

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



UDAAN 2026 CELEBRATES EVERY ABILITY, INSPIRES AN INCLUSIVE TOMORROW

A memorable celebration at Gharkul School empowers children with special needs through learning, creativity, and compassion on 18 July 2026. In a heartfelt initiative promoting inclusion and equal opportunities, HULAHUL Foundation, in association with Nirvan Solutions, organised "UDAAN 2026 – Celebrating Every Ability" at Gharkul – A School for Special Children in Santacruz, Mumbai. The programme aimed to celebrate the unique abilities of children with special needs while encouraging a society that values acceptance, dignity, and equal participation.

Designed as a day of learning, laughter, and celebration, the event brought together students, educators, volunteers, and supporters for a series of engaging activities. Music, dance, interactive games, creative workshops, and recreational sessions transformed the school campus into a vibrant space filled with enthusiasm and smiles. Every child actively participated, displaying remarkable confidence, creativity, and determination.

The initiative was led by CA Ashish Chorge under the guidance of the Trustees of HULAHUL Foundation. The Foundation's trustees and volunteers meticulously coordinated every aspect of the programme, ensuring that each child enjoyed a meaningful and memorable experience. Their dedication reflected the organisation's continued commitment to building an inclusive and compassionate society.

Nirvan Solutions, represented by Suraj Chaudhary and his team, partnered with the Foundation in successfully executing the event. Their collaboration highlighted the importance of collective social responsibility and demonstrated how partnerships between organisations can create lasting positive impact within communities.

Adding to the excitement, every student received thoughtfully selected gifts as tokens of encouragement. The teaching and non-teaching staff of Gharkul School were also honoured for their relentless dedication towards nurturing children with special needs. To further strengthen the school's educational resources, the organisers donated interactive educational games that will support experiential learning and skill development for the students.

Speaking during the programme, dignitaries emphasised that children with special needs possess extraordinary potential when provided with the right environment, quality education, and continuous encouragement. They stressed that true inclusion goes beyond sympathy; it requires equal opportunities, accessibility, and respect that enable every individual to flourish.

Expressing his gratitude, CA Ashish Chorge thanked the management of Gharkul School, Nirvan Solutions, the Trustees of HULAHUL Foundation, volunteers, and all supporters whose collective efforts made the event a grand success. He reaffirmed the Foundation's commitment to organising more initiatives that promote education, inclusion, community welfare, and social empowerment.



The event was further strengthened by the dedicated efforts of Sahil Chaurasiaa, Ajab Tinwala, Ganesha Gundu, Mahi Sangol, and Kailash Gounder, whose teamwork and unwavering commitment ensured the seamless execution of the programme.

The school administration appreciated the initiative, noting that programmes such as UDAAN 2026 not only inspire confidence among children with special needs but also

encourage society to embrace diversity with empathy and understanding. The joyful expressions on the children's faces served as a powerful reminder that genuine acceptance and encouragement can transform lives.

More than just a community event, UDAAN 2026 emerged as a movement celebrating ability over disability. It reinforced the message that every child deserves equal opportunities to learn, grow, dream, and succeed. Through compassion, collaboration, and inclusive action, HULAHUL Foundation and Nirvan Solutions continue to inspire a future where every individual is valued for their unique potential.

#Notable_Story

The Scholar Who Corrected the Stars: The Inspiring Story of Nilakantha Somayaji.... **Pg 02**

#Person_of_Interest

Janardan Bapurao Bothe: A Lifetime of Selfless Service Honoured with the Padma Shri.... **Pg 03**

#Commerce_Connect

The Drone Economy: How Drones are Taking Indian Business to New Heights.... **Pg 04**

#Krishi_Gyan

ICAR Unveils 2047 Vision: Caps on Rice and Wheat to Drive Massive Crop.... **Pg 06**

#Educational_News

IIT Madras and Education Ministry Host National Workshop on Student.... **Pg 07**

#Artha_Gyan

India's Hydrogen Train Puts Green Engineering on the Right Track.... **Pg 08**

#Learning_and_Development through_Ancient_Indian_Wisdom

Q. Discuss the importance of social support and community in Indian traditions for addressing depression.... **Pg 09**

#Lifelab

Choose Yourself Before the World Chooses for You.... **Pg 10**

#Current_News

ISRO Battles Scientist Exodus to Keep India's Human.... **Pg 11**

#Sports_News

Indian Grandmaster Iniyan Pa Wins 6th La Plagne Open.... **Pg 12**

#Job_Junction

IBPS CRP PO/MT-XVI Recruitment 2026 – Apply Online for 6,715 Posts.... **Pg 13**

Durgesh K. Dubey

THE SCHOLAR WHO CORRECTED THE STARS: THE INSPIRING STORY OF NILAKANTHA SOMAYAJI

On the night of 6 March 1467, a young scholar stood beneath the vast Kerala sky. People around him watched a lunar eclipse with wonder and fear, but twenty-two-year-old Nilakantha observed it with a different kind of devotion. He carefully compared what he could see with what astronomical calculations had predicted.

The eclipse was not merely a mysterious shadow for him. It was an opportunity to test knowledge. He understood that the sky followed an order and that the human mind, through patient observation and mathematics, could understand a part of that order.

Nilakantha Somayaji was born on 14 June 1444 in the Kelallur family at Kundagrama, identified with present-day Trikkandiyur near Tirur in Kerala. His father was named Jatavedas. Unlike many medieval scholars whose personal details remain uncertain, Nilakantha recorded information about himself in his writings. This itself reflected his respect for accuracy.

As a child, Nilakantha was fascinated by numbers, language and the movement of celestial bodies. At night, the sky became his classroom. He wondered why the Moon changed its shape, why some planets appeared to move backwards and how eclipses could be predicted. However, wonder alone was not enough for him. He wanted reasons, calculations and evidence.

He studied Vedanta and astronomy under a teacher named Ravi. Later, Damodara—the son of the respected Kerala astronomer Paramesvara—guided him more deeply into mathematics and observational astronomy. Damodara belonged to a scholarly tradition that did not depend only on memorising old books. It encouraged students to compare calculations with actual celestial events.

Nilakantha respected his teachers, but respect did not mean accepting every statement without examination. This combination of humility and independent thought became the foundation of his life.

An old principle of Indian learning says: “आचार्यात् पादमादत्ते पादं शिष्यः स्वमेधया।”

One part of knowledge comes from the teacher, while another part develops through the student's own intelligence.

This wisdom was reflected in Nilakantha's journey. He received a strong foundation from

earlier masters, but he used his own observation and reasoning to carry their work forward.

Nilakantha studied the celebrated Aryabhatiya, composed by Aryabhata nearly a thousand years earlier. He admired Aryabhata's genius, yet some planetary calculations did not fully agree with observation. For a less courageous scholar, questioning an established authority might have seemed disrespectful. Nilakantha, however, understood that truth was honoured not by blindly protecting an old theory but by improving it when evidence demanded improvement.

He therefore began examining the mathematical models used to calculate the movements of Mercury, Venus, Mars, Jupiter and Saturn. The task required years of concentration. There were no telescopes, computers or digital calculators. Every result had to be obtained through geometry, arithmetic, trigonometry and repeated manual calculation. A small mistake could disturb an entire table of planetary positions.

His greatest work, the Tantrasangraha, was completed around 1500–1501 CE. Written in Sanskrit verse and arranged in eight sections, it contained more than four hundred verses dealing with astronomy, planetary motion, eclipses and mathematical procedures. It represented one of the most important achievements of the Kerala school of mathematics and astronomy.

Nilakantha introduced a major revision in the traditional planetary model. In his system, Mercury, Venus, Mars, Jupiter and Saturn were understood as moving around the Sun, while the Sun was represented as moving around the Earth. It was not the same as the modern Sun-centred model, but it was a remarkable improvement over many earlier computational arrangements.

His correction was especially important for Mercury and Venus. Earlier methods could produce differences between predicted and

observed planetary positions. Nilakantha connected their movements more accurately with the actual position of the Sun. His revised equations produced better results and represented an important advance in planetary astronomy long before the work of Johannes Kepler in Europe.

This contribution has great relevance today. Modern science also progresses through correction. Scientists do not consider a theory sacred simply because it is old or was proposed by a respected person. They test it, identify its limitations and improve it. Nilakantha showed that questioning with evidence is not arrogance; it is intellectual honesty.

He also wrote an extensive commentary called the Aryabhatiya-bhashya. Instead of merely translating or repeating Aryabhata's verses, he explained their reasoning, examined difficult mathematical questions and discussed algebra, geometry and trigonometric methods. His work helped preserve earlier knowledge while making room for new understanding.

Nilakantha's Grahapariksa explained how astronomical calculations could be checked through observation. His Jyotirmimamsa strongly emphasised that mathematical results must agree with what is actually seen in the sky. Astronomical constants, he argued, should be revised when repeated observations reveal differences.

This was demonstrated again when he recorded another lunar eclipse observed on 28 July 1501 at Anantaksetra. The long gap between his observations of 1467 and 1501 reveals something beautiful about his character: his curiosity had not faded with age. More than three decades later, he was still looking at the sky with the same attention.

His approach may be expressed through the Upanishadic prayer: “असतो मा सद्गमय, तमसो मा ज्योतिर्गमय।”

Lead me from the unreal to the real and from darkness to light.

For Nilakantha, movement from darkness to light was also an intellectual journey—from assumption to verification, from error to correction and from confusion to understanding.

Nilakantha was not limited to astronomy. His writings reveal familiarity with grammar, philosophy, sacred literature and poetic traditions. He demonstrated the Indian ideal of integrated knowledge, in which science, language, philosophy and ethics supported one another. Knowledge was not simply a means of earning fame. It was a disciplined search for truth.

His life is especially meaningful in the present age. We possess instant information, powerful computers, satellites and artificial intelligence, but information without verification can spread error very quickly. Nilakantha's method teaches students to check sources, compare theory with evidence and remain prepared to correct their conclusions. His work also reminds teachers that genuine education should develop curiosity rather than demand mechanical memorisation.

