

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



NATIONAL HANDLOOM DAY: CELEBRATING INDIA'S TIMELESS WEAVING HERITAGE



Every year on 7 August, India celebrates National Handloom Day to honour the country's rich handloom heritage and recognize the invaluable contribution of handloom weavers to the nation's cultural and economic development. The day was first observed in 2015 to commemorate the Swadeshi Movement, which was launched on 7 August 1905. The movement encouraged Indians to promote indigenous products and reduce dependence on imported goods, making handloom an enduring symbol of self-reliance and national pride.

India's handloom tradition is one of the oldest in the world, reflecting centuries of craftsmanship, creativity, and cultural diversity. Every region of the country has its own distinctive weaving style, patterns, colours, and techniques. From Banarasi silk of Uttar Pradesh and Kanchipuram silk of Tamil Nadu to Pashmina shawls of Kashmir and Chanderi fabrics of Madhya Pradesh, Indian handloom products represent the artistic identity of different communities. These textiles are not merely fabrics; they tell stories of history, tradition, and local culture.

The handloom sector is also one of the largest sources of employment in rural India after agriculture. Millions of artisans and weavers depend on this industry for their livelihood. Many of these crafts are passed down from one generation to another, preserving traditional knowledge and skills that have existed for centuries. By supporting handloom products, consumers contribute directly to the welfare of these artisans and help sustain their families and communities.

Handloom fabrics are known for their superior quality, comfort, and eco-friendly nature. Unlike mass-produced textiles, handloom products require minimal electricity and generate a much lower environmental impact. They are made using traditional methods that promote sustainable production and reduce carbon emissions. In an era where sustainable fashion is gaining importance, handloom offers an excellent example of environmentally responsible clothing.

Despite its significance, the handloom industry faces several challenges. Competition from power looms and inexpensive machine-made fabrics has affected the income of traditional weavers. Rising production costs, changing

consumer preferences, and limited market access further add to their difficulties. Many skilled artisans struggle to earn a stable income, leading younger generations to move away from this traditional occupation. Addressing these issues requires coordinated efforts from the government, businesses, educational institutions, and consumers.

National Handloom Day serves as an opportunity to spread awareness about the importance of preserving India's weaving heritage. Various exhibitions, workshops, fashion shows, and awareness campaigns are organised across the country to promote handloom products and encourage people to choose locally made textiles. Government initiatives, digital marketplaces, and social media have also created new opportunities for artisans to reach a wider audience and showcase their exceptional craftsmanship.

Every individual can play a role in supporting the handloom sector. Choosing handwoven garments, gifting handloom products, and promoting local artisans are simple yet meaningful ways to contribute. Educational institutions can organise exhibitions and awareness programmes, while young entrepreneurs can help artisans by using digital platforms to market their products globally.

In conclusion, National Handloom Day is not just a celebration of beautiful fabrics but also a tribute to the dedication, creativity, and resilience of India's weaving community. By valuing and promoting handloom products, we preserve an important part of our cultural heritage, strengthen rural livelihoods, and encourage sustainable living. Supporting handloom is not only a tribute to India's past but also an investment in a more inclusive, self-reliant, and environmentally conscious future.

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WHEN THE PEN BECAME A VOICE: THE COURAGEOUS JOURNEY OF MUNSHI PREMCHAND

One cold evening, Dhanpat Rai sat beside a weak oil lamp with an old book in his hands. The house was silent, but his mind was filled with the voices of farmers, labourers, widows and hungry children. He did not yet know that one day the world would recognise him as Munshi Premchand—the writer who gave ordinary Indians an extraordinary place in literature.

Dhanpat Rai was born on 31 July 1880 in Lamhi, a village near Varanasi. His father, Ajaib Lal, was a postal clerk, and his mother, Anandi Devi, was a gentle woman. He learned Urdu and Persian from a maulvi at a local madrasa. His childhood, however, was not easy. He lost his mother at a young age and his father during adolescence. Poverty and family responsibilities entered his life before he was prepared for them.

Books became his closest companions. When he had little money, he borrowed novels from a bookseller and read them eagerly. To support himself, he tutored a lawyer's son for five rupees a month and sent much of that small income home. Sometimes there was insufficient food, but his hunger for learning remained stronger than his physical hunger.

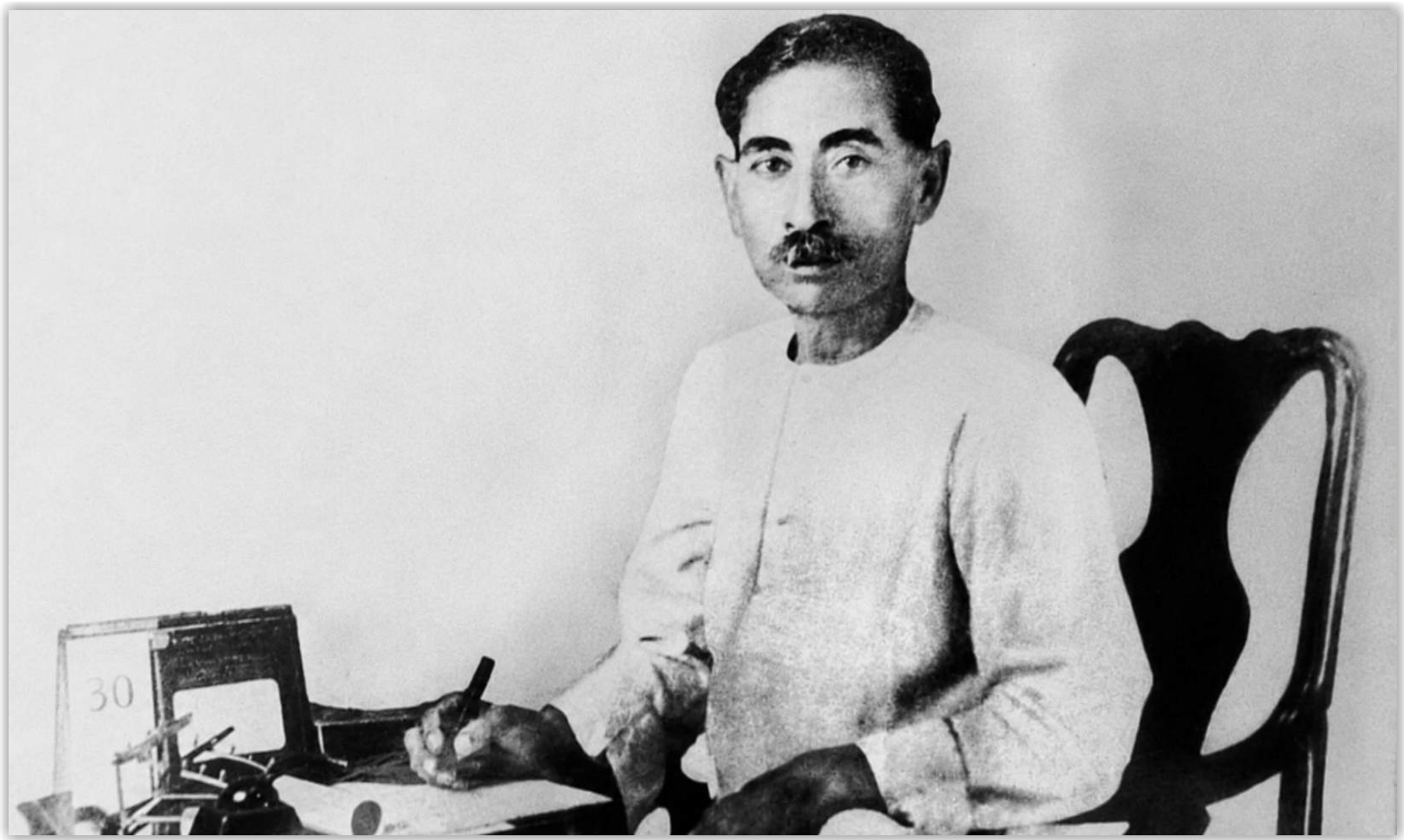
In 1899, he obtained employment as a schoolteacher. Standing before village children, he discovered that education was not simply about passing examinations. It could awaken confidence and change lives. He continued his own studies while working and later completed his bachelor's degree. His years as a teacher and school inspector brought him close to rural families. He saw farmers trapped in debt, children denied education, women suffering under unjust customs and workers living without dignity.

