

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



JAGANNATH RATH YATRA 2026: THE JOURNEY THAT TEACHES THE WORLD TO MOVE TOGETHER

Every year, millions of devotees gather on the sacred streets of Puri, not merely to witness a grand procession, but to experience a timeless tradition that unites hearts beyond religion, language, caste, and nationality. The Jagannath Rath Yatra is more than a festival it is a living symbol of faith, equality, devotion, and humanity. In 2026, as the magnificent chariots once again roll through the streets of Odisha, they carry with them a message that is as relevant today as it was centuries ago: God comes to the people, not the other way around.

The word Jagannath literally means "Lord of the Universe." Unlike many temples where devotees must enter the sanctum to seek blessings, Lord Jagannath steps out of His temple once every year to meet every soul without discrimination. Along with His elder brother Lord Balabhadra and sister Devi Subhadra, He embarks on a divine journey from the Jagannath Temple to the Gundicha Temple. This sacred procession reminds us that divine love is never confined within walls it reaches everyone equally.

The Rath Yatra is one of the oldest continuously celebrated festivals in the world, with traditions dating back over a thousand years. The three gigantic wooden chariots are handcrafted every year by skilled artisans using sacred neem wood, following ancient rituals passed down through generations. No nails from the previous year are reused, symbolizing that every journey in life offers a fresh beginning. The construction itself is considered an act of worship, where devotion is measured not by words but by dedication and craftsmanship.

Perhaps the most extraordinary sight during the festival is the sea of humanity pulling the enormous chariots with thick ropes. People from every background—rich and poor, young and old, Indians and foreigners stand shoulder to shoulder with a common purpose. There is no distinction of status. Every hand that holds the rope becomes equal. It is a powerful reminder that society progresses only when everyone moves together in the same direction.

One of the most touching rituals of the Rath Yatra is the Chhera Pahanra, where the Gajapati King of Puri, despite being the traditional ruler, sweeps the chariots with a golden broom before the procession begins. This beautiful custom teaches that no position is greater than humility. Even the highest authority bows before service. In a world often driven by pride and power, this centuries-old ritual continues to inspire leaders to embrace humility and responsibility.

Beyond its religious significance, the Jagannath Rath Yatra also carries profound lessons for modern society. The



moving chariot represents the journey of life. The wheels symbolize time, which never stops for anyone. The ropes signify unity and collective effort, while the destination reminds us that every journey should have a purpose rooted in goodness and compassion. The festival encourages people to leave behind ego, hatred, and prejudice, replacing them with kindness, forgiveness, and harmony.

For countless devotees, witnessing the Rath Yatra is an emotional experience. The rhythmic chants of "Jai Jagannath," the resonating sounds of conch shells and traditional drums, the fragrance of flowers, and the vibrant colours of the decorated chariots create an atmosphere that touches even those who come merely as spectators. Faith transforms into celebration, and celebration transforms into a shared human experience.

The Rath Yatra also reflects India's remarkable cultural heritage. It showcases traditional architecture, classical music, folk art, handcrafted woodwork, and community participation on an unparalleled scale. The festival has inspired similar processions across the world, from London and New York to Melbourne and Johannesburg, proving that the message of Lord Jagannath transcends geographical boundaries.

In today's fast-paced world, where divisions often overshadow unity, the Jagannath Rath Yatra offers a timeless reminder that humanity moves forward only when compassion guides our journey. The Lord who is worshipped inside the temple willingly steps onto the streets, teaching that true greatness lies in reaching out to others rather than waiting to be approached.

As the grand chariots roll through Puri in 2026, they carry not only the deities but also centuries of wisdom. Every turn of the wheel whispers a simple yet profound truth: life is a journey best travelled together, with faith in our hearts, humility in our actions, and love for every fellow traveller.

The Jagannath Rath Yatra is therefore not merely a procession wit is a celebration of unity, equality, and hope. It reminds us that while destinations may differ, the path of compassion always leads us closer to the Divine.

Jai Jagannath!

#Notable_Story

From Battlefields to Palace Hotels: The Remarkable Life of Captain C. P. Krishnan Nair.... **Pg 02**

#Person_of_Interest

Salabega – The Devotee Whose Faith Stopped Lord Jagannath's Chariot.... **Pg 03**

#Commerce_Connect

The Silver Economy: Why India's Senior Citizens Are Becoming the Next Big Consumer Market.... **Pg 04**

#Krishi_Gyan

Climate Change Triggers Sharp Drop in Milk Production Across Indo-Gangetic Plains.... **Pg 06**

#Educational_News

Punjab to Introduce AI Curriculum in Schools from August.... **Pg 07**

#Artha_Gyan

E20 Petrol Sparks a Wider Debate over Mileage, Clean Energy and Consumer Confidence.... **Pg 08**

#Learning_and_Development through_Ancient_Indian_Wisdom

Q. How does the concept of Dharma contribute to mental well-being and protection against depression?.... **Pg 09**

#Lifelab

The Importance of Listening to Those Who Care.... **Pg 10**

#Current_News

How Chandrayaan 3 Resolves Lunar Mystery?.... **Pg 11**

#Sports_News

Paparkar Makes History as First Indian in 36 Years to Reach Wimbledon Boys'..... **Pg 12**

#Job_Junction

Bank of India (BOI) Credit Officer Recruitment 2026 **Pg 13**

FROM BATTLEFIELDS TO PALACE HOTELS: THE REMARKABLE LIFE OF CAPTAIN C. P. KRISHNAN NAIR

When seven-year-old Krishnan Nair travelled with his uncle to Mysore during the magnificent Dasara celebrations, he saw something that remained in his heart for the rest of his life. Before him stood Mysore Palace, glowing with thousands of lights. Its great halls, domes, arches and gardens appeared to belong to another world.

The child came from a modest family in Kannur, Kerala. His father worked as a government bill collector, and the family had few comforts. As Krishnan looked at the palace, he did not feel defeated by his poverty. Instead, a dream silently entered his mind.

“One day,” he thought, “India's beauty and hospitality should be experienced by people from across the world.”

He did not yet know how that dream would be fulfilled. Life would first take him through poverty, military service, textiles, success, opposition, enormous financial risks and painful setbacks.

Krishnan was a bright and confident student. When the Maharaja of Chirakkal visited his school, he composed and recited a poem in the ruler's honour. Impressed by his talent, the Maharaja reportedly granted him a scholarship. That incident taught the boy that sincere effort could open doors that poverty seemed to keep closed.

As a teenager, he became attracted to India's freedom movement. In 1942, he joined the Army and served as a wireless officer. He later rose to the rank of Captain in the Maratha Light Infantry. Army life taught him punctuality, courage, discipline and responsibility. It also taught him to remain calm when circumstances turned unfavourable.

His character reflected the teaching of the Bhagavad Gita:

“कर्मण्येवाधिकारस्ते मा फलेषु कदाचना।”

You have a right to perform your duty, but you should not become controlled by anxiety about its reward.

In 1951, Captain Nair left the security of the Army. It was a difficult decision because he did not possess great wealth or an established business empire. He entered the handloom and textile sector and became associated with efforts to promote Indian handloom products abroad.

The beginning was not easy. Indian handloom workers possessed wonderful skills, but their products had limited access to international markets. Captain Nair travelled, studied foreign demand and worked to create opportunities for Indian fabric. He helped popularise colourful Indian textiles, including the material known as “Bleeding Madras.” He later developed the lace and garment business connected with the Leela name.

His success benefited not only his family but also Indian weavers, dyers, tailors and other workers. He believed that enterprise should create employment and preserve human dignity.

His work expressed the ancient wisdom:

“उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः।”

Great tasks are completed through determined effort, not through wishes alone.

During his foreign travels, Captain Nair stayed in some of the finest hotels in Europe and America. He admired their service and grandeur, but he also realised that India possessed its own priceless tradition of hospitality. Why, he wondered, could India not create hotels equal to the finest in the world while remaining proudly Indian?

People around him could have dismissed the idea as too ambitious. He had no formal background in hotel management. Moreover, he was approaching an age when most people begin preparing for retirement. Nevertheless, he entered the hotel business in his sixties.

The opening of Mumbai's international airport near Sahar gave him an opportunity. He risked his savings and resources to build a luxury

hotel nearby. There were financial pressures, official obstacles and strong competition from established hotel groups. Yet he continued. The Leela Mumbai opened in 1986, carrying the name of his wife, Leela, who had remained his companion and source of strength.

Captain Nair wanted his hotel to possess a soul. Its guiding spirit was:

“अतिथिदेवो भव।”

Treat the guest as divine.

For him, this principle did not mean luxury only for the wealthy. It meant greeting every



person respectfully, valuing employees and providing service with humility. He recognised that grand buildings could impress the eyes, but only human warmth could touch the heart.

Years later, his childhood memory of Mysore returned with greater force. Karnataka Chief Minister Ramakrishna Hegde reportedly suggested that he create a Bengaluru hotel inspired by Mysore Palace. Captain Nair accepted the challenge. The Leela Palace Bengaluru, opened in 2001, reflected Karnataka's royal architecture and Indian cultural heritage. The boy who had once stared in wonder at Mysore Palace had created a palace-like hotel of his own not to live in as a king, but to welcome guests and provide livelihoods to others.

Captain Nair also brought greenery and natural beauty into his properties. Coconut trees, gardens and carefully developed landscapes became part of his idea of hospitality. For his environmental efforts, he was included in the United Nations Environment Programme's

Global 500 Roll of Honour in 1999. His example showed that development could remain connected with nature.

However, his life was not a continuous story of victory. Building grand hotels required enormous investment. Rapid expansion and expensive projects placed the company under severe financial pressure. By 2012, reports described the group as carrying approximately ₹4,300 crore in debt, facing quarters without profit and negotiating with lenders.

This was perhaps the hardest battle of the old soldier's business life. He had earned international recognition, yet he had to confront the consequences of taking very large risks. Some dreams succeeded beautifully, while some decisions created a burden for the organisation. Still, he did not hide from the crisis. The company worked with banks on debt restructuring, and Captain Nair continued to express confidence in the value of what had been created.

His final years therefore provide an ethical lesson: courage does not guarantee that every decision will succeed. A responsible leader must acknowledge difficulties, learn from overexpansion and face creditors, employees and stakeholders honestly. Both his achievements and setbacks make his story deeply human.