Moral of the Story: Nilakantha Somayaji's life teaches us that true respect for knowledge includes the courage to question it. We should honour our teachers and traditions, but we must also use observation, reason and honesty to improve what we inherit. A mistake is not a failure when it leads us closer to truth. Progress begins when curiosity is supported by discipline and confidence is balanced by humility.

Conclusion: Nilakantha did not possess a telescope or a modern laboratory, yet his patient eyes, mathematical mind and ethical commitment enabled him to correct the movement of planets. He connected India's scholarly heritage with a spirit of scientific examination. His greatest legacy is therefore not only a set of astronomical calculations; it is a way of thinking observe carefully, calculate honestly, question respectfully and remain a student throughout life. In an age filled with unverified claims, this fifteenth-century scholar continues to guide us from the darkness of assumption towards the light of evidence.

JANARDAN BAPURAO BOTHE: A LIFETIME OF SELFLESS SERVICE HONOURED WITH THE PADMA SHRI

"The true measure of a person's life is not found in the awards they receive but in the lives they touch."

Few individuals embody this philosophy as completely as Janardan Bapurao Bothe, whose unwavering commitment to social service has transformed countless lives across rural India. For over six decades, Bothe has dedicated himself to empowering communities through education, rural development, ethical leadership, and voluntary service. His extraordinary contribution to nation-building has now been recognised with the Padma Shri, one of India's highest civilian honours, awarded by the Government of India in 2026 for his exceptional work in the field of social service. The award is not merely a recognition of an individual's achievements but a celebration of a lifetime devoted to humanity, compassion, and the welfare of society.

Born with a deep sense of responsibility towards his community, Janardan Bapurao Bothe chose a path that was driven by purpose rather than personal ambition. While many pursue careers that promise recognition and financial success, Bothe devoted his life to serving people at the grassroots level. He firmly believed that the strength of a nation lies in the development of its villages and that sustainable progress can only be achieved when communities become active participants in shaping their own future. Throughout his journey, he has worked tirelessly to promote rural upliftment, social awareness, education, and community participation, demonstrating that meaningful change begins with selfless action.

A significant influence on Bothe's life has been the teachings of Rashtrasant Tukdoji Maharaj, one of India's most respected saints and social reformers. Inspired by Tukdoji Maharaj's vision of village self-reliance, national integration, and humanitarian service, Bothe has dedicated decades to preserving and promoting these ideals. As the General Secretary of the All India Gurudev Seva Mandal, he has played a pivotal role in carrying forward this vision through numerous programmes aimed at social reform, value-based education, youth development, and community welfare. Under his guidance, the organisation has continued to inspire thousands

of volunteers to dedicate themselves to constructive social work and nation-building.

One of the defining characteristics of Janardan Bapurao Bothe's leadership is his humility. Despite his immense contribution to society, he has never sought publicity or personal recognition. Instead, he has consistently believed that the real reward of service lies in seeing lives transformed and communities strengthened. His leadership style

the importance of ethical decision-making and community service. According to Bothe, an educated society is truly progressive only when its citizens use their knowledge to improve the lives of others. His efforts have strengthened educational and social institutions, creating opportunities for individuals to grow into responsible and compassionate leaders.

The conferment of the Padma Shri marks a historic milestone in Janardan Bapurao Bothe's

service to others. His work demonstrates that meaningful leadership is built on empathy, integrity, patience, and consistency rather than authority or recognition. Through his tireless efforts in rural development, youth empowerment, educational awareness, and social reform, he has shown that one determined individual can inspire thousands to work together for the common good. His life is a testament to the belief that genuine change begins with compassion and grows through collective action.

The impact of Janardan Bapurao Bothe extends far beyond the organisations he has served. His philosophy has influenced educators, social workers, volunteers, community leaders, and young citizens across the country. By promoting unity, ethical values, and active citizenship, he has contributed to creating stronger communities that are capable of addressing their own challenges through cooperation and shared responsibility. His work continues to inspire people to look beyond personal success and embrace the larger goal of nation-building through service.

Today, Janardan Bapurao Bothe stands as an enduring symbol of humility, perseverance, and humanitarian leadership. The Padma Shri is a well-deserved recognition of his extraordinary contributions, but it represents only a small part of his legacy. His greatest achievement lies in the countless lives he has touched, the values he has instilled, and the hope he has inspired in generations of citizens committed to building a better India. His journey reminds us that the most powerful leaders are often those who work quietly, placing the welfare of others above their own interests. As India continues to move towards inclusive growth and sustainable development, the life of Janardan Bapurao Bothe serves as a timeless example of how compassion, dedication, and selfless service can truly transform society. His story is not only one of recognition but also one of purpose, a purpose that continues to inspire the nation and will remain relevant for generations to come.



is based on empowering others rather than seeking personal acclaim. He has encouraged individuals from all walks of life, especially young people, to become responsible citizens who contribute positively to society. This philosophy has created a lasting impact, inspiring generations of volunteers to view service not as an occasional act of charity but as a lifelong commitment.

Education has remained one of the cornerstones of Bothe's mission. He believes that education should not be limited to academic excellence but should also nurture values such as honesty, discipline, compassion, and social responsibility. Throughout his career, he has promoted initiatives that encourage value-based education and youth leadership, helping young minds understand

remarkable journey. The prestigious award recognises not only his decades of dedication but also the significance of grassroots social work in the development of the nation. What made this recognition even more inspiring was Bothe's response after receiving the honour. Rather than celebrating it as a personal achievement, he humbly dedicated the Padma Shri to Rashtrasant Tukdoji Maharaj, acknowledging that every accomplishment in his life was inspired by the saint's teachings and vision. This gesture reflected the values of humility, gratitude, and selflessness that have defined his personality throughout his life.

At a time when society often associates success with popularity and material achievements, Janardan Bapurao Bothe reminds us that true greatness is measured by

Dr. Smita Ravikumar Kuntay

EDITOR



Dr. Smita Ravikumar Kuntay

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

Veteran Academician, Researcher and Social Activist.

EDITORIAL NOTE

Commerce Connect is a student-friendly column that turns money, markets, and management into everyday lessons. From canteen economics to digital wallets, it bridges classroom theory with real-world trends, making commerce not just a subject, but a life skill.

The next big business revolution in India may not arrive on roads or railways it may come from the skies. Drones are revolutionising agriculture, logistics, infrastructure, healthcare, and entrepreneurship, creating the jobs and businesses of tomorrow. Once associated mainly with aerial photography and defence, drones are now transforming the way industries operate. Across the country, they are helping farmers improve crop yields, enabling faster medical deliveries, inspecting bridges and power lines, surveying construction sites, and supporting disaster management. The drone economy is emerging as one of India's fastest-growing technology-driven industries, creating new business models, investment opportunities, and high-value careers.

Driven by technological innovation, supportive government policies, and increasing private investment, drones are becoming essential tools for improving efficiency, reducing costs, and enabling smarter business decisions through real-time data. What once seemed futuristic is now becoming a practical business solution across multiple industries. For students, professionals, and entrepreneurs, this highlights an important reality: the businesses of tomorrow will increasingly combine technology, automation, and data to solve real-world challenges.

THE DRONE ECONOMY: HOW DRONES ARE TAKING INDIAN BUSINESS TO NEW HEIGHTS

What Is the Drone Economy?

The drone economy refers to the ecosystem of businesses that manufacture drones, develop drone software, provide drone-based services, train pilots, and use drones for commercial applications.

Today, drones are being used in:

- Agriculture
- Logistics
- Infrastructure
- Mining
- Real estate
- Healthcare
- Disaster management
- Environmental conservation
- Media and entertainment

Rather than replacing people, drones are helping businesses work faster, safer, and smarter.

Why Businesses Are Embracing Drones

Companies are under constant pressure to improve productivity while reducing costs and risks. Drones offer an effective solution by collecting accurate information quickly and accessing locations that are difficult or dangerous for humans.

Example: Insurance and power companies use drones to inspect damaged buildings and power lines, enabling faster assessments and safer operations.

Businesses are discovering that aerial intelligence leads to smarter decisions.

The Real Value Lies in Data

The real value of drones lies in the data they collect. From crop health reports to infrastructure inspections, this information helps businesses make faster, smarter, and more informed decisions. In today's economy, data is becoming as valuable as the technology itself.

Transforming Agriculture and Rural India

Agriculture is among the sectors benefiting the most from drone technology. Farmers now use drones for:

- Crop monitoring
- Precision spraying
- Soil analysis
- Water management
- Crop health assessment

Example: Instead of manually spraying pesticides across large farms, agricultural drones complete the task more quickly while

reducing chemical waste and improving efficiency.

Technology is making farming more productive and sustainable.

A New Opportunity for Entrepreneurs

The drone industry is creating opportunities beyond

manufacturing. Entrepreneurs can establish businesses in:

- Drone surveying
- Drone photography
- Drone-based inspections
- Drone training academies
- Drone maintenance
- Drone-as-a-Service (DaaS)

Under the DaaS model, businesses hire specialised drone services instead of purchasing drones, creating cost-effective opportunities for both companies and startups. Example: A startup offering drone surveying services can support construction, agriculture, mining, and infrastructure companies without manufacturing drones.

Innovation often lies in services, not just products.

Career Opportunities for Students

The expanding drone ecosystem requires professionals from commerce, management, technology, and science backgrounds.

Growing careers include:

- Drone Operations Manager
- Business Development Executive
- Supply Chain Analyst
- Drone Pilot
- GIS Analyst
- Drone Maintenance Specialist
- Project Coordinator
- Marketing Manager
- Regulatory Compliance Executive
- Entrepreneur

Example: A commerce graduate can contribute to drone companies in finance, operations, sales, project management, business analytics, and regulatory compliance.



The drone economy is creating opportunities far beyond technical roles.

Skills Students Should Build

- Business Analytics
- Digital and AI literacy
- Project Management
- Supply Chain Management
- Communication Skills
- Data Interpretation
- Entrepreneurial Thinking

The future belongs to professionals who understand both business and technology.

The Bigger Shift

India's drone economy reflects a broader business transformation, with organisations using automation, artificial intelligence, and real-time data to improve productivity and decision-making. Drones are becoming valuable business assets that reduce costs, boost efficiency, and create new opportunities. The future of business will be digital, intelligent, and connected.

