, professions, and opportunities come together to create a dynamic and future-ready career path. A person can be an accountant, a content creator, and an online trainer at the same time.

What Is a Portfolio Career?

A portfolio career involves pursuing multiple professional activities simultaneously instead of depending entirely on one job. It may combine employment with freelancing, teaching, consulting, content creation, entrepreneurship, investing, or project-based assignments. The focus is not on working more hours but on leveraging diverse skills across multiple opportunities.

BEYOND ONE JOB: THE RISE OF PORTFOLIO CAREERS

Why Portfolio Careers Are Growing

Several workplace trends are driving this shift. These include:

- Growth of the gig economy
- Remote and flexible work models
- Digital business opportunities
- Desire for financial security
- Rapid technological change

Many professionals are realizing that relying on a single source of income may not always provide long-term stability

The Technology Advantage

Digital platforms have made it easier than ever to monetize knowledge and skills.

Today, individuals can:

- Offer online consulting
- Teach through digital platforms
- Build personal brands
- Sell digital products
- Manage freelance assignments remotely

Example: A commerce lecturer may teach at a college, conduct financial literacy workshops, publish business articles, and provide consultancy to startups.

Technology is expanding career possibilities beyond traditional employment.

From Employee to Personal Brand

One of the biggest changes in the modern workplace is the rise of personal branding.

Professionals are increasingly showcasing expertise through:

- Blogs and newsletters
- Social media platforms
- Online courses
- Podcasts and webinars
- Professional communities

Example: A taxation expert sharing practical tax tips online can build a following, attract consulting clients, and generate additional income opportunities.

Knowledge is becoming a marketable asset.

The Financial Logic Behind Multiple Income Streams

Portfolio careers offer greater financial flexibility. Benefits include:

- Diversified income sources
- Reduced career risk
- Better financial resilience
- Greater earning potential
- More control over professional growth

Example: A salaried employee who also earns through tutoring, freelancing, or content creation may be less vulnerable during economic slowdowns.

Just as investors diversify portfolios, professionals are diversifying careers.

The Rise of the Skill Economy

In today's marketplace, skills often matter more than job titles. High-demand skills such as communication, digital marketing, financial consulting, content creation, data analysis, and project management open diverse opportunities. The future belongs to those who embrace continuous learning, adapt to change, and keep reinventing their skills.

Career Opportunities for Students

Portfolio careers are opening exciting possibilities for young professionals. Students can explore:

- Freelance writing and design
- Online tutoring
- Social media management
- Affiliate marketing
- Financial content creation
- Digital consulting
- Small business ventures

Example: A commerce student may assist local businesses with digital marketing while pursuing a degree and simultaneously create educational content on finance topics. Learning and earning can happen together.

Skills Students Should Develop

- Communication and networking abilities
- Digital and technology skills
- Financial literacy and budgeting



- Time management and self-discipline
- Creativity and problem-solving skills

These skills are applicable across industries and career paths.

Challenges to Consider

While portfolio careers offer flexibility, they also bring challenges:

- Managing multiple responsibilities
- Maintaining work-life balance
- Income fluctuations
- Constant skill upgrading
- Risk of burnout

Success requires discipline as much as ambition.

The Bigger Shift

The rise of portfolio careers reflects a broader transformation in the nature of work. The traditional concept of one profession for life is gradually being replaced by a more flexible model where individuals combine expertise, passion, and entrepreneurship. Careers are becoming less about positions and more about capabilities.

The Takeaway

Portfolio careers are redefining professional success by encouraging people to build multiple skills and income streams, offering greater flexibility and resilience. Because in today's world, the most valuable career asset may not be a single job but a diverse portfolio of skills and opportunities.

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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.

ECO-CRITICISM: LITERATURE AND THE ENVIRONMENT

Eco-criticism is a modern literary theory that studies the relationship between literature and the natural environment. It examines how nature, animals, forests, rivers, climate, and ecological concerns are represented in literary texts.

The term gained prominence during the late twentieth century as environmental issues such as pollution, deforestation, and climate change became major global concerns. Eco-critics believe that literature not only reflects society but also shapes human attitudes towards nature and environmental responsibility.



Writers such as William Wordsworth, Henry David Thoreau, and Rabindranath Tagore celebrated the beauty and spiritual significance of nature in their works. Contemporary eco-critical studies also focus on issues like environmental justice, sustainability, and climate anxiety.

Eco-criticism encourages readers to develop ecological awareness and to understand the deep connection between human life and the natural world. In the present age of environmental crisis, eco-critical literature plays an important role in promoting sensitivity towards nature and sustainable living.

DID YOU KNOW?

From the World of Literature and Language

- The term “Eco-criticism” became widely popular after the publication of The Ecocriticism Reader in 1996, edited by Cheryll Glotfelty and Harold Fromm.
- One of the earliest literary works often studied through an eco-critical lens is Walden, which celebrates simple living in harmony with nature.
- Modern eco-critics examine themes such as climate change, biodiversity loss, pollution, and environmental justice in literary texts.
- Many contemporary novels and poems now address environmental crises, making eco-criticism one of the fastest-growing fields in literary studies.

GRAMMAR TIP

Difference Between “Few” and “A Few”

Few = almost none (negative meaning)

A few = some (positive meaning)

Examples:

Few citizens understand the seriousness of environmental degradation.

A few students participated in the tree plantation drive.

