

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

# THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



Ravi Singh & Delisha Gupta

## BREATHING TOGETHER, GROWING TOGETHER: INTERNATIONAL DAY OF YOGA

# INTERNATIONAL DAY OF YOGA

They can learn how to focus and be calm. Many schools have yoga classes every day.

Yoga is not just about India. It is about people around the world. It shows us that we can learn from each other. We can share our ideas and cultures. Now you can find yoga studios and teachers around the world.

Yoga also teaches us to take care of the Earth. We should be kind to the planet and to all living things. When we do yoga we think about how our actions affect the world. We try to live in a way that's good for us and for the Earth.

The International Day of Yoga is a reminder that we should take care of ourselves. We should think about our bodies,

minds and spirits. We should try to be happy and healthy. In a world that is always changing yoga helps us stay calm and focused.

More and more people are doing yoga every year. This shows that we all want to be healthy and happy. We all want to feel live meaningful lives.

So on the International Day of Yoga we should all do some yoga. We should roll out our mats breathe deeply and think about our lives. We should try to be kind to ourselves and to the world, around us. The International Day of Yoga is a day to celebrate yoga and all its benefits. It is a day to remind us that yoga is a way of life. It is a way of living that helps us stay healthy, happy and connected to the world around us.

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good and be healthy.

A lot of people do yoga these days. They do it to feel good and to stay healthy. We all have stress and worries. We all get sick sometimes. Yoga helps us deal with these things. Yoga makes our bodies strong and flexible. It helps us feel happy and calm.

During the COVID-19 pandemic people did yoga to stay healthy. They did it to feel good when they were stuck at home. Now we have yoga classes and workshops. This means that anyone can do yoga anywhere.

This year the International Day of Yoga is being celebrated around the world. People are doing yoga in parks, schools and community centers. They are having yoga classes and workshops. They are telling people about the things about yoga.

Schools are also teaching yoga to their students. This is a thing. Students can learn how to stay healthy and feel good.

The International Day of Yoga is a day when people all around the world come together to celebrate the International Day of Yoga. This is a day that's all about staying healthy and feeling good. The International Day of Yoga is on the 21st of June every year.

The International Day of Yoga started a time ago in India. The Indian Prime Minister Narendra Modi asked the United Nations to make the 21st of June the International Day of Yoga. The United Nations said yes to this idea. Now people around the world celebrate the International Day of Yoga on the 21st of June.

The 21st of June is a day. It is the day of the year in the Northern Hemisphere. This day is special in cultures. In yoga this day means that we can change and become people. We can. Learn new things.

Yoga is not about doing exercises. Yoga is about making our bodies, minds and spirits work together. We do poses breathe deeply and think about our lives. This helps us feel

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Durgesh K. Dubey

## GURU ARJAN DEV JI: THE SAINT WHO CHOSE TRUTH OVER FEAR

In the history of India, there are many brave warriors who fought battles with swords and armies. Yet there are also heroes whose courage was expressed through patience, faith, and unwavering commitment to truth. Among them stands Guru Arjan Dev Ji, the fifth Sikh Guru, whose life became a shining example of spirituality, service, sacrifice, and moral courage. Born in 1563 at Goindwal in Punjab, Guru Arjan Dev Ji was the youngest son of Guru Ram Das Ji, the fourth Sikh Guru. From childhood, he displayed extraordinary humility, kindness, and devotion. While other children often sought praise and recognition, young Arjan found joy in prayer, service, and helping others. His gentle nature earned the love of everyone around him. Yet beneath that gentle exterior was a remarkable inner strength that would later inspire millions. As he grew older, Guru Arjan Dev Ji became deeply committed to the teachings of the Sikh Gurus. He believed that God resides in every human being and that true religion is expressed through compassion, honesty, humility, and service. These values became the foundation of his life and leadership.

### Building a Centre of Faith and Unity

When Guru Arjan Dev Ji became the fifth Guru, he inherited not only a spiritual mission but also the responsibility of guiding a growing community. He understood that spirituality must unite people rather than divide them. During his time, society was often fragmented by caste, status, and religious differences. Guru Arjan Dev Ji envisioned a place where all people could come together as equals. One of his greatest contributions was the completion of the Harmandir Sahib, today known as the Golden Temple. Unlike many places of worship that stood on elevated platforms, the Harmandir Sahib was built at a lower level. This architectural choice carried a profound message: to enter the presence of the Divine, one must first cultivate humility. The temple was designed with four entrances, symbolizing openness to people from all directions, backgrounds, and communities. At a time when social barriers were strong, Guru Arjan Dev Ji created a sacred space that welcomed everyone equally. His vision reflected the timeless Indian ideal of Vasudhaiva Kutumbakam the world as one family.

### The Creation of the Adi Granth

Guru Arjan Dev Ji understood that spiritual

wisdom must be preserved for future generations. He therefore undertook one of the most significant tasks in Sikh history the compilation of the Adi Granth, the sacred scripture that later became the Guru Granth Sahib.

This was not merely a collection of Sikh teachings. Guru Arjan Dev Ji included the hymns of earlier Sikh Gurus as well as the devotional compositions of saints from different regions and backgrounds, including Hindu and Muslim



mystics. By doing so, he demonstrated that truth is not confined to any single community. Wherever there is sincere devotion and wisdom, there is divine light.

The compilation of the Adi Granth was an act of extraordinary spiritual vision. It created a lasting foundation of unity, respect, and shared humanity. Even today, it stands as one of the world's most remarkable examples of interfaith harmony.

### The Test of Courage

As the influence of Guru Arjan Dev Ji grew, so did the respect people had for him. Thousands

sought his guidance. His teachings inspired individuals to live honestly and serve society. However, not everyone viewed this growing influence positively. Political tensions began to rise. Certain powerful figures felt threatened by the Guru's popularity and moral authority. Eventually, circumstances led to conflict with the Mughal administration under Emperor Jahangir. Guru Arjan Dev Ji was arrested and asked to alter portions of the Adi Granth and abandon principles that he considered sacred. For many people, compromise would have

seemed the easiest path. Yet Guru Arjan Dev Ji believed that truth cannot be altered for convenience. What followed became one of the most inspiring chapters in Indian spiritual history.

### Strength in Suffering

Guru Arjan Dev Ji was subjected to severe torture. Historical accounts describe how he was made to sit on a heated iron plate while hot sand was poured over his body. The suffering was immense, yet his response revealed the extraordinary depth of his spirituality. Instead of expressing anger or hatred, he remained immersed in remembrance of God. He accepted

every hardship with calmness and faith. One of the most cherished teachings associated with this period is:

"Tera Kiya Meetha Lage" ("Whatever You do, O Lord, is sweet to me.")

These words were not spoken from comfort but from the midst of intense suffering. They reflected complete surrender to the Divine Will and a faith that remained unshaken even in adversity. His courage was unlike that of a warrior on a battlefield. It was the courage of a saint who refused to abandon truth, compassion, and faith, even when facing death.

### A Sacrifice That Changed History

In 1606, Guru Arjan Dev Ji attained martyrdom, becoming the first Sikh Guru to sacrifice his life for religious freedom and righteousness. His sacrifice marked a turning point in Sikh history. It taught future generations that spiritual values must be protected, even at great personal cost. His martyrdom inspired courage, resilience, and commitment to justice among the Sikh community. More importantly, it demonstrated that true strength comes not from power or force, but from unwavering dedication to truth. Today, Guru Arjan Dev Ji is remembered not only as a spiritual leader but also as a symbol of peace, tolerance, and fearless conviction.

### Moral and Conclusion

The life of Guru Arjan Dev Ji teaches us that true courage is not always expressed through weapons or victories in battle; sometimes it is expressed through patience, faith, and unwavering commitment to truth. He showed that spiritual strength can overcome fear, hatred, and suffering. His vision of equality, his creation of the Adi Granth, and his sacrifice for righteousness remind us that genuine leadership is rooted in service and compassion. In a world often divided by differences, Guru Arjan Dev Ji's life inspires us to embrace humility, respect all people, and remain faithful to our principles even during difficult times. His story proves that a person who lives for truth and humanity leaves behind a legacy that continues to illuminate countless lives across generations.

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Ravi Singh & Delisha Gupta

## FROM BUS CONDUCTOR TO PADMA SHRI: THE MAN WHO BUILT A LIBRARY OF OVER TWO MILLION BOOKS

In an age where digital screens dominate everyday life and social media often dictates what people read and discuss, the story of Anke Gowda serves as a powerful reminder of the enduring value of books and knowledge. The 75-year-old resident of Haralahalli village in Karnataka's Mandya district has captured national attention after receiving the Padma Shri, one of India's highest civilian honours, for creating one of the country's largest free-access libraries. What makes his achievement remarkable is not merely the size of the collection he built, but the extraordinary sacrifices he made over more than five decades to ensure that knowledge remained accessible to all.

Born into a farming family, Anke Gowda grew up in a world where books were considered a luxury. Access to educational resources was limited, and obtaining a single book often required considerable effort. Despite these challenges, he developed a deep curiosity for learning. His life took a decisive turn during his college years when a professor encouraged him to cultivate the habit of reading. Inspired by the transformative power of books, Gowda began purchasing books whenever he could afford them. What started as a simple hobby soon evolved into a lifelong mission. He believed that knowledge should not be restricted to those who could afford it and envisioned a future where everyone could access books freely.

At the age of twenty, while working as a bus conductor, Gowda started building his collection one book at a time. His modest salary did little to deter him. Instead, he devoted a significant portion of his earnings to acquiring books on a wide range of subjects. Over the years, he worked multiple jobs, including serving as a timekeeper in a sugar factory, selling milk, and working as an insurance agent. Regardless of how demanding his work

became, his commitment to collecting books never diminished. Reports suggest that he spent nearly eighty percent of his income on books for more than fifty years, demonstrating a level of dedication rarely seen in modern times.

As his collection expanded, space became an increasingly serious concern. Shelves

purpose.