The Takeaway

India's drone economy is creating new opportunities for businesses, entrepreneurs, and job seekers. As adoption grows across industries, drones will continue to drive innovation, productivity, and economic growth.

Because in tomorrow's economy, success will belong not only to those who think ahead but also to those who see opportunities from above.

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.

SPOTLIGHT ON CHILDREN'S LITERATURE

Children's literature is a unique branch of literature created to entertain, educate, and inspire young readers. It includes picture books, fairy tales, folktales, fantasy, adventure stories, poetry, and novels written for children of different age groups. Beyond providing enjoyment, these stories help children develop language skills, creativity, empathy, and moral understanding. Memorable characters and imaginative settings encourage curiosity and a lifelong love of reading.

Over the years, children's literature has become increasingly diverse, representing different cultures, languages, and experiences from around the world. Modern children's books promote friendship, inclusion, environmental awareness, resilience, and emotional well-being while preserving the timeless appeal of imagination. From classic tales to contemporary stories, children's literature continues to shape young minds and nurture compassionate, confident, and thoughtful readers.

Classic Children's Books

- Alice's Adventures in Wonderland – Lewis Carroll
- Charlotte's Web – E. B. White
- The Little Prince – Antoine de Saint-Exupéry
- The Chronicles of Narnia – C. S. Lewis

DID YOU KNOW?

- Flamingos are not born pink. They hatch with grey or white feathers, and their famous pink colour develops over time from pigments called carotenoids found in algae and small crustaceans that they eat.
- The human nose can remember nearly one trillion different scents. Scientists once believed humans could identify only around 10,000 smells, but research has shown our sense of smell is far more powerful than previously thought.
- The shortest war in recorded history lasted just 38 minutes. The Anglo-Zanzibar War took place on 27 August 1896, ending shortly after it began when the Sultan's palace was heavily bombarded.
- A blue whale's heart is so large that it can weigh over 180 kilograms. About the size of a small car, its heart pumps blood through a body that can exceed 30 metres in length.
- Some frogs can freeze without dying. During winter, species such as the wood frog allow much of their body to freeze while special chemicals protect their organs until they thaw in spring.
- The Sahara Desert was once a lush green landscape. Thousands of years ago, it contained rivers, lakes, forests, and abundant wildlife before climate changes transformed it into the world's largest hot desert.
- Saturn could float in water if there were an ocean large enough. Although Saturn is the second-largest planet in the Solar System, its average density is lower than that of water.
- The Great Barrier Reef is the largest living structure on Earth. Stretching for over 2,300 kilometres along Australia's coast, it is so vast that it can be seen from space.
- Camels do not store water in their humps. Their humps are actually filled with fat, which serves as an energy reserve, while their bodies are specially adapted to conserve water.

GRAMMAR TIP

Capital Letters in Book Titles

Capitalize the first and last words of a title and all important words (nouns, verbs, adjectives, and adverbs).

- Examples:**
- Charlotte's Web
 - The Wind in the Willows
 - Harry Potter and the Philosopher's Stone

WRITER OF THE WEEK

Beatrix Potter

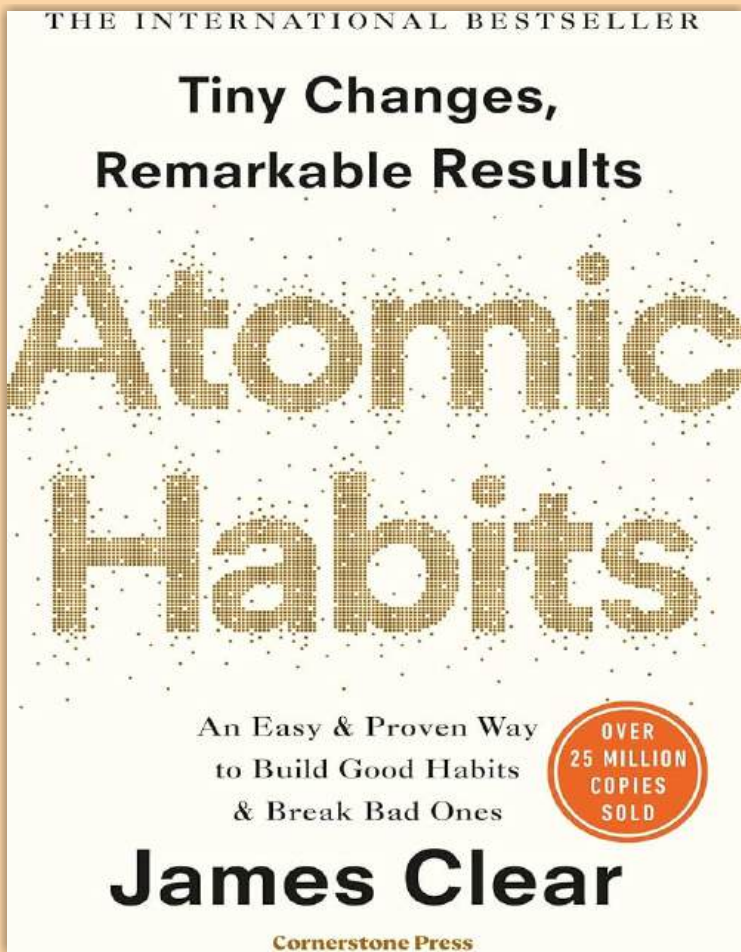
Beatrix Potter was a celebrated English author, illustrator, and naturalist. She created some of the world's most beloved children's stories featuring charming animal characters. Her books continue to inspire generations of young readers with themes of kindness, courage, and respect for nature.

Notable Works:

- The Tale of Peter Rabbit (1902)

BOOK REVIEW

Atomic Habits by James Clear



Atomic Habits is a bestselling self-improvement book that shows how small, consistent changes can lead to remarkable results. James Clear explains practical strategies for building good habits, breaking bad ones, and focusing on systems rather than goals. Written in a simple and engaging style, the book offers valuable lessons that can be applied in everyday life.

Favorite Quote: "You do not rise to the level of your goals. You fall to the level of your systems."

QUOTABLE QUOTES

"There are many little ways to enlarge your child's world. Love of books is the best of all."

- Jacqueline Kennedy Onassis

CREATIVE WRITING

The Swing

How do you like to go up in a swing,
Up in the air so blue?
Oh, I do think it the pleasantest thing
Ever a child can do!
Up in the air and over the wall,
Till I can see so wide,
Rivers and trees and cattle and all
Over the countryside
Till I look down on the garden green,
Down on the roof so brown
Up in the air I go flying again,
Up in the air and down!

Poetry by
-Robert Louis Stevenson

Theme of the poem

The poem celebrates the simple joys and freedom of childhood. It shows how a swing fills a child's heart with excitement and wonder. The poet delights in the beautiful views of nature seen from above. The poem reminds us to cherish the happiness, imagination, and innocence of childhood.

WORD OF THE WEEK

Wonder (Noun)
Meaning: A feeling of amazement, curiosity, or admiration inspired by something beautiful or extraordinary.
Example: Children read fairy tales with a sense of wonder.

IDIOM HIGHLIGHT

“Young at Heart”

Meaning: Having a youthful and enthusiastic attitude regardless of age.
Example: Great children's authors remain young at heart throughout their lives.

ICAR UNVEILS 2047 VISION: CAPS ON RICE AND WHEAT TO DRIVE MASSIVE CROP DIVERSIFICATION

New Delhi Marking a fundamental shift in India's agricultural strategy, the Indian Council of Agricultural Research (ICAR) has announced a bold roadmap for 2047 that focuses heavily on crop diversification. As part of this long-term plan, the government scientific body intends to cap the area used for cultivating water-guzzling rice and wheat, shifting the focus toward climate-resilient and high-value alternatives.



Speaking at ICAR's 98th Foundation Day, Director General M. L. Jat revealed that the expansion of rice acreage will be strictly capped at 53 to 55 million hectares, with a similar reduction planned for wheat cultivation. The land freed up from these traditional staples will be aggressively diverted to expand the production of pulses, oilseeds, maize, nutritional cereals (millets), and horticulture crops. Developed in close consultation with NITI Aayog, this strategy aims to protect India's depleting groundwater tables while ensuring a more nutrition-sensitive food supply.

To execute this massive transition through demand-driven research, ICAR has set up 52 dedicated task teams across its various institutional divisions. Each team operates under a strict "theory of change" framework to modernize agricultural practices. The scale of the 2047 targets is highly ambitious: ICAR aims to push overall agricultural production to 2.1 billion tonnes from the current 1.3 billion tonnes. It also targets more than doubling horticulture outputs to 797 million tonnes, milk production to 628 million tonnes, and significantly expanding fisheries.

INDIA'S SOYBEAN IMPORTS SKYROCKET TO 7.77 LAKH TONNES AS DOMESTIC SUPPLY HITS FOUR-YEAR HIGH PRICES

India's soybean imports have witnessed an unprecedented surge, touching 7.77 lakh tonnes by the end of June for the current 2025-26 oil year (October-September). Data released by the Soybean Processors Association of India (SOPA) highlights a staggering turnaround, considering the country imported a mere 2,000 tonnes during the exact same period last year.



The primary catalyst behind this import wave is a severe crunch in domestic availability. Market arrivals of homegrown soybeans dropped significantly to 77.5 lakh tonnes by June-end, compared to 89 lakh tonnes in the previous year. This drop in local supply pushed domestic soybean prices to a painful four-year high, forcing local crushers and poultry feed manufacturers to source raw beans from international markets to keep their operations going. Because India strictly permits only non-genetically modified (non-GM) soybean imports, traders have heavily relied on specific African nations like Benin, Togo, and Nigeria to fill the gap.

This supply imbalance is radically altering India's traditional role in the global trade complex. Historically a dominant exporter of soybean meal, India has seen its export competitiveness completely eroded by high domestic processing costs.