WRITER OF THE WEEK

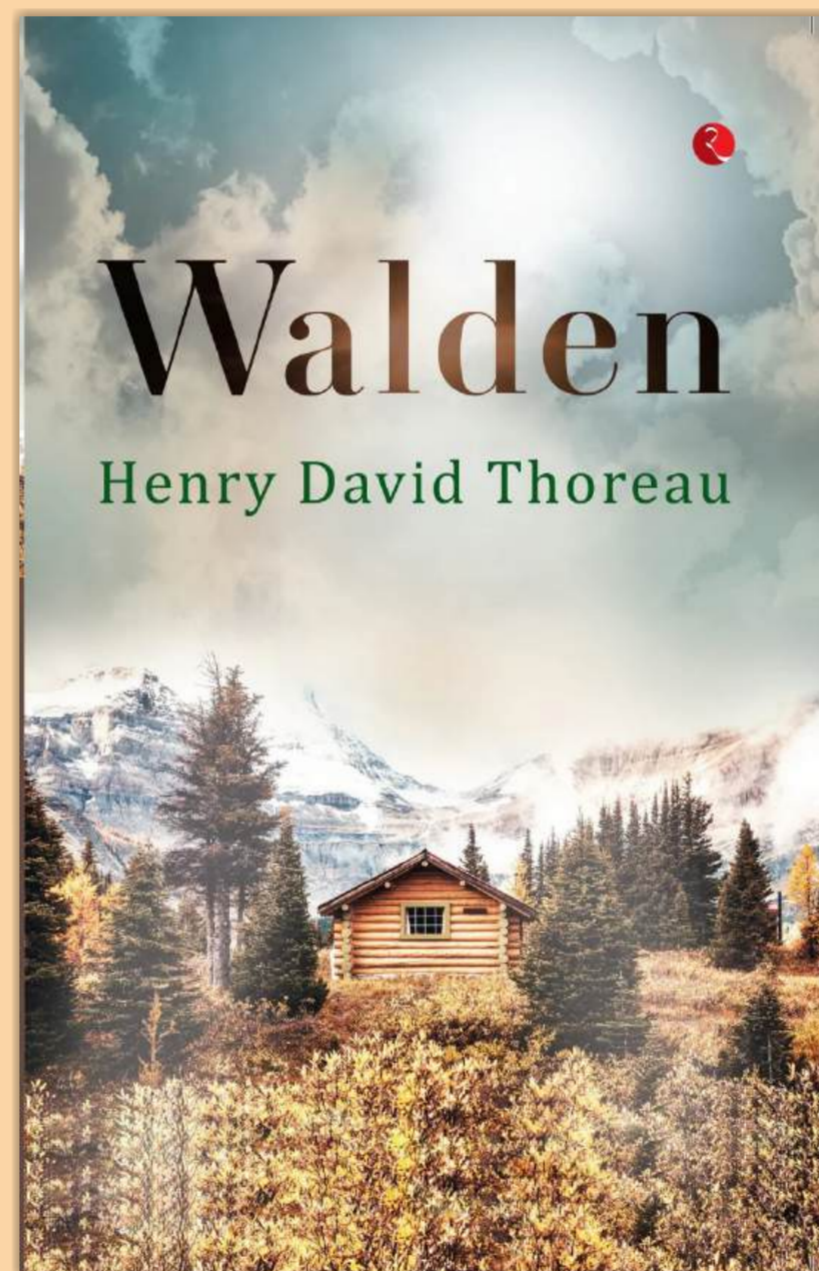
Rachel Carson

Rachel Carson is regarded as one of the pioneers of environmental literature. Her writings awakened global awareness about ecological balance, pollution, and the harmful effects of pesticides. Her influential work inspired the modern environmental movement.

Famous Work: Silent Spring

BOOK REVIEW

Walden By Henry David Thoreau



Walden is a philosophical and reflective work based on Thoreau's experiences of living close to nature near Walden Pond. The book emphasizes simplicity, self-reliance, and harmony with nature. It remains one of the most important texts in environmental literature and inspires readers to rethink modern lifestyles.

QUOTABLE QUOTES

“Nature never did betray the heart that loved her.”

- William Wordsworth

CREATIVE WRITING

Dreams

Hold fast to dreams

For if dreams die

Life is a broken-winged bird

That cannot fly.

Hold fast to dreams

For when dreams go

Life is a barren field

Frozen with snow.

Poetry by
- Langston Hughes

Appreciation: This short yet powerful poem emphasizes the importance of dreams and aspirations in human life. Hughes uses vivid imagery to show how life becomes empty and lifeless without hope and ambition.

WORD OF THE WEEK

Resilient (adjective)

Meaning: Able to recover quickly from difficulties or challenges.

Example: Human beings must remain resilient in protecting the environment from climate change.

IDIOM HIGHLIGHT

“Turn over a new leaf”

Meaning: To begin behaving in a better or more responsible way.

Example: People must turn over a new leaf and adopt eco-friendly habits for a sustainable future.

Ravi Singh & Ajab Tinwala

ANDHRA PRADESH NATURAL FARMING PROGRAMME WINS GLOBAL FOOD PLANET PRIZE 2026

In a significant achievement for sustainable agriculture, the Andhra Pradesh Community-Managed Natural Farming (APCNF) programme has been awarded the prestigious Food Planet Prize 2026. The recognition highlights the programme's remarkable contribution to climate-resilient farming and environmentally sustainable food production.



The APCNF initiative promotes chemical-free agriculture by encouraging farmers to adopt natural farming methods that reduce dependence on synthetic fertilizers and pesticides. By utilizing locally available resources, improving soil health, and conserving water, the programme has helped thousands of farmers lower production costs while maintaining stable yields.

are becoming increasingly common due to changing climate patterns.

Experts believe the programme serves as a model for sustainable agricultural transformation worldwide. Its success demonstrates that environmentally friendly farming can improve farmer livelihoods while protecting natural resources for future generations.

The award acknowledges Andhra Pradesh's efforts to address some of the most pressing global challenges, including climate change, biodiversity loss, and food security. Natural farming practices have strengthened the resilience of farming communities against extreme weather events such as droughts and irregular rainfall, which

The global recognition of Andhra Pradesh's natural farming movement reinforces the importance of innovative, community-driven solutions in building a resilient and sustainable food system for the future.

INDIA'S NEXT AGRICULTURAL REVOLUTION: BUILDING AN EXPORT-ORIENTED AND VALUE-DRIVEN FARM ECONOMY

India's agriculture sector is poised for a major transformation as policymakers and industry experts advocate a shift towards an export-oriented, standards-driven, and value-chain-centric model. With the country already being one of the world's largest producers of food grains, fruits, vegetables, and dairy products, the focus is now moving from increasing production to enhancing quality, value addition, and global competitiveness.



Experts believe that meeting international quality and safety standards is essential for expanding India's agricultural exports. Strengthening supply chains, improving storage and logistics infrastructure, and promoting traceability from farm to market can help farmers access premium global markets. The adoption of modern technologies, sustainable farming practices, and digital platforms is also expected to improve productivity and reduce post-harvest losses.

retailers, and consumers, ensuring better price realization and reducing inefficiencies. This model can significantly increase farmers' incomes while creating employment opportunities in food processing, packaging, and logistics sectors.

As global demand for high-quality agricultural products continues to rise, India has a unique opportunity to emerge as a leading agricultural exporter. By prioritizing quality, innovation, and market integration, the country can drive rural prosperity and create a more resilient and globally competitive agricultural economy.

A value-chain approach connects farmers with processors, exporters,

INDIA'S SOIL HEALTH AT RISK: EXPERTS CALL FOR URGENT AGRICULTURAL REFORMS

India's agricultural sector is facing a growing soil biological health crisis, with experts warning that excessive pesticide use, monocropping practices, and overdependence on chemical fertilizers are steadily degrading the country's soil ecosystems. Healthy soil is home to billions of microorganisms, including bacteria, fungi, and earthworms, which play a vital role in nutrient cycling, water retention, and crop productivity.



Agricultural scientists have expressed concern that intensive farming methods are reducing biodiversity beneath the soil surface, making farmlands less resilient to climate change and pest attacks. The repeated cultivation of a single crop, known as monocropping, further depletes essential nutrients and disrupts natural ecological balance.

Experts emphasize that declining soil health not only threatens long-term food security but also increases farmers' dependence on costly agricultural inputs. They advocate for sustainable alternatives such as crop diversification, integrated pest management, organic amendments, and balanced fertilizer

application.

The need for immediate action is becoming increasingly urgent as soil degradation continues to impact agricultural productivity across several regions of the country. Researchers and policymakers are urging farmers, governments, and agricultural institutions to work together to restore soil biodiversity and promote regenerative farming practices.

Protecting soil health today, experts say, is essential for ensuring a sustainable and food-secure future for India.

KHASI FARMERS LEAD THE WAY IN REVIVING MEGHALAYA'S SOIL THROUGH INDIGENOUS AGROECOLOGY

On the occasion of World Environment Day, the remarkable efforts of Khasi farmers in Meghalaya have highlighted the importance of indigenous agroecological practices in restoring soil health and promoting sustainable agriculture. Faced with declining soil fertility and environmental challenges, local farming communities are turning to traditional knowledge passed down through generations to rejuvenate their land.



Instead of relying heavily on chemical fertilizers and pesticides, Khasi farmers are adopting natural methods such as mixed cropping, organic composting, mulching, and the preservation of native plant species. These practices improve soil structure, enhance biodiversity, and increase the land's ability to retain moisture and nutrients. As a result, farms are becoming more resilient to climate change and extreme weather conditions.

The initiative demonstrates how indigenous wisdom can complement

modern sustainability goals. By nurturing healthy soils, farmers are not only improving crop productivity but also protecting local ecosystems and water resources. Experts believe that such community-driven approaches offer valuable lessons for agricultural regions across India.

The success of Meghalaya's Khasi farmers serves as an inspiring example of environmental stewardship. Their commitment to working in harmony with nature underscores a crucial message for World Environment Day: restoring the health of the planet begins with restoring the health of the soil beneath our feet.

