

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow

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Ravi Singh & Delisha Gupta

## WORLD BLOOD DONOR DAY 2026: A GIFT OF LIFE THROUGH BLOOD DONATION

**WORLD BLOOD DONOR DAY**  
**14 JUNE 2026**  
 Your Blood Can Be Someone's Second Chance.  
**Give Blood. Give Hope. Give Life.**

*Every Drop Counts Every Life Matters*

**DONATE BLOOD SAVE LIVES**

**BE A HERO DONATE BLOOD**

**YOUNG MINDS. BIG IMPACT. BE PART OF THE LIFE-SAVING MOVEMENT.**

- ONE DONATION CAN SAVE UP TO 3 LIVES
- BLOOD IS SEPARATED INTO COMPONENTS THAT SAVE LIVES
- DONATING BLOOD IS SAFE AND HEALTHY
- REGULAR DONATION ENSURES BLOOD IS ALWAYS AVAILABLE
- EDUCATE. INSPIRE. MOTIVATE.
- SPREAD AWARENESS. SAVE LIVES.
- STRONG COMMUNITIES. BETTER FUTURE.
- HONOR DONORS. CELEBRATE HEROES.

Young people can play a role in getting more people to donate blood. Schools and colleges can have events and campaigns to teach people about the importance of donating blood. People can also use media to spread the word and encourage others to donate. By sharing stories and facts about blood donation we can help people feel more comfortable about donating.

The COVID-19 pandemic showed us how important it is to have a supply of blood. When people were stuck at home fewer people were donating blood, which caused problems for hospitals. This showed us that we need people to donate blood regularly so that hospitals always have enough.

Governments and healthcare organizations are working together to get more people to donate blood. Some countries even give awards and recognition to people who donate blood. This helps to motivate people and show them that their donation is appreciated.

World Blood Donor Day is also a day to say thank you to all the people who donate blood. These people are very generous and donate blood without expecting anything in return. They are helping to make their communities stronger and giving hope to people who're sick or hurt.

As citizens we should remember that donating blood is not a medical thing. It is also a kind thing to do. Everyone who is healthy and able should think about donating blood. One donation can be the difference between life and death for someone who needs it.

In conclusion World Blood Donor Day is a celebration of kindness and generosity. It reminds us that we do not have to do something to help someone. Sometimes just donating blood is enough. By telling people about the importance of blood donation and supporting people who donate we can help make sure that everyone who needs blood can get it. Let us appreciate the people who donate blood and encourage others to do the same because every single drop of blood counts.

"Donate Blood Save Lives. Be a Hero for Someone, in Need."

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Every year on 14 June people around the world celebrate World Blood Donor Day. This is an event that the World Health Organization puts together to remind everyone how important it is to give blood. World Blood Donor Day is also a day to thank the people who donate blood for helping to save lives. Donating blood is a thing to do but it can make a big difference and help a lot of people.

Blood is very important for doctors to have. They need it for people who are having surgery people who have been in accidents people with cancer and new mothers who are having problems. There is no way to get blood except from people who are willing to donate it. With all the advances in medicine there is still no substitute for human blood. So people who donate blood are really helping out.

The main idea of World Blood Donor Day is to get people to donate blood safely and regularly. A lot of people need blood transfusions every year. Sometimes hospitals do not have enough blood. This can be very dangerous during emergencies or natural disasters. So it is very important for healthy people to donate blood regularly.

One of the things about donating blood is that one donation can help several people. When people donate blood it gets separated into parts like red blood cells, plasma and platelets. These parts can then be used to help people with medical problems. So one person who donates blood can actually help save up to three lives.

Some people are afraid to donate blood because they do not know much about it. They might think it will make them weak or sick. Doctors say that donating blood is safe for healthy people. The body can replace the blood that is donated and people are checked carefully before they donate to make sure they are okay. The whole process is also supervised by professionals and does not take very long.

Donating blood does not just help the people who receive it. It can also be good for the people who donate. When people donate blood they get checked by a doctor first which can help them stay healthy. Donating blood can also make people feel good about themselves because they know they are helping someone



Durgesh K. Dubey

## PATHANI SAMANTA CHANDRASEKHARA: THE STARGAZER WHO MEASURED THE SKY

The history of India is filled with kings, saints, and warriors whose courage changed the course of civilization. Yet, there are also silent heroes who fought no battles, carried no weapons, and ruled no kingdoms, but expanded the boundaries of human knowledge. One such remarkable personality was Pathani Samanta Chandrasekhara, the great astronomer of Odisha, whose life demonstrated that the pursuit of knowledge itself is an act of devotion and courage.

Born in 1835 in the village of Khandapara in present-day Odisha, Chandrasekhara belonged to a traditional family that valued learning and spirituality. From an early age, he displayed an unusual curiosity about the world around him. While other children played in open fields, young Chandrasekhara often looked at the night sky with wonder. The stars, the moon, and the mysterious movement of celestial bodies fascinated him. Questions filled his mind: Why do stars change their positions? How does the moon move? What governs the rhythm of the heavens? These questions became the guiding force of his life.

### Learning Beyond Books

The nineteenth century was a period when modern scientific instruments were not easily available in India, especially in rural areas. Many would have considered this a limitation. Chandrasekhara, however, saw it as a challenge rather than an obstacle.

He devoted himself to the study of astronomy using ancient Indian knowledge systems. Inspired by classical texts such as the Surya Siddhanta, he combined traditional wisdom with careful observation. Unlike scholars who depended entirely on expensive instruments imported from abroad, Chandrasekhara relied upon patience, observation, and self-made devices.

Using bamboo tubes, wooden instruments, and simple measuring tools crafted by hand, he began observing the movements of planets and stars. Night after night, often under difficult conditions, he recorded celestial observations with remarkable precision. There were no observatories, no advanced telescopes, and no research grants. His laboratory was the open sky, and his companions were the stars themselves.

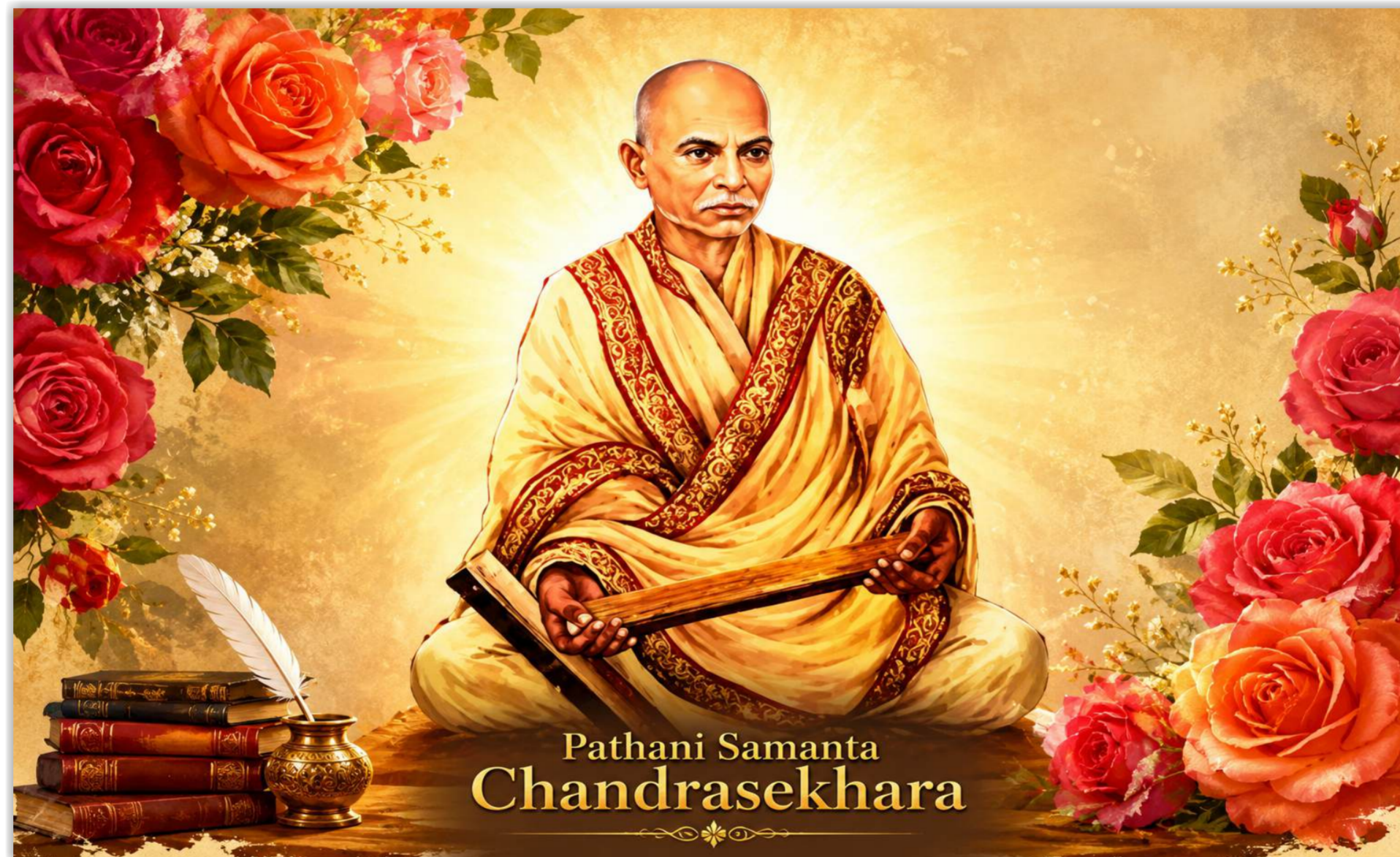
His life became a testimony to the ancient Indian belief that knowledge is not confined by wealth but is attained through dedication and

discipline.

### The Courage to Trust Observation

Scientific inquiry demands courage the courage to question, verify, and persist despite uncertainty. Chandrasekhara possessed this courage in abundance. He spent years calculating planetary positions and astronomical events with extraordinary care. His observations were so accurate that they earned the admiration of scholars both within India and abroad.

One of his greatest contributions was his



monumental work "Siddhanta Darpana." Written in Sanskrit, this treatise presented detailed astronomical calculations rooted in Indian traditions. It demonstrated that Indian astronomy possessed deep mathematical and observational foundations developed over centuries.