WATER EFFICIENCY: THE FOUNDATION OF CLIMATE-SMART AGRICULTURE

Water efficiency has become one of the most important aspects of climate-smart agriculture, especially in rural areas where farming largely depends on rainfall. With changing climate patterns, prolonged droughts, and irregular rainfall, farmers are facing increasing challenges in maintaining crop productivity. Efficient water management helps conserve this vital resource while ensuring sustainable agricultural growth.



Climate-smart agricultural practices such as drip irrigation, sprinkler systems, rainwater harvesting, and soil moisture conservation reduce water wastage and improve crop yields. These methods enable farmers to produce more with less water, lowering production costs and increasing resilience against climate-related risks. In addition, cultivating drought-resistant crop varieties and adopting scientific irrigation techniques further strengthen food security.

Water-efficient farming also benefits the environment by reducing groundwater depletion and preserving ecosystems. Government initiatives and

awareness programmes are encouraging rural communities to adopt modern irrigation technologies and sustainable farming practices. However, greater investment in infrastructure, farmer training, and access to affordable technologies is essential for widespread adoption.

As climate change continues to impact agriculture, improving water efficiency is no longer an option but a necessity. By embracing climate-smart farming methods, rural communities can enhance agricultural productivity, protect natural resources, and ensure long-term livelihood security while contributing to a more sustainable and climate-resilient future.

ERRATIC RAINS SLOW RAJASTHAN'S KHARIF SOWING BY 20% TO 25%, TRIGGERING RESOWING FEARS

Unpredictable monsoon patterns have significantly slowed down the sowing of kharif crops across Rajasthan, leaving overall planting targets trailing far behind last year's progress. According to recent estimates by agricultural experts, the state's total sowing coverage is currently running 20% to 25% lower than the same period last year, raising serious concerns about delayed harvests and potential crop damage.



The sluggish pace comes after a weak pre-monsoon phase and a highly erratic start to the actual monsoon, which officially reached Rajasthan around July 2. While the state witnessed a brief week of decent rainfall that prompted early planting, a sudden dry spell over subsequent days has placed the newly sown crops at immediate risk. Agriculture department officials have warned that if widespread showers do not return quickly, a large number of farmers will be forced to bear the heavy financial burden of resowing their fields entirely.

Department highlights the lag across major food categories. Sowing has hit just 61% of the target area for coarse cereals, 60% for oilseeds, and 58% for pulses. A closer look at specific staple crops shows that the state's signature pearl millet (bajra) has reached only 61% of its targeted 40.50 lakh hectares. Similarly, the popular pulse crop moong is stuck at 60% completion. The worst-performing crop is cluster bean (guar), a critical export commodity for which Rajasthan produces over 70% of the national supply, which sits at a dismal 39% of its seasonal target.

Data from the state's Agriculture

SOLAR AGRICULTURE EMERGES AS THE MISSING LINK IN INDIA'S GREEN ENERGY TRANSITION



While India has made massive strides in its renewable energy journey, a critical gap remains at the intersection of power and farming. Experts highlight that integrating solar technology directly into the agricultural sector is the vital "missing piece" needed to achieve India's long-term sustainability and net-zero goals.

The agricultural sector currently consumes nearly 20% of the country's total electricity, largely driven by traditional, highly inefficient irrigation pumps. Transitioning these operations to solar energy offers a dual benefit: it relieves immense financial strain on state power utilities, which heavily subsidize rural electricity, and drastically cuts down carbon emissions. The central government's flagship PM-KUSUM scheme has laid the groundwork by distributing standalone solar pumps to lakhs of farmers, but trade analysts argue that isolated pumps are just the beginning of a much larger economic opportunity.

The next frontier lies in the widespread adoption of agrivoltaics, a practice where solar panels are installed directly above functional crop fields. This method uses the exact same patch of land to harvest food and generate clean energy simultaneously. The panels create a microclimate underneath, shielding delicate crops from extreme heat, reducing water evaporation from the soil by up to 30%, and providing farmers with a steady, climate-proof secondary income by selling excess power back to the regional grid.

IIT MADRAS AND EDUCATION MINISTRY HOST NATIONAL WORKSHOP ON STUDENT WELLNESS

The Indian Institute of Technology Madras (IIT Madras), in collaboration with the Ministry of Education, Government of India, organised a two-day national workshop on student wellness titled “Celebrating Minds: From Academic Excellence to Sustainable Wellness” on July 12 and 13, 2026. Conducted under the Malaviya Mission Teacher Training Programme, the workshop brought together more than 200 faculty members, counsellors, and student support professionals from higher education institutions across South India. The initiative is part of the Ministry's nationwide effort to strengthen student wellbeing frameworks in colleges and universities.



highlighted the importance of integrating student wellness into the broader framework of academic excellence.

A major highlight of the event was IIT Madras showcasing its Student Wellbeing Model, which includes mentoring systems, peer support networks, counselling services, and early identification mechanisms for students experiencing distress. The institute also announced that its Wellness Centre has received ISO 45001:2018 certification, making IIT Madras the first Centrally Funded Technical Institute in India to achieve this recognition for occupational health and safety management.

CENTRE PLANS COMPREHENSIVE SEX EDUCATION CURRICULUM FOR SCHOOLS

The Central Government has informed the Supreme Court of its plans to introduce a comprehensive sex education curriculum in schools across India. The proposed curriculum aims to provide age-appropriate and scientifically accurate information on physical, emotional, and social aspects of health and well-being among students. The initiative is intended to promote awareness, safety, and informed decision-making among young learners.

A comprehensive curriculum is expected to help students develop a healthy understanding of relationships, boundaries, and personal well-being. It may also contribute to reducing misinformation and encouraging open discussions on issues affecting adolescents. Schools can play a crucial role in fostering safe and inclusive learning environments by integrating scientifically grounded health education into their academic framework.

The initiative aligns with global educational practices that recognize comprehensive sexuality education as an important component of holistic student development. If implemented effectively, the curriculum could significantly enhance awareness regarding health, safety, and emotional well-being among school students. The Centre's proposal represents a progressive step toward ensuring that students receive accurate and age-appropriate information necessary for their physical and psychological development.

IIM AHMEDABAD ESTABLISHES MATTU CENTRE FOR RESEARCH IN SECURITY PRICING AND CORPORATE FINANCE

The Indian Institute of Management Ahmedabad (IIM Ahmedabad) has established the Mattu Centre for Research in Security Pricing and Corporate Finance to advance academic and policy-oriented research in finance. The centre aims to promote high-quality research on financial markets, investment strategies, corporate governance, and security pricing, thereby contributing to the development of India's financial ecosystem.

The newly established centre will serve as a platform for interdisciplinary collaboration among scholars, policymakers, industry professionals, and students. Its primary focus will be on addressing contemporary challenges in corporate finance and developing evidence-based insights that can influence both business practices and financial regulations. Research conducted at the centre is expected to have significant implications for capital markets and financial institutions.

The Mattu Centre seeks to encourage innovative research on topics such as asset pricing, corporate financial decision-making, financial market

behaviour, and sustainable finance. It will also facilitate seminars, workshops, and collaborative projects that strengthen the connection between academia and industry. By fostering an environment of intellectual inquiry, the centre aims to nurture future researchers and finance professionals.

The establishment of the centre reflects IIM Ahmedabad's continued commitment to academic excellence and leadership in management education. As India's financial landscape evolves rapidly, institutions like the Mattu Centre will play an important role in generating research-driven solutions and informed policy recommendations. The initiative is expected to contribute meaningfully to the advancement of finance education and strengthen India's position in global financial research and innovation

DELHI UNIVERSITY SIGNS MOU WITH I4C TO BOOST CYBER SAFETY AND STUDENT AWARENESS

The University of Delhi (DU) has signed a Memorandum of Understanding (MoU) with the Indian Cyber Crime Coordination Centre (I4C), under the Ministry of Home Affairs, to strengthen cyber safety awareness and capacity building among students. Signed on July 13, 2026, the partnership aims to create a safer and more digitally responsible academic environment by promoting cybercrime prevention, cyber hygiene, and cybersecurity education across the university. The initiative reflects the growing need for digital literacy as students increasingly engage with online platforms for learning and communication.

The collaboration will introduce a range of student-centric activities, including cybersecurity workshops, awareness campaigns, hackathons, internships, academic collaborations, and research opportunities. It also seeks to encourage student participation in cyber volunteer programmes and equip learners with practical skills to identify and respond to cyber threats such as online fraud, phishing attacks,

cyberbullying, and identity theft. Special emphasis will be placed on enhancing cyber safety for women students and vulnerable groups within the university community.

The MoU was signed by Dr. Vikas Gupta, Registrar of Delhi University, and Shri Nishant Kumar, Director of I4C. University officials highlighted that the partnership aligns with the broader national objective of building a secure and resilient digital ecosystem through education and awareness.

By integrating cybersecurity initiatives into higher education, Delhi University aims to prepare students for the challenges of an increasingly digital world while fostering responsible and informed digital citizenship among future professionals.

ASSAM MAKES SAMARTH PORTAL MANDATORY FOR STUDENT MIGRATION AND LATERAL ENTRY



The Government of Assam has made the SAMARTH portal compulsory for student migration and lateral entry admissions across higher educational institutions in the state. The decision is aimed at streamlining academic processes and ensuring transparency in student admissions and transfers. By mandating the use of the portal, Assam seeks to establish a centralized and efficient digital system for managing student records and institutional admissions.

SAMARTH is a comprehensive e-governance platform developed for higher education institutions in India. It facilitates online admissions, student registrations, academic records, and administrative functions. The latest directive requires colleges and universities in Assam to process all applications related to lateral entry and migration exclusively through the portal. This move is expected to minimize administrative delays and improve coordination among institutions. The implementation of the SAMARTH portal is likely to benefit students by simplifying admission procedures and providing greater transparency in application status and documentation. Educational institutions will also gain access to standardized data management systems, enabling better monitoring of academic records and institutional operations. Digital governance initiatives such as SAMARTH are increasingly becoming essential in modernizing India's higher education ecosystem.

The decision aligns with the broader objective of promoting technology-driven governance in education. It supports the National Education Policy's emphasis on digitization and improved access to educational services. Assam's adoption of mandatory portal-based processes demonstrates its commitment to enhancing efficiency, accountability, and student convenience in higher education administration.