COMMUNITY PATROLS SHIELD NORTH BENGAL FARMS, SOUTH BENGAL STILL VULNERABLE



Farmers across Bengal continue to battle crop losses caused by wild animals, but a stark contrast has emerged between the northern and southern regions of the state. In North Bengal, community-led patrol groups have significantly reduced crop damage by keeping a close watch on fields and alerting villagers about wildlife movement.

These coordinated efforts have helped farmers protect their harvests and minimize economic losses.

The patrols, often organized by local residents, work during critical farming seasons when animals such as elephants frequently enter agricultural lands. Their presence has improved response times and strengthened cooperation between communities and forest officials.

However, farmers in South Bengal remain largely exposed to similar threats. Many villages lack organized monitoring systems, making crops vulnerable to attacks by wild boars, monkeys, and other animals. As a result, farmers continue to suffer substantial losses, affecting both livelihoods and food security.

Experts believe that the success of North Bengal's community patrol model offers valuable lessons for other regions. Expanding such initiatives, combined with better compensation mechanisms and stronger support from authorities, could help reduce human-wildlife conflicts across the state.

As climate and habitat pressures increase, community participation may prove to be one of the most effective tools for safeguarding both farmers and wildlife.

Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

IIT DELHI AND 18 NITS JOIN HANDS TO STRENGTHEN RESEARCH AND ACADEMIC EXCELLENCE

As a major advancement in strengthening collaboration between India's premier engineering institutions, Indian Institute of Technology (IIT) Delhi has executed MoUs with 18 National Institutes of Technology (NIT) as part of the new ALIGN initiative. The goal of this initiative is to increase academic engagement, research collaborations, and the sharing of knowledge among institutions.



for faculty and students to participate in collaborative research activities, student exchanges, and access to high-tech laboratory/research facilities. It is hoped that these collaborative activities will bridge institutional gaps and foster opportunities for young researchers to engage with leading-edge technologies and work on industry-oriented projects. According to education experts, ALIGN represents a significant step toward developing a stronger national research network in India. This is aligned with India's overall goal to foster innovation and drive growth, as well as to enhance the competitiveness of its higher education institutions on a global scale.

The aim of the ALIGN initiative is to create an environment conducive to collaboration among faculty members, researchers, and students across multiple disciplines to work on interdisciplinary projects that address current and future challenges in science, technology, and innovation. Through pooling expertise and resources, institutions that participate in the ALIGN initiative aim to increase output due to collaborative research and enhance the quality of higher education.

Among many benefits anticipated from the partnership are faculty development programs, opportunities

MENTAL WELL-BEING AT THE HEART OF SCHOOL EDUCATION, SAYS DHARMENDRA PRADHAN

The Union Ministry of Education has a holistic approach to schooling by identifying gaining mental health of students as a priority. Recently Union Minister of Education Dharmendra Pradhan reviewed a draft policy promoting mental health in schools and identified that emotional wellbeing is a key component in providing a quality education.



student's mental wellbeing is critical to ensuring successful academic and overall development. The proposed policy is in alignment with the National Education Policy (NEP) of 2020, which advocates for a student-centred approach to education, and includes a focus on the physical, emotional, and cognitive development of all children.

As educational institutions continue to respond to the changing demands of society and the academic environment, the proposed policy is a significant step toward building healthier and safer school communities and nurturing learning environments for students in all parts of the country.

The goal of the proposed policy is to create a supportive and inclusive learning environment for students, where they can achieve success both academically and emotionally. This includes enhancing counselling services, improving knowledge about mental health, and preparing teachers to identify and respond to signs of stress, anxiety, and other psychological issues that may affect a student.

Pradhan indicated that success in education cannot be limited to the intellectual and educational component but that schools also play an important role in developing confident, resilient, and socially responsible citizens; therefore providing support for a

VIROHAN ANNOUNCES ₹2 CRORE SCHOLARSHIP PROGRAMME FOR CLASS 12 FEMALE STUDENTS

The scholarship initiative of Virohan is valued at ₹2 Crores and aims to provide financial assistance for female students who have successfully concluded their Class 12th education and are looking for a career in the Healthcare sector. The beneficiaries of the program will have reduced financial barriers to public interest in their pursuit of secondary education and professional careers in the field of Healthcare.

The scholarship initiative is intended to encourage more female students to seek a Career in the rapidly expanding Healthcare Field, where the demand for skilled professionals continues to rise through financial assistance. The program aims to provide second and third opportunities for deserving students from diverse economic backgrounds to pursue courses and training focused on preparing them for careers in the Healthcare Field.

Besides reducing the burden of educational costs on the female student beneficiaries of this program, the scholarship program will also aid to empower females. Experts in



education/development and skill training have expressed strong support for initiatives such as this, as they believe that scholarships are a critical mechanism to facilitate increased access to quality education, while also generating higher rates of employability upon graduation.

Virohan is calling on young females who are prepared to realize their career aspirations in the Health Profession to apply for the scholarships offered through this initiative and become a contributing member to their communities through advancement of both individual achievement and recognition within the Health Profession.

MEGHALAYA FOCUSES ON LEARNING OUTCOMES AND EDUCATIONAL REFORMS

Conrad K. Sangma, the Chief Minister of Meghalaya, confirmed once again the commitment of the State Government of Meghalaya to enhance the quality of education by placing greater emphasis on learning outcome and institutional performance. During an extensive review of the education sector, the Chief Minister reviewed current initiatives and collaborated with partners to develop strategies to improve the overall quality of the state's school system.

The review examined ways to improve educational delivery through improving the quality of teaching, improving student outcomes, and ensuring investments in education are translated into measurable outcomes. The Chief Minister stressed that education is among the most important pillars of development in Meghalaya's overall development agenda; therefore greater accountability and innovation need to take place in all educational institutions.

During the review process, members of state government and

educational institution leaders discussed the progress made in implementing various programs designed to increase access to quality education, improving educational infrastructure, and utilizing technology in the classroom. In addition to enhancing access to quality education through educational programs, the need to continuously train teachers and develop effective mechanisms for monitoring the performance of teachers were discussed as means to improve student academic success.

The government's intentions in developing a greater focus on learning outcomes is clearly defined in the desire to ensure that all students have equal access to a quality education that will provide them with meaningful and relevant educational experiences.

THE MINISTRY OF WOMEN AND CHILD DEVELOPMENT IS NOW ACCEPTING APPLICATIONS FOR THEIR INTERNSHIP PROGRAM



The Ministry of Women and Child Development (MWCD) is seeking applicants to their Internship Program which will allow students, researchers, and young professionals the chance to obtain first-hand experience in public administration and policy development.

The purpose of the Internship Program is to expose participants to various aspects of government operation and to provide information about the delivery of programs which relate to the empowerment of women, the welfare of children, the aspects of nutrition, gender equality, and social development. In addition, intern participants will have the opportunity to work with policy makers through research assignments and gain insight into the various challenges involved in the development and implementation of welfare programs.

An internship program provides participants with practical, real-world, hands-on experience which enhances their analytical, communication, and policy research skills. As part of developing person(s) with knowledge regarding social issues and possible career opportunities in governance, development studies, and public policy, the MWCD encourages young people to participate in the Internship Program.

The growing trend of using government internships to build the foundation for creating future leaders and developing a new generation of youth involved in the creation of a nation by using the experience gained from participation in a government internship will help the MWCD create more awareness of the involvement of public institutions in providing opportunities for inclusive growth and social justice. The MWCD's Internship Program will be promoting applicants with a broad range of academic backgrounds.

