

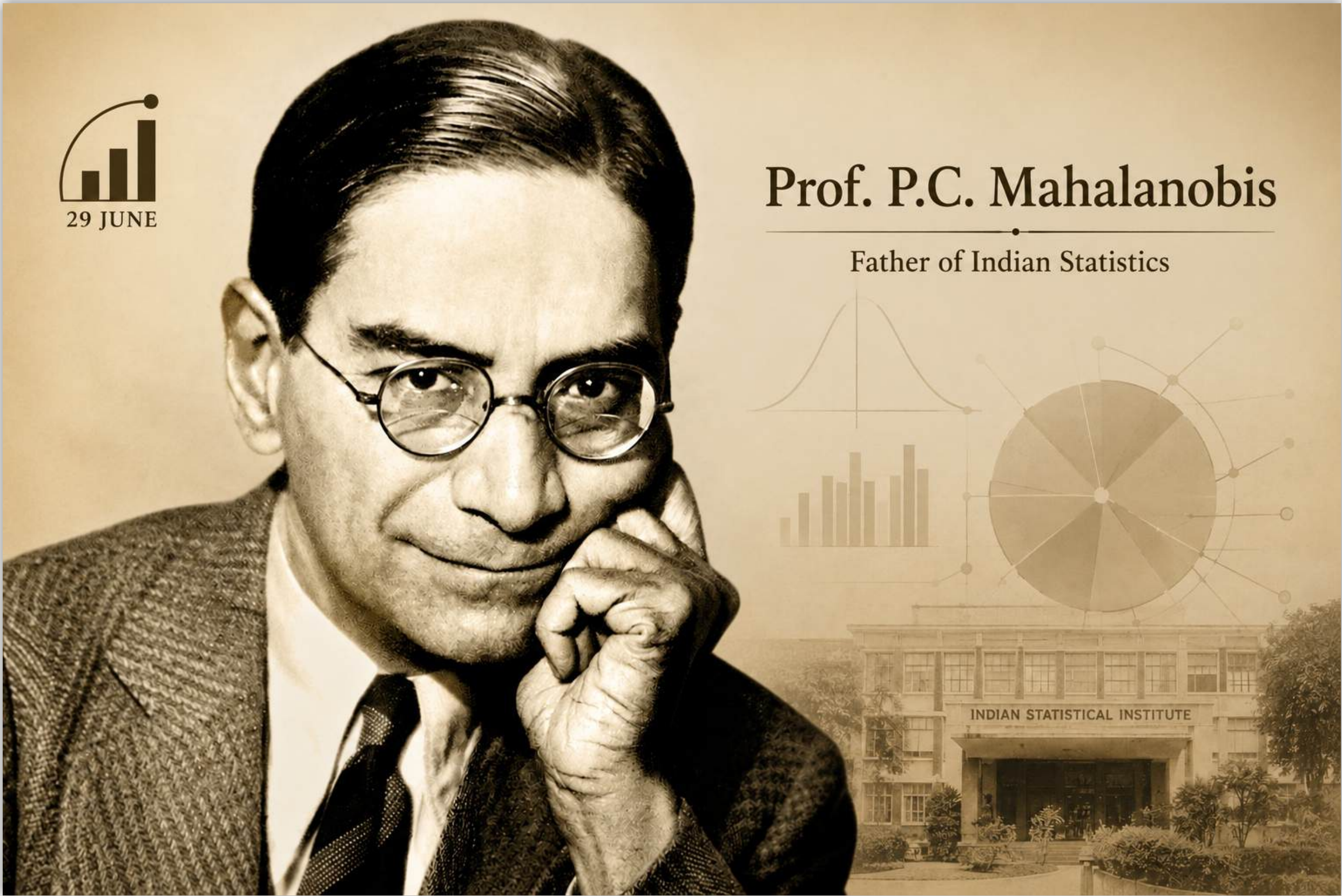
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THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



NATIONAL STATISTICS DAY 2026: NUMBERS THAT BUILT A NATION



Every year on 29 June, India celebrates National Statistics Day, a significant occasion that highlights the indispensable role of statistics in shaping the country's growth and development. More than just a tribute to numbers, the day recognises the importance of evidence-based decision-making, scientific data collection, and informed public policy. The year 2026 marks a special milestone as India observes the 20th edition of National Statistics Day while commemorating the 133rd birth anniversary of Professor Prasanta Chandra Mahalanobis, the visionary statistician regarded as the Father of Indian Statistics.

Born on 29 June 1893 in Kolkata, Professor P.C. Mahalanobis was a pioneering scientist, economist, and statistician whose contributions transformed the way India measured, analysed, and planned its development. His remarkable vision led to the establishment of the Indian Statistical Institute (ISI) in 1931, which has since become one of the world's most respected institutions for statistics, mathematics, economics, and data science. In 1933, he founded Sankhya, India's first international statistical journal, providing Indian scholars with a prestigious platform to share their research globally.

Mahalanobis is internationally renowned for

developing the Mahalanobis Distance, a statistical measure that remains widely used in fields such as artificial intelligence, machine learning, biometric identification, pattern recognition, and multivariate data analysis. His influence extended far beyond academia. As a member of India's first Planning Commission, he played a central role in designing the Second Five-Year Plan, advocating industrial development based on rigorous statistical evidence and scientific planning. In recognition of his extraordinary contributions, the Government of India honoured him with the Padma Vibhushan in 1968. Even during the final days of his life, he remained devoted to research, working on an innovative method known as Fractile Graphical Analysis. He passed away on 28 June 1972, just one day before his 79th birthday.

Recognising his unparalleled legacy, the Government of India officially declared 29 June as National Statistics Day in 2007 through a Gazette Notification. The objective of the observance is to spread awareness, particularly among students and young professionals, about the importance of statistics in socio-economic planning, governance, research, and sustainable development. Every year, the Ministry of Statistics and Programme Implementation (MoSPI) and the National Statistical Office (NSO) organise seminars, lectures, workshops, essay competitions, and awareness programmes

across the country to encourage greater appreciation of statistical science.

The 20th edition of National Statistics Day in 2026 represents two decades of promoting statistical literacy and evidence-based governance in India. The annual theme, announced by MoSPI, reflects contemporary national priorities and encourages discussions on emerging issues such as Sustainable Development Goals (SDGs), digital governance, household surveys, gender statistics, environmental data, and economic resilience. The celebrations bring together policymakers, researchers, academic institutions, government departments, international organisations, and students to exchange ideas on improving the quality and accessibility of official statistics.

Statistics is often perceived as a classroom subject filled with numbers and formulas, yet its influence extends into every aspect of daily life. From measuring inflation and unemployment to estimating literacy rates, monitoring public health, planning infrastructure, conducting population censuses, and implementing welfare programmes, statistical data forms the backbone of effective governance. Reliable

statistics enable governments to allocate resources efficiently, businesses to make informed investments, researchers to identify trends, and citizens to understand the progress of the nation. Initiatives such as the SDG National Indicator Framework Progress Report further demonstrate how statistical evidence helps monitor India's progress towards achieving the 2030 Sustainable Development Goals.

As India advances towards its vision of becoming a developed nation, the demand for accurate, timely, and transparent data has never been greater. In an era driven by digital transformation, artificial intelligence, and data analytics, statistics has become one of the most valuable tools for informed decision-making. National Statistics Day serves as a powerful reminder that behind every successful policy, every development programme, and every national achievement lies a foundation built on trustworthy data. It celebrates not only the remarkable legacy of Professor P.C. Mahalanobis but also the enduring power of numbers in building a stronger, smarter, and more inclusive India.

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BEYOND RITUALS, BEYOND RELIGION: THE STORY OF SANT KABIR

Every morning, as the first rays of the sun touched the ghats of Varanasi, a humble weaver would sit before his wooden loom. The rhythmic sound of the shuttle echoed through the narrow lanes, but the man weaving the cloth was creating something far greater than garments. He was weaving ideas that would unite humanity for centuries. That weaver was Sant Kabir, one of India's greatest poet-saints whose words continue to inspire millions across religions, cultures, and generations.

Kabir lived a simple life. He earned his livelihood by weaving cloth and never considered honest work inferior to spiritual practice. To him, labour itself was worship. He believed that God could be found not only in temples and mosques but also in sincerity, hard work, compassion, and truthfulness. His house welcomed everyone rich and poor, Hindu and Muslim, scholar and labourer. Anyone seeking wisdom found a patient listener and a compassionate guide.

The Proud Scholar and the Wisdom of Love

One morning, a respected scholar visited Kabir. Carrying several sacred books, he looked at the humble weaver with curiosity and asked, "Kabir, you have never studied in great schools nor mastered the scriptures. How then do people call you a saint?"

Kabir smiled gently. Instead of arguing, he quietly recited:

"पोथी पढ़ि पढ़ि जग मुआ, पंडित भया न कोया
ढाई आखर प्रेम का, पढ़े सो पंडित होया॥"

Meaning: The world may spend a lifetime reading books, yet true wisdom does not come from learning alone. The one who truly understands the simple word 'love' becomes the real scholar.

The scholar fell silent. Kabir explained that knowledge becomes meaningful only when it transforms one's heart. A person may know thousands of verses, but if pride fills his mind and compassion is absent, his education remains incomplete. That day, the scholar returned home carrying fewer questions but far greater wisdom.

The Merchant Who Had Everything Except Peace

In another part of the city lived a wealthy merchant. He owned large houses, expensive jewellery, and overflowing granaries. Yet sleep had abandoned him. Fear of losing his wealth kept him restless day and night.

Hoping to find peace, he visited Kabir. After listening patiently, Kabir pointed

toward a poor labourer happily sharing his simple meal with his family.

Then Kabir recited:

"साईं इतना दीजिए, जामे कुटुम समाया
मैं भी भूखा न रहूँ, साधु न भूखा जाया॥"

Meaning: O Lord, bless me with only that much by which my family is cared for, and I may also help a needy person. I seek neither poverty nor excessive wealth.

Kabir explained that greed has no end. The more a person possesses, the more he desires. Real prosperity lies not in accumulation but in contentment. The merchant gradually changed his way of living. He began helping the poor, supporting travellers, and sharing his earnings. For the first time in many years, he experienced peaceful sleep.

The Young Disciple Searching for God

One evening, a young seeker approached Kabir and asked, "Master, where can I find God? Should I travel to distant temples, holy rivers, and sacred mountains?"

Kabir looked at him with affection and replied through another timeless couplet:

"मोको कहाँ ढूँढ़े रे बन्दे, मैं तो तेरे पास।
ना मैं देवल ना मैं मस्जिद, ना काबे कैलास॥"

He explained, "Do not search for the Divine in distant places while ignoring the goodness within your own heart. God lives wherever there is truth, compassion, humility, and selfless service."

The young man realized that spirituality was not about endless travel but about inner transformation. From that day onward, he focused less on rituals and more on kindness, honesty, and helping others.