In 2010, the Government of India awarded him the Padma Bhushan for his contribution to trade and industry. He passed away on 17 May 2014 at the age of ninety-two. He left behind not a perfect life, but an extraordinary one filled with struggle, service, imagination and resilience.

Moral and Conclusion: Captain C. P. Krishnan Nair's journey teaches us that humble beginnings and advancing age cannot prevent a determined person from dreaming greatly. However, dreams must be balanced with responsibility and careful judgment. His palace was not built merely with stone, money or decoration; it was built with a soldier's discipline, a worker's perseverance, a wife's support and India's tradition of hospitality. His rise inspires us, while his financial difficulties remind us to combine courage with wisdom. True success lies in creating employment, respecting workers, preserving culture, protecting nature and continuing to stand with dignity when life moves through both victory and defeat.

Ravi Singh

SALABEGA – THE DEVOTEE WHOSE FAITH STOPPED LORD JAGANNATH'S CHARIOT

Every year, as the magnificent chariots of Lord Jagannath, Lord Balabhadra, and Devi Subhadra roll through the Grand Road of Puri during the world-famous Rath Yatra, millions of devotees chant in unison, "Jai Jagannath!" Amidst this ocean of faith lies a remarkable tradition that continues to inspire people across religions and generations. The chariot of Lord Jagannath pauses for a few moments near the samadhi of a devotee who was not born into a Hindu family, nor was he permitted to enter the Jagannath Temple during his lifetime. That devotee was Salabega, a poet, saint, and one of the greatest lovers of Lord Jagannath.

Salabega's life is a timeless reminder that true devotion knows no barriers of religion, caste, language, or social identity. His story is not merely a chapter in Odisha's spiritual history; it is a powerful lesson in humanity, equality, and unconditional love for the Divine.

Born in the early seventeenth century, Salabega was the son of the Mughal military officer Lalbeg and a Hindu Brahmin widow. His mixed heritage placed him in a unique yet difficult position in society. At a time when religious identities often determined one's place in the social order, Salabega found himself belonging fully to neither community. Yet destiny had chosen a different path for him.

According to popular tradition, Salabega was severely injured during a military campaign. As his condition worsened, his mother urged him to pray sincerely to Lord Jagannath. Though he had never worshipped the Lord before, he surrendered himself completely in faith. Miraculously, he recovered. That experience transformed his life forever. From that moment onward, Salabega dedicated every breath to Lord Jagannath.

His devotion soon found expression through poetry. Salabega composed hundreds of soulful Odia bhajans describing his longing for the Lord, his humility, and his unwavering faith. Unlike scholarly scriptures, his compositions spoke the language of ordinary

people. They carried raw emotion, deep surrender, and an intimate relationship between a devotee and God. Even today, his bhajans continue to be sung across Odisha in homes, temples, cultural gatherings, and especially during the Rath Yatra.

Yet despite his extraordinary devotion, Salabega was not allowed to enter the

offered his heartfelt prayers did the chariot begin moving again.

Whether viewed as history, sacred tradition, or divine symbolism, this event has become one of the most cherished stories associated with the Rath Yatra. Even today, Lord Jagannath's chariot traditionally pauses near Salabega's samadhi before continuing its journey. For

he speaks not as a distant worshipper but as a child yearning for the loving embrace of a parent. His verses are filled with longing, surrender, gratitude, and hope. This emotional honesty is perhaps why his songs continue to resonate centuries later. They remind every reader and listener that the strongest prayers are often the simplest ones spoken directly from the heart.

The continued reverence shown to Salabega during the Rath Yatra also reflects the inclusive spirit of Lord Jagannath. The Lord, whose very name means "Lord of the Universe," belongs to everyone. He is not confined by walls, rituals, or identities. By pausing His chariot before the samadhi of Salabega, the tradition symbolically declares that divine grace reaches every sincere soul, regardless of birth or background.

For modern India, Salabega's life carries an enduring relevance. At a time when the world often focuses on differences, his story teaches us to celebrate shared humanity. It encourages dialogue over division, faith over fear, and love over prejudice. He reminds us that devotion is never about where we come from; it is about where our hearts choose to belong.

As millions witness the grandeur of the Jagannath Rath Yatra each year, the brief halt of the Lord's chariot near Salabega's resting place quietly tells one of the greatest spiritual stories ever lived. It is the story of a devotee whose unwavering faith touched the heart of the Lord Himself.

Centuries may pass, kingdoms may rise and fall, and traditions may evolve, but Salabega's legacy continues to move with the wheels of the sacred chariot. His life reminds humanity that while temples may have doors, the heart of God never does. In the end, it is not our name, religion, or origin that reaches the Divine; it is the sincerity of our devotion.

His poetry also reflects an extraordinary emotional depth. In many of his compositions,



Jagannath Temple because of his birth. For many, such rejection would have created bitterness. But Salabega responded differently. He never allowed social barriers to weaken his faith. Instead, he believed that if he could not reach the Lord, one day the Lord Himself would come to him.

The most touching episode of his life is deeply connected with the Rath Yatra. It is said that while returning from Vrindavan, Salabega prayed that Lord Jagannath would wait for him until he arrived in Puri to have darshan during the festival. When the divine chariot reached the place where Salabega now rests, it reportedly stopped moving despite thousands of devotees pulling it with all their strength. Only after Salabega reached the Lord and

countless devotees, this pause is far more than a ritual. It is a profound message that sincere devotion transcends every human-made boundary.

Salabega's life beautifully illustrates that God does not measure a devotee by birth, social status, or religious label. The Divine looks only at the purity of one's heart. His story reminds us that spirituality begins where prejudice ends. In an age when societies around the world continue to grapple with divisions based on religion, caste, ethnicity, and identity, Salabega stands as a shining symbol of unity and compassion.

EDITOR



Dr. Smita Ravikumar Kuntay

PhD (Business Administration)
M.Phil, M.Com, B.Ed.

Veteran Academician, Researcher and Social Activitist.

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.

India's economic future is being shaped not only by its young population but also by a rapidly growing segment of senior citizens. Longer life expectancy, improving healthcare, and changing lifestyles are creating new opportunities across healthcare, finance, technology, travel, and entrepreneurship. This demographic shift is giving rise to the Silver Economy a market focused on the needs and aspirations of people aged 60 and above. Once viewed primarily as a social challenge, ageing is now emerging as one of India's most promising business opportunities.

Today's senior citizens are spending more on healthcare, retirement planning, wellness, travel, digital services, insurance, and lifelong learning. Businesses are responding with innovative, age-friendly products and services, ranging from health-tech startups and retirement communities to senior-friendly banking and personalised travel experiences, opening new avenues for innovation and growth. For students, professionals, and entrepreneurs, this highlights an important reality: India's next major consumer market will be driven not just by age, but by longer lives, changing lifestyles, and evolving aspirations.

What Is the Silver Economy?

THE SILVER ECONOMY: WHY INDIA'S SENIOR CITIZENS ARE BECOMING THE NEXT BIG CONSUMER MARKET

The Silver Economy includes all economic activities that cater to the needs of senior citizens.

- It spans sectors such as:
- Healthcare and diagnostics
 - Retirement and financial planning
 - Insurance
 - Senior housing
 - Wellness and preventive care
 - Travel and hospitality
 - Assistive technologies

The focus is shifting from simply caring for older adults to helping them live healthier, safer, and more fulfilling lives.

Why the Market Is Expanding

Several demographic and economic trends are driving the growth of this sector. Key factors include:

- Longer life expectancy
- Rising healthcare awareness
- Greater financial independence
- Higher disposable incomes
- Growing digital adoption

Example: Many senior citizens now use mobile banking, telemedicine, digital payments, and online shopping, making them active participants in the digital economy.

The senior consumer is becoming more connected and informed than ever before.

Businesses Are Adapting

Companies are redesigning products and services to better serve older consumers.

Growing business segments include:

- Smart health devices
- Home healthcare
- Retirement communities
- Financial advisory services
- Senior-friendly tourism
- Age-friendly consumer products

Example: Banks now offer simplified mobile applications, doorstep banking, and dedicated customer support to improve accessibility for senior customers.

Understanding customer needs has become a competitive advantage.

Entrepreneurship Opportunities

The silver economy offers exciting opportunities for startups and innovators.

Emerging business ideas include:

- Home nursing services
- Health-monitoring technology
- Elder-care platforms
- Nutrition and wellness products
- Digital literacy training
- Mobility and assistive solutions

Example: An entrepreneur developing an app that reminds senior citizens to take medicines and consult doctors online can improve healthcare while building a scalable business.

Innovation often begins by solving everyday problems.

Career Opportunities for Students

The expanding silver economy is creating demand across multiple industries.

Promising careers include:

- Wealth Management Advisor
- Insurance Consultant
- Healthcare Administrator
- Geriatric Care Manager
- Customer Experience Specialist
- Health-Tech Professional
- Senior Lifestyle Consultant
- Hospitality and Tourism Manager

Example: A commerce graduate specialising in financial planning can help senior citizens manage retirement savings, investments, pensions, and estate planning.

This sector values both technical expertise and human understanding.

Skills Students Should Build

- Financial planning and retirement management
- Digital and AI literacy
- Customer relationship management
- Healthcare and insurance awareness
- Communication and empathy



- Professionals who understand changing demographics will remain highly valuable.

The Bigger Shift

The rise of the silver economy reflects a broader transformation in India's demographic and business landscape. As people live longer and remain economically active, demand is expanding across healthcare, finance, housing, technology, and lifestyle services. Companies that recognise this shift today will be better prepared for tomorrow's marketplace. The economy of the future will be shaped not only by young consumers but also by an active and empowered senior generation.

The Takeaway

The silver economy is redefining ageing as an opportunity rather than a limitation. It is creating new industries, generating employment, encouraging entrepreneurship, and improving the quality of life for millions of people. Because in the coming decade, one of India's strongest growth markets may be built not on youth alone, but on the experience, aspirations, and purchasing power of its senior citizens.

EDITOR



Prof. Dr. Savita Kishan Pawar
Principal
Bhavan's College, Andheri (W), Mumbai

EDITORIAL NOTE

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

LITERARY TERM OF THE WEEK

Magical Realism

Magical realism is a literary style that combines realistic settings with magical or supernatural elements in a way that makes the extraordinary appear ordinary. Unlike fantasy, magical realism does not create an entirely imaginary world. Instead, it introduces magical events into everyday life, and the characters accept these events without surprise. This technique encourages readers to look beyond reality and explore deeper truths about life, history, culture, and identity.