Durgesh K. Dubey

RBI HOLDS REPO RATE AT 5.25% AS GLOBAL ENERGY SHOCK TESTS INDIA'S ECONOMIC RESILIENCE



The decision reflects a delicate balancing act. India's economy remains stronger than during several earlier global crises, supported by steady domestic demand, robust services activity and improving investment momentum. However, the external environment has become more difficult since the previous policy review. Elevated crude oil prices, rising freight costs and supply-chain disruptions are beginning to affect inflation, business confidence and household purchasing power.

The RBI has projected India's real GDP growth at 6.6 percent for 2026–27. Growth is expected to remain relatively steady across the year, with a gradual improvement towards the final quarter. The economy had expanded by 7.6 percent in 2025–26, supported by private consumption, fixed investment, manufacturing and services. Recent indicators also show resilience in several sectors. Services activity remains strong, manufacturing continues to expand and government capital expenditure is expected to provide further support. At the same time, higher input costs and uncertainty in global markets may slow investment decisions and weaken merchandise exports.

Inflation has become a more serious concern. Consumer price inflation remained below the RBI's target during March and April, but the situation may change as higher global oil prices begin to pass through to domestic prices. Petrol and diesel prices were partially revised upward in May, while the cost of commercial LPG, chemicals, metals, rubber and plastic products has also increased. The RBI now expects consumer inflation to average 5.1 percent in 2026–27, with the pressure likely to

become stronger during the middle of the financial year.

The food outlook also requires close monitoring. A weaker-than-normal south-west monsoon and the possibility of El Niño conditions could affect agricultural output and rural demand. However, comfortable stocks of rice and wheat and satisfactory reservoir levels provide some protection against a sudden food-price shock.

Despite these risks, India's financial system remains broadly stable. Banks continue to maintain healthy capital levels, non-performing assets have declined and credit growth remains strong. Foreign exchange reserves stood at \$682.3 billion at the end of May, providing an important buffer against external shocks and covering around 11 months of imports.

The RBI has also announced steps to attract foreign capital and strengthen the balance of payments. These include widening access to government securities, easing certain investment limits for overseas investors, encouraging external borrowing by public sector companies and supporting fresh foreign currency deposits.

The latest policy review sends a clear message: India is not insulated from the global crisis, but it is better prepared to handle it. The central bank is keeping its options open while closely watching inflation, growth and financial markets. In uncertain times, patience and preparedness may prove more valuable than hurried action.

THE ₹15-LAKH-CRORE QUESTION: SEBI PROBE PUTS RAJESH EXPORTS' REPORTED REVENUES UNDER THE SCANNER

A company once recognised for its enormous turnover and global gold business is now facing one of the most serious regulatory examinations in India's corporate sector. The Securities and Exchange Board of India has issued an interim order against Rajesh Exports Limited and restricted the company and its promoter-chairman from accessing the securities market while the investigation continues. At the centre of the case is an extraordinary question: can nearly ₹15.15 lakh crore of reported consolidated revenue over five financial years be independently verified?

The investigation began after a shareholder raised concerns in March 2024 about large trade receivables that had remained unpaid for an unusually long period. Such receivables do not automatically prove wrongdoing, but they can signal deeper problems if companies are unable to explain how sales were recorded or why payments remain outstanding. The complaint led to a detailed inquiry, including a forensic examination of the company's books and overseas operations.

According to the interim observations, almost the entire consolidated revenue of the group between 2020–21 and 2024–25 came from international subsidiaries. The regulator focused closely on the group's Switzerland-based refining business, which has long been presented as a key pillar of its global operations. However, investigators reportedly found a wide gap between the revenue visible in certain subsidiary-level records and the much larger figures appearing in the group's consolidated accounts.

The company has rejected the allegation of revenue overstatement. It has maintained that the difference arose because the business model was

not interpreted correctly. According to its explanation, the consolidated accounts recognise the value of gold transactions, while some subsidiary-level records may reflect only refining-related income or value addition. The company has described the issue as a communication gap and has stated that it is submitting the required documents to clarify the matter.

The interim order has also raised questions beyond revenue reporting. The regulator has sought supporting evidence for a reported investment of more than ₹1,000 crore in African gold-mining assets. Concerns have also been flagged regarding large purchase and sale entries involving a domestic financial entity, which reportedly denied carrying out the transactions attributed to it. Certain fund transfers linked to personal trading activities have added another layer of scrutiny.

For investors, the case is a reminder that headline revenue alone does not reveal the true financial health of a business. A company may report a massive turnover, but investors must also examine cash flows, margins, receivables, debt levels, auditor observations and the transparency of subsidiary accounts. This becomes especially important when most operations are conducted through entities located in other countries.

The matter has wider implications because institutional and retail investors have exposure to the company. The Life Insurance Corporation of India holds a significant stake, meaning that the concerns extend beyond stock-market traders to policyholders whose savings are indirectly invested through the public-sector insurer.



It is important to underline that SEBI's order is interim, not final. The company has the right to submit its defence, and the conclusions may change after further examination. Yet the controversy has already underlined a fundamental principle of capital markets: trust depends not merely on impressive numbers, but on whether those numbers can withstand careful verification.

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**INSIGHTS ON IKS RESEARCH -
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Q. Explain the Ayurvedic Understanding of Depression and Its Treatment.

Ans. Depression has become a serious mental health concern, especially among young people facing academic pressure, career uncertainty, relationship problems, financial stress, and social media influence. While modern medicine explains depression through psychological and biological factors, Indian Knowledge Systems offer a holistic perspective through Ayurveda. Known as the "Science of Life," Ayurveda focuses on balance among the body, mind, emotions, lifestyle, and spirit. It treats depression not merely as a mental disorder, but as a sign of imbalance in the whole person.

Understanding Mental Health in Ayurveda: Ayurveda defines health as harmony among the body, mind, senses, and soul. It recognises the close connection between mental and physical well-being.

Stress, unhealthy habits, poor sleep, diet, and strained relationships may disturb emotional stability. Therefore, mental and physical health should be addressed together.

Ayurvedic Concept of Depression: Ayurveda does not use the modern term "depression," but describes a similar condition called Vishada. It includes sadness, hopelessness, lack of enthusiasm, low energy, reduced interest, negative thinking, poor concentration, social withdrawal, and helplessness. Ayurveda warns that such emotional states may affect both mental and physical health when ignored.

The Role of the Three Doshas: One of the key concepts in Ayurveda is the theory of the three Doshas: Vata, Pitta, and Kapha. These Doshas are energies that regulate different functions of the body and mind. Good health depends on maintaining a balance among them.

Vata and Depression: Vata is associated with movement, communication, and nervous system activity. When Vata becomes imbalanced, a person may experience anxiety, fear, restlessness, insomnia and excessive worrying. Many young people who constantly worry about their future or experience high levels of anxiety may have symptoms related to Vata imbalance.

Pitta and Depression: Pitta is associated with energy, ambition, and intelligence. When Pitta becomes excessive, individuals may become irritable, perfectionistic, impatient and easily frustrated. Young people who place excessive pressure on themselves to succeed may experience emotional burnout due to Pitta imbalance.

Kapha and Depression: Kapha is associated with stability, calmness, and emotional strength. However, when Kapha becomes excessive, it may lead to lack of motivation, excessive sleep, emotional heaviness, withdrawal from activities, feelings of sadness. Many symptoms of depression closely resemble an aggravated Kapha state.

Ayurveda teaches that identifying and correcting these imbalances is essential for restoring mental health. In addition to the Doshas, Ayurveda also explains mental health through the three Gunas: Sattva, Rajas, and Tamas.

1) Sattva: Sattva represents purity, wisdom, balance, and positivity. A person with a Sattvic mind is calm, focused, optimistic, and emotionally stable.

2) Rajas: Rajas represents activity, desire, ambition, and restlessness. Excessive Rajas can create stress, anxiety, anger, and emotional instability.