At a time when many believed that indigenous systems of knowledge had become outdated, Chandrasekhara's work revived confidence in India's scientific heritage. He did not reject modern science; instead, he showed that ancient wisdom and careful observation could coexist harmoniously.

His life reminds us that true scholarship is not about pride in the past, but about continuous learning and verification.

### Recognition Earned Through Humility

As news of his work spread, scholars and institutions began to recognize his extraordinary talent. The Government of India honoured him with the title "Mahamahopadhyaya," a distinction reserved for great scholars. His reputation extended beyond regional boundaries, and his contributions attracted the attention of international astronomers.

Yet, despite recognition, Chandrasekhara remained humble. He never allowed honours to become a source of ego. For him, astronomy was not merely a profession; it was a form of worship. He believed that studying the universe

brought one closer to understanding the divine order of creation.

In Indian philosophy, the cosmos is not viewed as separate from spirituality. The movement of planets and stars reflects Rta, the cosmic order that sustains existence. Chandrasekhara's life beautifully embodied this principle. Every observation he made was not just a scientific act but also an act of reverence toward the universe.

### The Spiritual Dimension of Knowledge

One of the most inspiring aspects of Pathani Samanta's life was the harmony he maintained between science and spirituality. In many traditions, knowledge and faith are seen as opposing forces. Indian civilization, however, has often regarded them as complementary paths.

Chandrasekhara believed that truth must be sought with humility. He understood that the universe is vast and human understanding is limited. This awareness protected him from arrogance. The more he studied the heavens, the more he appreciated the mystery and grandeur of creation.

His life teaches us that genuine learning does not inflate the ego; it deepens humility. A scholar who truly understands knowledge realizes how much remains unknown. This philosophy made him not only a scientist but also a seeker.

### A Legacy Written in the Stars

Today, Pathani Samanta Chandrasekhara is remembered as one of India's greatest astronomers. His work inspired future generations of scientists and scholars. More importantly, his life demonstrated that extraordinary achievements do not always require extraordinary resources.

With simple instruments and unwavering dedication, he reached the stars.

His story is particularly relevant in the modern age. In a world often driven by instant success and material rewards, Chandrasekhara reminds us that patience, discipline, and intellectual honesty remain the true foundations of greatness.

He did not conquer kingdoms or command armies, yet he conquered ignorance through knowledge. His battlefield was the realm of uncertainty, and his victory was the discovery of truth.

### Moral and Conclusion

The life of Pathani Samanta Chandrasekhara teaches us that true greatness arises from curiosity, perseverance, and humility. He proved that limited resources can never limit a determined mind. His journey inspires us to seek knowledge with sincerity, to respect both tradition and reason, and to remain humble in the face of the vast universe. In an age where distractions are many and patience is scarce, his story reminds us that lasting achievements are built through years of disciplined effort. By looking at the stars, he taught humanity to look within itself and recognize the infinite possibilities of the human spirit. His legacy continues to shine like the very constellations he spent his life studying.

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Ravi Singh & Delisha Gupta

## THE 13-YEAR-OLD SCHOOLBOY WHO TURNED MUMBAI'S DABBAWALAS INTO A DELIVERY EMPIRE

In the world of entrepreneurship, some of the most successful ideas emerge from everyday problems. While many business founders spend years researching markets and identifying opportunities, Tilak Mehta's entrepreneurial journey began with a simple challenge faced by a schoolboy. At just 13 years of age, Tilak transformed a personal inconvenience into a business idea that would capture national attention and become one of India's most inspiring startup stories.

The story dates back to 2018 when Tilak, a student living in Mumbai, urgently needed a set of textbooks from another part of the city. Like many residents of Mumbai, he quickly discovered that there was no fast, affordable, and convenient way to transport a small package across town on the same day. Waiting for his father to return home from work, Tilak realized how difficult it was for ordinary people to send important documents, books, or small parcels within the city without spending significant time and money. What seemed like a routine problem sparked an important question in his mind: why wasn't there a reliable same-day delivery service for small packages in Mumbai?

Instead of accepting the inconvenience, Tilak began thinking about possible solutions. As he observed the city around him, he recognized the tremendous potential of Mumbai's iconic Dabbawala network. For over a century, the Dabbawalas had been delivering lunchboxes across the city with remarkable efficiency and accuracy. Their logistics system was internationally recognized and studied by management institutions worldwide. Tilak realized that this trusted network already possessed everything needed for urban deliveries discipline, reach, reliability, and deep knowledge of the city's transportation system. The only missing element was technology.

With this realization, Tilak envisioned a platform that could combine the efficiency of the Dabbawalas with the convenience of modern digital technology. He shared the idea with his father, Vishal Mehta, who immediately saw potential in the concept. Believing in his son's vision, Vishal provided an initial investment of ₹25,000. Together, they launched Paper n Parcels in July 2018, creating a startup that aimed to revolutionize same-day parcel delivery in Mumbai.

The concept behind Paper n Parcels was both simple and innovative. Customers could use a mobile application to schedule pickups, track deliveries in real time, and ensure that their parcels reached their destinations on the same day. The company focused on transporting small packages weighing up to three kilograms, making it ideal for documents, books, samples, and other urgent items. Delivery charges were kept affordable, ranging from approximately ₹40 to ₹180 depending on weight and distance. By leveraging Mumbai's



suburban railway network and the expertise of the Dabbawalas, the startup was able to offer quick and cost-effective delivery services across the city.

One of the key strengths of Paper n Parcels was its collaboration with the Dabbawala community. Rather than attempting to replace traditional systems, the company sought to enhance them through technology. The startup reportedly worked with hundreds of Dabbawalas alongside its own operational staff, creating a model that benefited all stakeholders. Customers gained access to a dependable same-day delivery service, while Dabbawalas earned additional income beyond their traditional tiffin delivery operations. The partnership demonstrated how innovation can strengthen existing systems instead of disrupting them entirely.

As the company grew, Paper n Parcels began attracting a wide range of clients,

including pathology laboratories, brokerage firms, retail stores, and professional service providers. Businesses that regularly needed to transport documents and small packages found the service particularly valuable. The startup's unique business model, combined with the inspiring story of its teenage founder, soon attracted widespread media attention. Newspapers, television channels, business magazines, and digital platforms featured Tilak's journey, presenting him as a symbol of youthful innovation and entrepreneurial

ambition.

The startup's rapid growth led to impressive milestones. Reports suggested that Paper n Parcels handled over a thousand deliveries daily and achieved significant revenue growth within a short period. The company became widely recognized as one of India's most promising logistics startups, with estimates valuing the business at nearly ₹100 crore during its peak growth phase. For a founder who was still attending school, these achievements were extraordinary and captured the imagination of aspiring entrepreneurs across the country.

Behind the success of the venture was not only Tilak's vision but also the guidance of experienced professionals. A significant contribution came from his maternal uncle, Ghanshyam Parekh, who had a background in banking and finance. When Tilak initially discussed the idea with him, Parekh recognized its commercial potential and provided valuable

insights into the business model. Impressed by the concept, he eventually joined the venture and later took on leadership responsibilities as CEO. His experience complemented Tilak's innovative thinking, creating a strong partnership that helped the company expand and scale its operations effectively.

Tilak's achievements soon earned him national recognition. He received the Youngest Entrepreneur Award in Logistics at the India Maritime Awards and was invited to speak at various entrepreneurship forums and TEDx events. His journey challenged traditional assumptions about age and success, proving that innovative ideas can emerge from anyone, regardless of their age or professional background. He became a role model for young Indians who aspired to create solutions for real-world problems.

Although the hyperlocal delivery industry became increasingly competitive in the years that followed, and reports indicate that the original operational model of Paper n Parcels eventually slowed down, the significance of Tilak Mehta's entrepreneurial journey remains undiminished. His story continues to be discussed in business schools, startup forums, and entrepreneurial circles as an example of how creativity and observation can lead to transformative ideas.

The true lesson from Tilak Mehta's journey goes beyond business valuations, awards, or media attention. It demonstrates that opportunities often exist within the problems we encounter every day. A schoolboy's difficulty in obtaining textbooks led to the creation of a startup that generated employment, supported Mumbai's Dabbawala community, and inspired thousands of aspiring entrepreneurs. By identifying a simple gap in the market and leveraging an existing network in an innovative way, Tilak proved that age is never a barrier to success.

From a teenager with a problem to solve to the founder of one of India's most talked-about startups, Tilak Mehta's story serves as a powerful reminder that great ideas can come from anywhere. Sometimes, all it takes is the courage to ask a simple question and the determination to act on the answer.

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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.*

**H**ealth today is no longer viewed merely as the absence of illness it has become a lifestyle, a priority, and increasingly, a thriving business opportunity. Driven by fitness, mental wellness, organic foods, and preventive healthcare, the wellness sector is emerging as one of the fastest-growing industries of the modern economy. Healthy living is no longer just a personal choice it is becoming a major economic force. Across India and the world, consumers are investing in fitness memberships, mental wellness platforms, organic foods, wearable health devices, and preventive healthcare services. As awareness about long-term well-being grows, businesses are responding with innovative products and services that help people stay fit, manage stress, and lead healthier lives.

For students, professionals, and entrepreneurs, this reflects an important reality: wellness is evolving from a healthcare concern into a multi-billion-dollar industry, creating new business models, career opportunities, and investment prospects. The future of business growth is increasingly linked to the future of healthy living.

### The Rise of the Wellness Economy

The wellness economy includes industries

that help people improve their physical, mental, and emotional well-being.

Major segments include:

- Fitness and sports services
- Mental health and wellness apps /platforms
- Organic and nutritious foods
- Preventive healthcare services
- Health technology and wearable devices
- Yoga, meditation, and lifestyle coaching

Consumers today are spending more on staying healthy than merely recovering from illness.

### Why the Wellness Industry Is Booming

Several trends are driving this rapid growth:

- Greater health awareness
- Busy and stressful lifestyles
- Digital access to healthcare
- Rising disposable incomes
- Increased focus on work-life balance

People are becoming more proactive about their health, while organizations are prioritizing employee well-being, treating wellness as an investment rather than an expense.

Example: Many individuals use fitness trackers to monitor their health, while companies offer wellness programs and mental health support to boost productivity and job satisfaction.

### Technology Is Powering Wellness

Digital innovation has transformed healthcare and wellness services.

People can now:

- Attend virtual fitness sessions
- Track health through smart devices
- Consult doctors online
- Follow personalized diet plans
- Practice meditation using mobile apps

Example: A working professional can monitor daily activity through a smartwatch, attend an online yoga class, and consult a nutritionist without leaving home.