These people gradually entered his stories. He did not write about imaginary kings living in golden palaces; he wrote about people whose torn clothes and tired faces he had actually observed. His literature followed the Indian ideal of lokmangal using knowledge and creativity for the welfare and awakening of society. His personal life also demanded moral courage. In 1906, he married Shivrani Devi, a young widow, at a time when widow remarriage faced strong social opposition. Premchand did not merely write about reform; he tried to practise it. His decision showed that ethics become meaningful only when they influence our own conduct.

He initially wrote in Urdu under the name “Nawab Rai.” In 1907, he published Soz-e-

Watan, meaning “The Sorrow of the Nation.” Its patriotic stories awakened love for India and resistance to colonial rule. The British authorities considered the collection dangerous. In 1909, copies were confiscated and reportedly burned, and he was warned against writing such material.

The incident could have silenced a fearful writer. Dhanpat Rai, however, changed his pen name, not his commitment. On the advice of the Urdu editor Daya Narain Nigam, “Nawab Rai” became “Premchand.” Under this new name, his pen returned with even greater strength. His experience teaches us that courage is not always



expressed through weapons; sometimes it survives quietly through words. Premchand gradually began writing for Hindi publications while continuing his deep association with Urdu. His simple Hindustani style carried the warmth of everyday speech. He brought the two literary traditions closer and made serious social literature understandable to common readers.

In 1921, Premchand heard Mahatma Gandhi's call during the Non-Cooperation Movement asking Indians to leave government employment. By then, Premchand had a family and a secure position in the education department. He was also unwell and financially vulnerable. For several days, he struggled between security and conscience. With Shivrani Devi's support, he finally resigned.

The decision brought freedom but also hardship. Premchand established the Saraswati Press in Banaras and later edited journals such as Hans and Jagaran. These ventures often suffered

losses, yet he continued because he believed literature should discuss injustice, national freedom and human dignity. His stories carried wisdom without sounding like sermons. In Idgah, little Hamid goes to a fair but buys a pair of tongs instead of toys so that his grandmother will not burn her fingers while making rotis. The story teaches that love is measured not by the price of a gift but by the sacrifice behind it.

In Panch Parmeshwar, friendship is tested when a village panch must deliver justice against his own friend. The story shows that a person occupying a position of responsibility must rise above private relationships. This principle

remains important for judges, teachers, administrators and public representatives today. Through Nirmala, Premchand exposed the suffering caused by dowry and unequal marriage. Thakur ka Kuan revealed the cruelty of caste discrimination. Gaban examined greed and social pretence, while Karmabhoomi explored duty, social action and moral struggle. In Godaan, his final completed novel, the farmer Hori became a symbol of millions who worked continuously yet remained crushed by debt and exploitation.

Premchand's own life also had painful setbacks. His press fell into debt, and his magazines did not bring financial security. In 1934, he travelled to Bombay and wrote the film Mazdoor, hoping that cinema would improve his financial condition. The film portrayed labour exploitation and faced restrictions in some places. Uncomfortable with the commercial atmosphere of the film industry, he returned to Banaras before completing a full year.

His health weakened, but his pen did not. In April 1936, he presided over the first All-India Progressive Writers' Conference in Lucknow and explained that literature must awaken society and confront unpleasant truths. In the same year, Godaan appeared. On 8 October 1936, Premchand died in Banaras, leaving behind wealth measured not in money but in human sensitivity.

Premchand made an exceptional contribution to both Urdu and Hindi. He began as an established Urdu writer and later became a central figure in modern Hindi fiction. He produced around three hundred short stories, more than a dozen novels, essays, plays, editorials and translations. His bilingual literary journey strengthened the shared cultural world of Hindustani. He did not receive major formal literary awards during his lifetime. His greatest contemporary honour was the affection of readers and his popular recognition as “Upanyas Samrat,” or the Emperor of Novels. Presiding over the first Progressive Writers' Conference was another major distinction. Posthumously, the Government of India issued a commemorative postage stamp in his honour in 1980, his birth-centenary year. Memorials, research centres, translations, films and academic studies have continued to honour his legacy.

Moral of the Story: Premchand's life teaches us that talent becomes meaningful when it serves truth and humanity. He faced poverty, censorship, social opposition, business losses and illness, yet he never abandoned the weak and voiceless. His courage lay in practising reform, choosing conscience over security and transforming suffering into wisdom. He reminds us that even a simple pen can become a powerful instrument of justice.

Conclusion: Munshi Premchand did not write from a distant palace; he wrote from among the people. He turned the tears of farmers, the sacrifices of children and the silent struggles of women into unforgettable literature. His stories brought Hindi and Urdu readers closer while carrying the Indian values of compassion, justice, duty and social responsibility. As long as inequality survives and human beings need empathy, Premchand's pen will continue to speak.

SHRI BISHWA BANDHU: THE GUIDING LIGHT OF BIHAR'S FOLK DANCE RENAISSANCE

In the vast and layered story of India's performing arts, certain names shine not because they sought the spotlight, but because they created it for others. Shri Bishwa Bandhu, one of the most distinguished cultural icons Bihar has ever produced, was one such name. A dancer, choreographer, guru and institution-builder, he devoted an entire lifetime to the preservation, revival and reinvention of India's folk and classical dance traditions leaving behind a legacy that continues to shape the cultural identity of an entire state.

Early Foundations and Artistic Vision

Born on 23 November, 1930, at Shahpur in Danapur, in Patna district, Shri Bishwa Bandhu came of age at a time when India itself was rediscovering its cultural soul in the years surrounding independence. As a child, he faced considerable social resistance to a boy from his background choosing dance as a calling, but he persisted, going on to train under stalwarts including Pandit Uday Shankar and Pandit Ram Jeevan Prasad. It was through this training that he found deep inspiration in the ideals of the legendary Uday Shankar Dance Style a school of thought that broke free from rigid boundaries and imagined dance as a living, evolving art form.

For a time, Shri Bishwa Bandhu balanced his artistic calling with the security of a conventional career, working as a teacher at Patna's T.K. Ghosh Academy. But by 1958, the pull of dance proved stronger, and he left teaching altogether to devote himself entirely to the art form. This influence and this decision together shaped everything that followed. Shri Bishwa Bandhu evolved a distinctive artistic language of his own, one that seamlessly wove together classical discipline, the raw vitality of folk traditions, and a contemporary sensibility that made dance accessible to ordinary audiences without diluting its spiritual and aesthetic depth. As a performer and choreographer, he created innovative dance productions rooted in Indian philosophy, mythology and pressing social themes including notable dance-dramas such as Tillottama, Hiran-Hirani and Bihar Gaurav Gaan constantly pushing the expressive boundaries of what Indian dance could achieve on stage.

His most defining artistic contribution,

however, was the revival of Domkach a traditional wedding folk dance of the Magadh and Mithila regions, also practised across parts of Jharkhand and Nepal. At a time when Domkach was fading from public memory, confined largely to village courtyards, Shri Bishwa Bandhu carried it onto national platforms while carefully preserving its indigenous character. He also innovated within the tradition, developing an original dance form titled "Kamla Puja Shatchakra Agni Nritya," and worked to bring lesser-known folk styles such as Jhijhra and Jhanu to national and international audiences.

Surangan: A Temple of Dance

Perhaps his most enduring contribution to Indian culture was the founding of Surangan in 1959 at Bhikhna Pahadi in Patna, which grew to become one of Bihar's most respected cultural institutions. For over six decades, Surangan has remained a continuously active centre for dance training, choreography, research and performance a rare feat of institutional endurance in a field where such ventures often fade with time.

Alongside his work at Surangan, Shri Bishwa Bandhu remained closely associated with the Indian People's Theatre Association (IPTA), particularly its Bihar chapter. He began as a member of the IPTA ballet team and, over time, grew into a guiding force and long-standing patron of Patna IPTA a relationship that further strengthened folk dance's role as a medium of social commentary and cultural pride in the state.