The genre gained international recognition through Latin American writers, especially during the twentieth century. Magical realism is often used to express the experiences of marginalized communities, preserve folklore, and challenge conventional views of reality. By blending myth, memory, dreams, and history with everyday life, authors reveal emotional and social truths that may be difficult to express through realism alone.

Today, magical realism is a global literary movement found in the works of writers from many countries. It has influenced contemporary fiction across cultures and continues to inspire readers with its rich symbolism and imaginative storytelling. The genre reminds us that reality is often more complex and mysterious than it appears, making literature both intellectually engaging and emotionally powerful.

DID YOU KNOW?

- Honey is one of the very few natural foods that can remain edible for thousands of years. Archaeologists have discovered sealed pots of honey in ancient Egyptian tombs that were still safe to eat because honey naturally resists bacteria and spoilage.
- Octopuses have three hearts and blue blood. Two hearts pump blood to the gills, while the third pumps it to the rest of the body. When an octopus swims, the main heart temporarily stops beating, which is why these intelligent creatures often prefer crawling along the ocean floor.
- Sharks are older than trees. Sharks first appeared on Earth more than 400 million years ago, while the earliest trees evolved roughly 350 million years ago, making sharks one of the oldest surviving vertebrate species.
- A single mature banyan tree can function like a miniature forest. Its aerial roots grow into the ground and become new trunks, allowing one tree to spread across several acres while providing shelter for thousands of birds, insects, and other wildlife.
- The fingerprints of a koala are so remarkably similar to human fingerprints that they have reportedly confused forensic investigators under a microscope. Their ridge patterns are among the closest to humans found in the animal kingdom.
- A bolt of lightning can heat the surrounding air to nearly 30,000°C—around five times hotter than the surface of the Sun. This sudden heating causes the rapid expansion of air, producing the sound we know as thunder.
- Water can boil and freeze at the same time under a rare condition known as the triple point. At a precise combination of temperature and pressure, water exists simultaneously as a solid, liquid, and gas.

GRAMMAR TIP

Affect vs. Effect

Affect (verb) = to influence or change something.
Reading good literature affects our thinking.

Effect (noun) = the result or consequence of an action.
The effect of regular reading is a richer vocabulary.

WRITER OF THE WEEK

Toni Morrison (1931–2019)

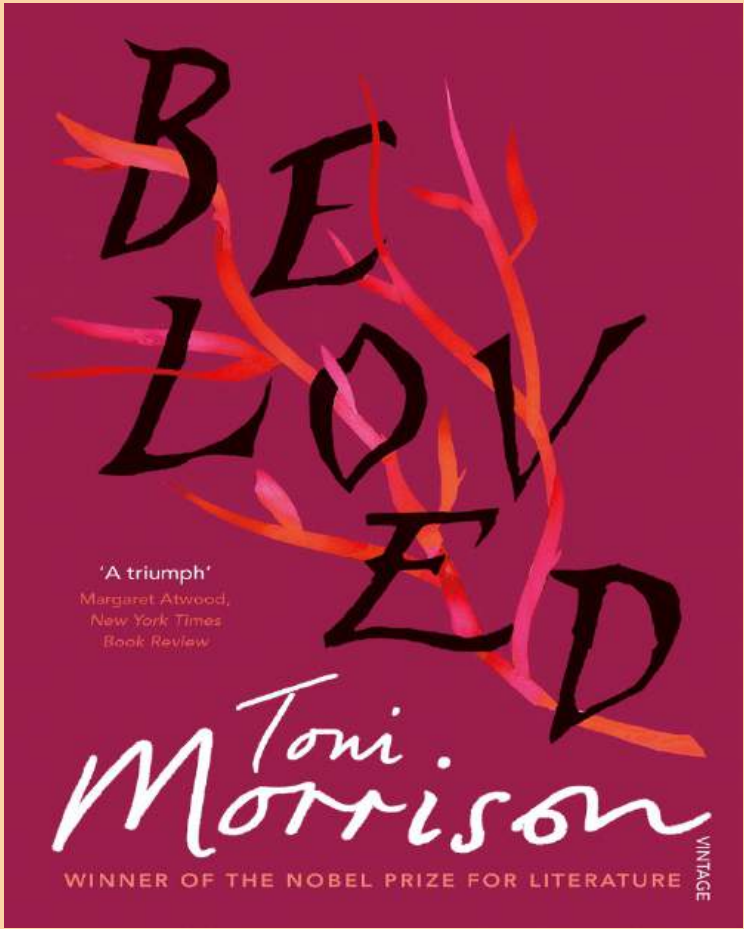
Toni Morrison was an acclaimed American novelist, essayist, and Nobel Laureate. Her works explore identity, memory, race, history, and the human experience through powerful storytelling.

Notable Works:

- Beloved,
- Song of Solomon
- The Bluest Eye

BOOK REVIEW

Beloved by Toni Morrison



Beloved (1987) is Toni Morrison's most celebrated novel and won the Pulitzer Prize for Fiction. Set after the American Civil War, the novel tells the story of Sethe, a formerly enslaved woman who struggles with the painful memories of slavery and the haunting presence of her past. Blending historical reality with supernatural elements, Beloved is one of the finest examples of magical realism in world literature. The novel explores themes of memory, trauma, motherhood, freedom, identity, and the enduring impact of history. It is widely regarded as a masterpiece of modern American literature.

QUOTABLE QUOTES

"If there's a book that you want to read, but it hasn't been written yet, then you must write it."

- Toni Morrison

CREATIVE WRITING

Where the Mind is Without Fear

Where the mind is without fear and the head is held high;

Where knowledge is free;

Where the world has not been broken up into fragments

By narrow domestic walls;

Where words come out from the depth of truth;

Where tireless striving stretches its arms towards perfection;

Where the clear stream of reason has not lost its way

Into the dreary desert sand of dead habit;

Where the mind is led forward by thee

Into ever-widening thought and action,

Into that heaven of freedom, my Father, let my country awake.

Poetry by
-Rabindranath Tagore

WORD OF THE WEEK

Eloquent (adjective)

Meaning: Fluent, persuasive, and expressive in speaking or writing.

Example: The principal delivered an eloquent speech on the importance of education.

IDIOM HIGHLIGHT

“Break new ground”

Meaning: To do something innovative or pioneering.

Example: The research team broke new ground in language education.

CLIMATE CHANGE TRIGGERS SHARP DROP IN MILK PRODUCTION ACROSS INDO-GANGETIC PLAINS

A worrying new study has revealed that rising temperatures and intense heatwaves caused by climate change are severely hitting milk production across the Indo-Gangetic plains, one of India's most critical dairy hubs. The region, which spans major states like Uttar Pradesh, Bihar, and West Bengal, is seeing a noticeable drop in dairy yields as local cattle struggle to cope with extreme weather.

The primary reason behind this decline is thermal stress. High-yielding crossbred cows and domestic buffaloes are highly sensitive to spikes in temperature and humidity. When heat levels cross a certain threshold, the animals suffer from physical stress, which reduces their appetite and directly lowers their daily milk output. Dairy experts point out that during peak summer months, milk yields can drop by as much as 15% to 30% per animal, creating a massive financial burden for rural households.

Beyond the direct impact on the animals, climate change is also destroying the dairy supply chain from the ground up. Erratic monsoons and

groundwater depletion have led to a severe shortage of green fodder, making quality cattle feed both scarce and expensive. At the same time, the prolonged warmth has accelerated the spread of vector-borne tropical diseases among livestock, further draining farmers' savings through high veterinary bills.

With India being the world's largest milk producer, a sustained drop in the Gangetic plains threatens both national food security and rural incomes. Small and marginal farmers rely heavily on daily dairy earnings to supplement their agricultural crop income.

Scientists are urging state governments to intervene immediately by promoting heat-resilient indigenous cattle breeds, improving rural veterinary care, and helping families build climate-smart shelters to keep their livestock cool.

GOVERNMENT MONSOON SWEEPS ACROSS INDIA WITH 38% EXCESS RAINS IN EARLY JULY

Bringing massive relief to the agricultural sector after a sluggish start, the southwest monsoon officially covered the entire country on July 9, finishing its nationwide advance just one day later than its usual schedule. The final stage of its journey was completed as the rain systems moved into the remaining parts of the north Arabian Sea, Rajasthan, Haryana, and Punjab.

The geographical spread has been accompanied by a dramatic downpour. According to data from the India Meteorological Department (IMD), the country recorded a massive 38% excess in rainfall during the first nine days of July compared to the long-period average. This heavy early-July spell has successfully pulled down the country's overall seasonal deficit—which had climbed past 33% during a highly dry June—bringing it down to a much more manageable 14%.

This sudden surge in rainfall is a major turning point for rural India, as it will rapidly accelerate the stalled kharif sowing season. Farmers who were holding back on planting key crops like

rice, pulses, oilseeds, and cotton due to dry soil are now rushing back to their fields. The intense rains have also started replenishing major irrigation reservoirs, which had dropped to critically low levels over the summer.

However, weather scientists are urging caution. While the initial week of July has been incredibly wet, the IMD maintains its original forecast that overall rainfall for the entire month of July is still likely to be slightly below normal due to prevailing El Niño conditions in the Pacific. Furthermore, the sheer volume of the recent downpours has already triggered localized waterlogging and flood warnings in parts of northwest India and the hill states, highlighting that the line between a good harvest and climate stress remains incredibly thin.

GOVT LAUNCHES 'PRAGATI' TO TURN 20,000 RURAL YOUTH INTO AGRI-ENTREPRENEURS

Union Agriculture Minister Shivraj Singh Chouhan has officially launched a major nationwide program called PRAGATI. The goal of this landmark initiative is to train 20,000 rural youth and women to become independent agri-entrepreneurs, which will directly support more than 20 lakh small and marginal farmers across the country.

PRAGATI—which stands for Promoting Regenerative Agriculture, Growth, Agri-Entrepreneurship and Transformative Innovation—is a massive public-private partnership. The program brings together the central government, global philanthropic groups like the Gates Foundation, and major corporate entities like the PepsiCo Foundation and the State Bank of India Foundation. Together, they aim to build a sustainable, modern farming ecosystem at the grassroots level. Under the new plan, these 20,000 newly trained entrepreneurs will set up local village kiosks. These kiosks will serve as one-stop shops for regular farmers, offering tech-driven crop advice, soil testing services, drone and machine rentals, and direct help with bank loans and insurance. The initiative will



initially roll out across eight key agricultural states, including Madhya Pradesh, Uttar Pradesh, Bihar, Maharashtra, Rajasthan, West Bengal, Assam, and Jharkhand.