The dream eventually took shape as Pustaka Mane, meaning "The House of Books." With support from philanthropist Sri Hari Khoday, the library was established as a centre for learning and intellectual exploration. Spread across approximately 1,500 square metres,

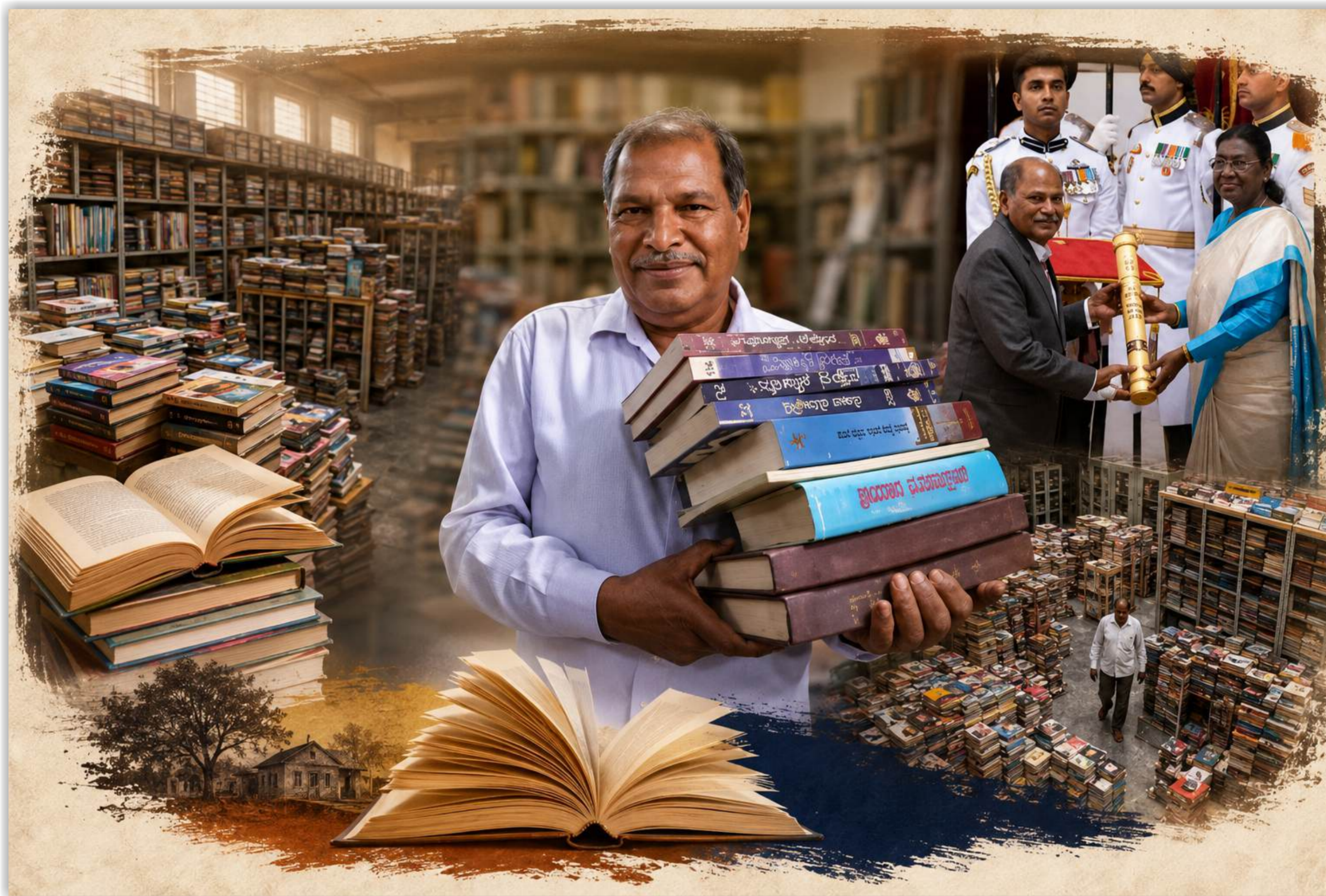
alongside countless other subjects. For students, researchers, scholars, and book enthusiasts, the library serves as a priceless treasure trove of knowledge. Yet what truly distinguishes Pustaka Mane is its commitment to accessibility. Unlike many institutions that charge membership fees or impose barriers to entry, the library welcomes visitors free of cost.

Gowda's vision has always been simple: knowledge should belong to everyone, regardless of their social or economic background. His library reflects that philosophy by ensuring that learning remains open and inclusive.

The recognition bestowed upon Anke Gowda through the Padma Shri honours not only an extraordinary collection of books but also a lifetime dedicated to the service of education and learning. His journey demonstrates that meaningful social impact does not always require wealth, political influence, or institutional backing. Instead, it can emerge from the determination of a single individual committed to a noble cause. At a time when attention is increasingly fragmented and reading habits are declining, Pustaka Mane stands as a beacon of intellectual curiosity and lifelong learning.

Anke Gowda's story is ultimately a story of vision, perseverance, and selfless service. From a humble bus conductor to the founder of one of India's largest libraries, his life illustrates the extraordinary results that can emerge when passion is pursued with purpose. Through countless sacrifices and unwavering dedication, he has built more than a library; he has created a lasting legacy that will continue to inspire generations of readers and learners. His journey reminds us that books remain powerful tools for transformation and that one person's dream can enrich the lives of millions.

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overflowed, rooms filled up, and eventually his house could no longer accommodate the growing number of books. Faced with a difficult choice between personal comfort and his dream, Gowda chose the latter. In a decision that has become symbolic of his unwavering commitment to knowledge, he sold his house in Mysuru to continue preserving and expanding his collection. While many people spend their lives investing in property and possessions, Gowda willingly gave up his home to create a home for books. His family stood firmly beside him throughout this journey. His wife, Vijayalakshmi, and son, Sagar, supported his vision despite the financial sacrifices involved, understanding that his dream carried a larger

Pustaka Mane today houses more than 20 lakh books and publications, making it one of India's largest free-access libraries. The collection includes nearly 5,000 dictionaries in multiple languages, over 35,000 international magazines, thousands of Kannada journals, and an extensive range of books covering history, literature, philosophy, politics, science, religion, and culture. The library also preserves rare publications, research materials, and vintage magazines that have become increasingly difficult to find elsewhere.

Visitors to Pustaka Mane can explore works related to Mahatma Gandhi, Buddhism, Jainism, Christianity, and the Bhagavad Gita,

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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.*

Climate change is often viewed through the lens of rising temperatures, extreme weather events, and environmental risks. However, alongside these challenges, new economic opportunities are emerging. Around the world, governments, businesses, investors, and entrepreneurs are developing innovative solutions to climate-related problems. The transition to a sustainable future is creating new avenues for innovation, employment, and economic growth. What was once seen primarily as an environmental issue is now becoming one of the biggest business opportunities of the 21st century.

From renewable energy and electric vehicles to sustainable agriculture and green finance, climate action is creating new markets and investment opportunities. Companies are investing heavily in cleaner technologies, while consumers increasingly support environmentally responsible products and services. This highlights an important reality: environmental challenges are not only driving change but also creating the next generation of jobs, startups, and business opportunities.

### The Business Side of Climate Change

Climate change is forcing businesses to rethink how they produce, distribute, and

## THE BUSINESS OF CLIMATE CHANGE: FROM CRISIS TO OPPORTUNITY

consume resources. Organizations are increasingly focusing on:

- Renewable energy adoption
- Sustainable supply chains
- Energy efficiency
- Waste reduction
- Green product innovation

Businesses are discovering that sustainability is not only good for the planet but also good for long-term profitability.

### The Rise of Renewable Energy

One of the biggest opportunities emerging from climate action is renewable energy.

Growing sectors include:

- Solar power
- Wind energy
- Green hydrogen
- Energy storage solutions
- Smart grids

Example: Large solar parks and rooftop solar installations are creating jobs in manufacturing, installation, maintenance, and project management while reducing dependence on fossil fuels.

Clean energy is becoming a major driver of economic activity.

### Electric Mobility and New Industries

The shift toward sustainable transportation is creating entirely new business ecosystems.

Growth areas include:

- Electric vehicles (EVs)
- Battery manufacturing
- Charging infrastructure
- Sustainable mobility services

Example: As EV adoption increases, opportunities are emerging not only for vehicle manufacturers but also for charging station operators, battery recyclers, and technology providers.

A single climate solution can generate multiple industries.

### Green Startups Are Solving Real Problems

Entrepreneurs are increasingly building businesses around sustainability challenges.

Innovative startups are working on:

- Sustainable packaging
- Waste recycling

- Water conservation
- Climate technology solutions
- Circular economy models

Example: Many startups now convert agricultural waste into eco-friendly packaging materials, helping reduce pollution while creating new revenue streams.

Environmental challenges are becoming innovation opportunities.

### The Growth of Green Finance

Investors are increasingly directing capital toward sustainable projects and environmentally responsible businesses.

Popular investment areas include:

- Green bonds
- Renewable energy projects
- ESG-focused companies
- Sustainable infrastructure

Example: Financial institutions are launching green investment funds that support businesses working on clean energy and climate solutions.

Sustainability is becoming a mainstream investment theme.

### How Consumer Behaviour Is Changing

Today's consumers are becoming more conscious about environmental impact.

Many now prefer:

- Eco-friendly products
- Sustainable packaging
- Energy-efficient appliances
- Ethical brands

Example: A growing number of consumers choose reusable products or environmentally friendly alternatives, encouraging businesses to redesign products and packaging.

Consumer choices are influencing corporate strategies.

### Career Opportunities for Students

The climate economy is creating exciting career paths across sectors.

Emerging opportunities include:

- Sustainability Consultant
- ESG Analyst
- Green Finance Professional
- Renewable Energy Manager



- Climate Risk Analyst
- Environmental Auditor
- Sustainability Reporting Specialist

Example: A commerce graduate with knowledge of finance and sustainability can help companies measure environmental performance and prepare ESG reports.

The future workforce will increasingly require green skills.

### Skills Students Should Build

- Sustainability and ESG awareness
- Data analysis and research skills
- Financial literacy
- Project management abilities
- Innovation and entrepreneurial thinking

Understanding sustainability is becoming as important as understanding technology and finance.

### The Takeaway

Climate change presents undeniable challenges, but it is also creating opportunities for businesses, investors, entrepreneurs, and professionals. From renewable energy and green finance to sustainable products and climate-tech startups, a new economic landscape is emerging.

Because in the coming decades, the most successful businesses may not be those that ignore environmental challenges but those that turn them into solutions.

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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

### MAGICAL REALISM

Magical Realism is a literary mode in which magical or supernatural events occur within an otherwise realistic setting and are accepted as a normal part of everyday life.

#### Characteristics:

Blending of reality and fantasy.

Ordinary characters encountering extraordinary events.

Cultural myths and folklore often influence the narrative.

#### Example:

One Hundred Years of Solitude is one of the most famous examples of magical realism.

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## DID YOU KNOW?

- The term "Magical Realism" was first used by German art critic Franz Roh in 1925. It later became associated with Latin American literature and writers such as Gabriel García Márquez.
- 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.

## GRAMMAR TIP

### Fewer vs. Less

Fewer is used with countable nouns.

Less is used with uncountable nouns.

#### Examples:

There were fewer students in the library today.

We have less time to complete the project.

