

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



HULAHUL FOUNDATION’S ‘SHIKSHA JYOTI ABHIYAN’ ILLUMINATES THE PATH TO EDUCATION FOR CHILDREN OF KATKARIWADI

Reaffirming its commitment to educational empowerment and inclusive social development, HULAHUL Foundation (Hands United for Lifelong Aid and Human Upliftment Lever Foundation) in collaboration with SMT. MMK College of Commerce & Economics, Bandra organised 'Shiksha Jyoti Abhiyan', a meaningful educational initiative aimed at supporting underprivileged students with essential learning resources and encouraging them to pursue their academic journey with confidence.

The initiative was conducted on Saturday, 04 July 2026, at Z.P. School, Katkariwadi, Nadgaon (So.), Shahapur. As part of the programme, all students of the school were provided with notebooks, complete stationery kits, school bags and umbrellas, carefully arranged to support their educational requirements for the entire academic year.

The programme was organised with the belief that a lack of basic educational resources should never become a barrier between a child and their dreams. By providing essential learning materials, HULAHUL Foundation sought not only to ease the academic needs of the students but also to encourage them to continue their education with greater enthusiasm, confidence and a renewed sense of hope.

Despite the continuous rainfall and challenging weather conditions, the Foundation's trustees, members and volunteers remained committed to the purpose of the initiative. Educational materials were transported and carried through the rain to ensure that the promise made to the students was fulfilled. The collective determination of the team reflected the true spirit of service and transformed the day into a memorable experience for everyone involved.

More than a distribution drive, Shiksha Jyoti Abhiyan carried a deeper message, every child deserves encouragement, opportunity and the assurance that someone believes in their dreams. The excitement and innocent smiles of the students as they received their educational essentials became the most meaningful reflection of the initiative's impact.

The programme was conducted with the valuable support of the school's Headmaster, Mr. Vijay Bilsore, whose cooperation contributed significantly to the smooth and successful organisation of the event. The Sarpanch of the village also graced the occasion and motivated the students with encouraging words, adding further significance to the programme.

The event witnessed the presence of the Trustees of HULAHUL Foundation, Mr. Ravi Singh, Mr. Aditya Phadke, Mr. Durgesh Kumar Dubey, Dr. Smita Kuntay, Mr. Yogesh Gupta, Mr. Bashar Ahmad and Mr. Aman Tripathi, who actively participated in the initiative and interacted with the students. The programme was also graced by the esteemed representatives of Smt. MMK College of Commerce and



Economics, including Principal Prof. CA Kishori Peshori, Vice Principals Dr. Manikandan Iyer and Dr. Asha Bhat, and Research Centre Head Prof. Dr. Vishal Tomar, whose presence and support added further significance to the initiative.

Seaking about the initiative, Mr. Ravi Singh, Chairman of HULAHUL Foundation, said, “Shiksha Jyoti Abhiyan is not merely about distributing educational materials. It is about nurturing confidence, creating hope and reminding every child that their dreams matter. When a child receives the right support and encouragement, even a small opportunity can become the beginning of a brighter future.”

The successful execution of Shiksha Jyoti Abhiyan was made possible through the dedicated efforts of the Foundation's members and volunteers, who worked tirelessly from the initial planning and preparation of educational kits to transportation and final distribution.

Special appreciation was extended to Mr. Vikas Chaurasia, Ms. Afreen Mazgaonkar, Mrs. Deepika Singh, Mr. Sharad Singh, Mr. Sahil Chaurasia, Mr. Ganesha Gundu, Ms. Ajab Tinwala and Mr. Omkar Kelkar for their invaluable contribution and commitment throughout the initiative.

The Foundation also expressed its heartfelt gratitude to all donors, supporters and well-wishers who contributed

directly or indirectly to Shiksha Jyoti Abhiyan. Every contribution, effort and helping hand played an important role in transforming the initiative from an idea into a meaningful educational experience for the children of Katkariwadi.

Guided by its motto, “A Joy of Serving,” HULAHUL Foundation continues to undertake impactful initiatives in the fields of education, health, community welfare and social development. Through its sustained efforts, the Foundation strives to create opportunities, strengthen communities and bring meaningful change to the lives of those who need support.

Through Shiksha Jyoti Abhiyan, the Foundation did not merely distribute educational essentials; it inspired hope, strengthened confidence and reaffirmed the belief that every child deserves an opportunity to learn, dream and build a brighter future. The rain eventually stopped, but the purpose continued. Because a school bag carries far more than books, it carries a child's dreams, aspirations and the promise of a better tomorrow.

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MAHAKAVI KALIDASA: WHEN HUMILITY BLOSSOMED INTO IMMORTAL WISDOM

India remembers Kalidasa as one of the greatest poets and dramatists of Sanskrit literature. Yet the most popular account of his life begins not in a royal court but with an ordinary young man who had received little education. Reliable details about Kalidasa's personal life are scarce; therefore, the story of his marriage to the learned Princess Vidyottama must be understood as a traditional legend rather than confirmed history.

According to this legend, some scholars who had been defeated by Vidyottama wished to humiliate her. They presented Kalidasa as a wise man observing a vow of silence and cleverly interpreted his gestures as signs of profound learning. The princess married him, but the truth soon emerged. Vidyottama realised that she had been deceived and expressed her disappointment. Her words wounded Kalidasa, yet that wound awakened him. Instead of blaming others, he recognised his ignorance and resolved to become worthy through knowledge.

The Courage to Begin Again

The traditional account says that Kalidasa sought the blessings of Goddess Kali and devoted himself sincerely to learning and spiritual discipline. His greatest bravery was not victory in battle; it was the courage to face his own weakness without excuses. He began to listen, observe, study and reflect. Knowledge did not arrive as an ornament of pride. It grew through humility, patience and persistent effort.

In time, the young man once mocked for his ignorance became a poet whose words revealed a deep understanding of nature, love, duty and human emotion. Whether every detail of the legend is historical or not, its message remains powerful: a person's beginning does not determine the height of his achievement. Honest self-examination can turn humiliation into determination, while disciplined learning can give an entirely new direction to life.

A Cloud That Carried Love

Kalidasa did not treat nature as a lifeless background. In his poetry, clouds, mountains, rivers, forests and seasons participate in human joy and sorrow. In Meghaduta, an exiled Yaksha longs for his distant wife. The poem opens with the following verse:

कश्चित्कान्ताविरहगुरुणा स्वाधिकारात्प्रमत्तः
शापेनास्तङ्गमितमहिमा वर्षभोग्येण भर्तुः।
यक्षश्चक्रे जनकतनयास्नानपुण्योदकेषु

स्निग्धच्छायातरुषु वसतिं रामगिर्याश्रमेषु॥ १.१॥

The verse introduces a Yaksha who had neglected his assigned duty and was cursed by his master to live away from his beloved for one year. He stayed in the hermitages of Ramagiri, among sacred waters and trees offering cool shade. In the verses that follow, his longing becomes so intense that he requests a passing cloud to carry his message to his wife.

The cloud becomes more than vapour and rain; it becomes a compassionate companion to a lonely heart. The poem also carries an ethical warning, because the Yaksha's suffering follows his negligence of duty. Kalidasa thus joins love with responsibility. For today's reader, Meghaduta also suggests that human emotions and human survival remain deeply connected with the natural world.

The Himalaya as a Living Presence

In Kumarasambhava, Kalidasa introduces the Himalaya with majestic simplicity:

अस्त्युत्तरस्यां दिशि देवतात्मा
हिमालयो नाम नगाधिराजः।
पूर्वापरौ तोयनिधौ विगाह्य
स्थितः पृथिव्या इव मानदण्डः॥ १.१॥

The verse means that in the northern direction stands the divine Himalaya, the king of mountains, stretching between the eastern and western seas like the measuring rod of the earth. Kalidasa does not describe the mountain merely as a collection of rocks. He gives it dignity, personality and spiritual presence.

For a modern reader, the Himalaya may represent stability, purity and quiet strength. It stands firmly while nourishing countless rivers and living beings. In an age of deforestation, pollution and careless exploitation of natural resources, these lines remind us that nature is not merely property to be consumed. It is a living inheritance that must be protected for future generations.

The Seasons as Teachers of Life

In Ritusamhara, traditionally attributed to Kalidasa, the six Indian seasons are presented

through colour, fragrance, movement and human feeling. Describing the beauty of spring, the poet writes:

द्रुमाः सपुष्पाः सलिलं सपद्मं
स्त्रियः सकामाः पवनः सुगन्धिः।
सुखाः प्रदोषा दिवसाश्च रम्याः
सर्वं प्रिये चारुतरं वसन्ते॥ ६.२॥

The verse means that trees are covered with flowers, waters are filled with lotuses, women are filled with longing, the breeze is fragrant, evenings are pleasant, days are delightful, and everything appears more beautiful during spring.

Kalidasa's description invites readers to experience nature attentively rather than hurry past it. For a modern reader, changing seasons may also symbolise the changing phases of human life. Spring may suggest renewal, summer endurance, the monsoon nourishment, autumn clarity and winter patience. No sorrow remains forever, and no success gives a person the right to become arrogant. Just as nature accepts every season, human beings must learn to face every phase of life with courage and balance.

Love, Memory and the Dignity of Shakuntala

In Abhijnanashakuntalam, Kalidasa narrates the love of Shakuntala and King Dushyanta, but the drama extends far beyond romance. Dushyanta fails to recognise Shakuntala because the curse of the sage Durvasa clouds his memory. The ring given to Shakuntala is lost, and when it is later recovered, the king's memory returns. He experiences deep remorse before their eventual reunion.

Shakuntala is not portrayed as a helpless woman. She carries dignity, emotional depth and moral strength even while facing rejection and separation. Her experience reminds society that love without respect becomes painful and that power must remain accountable. The play also shows how forgotten responsibility can injure another person, while remorse, forgiveness and reconciliation can open a path towards healing.

Discipline Must Protect Life

Kalidasa's spiritual vision does not glorify careless harm to the human body. In Kumarasambhava, Shiva, disguised as a young ascetic, asks Parvati whether she possesses the basic requirements for her penance and whether she is practising according to her physical strength:

अपि क्रियार्थं सुलभं समित्कुशं
जलान्यपि स्नानविधिक्षमाणि ते।
अपि स्वशक्त्या तपसि प्रवर्तसे
शरीरमाद्यं खलु धर्मसाधनम्॥ ५.३३॥

The verse asks whether fuel and kusha grass required for sacred rites are easily available, whether suitable water is available for bathing, and whether the penance is being performed within her physical capacity. It concludes that the body is the primary instrument through which dharma is fulfilled.

This teaching remains highly relevant in an age of mental stress, unhealthy competition and excessive pressure. Discipline should strengthen life, not destroy it. Caring for the body is not selfishness, because physical and mental well-being enable a person to fulfil responsibilities towards family, society and higher ideals.