The Lesson Hidden in the Grinding Mill

One afternoon, Kabir watched a woman grinding wheat between two heavy stones. As he observed the grains being crushed, he reflected upon human life and softly uttered:

"चलती चाकी देख कर, दिया कबीरा रोया
दो पाटन के बीच में, साबुत बचा न कोया॥"

Meaning: Watching the grinding mill, Kabir wept because, just as grains are crushed between

two stones, human beings are often crushed between ego, desires, attachment, and worldly worries.

He explained to those gathered around him that life constantly places people between success and failure, joy and sorrow, praise and criticism. Only those who remain balanced, truthful, and spiritually aware can rise above these pressures. His listeners understood that peace comes not from escaping life's challenges but from developing inner strength.

A Society Divided by Religion

During Kabir's lifetime, society was deeply divided by religious identity. Arguments over rituals, customs, and external appearances often created conflict between communities.

Kabir refused to accept such divisions. Sitting beside his loom, he would often remind visitors that God belongs to no single religion.

He would say:

"हिन्दू कहे मोहि राम
पियारा, तुरक कहे
रहमाना।
आपस में दोउ लरि-लरि
मूए, मरम न काहू जाना॥"

He explained that while people fought over different names of God, they forgot the essence of spirituality itself. According to Kabir, the Divine cannot be divided by language, religion, or tradition. Every human being carries the same divine light.

His fearless words sometimes angered religious leaders from both communities. Yet Kabir never spoke with hatred. He criticised hypocrisy, not religion itself. His purpose was always to awaken people, not to insult them.

Choosing Wisdom Over Blind Acceptance

Kabir encouraged people to think independently. He never wanted blind followers. Instead, he wanted awakened minds.

He beautifully expressed this idea through another famous doha:

"साधु ऐसा चाहिए, जैसा सूप सुभाया
सार-सार को गहि रहे, थोथा देई उड़ाया॥"

Meaning: A wise person should be like the winnowing basket that keeps the grain while allowing the useless chaff to fly away. Accept what is true and meaningful, and reject what is

false and unnecessary.

In today's age of social media, misinformation, and endless opinions, this teaching has become even more relevant. Kabir reminds us to examine every idea carefully instead of accepting or rejecting it blindly.

Kabir's Philosophy for Today's World

The greatness of Kabir lies in the timeless nature of his teachings. He believed that no human being is superior because of caste, religion, wealth, or education. Character alone gives dignity to a person. He taught that love is greater than hatred, humility stronger than pride, and service nobler than selfishness.

Even today, his philosophy offers solutions to many modern problems. When society struggles with division, Kabir teaches unity. When people become impatient, he reminds them:

"धीरे-धीरे रे मना, धीरे सब कुछ होया
माली सींचे सौ घड़ा, ऋतु आए फल होया॥"

Meaning: Everything happens in its own time. No matter how much water a gardener pours, the fruit appears only when the season arrives. Patience is an essential part of every success.

His words encourage us to trust honest effort rather than shortcuts.

Moral and Conclusion

Sant Kabir's life was not about miracles or rituals; it was about transforming ordinary lives through extraordinary wisdom. He proved that a simple weaver could become one of humanity's greatest teachers because he lived what he preached. His dohas continue to inspire people to rise above prejudice, ego, greed, and hatred while embracing truth, compassion, patience, and universal brotherhood. In today's fast-moving world, where people often judge others by appearance, religion, wealth, or social status, Kabir's message remains as relevant as ever. He reminds us that true spirituality begins with self-purification, true education begins with love, and true religion begins with humanity. His life teaches that when our hearts become free from pride and filled with compassion, every home becomes a temple, every act becomes worship, and every human being becomes a reflection of the Divine.

MORE THAN A PADMA BHUSHAN: THE STORY OF ALKA YAGNIK'S RESILIENCE

Success is often celebrated through awards, applause, and public recognition, but the true measure of greatness lies in how a person responds when life presents unexpected challenges. Few stories illustrate this truth better than that of Alka Yagnik, one of India's most celebrated playback singers. For over four decades, her melodious voice has been the soundtrack of countless emotions, accompanying millions through love, joy, hope, heartbreak, and celebration. Yet, behind the remarkable achievements and unforgettable songs lies an inspiring journey of perseverance, humility, resilience, and unwavering faith in one's passion.

Born on March 20, 1966, in Kolkata, Alka Yagnik was introduced to music at an early age by her mother, who herself was trained in classical music. Unlike many children who discover their interests later in life, Alka's connection with music was almost instinctive. She began singing on All India Radio while still a young child, displaying a talent that hinted at an extraordinary future. However, talent alone is rarely enough to guarantee success. Recognising her daughter's potential, her family made the courageous decision to move to Mumbai, the city where dreams are created but also tested every single day.

Life in Mumbai was not easy. The Hindi film industry was already home to legendary playback singers whose voices dominated the silver screen. Opportunities for newcomers were limited, competition was intense, and rejection was a common reality. Many talented artists abandoned their dreams after repeated disappointments. Alka Yagnik, however, chose a different path. She continued practising tirelessly, strengthening her classical foundation and believing that consistent effort would eventually create opportunities. Her journey reminds us that perseverance often matters more than immediate success, and patience is one of the greatest investments anyone can make in their dreams.

Her breakthrough finally arrived in 1988 with the blockbuster film Tezaab. The energetic song "Ek Do Teen," picturised on Madhuri Dixit, became an instant sensation across India. Overnight, Alka Yagnik became one of Bollywood's most recognised playback singers. While many people viewed her success as sudden, it was actually the result of years of

discipline, sacrifice, and unwavering determination. The song opened countless doors, but it was her exceptional consistency that kept those doors open for decades. She went on to lend her voice to hundreds of memorable songs that continue to inspire listeners across generations.

Throughout the 1990s and early 2000s, Alka Yagnik became synonymous with Bollywood music. Whether singing romantic

Guinness World Records as one of the world's most-streamed music artists. This remarkable achievement proved that genuine artistry never becomes outdated. Technology may change the way people listen to music, but timeless talent continues to find new audiences regardless of changing platforms.

Just when life appeared to be rewarding her remarkable career, it presented one of its most difficult challenges. In 2024, Alka Yagnik

when she received one of India's highest civilian honours for her immense contribution to music. Shortly after the ceremony, videos showing her using a wheelchair circulated widely on social media, leading to concern and speculation about her health. Instead of allowing rumours to spread unchecked, Alka calmly clarified that she had simply been fatigued after the demanding event. Her composed response reflected her graceful personality and reminded everyone that appearances can often be misunderstood. Even during moments of public scrutiny, she responded with dignity, honesty, and gratitude.

Perhaps the greatest lesson from Alka Yagnik's life is that success and struggle often exist side by side. Awards, fame, and recognition may define a career, but character is revealed during moments of adversity. Throughout her journey, she has remained humble despite extraordinary achievements, grateful despite immense success, and optimistic despite personal challenges. These qualities have earned her not only admiration as a singer but also deep respect as a human being.

Today, Alka Yagnik's songs continue to create memories for people of every generation. Her melodies are played at weddings, family celebrations, cultural programmes, and personal moments of reflection. More importantly, her life continues to inspire countless young dreamers who aspire to build meaningful careers through dedication and integrity. Her story teaches us that dreams demand patience, success requires discipline, setbacks should never define our future, and true strength lies in rising every time life attempts to pull us down.

Alka Yagnik's voice has undoubtedly made history, but it is her resilience that has created a lasting legacy. She reminds us that while talent may open the door to success, it is courage, humility, and perseverance that allow a person to leave an unforgettable mark on the world. Her journey is not merely the story of a legendary playback singer it is the story of a woman who continued believing in hope, even when life tested the very gift that made her extraordinary.



melodies, soulful ballads, devotional songs, or lively dance numbers, she possessed the remarkable ability to bring genuine emotion into every composition. Her collaborations with legendary composers and celebrated lyricists resulted in timeless classics that remain popular even today. Long after the films themselves faded from memory, her songs continued to live in the hearts of millions. This enduring popularity demonstrates an important lesson: excellence built on sincerity always outlasts temporary trends.

As the music industry entered the digital era, many believed that younger artists would dominate online platforms. Yet Alka Yagnik once again surprised the world. Her evergreen songs continued attracting billions of listeners across streaming services and YouTube, eventually earning her recognition in the

publicly revealed that she had been diagnosed with sensorineural hearing loss, a rare hearing disorder that developed after a viral infection. For someone whose entire life revolved around music, the diagnosis was heartbreaking. The ability to hear is not merely important for a singer it is the very foundation upon which every performance is built. Many people would have withdrawn from public life or allowed disappointment to overshadow their achievements. Instead, Alka demonstrated extraordinary courage by openly sharing her condition with her fans. Rather than seeking sympathy, she used her personal experience to spread awareness about hearing health and encouraged people to pay attention to early symptoms instead of ignoring them.

Her resilience was once again visible during the Padma Bhushan Award ceremony in 2026,

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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.

Entrepreneurship in India is no longer limited to large factories, corporate offices, or heavily funded startups. Home businesses, Instagram stores, and local creators are transforming simple ideas into successful enterprises, proving that innovation no longer depends on large investments. Across the country, thousands of people are building profitable businesses from their homes using creativity, technology, and social media. Whether it is a home baker, a fashion designer selling through Instagram, a freelance accountant, or a local artisan marketing handmade products online, small enterprises are making a significant economic impact.

The digital revolution has made starting a business easier than ever. Affordable smartphones, UPI payments, e-commerce platforms, and social media have enabled individuals to reach customers far beyond their neighbourhoods. Today's successful entrepreneur is not necessarily the one with the biggest investment, but the one who creates the greatest value. For students, professionals, and aspiring entrepreneurs, this highlights an important reality: India's next wave of economic growth is being powered by millions of micro-entrepreneurs turning small ideas into scalable businesses.

SMALL BUSINESS, BIG IMPACT: HOW MICRO-ENTREPRENEURS ARE DRIVING INDIA'S GROWTH

Who Are Micro-Entrepreneurs?

Micro-entrepreneurs are individuals who start and operate small businesses with limited capital, often using digital platforms to market and sell their products or services. Popular ventures include:

- Home-based food businesses
- Handmade crafts and gifts
- Instagram and online stores
- Freelancing and consulting
- Digital content creation
- Beauty, wellness, and tuition services

Technology is enabling more people than ever to turn business ideas into reality.

Why Micro-Businesses Are Flourishing

Several factors are driving this entrepreneurial movement. These include:

- Affordable internet and smartphones
- Digital payment systems
- Social media marketing
- Growing demand for personalized products
- Flexible work opportunities

Example: A homemaker selling homemade chocolates through Instagram can accept digital payments, receive online orders, and deliver products across different cities without investing in a physical shop.

Small businesses are no longer limited by geography.

Social Media: The New Marketplace

Social media has become much more than a networking platform, it is now a business platform. Entrepreneurs use it to:

- Display products
- Connect directly with customers
- Build brand identity
- Receive feedback
- Generate repeat orders

Example: A student selling customized notebooks or artwork through Instagram can attract customers using creative reels, customer testimonials, and online promotions.