Under Shri Bishwa Bandhu's visionary guidance, Surangan became far more than a

dance school; it became a movement. Generations of dancers passed through its doors, many of whom went on to become accomplished performers, respected teachers, and cultural ambassadors both within India and abroad. What made this achievement even more remarkable was his unwavering commitment to the democratization of art. He imparted dance training completely free of cost

a philosophy rooted in the belief that artistic knowledge should never be a privilege of the few, but a birthright of the many. Remarkably, this tradition of free training continues at Surangan even today, a living testament to his values.

Over the course of his illustrious career, Shri Bishwa Bandhu performed on more than 6,000 stages, an extraordinary body of work that reflects both his tireless dedication and the sheer scale of his cultural footprint. As a

guru, he was known for a rare combination of discipline, compassion and an unwavering sense of cultural responsibility qualities that shaped not just the technique of his students, but their character as artists and citizens.

Building Bihar's Cultural Identity

Shri Bishwa Bandhu's contribution extended well beyond the stage and the classroom. He worked tirelessly to integrate dance with education, social awareness and cultural identity, particularly within Bihar. At a time when many regional art forms struggled for recognition on the national stage, his initiatives helped bring dance firmly into mainstream cultural life, inspiring young artists and strengthening the cultural fabric of the region.

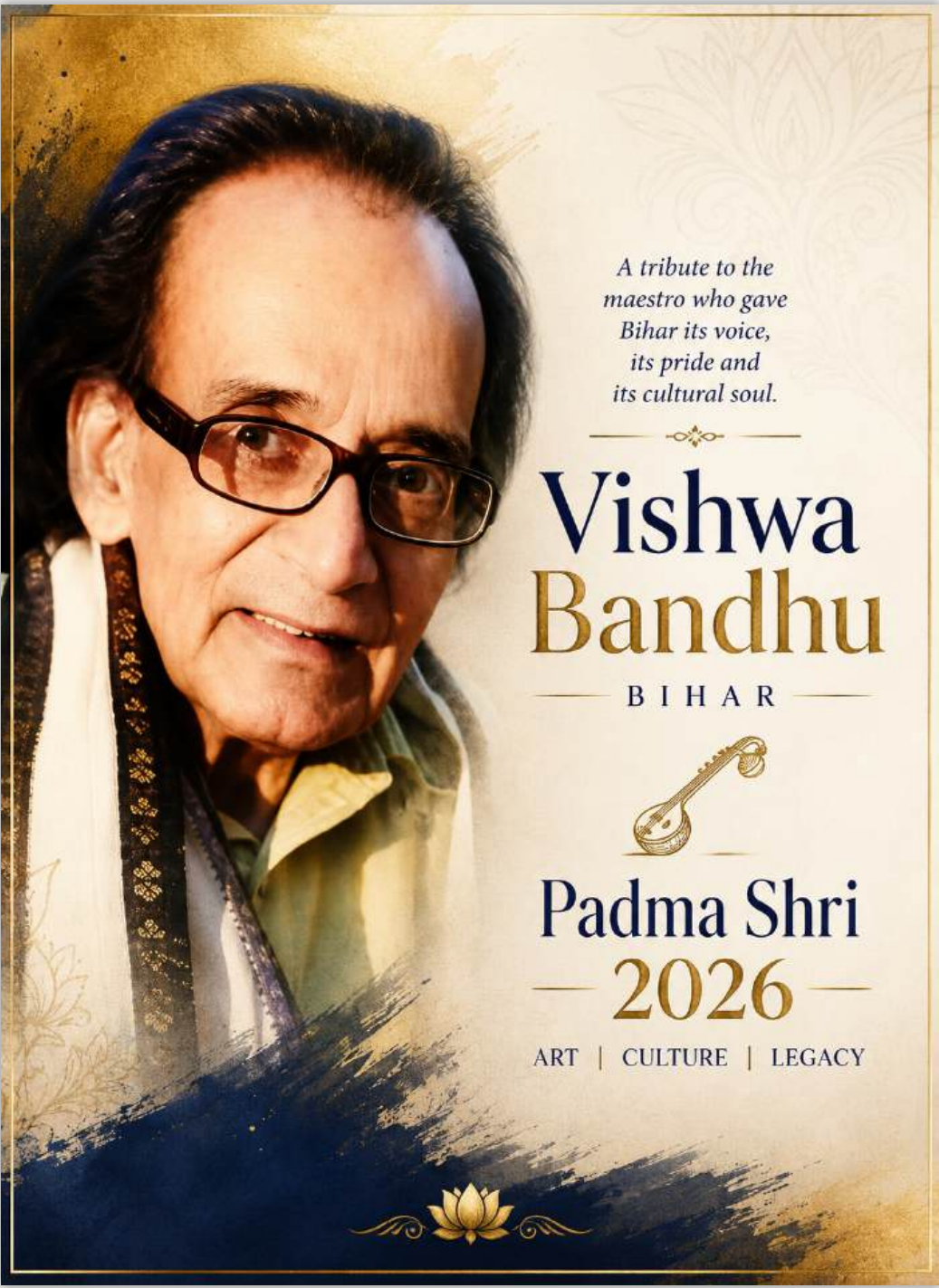
His leadership was instrumental in elevating Bihar's presence on India's national cultural map, proving that world-class artistic excellence could flourish and thrive far beyond the conventional metropolitan centres of art and culture.

Recognition and Legacy

In recognition of his outstanding service to folk dance and Indian culture, Shri Bishwa Bandhu received numerous prestigious honours at the state, national and international levels. These included the Nagarjun Shikhar Samman, the Bihar Kalakar Samman, a Lifetime Achievement Award from the Government of Bihar, and the coveted Sangeet Natak Akademi National Tagore Award for his distinguished contribution to the performing arts. Each of these accolades stood as recognition not merely of individual talent, but of a lifetime spent in service of a larger cultural mission.

Shri Bishwa Bandhu passed away on 30 March, 2025, at the age of 95, bringing to a close a journey that spanned nearly a century of artistic devotion. Less than a year later, on the eve of Republic Day 2026, the Government of India conferred upon him the Padma Shri, the nation's fourth-highest civilian honour, in posthumous recognition of his lifelong contribution to folk dance and cultural preservation. He was one of three individuals from Bihar honoured that year alongside a folk singer and an agricultural scientist a distinction that underscored the state's rich and varied contribution to India's cultural and scientific life. For his family, including his daughter Arpana Kumari, the honour was the fulfilment of a recognition long hoped for, arriving as bittersweet vindication of a life spent quietly building rather than seeking the spotlight.

Yet in institutions like Surangan, in the thousands of students he trained without charge, and in the countless stages that bore witness to his art, his legacy endures. Widely revered as a cultural icon of Bihar, Shri Bishwa Bandhu's life stands as a powerful reminder that true greatness lies not in performance alone, but in the generosity of passing on one's art to those who will carry it forward.



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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.

India's economic future is not confined to its cities, industries, and highways—it also extends across its vast coastline and surrounding oceans. With a coastline of over 7,500 kilometres and a strategic location along major international shipping routes, India possesses immense maritime potential. Today, the Blue Economy is transforming this natural advantage into economic opportunity by promoting sustainable use of marine resources while driving business growth, innovation, and employment. From shipping and ports to fisheries, coastal tourism, offshore renewable energy, and marine biotechnology, the oceans are becoming powerful contributors to India's growth story. One message is becoming increasingly clear: India's next business revolution may emerge from its blue resources.

Understanding the Blue Economy

The Blue Economy refers to the sustainable use of oceans, seas, and coastal resources to generate economic growth while preserving marine ecosystems. It promotes responsible development that balances profitability with environmental sustainability. Major sectors of the Blue Economy include:

- Ports and shipping
- Fisheries and aquaculture
- Coastal and cruise tourism

- Marine biotechnology
- Offshore renewable energy
- Shipbuilding and ship repair
- Seafood processing
- Marine logistics

Together, these sectors are creating employment, strengthening exports, and supporting long-term economic development.

Why Businesses Are Investing in the Blue Economy

Businesses are increasingly recognising oceans as valuable economic assets. Rising global trade, growing seafood demand, expanding renewable energy, and improved maritime infrastructure are creating new investment opportunities. India's strategic location along major international sea routes further strengthen its role in global trade and logistics.

