

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



KARGIL VIJAY DIWAS: HONORING THE SACRIFICE OF OUR BRAVE SOLDIERS!

HEROES OF KARGIL WAR

★ SALUTING GALLANTRY ★

PARAM VIR CHAKRA

Granadier Yogendra Singh Yadav

18 Grenadiers
4th July 1999
OPERATION VIJAY

PARAM VIR CHAKRA

Rifleman Sanjay Kumar

13 Jammu and Kashmir Rifles
4th July 1999
OPERATION VIJAY

PARAM VIR CHAKRA (Posthumous)

Captain Vikram Batra

13 Jammu and Kashmir Rifles
7th July 1999
OPERATION VIJAY

PARAM VIR CHAKRA (Posthumous)

Captain Manoj Kumar Pandey

11 Gorkha Rifles
3rd July 1999
OPERATION VIJAY

MAHA VIR CHAKRA (Posthumous)

Captain Anuj Nayyar

17 Jat
6th July 1999
OPERATION VIJAY

MAHA VIR CHAKRA (Posthumous)

Major Rajesh Adhikari

18 Grenadiers
1st June 1999
OPERATION VIJAY

MAHA VIR CHAKRA (Posthumous)

Lieutenant Keishing Clifford Nongrum

12 JAK LI
6th June 1999
OPERATION VIJAY

MAHA VIR CHAKRA (Posthumous)

Major Vivek Gupta

2 Rajputana Rifles
13th June 1999
OPERATION VIJAY

VIR CHAKRA (Posthumous)

Captain Vijayant Thapar

2 Rajputana Rifles
29th June 1999
OPERATION VIJAY

★★★ WE WILL NEVER FORGET THEIR SACRIFICE ★★★

Every year on 26th July, India observes Kargil Vijay Diwas, which commemorates one of India's most outstanding victories. On this day in 1999, India's armed forces achieved a historic victory by capturing the Kargil peaks from Pakistan. This day is a symbol of respect and remembrance for the soldiers who sacrificed their lives for the nation.

India's Kargil War took place in the Kargil region of Jammu and Kashmir in May 1999. Pakistan's troops and infiltrators captured several strategic heights in the Kargil district, which were strategically located on the National Highway 1A. The enemy's capture of these peaks threatened to isolate Leh and Jammu and Kashmir from the rest of India. The Indian troops fought at an altitude of over 16,000 feet to liberate these peaks. Under the leadership of the Indian Army's brave officers, the Indian forces launched Operation Vijay to reclaim the captured peaks. The Indian Air Force played a critical role in this operation, providing aerial support and reconnaissance in Operation Safed Sagar. India's soldiers displayed outstanding courage and power in overcoming the odds in this battle. On 26th July 1999, India's forces successfully captured the peaks and declared victory.

The Kargil War produced many heroes who fought for the country and displayed unprecedented bravery and power

on the battlefield. The valiant hearts of our soldiers, officers, and commanders such as Captain Vikram Batra, Lieutenant Manoj Kumar Pandey, Grenadier Yogendra Singh Yadav, Rifleman Sanjay Kumar, and many others continue to inspire Indians across the country. They showed extraordinary courage and laid their lives on the line to protect the country. For their unparalleled valor and service, many soldiers were awarded India's highest gallantry awards, the Param Vir Chakra.

Kargil Vijay Diwas is a day of remembrance for all those who sacrificed their lives during the Kargil War. The soldiers who fought in the Line of Control (LoC) faced extreme cold weather while fighting at an altitude of over 16,000 feet. The Indian soldiers displayed unmatched power and courage while fighting Pakistan's well-equipped and trained troops. They climbed sheer cliffs at night, dodging enemy fire while carrying heavy backpacks. Their devotion, sacrifice, and commitment to the nation are indeed worth respecting and admiring.

India observes Kargil Vijay Diwas with great enthusiasm and respect. Wreath-laying ceremonies, parades, and cultural events are held at war memorials, schools, colleges, and other institutions to mark the day. The Kargil War Memorial in Dras, Ladakh, is the focal point of all events

on this day. Families of the war dead, soldiers, and ordinary citizens gather at the memorial to honor the sacrifices made by the soldiers. Schools and colleges organize essay competitions and debates to raise awareness of the sacrifices made by the soldiers and the importance of Kargil Vijay Diwas.

Kargil Vijay Diwas is a day of remembrance and gratitude for the sacrifices made by the soldiers. It is also a day when people reflect on the values enshrined in the Indian Constitution and reaffirm their commitment to the country. The day is a powerful reminder that patriotism knows no caste, creed, or religion. The bravery and sacrifice of the soldiers who fought in

Kargil will forever motivate Indians to serve the country selflessly. On this day, we salute the bravery and sacrifice of our soldiers and promise to serve the country with equal enthusiasm and devotion.

They gave their today so that we could live our tomorrow. On this Kargil Vijay Diwas, we remember and honor the sacrifices made by our soldiers. We pay our respects to the brave soldiers who fought and sacrificed their lives for the country. We salute their courage and promise to uphold the highest traditions of the Indian Army.

Jai Hind!

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WHEN THREE LIFETIMES WERE NOT ENOUGH: MAHARSHI BHARADWAJA'S ENDLESS SEARCH FOR KNOWLEDGE

In the peaceful surroundings of an ancient gurukula, an elderly sage sat among palm-leaf manuscripts. His body had become weak, but his eyes still carried the brightness of an eager student. He was Maharshi Bharadwaja, one of the most respected sages in the Indian knowledge tradition.

According to a memorable episode in the Taittirīya Brāhmaṇa, Bharadwaja devoted three lifetimes to studying the Vedas. Even in old age, he remained dissatisfied—not because he wanted fame, but because his desire for knowledge had no end.

The tradition says that Indra appeared before him and asked, “Bharadwaja, if you were given a fourth life, how would you use it?”

Without hesitation, the sage replied that he would continue living as a student and study the Vedas.

Indra then showed him three enormous mountains. Taking only one handful from each, he placed the three handfuls before Bharadwaja and explained that everything the sage had learned in three lifetimes was like those handfuls, while the mountains represented the knowledge still remaining.

“अनन्ता वै वेदाः।” The Vedas and therefore the possibilities of knowledge are infinite.

For a moment, Bharadwaja remained silent. A proud scholar might have felt defeated, but the sage smiled. The mountains did not discourage him; they made him humble. He understood that the purpose of education was not to claim that one knew everything. Its purpose was to keep learning and use whatever one knew for the welfare of others.

This spirit shaped the Bharadwaja tradition. The sixth Mandala of the Rigveda is associated mainly with Bharadwaja and his family of seers. Its hymns reflect prayer, disciplined living, social prosperity and the search for harmony between human beings, nature and the divine. Bharadwaja's greatest innovation was therefore not a single machine. It was a culture of organised learning in which knowledge was preserved, examined and transmitted from teachers to students.

The sage's ashrama was remembered as a centre of learning and service. In the Valmiki Ramayana, Rama, Sita and Lakshmana visit Bharadwaja's hermitage near Prayaga during the

beginning of their exile. The sage receives the tired travellers with affection and offers them shelter. When Rama asks for a peaceful place to live, Bharadwaja guides them towards Chitrakuta.

The incident reveals that knowledge had not made him arrogant. Although honoured as a great sage, he did not treat guests according to their wealth or position. He saw three exhausted travellers and responded with compassion. His ashrama combined education with hospitality, environmental harmony and social responsibility.

Later, when Bharata travelled with a large group in search of Rama, Bharadwaja first examined his intention. He wished to know whether Bharata had come to harm his brother or bring him home. Once satisfied with Bharata's sincerity, the sage welcomed him. This episode presents another ethical principle: compassion should not make a person careless. A wise leader listens respectfully, verifies intentions and then takes action.

Indian medical tradition also connects Bharadwaja with the transmission of Ayurveda. The opening chapter of the Charaka Samhita narrates that diseases had begun to disturb human health and prevent people from fulfilling their duties. The sages assembled to find a remedy and selected Bharadwaja to learn the science of life from Indra.

Bharadwaja accepted the responsibility not for personal gain but for suffering humanity. The knowledge he brought back was concerned with the causes of illness, its signs and appropriate treatment. This represents an important intellectual innovation: disease should be studied systematically through causes, symptoms and remedies rather than being approached only through fear or superstition.

Its relevance remains powerful today. Modern healthcare also depends on observing symptoms, investigating causes, choosing suitable treatment and preventing disease through balanced living. The ancient medical ideas must, of course, be examined through present-day scientific research before clinical use. Yet the underlying value remains timeless knowledge of health should serve humanity.

Several later works on ritual practice, phonetics, ethics, archery and medicine carry Bharadwaja's name or are connected with his scholarly lineage. This shows the enormous respect his tradition received. However,

responsible study requires us to distinguish ancient textual evidence from later attribution.

For example, Maharshi Bharadwaja is sometimes described on the internet as the inventor of aeroplanes because the Vaimānika Śāstra is attributed to him. Historical evidence does not support this claim. The surviving text emerged in the twentieth century after being dictated by Subbaraya Shastry between 1918 and 1923. A technical study conducted at the Indian Institute of Science in 1974 concluded that its aircraft designs were not aerodynamically workable. Bharadwaja's greatness does not need an unsupported invention added to his name. Protecting the truth is itself an ethical duty.

His real innovation was more meaningful than a doubtful mechanical claim. He represented multidisciplinary learning. Spiritual understanding, language, health, responsible leadership, environmental awareness and social service were not separated from one another. Knowledge became valuable when it reduced suffering and improved human life.

Bharadwaja's life also challenges today's culture of instant expertise. People sometimes read a few messages or watch a short video and believe they have mastered a subject. Bharadwaja, even after three symbolic lifetimes of study, remained a student. His humility teaches researchers to verify sources, doctors to continue learning, teachers to welcome questions and leaders to seek advice before making decisions.