Moral and Conclusion

The traditional life story and immortal works of Mahakavi Kalidasa teach that greatness can grow from an ordinary beginning when humility is joined with determined effort. His poetry asks us to honour nature, respect relationships, accept responsibility, protect our health and use knowledge for righteous purposes. His characters remind us that love, memory, duty, remorse and forgiveness shape human life, while his mountains, clouds and seasons teach patience, harmony and renewal. Kalidasa became immortal not merely because he created beautiful language, but because beauty in his works remained connected with truth, responsibility and ethical values. His journey encourages every discouraged person to rise again, learn sincerely and transform weakness into wisdom. When education refines character, success deepens humility and creativity serves society, even a wounded beginning can blossom into an extraordinary legacy.

BADI DIDI OF BASTAR: THE WOMAN WHO WALKED 570 VILLAGES TOWARDS HOPE

Some people wait for change to arrive. Some wait for roads to be built, institutions to step forward, or governments to reach the forgotten corners of society. And then there are people like Dr. Budhri Tati, who simply begin walking. For nearly four decades, she travelled through the remote forests and tribal settlements of Chhattisgarh's Bastar region, carrying neither political power nor promises of instant transformation. Her mission was simple but enormous: encourage tribal children to study, help women become self-reliant, and bring social awareness to communities where opportunities were painfully limited. Reports credit her grassroots journey with reaching around 570 villages across Bastar. In January 2026, the Government of India recognised her decades of social service by naming her a Padma Shri awardee in the field of Social Work. Yet long before the nation officially honoured her, the people of Bastar had already given her a name filled with affection and trust Badi Didi, the Elder Sister.

Budhri Tati comes from Hiranar village in Chhattisgarh's Dantewada district, a region where generations of tribal families have lived close to forests and traditional ways of life. Growing up, she witnessed the realities faced by communities with limited access to schools, healthcare, roads and stable livelihoods. For many children, education was not an automatic part of childhood. Schools could be far away, families often depended on every available pair of hands, and the benefits of formal education were difficult to imagine when everyday survival demanded immediate attention. Girls were especially vulnerable to dropping out or never entering classrooms at all. Budhri saw these challenges closely. Instead of accepting them as permanent features of life, she decided to dedicate herself to changing them.

Her grassroots work began decades ago with something that sounds ordinary but requires extraordinary patience, conversations. Budhri travelled from village to village and met families personally, encouraging parents to send their children to school. She was not speaking to people who were necessarily against education; she was speaking to families facing difficult economic and social choices. A child could help in the fields, collect forest produce or support household responsibilities, while the rewards of education might take years to appear. Budhri understood this reality. She

did not rely on slogans or speeches. She built trust slowly, explained the possibilities education could create and continued her efforts even when change did not happen immediately. When one conversation was not enough, she returned. When progress was slow, she continued. Over nearly forty years, this persistence reportedly carried her work across approximately 570 villages in the Bastar region, including communities located in areas deeply affected by Naxal violence and long-standing isolation.



The number 570 is easy to read and difficult to truly imagine. It represents hundreds of communities, thousands of conversations and countless journeys through challenging terrain. It represents years of work when there were no social media campaigns celebrating her efforts and little national attention focused on her name. Most importantly, it represents the discipline of continuing when results arrive slowly. Budhri's greatest strength was not a single dramatic act of courage but the ability to repeat meaningful work for decades. She understood that changing attitudes towards education could not happen in one meeting. Trust had to be earned, families had to be convinced and children needed practical support to remain in school.

One of the biggest barriers was distance. Encouraging children to study meant little if the nearest educational facility was too far for them to attend regularly. Budhri therefore supported efforts that made continued education more practical for tribal students, including hostel facilities for children from remote communities. Such initiatives created

opportunities, particularly for girls, to remain connected with education. Slowly, the impact became visible. Young people from communities where formal schooling had once seemed distant began entering classrooms and moving towards professional careers and public service. When she was named for the Padma Shri, Budhri told the Press Trust of India that nearly 545 women had been educated through her efforts. Her reaction to the national honour was equally revealing. She described it as a proud moment for her tribal community,

placing the people she served at the centre of her achievement.

For Budhri, however, education was only one part of social transformation. She recognised that women also needed opportunities to become economically independent. Her work expanded into women's empowerment, livelihood skills and community-based initiatives. Women were encouraged to learn practical skills, participate in self-help activities, save money and contribute independently to household incomes. These efforts were about much more than earning. Economic independence could strengthen a woman's confidence and her ability to participate in decisions affecting her family and future. Budhri's social work also extended to awareness initiatives related to health, maternal and child welfare, de-addiction and other social challenges affecting tribal communities. Her approach reflected a simple understanding: lasting development cannot be created by solving only one problem. Education, health, awareness and economic independence must move together.

Somewhere during these decades of travelling, teaching and organising, Budhri Tati became Badi Didi. It is a title that explains her connection with Bastar better than any official designation. An elder sister is someone who guides, encourages and returns when support is needed. Budhri did not enter villages for a short project and disappear after completing a report. Her work was built through relationships and repeated engagement. She kept showing up. Perhaps that consistency is the real reason her mission survived for almost forty years.

On 25 January 2026, the Government of India announced the Padma Awards, and Budhri Tati's name appeared among the Padma Shri awardees for Social Work. The recognition brought national attention to a woman whose real workplace had been the remote villages of Bastar. But the Padma Shri did not create her legacy; it simply helped the country notice what had already been built. Her true achievements live in the children who entered classrooms, the women who discovered ways to earn independently and the families that began imagining different futures for their daughters.

Budhri Tati's journey offers a powerful lesson in an age obsessed with instant results. We often expect success in months and become discouraged when progress is slow. Badi Didi worked for nearly four decades. She reached hundreds of villages and repeated the same message countless times because she understood that meaningful change is rarely immediate. Sometimes progress means having one more conversation, convincing one more parent, helping one more girl continue her education or teaching one more woman that she can earn for herself. Five hundred and seventy villages were not reached in one heroic moment. They were reached one determined step at a time. Budhri Tati's life reminds us that we do not always need wealth, authority or applause to begin changing the world around us. Sometimes, we only need the courage to take the first step and the determination to keep walking long after others have stopped. The path to change is rarely ready in advance. People like Badi Didi create it by walking it again and again, until one day, an entire nation finally notices the road they have built.

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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.

When people think of exports, they often picture textiles, automobiles, pharmaceuticals, or agricultural products being shipped across the world. Yet one of India's fastest-growing exports cannot be packed into containers or transported by cargo ships. Increasingly, the country is exporting something even more valuable knowledge, expertise, and innovation. Digital services and professional expertise are emerging as India's most valuable invisible exports, reshaping its role in the global economy.

Today, Indian professionals in software, finance, education, legal consulting, research, and business services are serving clients worldwide without leaving the country. Powered by high-speed internet, cloud technology, digital platforms, and remote work, India's knowledge economy is creating high-value jobs, boosting global competitiveness, and accelerating economic growth. In the digital era, ideas and expertise are becoming as valuable to global trade as manufactured goods.

As businesses embrace digital transformation, demand for skilled professionals continues to grow. For students, professionals, and aspiring entrepreneurs, this highlights an important reality: India's future

INVISIBLE EXPORTS: HOW INDIA IS EXPORTING KNOWLEDGE TO THE WORLD

success will depend not only on what it manufactures, but increasingly on the knowledge, innovation, and intellectual capital its people contribute to the world.

Understanding Invisible Exports

Invisible exports refer to services and intellectual expertise provided to overseas clients instead of physical products.

These include:

- Information Technology (IT) services
- Accounting and financial consulting
- Business process management (BPM)
- Online education and training
- Research and analytics
- Digital marketing and creative services

Unlike traditional exports, these services generate foreign income through knowledge, innovation, and professional expertise.

Why India Is Emerging as a Knowledge Hub

India has become a preferred destination for global services because of several competitive advantages.

Key strengths include:

- A large skilled workforce
- Strong digital infrastructure
- English-language proficiency
- Competitive operating costs
- Growing technology ecosystem

Example: An accountant in Ahmedabad can prepare financial reports for a company in the UK, while a software developer in Bengaluru builds applications for clients in the United States, all without leaving India.

Geography is becoming less important than capability.

Technology Has Removed Borders

Digital technology has made global business more accessible.

Professionals today can:

- Work remotely for overseas companies
- Provide consulting services globally
- Teach international learners online
- Offer freelance expertise worldwide
- Collaborate with multinational teams

Example: A digital marketing consultant in Jaipur can manage advertising campaigns for businesses in Singapore, while a business

trainer in Mumbai conducts online workshops for participants across different countries.

Technology has transformed local expertise into global business.

Knowledge Is the New Competitive Advantage

Modern economies increasingly depend on innovation, creativity, and problem-solving rather than only manufacturing capacity. High-growth sectors include:

- Artificial Intelligence (AI)
- Financial Technology (FinTech)
- Data Analytics
- Cybersecurity
- Cloud Computing
- Business Consulting

Organizations today compete not only through products but through intellectual capital.

Career Opportunities for Students

The growing knowledge economy is creating global career opportunities.

Emerging opportunities include:

- Business Analyst
- Financial Consultant
- Data Analyst
- Investment Research Associate
- AI and Business Consultant
- Digital Marketing Specialist
- Online Educator and Corporate Trainer

Example: A commerce graduate skilled in financial analysis and business communication can work with international firms, consulting companies, or global financial service providers from India.

Global careers are becoming increasingly location-independent.

Skills Students Should Develop



- Business analytics and financial skills
- AI and digital literacy
- Communication and presentation abilities
- Critical thinking and problem-solving
- Global business awareness
- Knowledge combined with adaptability will define future career success.

The Bigger Shift

India's export landscape is evolving from products to professional expertise. As businesses embrace digital transformation and remote collaboration, intellectual capital is becoming a major source of economic growth. The country's future competitiveness will increasingly depend on innovation, skills, and knowledge-driven services rather than physical production alone. The economy of tomorrow will reward those who create ideas as much as those who create products.

The Takeaway

Knowledge exports are reshaping India's global economic role. By exporting knowledge, digital services, and professional expertise, the country is creating high-value careers, attracting foreign income, and strengthening its global competitiveness. Because in the 21st-century economy, the most valuable export is often not something that leaves a port, it is the knowledge that crosses borders.

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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

Colonialism in Indian Literature

Colonialism in India refers to the period of British rule, during which political control, economic exploitation, and cultural influence profoundly shaped Indian society. Indian literature written during and after the colonial era reflects the struggles of people living under foreign domination. Writers portrayed themes such as oppression, resistance, identity, nationalism, and the conflict between indigenous traditions and Western values. Literature became a powerful medium for expressing the realities of colonial rule and inspiring the movement for independence.