## WRITER OF THE WEEK

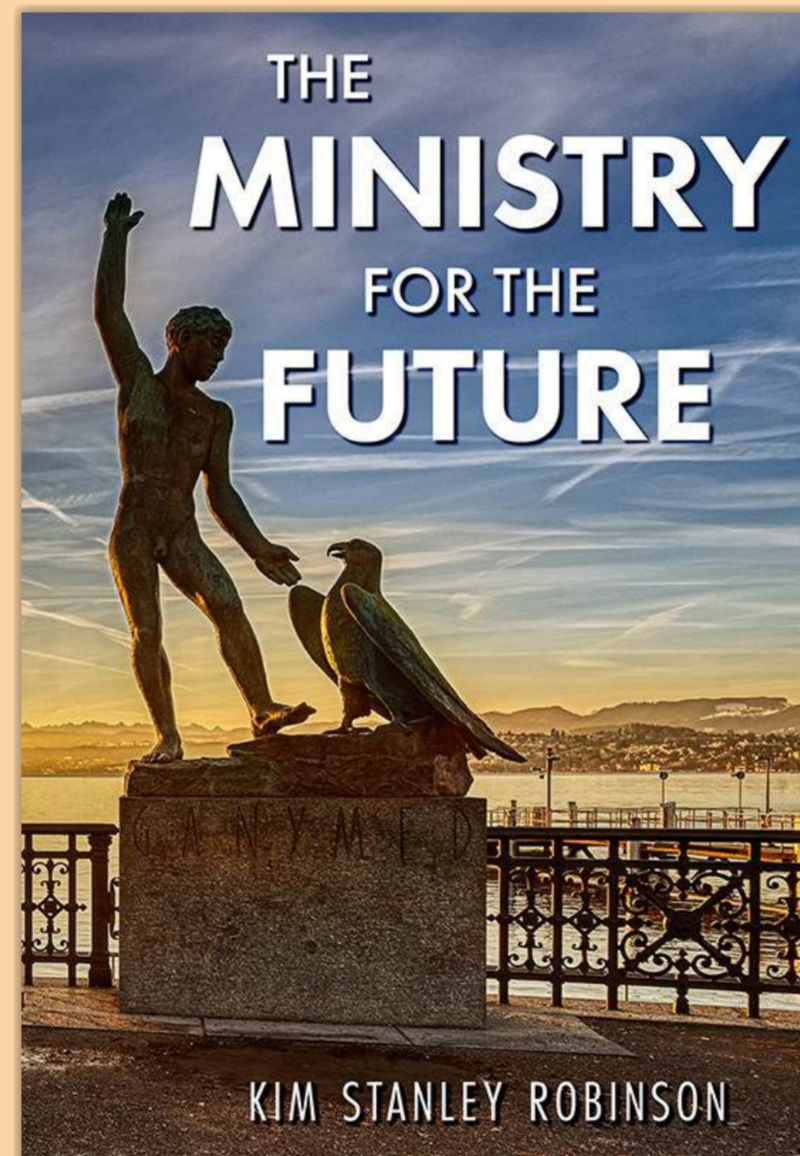
### Chimamanda Ngozi Adichie

Chimamanda Ngozi Adichie is a renowned contemporary writer from Nigeria. She is celebrated for her insightful novels and essays that explore themes of identity, gender, culture, migration, and postcolonial experiences. Her engaging storytelling and powerful social commentary have earned her international recognition, making her one of the most influential literary voices of the twenty-first century.

**Major Works:** *Americanah*, *Half of a Yellow Sun* & *Purple Hibiscus*

## BOOK REVIEW

*The Ministry for the Future* by Kim Stanley Robinson



This novel imagines humanity's response to climate change through a blend of science, politics, economics, and personal narratives. It offers both a warning and a vision of hope for future generations.

## QUOTABLE QUOTES

*"The limits of my language mean the limits of my world."*

- George R. R. Martin

## CREATIVE WRITING

### The Peace of Wild Things

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought of grief.  
I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light.  
For a time I rest in the grace of the world, and am free.

Poetry by  
- Wendell Berry

The poem suggests that nature provides solace, peace, and spiritual renewal. When human anxieties become overwhelming, the natural world offers a refuge where one can rediscover calmness and freedom.

## WORD OF THE WEEK

### Perspicacious (adjective)

**Meaning:** Having keen insight and understanding.

**Example:** The perspicacious reader quickly recognized the symbolism in the story.

## IDIOM HIGHLIGHT

### "Read between the lines"

**Meaning:** To understand an implied meaning that is not directly expressed.

**Example:** Readers must often read between the lines to appreciate a writer's deeper message.

Ravi Singh & Ajab Tinwala

## FARM-FIRST INNOVATION KEY TO TRANSFORMING INDIA'S AGRICULTURAL FUTURE

As India accelerates its digital transformation, experts are emphasizing the need for a "farm-first" approach to agricultural technology rather than adopting solutions driven solely by technological trends. Industry leaders argue that innovation in agriculture must begin with understanding the realities of Indian farmers, particularly small and marginal cultivators who form the backbone of the country's food system.



to improve productivity and sustainability. However, stakeholders stress that successful implementation requires continuous engagement with farmers, field testing, and adaptation to regional agricultural needs.

A farm-first design philosophy focuses on addressing practical challenges such as unpredictable weather, water scarcity, pest management, market access, and input costs. By developing technologies tailored to local farming conditions, innovators can ensure greater adoption and long-term impact. Experts note that many technology-driven solutions fail because they prioritize sophisticated features over usability, affordability, and accessibility for rural communities.

As India strives to strengthen food security and enhance farm incomes, a farmer-centric innovation ecosystem is increasingly viewed as essential. Policymakers, agri-tech startups, researchers, and industry participants are being encouraged to collaborate in designing solutions that place farmers' needs at the center of technological development, ensuring that innovation delivers meaningful outcomes for Bharat's agricultural economy.

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The growing availability of digital tools, artificial intelligence, precision farming, and mobile-based advisory services offers significant opportunities

## APEDA FACILITATES FIRST EXPORT OF DRIED EGG POWDER FROM ODISHA TO AUSTRIA

In a significant milestone for India's agri-export sector, the Agricultural and Processed Food Products Export Development Authority (APEDA) has successfully facilitated the first-ever export of dried whole egg powder from Odisha to Austria. The consignment, comprising 22.6 metric tonnes of dried whole egg powder, marks a major achievement in expanding the global footprint of value-added poultry products from eastern India.



export demonstrates the effectiveness of collaborative efforts between exporters, state agencies, and APEDA in meeting international quality and safety standards. Austria's acceptance of the consignment also reflects growing confidence in India's food processing capabilities and export compliance systems.

The export initiative highlights Odisha's growing potential in the processed food and animal products sector. By enabling access to international markets, APEDA continues to strengthen India's position as a reliable supplier of high-quality agricultural and food products. The shipment is expected to create new opportunities for poultry farmers, processors, and exporters in the region while contributing to rural economic development.

The development is expected to encourage further diversification of India's agricultural exports and open new avenues for processed egg products in European markets, reinforcing the country's vision of becoming a global agri-export powerhouse.

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Officials noted that the successful

## EXPERTS CALL FOR DEDICATED FARMERS' HEALTH POLICY TO STRENGTHEN AGRICULTURAL SUSTAINABILITY

Agriculture remains the backbone of India's rural economy, yet the health and well-being of farmers continue to receive limited policy attention. Experts are now advocating for a comprehensive Farmers' Health Policy to address the unique occupational, environmental, and mental health challenges faced by millions of agricultural workers across the country.



Farmers are routinely exposed to extreme weather conditions, pesticides, machinery-related hazards, and physically demanding work environments. In addition, financial uncertainty, climate-related risks, crop losses, and indebtedness have contributed to growing mental health concerns within farming communities. Despite these challenges, access to affordable healthcare services in many rural regions remains inadequate.

Agricultural economists and public health specialists argue that improving farmers' health is directly linked to enhancing agricultural productivity, food security, and rural development. A dedicated policy could focus on preventive healthcare, regular

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medical screenings, occupational safety training, mental health support, health insurance coverage, and awareness programs tailored to the needs of farming households.

Stakeholders believe that integrating healthcare initiatives with existing agricultural and rural development schemes would create a more resilient farming ecosystem. As India pursues sustainable agricultural growth and rural prosperity, ensuring the physical and mental well-being of farmers is increasingly being viewed as a national priority. A farmer-centric health framework could play a crucial role in securing the future of Indian agriculture.

## INDIA'S BIO-ENERGY SECTOR FACES NEW CHALLENGES AND OPPORTUNITIES IN 2026-27

India's bio-energy sector is expected to witness a dynamic shift during 2026-27 as increasing global competition, advancements in domestic crop productivity, and emerging El Niño conditions reshape the industry landscape. Experts suggest that while bio-energy remains a critical component of India's renewable energy transition, feedstock availability and climate-related uncertainties could significantly influence production and pricing.



The growing demand for biofuels, particularly ethanol and compressed biogas, has intensified competition for agricultural feedstocks. At the same time, improvements in crop yields through better seed varieties, mechanization, and sustainable farming practices are expected to enhance domestic supply and support long-term energy security.

However, concerns over the anticipated El Niño weather pattern have raised questions about agricultural output in several regions. Reduced

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rainfall and potential disruptions to monsoon-dependent crops may impact the availability of raw materials required for bio-energy production. Industry stakeholders are closely monitoring weather forecasts and advocating for diversified feedstock sources to mitigate risks.

Despite these challenges, India's commitment to renewable energy and carbon reduction goals continues to create growth opportunities for the bio-energy sector. Strategic policy support, technological innovation, and resilient agricultural practices are expected to play a vital role in sustaining the sector's momentum and strengthening the nation's clean energy future.

## CROP RESIDUE BURNING REFLECTS SYSTEMIC AGRICULTURAL CHALLENGES, EXPERTS SAY



Crop residue burning continues to pose significant environmental and public health concerns across India, but experts argue that the issue should be viewed as a systemic agricultural challenge rather than a seasonal problem. As farmers face increasing pressure to prepare fields quickly for the next sowing cycle, limited access to affordable residue management solutions often leaves burning as the most practical option.

Agricultural specialists emphasize that crop residue is not waste but a valuable resource that can be converted into bioenergy, organic fertilizers, animal feed, and industrial raw materials. However, the absence of efficient collection systems, processing infrastructure, market linkages, and financial incentives has prevented large-scale utilization of agricultural biomass.

The environmental consequences of residue burning include severe air pollution, greenhouse gas emissions, soil nutrient loss, and adverse health impacts on rural and urban populations alike. Experts believe that addressing these issues requires coordinated efforts involving policymakers, agri-tech companies, research institutions, and private-sector stakeholders.

A comprehensive approach focused on waste-to-wealth solutions could transform agricultural residues into economic assets for farmers while supporting India's sustainability goals. Investments in biomass supply chains, decentralized processing facilities, machinery subsidies, and awareness programs are being highlighted as essential measures.