Durgesh K. Dubey

E20 PETROL INDIA'S HYDROGEN TRAIN PUTS GREEN ENGINEERING ON THE RIGHT TRACK

India has entered a new chapter in clean railway technology with the launch of its first hydrogen fuel-cell-based train, flagged off by Prime Minister Narendra Modi from Jind in Haryana. The train, named NaMo Green Rail, is not merely a new passenger service; it is a major technological milestone for Indian Railways and a proud achievement for the country's engineers.

The 10-car trainset will operate on the Jind–Sonipat route, connecting Jind Junction, Gohana Junction and Sonipat while also serving intermediate stations. It has been approved to run at a maximum operational speed of 75 kmph, while its design speed is 110 kmph. With a passenger capacity of around 2,600, the train is among the largest hydrogen-powered trainsets developed anywhere in the world.

Its most important feature is its indigenous hydrogen fuel-cell propulsion system. The train is powered by a 1,200 kW system, equal to nearly 1,600 horsepower. Instead of burning diesel, the fuel cell combines hydrogen with oxygen to generate electricity. This electricity powers the traction system, while the main by-product is water vapour. In simple terms, the train moves without releasing the smoke and carbon-heavy exhaust normally associated with diesel engines.

The project is also significant because it has been developed from the design stage to prototype manufacturing within India. Indian railway engineers, technical institutions and manufacturing teams have worked together to convert a complex clean-energy concept into a working train. Their achievement is not limited to assembling imported technology. It includes designing the trainset, integrating the fuel-cell system,

developing safety mechanisms and creating the supporting refuelling infrastructure.

A dedicated hydrogen refuelling facility has also been set up at Jind. Such infrastructure is essential because hydrogen requires special storage, pressure control and safety systems. The train includes safeguards to detect possible leaks, overheating and other operational risks. This makes the project a test not only of green propulsion but also of India's ability to manage advanced railway safety and energy systems.

The launch supports India's larger goal of reducing dependence on fossil fuels and moving towards net-zero emissions by 2070. Indian Railways already has a strong electrification programme, but hydrogen trains can be useful on routes where full electrification is costly, difficult or not immediately viable. Heritage routes, regional corridors and less-dense sections may benefit from this technology in the future.

For passengers, the journey may appear simple: a train arrives, people board, and the service runs as scheduled. But behind that ordinary travel experience lies extraordinary engineering. Every kilometre covered by this train represents years of research, testing and confidence-building.

Still, hydrogen rail technology must pass the test of cost, reliability and scalability. Producing green hydrogen affordably, maintaining fuel-cell systems and training skilled manpower will decide whether this model can move beyond a pilot route.

India's first hydrogen train is therefore both an achievement and a beginning. It shows that clean mobility is no longer only a slogan; it is



becoming a working reality. Most importantly, it proves that Indian engineers can design solutions for the future while keeping the country's development and environment on the same track.

Q1 BANK RESULTS SHOW STRONG PROFITS, BUT MARGINS AND ASSET QUALITY NEED CLOSE WATCH

Q1 FY27 Bank Results Snapshot				
Leading banks: profit, growth, NII and key market signal				
Bank	Q1 FY27 Net Profit	YoY Growth	Net Interest Income	Key Signal
HDFC Bank	₹19,060 crore	5%	₹33,534 crore	Profit steady; NII rose 7%
ICICI Bank	₹14,805 crore	15.9%	₹24,384 crore	Strong profit and margin performance
Axis Bank	₹7,114 crore	22.5%	₹14,646 crore	Profit lifted by loan growth and lower provisions
Kotak Mahindra Bank	₹4,123 crore	26%	₹7,928 crore	Good growth despite margin pressure
Punjab National Bank	₹5,253 crore	213.6%	₹32,897 crore	Sharp jump, partly tax-led
Yes Bank	₹1,071 crore	34%	₹2,790 crore	Loan growth supports turnaround momentum

Note: NII means Net Interest Income. Figures are rounded as reported for Q1 FY27.

India's leading banks have opened the first quarter of FY27 with broadly healthy profit growth, showing that the banking sector remains one of the strongest pillars of the economy. The June-quarter numbers indicate steady credit demand, lower provisions in several cases and continued strength in retail and corporate lending. However, beneath the impressive profit figures, there are also early signs of pressure on margins and asset quality that investors and depositors

should not ignore.

HDFC Bank, the country's largest private-sector lender, reported the highest absolute profit among the banks that declared results. Its net profit rose modestly to ₹19,060 crore, while net interest income grew 7 percent. The performance shows stability, but the relatively slower profit growth also reflects the challenge of operating at a very large scale, where rapid expansion becomes difficult and margin management becomes more important.

ICICI Bank delivered one of the strongest performances among the large private banks. Its profit rose nearly 16 percent and net interest income increased close to 13 percent. The numbers suggest that the bank continues to benefit from a good lending mix, strong operational discipline and better control over credit costs. For the market, ICICI's result signals quality growth rather than only balance-sheet expansion.

Axis Bank also reported a strong quarter, with profit rising more than 22 percent. The improvement was supported by healthy domestic loan growth and lower provisions. However, its net interest margin showed some decline, reminding investors that rising competition for deposits can put pressure on banks even when credit demand remains strong.

Kotak Mahindra Bank posted a 26 percent rise in profit, supported by lower provisions and growth in lending. The result was encouraging,

especially at a time when the bank is going through leadership transition. Still, margin pressure remains an area to watch.

Among public-sector lenders, Punjab National Bank reported a sharp jump in profit. The rise was very large in percentage terms, but such growth must be read carefully because it was partly influenced by lower tax expenses and base effect. Yes Bank also continued its recovery path, supported by stronger loan growth and improved operating momentum.

Overall, the first-quarter results show that Indian banks are profitable, well-capitalised and benefiting from economic activity. Yet the next few quarters may test them more seriously. Deposit mobilisation, cost of funds, unsecured lending quality and margin pressure will decide whether this profit momentum can continue.

For ordinary customers, strong banks mean better credit availability, safer deposits and greater financial stability. For investors, the message is slightly more cautious: headline profit growth looks impressive, but the real strength of a bank will be judged by asset quality, deposit growth and sustainable margins.

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. Discuss the importance of social support and community in Indian traditions for addressing depression.

Ans. Depression is a major mental health challenge of the twenty-first century, affecting people across age groups and backgrounds. It often causes sadness, hopelessness, loss of motivation and social withdrawal. Along with biological and psychological factors, social isolation is a strong risk factor. Modern lifestyles, urbanization, digital dependence, nuclear families and competition have weakened relationships, making many people feel lonely.

The Indian Knowledge System offers a holistic view of mental well-being by emphasizing family support, community participation, compassion and collective responsibility. Indian philosophy sees human beings as interconnected with family, society, nature and the universe. Indian traditions show that emotional

suffering becomes lighter when shared with caring people. While professional treatment is essential for clinical depression, social support rooted in Indian traditions can strengthen emotional resilience and recovery.

1) Human Beings are Social by Nature: Indian philosophy views human life as deeply relational. The Upanishads, Bhagavad Gita and Smritis present society as an interconnected network where individuals support one another's physical, emotional, intellectual and spiritual growth. Indian traditions value cooperation, family bonds and community responsibility. Depression often leads to isolation due to helplessness or fear of misunderstanding. By encouraging support from family, neighbours, teachers and elders, Indian traditions help prevent emotional loneliness from becoming more severe.

2) The Family as the First Source of Emotional Support: Family holds a central place in Indian culture by providing emotional warmth, moral guidance, financial security and practical support. The joint family system allowed individuals to share joys, fears and difficulties across generations. Parents and grandparents guided children, supported students during academic pressure and offered wisdom in times of distress. Adults and elderly members also found strength, companionship and respect through family bonds. Even today, supportive families remain a strong protection against depression.

3) The Guru-Shishya Tradition and Emotional Guidance: Indian traditions give great importance to the teacher-student relationship. The Guru was not only an instructor but also a mentor, counselor and moral guide. Ancient Gurukulas allowed students to share fears, doubts and personal struggles openly. The Bhagavad Gita reflects this ideal through Arjuna's honest expression of distress before Lord Krishna, who guides him with patience and wisdom. This tradition shows that seeking guidance during emotional difficulty is wisdom, not weakness.

4) Friendship as Emotional Strength: Indian literature consistently celebrates true friendship as a source of strength during adversity. Genuine friends provide emotional encouragement, practical assistance, honest advice, and companionship. Friendships reduce feelings of loneliness by creating opportunities for emotional expression and mutual understanding. Individuals struggling with depression often find it easier to share their emotions with trusted friends than with others. Ancient Indian stories demonstrate that true friendship is based upon trust, loyalty, compassion, and unconditional support rather than personal gain. Such relationships provide emotional security and improve psychological well-being.

5) Community Living Creates a Sense of Belonging: Traditional Indian society valued community life through villages, neighbourhoods, temples, cultural groups and social organisations. Festivals, religious ceremonies and local gatherings regularly brought people together, creating strong social networks. People celebrated joys collectively and supported one another during illness, loss, financial hardship or personal crises. Such community participation reduced isolation and strengthened belongingness. Individuals felt part of a larger social family, which protected emotional well-being and helped lower the risk of depression.

6) Spiritual Gatherings Promote Emotional Healing: Indian traditions encourage participation in spiritual gatherings such as satsangs, bhajan sessions, temple visits, scriptural discussions, yoga classes, and meditation groups. These activities provide multiple psychological benefits. They reduce loneliness, encourage positive thinking, promote hope, and strengthen social relationships. Listening to spiritual teachings also helps individuals reinterpret life's difficulties with greater wisdom and acceptance. Group prayers and devotional singing create feelings of unity and shared emotional experience. Individuals often discover that others face similar struggles, reducing feelings of isolation and self-blame. Spiritual communities also encourage compassion, forgiveness, gratitude, and emotional resilience.