Moral of the Story: Maharshi Bharadwaja



teaches us that true knowledge produces humility, courage and service. We should have the courage to admit what we do not know, the patience to continue learning and the honesty to reject attractive but unverified claims. Education is meaningful only when it protects health, guides people, welcomes the distressed and contributes to society. A few handfuls of sincere knowledge used ethically are more valuable than mountains of information used for pride.

Conclusion: Maharshi Bharadwaja lives in Indian memory not merely as a Vedic sage but as a symbol of lifelong learning. The seeker who studied for three lifetimes still considered himself a student; the scholar who possessed wisdom welcomed tired travellers; and the sage associated with Ayurveda sought knowledge to relieve human suffering. His journey reminds us that innovation begins with curiosity, but becomes noble only through truth and compassion. We may never climb every mountain of knowledge, yet we can take our handful from it and use that handful to bring light into someone's life.

BEZWADA WILSON: THE MAN WHO RESTORED THE LIVES OF INDIA'S INVISIBLE WORKERS

Bezwada Wilson was born in 1966 in Kolar Gold Fields, Karnataka. Coming from the “lowest” caste in India, he was one of the country's most influential human rights activists. Raised in a family of manual scavengers, Wilson knew what it meant to work in disgrace since he was young. His parents' caste made them clean dry latrines by hand, and they had to carry human excreta away in buckets. Fortunately for Wilson, his mother remained determined to send him to school so that he could secure a decent life. While she worked, he studied and managed to get an education. Seeing that no one respected him for his knowledge, he decided to change thousands of people's lives by putting an end to manual scavenging. The problem of manual scavenging has long been going on, but Wilson was the one who took action and decided to put an end to this.

When he saw a woman carrying human waste on her head, he wondered why this was happening in a country that prides itself on being developed and democratic. Wilson started paying attention and realized that millions of people in India still live in slavery because they are forced to clean dry latrines. He decided to do something about it and started writing letters to authorities about the issue. He took pictures of insanitary toilets and made people aware of the fact that even though it was illegal, manual scavenging was still widespread in India. In 1994, along with many other activists, he founded the Safai Karmachari Andolan, a movement that drew nationwide attention to the problem. Since it was a human rights issue, Wilson launched a full-scale campaign to stop it. What made this campaign different from other was the fact that it was run by sanitation workers themselves, and their voices were heard all over the country.

However, making people aware of the issue was not enough for Wilson. He decided to take the matter to the Supreme Court in order to put an end to it. The activist filed a Public Interest Litigation in 2003 with several other human rights defenders. According to the lawsuit, making people clean latrines was a violation of the fundamental rights of cleanliness workers. Over time, the case reached the Supreme Court. The hearing and verdict that followed marked the beginning of the end for manual scavenging in India. The Prohibition of Employment as Manual Scavengers and their Rehabilitation Act came



into force in 2013, banning any employment as manual scavengers and establishing a rehabilitation commission of sanitation workers. In 2014, the Supreme Court issued a ruling requiring the government to take concrete steps to stop manual scavenging. Moreover, the court mandated the state to compensate the families of sanitation workers who died cleaning septic tanks and asked to provide alternate employment for these workers. This not only rehabilitated sanitation workers but also gave India a chance to finally put an end to this filthy job.

Even though the activists managed to change the law for sanitation workers, Wilson believes that social norms need to change as well. The problem of sewer deaths is still relevant today since workers still enter septic tanks manually, and many of them continue to die from the poisoning fumes. Wilson campaigned for stricter enforcement of the law and urged the government to prohibit the use of sanitation workers altogether. He also wanted

the workers to get compensation and the opportunity to get an education and find another job. The movement managed to shift the social paradigm and make authorities understand that sanitation workers should not be treated as untouchables. It created awareness among the public and urged people to stand up for the rights of these workers.

Wilson's heroic efforts earned him great respect and recognition both at home and abroad. In 2016, he was awarded with the prestigious Ramon Magsaysay Prize for his tireless work and struggle to end manual scavenging. He always believed that credit for the movement's success goes to thousands of sanitation workers who bravely stood up for their rights. Even though he was humble about his role and refrained from calling himself a hero, he managed to change the perceptions about manual scavenging in modern India. His contribution to the ongoing effort to stop manual scavenging will always be remembered and honored.

The story of Bezwada Wilson is an inspiration to millions of people around the globe. Born into a family of manual scavengers, he was able to achieve so much both for himself, and for his country. Not afraid to speak out, he dedicated his life to helping those who were treated as untouchables. He was the one who made sure the problem of manual scavenging was not ignored by the government and the public. In many ways, Bezwada Wilson changed the lives of millions of sanitation workers in India and made the country take a step towards social justice. His efforts proved that a single person can make a difference in the world if they have a strong desire to change things for the better. The path may be a difficult one, but it is worth pursuing, for it leads to success and recognition.

EDITOR



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EDITORIAL NOTE

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

Recycling is no longer just about protecting the environment it is becoming a powerful engine for innovation, entrepreneurship, and economic growth. Materials once considered waste are now creating new value. Plastic bottles are being transformed into clothing, old tyres are used in road construction, food waste is converted into biofuel, and electronic waste is recycled to recover valuable metals. Businesses are increasingly recognising that what was once discarded can become a valuable resource. Around the world, recycling is evolving into a thriving business opportunity, driving sustainable industries and creating new markets.

India is witnessing the same transformation. Growing urbanisation, rising consumer awareness, supportive government initiatives, and demand for sustainable products are accelerating the recycling economy. Companies are investing in cleaner technologies, while startups are finding innovative ways to convert waste into profitable products. For students, professionals, and entrepreneurs, the message is clear: tomorrow's economy will reward those who can create value from resources that others overlook.

Understanding the Recycling Economy

THE BUSINESS OF RECYCLING: TURNING WASTE INTO WEALTH

The recycling economy includes businesses that collect, process, and reuse waste materials to create new products. It supports a circular economy by keeping resources in use instead of following the traditional "use and throw" approach. Today, recycling covers sectors such as:

- Plastic
- Paper
- Glass
- Metals
- Electronic waste (E-waste)
- Construction debris
- Textile waste
- Organic waste

Recycling creates employment, business opportunities, and economic value while reducing pollution.

Why Businesses Are Looking at Waste Differently

Businesses are increasingly treating waste as a valuable resource rather than an expense. Recycling lowers production costs, improves resource efficiency, strengthens ESG performance, and enhances brand reputation among environmentally conscious consumers. **Example:** Several fashion brands now manufacture garments using recycled plastic fibres, reducing waste while meeting the growing demand for sustainable fashion.

Today, sustainability is becoming a competitive business strategy rather than merely a social responsibility.

The Business Behind Recycling

Recycling has evolved into a profitable industry. Businesses are creating value by transforming discarded materials into useful and eco-friendly products, generating revenue while reducing environmental impact. **Example:** Construction companies recycle demolished concrete and bricks into materials for new roads and buildings, lowering costs and reducing landfill waste.

With stronger environmental policies and increasing consumer interest in sustainable products, recycling is becoming an essential part of modern business strategy.

A New Opportunity for Entrepreneurs

The recycling industry offers opportunities far beyond waste collection. Entrepreneurs can establish businesses in:

- Plastic recycling
- E-waste management
- Waste segregation
- Compost production
- Recycling machinery
- Sustainable packaging
- Upcycled lifestyle products

Example: A startup converting discarded glass bottles into decorative lighting and home décor products can serve retail customers as well as hotels, cafés, and corporate spaces.

Innovation often begins where others see waste.

Career Opportunities for Students

The recycling economy requires professionals from commerce, management, engineering, environmental science, and technology.

Growing career opportunities include:

- Sustainability Manager
- ESG Analyst/ESG Reporting Specialist
- Sustainability Auditor
- Circular Economy Consultant
- Carbon Management Analyst
- Recycling Plant Manager
- Waste Management Consultant
- Supply Chain Executive
- Operations Manager
- Business Development Executive
- Entrepreneur

Example: Commerce graduates can build careers in green finance, ESG reporting, sustainability consulting, supply chain management, business operations, and project management.

The green economy is creating careers that combine business, technology, and sustainability.

Skills Students Should Develop

- Business Analytics
- ESG and Sustainability



- Supply Chain Management
- Financial Analysis
- Digital Literacy
- Problem-solving
- Innovation and Entrepreneurship

The professionals of tomorrow will understand both profitability and sustainability.

The Bigger Shift

The recycling economy reflects a major shift in business, with organisations moving from the traditional "take, make, and dispose" model to a circular economy where materials are reused, repaired, and recycled. This approach helps businesses operate more efficiently, lower operating costs, and unlock new long-term growth opportunities.

The future of business belongs to those who see waste as a resource, not a liability.

The Takeaway

Recycling is no longer just about protecting the planet it is about creating profitable businesses, meaningful careers, and a more sustainable economy. As industries embrace circular business models, the recycling economy will continue to drive innovation and growth. Because in tomorrow's economy, success will belong to those who turn waste into opportunity.

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EDITORIAL NOTE

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

BHAKTI: THE POETRY OF DIVINE LOVE

The Bhakti movement, which flourished across India from the seventh to the seventeenth century, transformed Indian literature by making spirituality accessible to ordinary people. Bhakti poets composed in regional languages rather than Sanskrit, emphasizing love, compassion, equality, and a direct relationship with the Divine. Their compositions transcended barriers of caste, gender, and religion, leaving a lasting influence on Indian literature, music, and philosophy.

Bhakti literature is characterized by simplicity of language, emotional intensity, musical rhythm, and universal appeal. It teaches that sincere devotion is greater than ritual and that love for humanity is the highest form of worship. The works of saints such as Tukaram, Kabir, Mirabai, Surdas, and Andal continue to enrich Indian literary heritage.