Stakeholders argue that long-term success will depend on creating an ecosystem where sustainable residue management becomes economically viable, environmentally beneficial, and operationally convenient for farmers across the country.

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## VICE PRESIDENT CALLS FOR DRUG-FREE CAMPUSES ACROSS UNIVERSITIES

Universities in the country are being called on to develop Models of Drug Free Campus's as initiated by Delhi University by Vice President C P Radhakrishnan while speaking to students and leaders within the academic community stating Educational Institutions must take an active role in helping to combat substance abuse our youth. He stated that universities are not just about learning academically but also about helping to develop character, discipline and social responsibility within students.



Educational Facilities is essential for fostering the well-being of the future generations and protecting the future of the country through the demographic dividend.

The Vice President spoke about how Delhi University has developed a comprehensive approach incorporating comprehensive campaigns providing counselling support, student participation and collaboration with all of its stakeholders to combat substance abuse. The Vice President also stated that all of the stakeholders will work together to address substance abuse helps ensure that all students, Faculty, Administration, and families are participating in the efforts to combat substance abuse. He stated that creating a Drug Free Environment within

Vice President Radhakrishnan also called on students to be Ambassadors of Change by spreading awareness about substance abuse and by assisting their peers that are vulnerable to developing an addiction. In addressing these issues, The Vice President is supporting the national campaign against substance abuse and is acknowledging the increasing concern over Substance Related Issues amongst young people.

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## ODISHA ANNOUNCES FREE EDUCATION FROM KG TO PG

Odisha Chief Minister Mohan Charan Majhi's announcement of free public education at all levels is intended to broaden access to education, promote social equity and decrease the financial burden on families so students may continue their education without being limited by their family's income. This is one of the most extensive measures that have been introduced to promote educational welfare within the state's public education system, and the one that covers such a wide variety of and stages of education under one program. By providing a comprehensive framework for education from birth through postsecondary, the state hopes to create an uninterrupted pathway between early childhood education and postsecondary studies for the citizens of the state.



costs.

Education experts view this initiative as a significant change in the way states provide for education and the development of human capital. The initiative is expected to increase the number of students enrolled in school and decrease the number of students who drop out of school and to aid in students participating more frequently in their pursuit of postsecondary education. With education being viewed more and more as a way to drive growth for both the economy and individuals, Odisha's program could potentially provide a framework for enhancing access to education for people of all backgrounds in other states.

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## DHARMENDRA PRADHAN HIGHLIGHTS GROWING ROLE OF SPORTS QUOTA IN IITS

Union Education Minister Pradhan emphasized the need to combine academic performance and athletic achievement through integrating sports into the education system. As an example, he noted that the introduction of a sports quota for admission into IITs reflects the broader vision of adopting holistic methods of educating students to support their overall development.



The minister argued that educational institutions must develop new educational models that go beyond only academics to include such things as physical fitness, teamwork, leadership, discipline and other soft skills. He believes that the sports quota will encourage talented athletes to equalize their academic aspirations with their desire to excel in athletics - thereby creating greater opportunities for athletic students to pursue advanced degrees in top institutions.

The minister also reiterated the government's vision to develop campuses with an emphasis on viewing sports as part of the education process versus being viewed as an

extracurricular activity. He said that learning to participate in sports helps students build resilience, develop self-confidence and develop skills to solve problems which are all transferable to both their personal lives and career success. He expects this effort to motivate many young athletes across India and reinforce the idea that pursuing sports should not require sacrificing their educational goal. Higher education institutions are beginning to adopt a more holistic approach to developing their students' total development by implementing such initiatives.

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## BIHAR LAUNCHES 'LEARN WHILE YOU EARN' PROGRAMME IN 13 COLLEGES

The Bihar government has launched a program titled 'Learn While You Earn' at 13 government colleges throughout the state in order to enhance student employability and facilitate a bridge between academics and industry. The initiative is intended to provide students with practical experience while they pursue their normal academic studies by enabling them to acquire industry-related skill sets while working.



The introduction of this program demonstrates that the government places increasing importance on skill-development and experiential education as necessary for performing successfully in the competitive job market today.

Students who participate in the scheme will be engaged in many types of organization and profession-related activities that will complement their academic disciplines (e.g., all academic disciplines are also incorporated into a profession) and thus will provide students with a classroom learning experience that also affords them real-

world experience or work experience in order to enhance their career-readiness, as well as to achieve financial independence from their colleges and universities.

Education experts feel that when implemented successfully, this program will significantly decrease the gap between theoretical information and practical use that all prospective graduates will confront upon entering work force. Additionally, the state government hopes that this program will create a model for potential future reform or overhaul of higher education that will focus on enhancing student employability and entrepreneurship.

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## TELANGANA INTRODUCES BREAKFAST AND MILK SCHEME FOR SCHOOL STUDENTS



A major Breakfast & Milk Scheme was recently initiated by Telangana which hopes to enhance nutritional welfare of students in government schools from pre-K to 12th Grade. It is estimated that the program will touch about 29 lakh children who are enrolled in the state's school system making it one of the largest school nutrition programs in the nation. The government has already stated that there are strong connections between nutrition & improved academic performance, higher rates of attendance, and overall improvement of student development.

The Breakfast & Milk Scheme will provide all children enrolled in government schools with healthy breakfast meals six times per week. Additionally, on select days students will be given milk & healthy ragi-based nutritional supplements in order to round out their diet throughout a week. Teachers and administrators will monitor children to address issues of hunger, absenteeism and increasing dropout rates among economically disadvantaged children. The estimated annual expense of this program will be approximately ₹720 crore.

The education and child welfare professional communities have overwhelmingly endorsed this action, indicating that nutrition is fundamental to cognitive development and greater academic success. Through an investment in student health, the government seeks to lay the ground work for improving educational outcomes and providing long-term development for the state.

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Durgesh K. Dubey

## FROM EARTH TO ORBIT: RELIANCE UNVEILS A BOLD NEW ROADMAP FOR INDIA'S AI AND DIGITAL FUTURE

**R**eliance Industries has announced an ambitious expansion strategy spanning artificial intelligence, satellite broadband, digital services and clean energy, signalling its intention to shape the next phase of India's technology-driven growth. The plans were presented during the company's 49th Annual General Meeting held on Friday, June 19, 2026, where the group placed artificial intelligence and universal connectivity at the centre of its long-term vision.

One of the most significant announcements is Reliance's plan to strengthen India's domestic artificial intelligence ecosystem. Through its dedicated AI business, the company intends to build computing infrastructure, develop digital platforms and make advanced AI services available to individuals, enterprises and public institutions. The initiative is expected to support Indian languages and make AI tools more useful for education, healthcare, agriculture, commerce and governance.

The company's approach goes beyond launching another chatbot or software application. It aims to create an entire AI backbone by combining high-performance computing, cloud services, data centres and Jio's nationwide digital network. This could help reduce India's dependence on foreign AI infrastructure while making sophisticated technology more affordable and accessible to ordinary users.

Satellite connectivity has emerged as another major area of focus. Although mobile and fibre networks have expanded rapidly, many villages, islands, hilly regions and remote communities still face unreliable internet access. Reliance is therefore evaluating the development of a sovereign low-earth-orbit satellite constellation for India. At the same time, it plans to lease capacity from established international satellite operators so that services can begin sooner while domestic capabilities are gradually developed.

The satellite initiative could help bridge the final gap in India's digital connectivity. Reliable broadband in remote areas can allow students to attend online classes, patients to access telemedicine, farmers to receive



market and weather information and small businesses to connect with customers beyond their immediate location. However, affordability, spectrum allocation and regulatory approvals will determine how quickly these benefits reach the public.

Reliance has also moved forward with plans for the proposed listing of Jio Platforms. The anticipated public issue could become one of India's largest and may give investors direct exposure to a business that has grown from a telecom operator into a broad digital-services platform. Jio's future growth is expected to come from 5G, artificial intelligence, enterprise services, satellite communications and the commercial use of its technology in international markets.

Alongside digital expansion, the company is continuing its investment in renewable energy. Large solar, battery and green-hydrogen projects are being developed to support India's transition towards cleaner energy. Integrating renewable power with data centres and communication infrastructure may also help reduce the environmental cost of India's rapidly expanding digital economy.

These announcements reveal a larger shift in Reliance's identity. The group that once built its strength mainly through refining and petrochemicals is increasingly positioning itself as a technology, communications and clean-energy enterprise.

Yet the success of this vision will depend on execution. AI infrastructure and satellite networks require enormous investment, skilled manpower, regulatory clarity and strong safeguards for privacy and cybersecurity. If these challenges are handled responsibly, Reliance's new roadmap could help extend the benefits of technology beyond large cities and bring millions of Indians closer to the digital economy.

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## INDIA BRINGS GLOBAL SOUTH TO G7 TABLE AS MODI-TRUMP TALKS FOCUS ON TRADE AND MARITIME SAFETY

**T**he G7 Summit held in Evian, France, this week unfolded at a difficult moment for the global economy. The continuing conflict in West Asia, uncertainty over the Russia-Ukraine war, fragile supply chains, high energy costs and the rapid rise of artificial intelligence dominated discussions among world leaders. Although India is not a formal member of the Group of Seven, its participation as an invited partner once again showed its growing influence in international economic and strategic affairs.

Prime Minister Narendra Modi attended the summit's outreach sessions on June 16 and 17 and used the platform to place the concerns of developing countries before the world's major industrial economies. India's message was that energy security, food security, health, technology and economic stability can no longer be addressed by countries in isolation. For nations of the Global South, disruptions in fuel supplies, trade routes and financial markets often cause deeper hardship because their economies have fewer resources to absorb sudden shocks.

One of India's important proposals was the creation of an international partnership aimed at improving connectivity and trade across developing regions. The suggested framework seeks to combine investment from G7 countries, India's technological and human capabilities, and the participation of countries in Africa, Latin America and the Pacific. Such an arrangement could support transport corridors, digital networks, clean-energy projects and more reliable supply chains.



Artificial intelligence was another major area of India's intervention. The Indian side called for AI systems to be safe by design and supported common standards, testing mechanisms and regulatory cooperation. Concerns over deepfakes, misinformation, cyber fraud and unequal access were also highlighted. India argued that AI should not become another technology controlled by only a few wealthy nations and companies. Its benefits must reach developing countries, small businesses, students and ordinary citizens.

The summit also provided an important setting for a bilateral meeting

between Modi and U.S. President Donald Trump on June 17. Their discussion covered trade, defence, strategic technologies, energy and wider bilateral cooperation. The meeting came after a period of strain caused by tariff disagreements, India's energy purchases and Washington's growing engagement with Pakistan. Both sides nevertheless indicated that negotiations on trade arrangements were continuing.