Technology is making wellness more accessible and convenient.

### The Growing Market for Healthy Foods

Consumer preferences are changing rapidly.

Demand is rising for:

- Organic produce
- Millet and whole-grain products
- Plant-based foods
- Low-sugar beverages
- Protein-rich snacks

Example: Many supermarkets now dedicate separate sections to organic and healthy products, reflecting changing purchasing behaviour.

Food businesses are increasingly competing on nutrition as well as taste.

### Mental Wellness: The New Growth Sector

Mental health is becoming an essential part of the wellness economy.

Growing services include:

- Stress management programs
- Online counselling
- Meditation platforms
- Corporate wellness initiatives
- Emotional well-being workshops

Example: Universities and companies are introducing counselling services and mindfulness sessions to support students and employees.

Wellness today includes both physical and mental health.

### Career Opportunities for Students

The expanding wellness industry offers diverse career options:

- Wellness Manager
- Healthcare Marketing Executive
- Nutrition Consultant
- Health-Tech Professional
- Fitness Business Manager
- Digital Wellness Content Creator
- Corporate Wellness Coordinator

Example: A commerce graduate can work in the marketing or business development team of a health-tech startup or an organic food company.

The sector combines business knowledge with social impact.

### Skills Students Should Build



- Digital marketing
- Consumer behaviour analysis
- Entrepreneurship skills
- Communication and branding
- Basic understanding of health and wellness trends

Future employers will value professionals who understand both business and changing consumer lifestyles.

### The Bigger Shift

The wellness economy reflects a broader shift in consumer behaviour, where people increasingly value prevention over cure and quality of life over convenience. Businesses that understand these priorities are building sustainable growth and stronger customer loyalty. The economy of the future will be shaped not only by technology but also by healthier lifestyles.

### The Takeaway

The business of wellness is expanding beyond hospitals and gyms into technology, food, education, and entrepreneurship. As consumers prioritize healthier living, the wellness economy is creating new markets, new careers, and new business opportunities. Because in today's world, investing in health is no longer just a personal decision it is one of the smartest business opportunities of the future.

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Prof. Dr. Savita Kishan Pawar

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## EDITORIAL NOTE

*The study of language and literature is not just an academic pursuit, but a journey into the world of imagination, critical thinking, and cultural exchange. This page celebrates creativity, knowledge, and expression by bridging the classics with contemporary voices.*

## LITERARY TERM OF THE WEEK

## INTERTEXTUALITY

### Definition:

Intertextuality refers to the relationship between texts, where one text echoes, references, quotes, adapts, or responds to another text.

### Example:

Many modern retellings of Greek myths demonstrate intertextuality by drawing upon ancient stories while presenting new interpretations.

### Why It Matters:

Understanding intertextuality helps readers recognize hidden meanings, cultural references, and connections between literary works across different periods and traditions.

### Literary Insight

"Every text exists in conversation with other texts." This idea lies at the heart of intertextuality and enriches our understanding of literature as a dynamic and interconnected field of study.

## DID YOU KNOW?

- The term "Romanticism" in literature does not primarily refer to romantic love. It was a literary and artistic movement that emphasized imagination, emotion, individualism, and a deep appreciation of nature. Writers such as William Wordsworth, Samuel Taylor Coleridge, and John Keats were among its leading figures.
- William Wordsworth believed that poetry is the "spontaneous overflow of powerful feelings." He argued that great poetry arises from emotions recollected in tranquility, making personal experience a central element of Romantic literature.
- Nature was considered a teacher by Romantic poets. Rather than viewing nature as merely scenery, writers believed it could inspire wisdom, spiritual growth, and emotional healing.
- John Keats wrote some of his most celebrated poems before the age of 25. Despite his short life, his works such as Ode to a Nightingale and Ode on a Grecian Urn remain classics of English literature.
- Samuel Taylor Coleridge's poem The Rime of the Ancient Mariner helped popularize supernatural themes in English poetry. The poem combines mystery, imagination, and moral reflection.
- The Romantic Age is often called the "Age of Imagination." Writers valued creativity and intuition over strict logic and reason, reacting against the rationalism of the previous era.
- Many Romantic poets preferred ordinary language over complex literary styles. They wanted poetry to be accessible and meaningful to common people rather than only the educated elite.

## GRAMMAR TIP

### Using "Who" and "Whom" Correctly

Use **who** as the subject of a sentence.  
Who wrote this novel?

Use **whom** as the object of a verb or preposition.  
Whom did you invite to the seminar?

### Quick Test:

If the answer can be replaced by he/she, use who.

If it can be replaced by him/her, use whom.

## WRITER OF THE WEEK

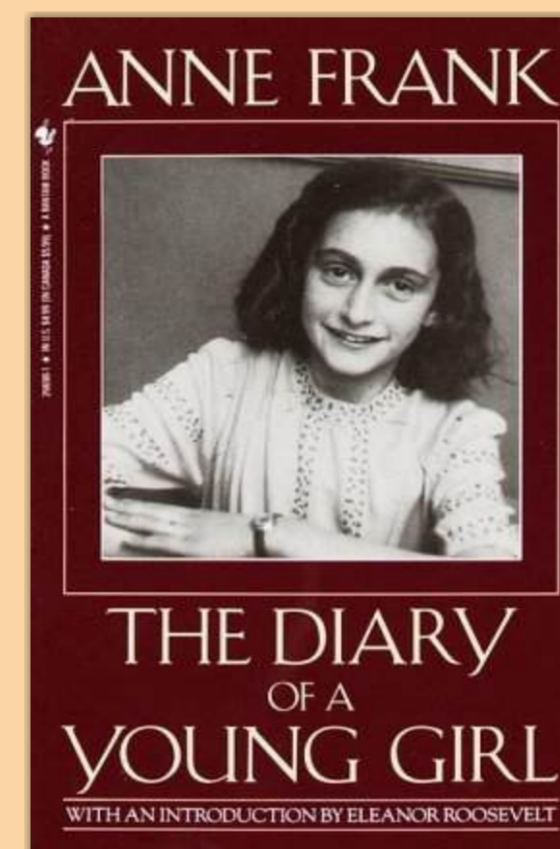
### Chinua Achebe (1930–2013)

Chinua Achebe is widely regarded as one of the most important African writers of the twentieth century. His works examine colonialism, cultural identity, tradition, and social change in Africa. Achebe's writings gave voice to African perspectives often overlooked in Western literature.

**Famous Work:** *Things Fall Apart, No Longer at Ease & Arrow of God*

## BOOK REVIEW

### The Diary of a Young Girl By Anne Frank



The Diary of a Young Girl is a remarkable and deeply touching memoir that chronicles the experiences of Anne Frank, a young Jewish girl who lived in hiding with her family during World War II to escape Nazi persecution. Through her diary entries, Anne shares her thoughts, emotions, fears, hopes, and dreams with honesty and maturity beyond her years. The book provides a firsthand account of the challenges of living in confinement while offering valuable insights into human nature, resilience, and the impact of war on ordinary lives. Despite facing immense hardship, Anne's optimism, courage, and belief in the goodness of people shine throughout her writing. As both a historical document and a timeless literary work, the book continues to inspire readers around the world and serves as a powerful reminder of the importance of peace, freedom, tolerance, and humanity.

## QUOTABLE QUOTES

*"A reader lives a thousand lives before he dies.  
The man who never reads lives only one."*

- George R. R. Martin

## CREATIVE WRITING

### Leisure

What is this life if, full of care,  
We have no time to stand and stare.

No time to stand beneath the boughs  
And stare as long as sheep or cows.

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,  
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,  
And watch her feet, how they can dance.

No time to wait till her mouth can  
Enrich that smile her eyes began.

A poor life this if, full of care,  
We have no time to stand and stare.

Poetry by  
- W. H. Davies

The poem highlights the importance of taking time to appreciate the beauty of nature and the world around us. Davies criticizes the fast-paced, busy lifestyle that leaves people with little opportunity to observe, reflect, and enjoy life's simple pleasures. The poem suggests that a life without leisure and wonder is an impoverished one.

## WORD OF THE WEEK

### Perspicacious (adjective)

**Meaning:** Having a keen understanding and insight; quick to perceive and understand things.

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

## IDIOM HIGHLIGHT

### "Hit the nail on the head"

**Meaning:** To describe exactly what is causing a situation or problem; to be precisely correct.

**Example:** The professor's perspicacious comments helped students understand the deeper meaning of the novel.

## Ravi Singh & Ajab Tinwala

### EL NIÑO THREAT LOOMS LARGE: AGRICULTURE MINISTRY PREPARES FOR WEAK MONSOON

India is preparing for the possible impact of El Niño conditions, as weather experts warn of a weaker-than-normal monsoon this year. According to recent forecasts, nearly 200 districts across the country have been identified as high-risk areas that may face below-average rainfall. This has prompted the Agriculture Ministry to step up preparedness measures to protect farmers and food production.



will be crucial in minimizing the impact of any rainfall deficit. Farmers are also being encouraged to diversify crops and adopt sustainable agricultural methods to cope with uncertain weather patterns.

While the final outcome of the monsoon season remains uncertain, proactive planning and preparedness can help reduce risks and safeguard livelihoods. The coming months will be critical for India's agricultural sector and food security.

The southwest monsoon is the backbone of Indian agriculture, providing water for crops such as rice, pulses, oilseeds, and cotton. A weak monsoon can lead to reduced crop yields, water shortages, and financial stress for farming communities. In response, the government is coordinating with state authorities to develop contingency plans, promote drought-resistant crop varieties, and ensure the availability of irrigation facilities and agricultural inputs.

Experts emphasize that timely advisories, efficient water management, and climate-resilient farming practices

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### ODISHA'S AMRAPALI MANGOES REACH LONDON, EXPANDING INDIA'S GLOBAL AGRICULTURAL FOOTPRINT

In a remarkable achievement for rural entrepreneurship and agricultural exports, a Self-Help Group (SHG) from Odisha has successfully exported 7.5 quintals of premium Amrapali mangoes to London. This milestone highlights the growing global demand for Indian fruits and showcases Odisha's rising presence in international agricultural markets.



Help Groups by integrating them into global value chains. The success also reflects the effectiveness of government programs aimed at strengthening agricultural marketing, improving post-harvest management, and supporting export-oriented farming.