Postcolonial Indian literature continues to examine the lasting impact of colonialism on language, culture, education, and social structures. Authors revisit the colonial past to explore issues of identity, cultural hybridity, and the recovery of marginalized voices. Through novels, poems, essays, and plays, Indian writers challenge colonial narratives and celebrate the richness of India's diverse cultural heritage. These works not only preserve historical memory but also encourage readers to reflect critically on the relationship between power, history, and identity.

DID YOU KNOW?

- Mumbai once received almost an entire metre of rain in just 24 hours. On 26 July 2005, Santacruz recorded 944 mm of rainfall. That is enough rain to nearly cover an average adult from the ground to the waist if the water simply stayed in one place.
- During Mumbai's historic 2005 rainstorm, two parts of the same city experienced dramatically different rainfall. Santacruz recorded 944 mm in 24 hours, while Colaba, roughly 27 kilometres away, recorded only 74 mm. One city. One day. Two completely different rain stories.
- Draining Mumbai's legendary 944 mm rainfall without flooding would have required an almost unimaginable drainage capacity. A meteorological study estimated that every 10 × 10 kilometre area would need a drainage canal with a flow capacity comparable to the massive Sardar Sarovar Main Canal.
- Mumbai's monsoon can literally fight against the Arabian Sea. When extremely heavy rain falls during high tide, stormwater struggles to flow into the sea efficiently. The result is a strange urban battle where rainwater is trying to leave the city while the sea is pushing in the opposite direction.
- Mumbai rain can be extremely localised. One neighbourhood may experience an intense downpour while another part of the city receives far less rain. The 2005 rainfall event became a striking example of how dramatically rainfall can vary across just a few kilometres.
- The smell Mumbaikars associate with the first rain actually has a scientific name: petrichor. The famous earthy fragrance is released when raindrops hit dry surfaces and help carry aromatic compounds into the air. So yes, you can actually smell the arrival of Mumbai's monsoon.

GRAMMAR TIP

Who vs. Whom

Who is used as the subject of a sentence.
Who wrote this novel?
Who is attending the seminar?

Whom is used as the object of a verb or preposition.
Whom did you invite to the conference?
To whom should I address the letter?

WRITER OF THE WEEK

Margaret Atwood (Canada)

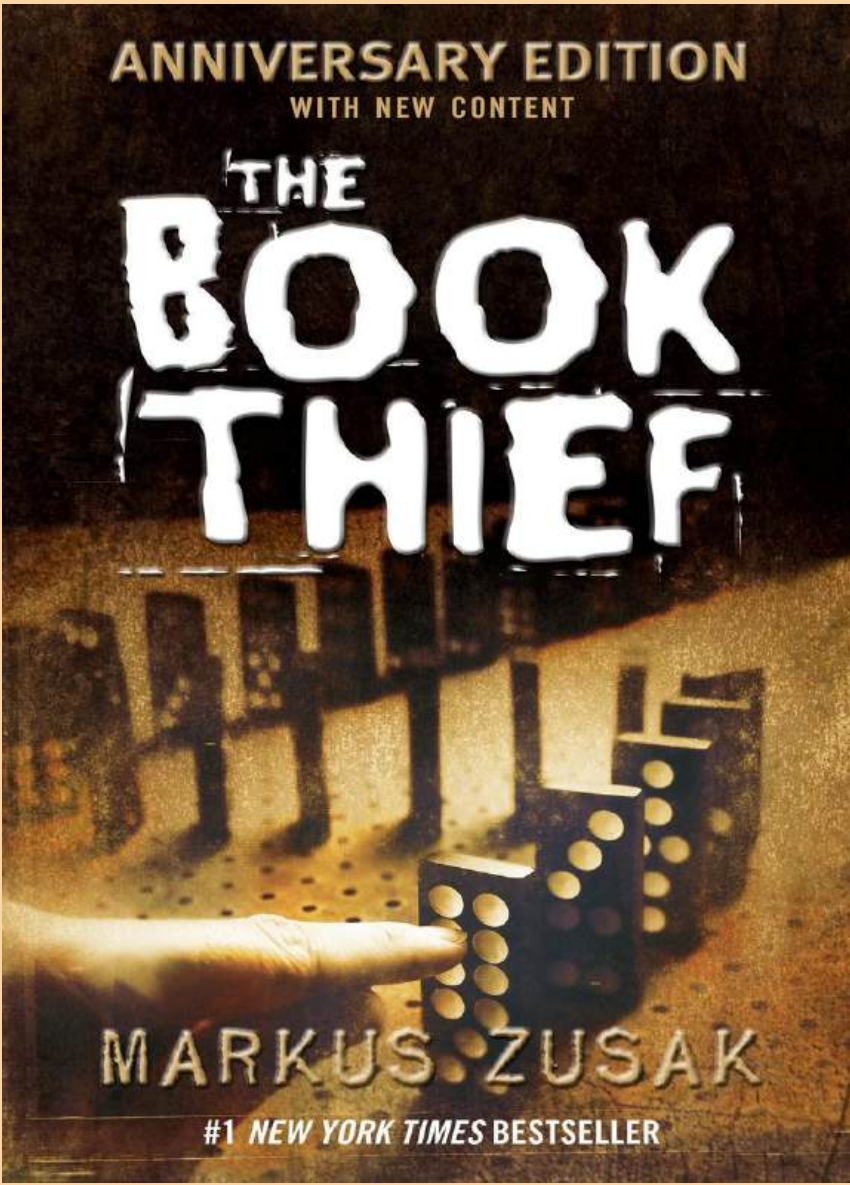
Margaret Atwood is an acclaimed Canadian novelist, poet, literary critic, and essayist. Her works explore themes of gender, power, identity, environmental concerns, and the future of society. She is renowned for her compelling storytelling and thought-provoking narratives.

Notable Works:

- The Handmaid's Tale
- Alias Grace
- Oryx and Crake

BOOK REVIEW

The Book Thief by Markus Zusak



This moving historical novel celebrates the power of words, books, and human resilience during difficult times. It reminds readers that literature can inspire courage, compassion, and hope.

QUOTABLE QUOTES

"There is no greater agony than bearing an untold story inside you."

- Maya Angelou

CREATIVE WRITING

Dreams

Hold fast to dreams

For if dreams die

Life is a broken-winged bird

That cannot fly.

Hold fast to dreams

For when dreams go

Life is a barren field

Frozen with snow.

Poetry by
- Langston Hughes

The poem emphasizes the importance of dreams and aspirations in giving meaning and purpose to life. Without dreams, life becomes empty, stagnant, and devoid of hope.

WORD OF THE WEEK

Resilience (noun)

Meaning: The ability to recover quickly from difficulties, adapt to challenges, and continue moving forward with strength.

Example: The students showed remarkable resilience while preparing for their examinations.

IDIOM HIGHLIGHT

“A blessing in disguise”

Meaning: Something that initially seems unfortunate but later turns out to be beneficial.

Example: Missing that job opportunity was a blessing in disguise because I later found a much better one.

WHY THE EL NIÑO THREAT IS BAD NEWS FOR INDIA'S GROWING ECONOMY

The erratic behavior of the global weather system known as El Niño is raising serious concerns among economists about its potential impact on India's financial growth. This climate phenomenon, which causes unusual warming in the Pacific Ocean, often leads to weak monsoons and severe droughts across the Indian subcontinent.



Because over half of India's farmlands rely entirely on rain rather than artificial irrigation, a bad monsoon directly translates to lower crop yields. When production drops for staple foods like rice, pulses, and oilseeds, food prices shoot up quickly. This kind of food inflation forces rural families to spend almost all their money on basic groceries, leaving very little to spend on other goods like motorcycles, clothes, or electronics. Since rural consumption drives a massive part of India's overall economy, a slowdown in village spending can drag down national growth.

The damage also ripples into other critical sectors. A severe water shortage

shrinks the reservoirs needed for hydro-power generation, which can cause electricity deficits during peak summer months. Furthermore, to control rising food prices at home, the government is often forced to ban agricultural exports, hurting global trade revenue.

Economists warn that as climate change makes El Niño cycles more intense and unpredictable, protecting the economy is no longer just about managing money it is about actively building drought-proof infrastructure for rural India.

GOVERNMENT UPGRADES PDS RICE QUALITY FOR THE FIRST TIME IN 30 YEARS

In a major move to provide better food to poor families, the central government has approved a historic upgrade to the quality of rice distributed under the Public Distribution System (PDS). For the first time in nearly three decades, the government is strictly cutting down the amount of broken grains allowed in ration rice.



Under the new rules approved by the Cabinet, the allowed limit of broken grains in raw rice is being slashed from 25% down to just 10%. For parboiled rice, the limit is dropping from 16% to 5%. The government made it clear that this change will not reduce the total amount of free ration that families get under the Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY). Instead, over 80 crore beneficiaries will now simply receive much cleaner, whole, and higher-quality grains.

Aside from giving families better food, this decision is a smart economic move. The extra broken rice that gets

filtered out at the mills will be auctioned off for industrial uses, like making ethanol biofuel and animal feed. By selling this broken rice directly from the mills and saving on transportation and packaging, the government expects to save around ₹2,161 crore every year.

To keep the system honest and stop corruption, the government is also introducing QR codes on rice bags so the grains can be tracked from the mill all the way to the ration shop. The new rules will roll out in a phased manner across all states over the next few seasons, marking a big step forward for India's food security.

FAST GROWING CASTOR SEEDS : A NEW WIN FOR INDIAN FARMERS

India is the world's largest producer of castor seed, but the crop traditionally takes a long time to grow, leaving farmers exposed to weather risks like late monsoons or sudden droughts. To solve this, leading oleochemical company Jayant Agro is teaming up with ICAR (Indian Council of Agricultural Research) institutes and agricultural universities to develop new, short-duration castor seed varieties.



Currently, standard castor crops take anywhere from 180 to 240 days to fully mature. This long cycle means farmers have to wait months for their returns and use a lot of water along the way. By working alongside government scientists, the company aims to create a hybrid variety that can be harvested much quicker. A shorter crop cycle would allow farmers to free up their fields faster, giving them the chance to plant a second crop in the same season and boost their overall income.

This initiative is part of a broader push toward sustainable farming. Developing resilient, fast-growing seeds will help smallholders save water, lower their cultivation costs, and protect their yields from unpredictable climate shifts. If successful, these new varieties could make castor farming much safer and far more profitable for rural communities across major growing states like Gujarat and Rajasthan.

CHINA STEPS INTO INDIA'S SOYBEAN OIL MARKET AS GLOBAL IMPORT COSTS RISE



India's cooking oil market is seeing a major shift as China has suddenly emerged as a key supplier of crude soybean oil. This unexpected entry comes at a time when global commodity prices are climbing and a weaker rupee is making imports much more expensive for Indian companies.

Traditionally, India has relied almost entirely on South American nations like Argentina and Brazil for its soybean oil. However, recent trade data reveals that China's share of India's crude soybean oil imports jumped to over 8% in recent months. This is a

massive change, considering China had almost no role in this market over the last few years. Together, Argentina, Brazil, and China now control the vast majority of India's imports.