A particularly sensitive issue raised by India was the safety of Indian seafarers working along international shipping routes, especially around the Strait of Hormuz. The concern has become urgent after recent attacks on commercial vessels and the deaths of Indian sailors in the Gulf region. India stressed that any peace arrangement in West Asia must also protect civilian shipping and workers whose livelihoods depend on maritime trade. For India, the G7 visit was therefore not limited to diplomatic ceremony. It offered an opportunity to defend national interests while presenting itself as a bridge between advanced economies and the developing world. The summit showed that global problems such as war, energy insecurity, AI risks and trade disruption are closely connected to the everyday lives of ordinary people.

India's role at Evian reflected a broader diplomatic ambition: to remain strategically independent, strengthen partnerships with major powers and ensure that the voice of the Global South is not lost in decisions shaping the future world order.

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Dr. (Mrs) Chandra Hariharan Iyer

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**Q. What is the Role of Yoga in Preventing and Managing Depression?**

**Ans.** Depression is one of the most common mental health challenges faced by young people today. Academic pressure, competition, family expectations, social media influence, relationship issues, and uncertainty about the future can create stress, sadness, and hopelessness. While professional counselling and medical treatment are important whenever required, Indian Knowledge Systems (IKS) also offer valuable practices that support mental well-being. One of the most effective among these is Yoga.

Yoga is much more than physical exercise. It creates balance between the body, mind, and emotions. Developed in India thousands of years ago, it offers practical techniques for managing stress, improving emotional health, and developing inner peace. In depression, Yoga

provides preventive and supportive benefits.

### Meaning and Philosophy of Yoga

The word “Yoga” comes from the Sanskrit word Yuj, meaning “to unite” or “to connect.” Yoga seeks harmony between the body, mind, and spirit. According to the Yoga Sutras of Patanjali, Yoga helps control the fluctuations of the mind and leads to mental clarity and emotional stability. In Indian Knowledge Systems, mental and physical health are interconnected. Stress, fear, anxiety, and negative thoughts affect overall well-being. Yoga addresses physical, mental, and emotional dimensions together, making it valuable in preventing and managing depression.

### Understanding Depression

Depression is more than temporary sadness. It can affect thoughts, emotions, behaviour, relationships, and daily activities. Common symptoms include loss of interest, low motivation, fatigue, disturbed sleep, feelings of worthlessness, and social withdrawal. Young people often suffer silently because they fear being misunderstood or judged. Yoga offers a healthy and accessible way to support mental well-being.

### Yoga for Stress Management

Stress is one of the major factors contributing to depression. Students often worry about examinations, career choices, financial concerns, family responsibilities, and personal relationships. When stress remains unmanaged for a long time, it can negatively affect mental health. Yoga reduces stress by calming the nervous system. Physical postures, breathing exercises, and relaxation techniques lower tension and create peace. Regular practice teaches individuals to respond to challenges calmly rather than with panic or fear.

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु।  
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा॥  
(Bhagavad Gita 6.17)

“For one who is balanced in food, recreation, work, sleep, and wakefulness, Yoga destroys suffering.” This verse explains that balance in daily life is essential for reducing mental and emotional suffering.

### Emotional Regulation and Mental Balance

Depression often traps people in cycles of negative thinking, disappointment, fear, and emotional distress. Yoga encourages mindfulness, which means paying attention to the present moment without judgment. Through mindful breathing and movement, individuals learn to observe their thoughts and emotions without becoming overwhelmed. When a student

experiences failure or disappointment, Yoga helps them respond with calmness and self-awareness. Instead of being consumed by negative emotions, they learn to accept the situation and focus on positive action.

समत्वं योग उच्यते। (Bhagavad Gita 2.48)

“Equanimity or mental balance is called Yoga.” This emotional balance is important in preventing and managing depression.

### Role of Asanas

Asanas, or physical postures, improve flexibility, posture, and fitness, while also supporting mental well-being. Regular practice improves blood circulation, reduces muscle tension, increases energy, and creates relaxation. Physical activity stimulates chemicals in the brain that promote positive feelings and reduce stress. For young people who spend long hours studying or using electronic devices, Yoga can relieve stiffness, fatigue, and mental exhaustion. Even a short daily practice can create freshness and emotional stability.

### Pranayama and Breathing

Pranayama refers to breathing techniques that regulate the flow of energy in the body. Breathing and emotions are closely connected. When people feel anxious, stressed, or depressed, their breathing often becomes shallow and irregular. Controlled breathing promotes relaxation and mental clarity. Deep breathing signals to the brain that the body is safe and relaxed, reducing anxiety and tension. Practices such as Anulom Vilom, Bhramari, and deep diaphragmatic breathing calm the mind and improve concentration. These techniques are simple and can be practised almost anywhere.

### Meditation and Negative Thoughts

Depression often involves repetitive negative thoughts about the past and worry about the future. Meditation helps individuals focus on the present moment and become aware of their thoughts. Through regular meditation, people learn that thoughts are temporary and do not define them. This reduces negative thinking and improves concentration, resilience, patience, and self-confidence. It creates inner calmness and helps individuals face difficulties more effectively.

### Yoga and a Balanced Lifestyle

Indian Knowledge Systems emphasise balance in all aspects of life. Yoga encourages proper sleep, balanced nutrition, regular physical activity, self-discipline, and control over excessive desires. Depression is often linked with unhealthy routines such as lack of sleep, excessive screen

time, poor eating habits, isolation, and physical inactivity. A person who practises Yoga regularly becomes more conscious of daily habits and is encouraged to follow a healthier routine.

प्रसादे सर्वदुःखानां हानिरस्योपजायते।  
(Bhagavad Gita 2.65)

“When the mind becomes calm and peaceful, all sorrows gradually disappear.”

### Self-Esteem and Self-Acceptance

Low self-esteem is common among individuals experiencing depression. Young people often compare themselves with others and feel inadequate when they do not meet social or personal expectations.

Yoga teaches self-acceptance and self-awareness. It encourages individuals to focus on personal growth rather than competition. Progress in Yoga is measured by individual improvement, not by comparison with others. As confidence grows, individuals learn to appreciate their strengths and accept their limitations. This positive self-image protects mental well-being.

### Support from Modern Research

Modern research supports many benefits of Yoga described in Indian traditions. Regular practice can reduce stress, improve mood and sleep, and decrease symptoms of anxiety and depression. Its growing acceptance in healthcare demonstrates its value as a complementary approach. However, Yoga should support, not replace, professional counselling or medical treatment in severe cases.

### Conclusion

Yoga is one of the most valuable contributions of Indian Knowledge Systems to mental health and well-being. It addresses the body, mind, and emotions together. Through physical postures, breathing exercises, meditation, mindfulness, and healthy lifestyle practices, Yoga helps prevent and manage depression naturally and effectively. For young people facing modern pressures, Yoga provides practical tools for reducing stress, improving emotional balance, building confidence, and developing resilience. It teaches them to remain calm, focus on the present, and maintain a positive outlook. Yoga is not merely exercise but a way of living that promotes inner peace, mental strength, and well-being. By incorporating it into daily life, young people can develop healthier minds and face life's challenges with confidence and optimism. Stay blessed!

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Ravi Singh & Ajab Tinwala

## HEALTH BEFORE HUSTLE: WHY WELL-BEING MATTERS MORE THAN WORK

In the modern world, work has become a central part of people's lives. Many individuals dedicate long hours to their jobs in pursuit of career growth, financial stability, and personal success. While work is important, it should never take precedence over health. Health is the foundation upon which every aspect of life is built. Without good physical and mental health, even the greatest professional achievements lose their value. Therefore, health is far more important than work and should always be given the highest priority. One of the main reasons health is more important than work is that it directly affects a person's ability to perform daily tasks. A healthy body and mind enable individuals to work efficiently, think clearly, and maintain productivity. On the other hand, poor health can lead to fatigue, stress, illness, and decreased performance. No matter how talented or hardworking a person may be, their ability to succeed will be limited if they are not physically and mentally fit.

In today's competitive environment, many people sacrifice sleep, exercise, and proper nutrition to meet work deadlines and professional expectations. Long working hours, excessive stress, and a lack of work-life balance have become common issues across industries.

Unfortunately, these habits often result in serious health problems such as obesity, heart disease, anxiety, depression, and burnout. While career success may bring temporary satisfaction, deteriorating health can have long-lasting consequences that affect both personal and professional life.

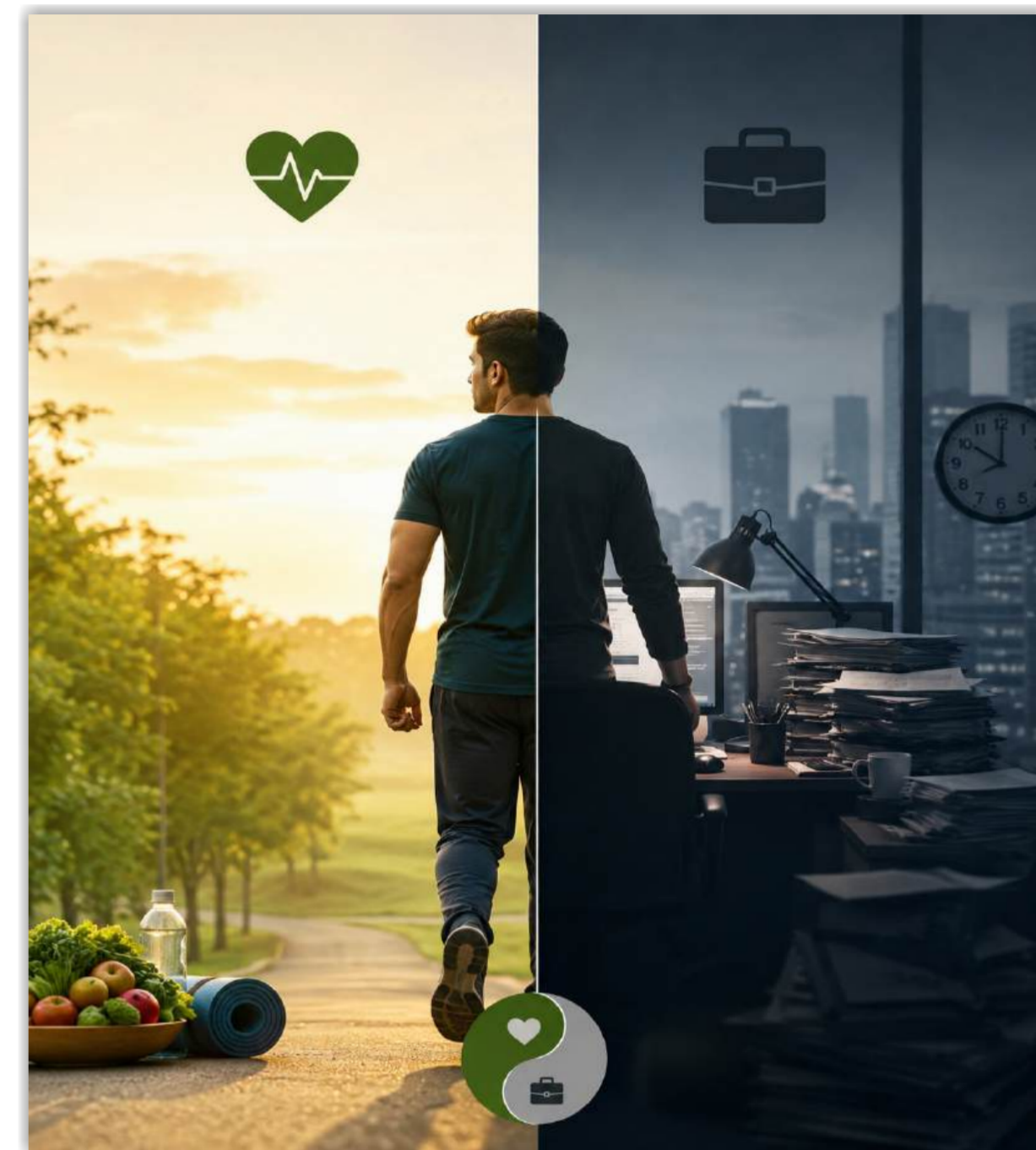
Mental health is equally important as physical health. Constant work pressure, unrealistic targets, and job insecurity can create emotional stress and anxiety. When individuals neglect their mental well-being, they may experience reduced concentration, poor decision-making, and a lack of motivation. Maintaining a healthy work-life balance, spending time with family and friends, pursuing hobbies, and taking regular breaks are essential for preserving mental wellness and overall happiness.