Speaking at the launch, Chouhan emphasized that traditional farming alone is no longer enough to support smallholder families. By introducing modern technology and eco-friendly farming practices, the PRAGATI program officially aims to boost the yields of major crops like paddy, maize, and potato by 15% to 20%, while successfully raising overall farmer incomes by at least 30%.

WORLD'S OCEANS HIT RECORD HIGH TEMPERATURES AS EL NIÑO LOOMS

The world's oceans have reached their highest temperatures ever recorded for the month of June, raising deep concerns among global climate scientists. This historic surge in marine heatwaves is being driven by a combination of long-term climate change and the early stages of a powerful El Niño weather pattern, which threatens to push global temperatures even higher in the coming months.

Data from international weather agencies shows that ocean surface temperatures have broken previous records by significant margins. Large patches of the North Atlantic and Pacific oceans are experiencing extreme marine heatwaves, where water temperatures are several degrees above normal.

Scientists warn that oceans absorb more than 90% of the excess heat trapped by greenhouse gases, and the fact that they are warming this rapidly indicates that the planet's climate system is under immense stress.

This unprecedented marine warming has immediate, severe consequences for global weather and marine life. Warmer waters act as fuel for tropical storms, making cyclones and hurricanes much more intense and unpredictable. It also triggers widespread coral bleaching, disrupting marine ecosystems that coastal fishing communities rely on for their livelihoods.

For India, these overheated oceans complicate weather forecasting and threaten monsoon stability. As El Niño continues to strengthen through the rest of the year, it will pump even more heat into the atmosphere. Climate experts emphasize that these record-breaking ocean temperatures are a stark reminder that extreme weather events are becoming the new normal, requiring urgent global action to protect vulnerable coastal economies.

NEW GATES BUT NO WATER: WEAK MONSOON THREATENS KARNATAKA'S PADDY FIELDS AND RICE MILLS



For the thousands of farmers across the fertile Tungabhadra Left Bank Canal command area in Karnataka's Raichur and Koppal districts, agricultural trouble has arrived for the third consecutive year. While the state government successfully completed the major task of installing brand-new, high-grade steel crest gates on the Tungabhadra dam to secure its long-term safety, an elusive southwest monsoon has left the massive reservoir critically dry.

As of early July, the reservoir's water storage is sitting at a precarious fraction of its total capacity. This severe water deficit has forced the state government to make a tough decision: reserving the remaining dam water strictly for drinking purposes until the monsoon improves. For local farmers, this means they cannot access canal water to irrigate their fields, putting the survival of the crucial first kharif paddy crop at severe risk.

The command area is highly famous for growing premium Sona Masuri paddy, one of South India's finest rice varieties. Normally, the first weeks of July see fields buzzing with activity as farmers prepare nursery beds and transplant saplings. This year, the fields remain completely empty. Only a handful of wealthy farmers with private borewells have taken the massive financial risk of sowing early, while the vast majority are left waiting helplessly for heavy rains to revive the catchment areas.

The crisis ripples far beyond the farms and directly threatens the rural economy. Over 200 rice mills spread across the region depend entirely on local Sona Masuri harvests to stay in business. During a normal season, these mills run around the clock, sending roughly 250 truckloads of rice daily to domestic markets and global export destinations. Today, the mills are running on rapidly depleting buffer stocks bought from neighboring states—supplies expected to last only a few weeks. If the monsoon fails to strengthen soon, it won't just mean a lost season for farmers; it could trigger widespread job losses for thousands of local and migrant workers who depend on the region's silent rice mills.

UGC PUSHES SWAYAM MOOCs IN HIGHER EDUCATION

The University Grants Commission (UGC) has directed Higher Education Institutions (HEIs) across the country to integrate SWAYAM Massive Open Online Courses (MOOCs) into the academic framework for the July 2026 semester, reinforcing its commitment to flexible, technology-enabled learning under the National Education Policy (NEP) 2020.

The UGC has instructed universities and colleges to map relevant SWAYAM courses with their academic curricula, facilitate credit transfer, and encourage students to enrol in online courses that complement their degree programmes. The move is aimed at expanding access to quality education while promoting multidisciplinary and self-paced learning.

The SWAYAM platform offers a wide range of courses developed by leading institutions, including the National Programme on Technology Enhanced Learning (NPTEL), Indira Gandhi National Open University (IGNOU), the All-India Council for Technical Education (AICTE), Institutes of National Importance

(INIs), and the National Institute of Technical Teachers Training and Research (NITTTR).

According to the UGC, integrating SWAYAM MOOCs will enhance academic flexibility, improve digital learning opportunities, and provide students with access to high-quality courses beyond their home institutions. The initiative also supports credit mobility and lifelong learning.

Education experts believe the directive will strengthen blended learning, promote digital education, and help students acquire industry-relevant knowledge and multidisciplinary skills. The move marks another important step towards creating a flexible, technology-driven, and learner-centric higher education ecosystem in India.

PUNJAB TO INTRODUCE AI CURRICULUM IN SCHOOLS FROM AUGUST



solving, computational thinking, and creativity abilities with the use of the learning materials suitable for their age.

Teachers will be trained to teach new material, and schools will get access to the necessary digital infrastructure and learning material. The program is expected to develop students- creativity and proficiency, as well as their skill to use technology in practice.

Education officials believe that early exposure to AI will prepare students for future careers in science, engineering, business, healthcare, and other emerging sectors. The initiative also aligns with national efforts to promote digital literacy and technological advancement in schools.

By integrating AI into classroom learning, Punjab aims to create future-ready students who can confidently adapt to evolving technological and professional environments.

DELHI LAUNCHES 'MISSION KAYAKALP' TO MODERNISE GOVERNMENT SCHOOL INFRASTRUCTURE

The Delhi state government has introduced Mission Kayakalp, a wide-ranging programme consisting in improving the infrastructure of the public schools and creating better learning conditions for students. The aim of the initiative is to upgrade the school facilities in order to enhance the quality of education in them.

The mission includes modernization of classrooms, laboratories, libraries, playgrounds, sanitary facilities and drinking-water systems. Schools are provided with better furniture and improved maintenance as well as safety measures.

The initiative is aimed at bridging the gap in infrastructure and providing equal opportunities in education for public schools.

As school officials stated, schools with proper infrastructure play an important role in the students' engagement, them doing well academically, and their overall development.

Mission Kayakalp will also help



with the implementation of digital learning by improving the technical infrastructure of schools in needed areas. It is believed that better facilities will encourage students to attend schools more frequently.

Officials believe that industry collaboration plays a crucial role in increasing employability by equipping graduates with relevant technical and analytical skills. Students pursuing commerce, management, and finance programmes are expected to gain better opportunities in corporate organizations and multinational companies.

FIVE RAJASTHAN UNIVERSITIES PARTNER WITH IMA TO STRENGTHEN FINANCE CAREER SKILLS

Rajasthan's five universities have entered an agreement with the Institute of Management Accountants so as to make their students more ready for the job market and specifically finance and accounting roles. The goal is to bring together what students learn during their studies with what is needed in the workplace through professional skills training.

With the help of this partnership, students will learn about certification programs, industry-oriented workshops and seminars, and career counseling sessions that will help them succeed in their desired field of finance abroad. Participants will get introduced to the basics of accounting as well as principles of financial management and technology in business.

The faculty members will also benefit from training that will make it possible to deliver the curriculum and classroom lectures in accordance with the requirements of the modern-day businesses. The partnership provides



for closer relationship between the academia and professionals where students will be able to gain some practice experience while studying.

Officials emphasize that collaboration with business representatives is crucial for increasing graduates' employability since it provides them with necessary skills that are important for their future jobs. Graduates of commerce and finance faculties will have better chances in getting into multinational companies. The initiative reflects the trend of importance of the need to combine higher education with vocational and professional accreditation.

KARNATAKA INTRODUCES ECCE IN PM SHRI SCHOOLS TO STRENGTHENS EARLY CHILDHOOD EDUCATION



The Karnataka government has launched Early Childhood Care and Education (ECCE) in PM SHRI schools as part of its efforts to strengthen foundational learning. To support effective implementation, the government has appointed guest teachers and ayahs to ensure that young children receive the necessary academic guidance and care during their early years of schooling.

The initiative highlights the importance of early childhood education by creating activity-based, engaging, and child-friendly learning environments that promote cognitive, social, emotional, and physical development. Guest teachers will help address staff shortages and improve classroom instruction, while ayahs will assist in classroom management and provide essential care and support to young learners.

The programme is aligned with the vision of the National Education Policy (NEP) 2020, which emphasises quality early childhood education as the foundation for lifelong learning. By strengthening classroom support and improving the implementation of ECCE practices, the government aims to provide children with a strong educational start.

Education authorities believe that enhancing preschool education in PM SHRI schools will improve school readiness, strengthen foundational literacy and numeracy, and reduce learning gaps among young students. The appointments will also help maintain a healthy teacher-student ratio and create a safe, nurturing, and inclusive learning environment.

The initiative reflects Karnataka's commitment to building a strong foundation for children's academic and personal growth, ensuring they are better prepared for future learning and overall development.

E20 PETROL SPARKS A WIDER DEBATE OVER MILEAGE, CLEAN ENERGY AND CONSUMER CONFIDENCE

India's nationwide shift to petrol blended with 20 percent ethanol has entered a fresh phase of public debate, with motorists raising questions about mileage, vehicle compatibility and fuel pricing. The Union Petroleum Ministry has acknowledged that E20 may reduce fuel efficiency by around three to five percent in certain vehicles, but maintains that the wider environmental, agricultural and energy-security benefits justify the transition.

E20 contains 80 percent petrol and 20 percent ethanol, a renewable fuel commonly produced in India from sugarcane, grains and agricultural material. The government views ethanol blending as an important tool for reducing the country's heavy dependence on imported crude oil. Since fluctuations in global oil prices directly affect India's import bill, inflation and currency, replacing even a portion of petrol with domestically produced ethanol can provide economic protection during international crises.

According to the ministry, ethanol has a higher octane rating than conventional petrol and offers better resistance to engine knocking. In vehicles specifically designed or calibrated for E20, it can support faster combustion, smoother acceleration and cleaner engine operation. The government also estimates that the fuel produces lower lifecycle carbon emissions, making it part of India's broader effort to reduce pollution and move towards cleaner mobility.