As India continues to expand its agricultural exports, Odisha's Amrapali mangoes serve as an inspiring example of how local produce can achieve international recognition. The export to London marks a significant step toward positioning Odisha as an emerging hub for high-quality agricultural products on the global stage.

The export initiative was facilitated through coordinated efforts between local farmers, women-led SHGs, and government agencies promoting agricultural trade. Known for their rich sweetness, vibrant color, and excellent shelf life, Amrapali mangoes have gained popularity among consumers in overseas markets. The shipment to London demonstrates the potential of Odisha's horticulture sector to meet international quality standards and compete globally.

Beyond boosting exports, the achievement is significant for rural livelihoods. It provides better income opportunities for farmers and empowers women associated with Self-

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### TOWARDS SAFER APPLE FARMING IN HIMACHAL PRADESH

Himachal Pradesh's apple-growing regions are among India's most important horticultural belts, contributing significantly to farmers' incomes and the state's economy. However, growing concerns over the extensive use of Highly Hazardous Pesticides (HHPs) have raised questions about the long-term sustainability of apple cultivation in the region.



Farmers often rely on chemical pesticides to protect orchards from pests and diseases that threaten crop yields. While these products may offer short-term benefits, many HHPs pose serious risks to human health, biodiversity, soil quality, and water resources. Farm workers are particularly vulnerable to pesticide exposure, which can lead to various health complications if safety measures are not strictly followed.

Environmental experts and agricultural scientists are advocating for safer alternatives, including Integrated Pest Management (IPM), biological pest control, and the use of less-toxic formulations. These approaches can effectively reduce pest populations

while minimizing environmental damage. Training farmers in sustainable farming practices and improving access to eco-friendly solutions are essential steps toward change.

The future of Himachal Pradesh's apple industry depends on balancing productivity with environmental responsibility. By reducing dependence on hazardous chemicals and promoting safer agricultural practices, the state can protect both farmer livelihoods and ecological health. A transition toward sustainable apple farming will ensure a healthier future for communities, consumers, and the environment alike.

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### PERNOD RICARD INDIA STRENGTHENS CLIMATE ACTION ON WORLD ENVIRONMENT DAY

Marking World Environment Day, Pernod Ricard India reaffirmed its commitment to sustainability by advancing climate action initiatives across its operations and communities. The company highlighted its efforts to reduce environmental impact through responsible resource management, renewable energy adoption, water conservation, and waste reduction practices.



As part of its sustainability roadmap, Pernod Ricard India has been working towards lowering carbon emissions and increasing energy efficiency across its manufacturing facilities. The company has also invested in renewable energy solutions and innovative technologies that support greener production processes. These initiatives align with its broader vision of creating a positive environmental footprint while ensuring long-term business resilience.

Beyond its operations, the organization continues to engage local communities in environmental conservation programs. Through tree

plantation drives, water stewardship projects, and awareness campaigns, it encourages collective action for a healthier planet. Such efforts demonstrate that meaningful climate action requires collaboration between businesses, communities, and policymakers.

World Environment Day serves as a reminder of the urgent need to address climate change and environmental degradation. Pernod Ricard India's initiatives showcase how corporate leadership can contribute to sustainable development by integrating environmental responsibility into business practices. Its continued commitment reflects the growing role of industry in building a greener and more climate-resilient future.

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### REGENERATIVE AGRICULTURE ENHANCES SOIL HEALTH AND CROP QUALITY: ICAP STUDY



A recent study conducted by the India Climate and Agriculture Partnership (ICAP) and supported by United Way Mumbai has highlighted the significant benefits of regenerative agriculture in improving farm productivity and environmental sustainability. According to the study, regenerative farming practices can increase soil moisture retention by up to 40 percent while also improving the quality and resilience of crop yields.

Regenerative agriculture focuses on restoring soil health through practices such as reduced tillage, crop diversification, cover cropping, organic nutrient management, and efficient water use. These methods help improve soil structure, enhance microbial activity, and increase the soil's capacity to store water, making farms more resilient to droughts and erratic weather conditions.

The study found that farmers adopting regenerative techniques reported healthier crops, better produce quality, and reduced dependence on chemical inputs. Improved soil moisture levels also helped crops withstand periods of water stress, an increasingly important advantage in the face of climate change.

Experts believe that regenerative agriculture offers a practical pathway toward sustainable farming by balancing productivity with environmental conservation. As India faces growing challenges related to soil degradation, water scarcity, and climate variability, wider adoption of regenerative practices could play a crucial role in securing the future of agriculture while supporting farmers' livelihoods and strengthening food security across the country.

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Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## TAMIL NADU PLACES FITNESS AT THE HEART OF SCHOOL EDUCATION

Tamil Nadu has taken a significant step towards ensuring students' health by making physical education classes a mandatory part of the school curriculum. The decision reflects the state's commitment to promoting academic success while emphasizing the holistic development of students beyond classroom learning and examination performance.



academic performance. The initiative also complements broader educational programmes aimed at holistic development. Besides increasing physical activity, it seeks to build self-confidence, leadership qualities, social skills, and emotional resilience through sports and group participation.

Educators and health professionals have strongly supported the policy, highlighting the growing concern over sedentary lifestyles and inactivity among children and youth. The new initiative ensures that students participate in physical education and sports activities at least once a week, helping improve fitness, discipline, teamwork, and overall well-being.

By integrating physical education into the regular curriculum, Tamil Nadu aims to foster lifelong healthy habits and create a balanced learning environment. The move reflects a proactive approach to developing healthier, more confident, and well-rounded students while reinforcing that quality education extends beyond textbooks to overall personality development and active living.

Under the new guidelines, schools will schedule dedicated physical education classes and encourage students to actively participate in sporting and recreational activities. Research has shown that regular physical activity enhances concentration, reduces stress, improves mental health, and positively influences

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## SAMARTH PORTAL DISRUPTIONS CREATE CHALLENGES FOR UNIVERSITIES AND STUDENTS

The Samarth platform was created to increase efficiency within the academic sector by providing a single, centralised digital system for academic administration to provide access to all academic services. However, institutions have difficulty accessing various services of the Samarth portal, which has resulted in significant delays in the registration of students, examination processing and other financial transactions related to education.



The widespread nature of the disruptions creates uncertainty for a number of students during very important times in their education. Many students have voiced concerns about missing deadlines, with a resultant delay in processing their applications. University administrators also have encountered challenges in preparing large amounts of data and efficiently performing routine tasks.

simplified or improved due to advances in technology, a failure of an institution's digital governance system has the potential to cause great inconvenience and disruption if no alternative arrangements exist for the completion of tasks.

The situation illustrates how quickly higher education institutions have become dependent on digital systems for governance. Although the majority of processes have been

Experts predict that improved IT infrastructure, periodic auditing of the technology system, and timely resolution of grievances will be critical to promoting seamless functioning of the Samarth portal and continuously improving the reliability of the digital systems used by institutions. Maintaining the reliability of these systems and the confidence of their users is imperative as universities rely more heavily on digital systems.

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## MAHARASHTRA EXPANDS STUDENT SUPPORT WITH DISTRICT-LEVEL CET FACILITATION CENTRES



Maharashtra State Government has now decided to establish 36 Common Entrance Test (CET) Facilitation Centres throughout the entire State of Maharashtra. This Centres will provide you with access to registration, counselling, document verification and all other aspects related to the admission process.

As for the students, many of them from rural/remote areas, have a number of issues when navigating through the online admissions portals. With limited internet access, no technology skills and confusion about how to apply for college (in addition to those who still do not know even what college is), there are also multiple barriers to finding your answers during admission processes.

The establishment of the new CET Facilitation Centres will assist in providing direct assistance and guidance to all students with regards to the admissions process. Furthermore, it will create community-based centres for students to obtain their answers.

Decentralizing assistance to the admission process is anticipated to enable education personnel to ensure that students are provided with timely information about the admissions process (i.e. registration, counselling, would reduce the number of application errors).

This initiative has been driven by a concerted effort by the State Government and numerous organisations to continue the push for expanding the opportunities for access to higher education, and to ensure that eligible students receive an equitable process to move from secondary/primary school to higher education and don't find themselves unable to move forward because of challenges due to procedural issues that prevent them from gaining an education.

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## CENTRE LAUNCHES GREEN SUMMER CAMPS TO PROMOTE ENVIRONMENTAL AWARENESS

The Department of School Education and Literacy under the Ministry of Education has launched a nationwide Green Summer Camps programme under the Eco Clubs for Mission LiFE campaign to encourage environmental awareness among school students. The initiative, introduced to mark World Environment Day 2026, will run from June 5 to June 30.



conservation. Schools may conduct activities such as tree plantation drives, water conservation campaigns, waste management programmes, and awareness events.

Schools across the country have been encouraged to organise experiential activities based on the seven themes of Mission LiFE: Adopt Healthy Lifestyle, Adopt Sustainable Food Systems, Reduce E-Waste, Reduce Waste, Save Energy, Save Water, and Say No to Single-Use Plastic. The programme aims to help students develop sustainable habits through practical learning and active participation.

The Ministry has directed all participating schools to upload details of the activities conducted on the dedicated Eco Clubs portal, ensuring proper documentation and wider participation.

Officials believe the initiative will foster environmental responsibility among young learners and inspire them to adopt sustainable lifestyles. Through the Green Summer Camps, the Centre aims to transform schools into hubs of environmental education and contribute to building a cleaner, greener, and more sustainable future.

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## NATIONAL BOOK TRUST BRINGS HINDI LITERARY CLASSICS CLOSER TO CHILDREN

The NBT has launched an ongoing publishing program to promote India's vast body of classic Hindi literature to a new audience: Children and "young adults"



In recent years, many of these much-loved works have accumulated dust because today's children often lack the vocabulary/complexity/background/writing style/what have you needed to read and understand them, or simply don't enjoy reading well enough to attempt to read anything "formal"

hope is that this program will create cultural understanding, promote critical thought and ultimately provide a greater appreciation for the literary works that make up India's rich literary tradition.

In general, but with an emphasis on children/young adults, the aim of this series is to present well-known stories from renowned Hindi authors in a way that is easily relatable/understandable to today's new generation of readers, while at the same time staying true to the essence of the original text.

Overall, the launch of this series serves as a further demonstration of the NBT's commitment to building a reading culture among today's children/young adults. Through this series, the NBT wants to create a lifelong connection between today's children and the classic works of Hindi Authors and to guarantee that future generations will continue to be inspired by these great works of Hindi Literature.