Example: Modern ports and cold-chain facilities help exporters deliver goods faster, reduce costs, and reach global markets efficiently.

The Blue Economy is enhancing business efficiency while expanding access to international markets.

The Real Value Lies in Connectivity

The Blue Economy is not just about oceans, it is about connecting businesses to global markets. Efficient ports, modern logistics, and maritime infrastructure reduce transportation costs, strengthen supply chains, and improve export competitiveness, making India's coastline a powerful driver of economic growth

Business Opportunities Along India's Coastline

The Blue Economy is creating opportunities across traditional and emerging industries, including:

- Maritime logistics
- Export-import services
- Fisheries and aquaculture
- Seafood processing
- Coastal and cruise tourism
- Offshore wind energy
- Marine biotechnology
- Ocean technology
- Port infrastructure

Example: Scientific aquaculture is increasing fish and shrimp production, while

digital technologies are improving port efficiency and cargo movement.

India's coastline is emerging as a hub for trade, exports, innovation, and sustainable business growth.

A New Opportunity for Entrepreneurs

The Blue Economy offers opportunities beyond conventional fishing.

Entrepreneurs can establish businesses in:

- Eco-tourism
- Coastal hospitality
- Marine equipment
- Seafood processing
- Cold-chain logistics
- Water sports
- Aquaculture technology
- Marine waste management
- Port support services
- Ocean data solutions

Example: A startup offering eco-tourism and mangrove experiences can generate income while supporting local communities and marine conservation.

The greatest opportunities lie in combining innovation with sustainability.

Career Opportunities for Students

The Blue Economy is creating careers across commerce, management, logistics, international trade, tourism, finance, and sustainability.

Growing opportunities include:

- Port Operations Manager
- Export-Import Executive
- Maritime Logistics Manager
- Supply Chain Analyst
- Marine Insurance Executive
- Fisheries Business Manager
- Coastal Tourism Manager
- Sustainability Consultant
- Renewable Energy Project Manager
- Business Development Executive
- Entrepreneur

Example: A commerce graduate can build a career in shipping finance, export management, logistics, marine insurance, or international trade without a specialised marine science background.

The Blue Economy offers careers where



business and sustainability go hand in hand.

Skills Students Should Build

To succeed in the Blue Economy, students should develop:

- International trade knowledge
- Supply chain management
- Export documentation
- Business analytics
- Sustainability awareness
- Digital literacy
- Communication skills
- Entrepreneurial thinking

The future belongs to professionals who understand both global business and sustainable development.

The Bigger Shift

The Blue Economy represents more than coastal development it is driving sustainable, innovation-led economic growth. By combining maritime resources with technology and modern infrastructure, India is creating new opportunities in trade, logistics, renewable energy, tourism, and exports. The future of business will be shaped as much by opportunities at sea as by those on land

The Take Away

India's coastline is evolving into a dynamic business ecosystem. As investments in ports, logistics, renewable energy, fisheries, and coastal tourism grow, the Blue Economy will create new opportunities for businesses, entrepreneurs, and professionals. Because in tomorrow's economy, those who recognise the value of India's oceans will lead the next wave of business growth.

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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.

INDIAN AESTHETICS

Indian literary thought developed sophisticated theories of artistic experience.

One of the most influential concepts is Rasa, associated particularly with Bharata's Natyashastra.

Rasa may be understood as the aesthetic experience or emotional flavour evoked by a work of art.

Traditionally discussed rasas include:

- Shringara - Love
- Hasya - Laughter
- Karuna - Compassion/Sorrow
- Raudra - Anger
- Veera - Heroism
- Bhayanaka - Fear
- Bibhatsa - Disgust
- Adbhuta - Wonder
- Shanta - Peace/Tranquillity

The concept of rasa remains highly influential in the study of Indian poetry, drama, dance and aesthetics.

DID YOU KNOW?

- Rabindranath Tagore became the first Asian to receive the Nobel Prize in Literature in 1913 for his masterpiece Gitanjali.
- The Gardener is a collection of 85 lyrical poems that beautifully explores love, nature, memory, and the human spirit.
- Tagore wrote in Bengali, but many of his works were later translated into English, gaining worldwide recognition.
- Nature plays a central role in Tagore's poetry, with flowers, birds, rivers, trees, and seasons symbolizing beauty, hope, and freedom.
- Tagore composed the national anthem of India, "Jana Gana Mana," and also wrote the national anthem of Bangladesh, "Amar Sonar Bangla.”
- The Gardener often uses simple language to express deep emotions, making its poems timeless and relatable.
- Tagore believed that education should nurture creativity, curiosity, and harmony with nature, not just academic knowledge.
- The themes of love, humanity, and spirituality found in Tagore's poetry continue to inspire readers across the world.
- In many of his poems, flowers represent beauty, hope, and the fleeting nature of life, encouraging readers to cherish every moment.
- Even more than a century after they were written, Tagore's poems continue to connect readers across generations, proving that great literature transcends time and borders.

GRAMMAR TIP

Fewer vs. Less

Use fewer with things that can be counted:

Fewer students
Fewer books
Fewer mistakes

Use less with things considered as a quantity or mass:

Less time
Less information
Less confusion

Remember:
Fewer = countable
Less = quantity

POET OF THE WEEK

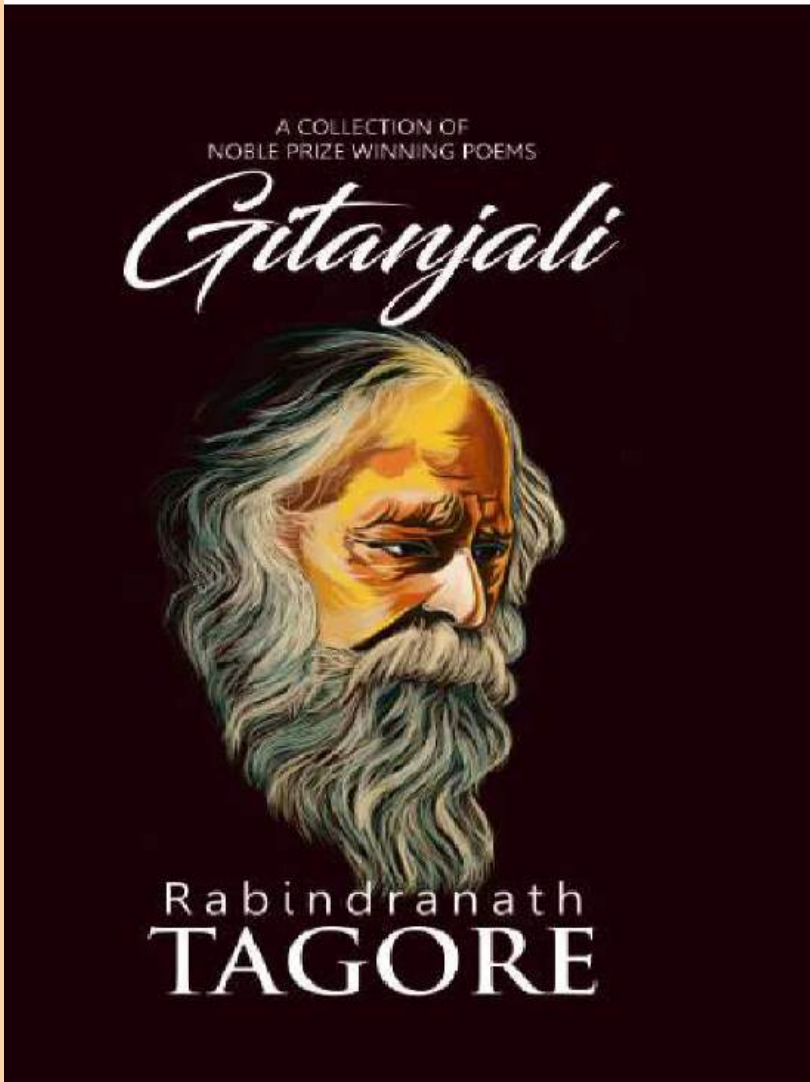
Kabir

Kabir (15th century) occupies a unique position in Indian literary history. His poetry challenged religious divisions, social hierarchy and empty ritualism. His dohas use simple language to communicate profound philosophical ideas.