A smartphone is becoming a powerful business tool.

Small Businesses, Big Economic Impact

Although individually small, micro-enterprises collectively contribute significantly to India's economy. They help:

- Generate employment
- Promote self-reliance
- Encourage women entrepreneurship
- Support local manufacturing
- Strengthen regional economies

Every successful micro-business contributes to India's entrepreneurial ecosystem.

Innovation Begins with Small Ideas

Many successful businesses start by solving everyday problems. Micro-entrepreneurs succeed by:

- Identifying local needs
- Offering customized products
- Building customer trust
- Adapting quickly to market trends

Example: A local tailor who starts designing customized ethnic wear and promotes it online can gradually build a recognised regional brand.

Innovation is often born from understanding customer needs.

Career Opportunities for Students

The rise of micro-businesses is creating exciting career opportunities beyond traditional employment. Emerging careers include:

- Entrepreneur
- Digital Marketing Executive
- E-commerce Manager
- Brand Consultant
- Social Media Strategist
- Business Development Executive
- Startup Advisor

Example: A commerce student can help small businesses manage digital marketing, online payments, inventory, or customer engagement while gaining valuable practical experience.

Entrepreneurship is becoming a viable career choice.

Skills Students Should Develop

- Entrepreneurial mindset



- Financial planning and budgeting
- Digital marketing skills
- Communication and customer service
- Business strategy and branding
- Success today depends as much on business skills as on technical knowledge.

The Bigger Shift

The rise of micro-entrepreneurs reflects a broader transformation in India's economy. Business ownership is becoming more inclusive, digital, and opportunity-driven. Technology has reduced traditional barriers, allowing individuals from diverse backgrounds to build successful enterprises with limited resources. The future of entrepreneurship will belong not only to large corporations but also to millions of small businesses creating value every day.

The Takeaway

Micro-entrepreneurs are proving that determination, creativity, and digital technology can transform modest ideas into thriving and sustainable businesses. As more people embrace entrepreneurship, these small enterprises will continue to drive innovation, employment, and inclusive economic growth. Because in today's India, the biggest economic transformation may begin with the smallest business idea, backed by passion and perseverance.

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EDITORIAL NOTE

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

LITERARY TERM OF THE WEEK

Symbolism

Symbolism is a literary device in which a person, object, place, event, or action represents a deeper meaning beyond its literal sense. It enables writers to communicate complex ideas, emotions, and themes indirectly. A symbol often carries both a literal and a figurative meaning, enriching the reader's interpretation of a text. Symbolism adds depth, subtlety, and artistic beauty to literature. It is widely used in poetry, fiction, drama, and even visual arts. Common symbols include the rose for love, the dove for peace, the journey for life's experiences, and light for knowledge or hope. The meanings of symbols may vary across different cultures and historical periods. Some symbols are universal, while others are specific to a particular literary work. Readers often discover symbolic meanings through careful analysis of the text and its context. Symbolism encourages critical thinking and multiple interpretations. It helps authors express abstract ideas in vivid and memorable ways. Many celebrated writers, including William Shakespeare, Nathaniel Hawthorne, and Emily Dickinson, use symbolism extensively in their works. Understanding symbolism enhances literary appreciation and reveals the deeper messages embedded in a text.

DID YOU KNOW?

- The shortest war in recorded history lasted just 38 to 45 minutes. In 1896, the Anglo-Zanzibar War was fought between the British Empire and the Sultanate of Zanzibar. Zanzibar surrendered before the British had even finished their morning tea.
- Honey never expires. Archaeologists have discovered 3,000-year-old honey in Egyptian tombs that was still perfectly edible. The secret lies in honey's low moisture content, acidic pH, and natural hydrogen peroxide, a combination so hostile to bacteria that time itself cannot spoil it.
- The Eiffel Tower grows taller in summer. Metal expands when heated, and during Paris's hottest months, the iron structure can grow by up to 15 centimetres. In winter, it shrinks back. The tower has been silently breathing with the seasons for over 135 years.
- The world's first novel is widely considered to be The Tale of Genji, written by a Japanese noblewoman named Murasaki Shikibu around the year 1000 CE. She wrote it not for publication, but to entertain the ladies of the imperial court and accidentally invented an entire literary form.
- The word "robot" first appeared in literature in the 1920 play R.U.R. (Rossum's Universal Robots) by Karel Čapek. The term comes from the Czech word robota, meaning "forced labour" or "drudgery."
- Oxford University is older than the Aztec Empire. Teaching at Oxford began around 1096 CE. The Aztec city of Tenochtitlan was founded in 1325 CE. When Hernán Cortés arrived in Mexico in 1519, Oxford had already been educating students for over four centuries.

GRAMMAR TIP

Who vs. Whom

Who is used as the subject of a sentence.
Who wrote the poem?

Whom is used as the object of a verb or preposition.
To whom did you address the letter?

Quick Tip: If you can replace the word with he/she, use who. If you can replace it with him/her, use whom.

WRITER OF THE WEEK

Ngũgĩ wa Thiong'o (Kenya)

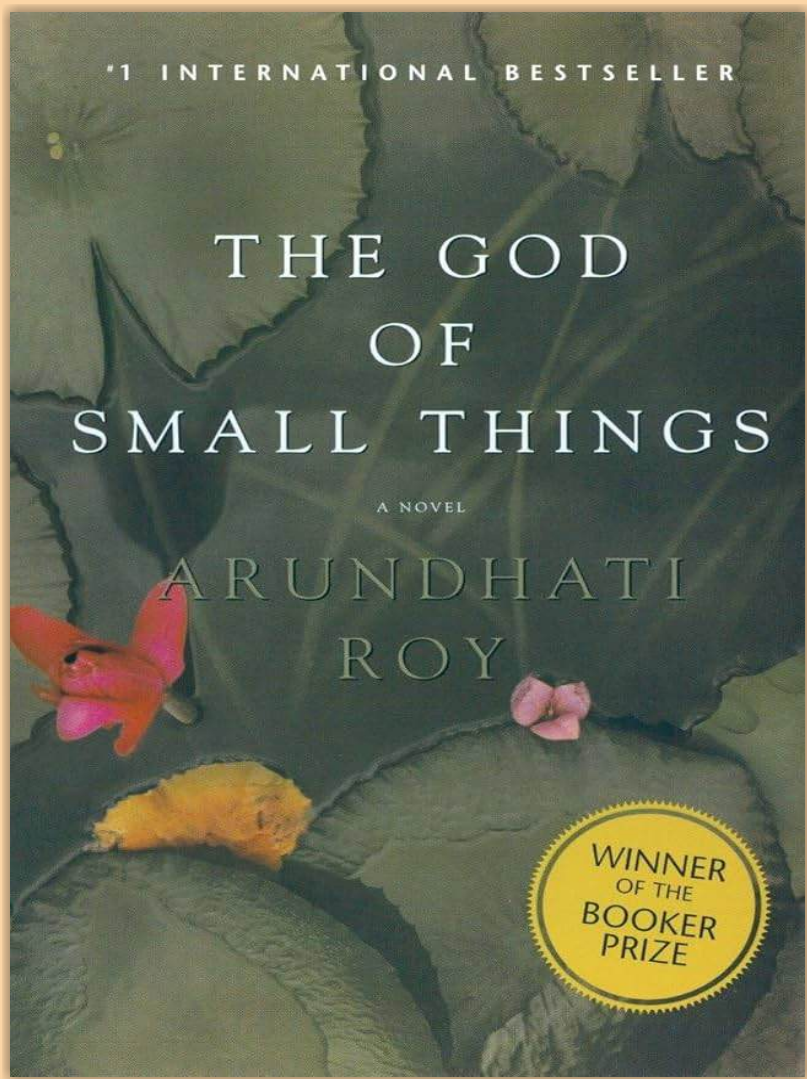
Ngũgĩ wa Thiong'o is one of Africa's most influential writers and literary critics. His novels, essays, and plays explore colonialism, language, identity, and social justice. He advocates writing in African languages to preserve cultural heritage and empower local communities.

Notable Works:

- A Grain of Wheat
- Petals of Blood
- Decolonising the Mind

BOOK REVIEW

The God of Small Things
By Arundhati Roy



This award-winning novel explores family relationships, memory, caste, and social injustice in Kerala. With poetic language and a non-linear narrative, the novel demonstrates how personal lives are shaped by history and societal norms. It remains an important work in contemporary Indian English literature.

QUOTABLE QUOTES

“The purpose of literature is to turn blood into ink.”

- T. S. Eliot

CREATIVE WRITING

Hope is the Thing with Feathers

“Hope” is the thing with feathers

That perches in the soul

And sings the tune without the words

And never stops, at all

And sweetest, in the Gale, is heard

And sore must be the storm

That could abash the little Bird

That kept so many warm

I've heard it in the chilliest land

And on the strangest Sea

Yet never, in Extremity

It asked a crumb, of Me

Poetry by
- Emily Dickinson

The poem presents hope as a constant, comforting force that sustains people through hardship. Dickinson suggests that hope is innate, resilient, and asks for nothing in return.

WORD OF THE WEEK

Resilient (adjective)

Meaning: Able to recover quickly from difficulties or adapt successfully to change.

Example: The resilient protagonist overcomes every obstacle with courage and determination.

IDIOM HIGHLIGHT

“Break New Ground”

Meaning: To do something innovative or to introduce a new idea, method, or approach.

Example: The researcher broke new ground with her study on artificial intelligence and language learning.

MONSOON DELAYS PUTS 111 FARMING DISTRICTS AT RISK

The central government has warned that a severe shortage of summer rains could badly hit farming across the country, identifying 111 districts as the most vulnerable to crop damage.

Union Agriculture Minister Shivraj Singh Chouhan announced that India is currently facing a massive 43% rainfall deficit this June. Weather experts predict these weak rain conditions will last until at least July 2, leaving farmers with very little time to plant their regular summer crops like paddy and soyabean.

To handle the situation, the government mapped out over 300 districts across 12 states, including Maharashtra, Madhya Pradesh, and Uttar Pradesh. Out of these, 111 districts have been put on high priority because they have very poor irrigation facilities, meaning their fields rely almost entirely on rainwater. Maharashtra alone accounts for 20 of these highly vulnerable areas.



The Minister urged farmers not to panic, stating that the government has prepared backup plans so that fields do not sit empty. States are being advised to help farmers switch to short-duration and climate-resilient seeds, or move toward low-water crops like pulses, oilseeds, and millets. Real-time monitoring cells have also been set up to track the weather and help rural communities manage water carefully.

LIBEX: THE CLIMATE-RESILIENT COFFEE HYBRID THAT COULD SAVE OUR MORNING BREW

Climate change is making it harder and hotter to grow the coffee we drink every day. Rising temperatures and unpredictable weather are already hurting Arabica and Robusta, which are the two main types of coffee grown around the world. Thankfully, scientists have just discovered a tough new hybrid coffee called "Libex" that might just save our morning cup.