With the rise of digital entertainment and other forms of popular culture, instilling a love for reading among children has become more challenging than ever before. The

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Durgesh K. Dubey

## TATA'S IPHONE COMPONENT PLANT FACES POLLUTION SCRUTINY AS FARMERS RAISE GROUNDWATER CONCERNS

A major iPhone component factory operated by Tata Electronics in Tamil Nadu has come under regulatory scrutiny after the state pollution control authority raised concerns over alleged wastewater discharge affecting nearby agricultural land. The case has drawn attention not only because of its environmental implications, but also because the unit is an important part of India's growing role in Apple's global manufacturing network.

The Tamil Nadu Pollution Control Board has issued a show-cause notice to the company's facility located in the Hosur region of Krishnagiri district. The notice reportedly follows repeated complaints from farmland owners near the factory, who alleged that wastewater from the unit was entering open channels, nearby fields and wells. The regulator has warned that if the explanation is not found satisfactory, further action, including closure proceedings and possible power disconnection, may be considered.

According to the information available, the pollution board conducted several inspections between December 2025 and May 2026 after complaints were received from neighbouring agricultural landowners. The concern was that wastewater was allegedly being stored or released in a manner that allowed it to reach a rainwater harvesting pond inside the factory premises. The regulator has alleged that this pond overflowed and affected groundwater in open wells used by farmers in adjoining areas.

The issue is serious because groundwater is not merely an environmental resource in rural and semi-urban areas; it is also a lifeline for farming families. If wells are contaminated, the impact can travel beyond one season's crop. It can affect soil quality, household water use, livestock and the confidence of local communities living around

industrial zones. For farmers, water is not an abstract compliance matter; it



is directly linked to livelihood and survival.

Tata Electronics, however, has denied any breach of environmental norms. The company has stated that it is committed to responsible business practices and protection of local communities. It has also said that after receiving communication from the regulator, it commissioned an independent study through an accredited laboratory. According to the

company, the study found that the unit was operating in compliance with applicable rules. The company has further maintained that it has responded to the pollution board and has taken corrective steps where required.

The case comes at a time when India is rapidly expanding its electronics manufacturing base. Tata Electronics has become a key player in Apple's India supply chain and is central to the country's ambition of becoming a major smartphone manufacturing hub. Apple has been reducing overdependence on China and increasing production in India, and Tata's facilities are expected to play an important role in that shift.

However, the controversy also shows that industrial growth must be matched with environmental discipline. Global supply chains today are judged not only by cost, speed and production capacity, but also by labour standards, waste management, water protection and community trust. A factory producing parts for a premium global brand cannot afford doubts over local environmental responsibility.

The matter is still at the notice stage, and no final conclusion has been reached. The company will have an opportunity to present its explanation, and the regulator will decide the next course of action after reviewing the response. Yet the episode offers an important lesson: India's manufacturing rise will be stronger only when economic progress, environmental safety and local community welfare move together.

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## BEYOND A TRILLION DOLLARS: SPACEX LISTING TURNS ELON MUSK'S FORTUNE INTO A GLOBAL TALKING POINT

A new chapter in the history of personal wealth was written on Wall Street as SpaceX made its stock-market debut and pushed Elon Musk's estimated fortune beyond the \$1 trillion mark. The listing of the rocket and satellite company on Nasdaq was not merely another high-profile initial public offering. It created the world's first trillionaire and reopened a wider debate about innovation, ambition and the growing concentration of wealth in the hands of a few technology leaders.

SpaceX entered public trading at around \$150 per share after its shares were offered to investors at \$135. Strong demand lifted the stock further during the day, taking the company's market value beyond \$2 trillion. By the closing bell, the shares had gained nearly 19 percent from the initial offer price. The rise substantially increased the value of Musk's holding in the company. Combined with his stake in electric-vehicle maker Tesla and his interests in other ventures, his estimated net worth moved to around \$1.1 trillion.

The scale of this wealth is difficult to imagine. One trillion dollars is written as a figure followed by twelve zeroes. Even if a person spent \$1 million every day, it would take thousands of years to exhaust such an amount. Yet, it is important to understand that this fortune does not exist as a pile of cash. Most of it is held in the form of company shares. If the value of those shares rises, the estimated wealth increases. If market sentiment changes, the number can fall just as quickly.

The SpaceX listing also reflects the extraordinary rise of a company that began with the ambitious goal of reducing the cost of space travel. Over the years, it expanded its influence through rocket launches, satellite-



based internet services and plans for future space exploration. Its long-term ambitions include building infrastructure beyond Earth and creating the possibility of human settlement on other planets. The public listing is expected to provide fresh capital for these expensive projects.

The debut also benefited employees and early investors who held shares before the listing. Many are expected to see a significant increase in the value of their holdings. Retail investors also showed considerable interest, with demand for shares remaining high throughout the first day of trading.

However, the celebration has been accompanied by serious questions. The rise of the world's first trillionaire has intensified discussion about wealth inequality. At a time when millions of people struggle with food, healthcare, housing and education costs, the accumulation of such enormous personal wealth naturally attracts public attention. Supporters view it as the reward for risk-taking, technological innovation and long-term vision. Critics see it as evidence of an economic system in which wealth can become heavily concentrated.

The SpaceX listing is therefore about more than rockets or stock prices. It captures the contradictions of the modern technology economy: remarkable scientific progress on one side and widening inequality on the other. Musk's trillion-dollar milestone may be historic, but the larger question is how innovation can create broader opportunities and improve the lives of ordinary people.

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**Q. How Can the Concept of Sattva, Rajas, and Tamas Help in Understanding Depression?**

**Ans.** Depression is a growing concern among young people today. Academic pressure, career uncertainty, social media comparisons, family expectations, and personal challenges often affect mental health. While modern psychology explains depression through biological, psychological, and social factors, Indian Knowledge Systems (IKS) provide a unique perspective through the concept of the three Gunas—Sattva, Rajas, and Tamas. The theory of the three Gunas is found in important Indian texts such as the Bhagavad Gita, Upanishads, and Sankhya philosophy. According to this theory, every human being possesses all three Gunas, but in different proportions. These Gunas influence our thoughts, emotions, behavior, and overall personality. Understanding them can help explain why people experience emotional ups and downs,

The concept of the Gunas offers a practical way to understand mental health and provides guidance on how to achieve emotional balance and well-being. The word "Guna" means quality, characteristic, or tendency. According to Indian philosophy, the entire universe, including the human mind, is influenced by three Gunas:

1. **Sattva** – purity, balance, wisdom, and harmony.
2. **Rajas** – activity, ambition, desire, and restlessness.
3. **Tamas** – inertia, ignorance, laziness, and darkness.

Every person has all three Gunas within them. However, the dominant Guna influences how a person thinks, feels, and behaves. A balanced personality requires all three Gunas in appropriate proportions, but mental well-being is best supported when Sattva is dominant.

**1) Sattva:** The Quality of Balance and Positivity: Sattva is associated with clarity, wisdom, peace, and emotional stability. A person with a strong Sattvic nature tends to: Think positively, Remain calm during difficulties, Make thoughtful decisions, Show kindness and compassion, Maintain self-control, Feel satisfied and content. When Sattva is dominant, individuals are more likely to experience mental peace and resilience. They can face challenges without becoming overwhelmed by stress or negativity. For example, a student who receives poor exam results may feel disappointed but will view the setback as an opportunity to learn and improve. Instead of losing hope, the student remains motivated and focused on future goals. Sattva acts as a protective factor against depression because it promotes emotional balance, optimism, and self-confidence.

**2) Rajas:** The Quality of Activity and Restlessness: Rajas is associated with energy, action, ambition, and desire. It motivates people to work hard, achieve goals, and pursue success. Positive aspects of Rajas include: Motivation, Enthusiasm, Determination, Leadership and Creativity. However, excessive Rajas can create problems. When ambition becomes excessive, individuals may constantly worry about success, competition, and recognition. They may become stressed, impatient, and emotionally unstable. Many young people today live in highly competitive environments. They constantly compare themselves with others and feel pressure to achieve more. Social media often increases this tendency by encouraging comparison and unrealistic expectations. When Rajasic energy becomes excessive, individuals may experience: Anxiety, Restlessness, Stress, Frustration and Emotional exhaustion. If goals are not achieved, disappointment may gradually develop into feelings of sadness and hopelessness. Therefore, excessive Rajas can indirectly contribute to

depression.

**3) Tamas:** The Quality Most Closely Associated with Depression: Tamas represents darkness, inertia, confusion, and lack of awareness. While some Tamasic qualities are necessary—for example, sleep and rest help the body recover—excessive Tamas can negatively affect mental health. A person dominated by Tamas may experience: Lack of motivation, Negative thinking, Excessive sleep, Low energy, Withdrawal from social activities, Difficulty concentrating and Feelings of hopelessness. These symptoms closely resemble many signs of depression. For example, a student facing repeated failures may begin to lose confidence. Instead of trying again, the student may stop participating in activities, avoid social interaction, and believe that improvement is impossible. This reflects a Tamasic state of mind. According to Indian Knowledge Systems, depression often develops when Tamas becomes dominant and overwhelms the positive influence of Sattva.

Let us refer how the Gunas Explain Depression

The theory of the Gunas provides a simple yet powerful explanation of depression.

**Stage 1:** Excessive Rajas Many young people begin with high levels of Rajasic energy. They work hard, compete with others, and chase success. While ambition is useful, excessive ambition can create constant stress and pressure. Examples include: Studying excessively without rest, Constantly, comparing achievements, Seeking approval from others and Fear of failure. Over time, this continuous pressure may lead to emotional exhaustion.

**Stage 2:** Emotional Burnout When goals are not achieved or expectations remain unmet, frustration develops. Individuals may feel disappointed and discouraged. At this stage, stress and anxiety increase. Motivation begins to decline, and emotional well-being suffers.

**Stage 3:** Dominance of Tamas If emotional exhaustion continues for a long time, Tamasic qualities may become dominant. The person may: Lose interest in activities, Withdraw from friends and family, Feel helpless, Stop pursuing goals and Develop negative thinking patterns.

This state closely resembles depression. The Guna theory therefore explains depression as a gradual movement from excessive Rajas to excessive Tamas, accompanied by a reduction in Sattva.