DID YOU KNOW?

- The word "Bhakti" comes from the Sanskrit root bhaj, meaning to share, to participate, or to adore. It signifies loving devotion and complete surrender to the Divine.
- The Bhakti Movement originated in South India between the 6th and 9th centuries CE, where the Alvars and Nayanars composed devotional hymns that transformed India's spiritual and literary traditions.
- Sant Tukaram composed more than 4,500 Abhangas, many of which continue to be sung during the annual Pandharpur Wari, one of the world's oldest and largest pilgrimages.
- Sant Kabir's Dohas emphasize that true devotion transcends caste, religion, and rituals. His verses continue to inspire readers and spiritual seekers worldwide.
- The Bhagavad Gita consists of 700 verses and has been translated into over 75 languages, making it one of the most influential spiritual texts in world literature.
- Meerabai, a Rajput princess and poet-saint, renounced royal life to devote herself entirely to Lord Krishna. Her devotional songs remain an integral part of Indian musical and literary heritage.
- The Guru Granth Sahib includes hymns by Sikh Gurus as well as revered saints such as Kabir, Namdev, Ravidas, and Sheikh Farid, reflecting India's rich tradition of spiritual inclusiveness.
- Tulsidas wrote the Ramcharitmanas in Awadhi, making the story of Lord Rama accessible to ordinary people instead of limiting it to Sanskrit scholars.
- Sant Dnyaneshwar completed the Dnyaneshwari, a celebrated Marathi commentary on the Bhagavad Gita, at around 16 years of age, making spiritual wisdom available in the language of the people.

GRAMMAR TIP

Active and Passive Voice

Active: The devotee sings the hymn.
Passive: The hymn is sung by the devotee.

Tip: Use the active voice whenever possible for clearer and more engaging writing.

POET OF THE WEEK

Sant Tukaram (1608–1649)

Sant Tukaram was one of Maharashtra's greatest Bhakti poets. His abhangas express unwavering devotion to Lord Vitthal while advocating humility, compassion, and social equality. Written in simple yet profound Marathi, his poetry continues to inspire readers across generations.

BOOK REVIEW

Tuka Says
Translator: Arun Kolatkar



Tuka Says is Arun Kolatkar's celebrated English rendering of selected abhangas of Sant Tukaram. Rather than offering literal translations, Kolatkar recreates Tukaram's voice with remarkable freshness while preserving the spiritual depth and poetic vitality of the originals.

QUOTABLE QUOTES

"Where there is devotion, there is love; where there is love, there is truth."

CREATIVE WRITING

My Lord, I have known Thee

My Lord, I have known Thee,
and Thou hast become my own.
There is no charm in anything but Thyself;
now I have seen Thy beauty,
I am restless in longing for Thee.
Kabir says:
The servant has found his Master,
and all fear has vanished.

Poetry by
- By Kabir
Translated into English by Rabindranath Tagore

Theme of the poem

This poem expresses the soul's complete surrender to the Divine. Kabir teaches that once a seeker experiences the presence of God, worldly attractions lose their significance. The poem celebrates unwavering devotion (bhakti), inner peace, and spiritual union with the Eternal.

WORD OF THE WEEK

Reverence (noun)

Meaning: Deep respect, honour, and devotion.
Sentence: The pilgrims offered their prayers with profound reverence.

IDIOM HIGHLIGHT

"Keep the faith"

Meaning: To remain hopeful, loyal, and steadfast in one's beliefs despite difficulties.
Sentence: Despite many challenges, the saint encouraged his followers to keep the faith.

INDIA'S IRRIGATED RICE FIELDS EMERGE AS GLOBAL METHANE EMISSION HOTSPOTS

A new study published in 'Nature Food' has revealed that India's irrigated paddy fields have become among the world's leading hotspots for methane emissions, raising significant environmental concerns alongside national climate goals.



According to the study, global greenhouse gas emissions from paddy fields nearly doubled between the 1960s and the 2011–2020 period. India's irrigated rice fields alone emit approximately 3.9 million tonnes of methane each year, a quantity that exceeds Germany's entire annual methane output across all sectors.

The core cause of these high emissions is the traditional practice of continuous flooding in paddy farming. Depriving soil of oxygen creates ideal anaerobic conditions for methanogenic microbes, which thrive in water-logged environments and produce heavy amounts of methane gas. Furthermore, intensive farming practices and high nitrogen fertilizer inputs have accelerated these soil reactions, causing over a third of global paddy soils to shift

from carbon sinks into active carbon sources.

Addressing this trend is critical, as methane is a potent greenhouse gas that traps over 80 times more heat than carbon dioxide over a 20-year period. Researchers emphasize that mitigating emissions will require a transition toward climate-smart agricultural practices, such as Alternate Wetting and Drying (AWD), Direct Seeded Rice (DSR), and optimized fertilizer application to protect both soil health and crop yields.

ACTIVE MONSOON TO LASH WEST BENGAL WITH HEAVY RAIN; FISHERMEN WARNED AGAINST GOING TO SEA

An active monsoon system is set to bring heavy to very heavy rainfall across southern West Bengal, with coastal belts bracing for intense spells. The India Meteorological Department (IMD) has issued a stern advisory warning fishermen not to venture into the north Bay of Bengal or along the state's coastline.



According to weather officials, coastal districts including South 24 Parganas, Purba Medinipur, and Paschim Medinipur are likely to witness isolated spells of very heavy downpours. Urban and interior regions, including Kolkata, Howrah, Hooghly, North 24 Parganas, Jhargram, and Bankura, are also expecting continuous rain. Recent weather data indicates that Basirhat in North 24 Parganas recorded the highest rainfall in the state at 185 mm, followed by Canning and Sagar Island.

The atmospheric disturbance over the Bay of Bengal is expected to create squally weather conditions, with gusty

wind speeds making sea conditions hazardous for maritime navigation. Local port authorities have hoisted cautionary signals at Hooghly and Sagar Island ports as a protective measure.

Following this southern spell, the monsoon trough is projected to shift northward, triggering heavy rainfall across the sub-Himalayan districts of Darjeeling, Kalimpong, Jalpaiguri, and Alipurduar. State disaster management teams remain on high alert to handle potential waterlogging, flash flooding, and traffic disruption in low-lying areas.

INDIA'S RISING EDIBLE OIL IMPORT BILL: A WAKE-UP CALL FOR SELF-RELIANCE

India's edible oil import bill is expected to rise by nearly 9% to around ₹1.75 lakh crore in the 2025–26 marketing year ending in October. The increase is mainly due to higher import volumes, a weaker Indian rupee, and rising global edible oil prices. During the first eight months of the current marketing year (November 2025 to June 2026), edible oil imports reached 103.88 lakh tonnes, compared to 97.29 lakh tonnes during the same period last year. The import bill during this period also increased significantly to ₹1.19 lakh crore.



The growing dependence on imported edible oils has become a major concern for India's economy. Industry experts believe that increasing domestic oilseed production is the most effective way to reduce import dependence and protect the country from global price fluctuations. Improving productivity, encouraging farmers to cultivate oilseed

crops, and investing in better agricultural technologies can strengthen India's self-sufficiency in edible oils. Reducing imports will not only save valuable foreign exchange but also improve the livelihoods of Indian farmers. The situation highlights the urgent need for long-term policy measures to achieve an "oilseed revolution" and ensure greater food and economic security for the nation.

UNLIKELY GUARDIANS: HOW ELEPHANTS ARE PROTECTING ANDHRA PRADESH CROPS FROM WILD BOARS

In a fascinating turn of ecological events across the agricultural belt of Andhra Pradesh, wild elephants, long viewed primarily as destructive crop-raiders, are unexpectedly serving as natural protectors for local farmers struggling against rampant wild boar infestations.

For years, smallholders across districts like Chittoor and Parvathipuram Manyam have suffered heavy financial losses due to nocturnal wild boar attacks, which uproot tubers and destroy standing fields of groundnut, maize, and sugarcane. Traditional deterrence methods, including electric fencing and loud firecrackers, have largely failed to keep the prolific wild boar populations at bay.

However, local agriculturalists and forest officials have observed a surprising shift in areas frequented by elephant herds. The overwhelming physical presence, strong scents, and distinct vocalizations of the giant mammals act as a powerful natural deterrent against wild boars, keeping the smaller destructive pests entirely out of surrounding fields.



While farmers still must remain vigilant to prevent elephants from trampling localized patches of crops, many now acknowledge that the indirect protection provided by the giant animals against destructive wild boars outweighs the localized damage, offering a unique example of human-wildlife co-existence in rural India.

NATURAL RUBBER PRICES STAY FIRM AT ₹282/KG AS KERALA HIKES SUPPORT PRICE TO ₹250



Natural rubber prices in India continue to trade strong at around ₹282 per kilogram, supported by tight supplies and solid demand from domestic tire manufacturers. Amid this sustained price rally, the Kerala government has formally elevated the base support price for natural rubber from ₹200 to ₹250 per kilogram under the Rubber Production Incentive Scheme (RPIS).

The decision fulfills a key state budget pledge aimed at giving long-term financial security to smallholder rubber growers. While current physical market rates remain well above the newly revised ₹250 threshold, the higher baseline provides a vital safety floor if global or domestic prices eventually soften.

Supply constraints remain the primary driver behind high market rates. Unfavorable weather and monsoon disruptions across major rubber-producing hubs in South India and Southeast Asia have slowed down tapping activities. Additionally, rising international shipping costs have made imported rubber more expensive, forcing domestic manufacturers to source heavily from local markets.

Industry groups have welcomed the government's intervention, noting that a guaranteed ₹250 support price will boost farmer confidence, encourage higher productivity, and motivate growers to bring previously untapped plantations back into active production.