Researchers found Libex by studying over a hundred different coffee samples from around the globe. It is a natural mix of two wild "tree coffee" species called Liberica and Excelsa. What makes Libex so special is that it actually likes the heat. While regular coffee plants dry up and struggle when it gets too hot, Libex thrives in warm weather and can survive droughts easily. It is also strong enough to fight off "leaf rust," a terrible plant disease that usually ruins entire farms.

For coffee farmers, this is amazing news. Libex plants grow a lot of beans,

CHHATTISGARH ENCOURAGES FARMERS TO SHIFT FROM PADDY TO PULSES AND OILSEEDS

The Chhattisgarh Agriculture Department has advised farmers to diversify their crop cultivation by shifting from paddy to pulses and oilseeds in areas facing low water availability. The recommendation comes amid forecasts of below-normal rainfall this year due to the possible impact of El Niño, which could adversely affect paddy cultivation.

To encourage this transition, the state government has announced an incentive of ₹15,000 per acre for farmers who choose to cultivate pulses and oilseeds instead of paddy in water-scarce regions. The initiative aims to promote climate-resilient agriculture, reduce dependence on water-intensive crops, and improve the long-term sustainability of farming in the state.

Officials believe that crop diversification will not only help farmers cope with changing weather patterns but also improve soil fertility and reduce production risks. Pulses and oilseeds generally require less water than paddy and can provide farmers



with stable returns while contributing to the country's nutritional and edible oil security.

The move reflects the state's broader strategy to build a more resilient agricultural sector capable of adapting to climate change while ensuring better livelihoods for farmers.

COTTON PRICES HAS BEEN RAISED 1,100 PER CANDY BY CCI



A weak start to the summer rains has left major farming states like Maharashtra and Gujarat dealing with severe water shortages this month. Because cotton seeds need plenty of moisture to take root, most farmers are holding off on planting to avoid wasting expensive seeds on dry land. This widespread delay has caused summer sowing across the country to drop sharply compared to last year.

At the same time, international markets are heating up. Major cotton-growing regions in the US are facing severe droughts, creating a tight supply

crunch globally.

This combination of slow planting in India and low supply overseas is pushing local market prices up. While this is good news for farmers who still have leftover crop to sell, it is a big headache for local textile mills. If the rains do not pick up by next month, higher raw material costs could hit India's garment industry pretty hard.

A SMART WAY TO TURN TRASH INTO TREASURE FOR FARMERS



Every year, farmers in northern India burn their leftover crop stubble, which creates a huge amount of smoke and covers entire cities in terrible smog. But a new solution called biochar is changing things. It offers a smart way to trap that harmful smoke and turn it into something valuable for the soil, often called "black gold."

Biochar is basically a type of charcoal. Instead of setting fire to crop waste like paddy straw out in the open, farmers heat it up inside a special container with very little oxygen. This process stops the smoke from escaping into the air and turns the waste into a rich, black powder instead.

When farmers mix this powder into their fields, it acts like a sponge. It helps the soil hold onto water and nutrients much longer, meaning farmers don't have to buy as many expensive chemical fertilizers. On top of that, it traps carbon in the ground for a really long time, which helps the environment.

Right now, the biggest challenge is getting the right equipment to rural areas. But if local governments can help farmers get these tools, biochar could solve two major problems at once: cleaning up our air and helping farmers save money.

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KERALA EARMARKS ₹1,500 CRORE TO STRENGTHEN SCHOOL EDUCATION

The Kerala government has allocated nearly ₹1,500 crore to the general education sector in its revised 2026–27 Budget, reaffirming its commitment to improving the quality and academic standards of government schools across the state.



The budget introduces several student-focused initiatives aimed at promoting holistic education, scientific awareness, health, and sports. A key highlight is the 'Menstrual Hygiene Initiative for Empowering Girls', which will ensure the availability of sanitary napkins to girl students while providing safe and eco-friendly disposal facilities. The programme also includes the maintenance of hygienic school toilets, development of girl-friendly campuses, awareness campaigns, workshops, and regular monitoring at the state and district levels.

To foster scientific thinking and innovation, the government has proposed the establishment of the Jawaharlal Nehru Centre for Scientific Temper with an allocation of ₹25 crore. The initiative aims to encourage scientific awareness among students and support Kerala's vision of becoming a

global knowledge hub.

The budget also places emphasis on sports and physical fitness by integrating sports and games into the school curriculum. An allocation of ₹8 crore has been made to improve sports infrastructure, promote physical fitness, and nurture young sporting talent across educational institutions.

Education experts have welcomed the comprehensive allocation, stating that the initiatives will strengthen academic excellence while promoting student health, scientific temper, and overall personality development. The budget reflects Kerala's continued focus on creating an inclusive, innovative, and future-ready education system for the next generation.

DELHI APPROVES ₹265 CRORE FOR CM SHRI SCHOOLS

The Government of the National Capital Territory of Delhi has approved a ₹265 crore project to upgrade the infrastructure of 75 CM SHRI schools, marking a major investment in strengthening government school education across the national capital.

The initiative aims to transform selected schools into modern learning centres with upgraded classrooms, science and computer laboratories, smart classrooms, libraries, sports facilities, and improved sanitation infrastructure. The project is expected to provide students with a safe, inclusive, and technology-enabled learning environment.

According to officials, the infrastructure development will support innovative teaching methods, digital learning, and better academic outcomes. The modernisation drive is aligned with the objectives of the CM SHRI Schools initiative, which focuses on providing high-quality education through world-class facilities and student-centric learning practices.

The upgraded campuses will also improve access to digital resources and advanced educational technologies, enabling students to develop the skills required for the future. Thousands of students studying in government schools are expected to benefit from the project.

Education experts have welcomed the move, noting that quality infrastructure plays a key role in enhancing student engagement, improving learning experiences, and supporting teachers in delivering effective education.

The ₹265 crore investment reflects the Delhi government's commitment to strengthening public education and creating future-ready schools. The initiative is expected to improve educational standards while ensuring that students receive quality learning opportunities in a modern and well-equipped academic environment.

MAHARASHTRA PARTNERS WITH GOOGLE TO UPSKILL 4 LAKH TEACHERS

In a major step towards digital transformation in education, the Maharashtra government has signed an agreement with Google to train more than 4 lakh teachers in artificial intelligence (AI) and digital technologies. The initiative aims to strengthen teachers' digital competencies and prepare classrooms for technology-driven learning.

Under the partnership, teachers across government schools will receive training in AI tools, digital teaching methods, online learning platforms, and emerging educational technologies. The programme is designed to help educators integrate technology into classroom instruction, making learning more interactive, engaging, and future-ready.

The initiative aligns with the vision of the National Education Policy (NEP) 2020, which encourages the use of technology to enhance the quality and accessibility of education. By equipping teachers with digital skills, the government aims to improve learning outcomes and prepare students for an increasingly technology-driven world.

Officials stated that the training will focus on practical applications of AI in education, digital content creation, classroom management, and innovative teaching strategies. It is expected to enhance teachers' confidence in using technology while supporting personalised and effective learning experiences for students.

Education experts have welcomed the collaboration, describing it as a significant investment in capacity building and teacher development. They believe digitally empowered teachers will play a crucial role in creating modern classrooms and nurturing future-ready learners.

The partnership marks a major milestone in Maharashtra's efforts to build a digitally skilled education ecosystem and strengthen technology-enabled teaching across the state.

MCD LAUNCHES EXPERIENTIAL LEARNING PROGRAMME FOR STUDENTS

The Municipal Corporation of Delhi (MCD) has launched a new Experiential Learning Programme to provide primary school students with hands-on educational experiences beyond the classroom. As part of the initiative, 200 students from Classes 4 and 5 recently visited the Nehru Planetarium and the Pradhanmantri Sangrahalaya (Prime Ministers' Museum).

The programme aims to make learning more interactive and engaging by exposing students to science, history, and culture through educational visits. According to MCD, around 400 primary school students will participate in the initiative during its initial phase, helping them connect classroom concepts with real-life experiences.

During the visits, students explored astronomy, space science, and India's democratic journey through interactive exhibits and multimedia presentations. The initiative is designed to spark curiosity, encourage critical thinking, and enhance creativity among young learners.

Education officials said experiential learning plays a vital role in improving understanding, communication skills, and overall personality development. By taking students beyond textbooks, the programme seeks to make education more enjoyable, practical, and meaningful.

Teachers accompanying the students also welcomed the initiative, noting that educational excursions help children develop observation skills, teamwork, confidence, and a deeper appreciation of scientific and historical knowledge.

The MCD plans to expand the programme in phases so that more government school students can benefit from similar educational experiences. The initiative reflects a growing emphasis on activity-based learning and holistic education, preparing students with practical knowledge and lifelong learning skills.

HARYANA TO INTRODUCE YOGA IN SCHOOL CURRICULUM



In a major initiative to promote holistic education and student well-being, Haryana will introduce yoga as part of the curriculum for students of Classes 3 to 9 from the next academic session. The announcement was made by Chief Minister Nayab Singh Saini, who emphasised the importance of integrating physical and mental wellness into school education.

The new curriculum aims to encourage students to adopt healthy lifestyles from an early age by making yoga an integral part of their daily learning. The initiative is expected to improve students' physical fitness, mental health, concentration, discipline, and emotional well-being while reducing stress and promoting a balanced lifestyle.

According to the Chief Minister, yoga is an important part of India's cultural heritage and plays a vital role in personality development. Incorporating yoga into school education will help students build self-confidence, develop healthy habits, and improve their overall quality of life.

Education experts have welcomed the decision, stating that regular yoga practice can enhance academic performance by improving focus, memory, and emotional resilience. They also believe that introducing yoga at the school level will encourage lifelong fitness and wellness among children.

The initiative aligns with the government's broader vision of promoting value-based and holistic education alongside academic excellence. By integrating yoga into the curriculum, Haryana aims to create a healthier and more balanced learning environment that supports students' physical, mental, and emotional development while preparing them for future challenges.

Durgesh K. Dubey

WORLD BANK'S \$1.5 BILLION SUPPORT PUTS JOBS AND PRIVATE ENTERPRISE AT THE CENTRE OF INDIA'S GROWTH STORY



The World Bank has approved \$1.5 billion in fresh financing to support India's next phase of economic reforms, with job creation and private-sector growth at the heart of the programme. The funding comes at an important moment for the country, as millions of young Indians enter the labour market every year and the economy faces the challenge of converting high growth into stable, productive and better-paying employment.

The financing will be provided through a development policy operation aimed at improving the environment in which businesses operate. Rather than funding a single factory, road or welfare scheme, the

programme will support broader reforms that can make it easier for firms to start, expand, invest and recruit workers. The central idea is that sustainable employment cannot be created by government spending alone; it requires private enterprises to grow with greater confidence and fewer unnecessary barriers.