However, the decline in mileage remains a practical concern for consumers. Ethanol contains less energy per litre than petrol, which means a vehicle may need slightly more fuel to travel the same distance.

Even a small reduction in fuel economy can increase monthly expenses for taxi operators, delivery workers, daily commuters and families who depend heavily on private transport.

Questions are particularly serious for owners of older vehicles that were originally designed for E10 petrol or lower blends. While authorities and automobile manufacturers have stated that widespread corrosion or abnormal engine damage has not been observed in normal servicing conditions, some technical assessments have pointed to possible risks involving rubber components, fuel systems and certain older engines. Clear vehicle-specific guidance is therefore essential to prevent confusion.

Another point of dissatisfaction is the absence of alternative fuel choices at most petrol pumps. Some consumers have demanded access to pure petrol or E10, especially for older vehicles. The government argues that operating separate nationwide supply chains for multiple grades would raise storage, transportation and distribution costs across more than one lakh fuel outlets.

E20 is also not necessarily cheaper at the pump. Ethanol prices are fixed at levels intended to provide fair returns to farmers and encourage domestic production. When international crude prices are relatively low, ethanol may not offer an immediate price advantage over petrol. Its value lies instead in import reduction, rural income generation and protection against global supply shocks.

Official estimates suggest that ethanol blending has saved nearly ₹2 lakh crore in foreign exchange, replaced millions of tonnes of imported



crude and transferred substantial income to farmers. These are significant achievements, but policy success must also be judged by consumer experience.

India's ethanol programme has strong long-term potential, yet public confidence cannot be built through assurances alone. Transparent labelling at pumps, independent testing, guidance for older vehicles and honest communication about mileage are equally necessary. Cleaner fuel and energy independence are important national goals, but the transition will be strongest when motorists feel informed, protected and included.

BEYOND CEREMONIAL DIPLOMACY: MODI'S THREE-NATION TOUR BUILDS A WIDER INDO-PACIFIC STRATEGY



Prime Minister Narendra Modi's visit to Indonesia, Australia and New Zealand has highlighted a clear change in India's diplomatic approach. The tour was not limited to formal meetings, ceremonial welcomes or isolated agreements. Instead, it reflected an effort to build long-term strategic partnerships around defence, trade, energy, critical minerals, technology and maritime security.

The journey began in Indonesia, one of India's most important partners in Southeast Asia. The two countries expanded cooperation through agreements covering maritime security, defence, education, technology and critical minerals. Indonesia's location near major sea routes gives it enormous strategic importance, while India views the country as a key partner in maintaining stability across the Indo-Pacific. The discussions also showed how cultural familiarity and political trust can support practical cooperation between two large democracies and

growing economies. Australia formed the second and perhaps most strategically significant leg of the tour. The annual summit produced agreements in defence collaboration, maritime awareness, cyber security, critical technologies and resilient supply chains. A maritime security roadmap is expected to improve information sharing and operational coordination between the two countries.

One of the most important outcomes was the finalisation of an arrangement enabling Australia to supply uranium to India for peaceful nuclear-energy purposes under international safeguards. This could strengthen India's long-term energy security as the country seeks reliable sources of clean power while reducing excessive dependence on fossil fuels.

The Australian visit also widened cooperation in critical minerals, education, skills and space technology. New university campuses, vocational-training partnerships and a mining centre of excellence are expected to create opportunities for Indian students and workers. Cooperation in space research and support for India's human-spaceflight programme further demonstrated that the partnership is moving beyond traditional trade and diplomacy.

New Zealand, the final destination, added another important layer to India's engagement with the Pacific region. The visit elevated bilateral ties to a strategic partnership and produced agreements on trade, defence logistics, maritime cooperation, innovation and people-to-people exchanges. A five-year target to expand bilateral trade was also set, supported by the recently concluded free-trade agreement.

The visit carried special significance because it was the first by an Indian prime minister to New Zealand in four decades. Engagement with business leaders and the Indian community reflected the growing role of commerce, talent mobility and diaspora connections in strengthening bilateral relations.

Across all three countries, the personal warmth shown during the meetings helped create a favourable atmosphere. Yet the real importance of the tour lies in the substance behind the symbolism. Each partnership addressed a different part of India's strategic needs: Indonesia offered maritime and regional cooperation, Australia contributed energy resources and advanced technology, while New Zealand opened opportunities in trade, education and the Pacific.

The tour suggests that India is moving from short-term diplomatic transactions towards a more connected Indo-Pacific strategy. Personal relationships between leaders may create trust, but lasting influence will depend on whether agreements lead to investment, skilled jobs, secure supply chains and stronger institutions.

For ordinary citizens, the value of diplomacy must eventually be visible at home. Cheaper energy, better education, new employment, safer sea routes and stronger industries will be the true measure of success. This three-nation tour has created a promising framework; the next challenge is turning goodwill into results.

EXPERT



Dr. (Mrs) Chandra Hariharan Iyer

Veteran Academician,
Freelance Consultant - Research and Upskilling
PhD(Management-Finance), M.Phil(Management),
MBA(Finance), M.com, M.Sc.(Psychology),
M.A. (Philosophy and Religion)
DBM, PGDBM, PGDFM,
PG Diploma in Guidance & Counselling

INSIGHTS ON IKS RESEARCH -
DHARMA DRIVEN DEVELOPMENT

Mail your questions on
thehulahultimes@gmail.com
or
DM your questions on our instagram
handle [@thehulahultimes](https://www.instagram.com/thehulahultimes)

Q. How does the concept of Dharma contribute to mental well-being and protection against depression?

Ans. Mental well-being is vital for a healthy and meaningful life. Today, academic pressure, workplace competition, financial uncertainty, social isolation, and excessive technology use have increased stress, anxiety, and depression. While modern psychology offers useful therapies, the Indian Knowledge System provides enduring guidance through Dharma. Derived from the Sanskrit root dhr, meaning “to sustain,” Dharma includes duty, responsibility, ethical conduct, and purposeful living. It helps individuals act with righteousness rather than selfish desire. By giving life meaning, direction, discipline, and resilience, Dharma reduces confusion and emotional instability. Aligning thoughts, emotions, and actions with higher values supports inner peace and mental well-being.

1) Dharma Provides Meaning and Purpose in Life: One of the major causes of depression is a lack of purpose. Many individuals experience emotional distress because they feel their lives lack direction or significance. The Bhagavad Gita teaches that every individual has a unique role and responsibility in society. Recognizing and fulfilling one's Dharma provides a clear sense of purpose, making life meaningful and worthwhile. Purpose-driven individuals are generally more motivated and optimistic. Purpose acts as a psychological anchor that protects individuals from feelings of emptiness and despair.

2) Dharma Reduces Confusion and Mental Conflict: Depression is often accompanied by indecision, uncertainty, and internal conflict. Individuals become mentally exhausted when they are unable to decide between conflicting desires, responsibilities, and expectations. The Bhagavad Gita begins with Arjuna experiencing precisely such a crisis. Confused about his duty, he becomes emotionally overwhelmed and loses the will to act. Lord Krishna helps Arjuna overcome this confusion by teaching him to understand and perform his Dharma. Once Arjuna recognizes his responsibility and accepts his role, his mental clarity returns, enabling him to face challenges with confidence. This lesson remains highly relevant today. Individuals who make decisions based on ethical principles rather than temporary emotions experience greater mental stability and reduced psychological conflict.

3) Dharma Builds Self-Respect and Confidence: Mental well-being is closely linked with self-esteem. People who consistently act according to their values develop respect for themselves. Dharma encourages honesty, integrity, responsibility, and sincerity in all aspects of life. When individuals fulfill their duties faithfully, they experience a sense of accomplishment and inner satisfaction. This strengthens self-confidence and creates positive self-worth. On the other hand, neglecting responsibilities often produces guilt, regret, and self-criticism, which can contribute to depression.

4) Dharma Encourages Ethical Living: Ethical behaviour contributes significantly to mental peace. Dishonesty, exploitation, greed, and unethical conduct may provide temporary benefits but often generate anxiety, fear, guilt, and emotional stress. Dharma promotes universal values such as truthfulness (Satya), non-violence (Ahimsa), compassion (Karuna), kindness (Daya), humility (Vinaya), and selflessness (Tyaga). Living according to these values improves interpersonal relationships and reduces conflicts with family members, colleagues, and society. Positive social relationships serve as an important protective factor against depression. Ethical living

also creates inner harmony because actions remain consistent with one's conscience. The famous principle "Dharmo Rakshati Rakshitah" ("Dharma protects those who protect it") suggests that righteous living ultimately safeguards individuals emotionally, socially, and spiritually.

5) Dharma Promotes Self-Discipline: A disciplined lifestyle is one of the strongest safeguards against mental illness. Dharma emphasizes self-control over emotions, desires, speech, and behaviour. Regular routines, responsible conduct, moderation, and balanced living contribute significantly to psychological health. The Bhagavad Gita repeatedly advocates moderation in eating, sleeping, recreation, and work. An undisciplined lifestyle often leads to stress, addiction, emotional instability, and poor mental health. Self-discipline also develops resilience by enabling individuals to continue fulfilling responsibilities even during difficult times. Such consistency reduces emotional fluctuations and strengthens psychological stability.

6) Dharma Reduces Excessive Attachment: Many forms of emotional suffering arise from excessive attachment to outcomes, possessions, relationships, or social recognition. The Bhagavad Gita teaches that individuals should perform their duties sincerely without becoming excessively attached to success or failure. This principle, closely associated with Nishkama Karma, encourages individuals to focus on effort rather than results. When people become obsessed with outcomes, disappointments often lead to frustration and depression. However, when they concentrate on performing their Dharma sincerely, they experience peace regardless of external circumstances. For example, a businessperson who focuses on ethical business practices rather than solely on profits experiences greater emotional balance during economic fluctuations.

7) Dharma Strengthens Resilience During Adversity: Life inevitably presents challenges such as failure, illness, loss, and uncertainty. Dharma teaches individuals to remain steadfast even during adversity. Instead of escaping difficulties, one should face them with courage, patience, and responsibility. The Mahabharata presents numerous examples where adherence to Dharma enabled individuals to overcome immense hardships. The Bhagavad Gita teaches that challenges are opportunities for growth rather than reasons for despair. Individuals who view difficulties as part of their responsibilities develop resilience and emotional strength. This positive outlook significantly reduces vulnerability to depression.