7) Seva Strengthens Mental Well-Being: The concept of Seva, or selfless service, occupies an important place in Indian philosophy. Serving others shifts attention away from one's own suffering and creates feelings of usefulness, purpose, and social connection. People experiencing depression often become excessively focused on their own pain. Engaging in acts of service such as helping elderly people, teaching underprivileged children, participating in environmental activities, or volunteering during community events broadens one's perspective. Helping others generates positive emotions, strengthens self-esteem, and creates meaningful relationships. Service also reinforces the understanding that every individual has the ability to contribute positively to society regardless of personal difficulties.

8) Festivals Strengthen Social Bonds: Indian festivals serve purposes beyond religious celebration. They bring families, friends, neighbours, and communities together through shared rituals, meals, music, cultural programs, and acts of generosity. Celebrations such as Deepavali, Holi, Pongal, Onam, Eid, Christmas, Gurpurab, and numerous regional festivals strengthen interpersonal relationships and reduce social isolation. These occasions encourage

forgiveness, reconciliation, gratitude, and joyful interaction. Participating in community celebrations creates positive memories and emotional support that protect against depression.

9) Compassion and Collective Responsibility: Indian philosophy teaches compassion (Karuna) and kindness (Daya) as universal human values. Individuals are encouraged to care for those who are suffering rather than ignoring their difficulties. The principle of Vasudhaiva Kutumbakam, meaning "the world is one family," expands compassion beyond one's immediate relatives. Every individual deserves empathy, respect, and support regardless of social status or background. Such values help create inclusive communities where people experiencing emotional distress feel accepted rather than stigmatized. Compassion reduces loneliness and encourages individuals to seek help when needed.

10) The Importance of Open Communication: Indian traditions emphasize dialogue as an important means of resolving emotional conflict. Ancient scriptures frequently present conversations between teachers and students, parents and children, kings and advisors, and friends facing difficult situations. Talking openly about worries, fears, disappointments, and emotional pain reduces psychological burden. Supportive conversations help individuals gain perspective, receive encouragement, and explore practical solutions. Depression often worsens when individuals suppress emotions. Indian traditions encourage expressing emotions respectfully within trusting relationships rather than suffering silently.

11) Modern Relevance of Indian Traditions: Contemporary society faces rising individualism, migration, career pressure and digital dependence. Although social media connects people virtually, it cannot replace genuine emotional relationships. Many people feel lonely despite numerous online contacts. Face-to-face conversations, family bonds, community participation and shared experiences remain essential for mental well-being. Indian traditions remain relevant by encouraging family support, cultural involvement, service and guidance from mentors. Institutions and workplaces can also promote peer support, mentoring and inclusive cultures.

In today's world, loneliness and depression are rising rapidly. Indian traditions offer practical wisdom for rebuilding meaningful human connections. While clinical depression needs proper medical and psychological care, family support, compassionate friendships, community participation and selfless service can strengthen emotional recovery and mental well-being, creating a more caring and healthy society.

Ravi Singh & Ajab Tinwala

CHOOSE YOURSELF BEFORE THE WORLD CHOOSES FOR YOU



Life often teaches us to put others first. We are told to help, support, and sacrifice, but somewhere in that process, we forget to care for ourselves. The truth is, the relationship you have with yourself determines the quality of every other relationship in your life. If you neglect your own well-being, you will eventually have nothing left to give.

Your health should always be your first priority. A strong body and a peaceful mind are the foundation of every dream you wish to achieve. No career, relationship, or achievement is worth sacrificing your physical or mental well-being. Success loses its meaning if it comes at the cost of your peace.

Your education and career deserve your full attention because they shape the life you will live tomorrow. There will always be distractions, temporary pleasures, unnecessary drama, and people who consume your time without adding value to your life. Learn to recognize the difference between what is urgent and what is important. Never allow a temporary emotion or person to become the reason you abandon a lifelong dream.

There are moments when choosing yourself may seem selfish. Society often labels people who set boundaries as self-centered. In reality, protecting your peace is an act of wisdom. You cannot pour from an empty cup. Taking care of yourself first allows you to show up as a better friend, family member, student, and professional.

Another important lesson is learning to detach. Detachment does not mean you stop caring; it means you stop allowing people and

situations to control your happiness. Some relationships are seasonal. Some people are lessons rather than lifelong companions. Accepting this truth helps you move forward without carrying unnecessary emotional weight.

There will also be times when life demands that you pause. Rest should never be confused with giving up. Taking a break allows you to recover, reflect, and return stronger than before. Every successful journey includes moments of silence where growth happens quietly. Those pauses are not setbacks, they are preparation for the next chapter.

Life is not a straight road. It is filled with unexpected turns, failures, victories, and fresh beginnings. Every ending creates space for a new opportunity, and every mistake carries a lesson if you are willing to learn from it. Do not fear starting over. Sometimes, the courage to begin again is what leads to the greatest transformation.

In the end, remember that life is written with commas, not full stops. A difficult phase is only a pause, never the end of your story. Keep choosing your dreams over distractions, your peace over chaos, and your growth over comfort. The greatest investment you will ever make is in yourself, because when you become stronger, wiser, and healthier, every other part of your life begins to flourish.

BEYOND SUCCESS: THE IMPORTANCE OF STAYING GROUNDED

There are days, months, and even years when life feels as though everything is finally falling into place. You work tirelessly, sacrifice comfort, stay committed to your goals, and slowly begin to see the results of your efforts. People appreciate your work, admire your dedication, and value your presence. You build meaningful connections, earn respect, and receive compliments that make you believe you are moving in the right direction. It feels like success has finally found you. But success has a subtle danger, it can create a bubble.

Inside that bubble, you begin to believe that you are indispensable. You convince yourself that you are the best, that your place is permanent, and that the appreciation you receive defines your worth. Confidence slowly turns into comfort, and comfort sometimes becomes overconfidence. Without realizing it, you begin measuring your value through the opinions of others. Then, one day, reality knocks.

The most unexpected part is that this reality check often comes from the least expected person. It may be someone you barely noticed, someone you underestimated, or someone whose opinion never seemed important before. Their words, actions, or decisions suddenly remind you that no one is irreplaceable. The ground beneath your feet feels as though it has disappeared, leaving you questioning everything you believed about yourself. It hurts.

The disappointment is real because it challenges your ego more than your abilities. You realize that no matter how talented, experienced, or successful you become, there will always be someone equally capable, or even better. Every position can be filled, every role can be replaced, and every achievement can eventually be surpassed. This realization is difficult to accept, but it is also one of life's greatest lessons.

Instead of chasing applause, you begin chasing growth. Instead of proving yourself to the world, you focus on becoming a better version of yourself. You stop seeking validation from the outside and start building confidence from within. You understand that true success is not about being admired but about constantly improving, learning, and staying humble.

The strongest people are not those who never fail or never feel replaced. They are the ones who accept life's lessons with grace and use them as motivation. Humility becomes their greatest strength because they know that every achievement is temporary, but character and self-improvement last a lifetime.

The outer world is filled with glamour, recognition, and fleeting praise. These things are attractive, but they do not define who you are. What truly matters is the work you do when no one is watching, the discipline you maintain when no one applauds, and the person you become through every setback.

So, when life gives you a reality check, don't see it as the end of your journey. See it as a reminder to stay grounded, remain teachable, and keep growing. The greatest achievement is not becoming someone the world cannot replace, it is becoming someone who never stops evolving, regardless of who stands beside them.



ISRO BATTLES SCIENTIST EXODUS TO KEEP INDIA'S HUMAN SPACEFLIGHT ON COURSE

The DoS has observed that the increasing number of resignations from scientists and engineers working on Gaganyaan and other key programmes had become a matter of concern. When Prime Minister Narendra Modi announced the Gaganyaan programme from the Red Fort in 2018, the goal was ambitious: make India only the fourth nation to independently send humans into space. The first crewed mission was originally targeted for 2022, coinciding with the 75th year of India's Independence. That deadline has since slipped several times, first because of disruptions caused by the Covid-19 pandemic and later due to the extensive testing and certification required for a human spaceflight programme. As of July 2026, ISRO is expected to carry out the first uncrewed Gaganyaan mission by the end of 2026 or in 2027, with the crewed mission to follow only after a series of successful test flights. According to a report in The Times of India, more than 100 scientists have resigned from ISRO in recent months, many of them associated with Gaganyaan and other strategically important programmes. In response, the Department of Space (DoS) issued an internal memorandum on July 14 tightening rules governing resignations and voluntary retirement for scientists working on flagship missions.



INDORE SETS GREEN WORLD RECORD BY PLANTING 1.2 MILLION TREES IN 24 HOURS

In India's Madhya Pradesh, the city of Indore has set an amazing green record by planting over 1.2 million (12 lakhs) saplings within 24 hours on Saturday (Jul13). The record has been registered in the Guinness Book of World Records under the title Most trees planted by a team within 24 hours announced a consultant working with Guinness World Records. Indore has been declared the nation's cleanest city six times in a row. The record-breaking sapling plantation drive further reinforces the city's commitment to environmental sustainability. Speaking to news agency ANI, Nishchal Barot, Guinness World Record Consultant said that the city has set a world record. More than 12 lakh trees were planted in Indore within 24 hours. The title of this Guinness world record was 'Most trees planted by a team within 24 hours'. He said that the team started their record-making attempt on July 13 at 7:03 pm, and it continued till 7:03 pm on July 14. Madhya Pradesh Chief Minister on X congratulated the team and said that Inspired by our esteemed Prime Minister Narendra Modi ji and with the honourable presence of Union Home and Cooperation Minister Amit Shah ji, Madhya Pradesh has proudly achieved this remarkable feat, conveying a powerful message of nature conservation and dedicated service to Mother Earth.