The reform package focuses on three major areas. The first is improving the overall business environment by simplifying rules, reducing compliance burdens and creating greater predictability for investors. The second is opening more opportunities through trade and investment, allowing Indian businesses to connect with wider markets. The third is mobilising private capital so that companies, especially smaller firms, can obtain the money needed to expand operations and create jobs.

Micro, small and medium enterprises are expected to receive particular attention. These businesses form the backbone of local employment but often struggle to access affordable credit. Women-owned enterprises and borrowers in rural and semi-urban areas also face greater difficulty in securing finance. By improving access to capital, the programme could help more entrepreneurs purchase equipment, adopt technology, increase production and employ additional workers.

The initiative builds on recent reforms, including tax simplification, changes in business regulations and the consolidation of 29 labour laws

into four Labour Codes. The new labour framework seeks to make compliance easier for employers while retaining protections related to worker welfare. It is also expected to support greater formal participation by women, who remain underrepresented in many parts of India's labour market.

Government estimates indicate that employment increased from about 452 million in 2017–18 to 604 million in 2023–24. The unemployment rate also declined during this period, while millions of women entered regular salaried work. These figures point to progress, but the quality of jobs remains as important as the number created. Secure employment, fair wages, social protection and opportunities for skill development will determine whether economic growth produces lasting improvements in people's lives.

The World Bank assistance is aligned with India's ambition of becoming a developed economy by 2047. However, financing alone cannot guarantee success. The real outcome will depend on how consistently reforms are implemented at the national, state and local levels. Businesses need stable policies, efficient institutions, reliable infrastructure and a workforce equipped with relevant skills.

For a young jobseeker, the value of this programme will not be measured by the size of the loan but by whether it leads to a real opportunity. Its success will ultimately be judged in factories, offices, workshops and small enterprises where economic reform is transformed into dignified work and household security.

CASH MAKES A STRONG COMEBACK AS INDIA'S CURRENCY CIRCULATION TOUCHES RECORD HIGH

India's digital payments revolution continues to grow at remarkable speed, yet physical cash is showing that it is far from disappearing. Currency in circulation rose to nearly ₹43.02 lakh crore in May 2026, recording annual growth of 12.1 percent (RBI). This was the fastest increase since the extraordinary rise witnessed during the pandemic, when households and businesses accumulated cash because of lockdowns, uncertainty and fears about access to banking services.

The latest rise presents an interesting picture of the Indian economy. Mobile payments, UPI transfers, cards and online banking are now used widely across cities and villages. However, the growth of digital transactions has not removed the need for currency notes. Instead, cash and digital payments appear to be growing together, serving different purposes in people's financial lives.

The recent increase is partly linked to uncertainty created by the West Asia crisis. Rising fuel prices, disruptions in international trade and concerns about inflation may have encouraged families and businesses to keep more cash readily available. During uncertain periods, people often prefer liquid money that can be used immediately without depending on internet connectivity, digital platforms or banking systems.

Rural recovery has also played an important role. Agriculture, village markets, small businesses, local transport services and informal employment continue to depend heavily on cash. Improved rural incomes, harvest-related spending and stronger demand for consumer

goods may therefore have increased the requirement for currency. Wedding expenses, seasonal purchases and household transactions have also supported cash usage.

At the end of 2025–26, currency in circulation had already increased by 11.9 percent to around ₹41.68 lakh crore, the highest annual growth since the pandemic year. In absolute terms, more than ₹4.4 lakh crore was added during the financial year. The rise continued into April and May, indicating that it was not merely a temporary year-end movement.

The composition of cash has also changed slightly. Although ₹500 notes still account for the overwhelming share of currency value, their proportion has declined marginally. At the same time, ₹100 and ₹200 notes have gained a larger share. This suggests that the latest increase may be connected more with everyday household spending and precautionary savings than with very large transactions. The presence of ₹2,000 notes has continued to shrink following their withdrawal from active circulation.

For the banking system, rising cash demand has wider consequences. When people withdraw more currency, money moves out of bank deposits and reduces available liquidity. If the trend continues, the Reserve Bank of India may need to manage liquidity more actively to ensure that banks can meet credit demand without allowing short-term interest rates to rise sharply.

The return of cash should not be seen as a failure of digitalisation.



India's payment system is becoming more diverse rather than moving entirely in one direction. Digital platforms offer speed and convenience, while physical currency continues to provide familiarity, flexibility and security during uncertain times.

The larger message is clear: economic behaviour is shaped not only by technology but also by trust and circumstances. India may be becoming increasingly digital, but when people feel uncertain, cash still remains one of their most dependable financial safeguards.

EXPERT



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Q. What is the Relevance of Mindfulness and Meditation in Addressing Depression?

Ans. Depression is one of the most common mental health challenges faced by young people today. Academic pressure, career competition, family expectations, relationship issues, financial concerns, and the constant influence of social media often create stress and emotional difficulties. Many young people struggle with negative thoughts, anxiety, loneliness, and feelings of hopelessness. While modern psychology offers counseling and medical treatments for depression, Indian Knowledge Systems (IKS) provide valuable practices that can support mental well-being. Two of the most important among these are

India has a long tradition of meditation and self-awareness practices that have been developed over thousands of years.

These practices are found in the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras, and Buddhist traditions. Their main purpose is to calm the mind, improve self-awareness, and help individuals develop inner peace. Today, these ancient practices are widely recognized across the world for their positive impact on mental health. For young people facing the challenges of modern life, mindfulness and meditation offer practical tools for managing stress, improving emotional balance, and reducing symptoms of depression.

Mindfulness means paying full attention to the present moment without judging it. It involves being aware of one's thoughts, emotions, and surroundings instead of constantly worrying about the past or future. Many people spend a large part of their day thinking about mistakes they made in the past or worrying about things that may happen in the future. This habit often increases stress and sadness. Depression is frequently linked to excessive negative thinking and overthinking.

Mindfulness teaches individuals to focus on what is happening right now. Instead of becoming trapped in negative thoughts, they learn to observe them calmly. This helps reduce emotional suffering and creates a greater sense of control over the mind. Although the term "mindfulness" is commonly used today, its roots can be found in ancient Indian traditions, especially in Yoga and Buddhist practices.

Meditation is a practice that trains the mind to become calm, focused, and aware. It involves setting aside time to sit quietly, concentrate on the breath, repeat a mantra, or simply observe thoughts without reacting to them.

Indian traditions view meditation as a powerful method for improving mental and emotional well-being. The goal is not to stop all thoughts but to develop a healthier relationship with them. When individuals meditate regularly, they become more aware of their thinking patterns. This awareness helps them recognize negative thoughts before those thoughts become overwhelming. Meditation is often compared to exercise for the mind. Just as physical exercise strengthens the body, meditation strengthens mental resilience and emotional stability.

How Depression Affects the Mind?

To understand the value of mindfulness and meditation, it is important to understand how depression affects mental functioning.

“मन एव मनुष्याणां कारणं बन्धमोक्षयोः। बन्धाय विषयासक्तं मुक्त्यै निर्विषयं स्मृतम्॥”

The mind alone is the cause of both bondage and liberation. When attached to negative and worldly distractions, it leads to suffering; when free from such attachments, it leads to freedom and peace.". People experiencing depression often face:

- Continuous negative thoughts
- Feelings of worthlessness
- Excessive self-criticism
- Difficulty concentrating
- Lack of motivation
- Emotional exhaustion
- Hopelessness about the future

These thought patterns can become repetitive and difficult to control. The more attention individuals give to negative thoughts, the stronger those thoughts become. Mindfulness and meditation help break this cycle by teaching people to observe their thoughts rather than automatically believing or reacting to them.

Mindfulness and meditation are powerful practices from Indian traditions that help improve mental well-being and reduce depression. One of the major causes of emotional distress among young people is overthinking. Students often worry about examinations, careers, relationships, and future success. Social media further increases stress by encouraging constant comparison with others. Mindfulness helps individuals recognize when they are trapped in negative thought patterns and gently bring their attention back to the present moment. Instead of worrying about uncertain future outcomes, they learn to focus on what can be done today. This simple practice reduces stress and promotes emotional stability.

Meditation plays an important role in developing emotional balance. Depression often makes emotions such as sadness, frustration, anger, and fear feel overwhelming. Through meditation, individuals learn to observe these emotions without immediately reacting to them. This creates a space between feelings and actions, allowing people to respond thoughtfully rather than impulsively. For example, a student facing disappointment can learn to accept the experience calmly and use it as an opportunity for growth rather than becoming discouraged.

Another significant benefit of meditation is increased self-awareness. Many people are unaware of the thought patterns that contribute to emotional difficulties. Meditation encourages

individuals to look inward and identify habits such as negative self-talk, fear of failure, unrealistic expectations, excessive comparison, and emotional triggers. As self-awareness grows, individuals become better equipped to make healthier choices and develop positive ways of thinking. Indian traditions regard self-knowledge as a foundation for personal growth and mental well-being.

Meditation is closely connected with Yoga. According to the Yoga Sutras of Patanjali, the purpose of Yoga is to calm the fluctuations of the mind. Yoga prepares individuals for meditation by relaxing the body, improving concentration, reducing stress, and increasing self-awareness. Physical postures, breathing exercises, and relaxation techniques create a balanced mental state that supports emotional health.

Mindfulness also helps build resilience, which is the ability to recover from setbacks and continue moving forward despite challenges. Rather than becoming overwhelmed by failure or disappointment, individuals learn to accept difficulties calmly and view them as opportunities for learning and improvement.

In today's fast-paced world, mindfulness and meditation provide an opportunity to slow down, reconnect with oneself, and cultivate inner peace. Even a few minutes of daily practice can improve emotional balance, strengthen resilience, and support long-term mental well-being. Through these practices, individuals can develop greater self-confidence, positivity, and the ability to face life's challenges with a calm and balanced mind. Stay balanced, stay blessed!

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BECOME THE SOLUTION, NOT THE SEEKER OF APPROVAL

There comes a point in life when you realize that the greatest battle is not against the world, it is against the urge to seek validation from it. People may doubt you, misunderstand your intentions, or even disrespect your efforts. Yet, none of these opinions have the power to define your worth unless you allow them to. The only thing that truly matters is your commitment to your work.

Fall in love with what you do. When your work becomes your passion, criticism loses its power, and praise becomes secondary. Every challenge becomes an opportunity to improve, every mistake becomes a lesson, and every setback becomes a stepping stone. Instead of wasting energy proving yourself to others, invest that energy in becoming better than you were yesterday. Keep learning, keep refining your skills, and let your work become your loudest introduction.

True leadership is not about holding a position or wearing a title. It is about creating an impact so deep that even after you step away, people still see your presence in your values, your discipline, and your example.

The greatest leaders are remembered not because they demanded respect, but because they inspired it. They build systems, empower people, and leave behind a culture that continues to thrive in their absence.

Success reaches a different level when people no longer think of you merely as a person, but as a solution. Imagine a situation where a problem arises, and your name is the first one that comes to everyone's mind. Not because you are perfect, but because you have consistently shown wisdom, reliability, and the ability to find a way forward. That is the kind of reputation worth building, a reputation earned through competence, humility, and relentless effort.