This shifting trend highlights just how dependent India remains on foreign countries for basic food items. Global prices for soybean oil have jumped by more than 20% compared to last year, which is directly hitting household budgets as families spend more on daily groceries.

To tackle this issue, the government is pushing hard for self-reliance. Policymakers are urging a major focus on boosting local oilseed cultivation so that India can reduce its heavy import bills and protect regular consumers from unpredictable global trade.

FROM ZERO INPUT COSTS TO HIGHER INCOMES: GUJARAT'S NATURAL FARMING SUCCESS



While many farmers across India are struggling with the rising costs of chemical fertilizers and pesticides, tribal farmers in Gujarat's Dahod district are finding massive success by going back to basics. By embracing cow-based natural farming, they are cutting their production costs down to almost zero while actually getting better returns on their crops.

For a long time, small-scale farmers in this region spent a huge chunk of their income on expensive market chemicals just to keep their soil productive. Now, hundreds of farmers are switching to natural methods like Jeevamrut, a homemade soil booster made from cow dung, urine, jaggery, and pulse flour. This natural mixture doesn't cost anything to make, but it acts as a powerful fertilizer that brings dead soil back to life.

The results on the ground have been incredibly encouraging. Farmers are reporting that their crops are healthier, require less water, and are much stronger against unpredictable weather. Because they no longer have to buy costly chemical inputs, their overall profit margins have gone up significantly.

Local agriculture groups are helping spread the word by training more families on how to manage indigenous cows for farming. As the movement grows, Dahod is proving that sustainable, chemical-free farming isn't just good for the environment, it is also a highly profitable path for rural communities.

RAJASTHAN LAUNCHES 'KHUSHISHALA' FOR STUDENT WELL-BEING

In a pioneering initiative to strengthen mental health in schools, Rajasthan has launched 'Khushishala', a structured mental health and well-being programme for primary school students in around 1,500 government schools. Implemented by the Rajasthan State Council of Educational Research and Training (RSCERT), the initiative targets students from Classes 1 to 5 and focuses on emotional well-being, social development, and life skills through activity-based learning.

Officials said Rajasthan has become the first state in India to introduce a dedicated mental health programme at the primary education level. Alongside student-focused activities, the programme includes comprehensive teacher training to help educators understand and respond to children's emotional needs effectively.

Under the initiative, teachers undergo a three-day training programme followed by a 21-day audio-based course covering emotional awareness, stress recognition, relationship building, and well-being. Special teacher handbooks and mobile-

based learning resources have also been developed to support classroom implementation.

A pilot project conducted in Sirohi and Banswara districts in 2024 produced encouraging results. According to RSCERT, students recorded a 53 per cent improvement in socio-emotional skills, while girls showed an impressive 69 per cent improvement. The programme also strengthened teacher-student relationships and reduced academic stress through interactive learning activities.

Following its success, the initiative is being expanded across the state. More than 11,300 teachers will be trained, and the programme will be extended to 649 PM SHRI schools, ensuring that over 12,000 schools have trained teachers to support students' emotional well-being and holistic development.

UP GOVERNMENT LAUNCHES MASSIVE SKILL TRAINING PROGRAMME FOR OVER 36,000 STUDENTS



Uttar Pradesh has announced a big vocational training program that will provide over 36,000 students from the state's public schools with vocational education which is employment-oriented in nature. The training will help prepare these young people to have the skills needed for the workforce and for entrepreneurship.

This program will offer hands-on training in electronics, agriculture, health care, information technology, apparel, beauty/wellness and many different kinds of green jobs. This way, as students complete their regular continuing education programs, they will also have gained practical skills for a particular industry.

State officials believe that by introducing vocational education at the

DUSU LAUNCHES COURT INTERNSHIP PROGRAMME TO GIVE LAW STUDENTS REAL-WORLD EXPERIENCE

A new internship programme created by the Delhi University Students' Union (DUSU) will allow more than 650 law students to gain first-hand practical courtroom experience through internships that bridge the gap between what is learned in the classroom and what happens in actual legal practice.

Students participating in this program will have the opportunity to observe court hearings; interact with attorneys, judges and others in the legal profession; gain an understanding of how the court system functions; and develop legal reasoning, courtroom behaviour, and knowledge of court procedures which will better prepare them for future careers in law.

Many law schools emphasise theoretical study of law, but having practical experience is just as important as an educational tool for preparing students for their professional career. The internship programme provides students with valuable experiences that cannot be taught in a traditional classroom.

Through the DUSU internship



programme, participants will also develop professional relationships with attorneys, judges and legal professionals while gaining exposure to multiple areas of law. This exposure will help students make more informed decisions regarding their future careers in law, as well as build their confidence before entering the workforce. By creating opportunities for experiential learning, DUSU hopes to equip law students with the practical skills and professional understanding needed to succeed in India's increasingly competitive legal landscape.

MAHARASHTRA PLANS MEGA SKILL UNIVERSITY TO CREATE FUTURE-READY WORKFORCE

Maharashtra plans to reinforce its skill development system by establishing a world class Skill University in Mumbai as part of their proposed investment of close to ₹7000 crores. The project also intends to revolutionise the vocational education space through the creation of an environment that focuses on industries to help students prepare for jobs that are needed in the future.

The new university will consolidate all of the elements of technical education, skills training, innovation and partnerships with industry onto one campus. It will also supply modern buildings, advanced laboratories, research facilities, and centres for specialised training that are aligned with the needs of industries that are changing rapidly.

According to state officials, the university will be an important part of meeting the demand for skilled workers across different sectors. Manufacturing, information technology (IT), artificial intelligence (AI), renewable energy, logistics and advanced engineering are

among the industries where there will be an increased need for skilled employees. Strong partnerships with businesses will allow students to gain real-world experience while they complete their education.

In addition to these improvements, the project hopes to improve the quality of education in industrial training centres (ITIs) through curriculum development, facility upgrades and technology-enabled learning systems to increase employability and entrepreneurship among youth.

Once completed, the Skill University is expected to become a major hub for vocational excellence, helping Maharashtra produce a highly skilled workforce capable of meeting national and global industry demands while supporting long-term economic growth.

BREAKING BARRIERS: GUJARAT OPENS NEW DOORS FOR TRIBAL STUDENTS IN PROFESSIONAL EDUCATION



The government of Gujarat is working to improve access to higher education for students in tribal communities. Investments are being made to improve educational facilities in all parts of the State where there are tribal communities as well as to create additional support for these students financially.

The objective of this initiative is to provide talented students with the opportunity to pursue a career in a professional field such as Engineering, Medicine or Science without having to deal with barriers based on geography or finances.

Chief Minister Bhupendra Patel believes that the government's approach to build new institutions, upgrade existing school facilities, and develop additional scholarship programmes will result in improved access to higher education for talented students in tribal communities and facilitate the ability of those students to seek out and compete for professional education, relative to non-tribal students.

In addition to improving infrastructure, the State will provide financial assistance programmes for economically disadvantaged families. An increase in the scholarship size and additional scientific scholarships will provide additional incentives to encourage female students to attend school.

Government officials believe that providing access to education will have a direct impact on improving social and economic conditions within these communities. Recent investments made by the State Government in smart classrooms, digital tools to support learning, and science labs have begun to bridge the gap between urban and rural areas of education.

Durgesh K. Dubey

INDIA AND JAPAN BUILD A WIDER STRATEGIC BRIDGE FROM DEFENCE TO ARTIFICIAL INTELLIGENCE



India and Japan have opened a broader chapter in their long-standing partnership by agreeing to deepen cooperation in defence, trade, artificial intelligence, energy security and resilient supply chains. The decisions were taken at the 16th India–Japan Annual Summit in New Delhi, held during Japanese Prime Minister Sanae Takaichi's first official visit to India after taking office.

The summit came at a time when global trade routes are under pressure, regional security concerns are growing and many countries are trying to reduce excessive dependence on a small number of suppliers. Against this background, India and Japan presented themselves as trusted partners capable of combining India's large market and skilled workforce with Japan's technology, capital and manufacturing expertise.

Defence and maritime security formed an important part of the discussions. Both countries agreed to expand joint military exercises, improve maritime awareness and strengthen cooperation between their defence industries. Progress on jointly developing naval communication equipment was welcomed as a significant step towards technology-based defence collaboration. The two sides also plan to hold another round of their foreign and defence ministers' dialogue in Japan.

The partnership is no longer limited to military cooperation. Economic security has emerged as a central pillar because semiconductors, medicines, energy equipment and critical minerals now influence national security as much as traditional defence systems. India and Japan adopted a framework to promote cooperation in semiconductors, clean energy, digital communications, pharmaceuticals and strategic materials. They also recognised the danger of relying heavily on a single country for essential supplies.

Artificial intelligence received special attention. The two governments launched a strategic dialogue on AI and agreed to promote trusted digital infrastructure, secure data systems and innovation. The cooperation can help researchers, startups and companies develop practical AI applications while reducing risks associated with cyberattacks, misinformation and insecure technologies.

Trade and investment were also high on the agenda. The two

countries reviewed progress towards Japan's major investment commitments in India and agreed to update their existing trade agreement so that it better reflects emerging industries. Cooperation is expected to grow in automobiles, industrial machinery, healthcare, food processing, logistics, textiles and financial services.

A new forum for small and medium enterprises was also inaugurated. This could help Japanese companies connect with Indian manufacturers, startups and suppliers outside the largest metropolitan cities. Such partnerships may bring technology, employment and industrial investment to Tier Two and Tier Three centres.

Infrastructure remains one of the most visible symbols of the relationship. Japan reaffirmed support for the Mumbai–Ahmedabad high-speed rail project, while both sides explored possibilities for future bullet-train corridors. Cooperation in metro rail, healthcare, education and agriculture will also continue.

Energy security gained urgency because of instability in West Asia and uncertainty around major shipping routes. India and Japan agreed to work on strategic petroleum reserves, diversified energy supplies, biogas, green hydrogen, clean ammonia and renewable technologies.

The summit showed how the relationship has evolved from development assistance into a deeper strategic partnership. For ordinary citizens, its success will be measured not by diplomatic declarations but by new jobs, safer seas, better transport, affordable technology and stronger industries. India and Japan now have an opportunity to turn shared concerns into practical cooperation that supports stability and growth across the Indo-Pacific.

FROM MOBILE PHONES TO MICROCHIPS: SANAND PLANT MARKS INDIA'S NEXT MANUFACTURING LEAP

India has taken another important step towards becoming a major semiconductor manufacturing hub with the inauguration of CG Semi's advanced Outsourced Semiconductor Assembly and Test facility at Sanand in Gujarat. Developed with an investment of more than ₹7,500 crore, the plant strengthens the country's effort to build a complete electronics value chain instead of remaining dependent on imported chips and components.