3) Tamas: Tamas represents darkness, ignorance, laziness, and inactivity. Excessive Tamas is often

linked to symptoms similar to depression, such as hopelessness, lack of energy, negative thinking, and withdrawal.

Ayurveda teaches that mental health improves when Sattva is strengthened and excessive Rajas and Tamas are reduced.

Ayurveda identifies several factors that can contribute to depression.

a) Unhealthy Lifestyle: Irregular sleep schedules, lack of physical activity, excessive screen time, and poor daily routines can disturb mental balance.

b) Poor Diet: Ayurveda emphasizes the importance of healthy food for mental well-being. Excessive consumption of processed foods, junk food, and unhealthy eating habits may negatively affect mood and energy levels.

c) Emotional Stress: Relationship conflicts, academic pressure, family problems, and career uncertainty can create emotional disturbances that contribute to depression.

d) Negative Thinking: Repeated negative thoughts, self-doubt, and constant worrying weaken mental strength and increase emotional suffering.

e) Lack of Purpose: Ayurveda recognizes that individuals need meaningful goals and a sense of direction in life. Feelings of emptiness and lack of purpose may contribute to depression.

Ayurveda uses a comprehensive approach that addresses both the mind and body.

Lifestyle Correction: One of the first steps in Ayurvedic treatment is improving daily habits. A balanced routine helps restore stability to both physical and mental health. Healthy habits include waking up early, maintaining regular sleep patterns, exercising regularly, spending time in nature, reducing excessive screen time

These practices create structure and improve emotional well-being.

1) Healthy Diet: Ayurveda considers food to be a powerful form of medicine. A balanced and nutritious diet supports mental health by providing energy and nourishment. Foods that promote mental clarity and positivity are encouraged. Fresh fruits, vegetables, whole grains, nuts, and natural foods are often recommended. Excessive consumption of processed foods, sugary drinks, and unhealthy snacks is discouraged. A healthy diet helps improve mood, concentration, and overall vitality.

2) Yoga and Physical Activity: Ayurveda strongly recommends Yoga as a way to maintain emotional balance. Physical activity helps release stress, improve energy levels, and reduce negative emotions. Yoga postures improve circulation, breathing exercises calm the mind, and meditation

develops emotional resilience. Together, these practices support mental health and help manage depressive symptoms.

3) Meditation and Mindfulness: Meditation is an important Ayurvedic tool for strengthening the mind. Regular meditation helps reduce stress, improve focus, and promote inner peace. Young people often face constant distractions and information overload. Meditation helps calm mental activity and creates a sense of emotional stability. Even a few minutes of daily meditation can have a positive impact on mood and mental well-being.

4) Building Positive Relationships: Ayurveda recognizes the importance of supportive social connections. Spending time with family, friends, teachers, and positive influences can reduce feelings of loneliness and isolation. Healthy relationships provide emotional support during difficult times and contribute to overall happiness.

5) Spiritual Practices: Ayurveda encourages practices that nurture the inner self, such as prayer, self-reflection, gratitude, and service to others. These activities help individuals develop a positive outlook on life and find deeper meaning beyond daily challenges. Spiritual practices can strengthen emotional resilience and help individuals cope with stress more effectively.

Ayurveda is highly relevant for young people facing stress from social media, irregular sleep, unhealthy diets, and constant pressure to perform. It offers practical solutions through balanced routines, nutritious food, physical activity, Yoga, meditation, and positive relationships. Rather than waiting for problems to become severe, Ayurveda emphasises prevention and healthy habits from an early age. It views depression as an imbalance affecting the body, mind, emotions, and spirit. By promoting self-awareness, harmony, and inner strength, Ayurveda helps young people manage stress, build emotional resilience, and lead healthier lives. Mental health means not only freedom from illness but also balance, purpose, and positivity. Stay blessed!

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THE POWER OF PERSISTENCE: SUCCESS BEYOND STAGNATION



is that growth does not always happen in ways we can immediately see. Sometimes, the most important progress takes place quietly, beneath the surface.

Life is not a race where everyone moves at the same speed. Each person has a unique journey, filled with different challenges, opportunities, and lessons. Comparing ourselves with others often creates unnecessary doubt. We may see people around us achieving success and wonder why our own efforts are not producing similar results. Yet every achievement has its own timeline. What matters is not how fast we move, but whether we continue moving forward.

The key is to keep working, even when results seem distant. Consistent effort builds skills, strengthens character, and prepares us for opportunities that may arrive unexpectedly. Many successful individuals faced long periods of struggle before their breakthrough. Their success was not the result of luck alone; it was the outcome of persistence during difficult times

when giving up seemed easier.

Criticism and discouragement are also part of the journey. There will always be people who question our abilities or focus on our failures. Some

may judge us based on where we are today rather than where we are capable of reaching tomorrow. Instead of allowing negative opinions to define us, we should let them become fuel for improvement. The most powerful response to doubt is steady action.

An important lesson in life is that our current situation does not determine our future. A person who is a beginner today can become an expert tomorrow. Someone who feels unnoticed today may become a source of inspiration in the future. Growth is a continuous process. Every challenge faced, every mistake made, and every lesson learned contributes to the person we eventually become.

Patience is equally important. Success rarely arrives overnight. Like a seed planted in the soil, our efforts need time to grow. The seed does not become a tree in a day, but with care and persistence, it eventually flourishes. In the same way, our hard work may not show immediate rewards, but it is shaping our future in ways we cannot yet see.

Therefore, never doubt your efforts. Keep learning, keep improving, and keep moving forward. Your hard work will pay off, sooner or later. It is your determination that keeps you standing during times of crisis and humble during moments of success.

Remember: *When life seems motionless, do not stop. Continue working with faith and patience. One day, you will look back and realize that every step, no matter how small, was leading you toward something greater.*

THE COURAGE TO CONTINUE: WHEN THE WORLD TRIES TO STOP YOU

Every person who dreams of achieving something meaningful in life eventually faces resistance. Sometimes the opposition comes from circumstances, and sometimes it comes from people around us. There will always be individuals who doubt our abilities, criticize our efforts, or try to discourage us from pursuing our goals. Yet history and experience teach us one important lesson: those who persevere despite obstacles are the ones who eventually create their own success.

Whenever you decide to do something worthwhile, remember that not everyone will support you. Some people may point out your weaknesses, while others may question your decisions. They may tell you that your goals are unrealistic or that your efforts are a waste of time. If you allow every criticism to affect your confidence, you will spend more time defending yourself than moving forward.

This does not mean that all criticism is bad. Constructive feedback can help us improve. However, there is a difference between advice that helps us grow and negativity that seeks to stop us. Learning to recognize that difference is an important skill. Listen to wisdom, but do not surrender your dreams to the opinions of others.

Many of the world's greatest achievements were accomplished by people who refused to quit despite constant discouragement. Scientists, artists, entrepreneurs, and social reformers often faced rejection before receiving recognition. Their success came not because the path was easy, but because they chose persistence over surrender.

Life rewards action. If there is something you want to accomplish, begin working toward it. Do not wait for perfect conditions or universal approval. The world may not always understand your vision, but that should not prevent you from pursuing it. Progress is made by those who continue moving forward even when the destination seems distant.

There will be moments when failure appears unavoidable. Plans may not work as expected, opportunities may disappear, and results may take longer than anticipated. During such times, many people choose to give up. Yet every setback contains a lesson that can make us stronger and wiser. Failure is not the opposite of success; it is often a part of the journey toward success.

The most important thing is to keep trying. As long as you have not given up, the story is not over. Determination has the power to transform obstacles into opportunities and doubts into achievements. Every effort, no matter how small, contributes to your growth and brings you one step closer to your goal.

If you truly wish to achieve something, then do not let the world's noise silence your determination. Stay focused on your purpose. Work with sincerity, patience, and courage. People may try to stop you, but only you can decide whether to stop yourself.