INDIA AND CANADA CONCLUDE THIRD ROUND OF TRADE TALKS

India and Canada concluded the third round of negotiations for the proposed Comprehensive Economic Partnership Agreement (CEPA) in Ottawa on July 10, as the two sides look to wind up the talks this year itself. The issues that figured in the five-day talks include trade in goods, services, intellectual property, rules of origin, sanitary and phytosanitary measures, and technical barriers to trade, among others. The Department of Commerce said in a social media posy that India and Canada concluded the 3rd Round of negotiations for the India-Canada CEPA in Ottawa from 6-10 July 2026. The discussions witnessed positive progress across multiple negotiating tracks, reaffirming the shared commitment of both countries to conclude the negotiations in 2026, in line with the vision of the leaders, the Department of Commerce said in a social media post. The negotiations are important as the two sides have targeted to increase the bilateral trade to \$50 billion by 2030. In 2025-26, the two-way trade dipped 8.22 per cent to \$7.95 billion (\$4.67 billion exports and \$3.28 billion imports) from \$8.66 billion in 2024-25 (\$4.22 billion exports and \$4.44 billion imports). Canada represents a market of 41.65 million people (2025) and a GDP of \$2.34 trillion at purchasing power parity.



DHAMAAL 4 BECOMES BLOCKBUSTER CROSSES 100 CRORES MARK GLOBALLY

The recent film Dhamaal 4 has become a massive hit at cinemas having a box office collection of more than 100 crores worldwide. Released on July 10, 2026, the sequel features the highly anticipated core quad of Ajay Devgn, Riteish Deshmukh, Arshad Warsi, and Jaaved Jaaferi embarking on a chaotic new treasure hunt. Directed by Indra Kumar, the ensemble cast also includes well known industry talents such as Sanjay Mishra, Ravi Kishan, Sanjeeda Shaikh, Esha Gupta, and Anjali Anand. The film's total overseas gross stands at ₹14.5 crore pushing its worldwide gross collection past the milestone mark to ₹102.83 crore. Initially domestic gross collection to ₹88.33 crore bringing the total India net collection to ₹73.75 crore. Evening and night shows saw the highest turnout recording an initial occupancy of 19.54% and 25.15% respectively while morning shows stood at 7.62% and afternoon shows at 16.62%. The weekends witnessed an upward trajectory and earned more than ₹ 20 crores. Interestingly, a post credit scene has generated massive excitement among fans, as it already confirms that a fifth installment is officially in the scripting stage.



EXPERTS EMPHASIZE THE NEED FOR PRECISION MEDICINE IN GASTRIC CANCER CARE

The World Health Organization (WHO) and its International Agency for Research on Cancer (IARC) mentioned that approximately 1 million new cases of gastric cancer are diagnosed globally each year. Because many patients present with unresectable or metastatic disease, advanced gastric cancer remains associated with poor survival rates. To address this research is heavily focused on transitioning away from a "one size fits all" treatment approach which emphasised on a common treatment and ignored complexities of a disease toward precision medicine, utilizing biomarker guided therapy selection and personalized clinical decision-making for first line treatment. Identifying specific molecular characteristics allows clinicians to better match patients with therapies most likely to provide meaningful clinical benefit. Expert consensus outlines 27 evidence based recommendations covering biomarker assessment and treatment selection. It mandates routine testing before initiating first-line therapy for mismatch repair (MMR) status, microsatellite instability (MSI), HER2, PD-L1, Claudin 18.2 (CLDN18.2), and Epstein-Barr virus (EBV) status. Rather than using a traditional positive or negative classification, a more detailed category classification system is recommended for HER2 expression to reflect the expanding capabilities of targeted therapies.



CAN AI BECOME HOME COMPANION? OPENAI TO LAUNCH FIRST SCREEN FREE DEVICE

After a long wait, OpenAI's first hardware device is set to enter consumers' homes. The company is building a mobile, screen free, portable smart speaker designed to serve as a new type of home computer for the AI era. Officials and internal sources mention that the device is actively in development, with plans to unveil it later this year and officially ship it in 2027. The voice features will be powered by GPT-Live, OpenAI's recently upgraded natural conversation model. It will use ChatGPT to connect with electric appliances, resolve queries, play media, and handle a wide range of tasks. Positioned as a proactive, humanlike AI companion, the device will even securely parse a user's emails to learn their specific needs and daily habits. Interestingly, the home companion will also feature a rechargeable battery and independent mechanical parts that can move on their own. Bloomberg's Mark Gurman highlighted that OpenAI aims to make it feel like a "living tool" rather than a stagnant box that has to be explicitly told what to do. Notably, two global industrial designers, former Apple design chief Jony Ive via his studio LoveFrom and Apple's ex-industrial design head Evans Hankey are involved in leading the project.



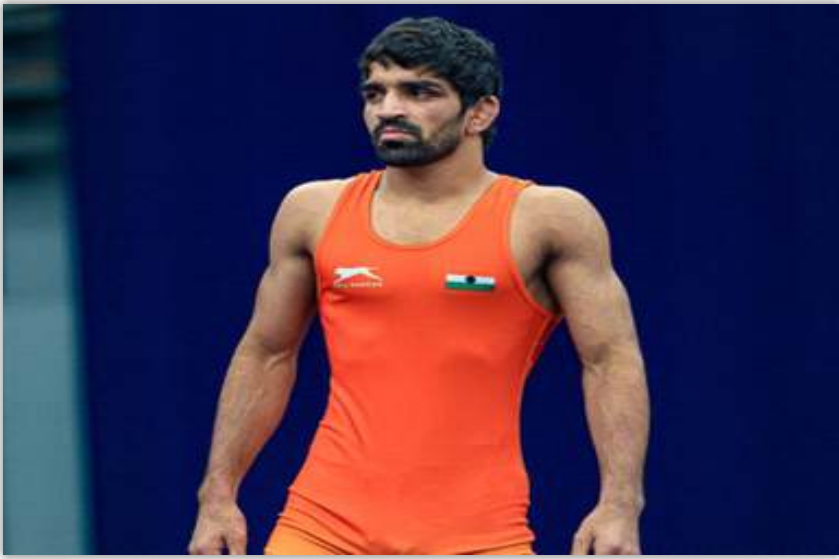
INDIAN GRANDMASTER INIYAN PA WINS 6TH LA PLAGNE OPEN

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.



AMAN SEHRAWAT WINS GOLD MEDAL AT BUDAPEST RANKING SERIES 2026

The Indian squad remains in the hunt for two more podium finishes in the 65kg freestyle division. India's Olympic bronze medallist and Under-23 Asian champion Aman Sehrawat delivered a commanding performance to clinch the gold medal in the men's 57kg freestyle category at the Polyák Imre, Varga János & Kozma István Memorial Senior Ranking Tournament 2026. Continuing his impressive form on the global circuit, Aman outclassed Georgia's Roberti Dingashvili with a decisive 13-3 victory by technical superiority in the championship bout. The 22-year-old freestyle wrestler, who made history as India's youngest-ever individual Olympic medallist at the Paris Games, added another prestigious title to his growing international resume, which also includes being India's first-ever U-23 World Wrestling Champion. The Indian national contingent's medal tally expanded in the 61kg freestyle category as Deepak secured a hard-fought bronze medal. In a high-scoring tactical encounter, Deepak showed immense grit to edge out Azerbaijan's Nuraddin Novruzov 9-8 in the third-place play-off. Meanwhile, the Indian squad remains in the hunt for two more podium finishes in the 65kg freestyle division. Kumar Mohit is set to clash with Kazakhstan's Nachyn Kuular in his bronze medal match, while compatriot Vishal Kaliraman will square off against another Kazakh wrestler, Ossumzhan Dastanbek, in his respective third-place play-off.



8 INDIANS ENTER FINALS AND 7 BRONZE MEDALS SECURED IN ASIAN U-19 & U-23 BOXING CHAMPIONSHIP

Indian boxers remained a strong force at the Asian U-19 and U-23 Championships with eight of them advancing to the finals across men's and women's U-23 categories and seven others securing bronze medals after semifinal finishes here. In the U-23 women's category, five Indian boxers progressed to the finals. Nisha (54kg) defeated Hyeju Lee of Korea, while Nikita Chand (60kg) registered a win against Sari Kokufu of Japan. Kajal (65kg) sailed past Gulzina Melsvek of Kyrgyzstan on Sunday. In all the bouts referees had to stop the contest due to the Indians' overwhelming domination. In the higher weight categories, Muskan (75kg) won 5:0 against Toirova Oysha of Uzbekistan while Priyanka (+80kg) recorded a dominant 5:0 win over Panar Seiitkhankyzy Kazakhstan. In the U-23 men's category, three Indian boxers advanced to the finals. Vishvanath Suresh (50kg) delivered a commanding 5:0 win over his Philippines opponent, while Ganga (55kg) edged past Japan with a 3:2 split decision. Vanshaj (65kg) also impressed with a 4:1 victory over a Kyrgyzstan opponent to secure his place in the final. India also added seven bronze medals from semifinal finishes.



INDIAN WOMEN SCRIPT HISTORY AT LORD'S CRICKET GROUND

The Indian Women scripted history outplaying England Women by 270 runs to mark the first ever test match played at Lord's Cricket Ground in London. Both Yastika Bhatia and Kranti Goud became the first women cricketers to carve their names onto the prestigious Lord's Honours Board. Bhatia smashed a spectacular 113(158) on Day 3 while Goud emerged as the Player of the Match taking 5/37 and 2/54 across the innings. Smriti Mandhana scored a fluent 83(108) in the first innings and a resilient 70(130) in the second. Captain Harmanpreet Kaur further contributed 58(121) in the first innings, while Sneha Rana broke England's momentum by taking a brilliant four wicket haul (4/50) in the final innings. Although England Women attempted a comeback, they fell well short of the mammoth 457 run target. Sophie Ecclestone starred with the ball, taking three wickets in the first innings, and fought hard with the bat by scoring a quick 50(66) alongside Amy Jones who made 54 (80) during the second innings. Head Coach, Amol Muzumdar praised the team's discipline stating that the team had mixed aggression with patience to secure this historic victory.