When you reach that stage, external opinions begin to lose their importance. You no longer carry the burden of pleasing everyone because your purpose becomes greater than people's temporary judgments. You stop reacting to negativity and start responding with excellence. You understand that every distraction takes you further away from your mission, while every moment of focused work brings you closer to becoming the person you aspire to be.

Life is much like sailing across an unpredictable ocean. Storms are inevitable, waves will test your courage, and many voices will tell you which direction to take. But no one knows your destination better than you do. You are both the captain who decides the course and the sailor who must endure the journey. Your discipline is the compass, your character is the anchor, and your perseverance is the wind that keeps you moving.

So, keep working. Keep learning. Let disrespect become your motivation instead of your weakness. Build yourself so well that your absence is noticed, your presence brings confidence, and your name becomes synonymous with solutions. In the end, the world does not remember those who constantly sought approval, it remembers those who quietly mastered their craft, led with purpose, and inspired others simply through the way they lived.



EXCELLENCE SPEAKS LOUDER THAN RECOGNITION



Success is often treated as the ultimate goal in life, but in reality, it is only a by-product of the way we choose to live and work. What truly matters is our attitude towards our responsibilities, our willingness to improve ourselves, and our ability to remain focused despite the noise around us. Life becomes meaningful not when people recognize us, but when we recognize the value of sincere effort.

The first step is to decide on a goal. It does not have to be grand or life-changing. Even a small purpose gives direction to our thoughts and actions. Instead of waiting for the perfect plan, we should begin with whatever we have. Progress is never made by hesitation; it is made by taking the first step and continuing to move forward.

Once a goal is chosen, the real responsibility begins. Work on it tirelessly. Dedication is not about working only when motivation is high. It is about showing up every day, learning continuously, and putting honest effort into every task. Consistency builds character, and character shapes the quality of our work.

In today's world, many people work only to receive appreciation or recognition. However, chasing attention often distracts us from what truly matters. Rather than trying to impress others, we should become so committed to our work that our growth becomes evident through

our actions. Let people notice your excellence naturally instead of trying to convince them with words.

Our greatest competition is not with others but with ourselves. Every day offers an opportunity to become a little better than yesterday. Observe your own strengths and weaknesses, improve your skills, and keep refining your work. The pursuit of perfection is not about becoming flawless; it is about never becoming satisfied with mediocrity. Continuous improvement is what transforms ordinary efforts into extraordinary results.

Another important lesson is to work effortlessly, not in the sense of avoiding hard work, but by making excellence a habit. When discipline becomes a part of daily life, quality no longer feels forced. Good work begins to flow naturally because it has become part of who we are.

Time is another priceless resource. The work that deserves your attention today should never be postponed until tomorrow. Delaying responsibilities only creates unnecessary pressure and missed opportunities. Every task, whether big or small, deserves your complete commitment in the present moment.

Ultimately, a meaningful life is not measured by applause, popularity, or comparison with others. It is measured by the sincerity of our efforts, the discipline of our actions, and the person we become through our work. Stay focused on your purpose, keep improving yourself, avoid unnecessary distractions, and let your dedication define your journey. When your work reflects your true character, recognition becomes secondary, because excellence speaks for itself.

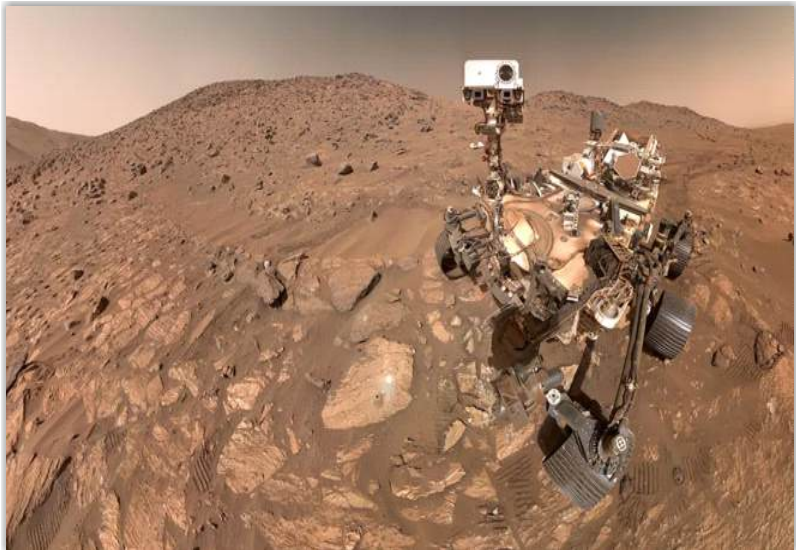
CHINESE FOREIGN MINISTER ATTENDS BRICS MEETING IN NEW DELHI

The 16th BRICS meeting was hosted in New Delhi on June 22–23, bringing together the National Security Advisors (NSAs) of all 11 BRICS member countries. Chaired by Indian NSA Ajit Doval, the discussions aimed to move beyond traditional security challenges and incorporate technology as a key aspect of contemporary security discourse. During the event, India and Iran discussed ongoing regional conflicts. Russian NSA Sergei Shoigu and Brazil's Secretary of Multilateral and Political Affairs Carlos Cozendey attended the meeting. Notably, China's Foreign Minister, Wang Yi who is also a member of the Political Bureau of the Communist Party of China Central Committee attended the meeting at India's invitation, as noted by Chinese Foreign Ministry spokesperson Lin Jian. Wang shared China's concerns regarding the current international security situation and met with Iran's Deputy Secretary for Defence Affairs at the Supreme National Security Council (SNSC), Nezamipour, on the sidelines. The two leaders discussed efforts toward peace, and Iran expressed gratitude for China's support during recent developments in Tehran. Wang reiterated China's commitment to supporting the sovereignty, security and dignity of Iran. At the same time, reports indicate that discussions between India and China have been constructive and forward-looking. Both sides noted their discussions included reviewing current developments between each other and the progress that is being made toward gradual improvements in diplomatic relations



A MARS ROVER FOUND ORGANIC CARBON JUST SITTING ON A ROCK

In an ancient river channel, the rover detected complex organic carbon within and on rocks, planetary scientist Ashley Murphy and colleagues report June 24 in Science Advances. One of those detections is the first of their kind to be found on a rock the rover hadn't drilled into. Combined with previous data from Perseverance, the finding adds context to a potential signature of long-ago microbial processes on Mars, says Murphy, of the Planetary Science Institute headquartered in Tucson, Ariz. The newly described organic carbon detections are from the same 2024 measurements, but they represent a deeper dive using a different instrument on the rover, SHERLOC, to characterize the carbon found in the rocks and give details about its texture. SHERLOC measured four targets across three rocks at Bright Angel, a rock formation in the dried-up river that fed the ancient lake now called Jezero crater. The measurements revealed that this organic carbon is mixed in with both the silicate-dominated sediment and later-forming carbonate and sulphate minerals. This suggests the organics may have been emplaced at two different points in the rocks' history — as the sediments were first laid down, and later as fluids moved through and altered the rock. These data, however, cannot reveal the origin of the organic carbon, Murphy says.



UNION HEALTH MINISTRY SAYS THAT INDIA RECORDS OVER 5 LAKH PEOPLE PLEDGING TO DONATE ORGANS

In a significant milestone for the country's organ donation movement, India has recorded more than five lakh organ donation pledges, reflecting the growing awareness, compassion and collective commitment of citizens towards the life-saving cause of organ and tissue donation. The achievement underscores the increasing public recognition of organ donation as a profound act of humanity that offers hope and a second chance at life to patients awaiting transplantation, the Union health ministry said on Monday. It also marks a noteworthy advancement in the government of India's sustained efforts to promote voluntary organ and tissue donation, and foster a culture of informed participation and social responsibility, it said. Dr Anil Kumar, Director, National Organ and Tissue Transplant Organization (NOTTO), expressed his gratitude to citizens across the country for their overwhelming support towards the cause of organ donation. He acknowledged the valuable contributions of governmental and non-governmental organisations, healthcare professionals, educational institutions, media organisations and other partners who have played a pivotal role in disseminating awareness and mobilising public support.



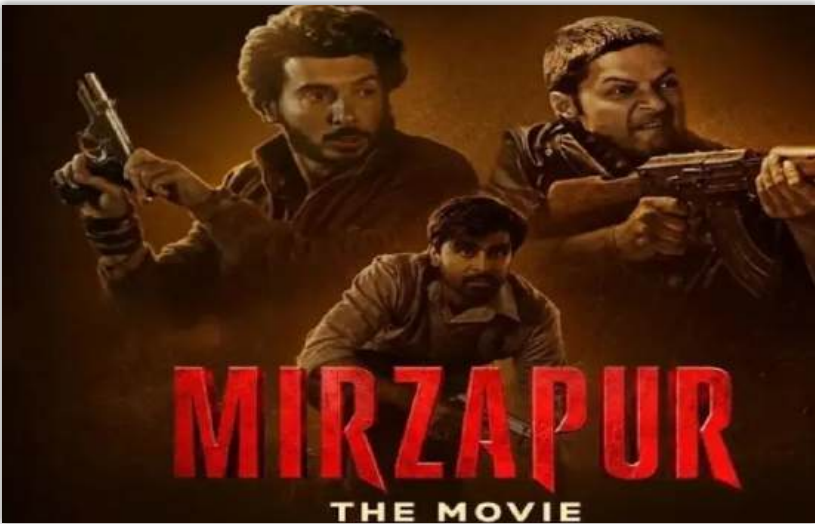
DELAYED RAINS BRING WATER SHORTAGES TO CITIES AND UNCERTAINTY TO FARMS ACROSS INDIA

The late arrival of India's monsoon season and below-average rainfall have caused problems ranging from planting delays for farmers to water restrictions for construction sites in its largest business hub, Mumbai. Water shortages have been reported around the country due to the late start of the rainy season, which typically begins in June but has grown erratic in recent years. Climate experts said the El Nino, a warming of the Pacific that affects weather around the globe, combined with an already heating planet, will likely result in weak, scattered rainfall across the country. While monsoon rains reached Mumbai earlier this week, about two weeks later than normal, water restrictions are in place to bolster the city's dwindling reservoirs. Forecasters said it will likely take more than this week's rains to replenish them. The local government has stopped municipal water supplies to swimming pools and construction sites, where it can be used to mix concrete, so there is more available for essential needs. Lines are stretching for hours at public water distribution sites due to the shortage.