In the end, success belongs not to those who never faced opposition, but to those who continued despite it. Keep going, keep believing, and keep working. The world may doubt you today, but your perseverance can become the reason it admires you tomorrow.



Afreen Mazgaonkar & Ganesha Gundu

INDIA DISPATCHES 43-TONNE MEDICAL AID TO AFRICA CDC TO SUPPORT EBOLA RESPONSE



India on Tuesday (2nd June) dispatched the second tranche of medical assistance to the Africa Centres for Disease Control and Prevention (Africa CDC), comprising protective gear, diagnostic and monitoring equipment, medicines, and nutritional supplements to support the continent's response to the ongoing Ebola outbreak. India is also confident that this 43-tonne consignment will further strengthen public health preparedness and bolster Ebola response capacities across Africa. External Affairs Minister (EAM), S Jaishankar, took to social media X (Twitter) and said that, India has dispatched the second tranche of medical assistance to Africa CDC, comprising protective gear, diagnostic & monitoring equipment,

medicines, and supplements. Confident that this 43 tons consignment will further strengthen public health preparedness and bolster Ebola response capacities across Africa. Earlier, on May 24, India dispatched the first tranche of urgent medical supplies and protective kits to the Africa CDC. EAM Jaishankar had posted on X that, India dispatched the first tranche of urgent medical supplies and protective kits to Africa CDC today. Committed to support Africa in responding to the emerging Ebola public health emergency, that reports IANS. On May 29, India had expressed readiness to continue assisting affected countries and the Africa CDC in dealing with the health emergency.

DILJIT DOSANJH SURPRISES TORONTO FANS WITH 'MAIN VAAPAS AAUNGA' TRAILER REVEAL

Diljit Dosanjh kind of sent the Toronto crowd into a full on frenzy, with a surprise reveal of the Main Vaapas Aaunga trailer, during his AURA Tour 2026 concert. Like, fans showed up for the live music part, and then boom, the film trailer showed up on massive stadium screens, and thousands of people basically went wild. It felt like that rare mix of a concert vibe plus the kinda nervous excitement you get before a big movie drops. The movie itself, Main Vaapas Aaunga, is helmed by Imtiaz Ali. It is set around the 1947 Partition, and it really leans into love, separation, identity, and where you belong. The trailer gave everyone a quick peek at an emotionally heavy tale, and it also showcased a solid ensemble, with Naseeruddin Shah, Sharvari, and Vedang Raina taking key roles. Soon after, videos of the audience reaction started doing rounds online, like they were everywhere, in no time. That's also part of why the buzz grew so fast, the whole promo play was pretty fresh, tying Diljit's wider global pull together with cinematic storytelling, while keeping the concert energy front and center. Overall, with its powerful historical setting and a strong creative team, Main Vaapas Aaunga has already climbed into the "most anticipated releases" conversation for Indian cinema this year.



BIOMASS BURNING DRIVES 50% RISE IN AIR POLLUTION ACROSS NORTHEAST INDIA

A new study in Atmospheric Environment says air pollution in Northeast India is way up—about 50% higher than it was twenty years ago. Researchers Abhijit Chatterjee and Soumen Raul from the Bose Institute looked at pollution trends across Northeast India, the Indo-Gangetic Plain, and the Himalayan region from 2000 to 2024. The study found that people using firewood, crop residues, and other biomass for daily tasks has led to more carbon-based particles in the air. Organic carbon and sulphate in particulate matter went up by nearly 50% during 2010-2019 compared to 2000-2009. So now, lots of areas that were just polluted have become highly polluted. The study also pointed out that industrial emissions in Assam are climbing. Sulphate pollution shot up by more than 30%, even with the National Clean Air Programme (NCAP) in place. Thermal power plants, oil refineries, and cement factories are some of the biggest offenders. The researchers think that clean-air programs need to cover rural and ecologically sensitive areas too, not just cities. They stress the need for clean energy options, reducing biomass burning, and better air quality measures to safeguard both the environment and public health in Northeast India.



NVIDIA UNVEILS FIRST AI-AGENT PCS, SIGNALLING NEW ERA OF PERSONAL COMPUTING



NVIDIA is out here with what it calls the world's first "AI-agent personal computers" and honestly it looks like a big pivot for how personal computing may work next. They rolled this out at the Computex tech event in Taiwan, and the idea is that the next wave of laptops and desktops are built around NVIDIA's new RTX Spark chip. That chip is meant to handle heavy AI jobs right on the user's device, instead of leaning mostly on cloud servers. So, NVIDIA claims these AI-leaning PCs can back autonomous digital assistants which can do stuff like content creation, coding, research, calendar or scheduling, and also workflow handling, basically, a bunch of complex work without you micro-managing every step. On the performance side, the RTX Spark chip is said to reach as much as 1 petaflop of AI computing and it supports as much as 128GB of unified memory, which should make stronger on-device AI processing possible. NVIDIA is also teaming up with big names like Dell, HP, Lenovo, ASUS, MSI and Microsoft; so more than 30 AI agent PC models can land, starting later this year. Industry watchers think this could shift the whole PC landscape, turning AI agents into a core daily feature, sort of like how smartphones remade digital communication.

NASA'S PERSEVERANCE ROVER NEARS HISTORIC 'MARTIAN MARATHON' MILESTONE

Perseverance is basically about finishing a huge check point on Mars, in the sense of covering the same distance as a real marathon. After more than five years of poking around the Red Planet, the rover has racked up 26.09 miles, (41.99 km), which is just a hair under the standard marathon distance of 26.22 miles (42.2 km). Researchers think it will pass that line soon, as it keeps rolling over old Martian ground, kinda like a slow but determined pilgrimage. NASA launched Perseverance in 2020 and it touched down on Mars in February 2021. Since then, the rover has been working in Jezero Crater, looking for hints of ancient microbial life. Over time it has collected rock samples, evaluated Mars climate and geology, found organic molecules, and helped with bigger findings too, like visible-light auroras, plus atmospheric electrical discharges. Right now, the rover is studying rocks that are over four billion years old. Those materials might hold quiet clues about the setting where life first took shape on Earth. Even though it has already gone beyond its original mission window, Perseverance is still running in great health, and should keep functioning for at least another ten years or so. More recently, upgrades have helped it move with more self-reliance using artificial intelligence, and improved self-localisation methods. That means future surveying can be quicker and more efficient, with fewer manual nudges along the way.



ETERNAL, SWIGGY, ZEPTO, AMAZON, MEESHO FORM NEW INDUSTRY BODY IN INDIA

India's leading e-commerce and quick-commerce companies have joined forces to create something new. Amazon, Eternal, Meesho, Swiggy, and Zepto are now part of the Digital Commerce Coalition. This coalition lets them collaborate, discuss, and do research about the fast-growing digital commerce in India. Their main goal is to boost consumer satisfaction, offer better gigs for delivery workers, back entrepreneurs and small biz owners, and beef up supply chains nationwide. And because digital commerce is booming in India, especially in secondary and tertiary cities. With more folks using smartphones and the internet, startups are popping up left and right. Existing biz models are evolving too, all while propelling the sector's expansion. The newly formed body will focus on areas where collective industry efforts can deliver broader benefits for consumers, businesses and workers. For this group to function smoothly, Koan Advisory Group was brought in as the secretariat. They'll handle logistics, manage studies, and help with stakeholder interactions. The firm's efforts will ensure that talks shaping the future of digital commerce in India stay well-informed and productive.