The Bhagavad Gita provides valuable insights into the role of the Gunas in mental well-being. At the beginning of the Gita, Arjuna

experiences confusion, sadness, fear, and helplessness. His emotional state reflects the influence of Tamas. He loses confidence and becomes unable to perform his responsibilities. Lord Krishna helps Arjuna overcome this condition by increasing Sattva through knowledge, self-awareness, and purposeful action. As Arjuna gains clarity, his negative thoughts reduce and his confidence returns. This story illustrates an important lesson: depression can be overcome by cultivating wisdom, self-understanding, and positive action.

**1) Increasing Sattva:** to Improve Mental Health Indian Knowledge Systems emphasize increasing Sattva as a way to promote emotional well-being and reduce depression.

**2) Healthy Diet:** Fresh fruits, vegetables, whole grains, and nutritious foods are believed to promote Sattvic qualities. Healthy eating supports both physical and mental health.

**3) Yoga and Exercise:** Regular physical activity reduces Tamasic tendencies such as laziness and inactivity. Yoga improves energy, focus, and emotional balance.

**4) Meditation:** Meditation calms the mind and helps individuals observe their thoughts without becoming overwhelmed by them. It strengthens Sattva and reduces stress.

**5) Positive Company:** Spending time with supportive and positive people influences mental health. Good friendships encourage optimism and emotional resilience.

**6) Meaningful Activities:** Engaging in studies, hobbies, community service, and creative pursuits helps maintain motivation and purpose.

**7) Self-Reflection:** Taking time to reflect on one's thoughts and actions increases self-awareness and emotional maturity.

**8) Relevance for Today's Youth:** The theory of the Gunas remains highly relevant in modern society. Young people often experience high levels of Rajas due to academic competition, career goals, and social media pressure. Without proper balance, this can lead to stress, burnout, and eventually depression.

Through healthy living, Yoga, meditation, positive relationships, and self-awareness, individuals can increase Sattva and reduce the negative effects of excessive Rajas and Tamas. For today's youth, the wisdom of the Gunas provides an important reminder that mental health depends not only on external success but also on inner balance, emotional awareness, and a meaningful way of life. By cultivating Sattva, young people can build resilience, maintain positivity, and face life's challenges with greater confidence and peace of mind. Stay blessed!

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Ravi Singh & Ajab Tinwala

## THE POWER OF PERSONALITY: BUILDING A BETTER FUTURE THROUGH CHARACTER AND MINDSET

**P**ersonality is one of the most important aspects of a human being. It is reflected in the way we think, speak, behave, and interact with others. While skills, education, and achievements are important, a strong and positive personality often determines how successful and fulfilled a person becomes in life. Our personality shapes our relationships, influences our decisions, and affects the opportunities that come our way.

The way we think and behave creates an impression on the people around us. A person who is kind, honest, respectful, and positive naturally attracts people with similar qualities. On the other hand, negative attitudes and harmful behaviors often attract negativity and create difficulties in relationships. This is because human beings are influenced by the environment and the people they spend time with. As a result, the character and aura we project play a significant role in determining the type of individuals we welcome into our lives.

The people around us have a powerful impact on our future. Friends, family members, teachers, mentors, and colleagues can shape our thoughts and actions. They can motivate us to work harder, think positively, and achieve our goals. At the same time, negative influences can discourage us, lead us away from our ambitions, and affect our decision-making. Therefore, the quality of our personality often influences the quality of the company we keep, and that company, in turn, influences the direction of our lives.

A good personality does not mean being perfect. Everyone has strengths and weaknesses. What matters is the willingness to improve and grow. Personality is not a fixed trait that remains the same forever. It can

change and develop over time through self-awareness, learning, and experience. Although changing habits and attitudes can be challenging, it is always possible for those who are determined to become better versions of themselves.

Developing a positive personality requires conscious effort. It begins with having a clear mindset and a healthy thought process. Positive thinking helps people overcome obstacles, make wise decisions, and remain focused on their goals. It also encourages confidence, resilience, and emotional balance. By practicing self-discipline, showing empathy, maintaining honesty, and learning from mistakes, individuals can gradually build a strong and admirable character.

In today's fast-paced world, where people are often judged by their actions and behavior, personality has become more important than ever. A good personality not only helps in personal growth but also strengthens relationships and creates opportunities for success. It inspires trust, respect, and cooperation from others.

Ultimately, the future we build is greatly influenced by the person we choose to become. By nurturing a positive personality, surrounding



ourselves with good influences, and maintaining a clear and focused mindset, we can create a meaningful, successful, and fulfilling life. Personality is not just who we are, it is the foundation upon which our future is built.

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## THE COURAGE TO WALK AWAY: CHOOSING SELF-RESPECT OVER RECOGNITION



**I**n life, there are moments when we work tirelessly, expecting nothing more than a fair opportunity, a chance to learn, gain experience, and contribute our best efforts. We dedicate our time, energy, and passion to a task, believing that hard work and sincerity will eventually be recognized. Yet, reality often unfolds differently. Sometimes, there are people who quietly observe our efforts and

more difficult than accepting the offer. Yet, it is often the wiser choice.

Many people assume that success means saying "yes" to every opportunity. In reality, success also involves knowing when to say "no." Declining an offer is not necessarily a sign of weakness or arrogance.

appreciate our abilities. They recognize our commitment, understand our potential, and may even offer us opportunities that seem prestigious and rewarding.

At first glance, such opportunities can appear to be the perfect reward for years of dedication. A respected position, a title, or a role that others admire can feel like the natural next step in one's journey. However, there are times when accepting such an offer comes at a cost, a cost that is not measured in money or status, but in self-respect and personal values.

The true test of character often arrives when we must choose between external recognition and inner peace. There may be situations where a position we once dreamed of becomes available, but accepting it would require compromising our principles, ignoring unfair treatment, or sacrificing our dignity. In those moments, walking away can be far

Sometimes it is a powerful declaration that our values matter more than our titles. It reflects an understanding that achievements lose their meaning when they are gained at the expense of self-worth.

There is a profound difference between being respected for a position and being respected as a person. Positions can be given and taken away. Titles may change with time. However, integrity remains with us throughout our lives. When we protect our honour and remain true to ourselves, we build a foundation of trust and confidence that no external reward can replace.

People often remember those who stood firm in their convictions. They admire individuals who refused to compromise their principles even when attractive opportunities were within reach. Such decisions require courage because they often involve uncertainty. Yet, they also demonstrate strength, maturity, and self-awareness.

Life offers countless opportunities, but not every opportunity deserves acceptance. Before making important decisions, it is essential to ask a simple question: Will this choice allow me to respect myself tomorrow? If the answer is no, then walking away may be the greatest act of wisdom.

In the end, preserving one's honour and self-respect is not a loss, it is a victory. Opportunities will come and go, but the ability to look in the mirror with pride and dignity is priceless. True success is not measured by the positions we hold; it is measured by the values we refuse to abandon.

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Afreen Mazgaonkar & Ganesha Gundu

## INDIA AMONG 15 COUNTRIES CHOSEN TO USE ANTHROPIC'S MYTHOS AI



Anthropic has reportedly expanded access to its powerful Mythos AI cybersecurity model, with India among 15 countries joining the programme amid growing concerns over AI-driven cyber threats. Anthropic has announced that it is offering access to its Mythos AI model to 15 countries. The update came on Tuesday and now India is among these nations to get its access. The Dario Amodei-led company will allow selected organisations globally to use the technology through its Project Glass wing initiative. Mythos AI has been making headlines since the day it was first introduced. The AI tools can identify hidden software flaws faster than humans, making it potentially dangerous for misuse by hackers to exploit financial systems. This is why Anthropic decided to keep the access of this

model restricted to select companies. India is one of the countries that has received access to Anthropic's Mythos AI. These countries include Japan, South Korea, France, Germany, Australia, Canada and the Netherlands, as per Financial Times. The American tech giant said the programme will be expanded from an initial group of nearly 50 mostly US-based organisations to nearly 150 institutions worldwide. This expansion comes at a time when governments and financial institutions are concerned about the cyber threats this AI model could bring.

## SKYROOT'S VIKRAM-I ROCKET FOR COMMERCIAL LAUNCHES BY 2027

Indian space startup Skyroot Aerospace is kind of gearing up to do something historic with Vikram-I, what they call India's first privately developed orbital rocket. Co-founder and CEO Pawan Kumar Chandana says the plan is for the rocket to be fully ready for commercial satellite launch work by 2027, and that this will come after a run of test flights plus qualification missions, so it does not jump too early. Vikram-I is a four-stage vehicle meant to push small satellites into Low Earth Orbit, and also into Sun-Synchronous Orbit. The idea is to deliver quicker, more adaptable, and still cost-effective launch services. It uses a mix of advanced design choices, including carbon-composite structures and a 3D printed liquid engine, which kind of puts it in a good position in the expanding worldwide small-satellite market. Skyroot is aiming for its first real orbital launch out of Sriharikota in the next few weeks. If everything goes smooth, it could end up being the first private Indian company to actually put payloads in orbit. They also talk about doing multiple demonstration flights first, before moving into routine commercial missions. Around 80% of future customers are expected to be international, not local. This is happening soon after Skyroot became India's first space-tech unicorn too, which underlines how fast the private space sector in India is growing, and how bold the ambitions are for the global space economy.



## INDIA CAN UNLOCK ECONOMIC VALUE THROUGH SMARTER WASTE MANAGEMENT

India's waste problem is often portrayed as an environmental issue, but it is also an economic opportunity. Every day cities, industries, commercial establishments, healthcare facilities and residential communities generate large quantities of waste with recoverable materials, reusable resources and energy potential. There is an opportunity to move beyond waste disposal and unlock the economic value embedded in our discards. The opportunity is substantial in scale. India's annual municipal solid waste generation is around 62 million tonnes, out of which a handful is scientifically processed and recovered. But a large proportion goes to landfills, where precious resources are wasted and environmental costs keep rising. Such landfill sites often lead to air pollution, bad smells. Many things still end up in landfills, where valuable resources are lost and environmental costs keep going up. These landfill sites often contribute to air pollution, unpleasant odour and deteriorating living conditions in surrounding areas. So reducing landfill dependence isn't only about recovering resources, it's also about making our cities cleaner, healthier, and a bit more liveable really. Waste streams have materials that can be recycled, refurbished, recovered, and even turned toward energy use. Plastics, paper, metals, glass, construction debris, organic waste, and electronic waste are all economically valuable, if they are collected and processed through more structured systems, and not left to chance.