MAHARASHTRA SCRAPS POST-MBBS BOND RULE

The Maharashtra government's decision to abolish the compulsory post-MBBS bond service rule has been widely welcomed by the medical community. The move has received support from organisations representing resident doctors and medical professionals, who have long advocated for greater flexibility in career planning after undergraduate medical education.

Under the earlier policy, MBBS graduates from government medical colleges were required to serve in rural or public healthcare institutions for a stipulated period or pay a financial penalty. While the policy aimed to address shortages of healthcare professionals in underserved areas, many doctors argued that it disrupted postgraduate aspirations and limited career opportunities.

The removal of the bond service requirement is expected to provide medical graduates with greater freedom to pursue higher education, research, and specialised training immediately after completing their MBBS degree. Medical associations have described the decision as a positive step that

acknowledges the changing landscape of medical education and professional development.

Supporters of the policy change also believe that rural healthcare challenges should be addressed through improved infrastructure, incentives, and voluntary service programmes rather than mandatory obligations. Creating favourable working conditions may encourage more doctors to serve in public healthcare settings willingly.

The government's decision has sparked discussions about balancing healthcare workforce needs with the academic and professional aspirations of young doctors. As Maharashtra moves forward with this policy shift, it highlights the importance of developing sustainable and attractive healthcare employment models that benefit both medical professionals and society.

CENTRE REAFFIRMS NEP LINK TO TAMIL NADU'S SAMAGRA SHIKSHA FUNDS

The Union Government has once again clarified that the release of pending funds under the Samagra Shiksha scheme for Tamil Nadu remains linked to the implementation of the National Education Policy (NEP) 2020 and the signing of the Memorandum of Understanding (MoU) for the PM SHRI Schools initiative. The issue has become a significant point of discussion in the education sector, highlighting the relationship between central education reforms and state-level priorities.

Samagra Shiksha is a centrally sponsored programme supporting school education from pre-primary to Class XII through investments in infrastructure, teacher training, digital learning, foundational literacy, and inclusive education. Under the funding pattern applicable to Tamil Nadu, the Centre contributes 60 percent of the approved allocation, while the State provides the remaining share.

The Centre has maintained that states must implement key components of NEP 2020 through the PM SHRI framework to receive the pending

funds. Tamil Nadu, however, has consistently opposed certain provisions of the policy, particularly those concerning educational and language issues, and has reaffirmed its commitment to its existing education model.

The continuing disagreement has sparked discussions on cooperative federalism and the autonomy of states in educational policymaking. Education experts have stressed the need to ensure uninterrupted financial support for students and schools while encouraging constructive dialogue between the Centre and the State. The outcome is expected to shape future educational development and Centre-State cooperation in Tamil Nadu.

IIM GUWAHATI'S MBA DEBUT MARKS A NEW ERA IN HIGHER EDUCATION

The Indian Institute of Management Guwahati has commenced its first academic session with the launch of its inaugural MBA 2026–28 batch, marking a significant milestone for India's newest Indian Institute of Management. The programme was inaugurated by Himanta Biswa Sarma at the institute's temporary campus in Tech City, Bongora, in Kamrup district.

The inaugural MBA cohort comprises 52 students from 18 states, reflecting the institute's commitment to diversity and academic excellence. According to the institute, the pioneer batch brings together talented individuals from diverse academic and regional backgrounds who will be nurtured into responsible business leaders.

Chief Minister Sarma said that construction of the institute's permanent campus, spread across more than 189 acres, is progressing rapidly. He assured that the Assam government would take all necessary measures to ensure its timely completion and support the institute's long-term growth.



Highlighting the Centre's emphasis on expanding quality higher education, the Chief Minister credited Prime Minister Narendra Modi's vision for the growth of premier institutions such as IITs, IIMs, and AIIMS since 2014. He also thanked Union Education Minister Dharmendra Pradhan for approving the establishment of IIM Guwahati.

Education experts believe the institute will strengthen management education in Northeast India, foster innovation and entrepreneurship, develop future business leaders, and position Assam as an emerging destination for quality higher education and academic excellence.

PUNJAB INTRODUCES ARTIFICIAL INTELLIGENCE AS A SUBJECT FROM CLASS 1 TO 12

Punjab has taken a significant step in school education by introducing Artificial Intelligence (AI) as a subject for students from Class 1 to Class 12. The initiative reflects the state's commitment to preparing young learners for a rapidly evolving technological landscape and equipping them with future-ready skills.

By integrating AI into the school curriculum, Punjab aims to familiarise students with concepts such as problem-solving, logical thinking, machine learning, and the responsible use of technology from an early age. The curriculum will be age-appropriate, ensuring younger students learn foundational concepts while senior students explore advanced AI applications.

The introduction of AI education aligns with the growing demand for digital literacy across industries. Early exposure to emerging technologies will help students develop computational thinking skills and understand how AI influences everyday life. Beyond technical knowledge, the subject is also



expected to foster creativity, innovation, and ethical awareness in the use of technology. Education experts believe that integrating AI into school education can bridge the gap between traditional learning and the evolving needs of the modern workforce. It is also likely to encourage greater interest in science, technology, engineering, and mathematics (STEM) disciplines.

Punjab's initiative reflects the changing priorities of education in the digital era. By making Artificial Intelligence a part of mainstream schooling, the state is investing in future innovators and ensuring students are better prepared for opportunities in an increasingly technology-driven world.

AICTE LAUNCHES VAANI SCHEME TO PROMOTE INDIAN LANGUAGES



The All India Council for Technical Education (AICTE) has announced the VAANI Scheme 2026–27, under which 200 institutions across India will host technical events in 21 Indian languages. The initiative aims to make technical education more inclusive by encouraging knowledge sharing in regional languages.

AICTE VAANI, which stands for Vibrant Advocacy for Advancement and Nurturing of Indian Languages, recognises the importance of linguistic diversity in higher education. Through seminars, workshops, and conferences, participating institutions will discuss emerging technologies and innovations while enabling participants to communicate comfortably in their native languages.

The scheme reflects the growing emphasis on multilingual education and aligns with national efforts to democratise access to technical knowledge. Many students face challenges when complex scientific and technical concepts are taught only in English. Presenting technical subjects in Indian languages can improve comprehension, encourage greater participation, and make education more accessible to learners from diverse backgrounds.

The initiative also supports the preservation and promotion of Indian languages in academic and professional settings. By encouraging regional language-based technical discourse, AICTE aims to transform the way knowledge is shared in higher education.

The AICTE VAANI Scheme 2026–27 represents a significant step towards bridging language barriers in technical education. It reinforces the belief that innovation thrives when students can learn, discuss, and contribute in the language they understand best, creating a more inclusive, accessible, and culturally connected academic ecosystem.

Durgesh K. Dubey

TRUMP'S FRESH TARIFF MOVE TESTS INDIA'S EXPORT STRENGTH AND GLOBAL TRADE CONFIDENCE

The latest tariff decision by the United States has once again brought global trade tensions into focus. President Donald Trump's administration has announced fresh import duties on goods from several countries, including India, in a move that could reshape export calculations, business confidence and supply-chain planning across the world. Though the tariff on many Indian goods has reportedly been kept at 10 percent, lower than the earlier proposed level, it still adds a new layer of uncertainty for exporters already dealing with high freight costs, currency fluctuations and uneven global demand.

For India, the impact will be mixed. A significant portion of Indian exports to the U.S. has been kept outside the latest tariff net, including major products such as smartphones, generic pharmaceuticals, steel, aluminium and auto parts. This is important because these sectors either carry strategic value or have strong business linkages with American consumers and industries. However, other export categories such as textiles, garments, gems and jewellery, leather goods, machinery parts and smaller manufactured items may face pressure as the additional duty raises landed costs in the U.S. market.

The concern is not only about the tariff percentage. Even a 10 percent duty can disturb pricing in highly competitive industries where profit margins are thin. Indian exporters competing with producers from Vietnam, Bangladesh, Mexico, China and other manufacturing hubs may have to absorb part of the duty, offer discounts or renegotiate contracts. This could reduce profitability, especially for small and medium enterprises that do not have deep financial buffers.

The U.S. has presented the measure as part of a trade action linked to concerns over forced labour in global supply chains. However, many countries may see it as another step towards protectionism. When the world's largest economy increases import barriers, the effect is not limited to the countries directly targeted. It can raise prices for American consumers, reduce confidence among global suppliers and encourage other nations to consider countermeasures.

For India-U.S. relations, the timing is sensitive. Both countries have been trying to negotiate a broader trade arrangement to reduce friction and increase market access. India has so far chosen engagement rather than immediate retaliation, which suggests that New Delhi wants to protect long-term strategic and economic ties. The U.S. is one of India's most important export markets, while India is a growing partner for America in technology, defence, services and supply-chain diversification.

Other countries will also watch the development closely. Export-driven economies may fear that such tariffs could become a recurring policy tool. If several nations respond with their own restrictions, global trade could become more expensive and fragmented. That would hurt not only big companies but also workers, farmers, consumers and small businesses connected to international supply chains.

India's best response may be a combination of negotiation and domestic strengthening. Exporters need support in logistics, credit, quality certification and market diversification. At the same time, India must continue building competitiveness so that its goods remain attractive even when tariffs rise.



Trump's tariff move is a reminder that globalisation is becoming more political and less predictable. For India, the challenge is clear: protect its exporters today while building a stronger, more resilient trade strategy for tomorrow.

DALAL STREET LOSES 2,000 POINTS IN FIVE DAYS AS OIL, BANKS AND GLOBAL TENSION SHAKE INVESTOR CONFIDENCE



Indian stock markets passed through a difficult week between July 20 and July 24, with the Sensex losing more than 2,000 points in five straight sessions of decline. The fall was not caused by one single event. It was the result of several pressures coming together at the same time: rising crude oil prices, tension in West Asia, selling by foreign investors, weakness in banking stocks and disappointment over some quarterly earnings.