Afreen Mazgaonkar & Ganesha Gundu

SUMIT ANTIL SHINES AS INDIA DOMINATES INDIAN OPEN PARA ATHLETICS



Sumit Antil kinda shines again, like he always does when it matters, as India dominates in the Indian Open Para Athletics. Paralympic champion Sumit Antil showed his class once more by picking up gold in the men's javelin throw F64 event at the 8th Indian Open Para Athletics International Championship 2026, held in Bengaluru. Wearing the Haryana colors, he launched a strong 74.82 metres throw, and basically left the rivals behind, finishing in a way that made him the standout performer of the whole meet. At the same time India's showing was pretty overwhelming across the championship, with multiple athletes lifting gold medals across track and field events. Paralympic medallist Nishad Kumar took the top

spot in the men's high jump T47, and Asian Para Games champion Deepthi Jeevanji kept her momentum by winning the women's 400m T20 race, in a manner that looked very steady, not rushed. This three-day championship looked like more than just a local event. It pointed towards the increasing strength of Indian para-athletics and acted as a solid stepping stone for athletes getting ready for upcoming international meets. Sports experts feel these results aren't random, they suggest better training methods, improved infrastructure, and stronger support systems for para-athletes all across the country.

INDIA'S RISING STARS SHINE AT THE U20 ASIAN ATHLETICS CHAMPIONSHIPS

India ended up second at the 2026 U20 Asian Athletics Championships in Hong Kong, grabbing a pretty brilliant medal mix of 19 total, with 10 golds along with 5 silvers and 4 bronzes. China was the only one above India in the overall table, which in turn sort of shows how India's strength is getting steadier, not just for show but for real, especially among junior athletes. Over the four days of competition, the Indian team kept delivering, a few moments stood out more than the rest. Pooja Singh in high jump, won historic gold with a 1.93m leap, and in the process also broke a 14-year-old national record, which is not a small thing. Muskan, in the women's 5,000m, clinched gold in a very clean finish. Then Mogali Venkatram Reddy secured gold in the men's 800m, with a personal best time that looked almost easy, considering the pressure. There was also strong work in the relays. The women 4x400m squad took the gold and set a new championship record, and that really made the day feel complete. The men's 4x400m team, with Bihar's Piyush Raj in the lineup, managed bronze too; they did it with a national U20 record. All of this is being called India's best-ever show at this championship beyond home soil, and it points toward a fresh set of athletes coming through, the kind that can compete head on at the top level across Asia.



SATWIK-CHIRAG WIN FIRST BWF WORLD TOUR TITLE IN TWO YEARS

India's Satwiksairaj Rankireddy and Chirag Shetty won the men's doubles title at the Singapore Badminton Open 2026 on Sunday to finally end their two-year-long title drought on the BWF World Tour. Satwik-Chirag, currently fourth in the men's doubles badminton rankings, beat the world No. 3 Indonesian pair of Fajar Alfian and Muhammad Shohibul Fikri by an 18-21, 21-17, 21-16 scoreline in the final, which lasted 73 minutes. This was Satwik and Chirag's first title on Tour since the 2024 Thailand Open, which was also held in May two years back. The Indian badminton players, who fell short in three finals in the last couple of years, including at the Thailand Open earlier this month, also became the first doubles team from the country to win the Singapore Open. Previously, Saina Nehwal, PV Sindhu and B Sai Praneeth have won the title but all of these have come in singles. The Indian badminton players will now be seen in action at the Indonesia Open, a BWF Super 1000 tournament, next week.



INDIAN WOMEN WRESTLERS ACHIEVE PERFECT PODIUM FINISH AT U17 ASIAN CHAMPIONSHIPS



Indian women wrestlers, somehow, pulled off a really perfect podium moment at the U17 Asian Wrestling Championships 2026 in Da Nang, Vietnam. In total they managed a rare 100% finish, winning medals across all ten weight categories, like pretty much every one. The young squad from India walked away with 10 medals 2 gold, 3 silver and 5 bronze which points to a steady climb in age-group wrestling strength, not just luck or one-off results. Among the main stars were Diksha at 43kg and Garima at 73kg, both grabbed gold, with dominant, almost unshakeable performances in their respective divisions. On the silver side Nikita, Antra, and Taniya came through with strong showings, while Palak, Anamika, Akshra, Sakshi, and Manya filled the bronze slots, together wrapping up the whole sweep without leaving a single gap.

Because of this, every person in the Indian women's team returned home with a medal, which feels like more than a win, it's really a sign of how deep the talent is in the wrestling programme. Coaches and officials called it a major boost for Indian wrestling, and also a promising hint for future success even at senior international competitions, you know later on. Overall the outcome also adds weight to India's reputation as a rising powerhouse in women's wrestling on the continental stage.

POOJA SINGH CREATES HISTORY AND BREAKS INDIA'S LONG-STANDING HIGH JUMP RECORD

Pooja Singh etched her name in the history books in Indian athletics with an outstanding performance at the U20 Asian Athletics Championships in 2026. She amazed everyone by clearing 1.93 meters, which set a new Senior Women's National Record and made her the highest-jumping Indian woman ever. The drama began when Pooja cleared 1.91 meters. This move didn't just break her own U20 record; it placed her in second spot on India's all-time high jump list. Ecstatic from her success, she aimed even higher—1.93 meters. This surpassed the previous national record of 1.92 meters set by Olympian Sahana Kumari in 2012. On her next try, Pooja nailed it, ending a 14-year drought for a new national record. This incredible achievement highlights more than just her individual talent and courage. It shows how Pooja can handle intense pressure and remain composed. Plus, it signals the rise of a new star in Indian athletics. Pooja's record-breaking performance marks a significant moment for Indian track and field, showing the country's growing might in jumping events. At her young age, Pooja has done what many athletes dream of for their entire careers. Her promising feat guarantees a thrilling future on the global sports scene.



ROYAL CHALLENGERS BENGALURU BEAT GUJARAT TITANS IN THE FINAL TO LIFT THEIR SECOND TITLE AT AHMEDABAD IN IPL 2026

Royal Challengers Bengaluru created history as they became only the third team in Indian Premier League (IPL) history to defend the title successfully, beating Gujarat Titans by five wickets to clinch the IPL 2026 title at the Narendra Modi Stadium in Ahmedabad. Winning the toss, RCB captain Rajat Patidar elected to bowl first before a conjoined bowling effort silenced the home side early. The Titans could only muster a 155-run total in 20 overs after losing skipper Shubman Gill and Sai Sudharsan early in the Powerplay. In reply, RCB romped to a powerful start on the back of a fiery opening stand from Virat Kohli and Venkatesh Iyer. RCB narrowed the target by half within the Powerplay. However, a quick fall of wickets ensued soon after, forcing Kohli to see off the chase with a masterful anchoring knock. Despite a cluster of wickets falling around him, Kohli sped to his fastest-ever IPL half-century in only 25 balls. Kohli eventually finished the chase with six, remaining unbeaten on 75 as RCB crossed the line with two overs to spare. Captain Rajat Patidar became only the third skipper to win back-to-back IPL titles after MS Dhoni (2010 and 2011) and Rohit Sharma (2019 and 2020).



Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

UPSSSC LOWER PCS RECRUITMENT 2026



The Uttar Pradesh Subordinate Services Selection Commission (UPSSSC) has released the notification for the Combined Lower Subordinate Services (Lower PCS) Recruitment 2026. The recruitment aims to fill 2,516 vacancies across various government departments of Uttar Pradesh, providing a major opportunity for graduates seeking state government jobs.

Key Highlights:

- Exam Name: UPSSSC Combined Lower Subordinate Services Examination 2026
- Total Vacancies: 2,516 Posts
- Recruiting Body: UPSSSC
- Category: Uttar Pradesh Government Recruitment

Educational Qualification

- Bachelor's Degree from a recognized university.
- Candidates must fulfill post-specific eligibility requirements as mentioned in the notification.