The new facility will assemble, package and test semiconductor chips before they are supplied to industries. These stages are critical because even a well-designed chip cannot be used in an electronic product until it is properly packaged, protected and tested for performance. The Sanand unit has entered commercial production with the capacity to manufacture around 20 crore chips annually and has set a long-term target of producing up to five billion chips each year.

The plant represents the third major semiconductor manufacturing unit to become operational in India and is an important part of the Semicon India programme. Its journey from foundation stone in 2024 to chip testing in August 2025 and commercial production in 2026 also demonstrates a faster pace of project execution in a sector known for complex technology, costly equipment and strict quality requirements.

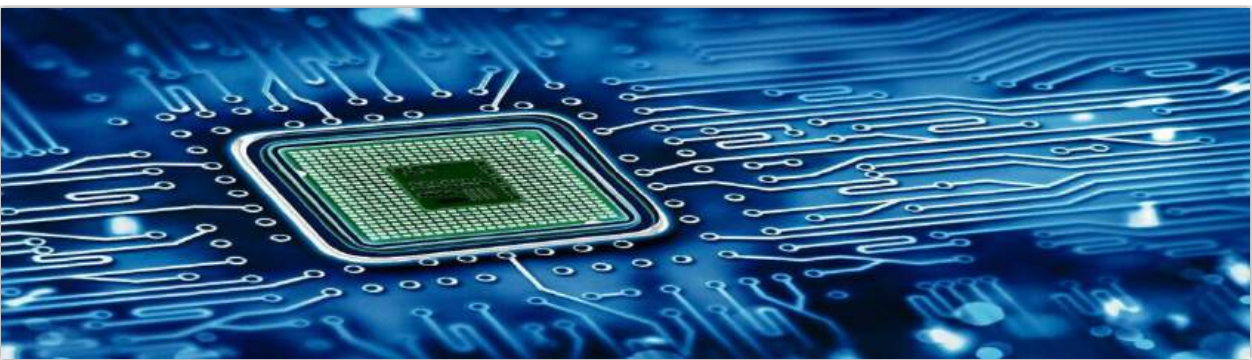
India's semiconductor push is closely connected to the rapid expansion of its electronics industry. Over the past decade, the country has moved from being heavily dependent on imported mobile phones to

becoming the world's second-largest mobile phone producer. Electronics manufacturing has expanded sharply, while exports have also grown. The next challenge is to manufacture more of the components that go inside smartphones, vehicles, medical equipment, industrial machinery, defence systems and digital devices.

Sanand is gradually emerging as a semiconductor cluster rather than the location of a single factory. Multiple chip-related projects in the region are expected to attract suppliers of chemicals, machinery, testing services, packaging materials and specialised logistics. Such clusters can create a chain reaction in which one large investment supports several smaller enterprises, startups and service providers.

The facility also highlights the role of international cooperation. The project brings together Indian industrial capability with Japanese and Thai technology partners, showing how trusted global partnerships can support domestic manufacturing. At the same time, India is trying to strengthen local capacity in chip design, fabrication, packaging, critical minerals and high-technology materials.

Employment is another major benefit. Semiconductor manufacturing requires engineers, technicians, machine operators, researchers and supply-chain professionals. Young women from tribal and rural backgrounds have reportedly received specialised overseas training before taking up technical responsibilities at the plant. Their participation shows how advanced manufacturing can create opportunities beyond traditional



urban and social boundaries.

However, one plant alone cannot make India self-reliant in semiconductors. The country will need reliable electricity and water, skilled workers, research institutions, stable policies and strong links between universities and industry. It must also continue investing in chip design and fabrication, where the technological and financial barriers are considerably higher.

The Sanand plant is therefore best seen as a foundation rather than a final achievement. Its real success will be measured by whether it helps India produce more valuable technology, reduce import dependence and create skilled employment. India has already learned how to assemble finished electronic products; the larger ambition now is to manufacture the tiny chips that power the modern world.

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Q. What lessons can be learned from Arjuna's crisis in the Bhagavad Gita for overcoming depression?

Ans. The Bhagavad Gita presents a powerful dialogue between Lord Krishna and Arjuna on the battlefield of Kurukshetra. Although the setting is a war, Arjuna's real struggle is emotional and psychological. Seeing his relatives, teachers, and friends on both sides, he becomes overwhelmed by grief, fear, guilt, confusion, and hopelessness. His limbs tremble, his mouth becomes dry, his concentration weakens, and he drops his bow, Gandiva. He wishes to withdraw from the battle and abandon his responsibilities.

The Gita is not a medical text or a substitute for professional mental health treatment, but it offers valuable guidance for emotional well-being. Its teachings on self-reflection, mindfulness, emotional control, purposeful action, and positive thinking resemble ideas found in modern psychology

and cognitive behavioural therapy. Arjuna's honest expression of distress becomes the first step toward healing. With Krishna's guidance, he gradually moves from despair and emotional paralysis to clarity, courage, confidence, and responsible action.

1) Accepting Emotional Struggles: One of the first lessons from Arjuna's crisis is that acknowledging emotional pain is not a sign of weakness. Despite being one of the greatest warriors, Arjuna openly admits his fears and confusion. He does not pretend to be emotionally strong. Many individuals experiencing depression attempt to hide their emotions because of social stigma or fear of judgment. The Bhagavad Gita teaches that recognizing one's mental state honestly is the first step toward recovery. Acceptance creates the possibility for guidance, reflection, and positive change.

2) Seeking Guidance and Support: After expressing his confusion, Arjuna humbly approaches Krishna as his teacher and guide. He says that he is unable to determine what is right and requests Krishna's instruction. This willingness to seek help marks the turning point in the dialogue. The lesson is highly relevant today. Individuals experiencing depression should not isolate themselves. Instead, they should seek support from trusted family members, friends, mentors, counselors, psychologists, or mental health professionals. Sharing emotional burdens often reduces psychological distress and provides fresh perspectives for solving problems. The Bhagavad Gita highlights that wisdom often emerges through dialogue, guidance, and meaningful relationships rather than through isolation.

3) Developing Clarity through Self-Knowledge: Krishna helps Arjuna distinguish between temporary emotions and deeper reality. He explains that confusion arises when emotions dominate reason. Through philosophical inquiry, Krishna gradually helps Arjuna understand his identity, responsibilities, and purpose. Depression frequently narrows an individual's thinking, causing excessive focus on failures, fears, or losses. The Gita encourages self-awareness by asking individuals to examine their thoughts objectively rather than becoming overwhelmed by them. Self-reflection helps people recognize distorted thinking patterns and replace them with balanced perspectives. Developing self-knowledge allows individuals to understand their strengths, values, and purpose beyond temporary emotional difficulties.

4) Discovering Purpose in Life: One major reason for Arjuna's despair is the loss of purpose. He questions whether victory, wealth, or power has any meaning if obtained through suffering. Krishna redirects his attention toward Dharma, or righteous

duty. Purpose gives direction during difficult times. Modern psychological research also suggests that people with a strong sense of meaning are better able to cope with adversity and emotional stress. The Bhagavad Gita teaches that individuals should focus on fulfilling their responsibilities according to their values rather than becoming overwhelmed by fear or uncertainty. A meaningful purpose provides motivation to continue moving forward even during emotional challenges.

5) Nishkama Karma: Freedom from Excessive Expectations: Perhaps the most famous teaching of the Bhagavad Gita is Nishkama Karma, performing one's duties without attachment to the results. Krishna advises Arjuna to focus on sincere effort rather than becoming anxious about success or failure. Many cases of depression and chronic stress are aggravated by unrealistic expectations, fear of failure, perfectionism, and excessive comparison with others. Nishkama Karma reduces this burden by encouraging individuals to concentrate on actions within their control while accepting that outcomes are influenced by many factors beyond personal control. This mindset promotes resilience, reduces anxiety, and encourages continuous effort without emotional exhaustion.

6) Emotional Regulation through Equanimity: Krishna repeatedly advises Arjuna to cultivate equanimity (Samatvam)—remaining mentally balanced during success and failure, pleasure and pain, praise and criticism. Emotional stability does not mean suppressing emotions but learning not to be controlled by them. Depression often causes individuals to become trapped in cycles of negative thinking and emotional extremes. The practice of equanimity encourages emotional resilience by teaching acceptance, patience, and inner balance. This balanced outlook enables individuals to respond thoughtfully rather than react impulsively to life's challenges.

7) Mind Control and Meditation: The Bhagavad Gita recognizes that the human mind is naturally restless. Arjuna himself admits that controlling the mind appears more difficult than controlling the wind. Krishna agrees that the mind is difficult to control but explains that it can be trained through regular practice (Abhyasa) and detachment (Vairagya). Meditation, mindful breathing, self-discipline, and regular reflection help reduce mental agitation and improve concentration. Modern scientific research has shown that mindfulness meditation can reduce stress, anxiety, and depressive symptoms by improving emotional regulation and reducing excessive rumination. The Gita therefore emphasizes training the mind rather than becoming its helpless victim.

8) Positive Thinking and Cognitive Transformation: Throughout the dialogue,

Krishna gradually replaces Arjuna's negative beliefs with constructive understanding. Instead of merely comforting him, Krishna challenges his irrational assumptions and encourages rational thinking. This resembles modern cognitive therapy, where individuals learn to identify distorted thoughts and replace them with healthier interpretations. By changing his perspective, Arjuna moves from helplessness to confidence. The Bhagavad Gita demonstrates that changing one's way of thinking often transforms emotional experience.

9) Selfless Service and Compassion: Krishna encourages Arjuna to perform actions for the welfare of society rather than merely for personal gain. Working for a larger purpose reduces excessive self-focus and creates deeper life satisfaction. Acts of kindness, volunteering, community service, and helping others have been shown to improve emotional well-being by strengthening social connections and fostering a sense of meaning. The principle of selfless service reminds individuals that contributing to others often enhances their own mental health.

10) Building Resilience through Faith: Faith, in the context of the Bhagavad Gita, refers not only to religious belief but also to trust in one's inner strength, moral values, and the meaningfulness of life. Krishna repeatedly assures Arjuna that sincere effort guided by righteousness ultimately leads to growth. Hope is one of the strongest protective factors against depression. Maintaining faith during adversity enables individuals to persevere despite temporary setbacks and uncertainty.

Arjuna's crisis reflects universal emotional conflict, self-doubt, and despair. His transformation shows that wisdom, purpose, meditation, equanimity, selfless action, and proper guidance can build resilience and inner peace. However, depression may require professional treatment. The Bhagavad Gita should support, not replace, evidence-based mental healthcare. Together, spiritual insight and psychological care can promote courage, clarity, hope, and holistic well-being.

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SOME HEARTS CHOOSE TO STAY, EVEN WHEN THE WORLD WALKS AWAY!