ANAND BREACHES 80M BARRIER FOR GOLD IN JAVELIN THROW AND THE INDIAN WOMEN WINS 4X400M RELAY AT ASIAN U23 ATHLETICS

Competing in his first international competition, the 22-year-old improved his previous best of 77.68m by 2.89m to become the latest Indian javelin thrower to enter the 80m club. India's Anand Singh breached the 80m barrier for the first time in his career, producing a personal-best throw of 80.57m to win the men's javelin gold medal at the Asian U23 Athletics Championships 2026 in Ordos, China, on Sunday. Competing in his first international competition, the 22-year-old improved his previous best of 77.68m by 2.89m to become the latest Indian javelin thrower to enter the 80m club. Anand had recorded his earlier lifetime best at the National Inter-State Senior Athletics Championships in Bhubaneswar on June 28, where he finished fourth behind Rohit Yadav, Yashvir Singh and Sachin Yadav. His 77.68m effort had come in the sixth and final round of the competition. The Uttar Pradesh athlete had also finished runner-up at the Indian Open Throws Competition in Patiala in March with an effort of 76.94m.

Javelin Throw Final			
Asian U23 Athletics Championships 2026			
Name	WR	AR	Result
Anand SINGH	C/R	IND	80.57
Xiaobo WANG		CHN	79.41
LOHAKARE		IND	77.70
Minghao CUI		CHN	73.99
Asadbek MUROTOV		UZB	

NEERU DHANDA SCRIPTS HISTORY, WINS GOLD AT ISSF WORLD CUP

Neeru Dhanda scripted history by earning the women's trap shooting gold medal at ISSF Shotgun World Cup in Lonato, Italy. Her victory brings an end to a 16-year-long wait for India at the tournament, following Seema Tomar's historic silver medal back in 2010. This marks the first time an Indian female shooter has won an individual World Cup gold medal in this event. Displaying a fearless mindset, the 26-year-old finished the final round with a composed score of 27 out of 30 targets. France's Carole Cormenier took the silver, while Italy's Erica Sessa settled for the bronze. During the qualifying round, the reigning Asian champion set a new national record by hitting 121 out of 125 targets to top the standings. Meanwhile, fellow Indian shooter Manisha Keer finished at 10th position, while Aashima Ahlawat finished in a joint 84th position. The Jind Shooter said that she had trained in London for 10 days before coming there and had been shooting well during training. She had been confident of winning the gold from the very beginning and had not felt nervous even once. She further mentioned that the medal would boost her confidence and added that her next goal was to win a medal at the Los Angeles Olympics.



CCI RECRUITMENT 2026 –
APPLY ONLINE FOR 148 POSTS



The Cotton Corporation of India (CCI) has released the official notification for the recruitment of 148 vacancies for various posts including Management Trainee, Junior Commercial Executive and Junior Assistant. The recruitment offers excellent career opportunities in the public sector.

- Key Highlights**
- Organization: Cotton Corporation of India (CCI)
 - Post Name: Various Posts
 - Total Vacancies: 148 Posts
 - Category: PSU Recruitment

Educational Qualification

- Candidates must possess qualifications such as B.Sc (Agriculture), MBA, CA, CMA, Diploma, or Graduation depending upon the post applied for.

- Important Dates**
- Application Start Date: 09 July 2026
 - Last Date to Apply: 24 July 2026
 - Examination Date: To be announced.

- Age Limit**
- Maximum Age: 30 Years.
 - Age relaxation is applicable for reserved categories as per Government norms.

- Salary**
- Management Trainee: ₹30,000 – ₹1,20,000 per month.
 - Junior Commercial Executive: ₹22,000 – ₹90,000 per month.
 - Junior Assistant: ₹22,000 – ₹90,000 per month.

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

How to Apply

- Candidates should visit the official CCI website complete the online application process, upload the required documents, and submit the application before the deadline.

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

IBPS CRP PO/MT-XVI RECRUITMENT 2026 – APPLY ONLINE FOR 6,715 POSTS



The Institute of Banking Personnel Selection (IBPS) has released the official notification for the recruitment of Probationary Officers (PO) and Management Trainees (MT) under CRP PO/MT-XVI for participating Public Sector Banks. A total of 6,715 vacancies are available for the 2027–28 recruitment cycle.

- Key Highlights**
- Organization: Institute of Banking Personnel

- Important Dates**
- Application Start Date: 01 July 2026
 - Last Date to Apply: 21 July 2026
 - Preliminary Examination: August 2026
 - Main Examination: October 2026
 - Interview: November / December 2026
 - Provisional Allotment: January 2027.

Age Limit

- Selection (IBPS)**
- Post Name: Probationary Officer (PO) / Management Trainee (MT)
 - Total Vacancies: 6,715 Posts
 - Category: Banking Recruitment

- Educational Qualification**
- Graduation in any discipline from a recognized university.
 - Candidates must fulfill the eligibility conditions mentioned in the official notification.

- Minimum Age: 20 Years
- Maximum Age: 30 Years
- Age relaxation is applicable for reserved categories as per Government norms.

- Salary**
- Basic Pay: ₹48,480 per month (JMGS-I Pay Scale).
 - Additional allowances include DA, HRA, CCA, medical and other admissible benefits.

- Selection Process**
- Preliminary Examination
 - Main Examination
 - Personality Test
 - Personal Interview
 - Document Verification.

How to Apply

- Visit the official IBPS 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.

INDIAN NAVY SSC OFFICER RECRUITMENT 2026 – APPLY ONLINE FOR 275 POSTS

The Indian Navy has invited online applications for the recruitment of 275 Short Service Commission (SSC) Officers for various branches under the June 2027 course. This recruitment provides an opportunity for graduates and professionals to serve as commissioned 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 equivalent qualifications as prescribed for the respective branch.

- Important Dates**
- Application Start Date: 05 July 2026
 - Last Date to Apply: 27 July 2026
 - SSB Interview Dates: To be notified.

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

- Salary**
- Basic Pay: ₹56,100 per month (Level 10 of the 7th



- CPC).**
- Officers are also entitled to Military Service Pay, Dearness Allowance, House Rent Allowance, Transport Allowance, and other admissible benefits.

- Selection Process**
- Shortlisting of Applications
 - SSB Interview
 - Medical Examination

- Merit List

How to Apply

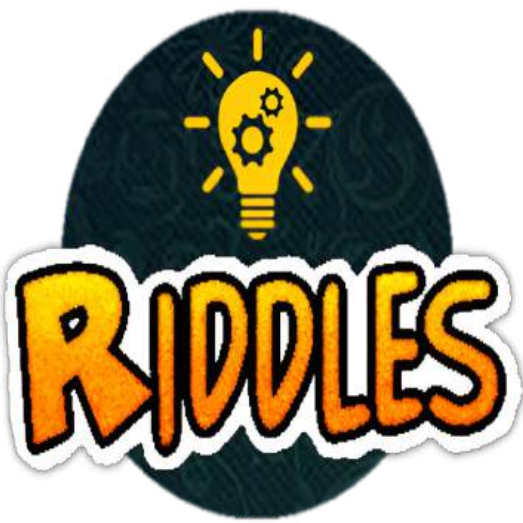
- Visit the official Indian Navy recruitment portal. Complete the online registration process and upload the required documents before submitting the application.

For more details candidates are asked to visit the official website

Deepika Singh



1. Semicon Mission 2.0 was approved by which body?
2. India signed defence agreements with which country?
3. Census 2027 will include which major survey?
4. Which mission received ₹1.27 lakh crore approval?
5. India-UK agreement is a type of what?
6. Which city recorded its hottest July day?
7. Which weather system weakened over Karnataka?
8. IITM study predicts India will become more what?
9. Increased vegetation is linked to higher levels of which gas?
10. Which industry is supported by Semicon Mission 2.0?



1. I bring thunder, lightning, and heavy rain. What am I?
2. I am frozen water that falls from the sky. What am I?
3. I spin violently over the ocean and land. What am I?
4. I make the air hot and dry for many days. What am I?
5. I cover the ground with frozen white flakes. What am I?
6. I reduce visibility with tiny water droplets. What am I?
7. I happen when rivers overflow after heavy rain. What am I?
8. I am a long period with little or no rainfall. What am I?

8. Drought
7. Flood
6. Fog
5. Snow
4. Heatwave
3. Cyclone
2. Snow
1. Thunderstorm

11) RIDDLES

10. Semiconductors
9. Carbon dioxide
8. Greener
7. Monsoon
6. Bengaluru
5. FTA
4. Semicon
3. Caste
2. Australia
1. Cabinet

12) QUIZ TIME

ANSWERS



CREAMY GARLIC PARMESAN CHICKEN BITES

This Week, We're Relishing Creamy Garlic Parmesan Chicken Bites!

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:

500 g boneless chicken breast (cut into bite-sized cubes), 2 tablespoons butter, 1 tablespoon olive oil, 5 garlic cloves (finely minced), 1 teaspoon paprika, 1 teaspoon Italian seasoning, ½ teaspoon black pepper, ½ teaspoon chilli flakes (optional), Salt to taste, 1 cup fresh cream, ½ cup grated Parmesan cheese, ½ cup chicken stock (or water), 1 teaspoon cornflour mixed with 2 tablespoons water (optional, for thicker sauce), 1 tablespoon chopped fresh parsley, Extra Parmesan for garnish.

Preparation

- Season the chicken pieces with paprika, Italian seasoning, black pepper, and salt. Heat olive oil and 1 tablespoon butter in a skillet over medium-high heat. Add the chicken and cook for 6–8 minutes until golden brown and cooked through. Remove and set aside.
- In the same pan, melt the remaining butter and sauté the minced garlic for about 30 seconds until fragrant. Pour in the chicken stock and let it simmer for 2 minutes. Add the fresh cream and stir well.
- Mix in the grated Parmesan cheese and cook until the sauce becomes smooth and creamy. If you prefer a thicker sauce, stir in the cornflour slurry and cook for another minute.
- Return the cooked chicken bites to the pan and toss until they are fully coated in the creamy garlic Parmesan sauce. Sprinkle with chilli flakes (if using) and chopped parsley. Simmer for 2–3 minutes before serving.



Serving Tip:

Serve hot with garlic bread, buttered pasta, mashed potatoes, steamed vegetables, or herbed rice. Garnish with extra Parmesan cheese and fresh parsley for a rich, restaurant-style finish.

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

CONTACT INFORMATION

Phone +91-7977005423

Email thehulahultimes@gmail.com

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+

To place an Advertisement please call on +91- 8433608140