Important Dates

- Application Start Date: 29 May 2026
- Last Date to Apply: 18 June 2026
- Application Correction Last Date: 25 June 2026

Age Limit

- Candidates must satisfy the age criteria prescribed in the official notification.
- Age relaxation will be applicable for reserved categories as per Uttar Pradesh Government rules.

Selection Process

- Preliminary Eligibility Test (PET) Based Shortlisting
- Main Written Examination
- Document Verification

How to Apply

- Visit the official UPSSSC website.
- Log in using PET credentials, where applicable.
- Complete the online application form.
- Upload required documents.
- Pay the prescribed fee, if applicable.
- Submit the application and retain a copy for future reference.

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

PUNJAB AND HARYANA HIGH COURT CLERK RECRUITMENT 2026

The Society for Centralized Recruitment of Staff in Subordinate Courts (SSSC) under the Punjab and Haryana High Court has released a recruitment notification for 1,265 Clerk vacancies in the Subordinate Courts of Haryana. The recruitment offers a significant opportunity for graduates seeking government employment in the judicial sector.

Key Highlights:

- Organization: Punjab and Haryana High Court (SSSC)
- Post Name: Clerk
- Total Vacancies: 1,265 Posts
- Category: Haryana Government Judicial Service Recruitment

Educational Qualification

- Candidates must possess:
- Bachelor's Degree (BA, BSc or equivalent) from a recognized university
- Proficiency in Computer Operations (Word Processing and Spreadsheets)
- Hindi/Sanskrit as a subject at Matriculation, Higher Secondary or Graduation level.

Important Dates

- Application Start Date: 26 May 2026
- Last Date to Apply: 23 June 2026

Age Limit

- Minimum Age: 18 Years
- Maximum Age: 42 Years
- Age relaxation applicable as per government rules.

Selection Process

- Computer Based Test (CBT)
- Computer Proficiency Test (CPT)
- Document Verification/ Interaction

How to Apply

- Visit the official SSSC recruitment portal.
- Complete the online registration process.



- Fill in the application form carefully.
- Upload required documents.
- Submit the application before the deadline.
- Save a copy of the application form for future use.

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

NABFINS CUSTOMER SERVICE OFFICER RECRUITMENT 2026



NABARD Financial Services (NABFINS) has invited applications for the post of Customer Service Officer (Field Officer) for the year 2026. The recruitment offers an excellent opportunity for candidates seeking a career in the rural finance and microfinance sector. Selected candidates will be responsible for customer outreach, loan facilitation, recovery activities and field-level financial services.

Key Highlights:

- Organization: NABARD Financial Services

Secondary) from a recognized board. Preference may be given to candidates willing to work in field operations and rural locations.

Important Dates

- Notification Released: May 2026
- Last Date to Apply: 29 June 2026

Age Limit

- Maximum Age: 33 Years
- Age relaxation may be applicable as per company

(NABFINS)

- Post Name: Customer Service Officer (Field Officer)
- Application Mode: Online/Email
- Category: Private Sector Financial Services Job

Educational Qualification

- Candidates must have passed 10+2 (Higher

norms.

Selection Process

- Application Screening
- Interview
- Document Verification

Key Update

- The recruitment is aimed at strengthening NABFINS' field operations network and expanding financial inclusion initiatives in rural and semi-urban areas.

How to Apply

- Visit the official NABFINS website.
- Read the detailed notification carefully.
- Prepare the required documents.
- Submit the application through the prescribed mode.
- Keep a copy of the submitted application for future reference.
- Eligible candidates are advised to visit the official website.

For more details candidates are asked to visit the official website

Deepika Singh

QUIZ TIME

1. Air Marshal Ashutosh Dixit was appointed as the next Vice Chief of which Indian armed force?
2. West Bengal became the 33rd legislature to adopt which digital platform for paperless governance?
3. Footballer Lionel Messi won which prestigious award for Sports in June 2026?
4. Who was appointed as the new CEO of UIDAI in May 2026?
5. Which state released India's first state-level Standard Operating Procedure for Cool Roof Coating Application?
6. The Union Cabinet approved a ₹9,585 crore scheme to replace old trucks and buses in which region?
7. Who was appointed as India's Ambassador to Oman in May 2026?
8. Who became the new CII President for 2026-27?
9. Raghav Chadha was appointed Chairman of which Rajya Sabha committee in May 2026?

RIDDLES

ON IPL 2026

1. In 2026, I wore orange with pride, Just 15 years old, Bihar's batting guide. 776 runs, a record strike rate too, Name me — the youngest cap winner, who?
2. I'm a South African pacer, fierce and tall, For Gujarat Titans I took them all. 29 wickets, Purple Cap mine to keep, Who am I? The answer runs deep.
3. Back-to-back champions, red and gold we stand, In 2026, trophy again in hand. Third team ever to win titles twice in a row, Which franchise put on this magnificent show?
4. I scored 732 runs but the Orange still escaped, For Gujarat Titans, my season was great. India's Test captain, stylish and tall, Which opener finished second after Sooryavanshi's haul?
5. I'm the team that lost the 2026 final, Despite Rabada's bowling, our season went viral. Shubman Gill was our captain so bright, Which team fought RCB on that final night?

1. Vaibhav Sooryavanshi
2. Kagiso Rabada
3. Royal Challengers Bengaluru (RCB)
4. Shubman Gill
5. Gujarat Titans

II) RIDDLES

9. Committee on Petitions
8. R. Mukundan
7. Prashant Pise
6. Delhi-NCR
5. Tamil Nadu
4. Saurabh Vijay (IAS Officer)
3. Princess of Asturias Award for Sports 2026
2. National e-Vidhan Application (NeVA)
1. Indian Air Force (IAF)

II) QUIZ TIME

ANSWERS



SATTU PARATHA

This Week, We're Relishing Sattu Paratha!

Sattu Paratha is a traditional and wholesome delicacy from Bihar, loved for its rich flavor, nutritional value, and satisfying taste. Made with whole wheat dough stuffed with a spiced mixture of roasted gram flour (sattu), onions, herbs, and aromatic spices, this paratha is crispy on the outside and flavorful on the inside. Served with curd, pickle, or chutney, Sattu Paratha is a perfect breakfast, lunch, or travel meal that represents the rustic charm of Bihari cuisine.

Ingredients:

2 cups whole wheat flour, 1 cup sattu (roasted gram flour), 1 small onion (finely chopped), 2 green chilies (finely chopped), 2 tablespoons fresh coriander leaves (chopped), 1 teaspoon ginger (grated), 1 tablespoon lemon juice, ½ teaspoon ajwain (carom seeds), ½ teaspoon cumin powder, ½ teaspoon roasted cumin powder, ¼ teaspoon red chili powder, Salt to taste, 2 tablespoons mustard oil, Water as required for kneading, Ghee or oil for roasting.

Preparation

- Prepare a soft dough by kneading whole wheat flour with water and a pinch of salt. Cover and let it rest for 15–20 minutes.
- In a mixing bowl, combine sattu, chopped onion, green chilies, coriander leaves, grated ginger, ajwain, cumin powder, roasted cumin powder, red chili powder, salt, lemon juice, and mustard oil.
- Mix the stuffing well. Sprinkle a little water if required to make the mixture moist but not wet.
- Divide the dough into equal-sized balls.
- Roll one dough ball into a small disc and place a generous amount of sattu stuffing in the center.
- Bring the edges together, seal carefully, and flatten gently.
- Roll it into a medium-sized paratha using a rolling pin.
- Heat a tawa (griddle) and cook the paratha on both sides until light brown spots appear.
- Apply ghee or oil and roast until golden brown and crisp.
- Repeat the process with the remaining dough and stuffing.
- Serve hot with curd, green chutney, mango pickle, or a dollop of homemade butter.



Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

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