## INDIA AND ISRAEL LIKELY TO RESUME THE FTA NEGOTIATIONS AFTER JULY

India and Israel likely to resume the FTAnegotiations after July India and Israel are preparing to restart talks on a comprehensive Free Trade Agreement (FTA) after July, showing their comoment to strengthening economic ties despite recent challenges. The next roundof face-to-face negotiations will takeplace in Israel and is expected to focus on expanding trade and investmentopportunities between the two countries. Although themeeting was delayed because of the ongoing conflict in West Asia, discussions never came to a complete stop. Officials from both sides kept working via virtual meetings and technical talk, trying to keep the negotiation thing moving, kind of steady. If it gets finalized, the FTA could make trade a bit easier ,and also more affordable for businesses, mainly by cutting tariffs and simplifying the trade rules in practice. It is also expected to nudge investment, and strengthen collaboration across areas like technology, farming ,pharmaceuticals, defense, and innovation. For Indian exporters, and Israeli firms too, this agreement might open fresh markets and create new business chances. The resumption of these talks shows how strong and increasingly close the relationship between India and Israel has become. Even with some regional uncertainties around, both countries are still negotiating, and in doing so they are signaling a shared intent to build a long term economic partnership that benefits businesses, promotes innovation, and supports sustainable growth.



## HOW NORA FATEHI HELPED MUMBAI CHOREOGRAPHER REACH THE FIFA WORLD CUP 2026 STAGE



Mumbai based choreographer Rajit Dev has hit a huge international milestone, and it kinda feels unreal really. He became the first Indian choreographer to work on an official FIFA World Cup anthem. For this, he choreographed "Siir Siir", a track from the FIFA World Cup 2026 album. The song includes Nora Fatehi, French singer VegeDream, and the music producer Sanjoy. Honestly the chance came in a pretty direct way too, Rajit has had a long professional link with Nora, and she recommended him, then supported the whole thing. The music video was filmed in Morocco, and it mixes worldwide musical vibes with high energy Indian dance moves. In the end, it also makes sure Indian performance is visible on one of the biggest sports stages in the world. Rajit said it was a proud moment, and he also stressed that the team deliberately added "desi" energy, plus cultural textures into the choreography. Overall this achievement points to how Indian choreography, and creative talent are getting more global attention. It also boosts India's cultural footprint at big international events like the FIFA World Cup, which is really something to watch.

## HEALTH MINISTRY URGES INDIANS TO TRACK ALT LEVELS AMID RISING FATTY LIVER CASES

The Ministry of Health and Family Welfare has told people to monitor their ALT (Alanine Aminotransferase) levels, basically saying that it is a important indicator of liver health. ALT is an enzyme that sits mostly in the liver, so when the numbers rise it can point toward inflammation, injury to liver cells, or even the early stages of fatty liver disease, sometimes well before any clear symptoms show up. Health specialists also say that liver problems are getting more common in India. They link this trend to a sedentary routine, junkier food habits, obesity, diabetes, and excess alcohol. Because quite a few liver issues stay "quiet" in the beginning, routine liver function tests are often suggested so potential issues can be noticed early, before they grow into harsher outcomes like cirrhosis or complete liver failure. Doctors in particular recommend regular screening for those who are obese, have diabetes, high cholesterol, high blood pressure, or a family history of liver disease. Along with checking ALT levels, experts stress staying within a healthy weight range, moving often, choosing a balanced diet, and keeping alcohol in limits. This is meant to support long term liver health, and also general well being.



Afreen Mazgaonkar & Ganesha Gundu

## INDIA DOMINATES AT WORLD YOGASANA CHAMPIONSHIPS WITH THE RECORD GOLD MEDALS



**H**eena Rajgor, the former winner of Miss Gujarat Super Model, spearheaded India's impressive performance on the second last day of the inaugural World Yogasana Championships held at the EKA Arena. As of the latest updates, India leads the medal tally with a remarkable total of 50 medals, comprising 40 gold, eight silver, and two bronzes. Japan follows in second place with three gold and a total of 10 medals, while Singapore ranks third with six medals, including two gold. This inaugural championship signifies a pivotal moment in the journey of Yogasana, evolving from an ancient Indian practice into a competitive global sport. It aims to enhance its recognition within the Olympic

framework. The 2026 World Yogasana Championship is supported by various governmental bodies, including the Ministry of Youth Affairs & Sports, Ministry of Ayush, and the Sports Authority of India, among others, to help make Yogasana a properly recognized global sport. Heena Rajgor, originally from Bhuj, Gujarat, and now pursuing a PhD in Yoga, performed brilliantly in the Forward Bend event, in the Senior B Female category—she grabbed the gold medal with 43.50 points. Preeti Jaimani from Oman took the silver, scoring 38.15 points, while Svetlana Lukashova from Russia and Maya Al Alostath from Jordan, both received bronze, shared the podium place.

## SINDHU'S TITLE WAIT PROLONGS WITH SEMIFINAL LOSS IN AUSTRALIA OPEN

**P**V Sindhu couldn't break through for a BWF World Tour crown, and at the Super 500 event in Sydney she was stopped in the last four. The Indian badminton star went down to Japan's world champion, Akane Yamaguchi, in straight games 22-20, 21-12, and that basically ended her fine run in the tournament. In the first set, Sindhu looked determined and for a long stretch she stayed right with Yamaguchi, point for point, the rallies seemed pretty tense. But then the Japanese shuttler took that tight opener 22-20. After that, though, Yamaguchi shifted gears and powered through the second game 21-12 to lock in the win. Even with the defeat, Sindhu's overall show in Sydney still seemed promising, it also pointed to her getting sharper and more stable in her play. Before this, Sindhu reached the semifinals with a dominant 21-6, 21-9 win over Chinese Taipei's Chen Su Yu. That kind of scoreline, honestly it points to sharpness. Her run in Sydney brought back a sense of belief and consistency after a patch of mixed outcomes, plus that whole injury setback which had affected her schedule a bit. The title drought is still alive, but finishing in the last four gives her some good momentum. Now Sindhu will head into the upcoming international tournaments, and she'll be hoping that this progress turns into a trophy soon.



## INDIA DEFEATS BANGLADESH BY 3-1, LIFTS THE SAFF WOMEN'S CHAMPIONSHIP 2026, WINNING RECORD SIXTH TITLE

**I**ndia's women's football team defeated defending champions Bangladesh 3-1 in Goa to reclaim the SAFF crown after seven years, securing a record-extending sixth title in a dominant campaign. The Indian women's national football team reclaimed regional supremacy by defeating defending champions Bangladesh 3-1 to lift the SAFF Women's Championship 2026 trophy. The historic final, played on Saturday, 6 June 2026, at the Pandit Jawaharlal Nehru Stadium in Margao, Goa, ended India's seven-year wait for the title, marking their record-extending sixth crown. Clinical goals from Pyari Xaxa, Sanfida Nongrum, and substitute Lynda Kom Serto neutralised a first-half equaliser from Bangladesh's Ritu Porna Chakma. From the perspective of the hosts, the win caps off a flawless, dominant campaign under head coach Crispin Chettri, while a heartbroken but resilient Bangladeshi side saw their dreams of a third consecutive title slip away. In the latest post-match development, the tournament concluded on a profoundly emotional note as veteran Indian winger Dangmei Grace officially announced her retirement from international football during the victory celebrations.



## INDIAN WOMEN'S 4X100M RELAY TEAM, KINDA HITS GOLD, EQUALS CHAMPIONSHIP RECORD

**I**ndia's women's 4x100m relay team pulled off a sensational display at the New Taipei Open Athletics Championships, snagging the gold medal, and tying the championship record with a time of 44.07 seconds. The quartet showed a near-clean mix of sheer velocity and quick baton passing, they crossed the line ahead of a tough international lineup, and overall it turned into one of India's more impressive relay wins of the season. From the get go, the Indian side kept a strong tempo and managed near-perfect handoffs between runners, which is basically a make or break thing in any relay. Their clocking matched the existing championship mark, so it was not just luck, it also underlined how solid the run was, while pointing to India's rising power in sprint events. This gold arrives while Indian athletics is seeing a clear upswing in outcomes at international meets. Recent highlights at the U20 Asian Athletics Championships, plus other worldwide occasions, have signaled that a new crop of track and field talent is really emerging. Athletics observers see this relay effort as a good omen, especially heading into bigger international assignments, such as the Asian Games and World Championships. The performance also seems to mirror better coaching methods, stronger preparation routines, and an improving athlete-development setup in India's athletics circles, mainly across sprint and relay specialties.



## VISHAL TK CREATES HISTORY, BECOMES FIRST INDIAN MAN TO BREAK 45-SECOND BARRIER IN 400M



**V**ishal TK, did something that feels like it slipped past all the usual expectations, and yeah it kind of did. He became the first Indian man to crack the 45-second barrier in the 400m, running an unreal 44.98 seconds at the National Federation Cup Athletics Championships in Ranchi. It's a huge moment because the 22-year-old quarter-miler first rewrote his own mark of 45.12 seconds, then went even further like it was the most natural thing. What makes the whole thing even more interesting is that his run was not just fast for the final, it was the kind of fast that already looked ready during the semifinals too. There, he had set a meet record of 45.27 seconds, and then in the final he basically translated that form into history, winning the gold along the way and setting a fresh benchmark for Indian 400m runners. Breaking 45 seconds in the 400m is seen as a serious global milestone, so it's not only about medals. For a long time, Indian athletics had been chasing that line, but no one from India had managed to step beyond it until now. With the Commonwealth Games and Asian Games coming closer, Vishal's profile has risen fast, and he's now being talked about as a major medal prospect, almost like a sign of where sprint events in India might go next.

## INDIA BEATS JAPAN TO WIN A RECORD THIRD TITLE AT MEN'S U-18 HOCKEY ASIA CUP 2026

**T**he Indian U-18 Men's Hockey Team was crowned champion of the Men's U-18 Asia Cup 2026 after defeating host Japan 4-1 in the final in Kakamigahara, Japan, on Friday. The Indian U-18 Men's Hockey Team was crowned champion of the Men's U-18 Asia Cup 2026 after defeating host Japan 4-1 in the final in Kakamigahara, Japan, on Friday. Ashish Tani Purti (2', 28', 34') starred with a hat-trick, while captain Ketan Kushwaha (30') also found the back of the net as India produced a commanding display against the hosts to lift the title. Numada Gaku (52') scored Japan's lone goal of the contest. Hockey India announced a cash award of INR 3 lakh for each player of the gold medal-winning Indian U-18 Men's Hockey Team and INR 1.5 lakh for each member of the support staff. The Federation also announced a cash award of INR 1 lakh for each player of the Indian U-18 Women's Hockey Team, which secured the bronze medal earlier in the day, along with INR 50,000 for each member of the support staff, guarantees a thrilling future on the global sports scene.