8) Dharma Encourages Service to Others: Helping others enhances psychological well-being. Dharma emphasizes compassion, charity (Daana), and selfless service (Seva) as essential duties. Modern psychological research also confirms that acts of kindness increase happiness, reduce loneliness, and improve emotional health. Individuals suffering from depression often become isolated and self-focused. Serving others shifts attention away from personal suffering and creates feelings of usefulness and social connection. Whether through volunteering, mentoring, supporting family members, or participating in community activities, service enhances self-worth and creates positive emotional experiences.

9) Dharma Promotes Healthy Relationships: Human relationships strongly influence mental health. Dharma encourages respect for parents, teachers, elders, colleagues, and society. It emphasizes truthfulness, compassion, forgiveness, humility, and cooperation. Healthy relationships provide emotional support during difficult periods. Strong family and social bonds reduce loneliness, one of the major contributors to depression. By promoting mutual respect and responsible conduct, Dharma strengthens social harmony and emotional security.

10) Dharma Supports Emotional Balance: The Bhagavad Gita repeatedly teaches the importance of maintaining equanimity under all circumstances. A person established in Dharma does not become excessively elated by success nor deeply disturbed by failure. This balanced mindset prevents emotional extremes that often contribute to depression and anxiety. Emotional regulation allows individuals to respond thoughtfully rather than react impulsively to life's events. Meditation, self-reflection, mindfulness, and spiritual practices associated with Dharma further improve emotional control and reduce stress.

In today's world, where depression often arises from purposelessness, isolation, excessive competition, and emotional instability, the timeless wisdom of Dharma remains remarkably relevant. While professional medical treatment should always be sought for clinical depression, integrating the principles of Dharma into daily life can significantly strengthen mental resilience, promote emotional stability, and help individuals lead lives of meaning, dignity, and inner peace. It transforms life from a pursuit of temporary pleasures into a journey guided by responsibility, wisdom, compassion, and enduring happiness. Stay Dharmic, stay blessed!

Ravi Singh & Ajab Tinwala

THE IMPORTANCE OF LISTENING TO THOSE WHO CARE

Success in life is rarely achieved alone. Behind every accomplishment are people who encourage, guide, and support us through difficult times. It is therefore important to listen to those who genuinely care for our well-being. Parents, teachers, mentors, and true friends often understand our strengths and weaknesses better than we do. Their advice is not meant to control us but to help us make wise decisions and build a better future.

Sometimes, we become so focused on our own ideas and ambitions that we overlook the valuable guidance offered by those around us. We may believe that we can solve every problem on our own, but no one has all the answers. Listening to the people who care about us does not make us weak or dependent. Instead, it broadens our perspective and helps us avoid unnecessary mistakes. Their life experiences provide lessons that can save us time, effort, and disappointment. Even constructive criticism, though difficult to accept at times, often becomes an opportunity for growth and self-improvement.

However, listening does not mean giving up our dreams or following every opinion without question. There may be times when we strongly believe in a goal that others do not fully understand. In such situations, open and respectful communication is essential. We should carefully consider their concerns while also explaining our aspirations with honesty and confidence. The best decisions are made when we balance our own beliefs with the wisdom and experience of those who genuinely want the best for us.

Listening also strengthens relationships. When people feel heard and respected, trust grows naturally. By paying attention to the advice and

concerns of our loved ones, we show that we value their presence in our lives. This mutual respect creates stronger bonds and provides emotional support during challenging times. Whether we face failure, uncertainty, or success, these trusted individuals remain a constant source of encouragement and motivation. Their faith in us often inspires us to keep moving forward when we feel discouraged.

Moreover, the habit of listening develops qualities such as patience, humility, and empathy. These qualities are essential not only for personal success but also for becoming a responsible leader and a compassionate human being. In today's fast-moving world, where everyone wants to express their opinions, the ability to truly listen has become a rare and valuable skill. It helps us understand different viewpoints, resolve conflicts peacefully, and make thoughtful decisions.

Ultimately, life is a journey of continuous learning. The guidance of caring people acts like a compass, helping us stay on the right path during moments of confusion and uncertainty. While we must take responsibility for our own choices and shape our own future, we should never underestimate the value of listening to those who genuinely care about us. Their words, shaped by love, experience, and concern, can provide the wisdom we need to overcome challenges and achieve meaningful success. By combining self-confidence with the guidance of trusted people, we become stronger, wiser, and better prepared for the journey ahead.



WHY SELF-BELIEF MATTERS MORE THAN APPROVAL



Life is filled with opinions. Friends, relatives, colleagues, and even strangers often tell us what we should do, how we should behave, and what dreams we should pursue. While genuine advice from people who care about us can be invaluable, there comes a time when we must learn to trust our own instincts and remain faithful to our aspirations. The ability to say "no" to negativity and move

forward with confidence is one of the most important lessons in personal growth.

Every individual has a unique journey, and no one else can fully understand our dreams, passions, or purpose. It is natural for people to express their opinions based on their own experiences, beliefs, or fears. However, not every opinion deserves equal importance. Some people offer guidance with good intentions, while others criticize simply because they cannot imagine someone choosing a different path. Learning to distinguish between constructive advice and unnecessary negativity is essential for building confidence and making independent decisions.

History is filled with examples of people who achieved extraordinary success despite being told that their dreams were unrealistic. Scientists, entrepreneurs, artists, athletes, and innovators often faced rejection, criticism, and doubt before proving themselves. Their success was not the result of avoiding obstacles but of refusing to let negative opinions define their future. They listened, learned where necessary, and continued working toward their goals with determination. Their stories remind us that every great achievement begins with the courage to believe in ourselves, even when others do not.

Confidence does not mean ignoring everyone around us or believing that we are always right. Instead, it means thoughtfully considering different perspectives while accepting responsibility for our own choices. When someone offers sincere advice, we should evaluate it with an open mind. But when criticism is intended only to discourage or belittle us, we should not allow it to weaken our confidence. Rather than responding with anger or frustration, we should let our actions, discipline, and perseverance become our strongest reply.

The path to success is rarely smooth. Every dream comes with challenges, setbacks, and moments of self-doubt. There will be times when failure seems unavoidable, but these experiences are not signs to quit. Instead, they are opportunities to learn, improve, and become stronger. Every mistake teaches a valuable lesson, and every obstacle builds resilience. Those who continue moving forward despite difficulties are the ones who eventually achieve lasting success.

Ultimately, the most fulfilling life is one lived with purpose, integrity, and self-belief. While it is important to respect the opinions of others, we should never allow fear, criticism, or negativity to prevent us from pursuing our dreams. Trust your abilities, remain committed to your values, and have the courage to walk your own path. Let your achievements speak louder than your doubts, and let your perseverance answer those who once questioned your potential. In the end, success belongs not to those who please everyone, but to those who remain true to themselves and never stop believing in what they are capable of achieving.

HOW CHANDRAYAAN 3 RESOLVES LUNAR MYSTERY?

In a major breakthrough scientists from the Physical Research Laboratory (PRL), Ahmedabad, have discovered that the soil at Chandrayaan-3's landing site chemically matches ALHA 81005, the first ever confirmed lunar meteorite found on Earth. After India's historic landing on August 23, 2023, the Pragyan rover's Alpha Particle X-ray Spectrometer (APXS) examined the southern highlands at Shiv Shakti Station. When researchers compared this in-situ data against 66 known lunar meteorites, ALHA 81005 discovered in Antarctica during a 1981–82 expedition emerged as the closest geochemical match. While this does not mean the meteorite originated from this exact landing spot, it reveals that both samples represent a rare, magnesium rich type of lunar crust. Chemical data reveals a precise geochemical overlap, as the Shiv Shakti soil registers 26.1% aluminium oxide compared to the meteorite's 25.8%. Furthermore, the landing site's combined iron and magnesium oxide content stands at 14.4%, nearly doubling the typical highland terrain average of 8.15% to closely mirror the meteorite's 13.7%. Scientists believe this unique blend consists of deep crustal fragments excavated billions of years ago during the impact that formed the nearby South Pole-Aitken Basin. This discovery strongly supports the global Lunar Magma Ocean hypothesis.



INDIA LAUNCHES NATIONAL HEALTH TERMINOLOGY SERVICE

Imagine walking into a hospital in Mumbai with a prescription from a clinic in Delhi, only for the local diagnostic lab's computer system to flag your blood test under an entirely different code. For decades, the hidden tragedy of global healthcare hasn't just been a shortage of medicine or doctors; it has been a lack of shared language. In India's highly fragmented medical ecosystem, a routine lipid profile or a basic blood sugar test could be written, stored, and coded in thousands of conflicting formats depending on the specific hospital management software used. This subtle data friction frequently results in duplicate testing, delayed clinical decisions, and fragmented care histories. That fragmented reality is finally being dismantled. In a massive leap forward for India's Digital Public Infrastructure (DPI), Union Health Minister Shri J.P. Nadda officially launched a sweeping suite of digital health platforms. At the dead centre of this quiet revolution sit two interconnected milestones engineered by the National Resource Centre for EHR Standards (NRCe) and the National Health Authority (NHA): the Bharat Health Terminology Service (BHTS) and the Common Lab Codes for India (CLCI).



INDIA AND EU AIM TO COMPLETE LEGAL REVIEW OF FTA TEXT WITHIN 15-20 DAYS

India and the European Union are expected to complete the legal scrubbing of the proposed Free Trade Agreement (FTA) text within the next 15-20 days, Commerce and Industry Minister Piyush Goyal said on Monday, indicating that the landmark trade pact is moving into its final stage before signing. According to PTI, the legal scrubbing process involves a detailed review of the negotiated agreement to ensure legal consistency, remove ambiguities and align the text with the domestic laws of both India and the European Union. Once this exercise is completed, the agreement will move towards formal signing and ratification before coming into force. Speaking on the progress of the negotiations, Goyal said both sides are working to conclude the legal review within the stipulated timeline. He expressed confidence that the agreement remains on track to be signed by the end of this year, with implementation expected in the first quarter of 2027 after the required approval processes are completed, reported PTI. The India-EU FTA is regarded as one of India's most significant trade agreements, given that the European Union is among the country's largest trading partners. According to PTI, the pact is expected to provide greater market access for Indian goods and services, encourage investment, strengthen supply chains and expand economic cooperation across several sectors.