The Sensex started the week under pressure and continued to slide through the next few sessions. By the end of Friday, the index had fallen by around 2,092 points over five trading days. The Nifty also weakened sharply and closed below the important 23,800 level, touching its lowest closing level since mid-June. For a market that had earlier shown resilience, the sudden weakness reminded investors that global shocks can quickly disturb domestic sentiment.

The biggest external concern was crude oil. Brent crude briefly moved above \$100 per barrel as the conflict in West Asia raised fears about disruption in energy supplies. For India, this is a serious issue because the country imports a large share of its crude requirement. Higher oil prices can increase the import bill, put pressure on the rupee, raise inflation risks and reduce corporate margins. Sectors such as aviation, paint, chemicals, logistics and consumer goods usually feel the impact when fuel and input costs rise.

Banking stocks were another major drag. Large private banks came under pressure after investors worried about lower margins, rising deposit costs and mixed earnings signals. Since banks carry heavy weight in benchmark indices, weakness in this sector pulled the broader market down. Financial stocks had already been trading at high expectations, and even a small disappointment was enough to trigger selling.

Foreign institutional investor selling also added to the weakness. When global uncertainty rises, foreign investors often move money away from emerging markets and prefer safer assets. This creates pressure on both equities and the rupee. Domestic investors, especially mutual funds

and retail participants, have provided strong support to Indian markets in recent years, but sharp FII selling can still create short-term volatility.

The decline was broad-based. Several sectors ended the week in the red, while only a few stocks managed to gain on the strength of better earnings. The fall also had a psychological impact because it came after a period of relatively stable trading. Many retail investors who had entered the market recently may have felt nervous seeing continuous daily losses.

However, such corrections are not unusual in equity markets. They often help remove excess speculation and bring valuations closer to reality. The real question is whether the current fall is temporary or the beginning of a deeper correction. Much will depend on crude oil prices, corporate earnings, foreign fund flows, the rupee and global risk sentiment.

For long-term investors, panic may not be the best response. Strong companies with healthy balance sheets can recover when uncertainty reduces. At the same time, this week's fall is a reminder that equity investment requires patience, diversification and risk awareness. Dalal Street's 2,000-point slide was painful, but it also offered a useful lesson: markets reward optimism, but they never forgive overconfidence.

EXPERT



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Q. Explain How Spiritual Practices
Help Individuals Cope with
Depression?

Ans. Depression is a serious global mental health concern affecting emotions, thoughts, behaviour, physical health and quality of life. It may cause persistent sadness, loss of interest, hopelessness, anxiety, worthlessness and social withdrawal. While modern medicine and psychotherapy provide scientific diagnosis and treatment, the Indian Knowledge System offers a complementary, holistic approach by addressing emotional, moral, psychological and spiritual dimensions of life.

In Indian philosophy, spirituality means inner awareness, self-realization, ethical living and harmony with oneself, society, nature and the Divine. Texts such as the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras and Bhakti traditions emphasize meditation, prayer, chanting,

yoga, gratitude, self-reflection, mindfulness and selfless service. These practices promote emotional resilience, clarity, hope and inner peace. Though not a substitute for professional treatment, spiritual practices can support recovery by reducing stress and strengthening mental well-being.

1) Spirituality Provides Meaning and Purpose: Spirituality provides meaning and purpose, which are essential for mental well-being. Depression often creates feelings of emptiness, hopelessness and lack of direction. Indian philosophy teaches that every human life has intrinsic value and a unique Dharma, or meaningful responsibility. The Bhagavad Gita encourages individuals to see life as a journey of growth, learning and self-development. When people recognize a higher purpose, they gain motivation to face difficulties with hope and resilience.

2) Meditation Calms the Mind: Meditation is one of the most important spiritual practices in Indian Knowledge Systems. It involves training the mind to remain calm, focused, and aware of the present moment. Depression is frequently accompanied by excessive negative thinking, self-criticism, anxiety, and emotional restlessness. Meditation gradually reduces these mental disturbances by helping individuals observe their thoughts without becoming overwhelmed by them.

3) Prayer Creates Hope and Emotional Strength: Prayer occupies an important place in Indian spiritual traditions. Prayer allows individuals to express their fears, worries, gratitude, and hopes before a higher power. During periods of emotional suffering, prayer provides comfort by reminding individuals that they are not alone in facing life's challenges. Prayer nurtures faith, optimism, patience, and acceptance. It reduces feelings of helplessness by encouraging individuals to trust that difficult situations can be overcome with perseverance and divine grace. Unlike passive resignation, Indian prayer inspires courage, moral strength, and constructive action. It enables individuals to accept situations beyond their control while continuing to perform their duties with sincerity. For many people, regular prayer becomes a valuable emotional support system during periods of depression.

4) Chanting Promotes Mental Calmness: The chanting of sacred mantras has been practiced in India for thousands of years. Mantras such as "Om," the Gayatri Mantra, the Mahamrityunjaya Mantra, and devotional hymns create rhythmic vibrations that help calm the nervous system and improve concentration. The repetitive nature of chanting shifts attention away from disturbing thoughts and creates mental stillness. Chanting also regulates breathing, which helps reduce anxiety and emotional agitation. Group chanting

during devotional gatherings further enhances emotional well-being by creating a sense of belonging, collective support, and spiritual connection.

5) Self-Reflection Develops Emotional Awareness: Indian philosophy encourages individuals to engage in Swadhyaya, or self-study and self-reflection. Rather than suppressing emotions, self-reflection helps individuals understand the causes of their thoughts, fears, desires, and behaviours. Depression often involves distorted patterns of thinking, excessive guilt, or negative self-beliefs. Honest self-reflection enables individuals to examine these patterns objectively and gradually replace them with healthier perspectives. Journaling, contemplation, scriptural study, and reflective meditation help individuals gain emotional clarity, recognize personal strengths, and make wiser decisions. Greater self-awareness strengthens emotional intelligence and reduces impulsive reactions during stressful situations.

6) Gratitude Cultivates Positive Thinking: Depression naturally draws attention toward losses, failures, disappointments, and suffering. Gratitude practices encourage individuals to consciously recognize the positive aspects of life, including supportive relationships, good health, opportunities, and personal achievements. Indian traditions encourage gratitude toward parents, teachers, nature, society, and the Divine. Daily expressions of thankfulness help shift mental focus from scarcity to abundance. Practicing gratitude does not deny life's difficulties. Instead, it reminds individuals that positive experiences continue to exist alongside challenges. This balanced perspective increases optimism and emotional resilience. Many psychological studies also support gratitude as an effective practice for improving mental health and reducing depressive symptoms.

7) Yoga Strengthens Mind-Body Harmony: The Indian Knowledge System views the body and mind as deeply interconnected. Emotional disturbances often produce physical symptoms such as fatigue, disturbed sleep, muscle tension, and reduced energy. Yoga combines physical postures (Asanas), breathing exercises (Pranayama), meditation, and relaxation techniques to restore harmony between body and mind. Regular yoga practice offers numerous mental health benefits.

8) Selfless Service (Seva) Creates Purpose: The principle of Seva, or selfless service, occupies a central place in Indian spirituality. Depression often causes individuals to become isolated and preoccupied with their own suffering. Seva redirects attention toward helping others. Acts of kindness such as volunteering, teaching,

supporting elderly individuals, helping disadvantaged communities, or participating in environmental activities generate feelings of usefulness and connection. Serving others increases self-esteem, reduces loneliness, and creates meaningful social relationships. It also reinforces the understanding that every individual has the ability to make a positive contribution regardless of personal difficulties. Service transforms suffering into compassion and strengthens emotional resilience.

9) Spiritual Detachment Reduces Emotional Suffering: One of the profound teachings of the Bhagavad Gita is the practice of Nishkama Karma, performing one's duties without excessive attachment to success or failure. Many cases of depression arise from unmet expectations, fear of failure, social comparison, or attachment to external achievements. Spiritual detachment teaches individuals to focus on sincere effort rather than uncontrollable outcomes. This attitude reduces disappointment, anxiety, perfectionism, and excessive self-criticism. Individuals learn to accept both success and failure with emotional balance while continuing their responsibilities with dedication. Such equanimity protects mental health and promotes long-term resilience.

10) Faith Builds Psychological Resilience: Faith is an important psychological resource in Indian spirituality. Faith does not imply blind belief but rather confidence that life possesses deeper meaning even during suffering. Individuals with spiritual faith often demonstrate greater optimism, patience, perseverance, and emotional stability when facing adversity. Faith encourages acceptance without helplessness and hope without unrealistic expectations. Belief in a higher purpose enables individuals to endure temporary hardships while maintaining confidence in eventual growth and healing.

The Indian Knowledge System views spirituality as a practical path to mental well-being, not merely religious ritual. Practices such as meditation, prayer, chanting, gratitude, yoga, self-reflection, selfless service and spiritual wisdom help develop inner peace, emotional balance, resilience and hope. The Bhagavad Gita teaches that true strength comes from self-awareness, balanced thinking and dedicated action. Spirituality helps individuals find meaning in adversity and cultivate compassion. However, depression is a medical condition requiring professional care. Spiritual practices should complement medical treatment, counselling and psychotherapy for holistic healing. Stay blessed!

Ravi Singh & Ajab Tinwala

THE ART OF BEING BORED: WHY DOING NOTHING CAN MAKE YOU MORE CREATIVE



In today's fast-paced world, being busy has become a badge of honor. From the moment we wake up, our attention is occupied by notifications, social media, assignments, and endless streams of entertainment. Even a few minutes of waiting often lead us to reach for our phones. Ironically, in our attempt to avoid boredom, we may be losing one of the greatest sources of creativity and self-discovery.