Central concerns of Kabir's poetry: Unity of humanity, Inner spirituality, Rejection of religious hypocrisy, Search for truth, Love and devotion & Criticism of caste and social divisions

BOOK REVIEW

Gitanjali by Rabindranath Tagore



Gitanjali is a collection of devotional poems in which Tagore explores the relationship between the human soul, nature, God, work and everyday life. The poems transform ordinary experiences into moments of spiritual reflection.

Major Themes: Nature, Spirituality, Love, Freedom, Universal humanism, The relationship between the finite and the infinite.

QUOTABLE QUOTES

“The world is a family.”

- Vasudhaiva Kutumbakam

CREATIVE WRITING

The Gardener

Who are you, reader, reading my poems
an hundred years hence?

I cannot send you one single flower from this
wealth of the spring, one single streak of gold from yonder
clouds.

Open your doors and look abroad.

From your blossoming garden gather fragrant memories
of the vanished flowers of an hundred years before.

In the joy of your heart may you feel the living joy that sang one
spring morning,

sending its glad voice across an hundred years.

Poetry by
Rabindranath Tagore

WORD OF THE WEEK

Anubhava

Meaning: Experience; direct or lived experience.
Sentence: Great literature transforms personal anubhava into a universal human experience.

IDIOM HIGHLIGHT

“A Drop in the Ocean”

Meaning: A very small amount compared with what is needed or available.
Sentence: One literary work may seem like a drop in the ocean, but it can influence generations of readers.

DOMESTIC SUGAR PRICES LIKELY TO STAY FIRM
AMID TIGHT SUPPLY

Domestic sugar prices in India are expected to remain firm in the short term due to tightening inventories and steady demand, according to Triveni Engineering & Industries. The company stated that lower carryover stocks, coupled with continued diversion of sugar for ethanol production and exports, are reducing the overall availability of sugar in the domestic market.



India's sugar inventory is projected to decline to nearly 4.1 million tonnes by the end of September 2026, the lowest level in almost a decade. Around 0.7 million tonnes of sugar have been exported, while nearly 3 million tonnes have been diverted for ethanol production during the current sugar season. These factors have strengthened the supply-demand balance, supporting higher domestic sugar prices.

Triveni also highlighted that the possibility of below-normal monsoon conditions due to El Niño could affect sugarcane production in the upcoming

season, creating additional pressure on supply. Despite these concerns, the company reported improved sugar sales and better price realization during the first quarter of FY27, reflecting favourable market conditions. Industry experts believe sugar prices will remain stable and firm in the coming months unless production improves significantly or policy measures alter the current market dynamics.

ACCELERATING GM CROP ADOPTION CRITICAL FOR INDIA'S
FOOD SECURITY, SAY EXPERTS AT PAU WORKSHOP

Agricultural scientists, policymakers, and seed industry leaders have urged India to accelerate the adoption of genetically modified (GM) crops and advanced gene-editing technologies to protect national food security against mounting climate and resource pressures.



biotechnology enables precise trait enhancements that boost yields, optimize nutrient use, and build resistance against emerging pests and thermal stress, helping safeguard smallholder farmer incomes.

Speaking at a joint workshop organized by Punjab Agricultural University (PAU) and the Federation of Seed Industry of India (FSII), experts emphasized that conventional crop breeding alone is no longer fast enough to meet the demands of India's population, which is projected to surpass 1.6 billion by 2050. Over 220 million hectares globally are already under GM cultivation in major agricultural nations like the United States, Brazil, and Argentina.

Echoing these views, PAU Vice-Chancellor Dr. S.S. Gosal and Department of Plant Breeding Head Dr. Surinder Sandhu noted that evidence-based policy frameworks are essential to translate laboratory breakthroughs into field-level benefits. The experts called for science-driven regulatory assessments and targeted farmer awareness initiatives to counter misinformation, reducing India's dependence on food imports while building a climate-resilient farming ecosystem.

Dr. Paresh Verma, Director General of FSII, highlighted that gene-editing tools represent a strategic necessity rather than an optional technological upgrade. Modern

TOBACCO FARMERS BLOCK NH-16 IN ONGOLE, DEMAND
₹1,000-CRORE SUPPORT PACKAGE

Ongole: Hundreds of Virginia tobacco farmers staged a protest by blocking National Highway-16 at the Tangutur toll plaza near Throvagunta in Andhra Pradesh's Prakasam district, causing traffic disruptions that stretched for several kilometers. The protest was organized under the banner of the Samyukta Kisan Morcha (SKM) against falling tobacco prices and alleged exploitation by private buyers.



Addressing the gathering, SKM Prakasam district convener Chunduri Ranga Rao and CPI district secretary R. Venkat Rao criticized the state government for failing to ensure remunerative prices for tobacco growers. They alleged that despite government directions fixing a minimum purchase price of ₹200 per kg, private traders continue to offer as little as ₹110 per kg for low-grade tobacco, severely affecting farmers' incomes.

The protesters demanded the immediate creation of a ₹1,000-crore state procurement fund to enable agencies such as MARKFED to purchase tobacco directly from farmers

and stabilize market prices. They also called for strict enforcement of the notified minimum support price across auction platforms and sought direct financial assistance instead of delayed bonus announcements.

Farmer leaders argued that while tobacco exports generate significant foreign exchange and tax revenue, growers continue to receive inadequate support. Police later intervened to clear the highway and took several protest leaders into preventive custody, restoring traffic movement on the busy Kolkata-Chennai corridor.

INDIA'S RESERVOIR CRISIS: OVER HALF OF MAJOR
DAMS REMAIN HALF-EMPTY MID-MONSOON

As the southwest monsoon reaches its halfway stage, India is facing a serious water storage crisis, with more than half of its major reservoirs operating at less than 50% of their total capacity. According to the Central Water Commission, which monitors 155 major reservoirs, water levels remain significantly lower than those recorded during the same period last year.



The decline is largely attributed to a severely deficient June, when rainfall was 20% to 40% below normal in several regions, followed by uneven rainfall in July. Although some areas received heavy showers, experts explain that short, intense rainfall leads to high surface runoff instead of effectively replenishing reservoirs and groundwater.

Southern states, including Karnataka, Telangana, Andhra Pradesh, Kerala, and Tamil Nadu, are among the worst affected. Reservoir storage in these states stands at only 30% to 38% of total capacity, well below the 10-year average. Consequently, state governments have restricted canal

irrigation and prioritized water for drinking purposes. Central and eastern states such as Maharashtra, Madhya Pradesh, Bihar, and Odisha are also experiencing below-normal storage, raising concerns about the growth of standing kharif crops. In contrast, Gujarat and Goa have maintained near-normal or above-average reservoir levels due to localized heavy rainfall, highlighting the uneven distribution of this year's monsoon.

ANDHRA PRADESH ADVISES
KRISHNA DELTA FARMERS TO
SKIP PADDY AMID SEVERE
WATER CRISIS

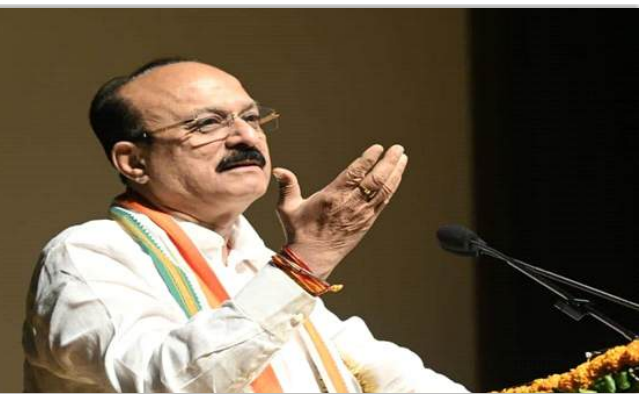


Facing one of the worst water crises in recent years, the Andhra Pradesh government has advised farmers in the Krishna delta to avoid paddy cultivation during the current kharif season and instead grow less water-intensive dry crops. The decision follows a severe rainfall deficit caused by El Niño-like weather conditions, which has significantly reduced water availability in the Krishna river basin.