The recent global health crises reminded people that health is the most valuable asset anyone can possess. During challenging times, individuals realized that wealth, status, and professional achievements mean little without good health. Many organizations also recognized the importance of employee well-being and introduced flexible work arrangements, wellness programs, and mental health support initiatives.

These changes highlighted the growing understanding that healthy employees are more productive, engaged, and successful in the long run. Maintaining good health does not require drastic changes. Simple habits such as eating a balanced diet, exercising regularly, getting sufficient sleep, staying hydrated, and managing stress can significantly improve overall well-being. Individuals should view these practices not as obstacles to work but as investments in their future productivity and quality of life.

In conclusion, work is an important part of life, but it should never come at the expense of health. Good health allows individuals to enjoy their achievements, maintain meaningful relationships, and live a fulfilling life. Success in the workplace is valuable, but it becomes truly meaningful only when accompanied by physical and mental well-being. Therefore, everyone should remember that while work helps us make a living, health helps us live. Prioritizing health is not a luxury it is a necessity for a happy, productive, and successful life.

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## LIFE'S TOUGHEST LESSONS: THE GREATEST GIFTS IN DISGUISE



Every person you meet is fighting a battle you know nothing about. The smiling colleague at work may be struggling with financial difficulties. The cheerful student in the classroom may be battling anxiety. The successful entrepreneur may be carrying the weight of countless failures behind the scenes. Life is filled with silent battles struggles that often remain hidden beneath a calm exterior. While people readily celebrate achievements, they rarely talk about the challenges that shaped them. Yet, it is these unseen struggles that define human strength and resilience.

In a world driven by comparison, many individuals feel pressured to present a perfect image of their lives. Social media platforms showcase promotions, vacations, awards, and celebrations, creating the illusion that others are living without difficulties. However, reality tells a different story. Behind every accomplishment lies a journey filled with setbacks, disappointments, sacrifices, and moments of self-doubt. Success is often the visible result of years of invisible effort.

Life's struggles come in many forms. Some people face financial hardships and work tirelessly to support their families. Others experience academic pressure, relationship problems, health challenges, or emotional pain. These difficulties can make individuals feel isolated, as though they are carrying burdens that no one else understands. Yet, struggle is a universal human experience. It connects people across cultures, ages, and backgrounds.

Interestingly, challenges often reveal our greatest strengths. When life becomes difficult, people discover abilities they never knew they possessed. Courage emerges in moments of fear. Patience develops through uncertainty. Determination grows in the face of failure. Adversity has a unique way of teaching lessons that comfort and convenience never can. The strongest individuals are not those who have avoided hardship but those who have learned to rise after every fall.

One of the most powerful aspects of struggle is its ability to foster personal growth. Difficult experiences encourage self-reflection and help

individuals understand what truly matters in life. Many people find their purpose during challenging times. They learn to appreciate relationships, value their health, and recognize the importance of perseverance. Struggles often become turning points that lead to greater wisdom and maturity.

Moreover, overcoming hardships builds resilience the ability to adapt and recover from setbacks. Resilient individuals understand that failure is not the opposite of success but a part of the journey toward it. They view obstacles as opportunities to learn rather than reasons to quit. This mindset allows them to continue moving forward even when progress feels slow.

Perhaps the most important lesson from life's silent battles is empathy. When we recognize that everyone carries unseen challenges, we become kinder, more patient, and more understanding toward others. A simple act of kindness, encouragement, or support can make a significant difference in someone's life.

In conclusion, the silent battles we face are often the most meaningful parts of our journey. Though painful, they shape our character, strengthen our resolve, and teach valuable lessons about life. Every challenge overcome becomes a testament to human resilience. While struggles may not always be visible, they are powerful reminders that growth often begins in the moments when life tests us the most. The battles may be silent, but the strength they create speaks volumes.

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Afreen Mazgaonkar, Ganesh Gundu & Isha Mittal

## INDIA'S BEAUTY AND PERSONAL CARE MARKET HITS \$30 BILLION

India's beauty and personal care (BPC) space has now crossed the \$30 billion mark, which really points to fast growth and how much it's becoming more relevant in the global market. This milestone was highlighted at Cosmetics 2026, a big industry gathering where key brands, manufacturers, and specialists came together and talked about fresh trends, plus what's next for opportunities. A lot of the sector's expansion seems tied to rising disposable incomes, steady urbanisation, more beauty curiosity, and the general habit of buying online through digital shopping platforms. E-commerce and "quick-commerce" options are making beauty items easier to reach, not only in metro areas but also in smaller cities, towns, and places in between. Shoppers are showing bigger demand across skincare, cosmetics, fragrances, hair care, wellness products, and men's grooming. At the same time there's this noticeable turn toward natural, sustainable, and premium options. Because of that, companies are trying to innovate more often and keep widening what they offer, almost like a constant refresh. Many experts feel technology-first solutions will push the momentum even further. Think AI powered suggestions, plus more personalised beauty journeys, that sort of thing. With solid domestic buying and also growing global curiosity, India is slowly but surely stepping up as an important player in the international beauty and personal care arena.



## INDIAN-ORIGIN NASA ASTRONAUT, ANIL MENON IS SET TO SPEND 240 DAYS ON HIS FIRST ISS MISSION

Indian origin NASA astronaut Anil Menon is set to go on his first real space trip aboard the International Space Station (ISS) in July 2026, yeah. He will launch on the Soyuz MS-29 spacecraft from Kazakhstan, and he is expected to spend roughly 240 days up there as part of Expeditions 74 and 75. On the mission Menon will work as a flight engineer alongside Russian cosmonauts Pyotr Dubrov and Anna Kikina. Together they'll take part in various scientific trials and technology demonstrations, with the goal of helping future deep space expeditions make more sense and work better. The research on the ISS will look at how microgravity affects the human body, especially around blood circulation, vein structure, and even medical procedures that have to be done in space. Menon was born to Indian and Ukrainian immigrant parents. He is an emergency medicine physician, an engineer, and also a colonel in the U.S. Space Force. Before becoming part of NASA's astronaut corps in 2021, he served as SpaceX's first flight surgeon and supported several major human spaceflight campaigns. So, this upcoming mission is a big landmark in a very notable career and also points to the expanding participation of people of Indian heritage in worldwide space exploration, not just in a small way.



## INDIA'S FIRST INDIGENOUSLY BUILT HOVERCRAFT DELIVERED TO COAST GUARD FROM GOA SHIPYARD

In a milestone for India's defence manufacturing sector, Chowgule Shipyards on Thursday delivered the country's first indigenously built Air Cushion Vehicle (ACV) to the Indian Coast Guard, marking the first time a private Indian shipyard has built and delivered a hovercraft for the military from the ground up. The delivery is part of a Rs 387.4 crore contract awarded to the shipyard for six hovercrafts, with subsequent vessels to follow at three-month intervals, according to Chowgule Shipyard's Rassaim facility assistant manager Gaurish Parab. The craft has already demonstrated performance beyond its design specifications, clocking 52 knots during sea trials against a contractual requirement of 48 knots. Built under a technology licence from Griffon Marine Ltd of the United Kingdom, a globally recognised name in hovercraft design since the 1960s, the hovercraft carries more than 50% indigenous equipment and will be maintained and serviced by Chowgule Shipyards for five years post-delivery. It has a payload capacity of 8 tonnes, a maximum speed of 45 knots, a cruising speed of 35 knots, can carry up to 42 personnel and has an operational endurance of nine hours.



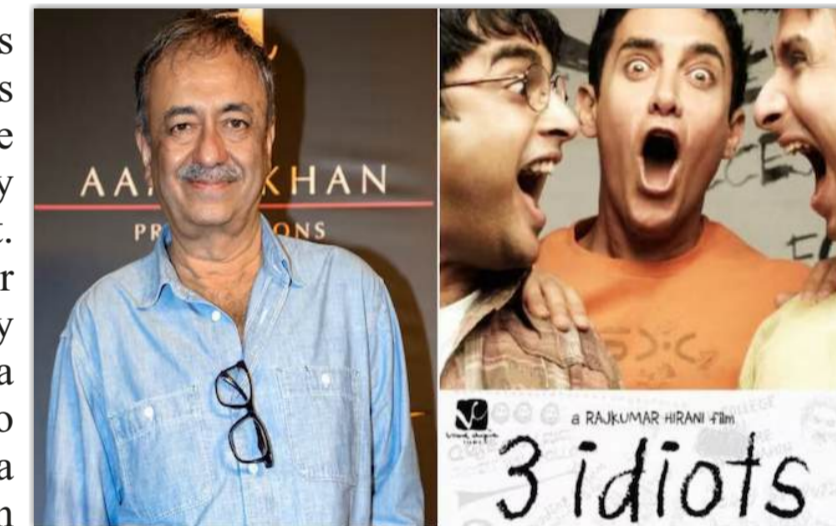
## INDIA TODAY ARCHIVES (2025): THE PROBLEM WITH INDIA'S COUGH SYRUP CONUNDRUM

India is once again confronting a grim and recurring public health scandal—the contamination of children's cough syrup. At the centre of the latest episode is Coldrif, manufactured by Sresan Pharma in Tamil Nadu, which several states have banned after official tests confirmed diethylene glycol (DEG) adulteration in a batch linked to clusters of acute kidney injury and child deaths in Madhya Pradesh. Rajasthan has faced a parallel tragedy. As the bleak news reports streamed in, families of four deceased children linked the incidents to government-supplied dextromethorphan syrup. In MP's tribal Chhindwara and Betul districts, 20 children under six have died over the past month after being prescribed the cough syrup for fever, cough and cold. Another nine children with similar kidney-related illnesses are under treatment. After Tamil Nadu's Food and Drug Administration confirmed dangerously high DEG levels in a Coldrif batch supplied to MP and a few other states, the MP police arrested Sresan Pharma owner S. Ranganathan and a government paediatrician, Dr Praveen Soni, on manslaughter charges. Meanwhile, the Centre has issued an advisory cautioning against giving cough syrups to children under two years of age. The Central Drugs Standard Control Organisation (CDSCO) has also launched risk-based inspections.