Boredom is often seen as something negative, a sign that nothing

interesting is happening. However, psychologists suggest that boredom can actually benefit the human mind. When there are no distractions, the brain enters a reflective state known as “mind wandering.” During this time, it connects ideas, solves problems, and generates creative thoughts that might never appear in a constantly stimulated mind.

Many famous inventions, books, and artistic creations were born during quiet moments rather than busy ones. Great thinkers often valued long walks, moments of silence, or simply staring out of a window. These pauses allowed their minds to explore possibilities without interruption. Creativity is not always the result of working harder; sometimes it comes from giving the mind room to breathe.

For students, boredom can be surprisingly productive. Instead of immediately scrolling through social media during free time, taking a short walk, writing in a journal, sketching, or simply observing the surroundings can encourage fresh ideas. These activities improve imagination while also reducing stress and mental fatigue. In contrast, constant digital stimulation can make it harder to concentrate on studies or enjoy simple pleasures.

Boredom also teaches patience. In a world where answers are available within seconds, waiting has become uncomfortable. Learning to sit quietly without instant entertainment helps build emotional resilience

and self-control. It encourages people to become comfortable with their own thoughts rather than depending on external distractions for happiness.

Another important benefit of boredom is self-awareness. When the mind is free from noise, people begin to reflect on their goals, values, and emotions. They may discover hidden talents, rethink important decisions, or find solutions to personal challenges. Some people develop hobbies such as painting, gardening, reading, or music simply because they allowed themselves to experience moments of boredom.

This does not mean technology is harmful. Smartphones, computers, and the internet have transformed education, communication, and innovation. The challenge lies in using technology wisely instead of allowing it to occupy every empty moment. Creating “phone-free” periods during the day can help restore balance between digital engagement and personal reflection.

As society becomes increasingly connected, moments of silence are becoming rare. Yet these quiet spaces are often where imagination grows strongest. Instead of fearing boredom, we should learn to embrace it as an opportunity to think, create, and reconnect with ourselves.

Sometimes, the most meaningful ideas do not arrive when we are busy chasing them. They appear when we pause, look up from our screens, and simply allow our minds to wander. In a world filled with constant noise, boredom may be the unexpected key to creativity, innovation, and inner peace.

THE QUIET POWER OF READING: WHY BOOKS STILL MATTER IN A DIGITAL WORLD

In an age dominated by smartphones, social media, and instant entertainment, reading books may seem like a fading habit. Yet, books continue to hold a unique power that no screen can fully replace. They educate, inspire, entertain, and help individuals grow in ways that extend far beyond academic learning. Whether it is a novel, biography, self-help guide, or science book, reading remains one of the most rewarding habits a person can develop.

One of the greatest benefits of reading is that it strengthens the mind. Just as exercise keeps the body healthy, reading keeps the brain active. It improves vocabulary, enhances concentration, and develops critical thinking skills. Readers learn to analyze situations, understand different perspectives, and make informed decisions. Students who read regularly often perform better in academics because they are exposed to new ideas and language.

Books also play an important role in building empathy. When readers step into the lives of fictional characters or real-life personalities, they begin to understand emotions, struggles, and cultures different from their own. This broadens their perspective and encourages kindness and compassion. A novel about friendship, a memoir of overcoming hardship, or a story set in another country can teach valuable life lessons that textbooks alone cannot provide.

Reading is also an excellent way to reduce stress. Spending even twenty minutes with a good book can provide a welcome escape from daily pressures. Unlike endless scrolling on social media, reading allows the mind to slow down and focus. It creates a sense of calm while stimulating imagination and creativity. This balance of relaxation and mental engagement makes reading a healthy habit for people of all ages.

In today's competitive world, continuous learning is essential. Books provide access to the knowledge and experiences of experts, leaders, and

innovators. They help readers improve communication skills, develop confidence, and gain practical knowledge in fields such as business, science, finance, psychology, and technology. Successful people across the world often credit their reading habits as a key factor in their personal and professional growth.

Parents and teachers have a vital role in encouraging reading from an early age. Creating reading-friendly environments at home and school, visiting libraries, and discussing books together can help children develop a lifelong love for reading. Even adults who have not read regularly can begin with just a few pages each day and gradually build the habit.

While technology has transformed the way we access information, it has also made books more accessible through e-books and audiobooks. The format may change, but the value of reading remains timeless. What truly matters is not whether a story is read on paper or on a screen, but the knowledge, inspiration, and joy it brings.

Ultimately, reading is more than a pastime, it is an investment in oneself. Every book opens a new window to the world, offering fresh ideas, deeper understanding, and endless possibilities. In a fast-moving digital era, books continue to remind us that true growth begins with curiosity, one page at a time.



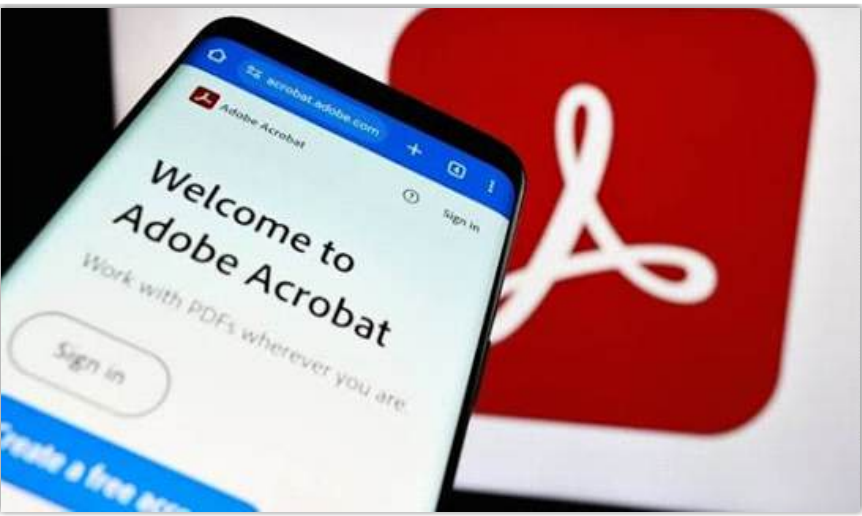
US AND INDIA NISAR SATELLITE CAPTURES A HUMMINGBIRD IN ANTARCTICA

The NASA-ISRO synthetic Aperture Radar, or NISAR — India's satellite partnership with the US — has captured an image of what looks like a giant hummingbird in Antarctica. A NASA report said that this formation, nicknamed 'the hummingbird', was an illusion resulting from a combination of mountain, ice, and radar technology. The report said that an early image revealed the fractured, barren surface of an Antarctic landscape in stark detail. In a merging of science and serendipity, it also resembles something else entirely: a hummingbird. The images were generated by NISAR's L-band instruments, which confirm the satellite's capability to produce detailed imagery that is both informative and eye-catching. The US space agency said that the colours in these images show differences in the way polarised microwave signals, which vibrate in different directions, interact with and reflect from the ice. Over Antarctica, NISAR transmits radar waves toward Earth with a horizontal polarisation. The orientation of the signals that return — either horizontal, vertical, or both — provide clues about the object or surface that reflected them. NASA said that signals that come back with a horizontal polarization likely bounced off a more regular surface, such as smooth ice. These signals appear as a mix of magenta, green, and white in the images. The magenta represents signals that come back with a horizontal polarisation and were likely bounced off a more regular surface, such as smooth ice.



CAN CHATS BE WORKSPACES? ADOBE ENTERS WHATSAPP

Adobe has now integrated Acrobat directly with WhatsApp Web and the WhatsApp Windows app, turning chats into functional document workspaces. The integration could also strengthen WhatsApp Business by making document collaboration more seamless. The feature allows PDFs to be accessed and edited directly on WhatsApp desktop platforms without exiting the application or downloading files locally. This integration removes multiple friction points in viewing, editing and sharing a PDF file. Drawing and formatting tools such as bold, underline, strikethrough etc are also available. For basic features users simply need to click on edit and press done once the required edits are done. However, the Acrobat integration within WhatsApp Web and Windows retains the edit in Acrobat option for users who need advanced capabilities like text modification, page organization, or AI summaries while continuing to support password protected PDF files securely. Any edits and comments can be finalized and shared back to the chat directly from within the document window eliminating the need to save and resend the document separately. Notably, all shared documents maintain WhatsApp's native end-to-end encryption to keep file contents secure.



ICAR TO TAKE A MAJOR STEP TOWARDS CLIMATE RESILIENT FARMING

The Indian Council of Agricultural Research (ICAR) has identified 41 crops for genome editing across 34 research institutes. The 41 crops include 24 field crops and 17 horticultural crops. Transgenic crops are exempted. Plant DNA will be altered, and the crops will be modified. SDN-1 and SDN-2 genomes will be used for this purpose. The standard operating procedures issued in 2022 by the Department of Biotechnology will be used for an extensive review of the genome. Researchers in Cuttack have integrated technology into the process through AI designed genome editing. They developed Plant OpenCRISPR-1 (POC1). The genome editing process contributes to improved varieties, higher yields and better soil health. Union Minister of State for Agriculture Ramnath Thakur emphasised in the Lok Sabha that technology marker assisted selection has led to the development of 2,996 climate resilient varieties by NARES from 2014 to 2025 ensuring food security and agricultural productivity. Notably, India targets achieving climate-resilient farming by 2047. Project Director of ICAR Anuradha Agarwal mentioned that plant breeding is a non-stop process, as no variety is perfect and factors such as rainfall and temperature keep changing, which is why different varieties for varied settings are needed.