According to Engineer-in-Chief (Irrigation) K. Narasimha Murthy, the state has recorded a 51% monsoon deficit, while the Krishna delta alone faces a 49% shortfall. As a result, the limited water stored in reservoirs will be reserved primarily for drinking purposes, ensuring supply for over 60 lakh residents across Eluru, Krishna, NTR, Guntur, and Bapatla districts until June 2027.

Major reservoirs such as Srisailem, Nagarjuna Sagar, and Pulichintala are at critically low levels. Although Pulichintala stores 29 TMC of water, only 25 TMC is usable. Additionally, the Pattiseema Lift Irrigation Scheme is operating under severe constraints due to low Godavari river flows, with only 15 of its 24 pumps functioning. Officials warned that farmers cultivating paddy now may face heavy financial losses if irrigation water becomes unavailable mid-season, urging them to cooperate by shifting to alternative dry crops.

DELHI LAUNCHES NEEEV INITIATIVE TO ENCOURAGE INNOVATION IN SCHOOLS



The Delhi government has introduced the NEEEV initiative to promote innovation, creativity, and entrepreneurship among school students. The programme encourages children to think beyond textbooks by identifying real-life problems and developing practical solutions through project-based learning. It aims to nurture an entrepreneurial mindset from an early age while strengthening students' confidence and leadership skills.

Under the initiative, students will participate in innovation workshops, idea competitions, mentoring sessions, and collaborative learning activities. Teachers will guide students in transforming creative ideas into practical projects that address community needs. The programme also

introduces students to basic concepts of entrepreneurship, design thinking, teamwork, and problem-solving. The initiative reflects the changing priorities of modern education, where critical thinking and innovation are considered essential alongside academic knowledge. Students will gain opportunities to explore technology, sustainability, and social entrepreneurship through hands-on learning experiences. Such exposure is expected to improve communication skills, creativity, and independent decision-making.

Education experts have welcomed the programme, stating that it prepares students for future careers in a rapidly changing economy. By encouraging innovation within classrooms, schools can help learners become confident individuals capable of creating positive social impact. The NEEEV initiative represents another step towards building future-ready education that equips students with the knowledge, skills, and mindset required for success in higher education, employment, and entrepreneurship.

UGC PERMITS ONE-YEAR ONLINE AND DISTANCE PG PROGRAMMES

The University Grants Commission (UGC) has approved the introduction of one-year postgraduate programmes through online and Open and Distance Learning (ODL) modes in eligible universities. The decision follows the recommendations of the National Education Policy (NEP) 2020 and aims to provide greater flexibility in higher education. Students who have completed a four-year undergraduate degree will be eligible to enrol in these programmes, allowing them to earn a master's degree in a shorter duration.



Education experts believe that the move will encourage lifelong learning and improve opportunities for skill development. Students can continue their education without interrupting their careers, while universities can expand their academic reach through innovative teaching methods.

The reform also reflects India's growing emphasis on digital education and flexible learning pathways. With proper implementation and quality assurance, the new one-year online and distance postgraduate programmes are expected to strengthen the country's higher education system and prepare learners for evolving professional and academic demands.

KERALA LAUNCHES DIGITAL LEARNING INITIATIVE FOR PRIMARY SCHOOLS

The Kerala government has launched a new initiative to strengthen digital learning in primary schools, reinforcing its commitment to integrating technology into classroom education. The programme aims to create interactive and technology-enabled learning environments that enhance students' understanding and engagement from the early years of schooling.

Launched by Education Minister V. Sivankutty, the Digital Square initiative seeks to improve digital literacy among young learners by introducing innovative teaching methods and technology-based classroom practices. The programme is designed to make learning more engaging, collaborative, and student-centric while supporting teachers with modern digital tools.

Under the initiative, primary schools will receive enhanced digital infrastructure and learning resources to promote activity-based and experiential education. The government believes that integrating technology at the foundational level will help students develop critical thinking, creativity,

problem-solving, and digital skills essential for the future.

The initiative also aligns with the broader objective of improving the quality of public education by ensuring equitable access to digital learning opportunities for students across the state. Education officials said the programme would empower teachers to adopt innovative pedagogical approaches and make classroom learning more effective.

Education experts have welcomed the initiative, stating that early exposure to digital learning can significantly improve student engagement and learning outcomes. By strengthening digital education in primary schools, Kerala aims to prepare children for an increasingly technology-driven world while building a strong foundation for lifelong learning and academic excellence.

NEW ENGLISH LEARNING INITIATIVE SUPPORTS DEAF STUDENTS

A new educational initiative has been introduced to improve English language learning among deaf students by combining Indian Sign Language (ISL) with literacy education. The programme aims to help deaf learners strengthen their reading, writing, and communication skills while preparing them for higher education and future employment opportunities. Instead of relying only on traditional teaching methods, the initiative uses sign language as a bridge to improve language understanding.

The programme focuses on developing practical English skills through interactive learning materials, visual resources, and specially designed classroom activities. Teachers receive training to effectively integrate Indian Sign Language with English instruction, ensuring that students learn in an inclusive and supportive environment. The initiative also encourages confidence, independent learning, and active classroom participation among deaf learners.

Experts believe that language

barriers often limit educational and career opportunities for hearing-impaired students. By improving English literacy alongside sign language, the programme seeks to reduce these challenges and promote equal access to education. The initiative also aligns with India's vision of inclusive education by ensuring that students with disabilities receive quality learning experiences suited to their needs.

Educational institutions and disability advocates have welcomed the programme, describing it as an important step towards creating accessible classrooms. By improving communication skills and employment readiness, the initiative is expected to empower deaf students and provide them with greater confidence to pursue higher education and professional careers in the future.

CHESS INTRODUCED IN HARYANA SCHOOLS UNDER PILOT PROJECT



The Central Government has launched a pilot project to introduce chess in selected Jawahar Navodaya Vidyalayas (JNVs) in Haryana. The initiative seeks to make chess an important part of school education by encouraging students to develop logical thinking, concentration, creativity, and decision-making skills. As one of the first states to participate in the programme, Haryana will implement chess activities in thirteen JNVs before expanding the initiative further.

Schools will receive chess equipment, learning materials, and guidance to help students understand the game. Teachers will also receive training to introduce chess through classroom activities and extracurricular sessions. The programme is expected to make learning more engaging while promoting healthy competition among students.

Education experts believe chess helps children improve memory, analytical thinking, patience, and problem-solving abilities. These skills contribute not only to academic performance but also to overall personality development. The initiative supports the National Education Policy's emphasis on experiential learning and holistic education by integrating intellectual games into school life.

Students are expected to benefit from regular practice, inter-school competitions, and opportunities to represent their schools in future tournaments. If the pilot project proves successful, similar programmes may be introduced in more schools across the country. The initiative reflects the government's commitment to developing well-rounded learners through innovative educational practices beyond traditional classroom instruction

GST COLLECTIONS CROSS ₹2 LAKH CRORE AGAIN AS JULY REVENUE SIGNALS
STRONG ECONOMIC MOMENTUM

India's Goods and Services Tax collections touched a 14 month high in July 2026, crossing the ₹2 lakh crore mark for the second time in the current financial year. Gross GST revenue rose to more than ₹2.11 lakh crore, registering a year-on-year growth of 15.4 percent. The strong collection has given the government a positive revenue signal at a time when the economy is facing global uncertainty, high energy prices and pressure on external trade.

The July performance is significant because it comes after GST collections had stood at about ₹1.95 lakh crore in June. The return to the ₹2 lakh crore-plus level shows that domestic demand, import activity and tax compliance remain broadly healthy. April had already created a record in the current financial year with collections above ₹2.4 lakh crore, supported partly by year-end settlements. July's figure is important because it reflects more regular economic activity rather than only seasonal or annual adjustments.

A higher GST collection generally indicates stronger consumption, better business turnover and improved formalisation of the economy. When people buy goods and services, when companies sell more, and when trade activity expands, tax revenue automatically improves. The July number therefore suggests that the economy has retained momentum despite concerns related to crude oil prices, global supply disruptions and uncertain demand in international markets.

The rise in revenue from imports also appears to have played an important role. Strong import-related GST may point to steady industrial demand for raw materials, components and consumer goods. While

higher imports can sometimes widen the trade deficit, they may also indicate that factories, retailers and businesses are preparing for stronger demand in the coming months.