WHEN WAS ANTARCTICA FROZEN? SCIENTISTS FIND HIDDEN ANSWERS

While the climatic process of carbon dioxide reduction creates ice sheets in the polar regions, the underlying geological processes were long undiscovered. Recent research notes that Antarctica started freezing 25 million years before the Arctic Ocean. Scientists have discovered that for permanent ice to form in the deep past, the terrain had to pass a critical elevation threshold of 1.5 to 2 kilometers. In contrast, the Arctic is mostly an ocean surrounded by lower lying land, meaning it required a much colder climate before large ice sheets could develop. Moreover, the breakup of the supercontinent Gondwana which once united Antarctica with Africa, South America, Australia, and the Indian subcontinent played a crucial role. Africa's separation from Antarctica had a deep internal impact, creating slow moving mantle waves that travelled inland over 10 million years. These waves altered Antarctica's surface by lifting the crust and pushing the central Gamburtsev Mountains above the freezing threshold. Reports also claim that during the transition boundary between the Eocene and Oligocene epochs, roughly 35 million years ago, ice sheets expanded across East Antarctica and eventually merged into a single, massive ice mass. Scientists thus mentioned that the geological conditions in Antarctica were far more favorable for glaciation than those in the Arctic.



INDIA SUCCESSFULLY TESTS PINAKA GUIDED ROCKET AND HITS TARGET WITH TEXTBOOK PRECISION

India on Wednesday successfully flight-tested the Pinaka Long Range Guided Rocket (LRGR), with the Defence Ministry saying the trial met all planned objectives. The test was carried out at the Integrated Test Range in Odisha's Chandipur, for a user-defined minimum range of 60 km. The ministry said the rocket followed the predicted trajectory and hit the target with textbook precision. The trial also showed that different Pinaka variants of varying ranges can be launched from the same in-service Pinaka launcher. The defence ministry said that, the Defence Research & Development Organisation (DRDO) conducted a successful flight-test of Pinaka Long Range Guided Rocket (LRGR) at the Integrated Test Range (ITR), Chandipur on July 8. Officials added the LRGR demonstrated all in-flight manoeuvres as planned, while deployed range instruments tracked the flight throughout its trajectory. The Pinaka LRGR has been designed by the Armament Research and Development Establishment in association with the High Energy Materials Research Laboratory, with support from the Defence Research and Development Laboratory and Research Centre Imarat. Defence Minister Rajnath Singh congratulated the DRDO, the Indian Army and the industry on the successful flight test. He described it as a "major milestone" in indigenous design and development capability for long-range guided rockets.



MAA INTI BANGAARAM SCRIPTS HISTORY IN TELUGU CINEMA

Directed by BV Nandini Reddy, Maa Inti Bangaaram is a women led film that has emerged as a blockbuster in Telugu cinema. Released on June 19, the film has become a massive box office success. What has excited fans the most is the collaboration between Samantha Ruth Prabhu and her husband, Raj Nidimoru. It also stars Gulshan Devaiah, Diganth Manchale, Sreemukhi, and Manjusha Mukkavilli. The film was made on a budget of Rs. 20 crore and has grossed Rs. 90.15 crore worldwide making it a massive commercial success. It also performed exceptionally well in North America, earning approximately Rs. 19 crores (\$2 million). Domestically, on Day 16, the movie earned Rs. 1.4 crore. Despite a temporary decline a day prior, collections increased by 86.7% the following day. It is interesting to note that the night shows had the highest occupancy (32.83%), followed by the evening shows (29.92%) and the afternoon shows (20.02%). On the other hand, the morning shows recorded the lowest occupancy at just 8.08%. Rajesh Nair admired the film's outstanding box office performance, stating that it had been a long time since a female led film achieved success on this scale. He added that the actress continues to be a favorite among fans, praised Samantha's outstanding performance that touched viewers and made them feel a strong connection to the movie.



PAPARKAR MAKES HISTORY AS FIRST INDIAN IN 36 YEARS TO REACH WIMBLEDON BOYS' QUARTERFINALS

Iniyan Pa recently clinched his fourth tournament title under the Masters category at the 6th La Plagne Open Tournament, held at Belle Plagne in France. The win also marked his second classical chess title. The Masters category was reserved for players with an Elo rating of 1900 and above. Other categories included Accession, Blitz, and Amateur (which was held in Bellentre). The week-long tournament featured more than 140 players, including Grandmasters and International Masters, from across 20 countries. Further the Indian Grandmaster delivered an exceptional unbeaten performance throughout the tournament scoring 7.5 points. He secured six wins and remained undefeated. After easily earning a victory in the first round, the second round ended in a draw. Iniyan later gained momentum and clinched victories in the subsequent two rounds. Notably, the 23 year old had also defeated International Master Danyil Mosesov from Ukraine during the tournament. In the final round, he secured a comfortable draw against fellow GM Aronyak Ghosh. Aronyak, the 95th GM of India, finished joint third alongside Diptayan Ghosh, with both players scoring 6.5 points. Meanwhile, the runner up spot was secured by GM Luca Moroni from Italy.



INDIA STRIKES GOLD AS SHEETAL DEVI AND SHYAM SUNDAR BEAT INDONESIA TO WIN THE WORLD PARA ARCHERY TITLE

The Indian para-archery duo defeated Indonesia 147-143 in the mixed compound final, giving India a golden start at the 2026 Hyundai World Archery Para Series. India made a golden start to the 2026 Hyundai World Archery Para Series in Nové Město, Czech Republic, as Sheetal Devi and Shyam Sundar Swami won the Para Compound Mixed Team gold medal. The Indian duo defeated Indonesia 147-143 in the final to secure the country's first gold of the tournament. Their latest triumph adds to India's growing success in para-archery and further strengthens the reputation of two of its most accomplished compound archers. No official statement from the organisers or the Archery Association of India had been released at the time of writing. Hailing from Jammu and Kashmir, Sheetal Devi has become one of India's most celebrated para-athletes despite being born without arms due to a rare congenital condition. Using her feet, shoulder and jaw to shoot, she stunned the sporting world with her performances at the 2022 Asian Para Games, where she won multiple medals. Since then, the teenager has consistently excelled on the international circuit, winning medals at World Archery events and earning widespread admiration for redefining what determination and skill can achieve.



MEGHALAYA CLINCH FIRST-EVER GOLD MEDALS AT SENIOR NATIONAL PENGKAK SILAT CHAMPIONSHIP

Meghalaya created history at the 14th Senior National Pencak Silat Championship 2026 by winning its first-ever medals at the national event, securing two gold medals in the artistic (seni) categories on the second day of competition. The state also continued its strong run in the combat (tanding) events, with several athletes progressing through their respective categories as the three-day championship entered its penultimate day. The tournament is being held at the Sports Authority of India (SAI) centre on the NEHU campus, where nearly 1,500 martial artists representing 36 states, Union Territories and sports boards are competing. The championship is being organised by the Indian Pencak Silat Federation (IPSF) in association with the Meghalaya Pencak Silat Association (MPSA). Additional Superintendent of Police Neena Rabha, MPS, attended the event as the chief guest on the second day. Addressing participants, she highlighted the values shared by Pencak Silat and police service, saying both demand discipline, rigorous training, commitment and teamwork. Among Meghalaya's notable performances in the combat events, Anthony Shadap advanced to the pre-quarterfinals after defeating Mizoram's Benjamin Lalrindika 6-2. Sumita Klein staged a dramatic comeback against Kerala's Sanooja K. Trailing after the opening round, she turned the contest around in the second and sealed a 19-18 victory with a point scored in the final second of the bout.



INDIAN SQUASH PRODIGY AMARYA BAJAJ SCRIPTS HISTORY, WINS DUTCH JUNIOR OPEN U-13 TITLE

The 13 year old Indian squash prodigy Amarya Bajaj scripted history by clinching the Dutch Junior Open U-13 Boys title, defeating his English opponent, Daniel Stevenson, 3-1 in an exciting title clash. Notably, fellow Indian junior player Divyanshi Jain also won the Girls Under-13 (GU13) title at the same event, marking a historic double championship sweep for India at the tournament. Amarya's dominant tournament run began with a convincing 3-0 victory over an Egyptian opponent, followed by a 3-0 win against England's Arlo Smith. In the pre-quarterfinals, he stunned Singapore's top-seeded Kaelen Low 3-0, before securing a 3-1 victory over Egypt's Badr Hassan in the quarterfinals. The Indian youngster then faced European No. 1 Alex Kosztyu of Hungary in the semifinals defeating him in straight games. This win came just weeks after Amarya won the silver medal at the 2026 Asian Junior Championships in China. At a young age, Amarya already boasts two Asian Junior medals alongside this major new European crown, underlining his growing reputation as one of India's brightest young squash talents. The victory is also a major boost for Indian squash, which continues to see a rise in junior talent making a mark on the global stage.



INDIA WINS FIVE MEDALS, INCLUDING GOLD, ON DAY 1 AT U-23 ASIAN ATHLETICS CHAMPIONSHIPS 2026

India clinched five medals, including a gold in the mixed 4x400m relay, to begin its Asian U-23 Athletics Championships on a strong note in Ordos, China on Thursday. The Indian quartet of Astik Pradhan, Sandra Mol Sabu, Sethu Mishra and Shravani Sachin Sangle clocked 3:18.64 seconds to take the top spot in the last event of the day for the country. Besides the gold, the Indians added one silver and three bronze medals on the opening day of competitions. It was Bhartpreet Singh who opened India's medal account with a bronze in the men's discus throw with an effort of 52.91m. China's Li Zhixin clinched the gold with a throw of 60.79m, while compatriot Jiang Zehao took the silver with 59.60m. Indians finished 2-3 in the men's 5000m race final with Shivaji Parashuram Madappagoudra taking the silver in 14:08.19 and Vinod Singh claiming the bronze with a timing of 14:23.67. Japan's Rui Suzuki won gold, clocking 14:01.24. The last Indian medal of the day — a bronze — was won by Prachi Devkar in the women's 3000m steeplechase, clocking 10:32.69 seconds. It was 1-2 for China with Yang Yiting taking the gold with a time of 10:14.68, while Liu Yuxin pocketing the silver in 10:25.51. India is being represented by 53 athletes in the inaugural edition of the championships.