## "WHY NOT A FOURTH IDIOT?" RAJKUMAR HIRANI UPDATES ON 3 IDIOT SEQUEL

While fans are eagerly waiting for the 3 Idiots sequel, there have been several speculations about the addition of new actors, with some reports claiming that a "fourth idiot" is in the making. Vicky Kaushal was rumoured to join the film as the fourth idiot. However, as Aamir Khan gears up for the project, film director Rajkumar Hirani has dismissed these speculations and clearly stated that there will only be "three idiots." Refuting media rumours, Hirani said that the legacy of the past 20 years is tied to the name 3 Idiots, adding that "4 Idiots" is merely a media created claim. He further confirmed that the film is currently in development and that scriptwriting is in progress. However, it is believed that Aamir Khan already has an early draft of the script. The film is expected to reunite Aamir Khan, R. Madhavan, and Sharman Joshi as Rancho, Farhan, and Raju, respectively. The exact release date has not been confirmed yet but the director confirmed that the script will surely bring back the 20 years old 3 idiots back to life.



## EL NIÑO THREATENS KHARIF SEASON, 326 DISTRICTS IDENTIFIED AS HIGH RISK

A strong warning from the central government stated that the El Niño weather phenomenon is expected to have a "relatively severe" impact on agriculture. The southwest monsoon are predicted to be considerably weak and driven by abnormally warm ocean waters in the central and tropical Pacific. The impact is likely to occur in 12 states during the forthcoming Kharif season. Karnataka, Uttar Pradesh, Tamil Nadu, Andhra Pradesh, and Maharashtra are among the susceptible states where officials have identified 326 high-risk districts. IMD is predicting that the seasonal rainfall would drop down to about 90% of the Long Period Average (LPA), which points to a monsoon that is way below average. In the same stretch India recorded a surprising 66% national rainfall deficit from June 4 to June 15, and that is not small. On top of that, only 19.2 mm of rainfall has shown up so far, compared with the usual 53.7 mm. With a 55% shortage, Central India has been the most severely affected. Union Agriculture Minister Shivraj Singh Chouhan responded by presiding over a high-level review meeting to implement district-level backup plans. He emphasized that the fertilisers were sufficient and reviewed Reservoir levels and mandi prices assuring equal distribution of resources during the time of monsoons.



Afreen Mazgaonkar, Ganesh Gundu & Isha Mittal

## SRISHTI KIRAN SCRIPTS HISTORY IN UNDER-13 TENNIS

Age is no longer a barrier when you have passion and determination. Srishti Kiran at the age of 13 has undoubtedly broken this age barrier and reached heights in tennis globally. Born and raised in Bengaluru, Karnataka, Srishti first picked up a racket at the age of four-and-a-half at the Karnataka State Lawn Tennis Association. By climbing to a career-high International Tennis Federation (ITF) Junior ranking of No. 357, the Indian tennis prodigy has unofficially established herself as the top-ranked Under-13 player in the world. Srishti's rapid ascent is the byproduct of an incredible season, highlighted by a dominant 25-match winning streak and five consecutive ITF junior titles. Most recently, the youngster put together a stellar campaign at the ITF J100 tournament in Guatemala. Showing a maturity well beyond her years, Srishti dismantled the tournament's second seed, Filipa Delgado, in the semifinals to book her spot in the title match. In the final, she had a head to head clash with 6-year-old American Ellery Mendell. Though Srishti ultimately finished as the runner-up after battling severe physical cramps in the second set, the performance proved her ability to push older, far more experienced opponents to their limits. Inspired by the American star Coco Gauff, Srishti started playing tennis when she was four, more or less. Today she trains in Miami under the well known coach Gabe Jaramillo, and the whole thing came with sacrifices, kind of.



## INDIA BEAT WORLD CHAMPIONS GERMANY AS MANPREET SINGH SETS HISTORIC RECORD

India just beat the world champions Germany, with Manpreet Singh doing something pretty historic, sort of you know. In the FIH Pro League, the Indian men's hockey team locked in a 3-1 win, and honestly it felt like one of their best showings this season. They looked sharp early, with goals from Mandeep Singh, Shilanand Lakra, and Nilakanta Sharma, while Germany only got a late consolation strike near the end. But the real highlight was veteran midfielder Manpreet Singh. He became India's most-capped player, and it's the most appearances overall in Indian hockey history. His 413th international outing saw him move past former captain Dilip Tirkey, who had set the bar at 412 matches, for a long long time. Manpreet's story is basically a long run, over 15 years, and in that time he helped a lot, like a steady presence during India's renewed rise on the global stage. He has been involved in major wins too, such as Olympic bronze medals, Asian Games glory, and several other international titles, that kind of career. For the Player of the Match, Hardik Singh got it, for his active work in midfield and how he influenced the flow. The win also boosted India's stance in the Pro League, and it came at just the right moment, almost like a perfect excuse to properly celebrate Manpreet's milestone.



## SMRITI MANDHANA LEADS AS INDIA BY 95 RUNS IN THE WOMEN'S T20 WORLD CUP AGAINST THE NETHERLANDS

India claimed a thumping 95-run win over the Netherlands in the ICC Women's T20 World Cup at Headingley, riding on dominant performances from Smriti Mandhana and Shafali Verma before Shree Charani's four-wicket haul completed the rout. Mandhana's fluent 74 and Shafali's all-round effort, 55 with the bat and 3/20 with the ball, set the tone in the one-sided contest as India registered their second win on the trot. Asked to bat in overcast conditions, India adjusted quickly and, despite a spirited late fightback from tournament debutants Netherlands, posted a commanding 209/5, their highest total in the competition. The foundation was laid by the opening pair of Shafali and Mandhana, who combined power with timing in a 115-run standoff in 71 deliveries. At the other end, Mandhana looked in complete control. Comfortable against pace and spin alike, she brought up her second successive half-century of the tournament. Her 74 off 47 balls, studded with 11 fours and a six, kept India firmly in charge. Jemimah Rodrigues ensured the momentum did not dip, making 23 off 14 balls in a brisk 47-run stand with Mandhana. However, the Netherlands found a way back through Caroline de Lange, who sparked a mini-collapse as India slipped from 162/1 to 169/4.



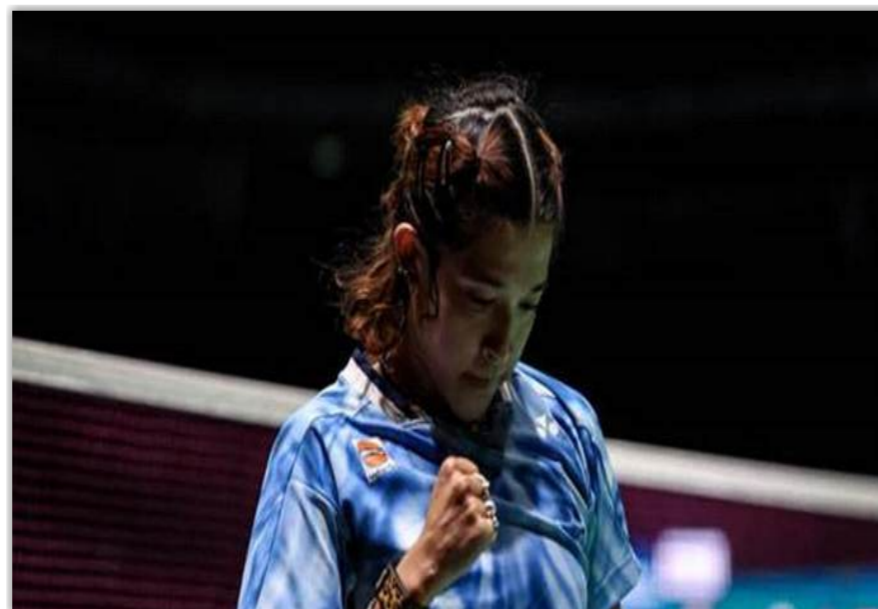
## INDIA UPSETS SOUTH KOREA TO TAKE ARCHERY WORLD CUP GOLD

India took a remarkable position on the global stage. In the recurve mixed event held on June 14, a total of 27 countries participated. Olympian Dhiraj Bommadevara, at the age of 24, and young archer Kumkum Mohod, at the age of 17, secured a gold medal by defeating the South Korean champions. The duo fired three 10s each; meanwhile, Kumkum added three 9s, while Dhiraj provided two 9s and one 8, showcasing collaboration and team spirit on the stage. In the final match, the Indian pair defeated Oh Ye-jin and Kim Je-deok with a score of 5-1, marking one of India's significant accomplishments in this category. The South Korean champions thus secured the silver medal, whereas Italy's Roberta Di Francesco and Matteo Borsani secured the bronze medal. After her victory, Kumkum expressed that she had unwavering confidence in her skills during the competition and concentrated on the process instead of her rivals. India's achievement in Antalya went further than just the mixed team event. Dhiraj Bommadevara claimed a gold medal, defeating the Republic of Korea's Lee Woo-seok in the recurve men's division. It was Dhiraj's first-ever individual gold medal at the Archery World Cup, concluding a remarkable performance for the Indian team.