Dr. Smita Ravikumar Kuntay & Srivarthini Subramanian

## BELLARY DCC BANK RECRUITMENT 2026

**BELLARY DCC BANK RECRUITMENT 2026**  
**82 VACANCIES**  
Junior Assistant, Manager & More  
APPLY ONLINE | LAST DATE TO APPLY | **30 JUNE 2026**

The Bellary District Central Co-operative Bank (DCC Bank) has issued a recruitment notification for 82 vacancies across multiple positions, including Junior Assistant, Driver, Attender, and other posts. The recruitment offers employment opportunities for eligible candidates in Karnataka's cooperative banking sector.

### Vacancy Details

- Manager/First Division Assistant: 22 Posts
- Second Division Assistant: 28 Posts
- Vehicle Driver: 1 Post
- Junior Servant: 31 Posts
- Total Vacancies: 82 Posts

### Eligibility

- Age Limit: 18–35 years for General candidates, with relaxation up to 38 years for certain categories and 40 years for SC/ST/Category-1 as per rules.
- Qualification: Degree, PUC, or SSLC (post-wise) with Kannada language proficiency. Driver posts require a valid driving licence.

### Pay Scale

- Salary ranges from ₹29,600 to ₹83,700 depending on the post, along with admissible allowances as per bank rules.

### Selection Process

- Written Examination
- Personal Interview
- Final Merit List based on performance

### Application Fee

- General/OBC Categories: ₹1,000 + gateway charges
- SC/ST/Category-1/PwBD/Ex-Servicemen: ₹500 + gateway charges

### Important Dates

- Online Application Begins: 01 June 2026
- Last Date to Apply & Fee Payment: 30 June 2026
- Written Examination: To be announced

### How to Apply

- Visit [www.bellarydcc.bank.in](http://www.bellarydcc.bank.in).
- Register using a valid email ID and mobile number.
- Fill in the online application form and upload required documents.
- Pay the application fee online.
- Submit the application and keep a printout for future reference.

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

## MSC BANK TRAINEE OFFICERS RECRUITMENT 2026 – APPLY ONLINE FOR 139 POSTS

Maharashtra State Co-operative Bank Ltd. (MSC Bank), Mumbai has announced a recruitment drive for 139 Trainee posts including Trainee Junior Officer, Trainee Associate, Trainee Typist, and Trainee Driver.

### Vacancy Details

- Trainee Junior Officer: 49 Posts
- Trainee Associate: 81 Posts
- Trainee Typist: 4 Posts
- Trainee Driver: 5 Posts
- Total: 139 Posts

### Eligibility

- Age Limit: 18–35 years (varies by post; relaxation as per rules).
- Educational Qualification: Graduate or 12th Pass (post-wise). Knowledge of Marathi is mandatory, with additional typing/computer skills or driving licence required for relevant posts.

### Salary

- Training Stipend: ₹22,000–₹25,000 per month.
- After Confirmation: Approx. ₹27,700–₹34,400 per month.

### Selection Process

- Online Examination (IBPS)
- Interview/Skill Test/Driving Test (as applicable)
- Document Verification

### Application Fee

- Trainee Junior Officer: ₹1,770
- Other Posts: ₹1,180
- Fee is payable online and is non-refundable.

### Important Dates

- Online Registration Starts: 11 June 2026
- Last Date to Apply & Fee Payment: 01 July 2026
- Online Examination: 02 August 2026

### How to Apply

- Visit the official IBPS application portal.
- Register with a valid email ID and mobile number.
- Fill in personal and educational details.
- Upload photograph, signature, thumb impression, and handwritten declaration.

**MSC BANK RECRUITMENT 2026**  
**NOTIFICATION OUT**  
APPLY ONLINE FOR **139** TRaineE OFFICER AND DRIVER VACANCIES

- Pay the application fee online and submit the form.
- Download and print the confirmation page for future reference.

Candidates domiciled in Maharashtra with Marathi language proficiency will be given preference.

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

## RPSC ASSISTANT PROSECUTION OFFICER RECRUITMENT 2026

**RPSC APO RECRUITMENT 2026**  
**371 VACANCIES**  
NOTIFICATION OUT | IMPORTANT DATES | ELIGIBILITY & SELECTION PROCESS | COMPLETE DETAILS  
APPLY FROM 08 JUNE TO 07 JULY 2026  
+91-9116691119 | <https://utkarsh.com> | [support@utkarsh.com](mailto:support@utkarsh.com)

The Rajasthan Public Service Commission (RPSC) has released inviting online applications for 371 Assistant Prosecution Officer (APO) vacancies. This is one of the largest law officer recruitment drives in Rajasthan, offering an excellent opportunity for law graduates to secure a prestigious government career.

### Recruitment Highlights

- Post Name: Assistant Prosecution Officer (APO)
- Total Vacancies: 371 Posts

(Devnagari script) and Rajasthani dialects & customs.

**Pay Scale:** As per Rajasthan Government/RPSC rules.

### Selection Process

- Preliminary Written Examination
- Mains Written Examination
- Medical Examination
- Document Verification

- Job Location: Rajasthan
- Age Limit: 21–40 years (as on 01 January 2027)

### Application Fee

- General/BC/MBC (Creamy Layer): ₹600
- BC/MBC (Non-Creamy Layer)/ EWS/ SC/ST/Divyang: ₹400
- Application Correction Charge: ₹500 (if applicable)

### Educational Qualification:

- Degree in Law (Professional) or Integrated Law Course from a recognized university, along with working knowledge of Hindi

### Important Dates

- Notification Released: 27 May 2026
- Online Application Starts: 08 June 2026
- Last Date to Apply: 07 July 2026 (11:59 PM)
- Application Correction Last Date: 17 July 2026
- Tentative Preliminary Exam: 02 September 2026

### How to Apply

- Visit [rpsc.rajasthan.gov.in](http://rpsc.rajasthan.gov.in).
- Register with a valid email ID and mobile number.
- Complete the online application form with personal and educational details.
- Upload the required photograph, signature, and documents.
- Pay the application fee online and submit the form.
- Download and keep a printout of the confirmation page for future reference.

For more details candidates are asked to visit the official website

Deepika Singh

## QUIZ TIME

1. Which Indian startup received a grant to develop AI-powered Earth observation models?
2. Bharat Innovates 2026 was inaugurated in which French city?
3. Which Indian digital payment system's expansion in France was discussed this week?
4. Bharat Innovates 2026 mainly focuses on which technology sector?
5. SatSure's new AI models will primarily use satellite and which other type of data?
6. Which state's Special Intensive Revision of electoral rolls began this week?
7. Which country signed 19 agreements with India during PM Modi's visit?
8. Which commission is conducting Haryana's voter revision exercise?
9. Which French President jointly inaugurated Bharat Innovates 2026 with PM Modi?

## RIDDLES

1. I am purple outside, stuffed with a spicy peanut masala, and loved in Maharashtra. Who am I?
2. I am green and spiky, and my stuffed version is famous in Gujarat. Who am I?
3. I look like a bottle and make a delicious kofta curry. Who am I?
4. I am known for my bitter taste but become delicious when stuffed and fried. Who am I?
5. I am a root vegetable, red in color, and often turned into cutlets and kebabs. Who am I?
6. I am long, green, and cooked with peanuts in a traditional Maharashtrian dish. Who am I?
7. I may look like a flower, but people make Manchurian and roasts from me. Who am I?

- ANSWERS
1. Brinjal
  2. Okra
  3. Bottlegourd
  4. Bittergourd
  5. Beetroot
  6. Drumstick
  7. Cauliflower
- (II) RIDDLES
1. SatSure
  2. Nice
  3. UPI
  4. DeepTech
  5. Drones
  6. Haryana
  7. France
  8. ECI
  9. Macron
- (I) QUIZ TIME



## MAHARASHTRA'S SIGNATURE BHARLI VANGI

This Week, We're Relishing Bharli Vangi!

**B**harli Vangi is a classic Maharashtrian delicacy featuring tender baby brinjals stuffed with a flavorful blend of roasted peanuts, coconut, sesame seeds, and aromatic spices. This rich, nutty, and mildly tangy curry is slow-cooked until the brinjals absorb all the delicious flavors. Traditionally served with jowar bhakri or steamed rice, Bharli Vangi is a comforting dish that perfectly showcases the authentic taste of Maharashtra.

### Ingredients:

8–10 small baby brinjals, ½ cup roasted peanuts, ¼ cup dry coconut (grated), 2 tablespoons sesame seeds, 1 medium onion (finely chopped), 1 teaspoon ginger-garlic paste, 1 tablespoon jaggery, 1 tablespoon tamarind pulp, 1 teaspoon red chilli powder, ½ teaspoon turmeric powder, 1 teaspoon coriander powder, ½ teaspoon cumin powder, 2 tablespoons oil, Salt to taste, Fresh coriander leaves for garnish.



### Preparation

- Roast peanuts, coconut, and sesame seeds; let them cool.
- Grind them coarsely and mix with spices, jaggery, tamarind, and salt.
- Slit the baby brinjals and stuff them with the prepared masala.
- Heat oil and sauté onions until golden. Add ginger-garlic paste and cook briefly.
- Place the stuffed brinjals in the pan and add the remaining masala.
- Add 1 cup water, cover, and cook on low heat for 20–25 minutes.
- Stir gently occasionally until the brinjals are soft and the gravy thickens.
- Garnish with fresh coriander and serve hot.

### Serving Tip:

Serve hot with jowar bhakri, bajra bhakri, chapati, or steamed rice. Add a side of sliced onions and lemon wedges for an authentic Maharashtrian meal. This dish is perfect for family lunches, festive occasions, and anyone who loves rich, traditional Indian flavors.

### Introducing Our New Column

## ARTWORK OF THE WEEK

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

#### CRITERIA

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

#### SUBMISSION DETAILS

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

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