From the day we are born until the day we leave this world, we meet thousands of people. Some become classmates, colleagues, neighbours, acquaintances, or even close friends for a short period. They enter our lives, leave memories behind, and eventually move on. But if we pause for a moment and ask ourselves a simple question, how many of them will truly stay until the end?, the answer is often, very few.

Life has a unique way of revealing who genuinely belongs in our journey. During moments of success, celebrations, and happiness, many people are willing to stand beside us. They applaud our achievements and enjoy the bright chapters of our story. However, the true measure of any relationship is not found in the good times but in the difficult ones. It is during failure, heartbreak, loss, and uncertainty that the real people in our lives quietly step forward.

These are the people who have seen us at our best and at our worst. They have witnessed our victories as well as our mistakes. They know our strengths, our weaknesses, our fears, and our dreams. Yet, despite knowing every imperfect part of us, they choose to stay. Their loyalty is not based on convenience or personal gain but on genuine care and unconditional support.

Finding such people is one of life's greatest blessings. They are the ones who guide us when we lose our direction, encourage us when we doubt ourselves, and celebrate our growth without envy. They are honest enough to correct us when we are wrong and compassionate enough to comfort us when we are hurting. Their advice may not always be what we want to hear, but it is often what we need the most.

With these few people, there is no need to wear a mask. Your life becomes an open book before them. They understand you not only from the outside but, more importantly, from within. They recognize your intentions even when your words fail to express them. They see beyond temporary anger, frustration, or emotional outbursts because they know the goodness that lies beneath your imperfections.

No human being is perfect. We all have flaws, moments of weakness, and days when our emotions overpower our better judgment. Sometimes we speak harshly, make poor decisions, or lose our temper. Yet the people who truly love us do not abandon us because of these moments. Instead, they understand that a person's character is much deeper than a single mistake. They choose patience over judgment and understanding over criticism.

As life moves forward, we often realize that happiness is not measured by the number of people we know but by the quality of the few who genuinely care. Those rare souls become our greatest strength, our safest place, and our constant reminder that we never have to face life alone.

So, instead of trying to impress everyone, cherish the few who



remain beside you through every season of life. Protect those relationships, value their presence, and never take them for granted. In the end, it is not the crowd that defines our lives, it is the faithful few who choose to stay.

WHEN LIFE GETS IN THE WAY, DON'T LET YOUR DREAMS GO



Imagine you've been given an important task. You know it's your responsibility, and you genuinely want to complete it. You begin with excitement and determination, but as time passes, life starts throwing unexpected challenges your way. Problems arise, responsibilities pile up, and suddenly the task that once seemed simple now feels impossible. Many people reach this point and decide to give up. But the real question is: Will you let obstacles define your story, or will you rise above them?

Life has a way of testing our patience and determination. No journey toward success is ever smooth. There will always be setbacks, failures, and moments when everything seems to be working against us. These difficult moments are not signs that we should quit; rather, they are opportunities to discover how strong and capable we truly are.

Giving up may seem like the easiest option, but it also guarantees that you will never know what could have been. Every successful person has faced challenges that made them question their abilities. What separated them from the rest was not extraordinary talent but an extraordinary commitment to keep going. They chose to see every obstacle as a challenge instead of a reason to stop.

Once you make up your mind to achieve something, your focus begins to change. Instead of looking for excuses, you start looking for

solutions. Every problem becomes a lesson, every mistake becomes a stepping stone, and every failure becomes another chance to improve. Determination has a remarkable way of creating opportunities where none seemed to exist. As the saying goes, where there is a will, there is a way.

Success is not about never failing. It is about refusing to let failure have the final word. Each setback teaches resilience, patience, and perseverance, qualities that cannot be learned through comfort alone. The struggles you face today are shaping the person you will become tomorrow. Without challenges, there can be no meaningful growth.

Believe in your ability to overcome difficulties. Stay committed to your goals even when progress feels slow. Remember why you started, and don't allow temporary hardships to steal your long-term dreams. Every small step forward, no matter how insignificant it may seem, brings you closer to your destination.

In the end, success is not reserved for those who never fall. It belongs to those who get back up every single time they do. So when life gets in the way, don't walk away from your dreams. Accept the challenge, trust yourself, and keep moving forward with confidence. One day, you'll look back and realize that the very struggles you once feared became the foundation of your greatest achievements. Your failures were never meant to break you, they were meant to build the stronger, wiser, and more determined version of yourself.

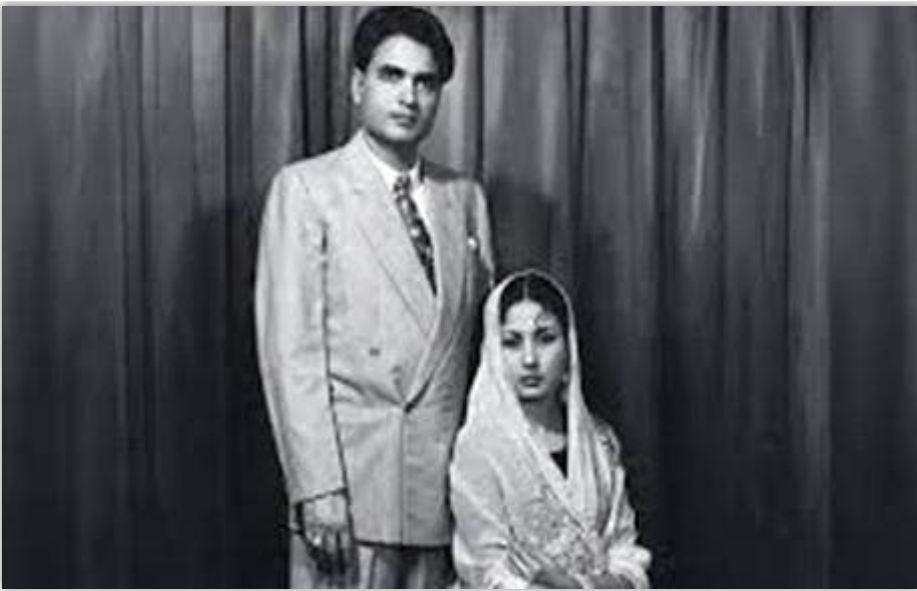
INDIAN ENVOY AND CHINESE OFFICIAL DISCUSS THE BILATERAL TRADE TIES

Indian Ambassador Vikram Doraiswami met a senior Chinese Commerce Ministry official to discuss strengthening India-China trade and commercial cooperation amidst rising bilateral trade and deficit. Beijing, Jun 29 (PTI) Indian Ambassador to China Vikram Doraiswami on Monday met a senior Chinese Commerce Ministry official and discussed issues related to trade and commercial cooperation between the two countries. Ambassador Doraiswami met Wang Liping, Director General of the Department of Asian Affairs, Ministry of Commerce of China, the Indian Embassy here said in a post on X. The post said that they exchanged views on various aspects of trade and commercial cooperation, including the bilateral dialogue mechanisms and discussed ways to strengthen cooperation in areas of mutual interest. They agreed to remain in touch. Both countries are currently in the process of normalising relations post the Eastern Ladakh conflict in 2020, which had frozen their ties. Currently, both countries have resumed Kailash-Manasarovar Yatra, visas, flights and a high-level dialogue mechanism. China has overtaken the US to emerge as India's largest trading partner in 2025-26, with bilateral trade reaching USD 151.1 billion, while the country's trade deficit with Beijing widened to an all-time high of USD 112.16 billion during the period, according to the Indian Commerce Ministry data. India's exports to China rose 36.66 per cent to USD 19.47 billion during the last fiscal year, while imports increased 16 per cent to USD 131.63 billion.



“KAMAL AUR MEENA” : BIOPIC SCRIPT READY, HANDWRITTEN NOTES AND DIARIES USED

Filmmakers of the most awaited biopic, “Kamal aur Meena” (WT), about legendary actress Meena Kumari and her husband, film director as well as screenwriter Kamal Amrohi, confirmed that the script is ready. The biopic will try to explore hidden facts about both their personal and professional lives, as well as their marital relationship. Filmmaker Siddharth P. Malhotra who has recently directed Ikka confirmed that the content is not based on rumours or public opinion; rather, it is based on official archival content. The script thus goes beyond gossip and uses 2000 handwritten letters, diaries, and official sources. Discussions on the cast are underway. While rumours and media claims that Kiara Advani is likely to be the part of the biopic, the director claimed that the actors have not been finalized yet. No official agreements have been signed yet. The decision will not only be based on the actor's interest and willingness, but also on the overall budget of the film. However, the filmmaker has emphasised that, more than the physical appearance, the actor and actress must be able to capture the emotional depth of Kamal and Meena, as the film seeks to tell their story through their own words.



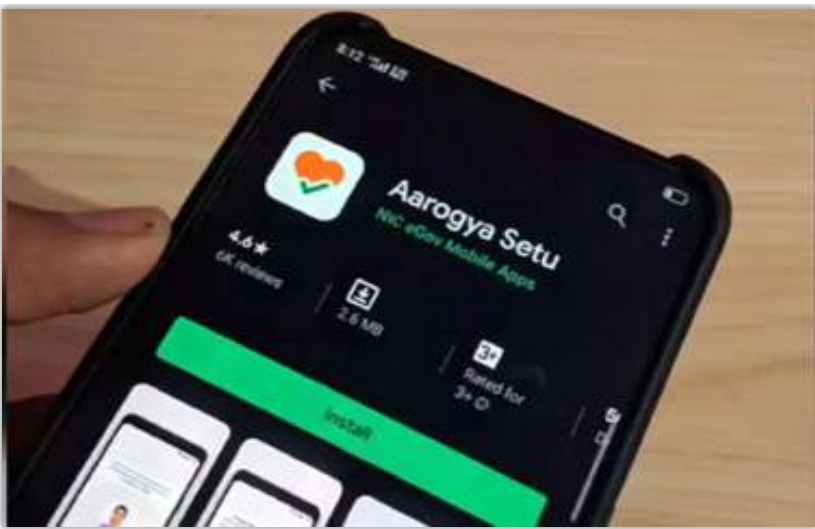
UBER EXPANDS SAFETY FEATURES IN INDIA WITH AMBULANCE SUPPORT THAT RECORD MY RIDE FEATURE

Uber India has announced an expansion of its safety toolkit with the launch of encrypted video recording, ambulance assistance, in-app safety reminders, and other features aimed at making rides on its platform safer for both passengers and drivers. The company also said that its 24x7 safety line will now include ambulance assistance which can be requested by riders when medical attention is required. The average dispatch time of an ambulance is expected to be less than 15 minutes, as per Uber. It has partnered with medical logistics provider Dial 4242 to integrate ambulance assistance directly within its platform. Riders can now customise, manage, and mandate their own unique trip-verification PINs as part of a new 'Set Your Own Pin' feature on Uber. These new features were announced at the company's annual Uber Surakshit safety conference held in New Delhi on Tuesday, June 30. Union Minister for Road Transport and Highways Nitin Gadkari was the chief guest of the event, with outgoing Uber India and South Asia President Prabhjeet Singh, head of safety operations Sooraj Nair, and other company executives in attendance. Singh is leaving Uber to join OpenAI as its first managing director for India from September this year.