## ASHMITA CHALIHA ENTERS MACAU OPEN SEMI-FINAL AND BEATS KOREA'S KIM MIN SUN

Indian shuttler Ashmita Chaliha continued her strong run in the Macau Open Badminton World Tour (BWF) World Tour Super 300 with a convincing win over Korea's Kim Min Sun to reach the women's singles semi-final here on Friday. Ashmita defeated Kim 21-16, 21-18 in just 37 minutes to set up a last-four clash against another Korean Park Ga Eun, who received a walkover in the quarterfinals from second seed Busanan Ongbamrunphan of Thailand, as per a press release from the Badminton Association of India (BAI). The opening game between Ashmita and Kim was a neck-and-neck affair till 14-14. The Indian then clinched four straight points to open up a sizable lead and then maintained the advantage. The second game saw Kim taking the initiative and led Ashmita 11-5 at the mid-game interval. But the left-handed Indian kept the pressure on her opponent and won five consecutive points from 16-18 to clinch the match. However, eighth seed Anmol Kharb's challenge came to an end at the last eight stage as she went down 14-21, 21-15, 21-13 against fourth seed Han Qian Xi of China. (ANI) Except for the headline, this story has not been edited by Asianet Newsable English staff and is published from a syndicated feed.



## INDIAN GRANDMASTER R PRAGGNANANDHAA WINS THE NORWAY CHESS TITLE

Indian Grandmaster R Praggnanandhaa made history by winning the 14th annual Norway Chess tournament in the Open section. The tournament was held in Oslo, Norway, from May 25 to June 5, 2026. Notably, he became the first Indian to earn this title. In the final round, 20 years old Pragg played with the white pieces and defeated Germany's GM Vincent Keymer, completing an astonishing four-game classical winning streak to finish at the top of the leaderboard with 18 points. Meanwhile, USA's GM Wesley So secured the runner-up position with 17 points after drawing his final classical game. Iranian-French GM Alireza Firouzja secured third place with 15.5 points. After a tough mid-tournament slump featuring back-to-back classical losses to compatriot D. Gukesh and Wesley So in Rounds 5 and 6, he was left in last place. However, he roared back into contention in Round 7 by outplaying Firouzja, beating him in 51 moves while playing with the white pieces. Remarkably, the Indian Grandmaster also defeated world No. 1 and defending champion Magnus Carlsen during the tournament. Reflecting on his victory, the Indian GM revealed that time management played a crucial role in his success. He said that he closed his eyes and made his moves, adding that he still had two minutes left.



## DSSSB RECRUITMENT 2026



Delhi Subordinate Services Selection Board (DSSSB) has inviting online applications for 1,979 vacancies across various Group 'B' and Group 'C' posts in departments of the Government of NCT of Delhi. This recruitment drive offers excellent opportunities in teaching, forensic science, IT, technical, administrative, and skilled trades.

### Vacancy Highlights

- Total Posts: 1,979
- Major Vacancies Include:
- Trained Graduate Teacher (Computer Science) – 675 Posts
- Special Educator (Primary) – 450 Posts
- TGT (Special Education) – 163 Posts
- IT Assistant Grade-A – 125 Posts
- Junior Scientific Assistant (Cyber Forensic) – 81 Posts
- Domestic Science Teacher, Data Processing Assistant, Lift Operator, Fitter, Electrical Overseer and more.

### Eligibility Criteria

- Educational qualifications vary by post, ranging from 12th Pass, ITI, Diploma, Graduation, B.Ed., CTET, RCI Registration, Master's Degree, and Engineering qualifications as prescribed in the notification.

### Selection Process

- Computer Based Test (CBT)
- Skill/Aptitude/Trade Test (where applicable)
- Document Verification

### Pay Scale

- Salary ranges from ₹19,900 to ₹1,42,400 per month depending on the post and pay level.

### Application Fee

- General/OBC/EWS: ₹100
- Women, SC, ST, PwBD & Ex-Servicemen: Exempted

### Important Dates

- Online Application Starts: 16 June 2026
- Last Date to Apply: 15 July 2026

### How to Apply

- Visit the DSSSB online portal.
- Complete One-Time Registration and login.
- Select the desired post code and fill the application form.
- Upload photograph and signature.
- Pay the fee (if applicable) and submit the application.
- Download and save the confirmation page for future reference.

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

## SBI PO RECRUITMENT 2026 – APPLY ONLINE FOR 1,500 PROBATIONARY OFFICER POSTS

State Bank of India (SBI), India's largest public sector bank, has announced 1,500 vacancies for Probationary Officer (PO). This is an excellent opportunity for graduates seeking a prestigious banking career with attractive salary, career growth, and nationwide postings.

### Vacancy Details

Post: Probationary Officer (PO)  
Total Vacancies: 1,500  
Job Location: Across India  
Pay Scale: Starting Basic Pay ₹48,480 (JMGS-I)  
Approximate Annual CTC: ₹21.97 Lakhs

### Eligibility Criteria

- Educational Qualification: Graduation in any discipline from a recognized university.
- Final-year students may also apply, subject to fulfilling eligibility conditions.
- Age Limit: 21 to 30 years as on 01 April 2026.
- Age relaxation applicable for reserved categories as per Government rules.

### Selection Process

- Preliminary Examination
- Main Examination
- Psychometric Test
- Group Exercise & Interview
- Document Verification

### Application Fee

- General/OBC/EWS: ₹750/-
- SC/ST/PwBD: No Fee

### Important Dates

- Online Registration Starts: 18 June 2026
- Last Date to Apply: 08 July 2026
- Preliminary Exam: August 2026 (Tentative)
- Main Exam: September 2026 (Tentative)

### How to Apply

- Visit SBI Careers Portal.
- Register using a valid email ID and mobile number.
- Complete the online application form and upload required documents.



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

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

## BANK OF BARODA RECRUITMENT 2026 – APPLY ONLINE FOR 86 EXECUTIVE POSTS



Bank of Baroda (BOB), one of India's leading public sector banks, has invited online applications for 86 Executive positions on a regular basis across Credit Analysis and Corporate & Institutional Credit (C&IC) Relationship functions.

### Vacancy Details (86 Posts)

- Manager – Credit Analyst: 04 Posts
- Senior Manager – Credit Analyst: 38 Posts
- Chief Manager – Credit Analyst: 01 Post

- Senior Manager – C&IC Relationship: 36 Posts
- Chief Manager – C&IC Relationship: 07 Posts

### Eligibility Criteria

- Candidates must possess the prescribed educational qualifications, professional certifications, and relevant work experience as specified in the official notification.

### Age Limit (as on 01 June 2026)

- Manager: 25–30 Years
- Senior Manager: 28–35 Years
- Chief Manager: 32–42 Years
- Age relaxation applicable as per Government rules.

### Pay Scale

- Manager (MMG/S-II): ₹64,820 – ₹93,960
- Senior Manager (MMG/S-III): ₹85,920 – ₹1,05,280
- Chief Manager (SMG/S-IV): ₹1,02,300 – ₹1,20,940

### Selection Process

- Online Test / Psychometric Test / Other Assessment
- Group Discussion (if conducted)
- Personal Interview
- Document Verification

### Application Fee

- General/OBC/EWS: ₹850/-
- SC/ST/PwBD/Ex-Servicemen/DISXS/Women: ₹175/-

### Important Dates

- Online Application Starts: 16 June 2026
- Last Date to Apply: 06 July 2026

### How to Apply

- Visit [www.bankofbaroda.in](http://www.bankofbaroda.in).
- Open the Recruitment section and select the relevant advertisement.
- Complete registration and fill in the online application form.
- Upload required documents and photographs.
- Pay the application fee online and submit the form.
- Download and save the confirmation page for future reference.

For more details candidates are asked to visit the official website

Deepika Singh

## QUIZ TIME

1. Which initiative was launched by PM Modi and Emmanuel Macron in France?
2. Which Indian city will host the BRICS National Security Advisers' Meeting?
3. Which nuclear project installed the Reactor Pressure Vessel at Unit-5?
4. What is the name of the AI-enabled CPGRAMS chatbot launched recently?
5. Which country is India finalizing an interim trade deal with?
6. Which company signed MoUs with IIT Roorkee and IISc to boost deep-tech innovation?
7. Which Indian city is PM Modi expected to visit for development projects?
8. Which missile system did India export to Vietnam?
9. Which sport's first World Championship was unveiled by India recently?
10. Which mobile application was launched to support cleanliness initiatives?

## RIDDLES

1. I am orange, crunchy, and rabbits love me. Who am I?
2. I wear many layers and can make you cry. Who am I?
3. I am green outside, white inside, and grow on a vine. Who am I?
4. I am purple and often roasted to make bharta. Who am I?
5. I grow underground and become fries and chips. Who am I?
6. I am red, juicy, and often found in salads and sauces. Who am I?
7. I look like a tiny tree and am rich in nutrients. Who am I?
8. I am green, slim, and become sticky when cooked. Who am I?

1. Carrot
2. Onion
3. Cucumber
4. Brinjal
5. Potato
6. Tomato
7. Broccoli
8. Okra

### (II) RIDDLES

10. Swachh
9. Yogasana
8. BrahMos
7. Kanpur
6. Nothing
5. America
4. Samadhandidi
3. Kudankulam
2. Delhi
1. BharatInnovates

### ANSWERS



## CRISPY YAM STUFFED PARATHA POCKETS

This Week, We're Relishing Yam Stuffed Paratha Pockets!

**Y**am Stuffed Paratha Pockets are a delicious twist on the traditional stuffed paratha, featuring a flavorful filling of mashed yam (suran), aromatic spices, herbs, and onions tucked inside soft whole wheat dough. These crispy, golden pockets are pan-roasted until perfectly crunchy on the outside while remaining soft and savory within. Ideal for lunchboxes, evening snacks, or light meals, this unique recipe combines comfort food with a creative presentation.

### Ingredients:

2 cups whole wheat flour, 2 cups boiled and mashed yam (suran), 1 small onion (finely chopped), 2 green chillies (finely chopped), 1 teaspoon grated ginger, ½ teaspoon cumin seeds, ½ teaspoon red chilli powder, ½ teaspoon garam masala, ½ teaspoon amchur (dry mango powder), 2 tablespoons fresh coriander leaves (chopped), 2 tablespoons oil Ghee or oil for roasting, Salt to taste, Water as needed

### Preparation

- Knead flour, salt, oil, and water into a soft dough. Rest for 20 minutes.
- Sauté cumin, onion, green chillies, and ginger in oil. Add mashed yam, spices, and salt; cook for 2–3 minutes.
- Mix in coriander leaves and let the filling cool.
- Roll the dough into circles, place the filling on one half, fold into pockets, and seal the edges.
- Cook on a hot tawa with ghee or oil until golden and crisp on both sides.



### Serving Tip:

Serve hot with mint chutney, yogurt dip, garlic chutney, or ketchup. Pair with masala chai for a delicious snack or enjoy as a wholesome breakfast or lunchbox treat. Crispy, flavorful, and unique, these Yam Stuffed Paratha Pockets are sure to be a family favorite.

### Introducing Our New Column

## ARTWORK OF THE WEEK

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

### CRITERIA

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

### SUBMISSION DETAILS

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

### CONTACT INFORMATION

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