'MIRZAPUR: THE MOVIE' TEASER OUT, CREATING MASSIVE EXCITEMENT AMONG FANS

Following the massive success of the streaming series, fans are buzzing with excitement for Mirzapur: The Movie. The official teaser, released this past Thursday, sent shockwaves through the fanbase by confirming that the theatrical spin-off will serve as a high-stakes prequel. Directed by Gurmeet Singh and written by creator Puneet Krishna, the movie brings back iconic figures like Pankaj Tripathi as Kaleen Bhaiya, Ali Fazal as Guddu Pandit, Rasika Dugal as Beena Tripathi, and Shweta Tripathi Sharma as Golu Gupta. It also marks the fiery return of Divyenndu as Munna Bhaiya. Adding massive cinematic firepower to the ensemble, Jitendra Kumar replacing Vikrant Massey and Ravi Kishan have officially joined the ranks. Fans have flooded social media to, you know, show their excitement, saying that Ravi Kishan's inclusion is basically the ultimate cherry on top and it adds a whole new dimension to the universe or something like that. The makers also moved the franchise's trademark bhaukaal from OTT screens over to theaters, and like, announced that audiences will finally get to witness this epic untold story on the big screen. They further confirmed that the film is scheduled for a worldwide theatrical release on September 4, 2026, plus it will be available in both Hindi and Telugu.



BRAHMOS TO GET MADE IN INDIA WARHEAD

India's supersonic BrahMos missile which previously demonstrated its effectiveness in Operation Sindoor has now been equipped with an indigenously designed warhead. Developed in Nagpur, Maharashtra, this new warhead delivers the final strike on a target using advanced seekers for high precision. It marks a significant milestone toward strengthening India's self-reliance in the defence sector. The warhead development began in 2017–18 and successfully eliminates India's long standing dependence on Russian-supplied warheads for this critical weapon system. Developed by Solar Defence and Aerospace Limited (SDAL) under a technology transfer agreement with the Defence Research and Development Organisation (DRDO), the upgrade closely aligns with the Atmanirbhar Bharat initiative. Alongside this achievement, the company also unveiled its 100th BrahMos booster, which was flagged off by BrahMos Aerospace CEO and MD Dr. Jaiteerth R. Joshi and the Chairman of Solar Industries India Ltd., Satyanarayan Nuwal. Prior to its admission into service, the warhead will have undergone extensive testing at the TBRL site in Chandigarh to assess its performance, efficiency, safety, and reliability in operation. Moving ahead, MD Dr. Joshi said that the next steps will include developing the BrahMos-NG warhead and developing a new long-range version of the BrahMos system. Current research is concentrated on creating lightweight designs which can utilize composite materials; However, final specifications will not be known until design validation and simulation studies have been completed.



INDIAN BOXERS SCRIPT HISTORY AT WORLD BOXING CHAMPIONSHIP

India's boxing contingent wrapped up the campaign at the World Boxing Cup 2026 (Stage 2) in Guiyang, China, and yeah, they actually ended it pretty strong with an impressive total of six medals, including one gold, three silvers, and two bronze. Jyoti Gulia emerged as the star of the final day, capturing the nation's solitary gold medal in the women's 48kg category. She defeated Uzbekistan's Farzona Fozilova, the World Boxing Cup Brazil champion, by unanimous decision. India further added three silver medals through highly competitive championship bouts. World No. 1 Minakshi Hooda, stepping up from her usual 48kg class, secured silver in the Olympic 51kg division after a 5-0 loss to China's reigning Olympic champion Wu Yu. She had notably defeated the reigning 51kg world champion Alua Balkibekova of Kazakhstan in the quarter-finals en route to the final. Prachi (women's 57kg) also took silver after falling 5-0 to Uzbekistan's Nigina Uktamova, following a hard-fought 4-1 quarter-final victory over Olympic bronze medallist Wu Shih-yi of Chinese Taipei. In the men's 70kg division, Deepak earned India's third silver medal, going down against Kazakhstan's Ablai Khan Zhussupov in the final.



ARYAN NEHRA CREATES HISTORY IN 800M FREESTYLE AND QUALIFIES FOR COMMONWEALTH, ASIAN GAMES

Aryan Nehra etched his name into Indian swimming history on Saturday by becoming the country's first swimmer to break the eight-minute barrier in the men's 800m freestyle during the National Aquatics Championships. The Gujarat swimmer claimed the gold medal with a stunning effort of 7:59.36, eclipsing his own Best Indian Time of 8:00.76 that had stood since 2019. The landmark swim also secured Nehra's qualification for next month's Commonwealth Games in Glasgow and the Asian Games in Japan after he comfortably met the required standards. Earlier in the championships, Nehra had already rewritten the Best Indian Time in the men's 1500m freestyle while also achieving the Commonwealth Games qualification mark in that event. He had broken his record at the event as well to qualify for CWG. Nehra joins a growing list of Indian swimmers to have booked spots for upcoming international competitions. Olympian Sajan Prakash qualified for the Commonwealth Games in the men's 200m butterfly, while Srihari Nataraj earned qualification for both the Commonwealth Games and Asian Games in the men's 50m backstroke. Rujula S improved her own Best Indian Time in the women's 50m freestyle, touching the wall in 26.23 seconds to better the mark she had established last year.



HARSCHIT DAMODARAN AND AKSHAT BAJAJ LEAD INDIA TO VAULT GOLD-SILVER DOUBLE AT JUNIOR ASIAN CHAMPIONSHIPS

After the Indian men's junior artistic gymnastics team scripted history by winning a bronze in the team event at 2026 Asian Championships in Zunyi, China, on Friday, Harschit Damodaran of Uttar Pradesh and Delhi's Akshat Bajaj added to the celebrations by claiming gold and silver respectively in the junior men's vault final on Sunday. Damodaran's gold-medal-winning effort was built on a handspring front double twist and a Tsukahara 720. The two vaults earned scores of 13.866 and 13.433 respectively, with the Indian gymnast impressing judges through his clean execution to finish with an average score of 13.649. Akshat Bajaj secured the silver with a score of 13.433 after registering vault scores of 13.500 and 13.366. He performed the Tsukahara 720 and the Yurchenko 720. The bronze medal went to Bekzad Bakhtiyarov of Uzbekistan, who finished with a score of 13.283 after scoring 13.333 and 13.233 on his two vaults. The double podium finish expectedly delighted national coach Rakesh Patra. Patra said that Indian gymnastics is showing visible improvement, and I believe we will continue to make significant progress in the coming years, a former gymnast who competed internationally for more than a decade. adline, this story has not been edited by Asianet Newsable English staff and is published from a syndicated feed.



INDIAN WOMEN'S 4*100 M RELAY TEAM GETS GOLD AT ASIAN RELAY CHAMPIONSHIPS

The Indian women's 4x100m relay squad, with SS Sneha, Sudeshna Shivankar, Tamanna, and the well known anchor Srabani Nanda, sort of made history by grabbing the gold medal at the Asian Relay Championships, even if it looked tight at moments. The quartet clocked a spectacular 43.85 seconds to secure the top spot, comfortably beating China, who took the silver medal in 44.09 seconds, and Thailand, who claimed the bronze in 44.11 seconds. Both Tamanna and Sneha Shanuvalli wrapped up a highly successful meet, walking away with two medals apiece following the victory. Earlier in the championships, the duo had teamed up with men's 200m national record holder Animesh Kujur and Pranav Gurav to lock down a bronze medal in the mixed 4x100m relay, finishing with a time of 41.27 seconds. Reflecting on the historic win, Nanda clarified that it was the team's ultimate clarity and confidence that mattered the most on the track. She emphasized that their primary focus remained a career-defining podium finish in Japan, adding that for the current season, their main goal was the Asian Games and she was hoping for the best. Championing clean sports, Nanda strongly argued that the mindset one cannot do without drugs must be changed to one can do without drugs.



INDIA WOMEN BEAT NEW ZEALAND WOMEN TO WIN FIH NATION CUP

The Indian women's hockey team won the FIH Women's Nations Cup, defeating New Zealand 2-0 in the final on Sunday at the North Harbour National Hockey Centre in Auckland. With this victory, India secured promotion back to the FIH Pro League, which will also serve as a qualification pathway for the hockey competition at the LA 2028 Olympics. Both teams began a little cautiously, they were more focused on maintaining possession, instead of firing up aggressive raids. Still, India got the first breakthrough within the opening five minutes, when veteran striker Navneet Kaur converted the first penalty corner of the match. After that, the side kept pressing, racking up four penalty corners in the opening quarter. Then Sunelita Toppo made it 2-0, scoring a second goal through a well executed deflection off a drag flick. New Zealand increased the intensity of their attack in the third quarter in an attempt to stage a comeback, but India's defence remained solid and prevented them from creating any significant scoring opportunities. Lalremsiami Hmarzote was named Player of the Match for her outstanding performance in the final, while Deepika finished as the joint top scorer of the tournament with six goals, sharing the honour with USA's Ashley Sessa.



G. B. HARSHAVARDHAN BECOMES INDIA'S 97TH GRANDMASTER

G. B. Harshavardhan became India's 97th Grandmaster, by remaining unbeaten in the 2nd Chola Chess GM norm round-robin chess tournament held in Chennai on Saturday. The 22-year-old from Chennai finished with four wins and five draws to earn a maximum 6.5 points out of nine rounds. Speaking to Sportstar, Harshavardhan said that it's a huge relief and am so happy. I got my IM title in Chennai in 2020 and my GM crown was in Chennai now. That's a great coincidence. He further said the win over Michal Krasenkow of Poland in the seventh round was crucial as the Polish GM was leading till then. He said that Krasenkow was unbeaten and the win was very important for me. My Elo rating is 2507 and I want to take it to 2600 by the end of the year. Harshavardhan earned his first GM norm by winning the Asian Juniors in 2022, and his second came at the Asian Continental in 2025, through which he qualified for the FIDE World Cup in Goa. FIDE trainer K. Gopalakrishnan, Harshavardhan's father said that he is a very hardworking and sincere player. Also, he is very ambitious and want to reach the top 10 in the world. We want him to focus on playing chess in the next 3-4 years and see where it goes.



UKMSSB NURSING OFFICER
RECRUITMENT 2026

**UKMSSB**
UTTARAKHAND MEDICAL SERVICE SELECTION BOARD

**NURSING OFFICER**
RECRUITMENT 2026

**TOTAL VACANCIES**
196
POSTS
NURSING OFFICER
(Female & Male)

**B.Sc. NURSING OR GNM**
from a recognized University / Institution
PAY LEVEL-07
₹44,900 – ₹1,42,400
+ Dearness Allowance, HRA, Medical & Other Allowances

**IMPORTANT DATES**

NOTIFICATION DATE	03 June 2026
STARTING DATE TO APPLY	12 June 2026
LAST DATE TO APPLY	02 July 2026 (11:00 hours)
LAST DATE FOR FEE PAYMENT	02 July 2026
APPLICATION CORRECTION WINDOW	04 – 07 July 2026

**AGE LIMIT**
21 – 42 Years
(as on 01.07.2026)

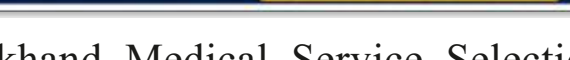
**QUALIFICATION**
B.Sc. Nursing OR GNM

**SELECTION PROCESS**
Written Exam + Medical Examination + Document Verification

**JOB LOCATION**
Uttarakhand

**APPLICATION FEE**
₹300 (UR/OBC) ₹150 (SC/ST/EWS/PwD)

**APPLY ONLINE**

**LAST DATE TO APPLY: 02 JULY 2026** (11:00 HOURS)

VISIT: <https://ukmssb.org/>

READ OFFICIAL NOTIFICATION BEFORE APPLYING

DON'T MISS THIS OPPORTUNITY!