GOOGLE'S GEMMA 4 AND MEDICAL DATA TOOLKIT TO POWER INDIA'S AAROGYA SETU 2.0 APP

The National Health Authority (NHA) has integrated Google's open AI model Gemma 4 and Medical Data Toolkit with the Aarogya Setu 2.0 app. The deployment of Gemma 4 in the app aims to create comprehensive health profiles and journeys rather than scattered information which makes it time consuming and difficult to examine. The essential data including lab tests, results, and methods will get converted into Fast Healthcare Interoperability Resources (FHIR). This ensures a smoother transition between hospitals and better communication and data exchange about the patient, resulting in significantly better treatment outcomes. The app further features real-time vitals tracking from wearables, a transparent PM-JAY wallet to track insurance coverage, and live e-RaktKosh updates on national blood bank availability. Preeti Lobana, Vice President and Country Manager of Google India, mentioned that AI capabilities were helping strengthen the country's digital health stack and Digital Public Infrastructure. She added that these tools were designed to empower Indians to more closely control their health journeys while the release of the toolkit reduced barriers to entry for health-tech innovation. The initiative, therefore, is a step forward in digital transformation and AI integration in the healthcare sector.



DUE TO EFFECTS PF EL NINO AND OTHER WEATHER PATTERNS INDIA RECEIVED LESS RAINFALL IN JUNE 2026

As much as 76 per cent of districts in India have received deficient (20 to 59 per cent below normal), large deficient (60 to 99 per cent below normal) or no rainfall, as of June 29. The southwest monsoon of 2026 started off with a huge deficit of 40 per cent in June. The reasons for this include the strengthening El Niño conditions in the Equatorial Pacific Ocean, the unfavorability of the Madden Julian Oscillation (MJO) near the Equator and the lack of low-pressure areas in the North Indian Ocean region in the current season. On June 30, 2026, the India Meteorological Department (IMD) stated that the monsoon advanced into some more parts of Madhya Pradesh, remaining parts of Chhattisgarh, Jharkhand & Bihar, some parts of Uttar Pradesh, most parts of Uttarakhand, and some parts of Himachal Pradesh and Ladakh. Even though the monsoon winds have covered most areas of the three out of the four homogenous regions in the country, rainfall is much below normal.



ISRO FIRES ADVANCED ROCKET ENGINE IN TAMIL NADU

The Indian Space Research Organisation recently tested a next generation rocket engine on 24 June at the ISRO Propulsion Complex in Mahendragiri, Tamil Nadu. With this, ISRO has achieved a significant milestone in the development of a new propulsion system, successfully conducting a hot test of its semi-cryogenic engine power head at 88% of its rated thrust which was equivalent to 175 tonnes. Earlier tests had been limited to 47% and 60% of the rated thrust, corresponding to 94 and 120 tonnes respectively. The achievement marks a step forward towards a full-thrust demonstration at 200 tonnes. The semi-cryogenic propulsion stage is being developed to replace the L110 core stage on India's LVM3 launch vehicle. Powered by the 2,000-kilonewton SE2000 engine, which uses liquid oxygen and kerosene-based fuel, the upgrade is expected to boost payload capacity from 8 to 10 tonnes and improve operational efficiency. ISRO Chairman V. Narayanan said that the test, conducted excluding the thrust chamber, had achieved close to 90% of the thrust load. He described the result as a major achievement and said the organisation was now preparing for a full engine test. He added that satellites were ready and that precise scheduling information would be released shortly.



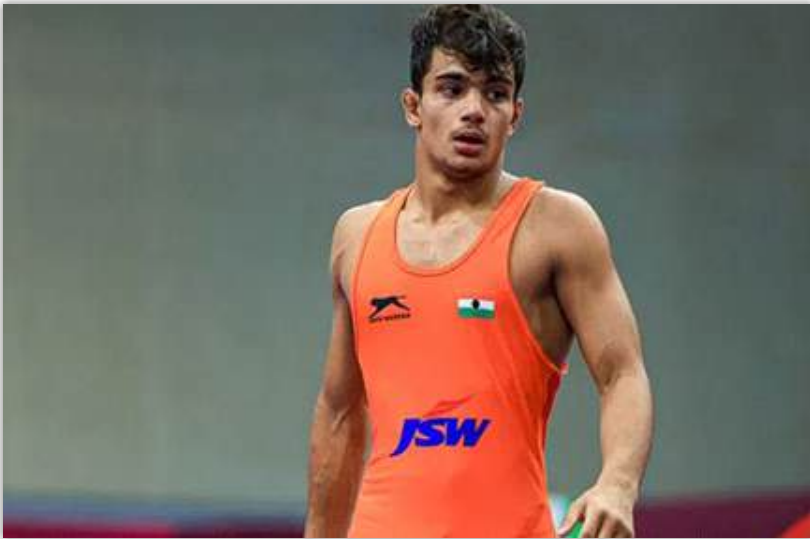
INDIAN MEN'S VOLLEYBALL TEAM SCRIPTS HISTORY ; WINS BRONZE AT AVC MEN'S CUP 2026

The Indian Men's Volleyball Team led by head coach Dragan Mihailović scripted history by winning their first ever bronze medal at the Asian Volleyball Confederation (AVC) Men's Cup 2026. The event was held on Sunday at the Veer Savarkar Sports Complex in Ahmedabad, Gujarat where India defeated Bahrain with a score of 3-1 (25-23, 23-25, 25-21, 25-17). Although the Indian team was narrowly defeated in a five-set semifinal by Indonesia (25-15, 24-26, 20-25, 25-19, 13-15), the Indonesian team went on to defeat South Korea to win the gold medal. South Korea took home the silver medal (34-32, 25-16, 25-23). Following the tournament, India jumped a massive 16 places in the FIVB Men's World Rankings, moving from No. 58 to No. 42. Union Minister for Youth Affairs and Sports, Dr. Mansukh Mandaviya, described the achievement as a landmark moment for Indian volleyball and stated it should serve as a stepping stone for greater success. He described that while the medal was historic, it should only be the beginning, adding that every achievement brings greater responsibility and higher expectations. He further noted that every policy, investment, and effort of the Government is aimed at helping athletes realize their full potential and consistently excel on the international stage.



INDIAN BOYS WIN FOUR GOLD MEDALS AT ASIAN UNDER-15 WRESTLING CHAMPIONSHIPS

India delivered a dominant performance at the Under-15 Asian Wrestling Championships, winning four gold medals and securing eight medals overall. The Indian contingent achieved a clean podium sweep across all weight categories in men's freestyle action on a successful day. Indian boys delivered a dominant performance on the third day of the Under-15 Asian Wrestling Championships, winning four gold medals as the country secured a total of eight medals in the men's freestyle competition here on Monday. Prathamesh S. Patil (52kg), Naitik (62kg), Keshav Harshad Chemte (75kg) and Vivek Chauhan (85kg) won gold medals in their respective weight categories to headline a stellar day for the Indian contingent. Apart from the four gold medals, India also secured one silver and three bronze medals to complete a 100 per cent podium finish across all eight weight divisions contested on the day. In the finals, Patil registered a commanding 10-0 win by technical superiority over Japan's Daichi Matsumi, while Chauhan delivered a clinical performance to blank another Japanese wrestler, Taisei Suzuki, 5-0. Naitik edged past Uzbekistan's Ismoiljon Nazirjonov 8-6 in a closely fought contest, while Chemte held his nerve in a high-scoring thriller to defeat Kazakhstan's Yersultan Suleiman 11-10. Meanwhile, Nitesh (57kg) settled for a silver medal after going down 2-10 to Japan's Aiseb Gharehdaghi in the final.



SARVESH KUSHARE CLEARS 2.31M TO SET A NATIONAL HIGH JUMP RECORD

The moment Sarvesh Kushare cleared 2.31m at Kalinga Stadium here on Saturday, becoming the first Indian to breach the 2.30m barrier and setting a new national record, his childhood coach Raosaheb Jadav was already looking ahead. His mind had shifted to 2.36m — and the Olympics. It was Raosaheb who first spotted Kushare's talent when the future national record holder, then a Class 7 student at Dr Bhosale Vidyalaya in Deogaon, began going toe to toe with boys several years older than him. Back then, however, there were hardly any facilities. When Kushare switched from the scissor's technique to Fosbury Flop, he needed a proper landing area. So Raosaheb and Sarvesh's father Anil Kushare decided to build one themselves. The pit, built when Kushare was in Class 9, became the foundation of a remarkable journey. Despite the hardships, he kept improving and went on to win medals at the state and national levels. Anil said that during his school days, he often competed barefoot because we couldn't afford proper shoes. Yet he never gave up. That is why this achievement feels so special for our family, a farmer who grows onions and mushrooms among other crops in his village.



KIDAMBI SRIKANTH FINISHES RUNNER-UP AT US OPEN SUPER 300 TOURNAMENT AFTER A HARD-FOUGHT FINAL MATCH

India's Kidambi Srikanth ended his brilliant run with a runner-up finish at the US Open Super 300 badminton tournament after going down fighting in three games to Chinese Taipei's Su Li-yang in the men's singles final in California. The 33-year-old Srikanth, a silver medallist at the 2021 World Championships, recovered from the loss of the opening game to force a decider but couldn't match the pace and intensity of world No. 46 Su, who is nine years his junior. Srikanth, who had claimed six Super Series titles between 2014 and 2017, eventually lost 15-21, 21-16, 9-21 in a physical battle that lasted just over an hour here on Sunday. After the match the man from Guntur said that I could have played a little better, maybe in the opening set. Otherwise, I feel I've played okay. The second half of the third set, it was just hitting really well all of a sudden. A Rio Olympics quarterfinalist, Srikanth also ended second at the Malaysia Masters Super 500 and Syed Modi International Super 300 last year.



5-YEAR-OLD WINS MAIDEN INTERNATIONAL MEDAL IN KARATE

A five year old karate prodigy, Mehreen Kaur from Ludhiana, Punjab, has scripted history by earning her maiden international medal. The young girl, who is an LKG student at The Shri Ram Global School, South City, won a silver medal at the 25th Milo International Karate Championship. The tournament was held in Kuala Lumpur, Malaysia, from June 25 to 28. She competed against around 2,000 other athletes from 18 countries, defeating her competitors four times. Among the other notable performers at the championship was Laashreeyna Balachandran, a Malaysian karateka who secured a gold medal in Individual Kumite (Under 14) and a silver medal in Female Team Kumite (11–13 Years). Her coach, Lalita Rani, speaking on her commendable performance, stated that she started practicing at the age of four. She mentioned that while it was difficult to teach young children, Mehreen performed well and has earned medals at both district and national levels. Her parents mentioned that they had two daughters whom they treated like sons. Joyous with their daughter's victory, her mother stated that she could not sleep for two days. With consistency, discipline, determination, and her parents' support in channeling her energy and confidence she has become a global voice in karate.