MD PALLAVI PERFORMS IN A MULTILINGUAL CONCERT AT BANGALORE INTERNATIONAL CENTRE

Clear vocals change language and shade during a performance at Bangalore International Centre earlier this month. The performer in question is MD Pallavi, supported by Srinivas Achar on the guitar. Curated by Professor Chandan Gowda and sponsored by Vidyashilp University, the event, Atmageete, comprised poems on equality from pre-modern India. The concert aimed to unite verses taken from different poetic traditions under, as Chandan posits, the common idea of equality. Speaking over the phone, M.D. Pallavi says every language “has its own set of sounds.” Having set all the performed poems to music, ranging from Narayan Guru to Mir Taqi Mir, she switches between languages with great alacrity. Her rendition of Chaturvedi's Pada 186, for instance, makes full use of intonations of the language, and the poem's folk roots in lively service of rhythm. Asked about her ability to switch between languages, Pallavi replies that she sought the help of native speakers, asking them to send her “voice notes rendering the poem” so she could “learn the pronunciation properly.” Historical context posed an additional challenge, despite colouring her compositions. According to her, the style of the poet, the poetic tradition, and the period the poem was written in all “lend their own rhythm and musicality to the language.”



QDENG A BECOMES INDIA'S FIRST APPROVED DENGUE VACCINE

Dengue is one of the fastest growing vector borne diseases causing 14.4 million dengue cases and 11,201 deaths globally in 2024 with 232,425 cases and 233 deaths in India. The approval provides India with its first licensed vaccine against dengue, a disease that continues to pose a major public health challenge. The Central Drugs Standard Control Organisation (CDSCO) has approved Qdenga, a vaccine developed to fight dengue for the 4–60 age group and manufactured by Takeda GmbH, Germany. The vaccine is also prequalified by the World Health Organization and approved in 42 countries. Notably, it is the first authorized vaccine in the country and was brought to India in collaboration with Takeda Biopharmaceuticals India Pvt. Ltd. The live, attenuated vaccine uses tetravalent recombinant DNA technology and is administered as two 0.5 mL subcutaneous doses, three months apart. The clinical trials have been performed across 8 countries including Brazil, Thailand, and Sri Lanka confirming the vaccine's immunogenicity and efficacy. The Ministry of Health and Family Welfare stated that this approval marks an important milestone in India's public health response, complementing ongoing efforts under the National Vector Borne Disease Control Programme, including vector control, disease surveillance, early diagnosis and effective case management.



INDIA JOINS WTO'S AGREEMENT ON FISHERIES SUBSIDIES

India obtained approval to join the WTO agreement on fisheries subsidies which bans any government assistance for illegal fishing practices and overuse of fish stocks. The agreement aims to give attention to the grants linked to catching fish from oceans and related activities. However, aquaculture and inland fisheries remain outside the scope of this pact, which came into force on September 15, 2025. The agreement was adopted by consensus at the 12th WTO Ministerial Conference in Geneva in June 2022. It is the first multilateral WTO agreement with an environmental sustainability objective. The commerce ministry said in a statement that India deposited its Instrument of Acceptance of the WTO Agreement on Fisheries Subsidies (AFS) on 20th July 2026, thereby becoming a Party to the Agreement. The formal acceptance was handed over by the Commerce Secretary Rajesh Agrawal to the Director-General of the World Trade Organisation (WTO) Ngozi Okonjo-Iweala in Geneva. Agarwal is in Geneva for an official visit. The agreement, it said, protects the livelihoods of traditional and small-scale fishers by promoting sustainable fisheries.



Afreen Mazgaonkar, Ganesha Gundu & Isha Mittal

INDIAN YOUTH FOOTBALL TEAMS SHINE AT GOTHIA CUP 2026

India's Minerva Academy Football Club won the Boys U12 (B12) title at the Gothia Cup 2026 in Gothenburg, Sweden defeating Brazil's RS Sports Yellow 2–1 with a dramatic late winner. Kipgen Thangsanglen opened the scoring in the 10th minute before RS Sports Yellow equalized. However, Mekhamkhraw Nongrem sealed the triumph in the 49th minute with a brilliant free kick, capping off an unbeaten run of 8 consecutive matches in which Minerva scored an incredible 86 goals and conceded just 7. The victory completed a remarkable European double for Minerva following their Helsinki Cup title in Finland and marked a successful defense of their World Youth Cup title. Their dominant campaign was highlighted by massive victories over Sweden's Surte IS FK (16–0), France's OFC Couronnes (17–1), and England's Prep Schools Pumas Blue (12–0). Meanwhile, the Special Olympics Bharat boys' football team secured a bronze medal by defeating Finland 2–1 in their third place playoff match, marking the organization's third consecutive international podium finish at the tournament. SKF India Ltd. later felicitated the team in New Delhi, with Special Olympics Bharat President Dr. Malika Nadda praising their achievement.



SANGRAM SINGH SCRIPTS HISTORY, BECOMES FIRST INDIAN TO WIN ASIAN CHAMPIONSHIP TITLE

Sangram Singh, who successfully transitioned from wrestling to MMA, scripted history by becoming the first Indian to win the Asian Championship title. He defeated Pakistani fighter Mohammad Abid Ali in just 1 minute and 20 seconds, registering his second victory over a Pakistani opponent and his fourth overall in MMA. The win also extended his unbeaten run in the sport. The Malaysian crowd celebrated the victory with tremendous enthusiasm. One excited spectator came close to the ring after the fight and began chanting "Bharat Mata Ki Jai". Speaking in his own language, he declared that we will defeat these Pakistanis everywhere. Sangram Singh dedicated his victory to 1.4 billion Indians. Meanwhile, Mohammad Abid Ali, popularly known as Mohammad Buta, continued making controversial remarks, just as he had during the face-off event. His frustration over the defeat was evident as he said that he loved all the Muslims in Malaysia. His comments were met with loud boos from the crowd. Sangram Singh said that his only objective in every fight is to keep India's tricolour flying high, and he was delighted to have had the opportunity to do so once again. Earlier, he had defeated Pakistan's Ali Raza Nasir, Tunisia's Hakim Trabesi and France's Florian Caudier.



PV SINDHU SCRIPTS HISTORY CLINCHES JAPAN OPEN TITLE

PV Sindhu created history by becoming the first Indian shuttler to win the Japan Open title. In a thrilling women's singles final at the BWF Super 750 tournament, the two time Olympic medallist defeated home favorite Akane Yamaguchi in straight games 21–17, 21–17. The victory marked Sindhu's maiden Super 750 crown and ended her nearly two year title drought following her previous win at the Syed Modi International in 2024. The 50 minute final saw Sindhu display exceptional tactical composure and sharp net control. After trailing 9–11 at the mid game interval of the opening set, she shifted the momentum by winning a demanding 36 shot rally and eventually closed out four consecutive points from 17–17 to take the lead. Carrying her rhythm into the second game, Sindhu dominated the forecourt to establish an early 8–3 advantage. Despite a late surge by Yamaguchi, Sindhu held her nerve forcing a final return long to seal the match. Following the win, Sindhu shared that she was in tears because the achievement was vital to her and was a result of relentless hard work. Her father, PV Ramana, praised the win as a statement victory. Prime Minister Narendra Modi also congratulated Sindhu on her achievement.



INDIAN GM ROHITH KRISHNA CLINCHES MENUIRES INTERNATIONAL CHESS CHAMPIONSHIP TITLE

Indian Grandmaster Rohith Krishna S clinched the gold medal at the 1st Menuires International Chess Championship. The week long tournament was held at Le Break des Menuires in France, featuring 86 players including 12 Grandmasters (GMs), 7 International Masters (IMs), and 10 FIDE Masters (FMs) from countries across the globe such as France, India, Poland, China, Germany, Italy, and the Netherlands. The total prize pool was €2,000. A total of 20 Indian players participated, with three finishing in the top four positions. Tamil Nadu-born Rohith Krishna edged out his compatriot, GM Raja Rithvik, for the top spot. Both players remained unbeaten, scoring 7 points out of 9 rounds. Rohith Krishna secured the gold on a tie break score of 43, while Raja Rithvik took silver with a tie break score of 41.5. Rithvik scored a notable victory over French Grandmaster Maxime Lagarde (rated 2622) playing with the black pieces. Rithvik trains under head coach N. Rama Raju from Hyderabad and receives online coaching from Ukrainian Super GM Alexander Goloshchapov. Meanwhile, Ukraine's GM Artem Omelja settled for the bronze medal while Indian GM S.L. Narayanan secured 4th place on tie breaks with both scoring 6.5 points.



CHHATTISGARH'S SATYANSHU DEEP WINS BRONZE AT SPECIAL OLYMPICS GOTHIA CUP 2026

25-year-old Satyanshu Deep has proved his mettle and determination in life as he emerged victorious with a bronze medal won at the Special Olympics Gothia Cup 2026 held in Gothenburg, Sweden, earning recognition for his native state of Chhattisgarh and the entire nation. His way to the national team started on an athletics field. At the National Athletics Championship in Rohtak, Haryana, where more than 500 athletes from 23 states competed, he won a gold medal in the long jump and a bronze medal in the 100-metre sprint. His versatility and athletic performance caught the attention of selectors at Special Olympics Bharat–Chhattisgarh, making him the only athlete from the state selected for the national football squad. Later selected through Special Olympics Bharat–Chhattisgarh, Satyanshu joined the Indian Special Olympics Football Team to compete in the Special Olympics Trophy category. The national squad delivered a stellar campaign, culminating in a nail-biting third-place playoff in which India defeated Finland 2–1 to secure a podium finish and win the bronze medal.