The Uttarakhand Medical Service Selection Board (UKMSSB) inviting online applications for 196 Nursing Officer (Female & Male) vacancies under direct recruitment. This is an excellent opportunity for B.Sc. Nursing and GNM-qualified candidates seeking a rewarding career in the Uttarakhand Medical Services.

- Vacancy Details**
- Nursing Officer (Female): 157 Posts
 - Nursing Officer (Male): 39 Posts
 - Total Vacancies: 196 Posts

- Eligibility Criteria**
- Candidates must possess B.Sc. Nursing or GNM from a recognized institution and be registered with the Indian Nursing Council (INC) or Uttarakhand Nursing Council. Applicants should be 21 to 42 years of age (as on 1 July 2025). Age relaxation is applicable for reserved categories as per Uttarakhand Government rules.

- Pay Scale**
- Selected candidates will be placed in Pay Level-7 with a salary of ₹44,900 – ₹1,42,400 per month, along with DA, HRA, medical facilities, and other government allowances.

- Selection Process**
- Selection will be based on:
 - Computer-Based Written Examination
 - Medical Examination
 - Document Verification

- Application Fee**
- General/OBC: ₹300
 - SC/ST/EWS/Divyang: ₹150

- Important Dates**
- Online Application Starts: 12 June 2026
 - Last Date to Apply & Fee Payment: 2 July 2026 (5:00 PM)
 - Application Correction: 4–7 July 2026

- How to Apply**
- Visit the official UKMSSB website.
 - Register using a valid email ID and mobile number.
 - Complete the online application form and upload the required documents.
 - Pay the application fee online and submit the form.
 - Download and print the confirmation page for future reference.

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

GSSSB RECRUITMENT 2026: APPLY ONLINE FOR 776 CLASS-III ACCOUNTANT & AUDITOR POSTS

**GSSSB**
GUJARAT SECONDARY SERVICE SELECTION BOARD

SUB ACCOUNTANT / SUB AUDITOR
RECRUITMENT 2026

**APPLY ONLINE FOR 776 POSTS**

**SUB ACCOUNTANT / SUB AUDITOR**
ATTRACTIVE PAY SCALE & CAREER GROWTH

**APPLY ONLINE**

**LAST DATE: 30-06-2026**

for reserved categories as per government norms.

- Salary & Selection Process**
- Selected candidates will receive ₹26,000 per month (Sub Accountant/Sub Auditor) or ₹49,600 per month (Accountant/Auditor posts) during the five-year probation period, followed by Level-4/Level-7 pay scales with government allowances. Selection will be based on a Preliminary Examination, Main Written Examination, and Document Verification.

- Application Details**
- Application Start: 2 June 2026
 - Last Date to Apply: 30 June 2026
 - Fee Payment Deadline: 2 July 2026
 - Application Fee: As per category (refer to official notification)

- How to Apply**
- Visit the OJAS Portal and register/login.

- Fill in personal, educational, and category details.
 - Upload the required documents and photograph.
 - Pay the prescribed fee online and submit the application.
 - Download and print the confirmation page for future reference.
- For more details, candidates can refer to the official notification.

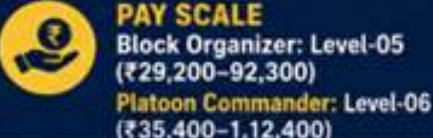
UPSSSC RECRUITMENT 2026 - APPLY ONLINE FOR 295 PLATOON COMMANDER & BLOCK ORGANIZER POSTS

**UPSSSC**
UTTAR PRADESH SUBORDINATE SERVICE SELECTION COMMISSION

**PLATOON COMMANDER & BLOCK ORGANIZER**
RECRUITMENT 2026

**TOTAL VACANCIES**
295
POSTS
PLATOON COMMANDER & BLOCK ORGANIZER

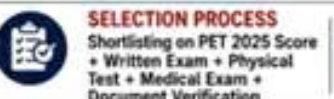
**MINIMUM QUALIFICATION**
Any Bachelor's Degree + UP PET 2025 Qualified

**PAY SCALE**
Block Organizer: Level-05 (₹29,200–92,300)
Platoon Commander: Level-06 (₹35,400–1,12,400)

**IMPORTANT DATES**

NOTIFICATION RELEASED	15 April 2026
STARTING DATE OF ONLINE APPLICATION	16 June 2026
LAST DATE FOR ONLINE APPLICATION	06 July 2026 (11:59 PM)
LAST DATE FOR APPLICATION CORRECTION	13 July 2026

**AGE LIMIT**
21 – 40 Years
(as on 01.01.2026, relaxations extra as per rules)

**SELECTION PROCESS**
Shortlisting on PET 2025 Score + Written Exam + Physical Test + Medical Exam + Document Verification

**APPLICATION FEE**
₹25/-
(for all candidates)

**JOB LOCATION**
Uttar Pradesh

**ALL CANDIDATES CAN APPLY**

**APPLY ONLINE**

**LAST DATE TO APPLY: 06 JULY 2026** (11:59 PM)

VISIT: upsssc.gov.in

READ DETAILED NOTIFICATION BEFORE APPLYING

DON'T MISS THIS OPPORTUNITY!

The Uttar Pradesh Subordinate Services Selection Commission (UPSSSC) has released Advertisement No. 10-Exam/2026 inviting online applications for 295 vacancies of Platoon Commander and Block Organizer. Candidates who have qualified the UP PET 2025 examination are eligible to apply. The online application process begins on 16 June 2026 and will remain open until 6 July 2026.

with age relaxation for reserved categories as per Uttar Pradesh Government rules.

- Pay Scale**
- Block Organizer: ₹29,200 – ₹92,300 (Pay Level-5)
 - Platoon Commander: ₹35,400 – ₹1,12,400 (Pay Level-6)

Selection Process

- Vacancy Details**
- Block Organizer: 243 Posts
 - Platoon Commander: 52 Posts
 - Total Vacancies: 295 Posts
- Selection will be based on:**
- Shortlisting through UP PET 2025 Score
 - Written Examination
 - Physical Test
 - Medical Examination
 - Document Verification

- Application Fee**
- ₹25 for all candidates (Online payment only).

- Important Dates**
- Application Starts: 16 June 2026
 - Last Date to Apply: 6 July 2026 (11:59 PM)
 - Correction Window: Up to 13 July 2026

- How to Apply**
- Visit the official UPSSSC website.
 - Login/Register and complete the online application form.
 - Upload the required documents and pay the ₹25 application fee.
 - Submit the application and save the confirmation page for future reference.

For more details candidates are asked to visit the official website

Deepika Singh



1. India was elected Vice-President of which global anti-money laundering body for the first time?
2. Who was appointed as India's Vice-President to that global body?
3. India launched its first digital repository for the space sector at the Indian Space Congress. What is it called?
4. Which country is collaborating with India under the India–Japan Cooperative Science Programme 2026?
5. Which Indian institute showcased AI, healthcare, and defence innovations at "Bharat Innovates 2026"?
6. Which Chinese leader met India's NSA in New Delhi to discuss normalising bilateral ties?
7. The BRICS National Security Advisers' meeting was held in which Indian city?
8. Which organisation issued widespread heavy rainfall alerts across India this week?
9. The first Indian Space Industry E-Catalogue was launched during which event?
10. Which global organisation elected India as its Vice-President for the 2026–27 term?



1. I answer questions, write stories, solve problems, and chat like a human. Who am I?
2. I turn your text prompts into artistic images and became famous through Discord. Who am I?
3. I create AI images and am developed by OpenAI. Who am I?
4. I help programmers write code directly inside their editor. Who am I?
5. I create realistic AI voices that sound like humans. Who am I?
6. I generate videos from text prompts and also offers powerful AI video editing. Who am I?
7. I help you design presentations, posters, and social media posts using AI. Who am I?
8. I create talking AI avatars that speak your script in many languages. Who am I?

8. Synthesia
 7. Canva
 6. Runway
 5. ElevenLabs
 4. Copilot
 3. Dall-E
 2. Midjourney
 1. ChatGPT
- 11) RIDDLES
10. FATF
 9. ISC
 8. IMD
 7. Delhi
 6. Wang Yi
 5. ITT Delhi
 4. Japan
 3. E-Catalogue
 2. Vivek
 1. FATF
- 12) QUIZ TIME
- ANSWERS



PROTEIN-PACKED STUFFED CURD BOMBS

This Week, We're Relishing Protein-Packed Stuffed Curd Bombs!

Protein-Packed Stuffed Curd Bombs are a refreshing and protein-rich snack made with creamy hung curd, fresh vegetables, herbs, and a crunchy nut filling. These bite-sized delights have a smooth, tangy exterior with a flavorful surprise inside. Coated in roasted oats or breadcrumbs and served chilled, they make an elegant appetizer, healthy evening snack, or party starter that's both nutritious and delicious.

Ingredients:

2 cups hung curd, 2 tablespoons finely chopped capsicum, 2 tablespoons grated carrot, 2 tablespoons finely chopped onion (optional), 2 tablespoons fresh coriander leaves (chopped), 1 green chilli (finely chopped), ½ teaspoon roasted cumin powder, ¼ teaspoon black pepper powder, ½ teaspoon chaat masala, Salt to taste, 2 tablespoons roasted peanuts (coarsely crushed), 1 tablespoon roasted sesame seeds, 1 tablespoon chopped almonds or cashews, 1 tablespoon raisins (optional), 2 tablespoons roasted oats powder or roasted breadcrumbs

Preparation

- Hang the curd in a muslin cloth for 4–6 hours until thick and creamy.
- Mix the hung curd with capsicum, carrot, onion, coriander, green chilli, roasted cumin powder, black pepper, chaat masala, and salt.
- Combine the crushed peanuts, sesame seeds, chopped almonds or cashews, and raisins in a bowl.
- Take a spoonful of the curd mixture, flatten it gently, place a little nut filling in the centre, and carefully seal it into a round ball.
- Roll each curd bomb in roasted oats powder or roasted breadcrumbs until evenly coated.
- Refrigerate for 30–60 minutes until firm and well chilled.



Serving Tip:

Serve chilled with mint chutney, yogurt dip, or spicy green chutney. Garnish with pomegranate seeds and fresh mint leaves for an attractive presentation. These creamy, crunchy, and flavorful Stuffed Curd Bombs are perfect for tea-time, parties, or as a healthy high-protein snack.

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA

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

SUBMISSION DETAILS

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

CONTACT INFORMATION

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+91-7977005423

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thehulahultimes@gmail.com

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