For the government, buoyant GST revenue offers fiscal comfort. Better tax collection gives more room to spend on infrastructure, welfare programmes, state transfers and development projects without immediately increasing borrowing pressure. It also strengthens confidence in the GST system, which completed nine years in July 2026 after being introduced as India's biggest indirect tax reform.

However, the headline number should be read carefully. High GST revenue is good for government finances, but it does not automatically mean that every section of society is feeling equally comfortable. Part of the increase may come from inflation, higher prices and stronger taxation of consumption. Since GST is paid by consumers at the point of purchase, rising collections should also invite discussion on affordability, rate rationalisation and relief for essential goods.

The challenge before policymakers is to convert strong revenue into visible public benefit. Efficient use of GST collections can improve roads, education, health services, digital infrastructure and urban facilities. At the same time, simpler compliance and faster refunds are necessary so that small businesses do not feel overburdened.

July's GST collection is clearly a sign of economic resilience. It shows that India's consumption base is deep, its tax system is maturing and formal economic activity is expanding. Yet the real success of GST will be



measured not only by record collections, but by whether it supports growth that is fair, efficient and beneficial for ordinary citizens.

RAILWAYS PLANS ₹13-LAKH-CRORE PUSH TO BRING FREIGHT BACK FROM ROADS



Indian Railways is preparing for one of its most important transformations, with a massive expansion plan aimed at winning back freight traffic that has steadily moved to roads over the years. The proposed investment of nearly ₹13 lakh crore is not merely about adding tracks or buying wagons; it is about changing the way India moves goods, reducing logistics costs and making the transport system cleaner, faster and more competitive.

For decades, railways were the natural choice for moving bulk cargo such as coal, steel, cement, foodgrains, fertilisers and minerals. But the rapid expansion of national highways, better trucking services and greater door-to-door flexibility helped road transport gain ground. Many businesses preferred trucks because they offered quicker pick-up, easier last-mile delivery and fewer procedural delays. As a result, railways lost

freight share despite being more economical and environmentally efficient for long-distance movement.

The new expansion strategy seeks to reverse this trend. Under the broader National Rail Plan, Indian Railways wants to raise its share in national freight movement to 45 percent. To achieve this, capacity must be created before demand arrives. This means more dedicated freight corridors, additional lines on congested routes, modern signalling, faster freight trains, better terminals and easier connection between factories, ports, warehouses and railway sidings.

A major part of the plan is linked to dedicated freight corridors and capacity expansion on high-density routes. These corridors allow freight trains to move separately from passenger trains, reducing delays and improving reliability. For industries, time matters as much as cost. If railways can guarantee predictable delivery schedules, more companies may shift cargo from trucks to trains.

The freight revival also depends on better pricing. Railways has historically earned a large share of its revenue from freight, partly because passenger fares have remained affordable. This cross-subsidy made rail freight expensive in some categories, pushing customers towards roads. Rationalising freight charges, simplifying tariff structures and reducing distance-based complexity can make rail transport more attractive for businesses.

The development of Gati Shakti Cargo Terminals is another important step. These terminals are expected to provide better first-mile and last-mile

connectivity, allowing industries to load and unload goods more efficiently. If a manufacturer can move goods from factory gate to railway network without unnecessary delays, rail becomes a stronger competitor to road transport.

The environmental argument is equally strong. Rail freight is generally more energy-efficient than road freight and can help reduce fuel consumption, congestion and emissions. For a country that imports a large portion of its crude oil, shifting more cargo to rail can also strengthen energy security.

However, the plan will face real challenges. Land acquisition, project delays, coordination with states, private-sector participation, terminal management and service quality will decide its success. Businesses will not shift to rail only because capacity exists; they will shift when railways becomes dependable, customer-friendly and cost-effective.

If implemented well, the ₹13-lakh-crore railway push can reshape India's logistics landscape. It can lower costs for industry, reduce pressure on highways, cut pollution and improve the competitiveness of Indian exports. The real test will be whether Indian Railways can move from being a traditional transporter to a modern logistics partner for a fast-growing economy.

EXPERT



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Q. How can the practice of Karma
Yoga reduce depressive thoughts and
improve mental health?

Ans. Depression is a major concern in today's competitive world, often caused by academic pressure, career uncertainty, social comparison, financial stress and unrealistic expectations. Many individuals feel hopeless when they judge themselves only by success, failure or others' approval. Along with modern psychological treatment, the Indian Knowledge System offers useful guidance through Karma Yoga in the Bhagavad Gita. Karma Yoga teaches sincere, ethical and selfless action without excessive attachment to results. By focusing on righteous effort rather than constant worry about outcomes, it promotes responsibility, emotional balance, resilience and mental peace, helping reduce negative thoughts.

1) Shifts Attention from Results to Effort:
Depression often arises from excessive

worry about outcomes such as exams, promotions, money, relationships or recognition. When expectations fail, people may feel guilt, frustration and hopelessness. Karma Yoga teaches sincere effort without obsession over results. By focusing on duty and best efforts, individuals reduce anxiety and fear of failure.

2) Reduces Excessive Expectations: Unrealistic expectations often cause emotional suffering. People may expect quick success, constant appreciation, perfect relationships and continuous happiness. When reality differs, disappointment can lead to depressive thoughts. Karma Yoga teaches sincere action without demanding fixed rewards. It encourages ambition with acceptance, reminding us that outcomes are not always controllable. This reduces emotional dependence on achievements and others' opinions.

3) Promotes Active Engagement Instead of Withdrawal: Depression often causes individuals to lose motivation and withdraw from daily responsibilities. They may avoid work, studies, relationships, and social interaction due to feelings of helplessness or lack of confidence. Karma Yoga encourages continuous engagement with life. Lord Krishna advises Arjuna not to escape from his responsibilities but to face them with courage and determination. Action itself becomes a means of overcoming emotional paralysis. Remaining engaged in meaningful activities prevents excessive rumination and negative thinking. Productive work creates structure, purpose, and accomplishment, all of which contribute positively to mental well-being.

4) Develops a Sense of Purpose: Lack of purpose strongly contributes to depression, creating emptiness and hopelessness. Karma Yoga teaches that every person has duties toward family, society and humanity. Fulfilling these duties gives life direction and meaning. Students grow through learning, professionals through honest work, parents through nurturing and citizens through nation-building. Purposeful action builds resilience by connecting life to a larger goal.

5) Reduces Negative Thinking: Depression frequently involves repetitive negative thoughts such as "I am a failure," "Nothing will improve," or "I cannot succeed." These thoughts become stronger when individuals define themselves entirely by external success or failure. Karma Yoga encourages a healthier perspective. It teaches that a person's worth depends upon sincere effort, ethical conduct, and commitment to duty rather than temporary outcomes. When individuals evaluate themselves based on the quality of their actions rather than the unpredictability of results, negative self-judgment gradually decreases. This promotes

healthier self-esteem and emotional balance.

6) Encourages Selfless Service: An important dimension of Karma Yoga is performing actions for the welfare of others without selfish motives. Selfless service, or Seva, redirects attention away from excessive self-concern and creates meaningful connections with society. Helping others through volunteering, mentoring, environmental activities, charitable work, or community service generates positive emotions and strengthens self-worth. Individuals recognize that they possess the ability to make valuable contributions regardless of their personal difficulties. Acts of kindness also promote gratitude, empathy, and social connectedness, all of which serve as protective factors against depression.

7) Builds Emotional Resilience: Life inevitably includes success as well as failure. Individuals who become emotionally dependent upon favourable outcomes experience severe distress whenever setbacks occur. Karma Yoga teaches the importance of equanimity—remaining mentally balanced in both pleasant and unpleasant situations. Success should not create arrogance, while failure should not produce despair. This balanced attitude enables individuals to recover more quickly from disappointments. Rather than viewing failures as permanent defeats, they regard them as opportunities for learning and personal growth. Such resilience greatly reduces vulnerability to depression.

8) Encourages Ethical Living: Karma Yoga emphasizes that actions should be guided by honesty, compassion, responsibility, and righteousness. Ethical behaviour creates harmony between one's conscience and one's actions. Individuals who consistently act according to moral principles experience fewer feelings of guilt, regret, and internal conflict. Peace of mind develops naturally when actions align with personal values. Ethical living also strengthens interpersonal relationships by building trust, respect, and cooperation. Healthy social relationships provide essential emotional support during stressful periods.