INDIAN MEN'S AND WOMEN'S TEAMS DOMINATE ON OPENING DAY OF FIH YOUTH HOCKEY ASIAN CHAMPIONSHIP

The Indian Sub-Junior Men's and Women's Teams made a winning start to their respective campaigns at the FIH Youth Hockey5s Asian Championship 2026 in Muscat, Oman, on Monday. The Indian teams are placed in the Elite Pools of the men's and women's competition. The Indian women's team was the first to start its campaign on the tournament's opening day against Kazakhstan and won 8-3. The men's team faced Bangladesh in their opening match later and registered a 7-3 victory. The women's team, led by Diya's hat-trick (14', 15', 20') produced a dominant attacking display. Sandeepa Kumari (3', 12'), Nousheen Naz (6', 9') and Nilam Topno (7') were the others to get on the scoresheet. India built a commanding lead in the opening half before continuing the momentum upon restart, with Diya completing a clinical second-half hat-trick to put the result beyond doubt. The Indian men's team also impressed in its tournament opener, with goals from Rahul Yadav (2'), Karan Gautam (4'), captain Ketan Kushwaha (8', 14'), Romit Pal (10', 15') and Prahalad Rajbhar (16') securing a comprehensive 7-3 win over Bangladesh. India maintained control for most of the contest, responding strongly whenever Bangladesh threatened to close the gap. The tournament is also the Asian qualifier for the inaugural FIH Youth Hockey5s World Cup.



BPSSC COMPANY COMMANDER
RECRUITMENT 2026



The Bihar Police Subordinate Services Commission (BPSSC) has released the official notification for the recruitment of 65 Company Commander posts in the Bihar Special Armed Police. This recruitment offers a prestigious opportunity for graduates seeking a career in the uniformed services.

- Key Highlights**
- Organization: Bihar Police Subordinate Services Commission (BPSSC)
 - Post Name: Company Commander
 - Total Vacancies: 65 Posts
 - Category: State Government Recruitment

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

- Important Dates**
- Application Start Date: 10 July 2026
 - Last Date to Apply: 30 July 2026
 - Examination Date: To be notified.

- Age Limit**
- Minimum Age: 21 Years
 - Maximum Age: 37 Years (for General Male candidates).
 - Age relaxation is applicable for reserved categories as per Bihar Government norms.

- Salary**
- Pay Scale: ₹93,000 per month (approximately, including admissible allowances under Pay Level-9).
 - Additional benefits and allowances are provided as per Government rules.

- Selection Process**
- Written Examination
 - Physical Efficiency Test (PET)
 - Physical Standards Test (PST)
 - Document Verification
 - Medical Examination

- How to Apply**
- Visit the official BPSSC recruitment portal. Register yourself, complete the online application form, upload the required documents, pay the application fee, and submit the application before the closing date.

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

NICL ASSISTANT RECRUITMENT 2026 – APPLY ONLINE FOR 500 POSTS



The National Insurance Company Limited (NICL) has released the official notification for the recruitment of 500 Assistant (Class III) posts across various States and Union Territories. This recruitment offers graduates an excellent opportunity to build a career in the insurance sector under a Government of India undertaking.

- Important Dates**
- Application Start Date: 18 July 2026
 - Last Date to Apply: 07 August 2026
 - Phase-I Examination: 27 August 2026
 - Phase-II Examination: 30 October 2026

- Age Limit**
- Minimum Age: 21 Years
 - Maximum Age: 30 Years

- Key Highlights**
- Organization: National Insurance Company Limited (NICL)
 - Post Name: Assistant (Class III)
 - Total Vacancies: 500 Posts
 - Category: Insurance Sector Recruitment

- Educational Qualification**
- Graduation in any discipline from a recognized university.
 - Candidates must be proficient in reading, writing, and speaking the regional language of the State/UT for which they are applying.

- Age relaxation is applicable for reserved categories as per Government norms.

- Salary**
- Pay Scale: ₹36,290 – ₹80,615 per month.
 - Selected candidates will also receive allowances and other admissible benefits as per NICL rules.

- Selection Process**
- Phase-I Online Examination
 - Phase-II Online Examination
 - Regional Language Test
 - Document Verification
 - Medical Examination

- How to Apply**
- Visit the official NICL website. Register and complete the online application form. Upload the required documents, pay the application fee, and submit the application before the closing date.

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

IOB APPRENTICE RECRUITMENT 2026 – APPLY ONLINE FOR 750 POSTS

The Indian Overseas Bank (IOB) has invited online applications for the engagement of 750 Apprentices under the Apprentices Act, 1961, for the financial year 2026–27. This apprenticeship programme provides fresh graduates with valuable banking experience across India.

- Key Highlights**
- Organization: Indian Overseas Bank (IOB)
 - Post Name: Apprentice
 - Total Vacancies: 750 Posts
 - Category: Banking Apprenticeship Recruitment

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

- Important Dates**
- Application Start Date: 07 July 2026
 - Last Date to Apply: 27 July 2026 (Extended)
 - Online Examination (Tentative): 02 August 2026

- Age Limit**
- Minimum Age: 20 Years
 - Maximum Age: 28 Years
 - Age relaxation is applicable for reserved categories as per Government norms.



- Salary / Stipend**
- Monthly Stipend: ₹14,000 to ₹15,500 per month depending on the place of posting.

- Selection Process**
- Online Written Examination
 - Local Language Test
 - Document Verification
 - Medical Fitness Verification (if applicable)

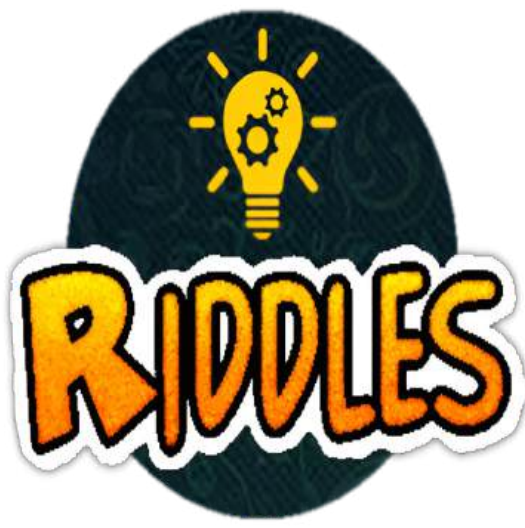
- How to Apply**
- Visit the official IOB careers portal and register through the prescribed apprenticeship platforms.
 - Complete the online application process, upload the required documents, and submit the application before the deadline.

For more details candidates are asked to visit the official website

Deepika Singh



1. India's new semiconductor package is called?
2. India recently signed a Free Trade Agreement with which country?
3. India's first indigenous hydrogen-powered passenger train was flagged off from which state?
4. India's first privately developed orbital rocket is named?
5. The Quad Foreign Ministers' meeting was held in which city?
6. The AI scientific assessment report was commissioned by which organization?
7. Which mission received Cabinet approval for electronics manufacturing expansion?
8. Which dialogue discussed a free and open Indo-Pacific this week?
9. The hydrogen-powered train belongs to which sector?
10. The India–UK agreement is a type of which pact?



1. I hold thousands of ideas but never think. What am I?
2. I ask many questions but never answer them. What am I?
3. I erase your mistakes without saying a word. What am I?
4. I am full of knowledge but have no brain. What am I?
5. I open every class but have no key. What am I?
6. I travel from teacher to student every day without moving. What am I?
7. I become smaller every day while helping you learn. What am I?
8. The more you share me, the more I grow. What am I?

8. Knowledge
7. Pencil
6. Knowledge
5. Bell
4. Library
3. Eraser
2. Exam
1. Book

11) RIDDLES

10. FTA
9. Railways
8. Quad
7. Semicon Mission 2.0
6. United Nations
5. Manila
4. Vikram-I
3. Haryana
2. United Kingdom
1. Semicon Mission 2.0

12) QUIZ TIME

ANSWERS



STUFFED SAMA MILLET BELL PEPPERS

This Week, We're Relishing Stuffed Sama Millet Bell Peppers!

Stuffed Sama Millet Bell Peppers are a wholesome and festive Ashadhi Ekadashi special, featuring vibrant bell peppers filled with fluffy sama millet (barnyard millet), fresh paneer, roasted peanuts, herbs, and mild fasting spices. Baked until tender, this satvik dish is packed with flavor, nutrition, and festive goodness, making it a perfect meal for fasting days.

Ingredients:

4 medium bell peppers (red, yellow, or green), tops removed and seeds discarded, 1 cup sama millet (barnyard millet), 2 cups water, 200 g paneer (crumbled), ¼ cup roasted peanuts (coarsely crushed), 2 green chillies (finely chopped), 1 teaspoon grated ginger, 2 tablespoons fresh coriander (chopped), 1 teaspoon cumin seeds, 1 tablespoon ghee, ½ teaspoon black pepper powder, 1 teaspoon rock salt (sendha namak) or to taste, ½ teaspoon roasted cumin powder, 2 tablespoons fresh cream (optional), 2 tablespoons grated cheese (optional), 1 tablespoon lemon juice.

Preparation

- Wash the sama millet thoroughly and cook it with 2 cups of water until soft and fluffy. Allow it to cool slightly.
- Heat ghee in a pan and add cumin seeds. Once they crackle, add grated ginger and green chillies, and sauté for a minute.
- Add the cooked sama millet, crumbled paneer, crushed peanuts, roasted cumin powder, black pepper, rock salt, coriander leaves, and lemon juice. Mix everything well and cook for 2–3 minutes. Stir in fresh cream if using.
- Stuff the prepared filling tightly into the hollow bell peppers. Sprinkle grated cheese on top if desired.
- Arrange the stuffed peppers in a greased baking dish and bake in a preheated oven at 180°C (350°F) for 20–25 minutes, or until the peppers are tender yet hold their shape.
- Remove from the oven and garnish with fresh coriander before serving.



Serving Tip:

Serve hot with farali peanut-curd dip, mint yogurt, or fresh coconut chutney. Pair it with a bowl of cucumber raita or roasted makhana for a complete and satisfying Ashadhi Ekadashi meal.

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

- 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

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