PRAGGNANANDHAA EARNS JOINT THIRD POSITION AT SUPER RAPID & BLITZ CROATIA TOURNAMENT

Indian Grandmaster R Praggnanandhaa, who recently won the Norway Chess Championship, has secured a joint third-place finish at the Super Rapid & Blitz Croatia tournament after a mixed final day in the blitz section. The event was held from July 1–5 at the Westin Hotel in Zagreb, Croatia. Praggnanandhaa shared third place with France's Maxime Vachier-Lagrave, with both scoring 21.5 points. Meanwhile, France's Alireza Firouzja clinched first place through the tie breaking rule and Uzbekistan's Nodirbek Abdusattorov finished as the runner-up both securing 23.5 points. Praggnanandhaa made a strong comeback by collecting six points from his final eight games to secure his spot on the podium. While he suffered defeats against Germany's Vincent Keymer and World Champion D Gukesh, one of his most notable victories was against the tournament champion, Firouzja. The 19 year old Indian GM currently sits sixth in the Grand Chess Tour standings with 11.5 points, leaving him with considerable work to do to qualify for the season-ending Finals. The Indian youngster will now turn his attention to the remaining calendar events, both of which will be held in St. Louis.



BANK OF INDIA (BOI) CREDIT OFFICER RECRUITMENT 2026

SALARY: Rs 64,820 to 1,02,300/-

AGE LIMIT: 25 to 40 Years

ACROSS INDIA

NOTIFICATION OUT

APPLY NOW



The Bank of India (BOI) has released the official notification for the recruitment of Credit Officers under the Specialist Officer (SO) cadre. A total of 779 vacancies will be filled through this recruitment drive across various branches of the bank.

Key Highlights

- Organization: Bank of India (BOI)
- Post Name: Credit Officer
- Total Vacancies: 779 Posts
- Category: Banking Recruitment

Educational Qualification

- Graduation in any discipline from a recognized university.
- Preference may be given to candidates possessing MBA (Finance), CA, CFA, or other relevant qualifications as specified in the notification.

Important Dates

- Application Start Date: 06 July 2026
- Last Date to Apply: 27 July 2026
- Online Examination: To be announced

Age Limit

- Minimum Age: 20 Years
- Maximum Age: 32 Years
- Age relaxation is applicable for reserved categories as per Government norms.

Salary

- Pay Scale: ₹48,480 – ₹85,920 per month (JMGS-I)
- Selected candidates will also receive DA, HRA, CCA, medical benefits, pension, and other allowances as per Bank of India rules.

Selection Process

- Online Examination
- Personal Interview
- Document Verification

How to Apply

- Visit the official Bank of India website.
- Register and complete the online application form.
- Upload the required documents and pay the application fee.
- Submit the application and keep a copy for future reference.

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

IOCL APPRENTICE RECRUITMENT 2026 – APPLY ONLINE FOR 1,524 TRADE / TECHNICIAN APPRENTICE POSTS

IOCL

RECRUITMENT 2026

1524 APPRENTICE VACANCIES

1524 APPRENTICE VACANCIES

18 TO 24 YEARS

ACROSS INDIA

NOTIFICATION OUT



The Indian Oil Corporation Limited (IOCL) has invited online applications for the recruitment of 1,524 Trade, Technician, and Graduate Apprentice posts under the Apprentices Act. The recruitment offers valuable training opportunities for ITI, Diploma, and Graduate candidates across various IOCL locations.

Key Highlights

The Indian Navy has released the official notification for the recruitment of Short Service Commission (SSC) Officers for the June 2027 (AT 27) Course. A total of 275 vacancies are available across various branches, offering graduates and professionals an opportunity to serve as officers in the Indian Navy.

Key Highlights

- Organization: Indian Navy
- Post Name: Short Service Commission (SSC) Officer
- Total Vacancies: 275 Posts
- Category: Defence Recruitment

Educational Qualification

- Candidates must possess BE/B.Tech, M.Sc, MBA, MCA, B.Com, or other qualifications as prescribed for the respective branch in the official notification.

Important Dates

- Application Start Date: 05 July 2026
- Last Date to Apply: 19 July 2026
- SSB Interview: To be notified

Age Limit

- Candidates must satisfy the branch-wise age criteria specified in the official notification.

Salary

ITI, Diploma, or Graduation in the relevant discipline from a recognized institution.

Important Dates

- Application Start Date: 06 July 2026
- Last Date to Apply: 26 July 2026
- Document Verification: To be announced

- Starting Pay: ₹56,100 per month (Level 10, 7th CPC)
- In addition to the basic pay, officers are entitled to Military Service Pay (MSP), Dearness Allowance (DA), House Rent Allowance (HRA), Transport Allowance, and other admissible benefits.

Selection Process

- Shortlisting of Applications
- SSB Interview
- Medical Examination
- Merit List

- Organization: Indian Oil Corporation Limited (IOCL)
- Post Name: Trade / Technician / Graduate Apprentice
- Total Vacancies: 1,524 Posts
- Category: PSU Apprenticeship Recruitment

Educational Qualification

- Candidates should possess

Age Limit

- Minimum Age: 18 Years
- Maximum Age: 24 Years
- Age relaxation is applicable for reserved categories as per Government norms.

Salary / Stipend

- Selected apprentices will receive a monthly stipend as per the Apprentices Act, 1961 and IOCL norms, depending on the trade and qualification.

Selection Process

- Merit Based on Qualifying Examination

Document Verification

- Medical Fitness Test

How to Apply

- Visit the official IOCL website.
- Complete the online registration.
- Fill in the application form carefully.
- Upload the required documents.
- Submit the application and keep a copy for future reference.

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

INDIAN NAVY SSC OFFICER RECRUITMENT 2026 (JUN 2027 AT 27 COURSE) – APPLY ONLINE FOR 275 POSTS

INDIAN NAVY

SSC OFFICER

RECRUITMENT 2026

APPLY ONLINE

25 JUNE 2026

TOTAL POSTS

275

LAST DATE

27 JULY 2026

★

JUN 2027 (AT 27) COURSE

★

- Starting Pay: ₹56,100 per month (Level 10, 7th CPC)
- In addition to the basic pay, officers are entitled to Military Service Pay (MSP), Dearness Allowance (DA), House Rent Allowance (HRA), Transport Allowance, and other admissible benefits.

Selection Process

- Shortlisting of Applications
- SSB Interview
- Medical Examination
- Merit List

How to Apply

- Visit the official Indian Navy website.
- Register and complete the online application form.
- Upload the required documents.
- Submit the application before the closing date and keep a copy for future reference.

For more details candidates are asked to visit the official website

ISSN : 2583 - 5033 (ONLINE)

www.hulahulfoundation.org/e-newspaper

Deepika Singh



1. Which country recently signed major defence and trade agreements with India?
2. How many international sporting events does India plan to host over the next two years?
3. Which city is India's proposed host for the 2036 Olympics?
4. Which Union Minister announced India's Olympic hosting roadmap?
5. Which international championship will Ahmedabad host?
6. Which Indian World Champion will play in the Chennai Grand Masters 2026?
7. Chennai Grand Masters is associated with which sport?
8. Why is Census 2027 currently in the news?
9. Which endangered bird is found mainly in the Thar Desert?
10. What is the name of the joint ISRO–NASA satellite mission?



1. I travel around a planet without wings. What am I?
2. I collect images of Earth from space. What am I?
3. I help your phone show the correct location. What am I?
4. I carry satellites beyond Earth's atmosphere. What am I?
5. I am the natural satellite of Earth. Who am I?
6. I send television signals from space. What am I?
7. I am India's space agency. Who am I?

7.	ISRO
6.	Satellite
5.	Moon
4.	Rocket
3.	GPS
2.	Satellite
1.	Satellite
(II) RIDDLES	
10.	NISAR
9.	Great Indian Bustard
8.	Caste Enumeration
7.	Chess
6.	D. Gukesh
5.	Tennis Championships
4.	Commonwealth Table
3.	Mansukh Mandavlya
2.	Ahmedabad
1.	Events
(I) QUIZ TIME	
ANSWERS	



RICH & ROYAL MURGH MUSALLAM

This Week, We're Relishing Rich & Royal Murgh Musallam!

Murgh Musallam is a classic Mughlai delicacy featuring a whole chicken marinated in yogurt, aromatic spices, and herbs, then slow-cooked in a rich onion-tomato gravy enriched with nuts and cream. Traditionally stuffed with boiled eggs or spiced rice, this royal dish is perfect for festive occasions and family celebrations.

Ingredients:

1 whole chicken (800 g–1 kg), 1 cup thick yogurt, 2 onions (thinly sliced), 2 tomatoes (pureed), 2 tablespoons ginger-garlic paste, 2 tablespoons ghee, 1 tablespoon oil, 1 teaspoon turmeric powder, 2 teaspoons red chilli powder, 2 teaspoons coriander powder, 1 teaspoon cumin powder, 1 teaspoon garam masala, ½ teaspoon black pepper powder, 8–10 cashew nuts (soaked and blended), 2 tablespoons fresh cream, 2 boiled eggs (optional, for stuffing), 2 bay leaves, 4 green cardamoms, 4 cloves, 1-inch cinnamon stick, Salt to taste, Fresh coriander and fried onions for garnish.

Preparation

- Clean and pat dry the whole chicken. Make a few deep slits and marinate it with yogurt, ginger-garlic paste, turmeric, red chilli powder, coriander powder, cumin powder, salt, and black pepper. Refrigerate for at least 2–4 hours or overnight.
- If using, stuff the chicken cavity with boiled eggs and secure it with kitchen twine or toothpicks.
- Heat ghee and oil in a heavy pan. Add bay leaves, cinnamon, cloves, and cardamoms. Sauté the sliced onions until golden brown, then add the tomato puree and cook until the oil separates.
- Stir in the cashew paste and cook for 2–3 minutes. Place the marinated chicken into the gravy, cover, and cook on low heat for 45–60 minutes, turning occasionally until the chicken is fully cooked and tender.
- Finish by adding garam masala and fresh cream. Simmer for another 5 minutes, then garnish with fried onions and chopped coriander.



Serving Tip:

Serve hot with naan, butter roti, roomali roti, or fragrant jeera rice. Garnish with fresh coriander, fried onions, and a few roasted cashews for a truly royal dining experience.

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		Phone +91-7977005423	Email thehulahultimes@gmail.com

To place an
Advertisement
please call on
+91- 8433608140

For free subscription of e-newspaper mail on
thehulahultimes@gmail.com
For Internship
Please mail your updated CV on
hr.hulahulfoundation@gmail.com

SUBSCRIBERS

✉ 10,436

SOCIAL MEDIA REACH



25,000+