INDIAN MEN'S HOCKEY TEAM DEFEATS ENGLAND AFTER INITIAL GOALLESS DRAW IN FIH PRO LEAGUE REVERSE FIXTURE

The Indian Men's Hockey Team defeated England 3-2 in a penalty shoot-out during the FIH Pro League reverse fixture. The match was held last Sunday at the Lee Valley Hockey and Tennis Centre in London. Defender Sanjay was declared the Player of the Match. Initially, England tried to attack, with Sam Ward securing an early penalty corner won off Yashdeep Singh. However, Indian goalkeeper Mohith Shashikumar, with his incredible defensive performance, made a double save. By the second quarter, it was a goalless draw, although Abhishek and Jarmanpreet tried their best. The Indian Team picked up momentum after the second quarter with a counterattack led by Hardik Singh, who also created a penalty corner in the 37th minute. However, the opportunities could not be converted into a goal. Nicholas Park's green card was a major turning point in the match. Furthermore, the Indian team took a video referral in the same quarter when England was given a penalty stroke, which successfully overturned the decision. It was finally during the final quarter when the deadlock of 0-0 was broken, and Sukhjeet Singh won a penalty corner with an excellent piece of play, leading to a series of penalty corners. England's counterattack was defended by Jarmanpreet Singh and Sanjay Karkera, who made an excellent save to keep the Indian team victorious. This match boosted their confidence for the upcoming marquee tournament.



RRB SECTION CONTROLLER
RECRUITMENT 2026



The Railway Recruitment Boards (RRBs) have released a short notification for the recruitment of 119 Section Controller posts under CEN 03/2026. This recruitment provides graduates an opportunity to join Indian Railways in an important operational role. The detailed notification will be released before the commencement of online applications.

- Key Highlights:**
- Organization: Railway Recruitment Boards (RRBs)
 - Post Name: Section Controller
 - Total Vacancies: 119 Posts
 - Category: Railway Recruitment

- Educational Qualification**
- Graduation in any discipline from a recognized university.

- Salary**
- Pay Level:Level-6 of the 7th CPC
 - Initial Basic Pay:₹35,400 per month

- Important Dates**
- Detailed Notification: 14 July 2026
 - Application Start Date: 15 July 2026
 - Last Date to Apply: 14 August 2026
 - Examination Date: To be announced

- Age Limit**
- Minimum Age: 20 Years
 - Maximum Age: 33 Years
 - Age relaxation is applicable as per Government rules.

- Selection Process**
- Computer Based Test (CBT)
 - Computer Based Aptitude Test (CBAT)
 - Document Verification
 - Medical Examination

- How to Apply**
- Visit the official RRB website.
 - Complete the online registration.
 - Fill in the application form carefully.
 - Upload the required documents and pay the application fee, if applicable.
 - Submit the application and save a copy for future reference.

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

NIACL APPRENTICES RECRUITMENT 2026 – APPLY ONLINE FOR 550 POSTS

The New India Assurance Company Limited (NIACL) has released the official notification for the recruitment of 550 Apprentice posts under the Apprentices Act, 1961. This recruitment offers graduates an opportunity to gain one year of practical training in the insurance sector with a monthly stipend.

- Recruitment Highlights**
- Organization: The New India Assurance Company Ltd. (NIACL)
 - Post: Apprentice
 - Total Vacancies: 550
 - Training Duration: 12 Months
 - Monthly Stipend: ₹12,300
 - Job Location: Across India
 - Application Mode: Online

- Eligibility Criteria**
- Graduate in any discipline from a recognized university.
 - Graduation result declared between 01 January 2022 and 01 June 2026.
 - Age Limit: 21–30 years (as on 01 June 2026). Age relaxation applicable as per Government rules.
 - Candidates with previous apprenticeship training or more than one year of post-graduation work

experience are not eligible.

- Selection Process**
- Online Written Examination
 - Regional Language Test
 - Document Verification

- Application Fee**
- General/OBC/EWS (Male): ₹944
 - General/OBC/EWS (Female): ₹708
 - SC/ST/PwBD: ₹236

- Important Dates**
- Online Registration: 23 June 2026
 - Last Date to Apply: 06 July 2026
 - Online Examination: 12 July 2026

- How to Apply**
- Register on the NATS Portal and complete your profile.
 - Apply for the NIACL Apprenticeship and obtain the NATS enrolment number.
 - Complete the application on the BFSI SSC portal.
 - Upload the required documents and pay the application fee online.
 - Submit the application and save the confirmation page for future reference.



- Apply for the NIACL Apprenticeship and obtain the NATS enrolment number.
- Complete the application on the BFSI SSC portal.
- Upload the required documents and pay the application fee online.

Submit the application and save the confirmation page for future reference.

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

SANGLI DCC BANK CLERK RECRUITMENT 2026 – APPLY ONLINE FOR 444 POSTS

The Sangli District Central Co-operative Bank Ltd. (SDCC Bank) has invited online applications for the recruitment of 444 Clerk (Junior Assistant) posts. This recruitment offers an excellent opportunity for graduates seeking a career in the cooperative banking sector in Maharashtra.

- Recruitment Highlights**
- Organization: Sangli District Central Co-operative Bank Ltd.
 - Post: Clerk (Junior Assistant)
 - Total Vacancies: 444
 - Job Location: Sangli District, Maharashtra
 - Application Mode: Online
 - Last Date to Apply: 08 July 2026

- Eligibility Criteria**
- Graduation in any discipline from a recognized university.
 - MS-CIT or equivalent computer certificate is mandatory (exempted for Computer Science/IT graduates).
 - Sangli District domicile certificate is compulsory.
 - Age Limit: 18 to 35 years (as on 20 June 2026). Age relaxation as per rules.

- Salary**
- ₹22,000 per month during the 12-month probation period.
 - Regular Clerk pay scale after successful

completion of probation.

- Selection Process**
- Online Computer-Based Examination
 - Personal Interview
 - Document Verification

- Application Fee**
- ₹1,180 (₹1,000 + 18% GST) for all categories.

- Important Dates**
- Online Application Starts: 24 June 2026
 - Last Date to Apply & Fee Payment: 08 July 2026
 - Admit Card: 7–10 days before the examination
 - Exam Date: To be announced

- How to Apply**
- Visit the official SDCC Bank careers portal.
 - Register using a valid email ID and mobile number.
 - Complete the online application form.
 - Upload the required documents, photograph, signature, and computer certificate.



- Pay the application fee online.
- Submit the application and save/print the confirmation page for future reference.

For more details candidates are asked to visit the official website

Deepika Singh



1. When will the Monsoon Session of Parliament 2026 be held?
2. Who announced the schedule for the Monsoon Session?
3. Who is leading India's recent six-country diplomatic tour?
4. How many countries are included in S. Jaishankar's recent foreign visit?
5. Which mission was recently announced by Skyroot Aerospace?
6. In which phase is the southwest monsoon expected to remain over central India?
7. Which weather phenomenon affected India's June rainfall?
8. Who developed the Vikram-1 launch vehicle?
9. How many sittings are planned for the Monsoon Session 2026?
10. Who approves the convening of a Parliament session?



1. I have served as both Chief Minister of Gujarat and Prime Minister of India. Who am I?
2. I am known as the "Iron Lady of Bengal" and founded the All India Trinamool Congress. Who am I?
3. I served as the Chief Minister of Uttar Pradesh and am the national president of the Bahujan Samaj Party. Who am I?
4. I lead the Indian National Congress and am the Leader of the Opposition in the Lok Sabha. Who am I?
5. I am India's Defence Minister and previously served as the Chief Minister of Uttar Pradesh. Who am I?
6. I am the Union Home Minister and am often called the BJP's master strategist. Who am I?
7. I am the Chief Minister of Tamil Nadu and lead the Dravida Munnetra Kazhagam (DMK). Who am I?

7.	M. K. Stalin
6.	Amit Shah
5.	Rajnath Singh
4.	Rahul Gandhi
3.	Mayawati
2.	Mamata Banerjee
1.	Narendra Modi
II) RIDDLES	
Murmu	
10.	President Droupadi
9.	19 sittings
8.	Skyroot Aerospace
7.	El Niño
6.	Active phase
(Vikram-1)	
5.	Mission Agaman
4.	Six countries
3.	Dr. S. Jaishankar
2.	Kiren Rijju
1.	20 July – 13 August 2026
I) QUIZ TIME	
ANSWERS	



SOYA KEEMA STUFFED BELL PEPPERS!

This Week, We're Relishing Protein-Packed Soya Keema Stuffed Bell Peppers!

Protein-Packed Soya Keema Stuffed Bell Peppers are a wholesome, high-protein dish made with soya granules, fresh vegetables, aromatic spices, and colourful bell peppers. Baked until tender and topped with a light layer of cheese (optional), they make a healthy and satisfying meal for lunch, dinner, or meal prep.

Ingredients:

4 medium bell peppers, 1 cup soya granules, 2 cups hot water, 1 teaspoon salt (for soaking), 1 tablespoon oil, 1 teaspoon cumin seeds, 1 medium onion (finely chopped), 2 tomatoes (finely chopped), 3 garlic cloves (minced), 1-inch ginger (grated), ½ cup green peas, ¼ cup grated carrot, ½ teaspoon turmeric powder, 1 teaspoon coriander powder, 1 teaspoon Kashmiri red chilli powder, ½ teaspoon garam masala, Salt and black pepper to taste, 2 tablespoons chopped coriander, ½ cup grated mozzarella (optional).

Preparation

- Soak the soya granules in hot salted water for 5–7 minutes. Drain, rinse, and squeeze out the excess water.
- Cut the tops off the bell peppers, remove the seeds, brush with a little oil, and bake at 180°C for 10 minutes.
- Heat oil, add cumin seeds, then sauté onions, ginger, and garlic. Add tomatoes, peas, carrot, spices, and cook until soft. Mix in the prepared soya granules and cook for 5–7 minutes. Stir in chopped coriander.
- Fill the bell peppers with the soya keema mixture, sprinkle with cheese if using, and bake at 180°C for 20–25 minutes until the peppers are tender.



Serving Tip:

Serve hot with mint yogurt dip, green chutney, or a fresh salad. Garnish with chopped coriander for a nutritious, protein-rich meal.

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	SUBMISSION DETAILS
• Age Limit: Up to 24 years	• Email your artwork to: thehulahultimes@gmail.com
• Artwork Size: A4	• Subject Line: ARTWORK
• Format: Hand-drawn only	• Include: Your Name, Age, School/College Name, and Phone Number
CONTACT INFORMATION	
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