9) Reduces Fear of Failure: Many individuals avoid pursuing opportunities because they fear failure. This fear creates chronic anxiety, perfectionism, and low self-confidence. Karma Yoga teaches that failure is not a reflection of personal worth. Since results depend upon numerous factors beyond individual control, sincere effort itself is considered valuable. This philosophy encourages individuals to take healthy risks, learn from mistakes, and continue progressing without becoming emotionally

defeated by temporary setbacks. Reduced fear increases confidence and psychological flexibility.

10) Promotes Mindfulness in Action: Karma Yoga encourages complete attention to the present task rather than constant worrying about the future. Whether studying, working, cooking, teaching, or serving others, individuals are encouraged to perform each activity with full concentration. This mindful approach improves both performance and emotional well-being. Focusing on present actions reduces unnecessary worry and prevents the mind from becoming trapped in repetitive negative thoughts. Present-moment awareness is also recognized in modern psychology as an effective strategy for reducing anxiety and depressive rumination.

11) Strengthens Self-Discipline: Depression often disrupts daily routines, making it difficult to maintain regular habits, responsibilities, or healthy lifestyles. Karma Yoga promotes disciplined living through consistent effort, responsibility, and perseverance. Individuals continue performing their duties even when circumstances become difficult. Regular routines involving work, study, exercise, rest, and service provide structure to daily life. Such structure reduces emotional instability and supports psychological recovery.

12) Promotes Acceptance Without Helplessness: Karma Yoga teaches acceptance of circumstances that cannot be changed while encouraging energetic action where improvement is possible. This balanced attitude differs from passive resignation. Individuals neither waste energy resisting unavoidable realities nor surrender to helplessness. Instead, they focus on constructive actions within their control. Acceptance reduces frustration, while purposeful action builds confidence and hope.

Karma Yoga offers a timeless path for mental well-being by encouraging sincere effort without excessive attachment to results. It reduces anxiety, disappointment, perfectionism and self-criticism. Through purposeful action, selfless service, ethical living and emotional balance, everyday work becomes a source of inner growth. The Bhagavad Gita teaches that peace comes through duty performed with wisdom and detachment. However, clinical depression requires professional care; Karma Yoga should complement counselling, psychotherapy and medical treatment.

Ravi Singh & Ajab Tinwala

THE POWER OF SMALL HABITS: TINY STEPS, EXTRAORDINARY RESULTS

Small habits often go unnoticed because they seem too simple to make a difference. However, the reality is that our daily routines shape our future far more than occasional bursts of motivation. Success, good health, and personal growth are usually the result of consistent actions repeated over time.

Consider the habit of reading just ten pages a day. It may not seem significant, but over the course of a year, it can amount to thousands of pages and dozens of books. Similarly, taking a 20-minute walk every day can improve physical health, reduce stress, and boost mental clarity. These small actions compound, creating long-term benefits that are difficult to achieve through sudden, drastic changes.

One reason small habits work is that they are easier to maintain. Large goals can feel overwhelming and often lead to procrastination. In contrast, tiny, manageable actions reduce resistance and help build consistency. Once a habit becomes part of your daily routine, it requires less effort and becomes almost automatic.

Habits also influence our identity. Every time we repeat a positive action, we reinforce the belief that we are capable of making good choices. A person who writes every day begins to see themselves as a writer. Someone who exercises regularly starts identifying as a healthy person. This shift in identity strengthens commitment and makes long-term change more sustainable.

Technology can either support or distract us from building good habits. Setting reminders, using habit-tracking apps, or scheduling focused work sessions can encourage consistency. At the same time,

limiting unnecessary screen time and reducing digital distractions can help us stay focused on meaningful activities.

Another important aspect of habit formation is patience. Results are rarely immediate. Many people give up because they expect quick success, not realizing that meaningful progress takes time. Just as a tree grows gradually from a tiny seed, personal development requires consistent care and persistence.

Creating good habits also improves mental well-being. Completing small daily goals provides a sense of accomplishment and boosts confidence. Over time, these positive experiences reduce stress and create momentum for achieving larger ambitions.

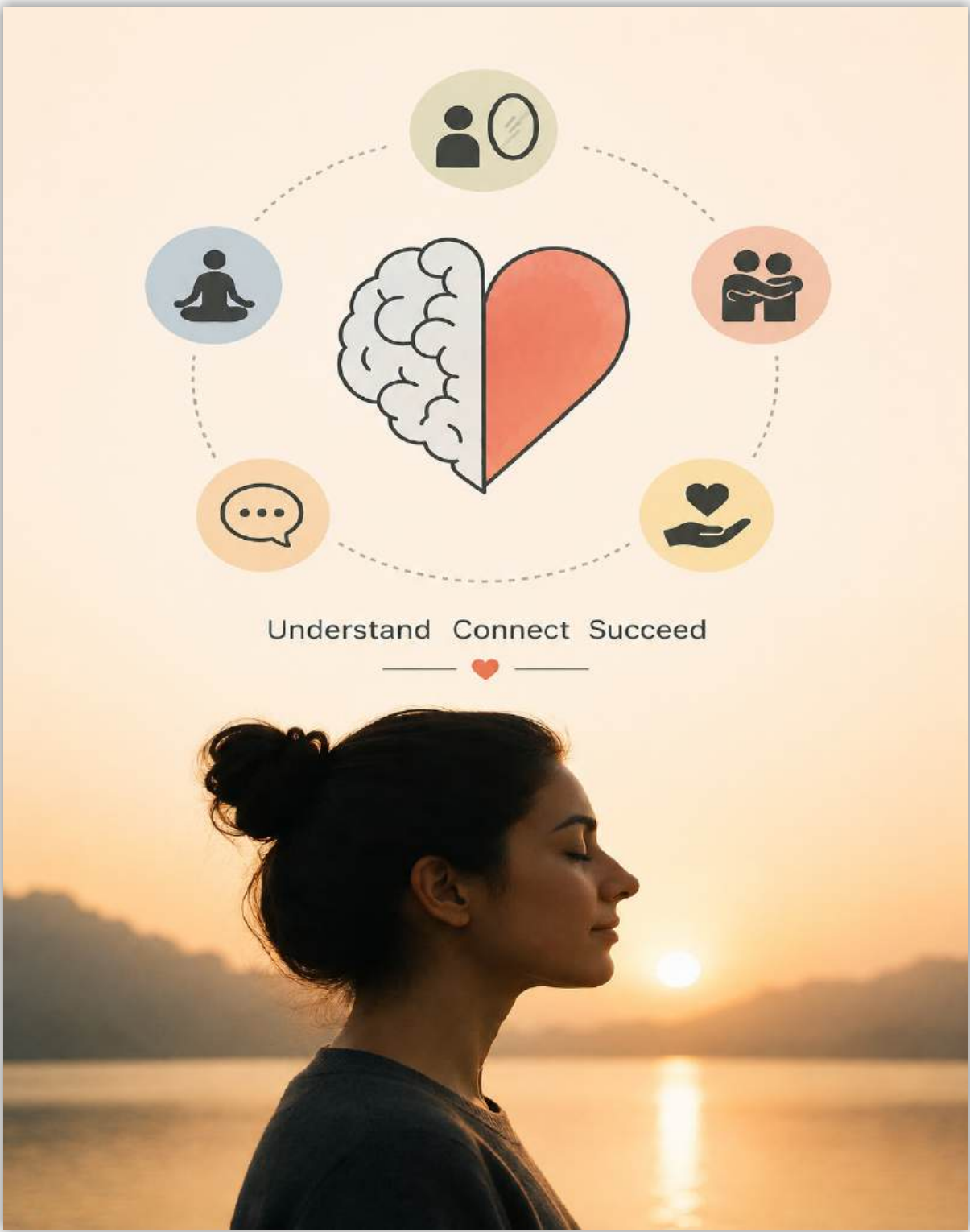
It is equally important to replace negative habits with positive alternatives. Instead of scrolling through social media before bed, reading a few pages of a book can improve sleep quality and knowledge. Replacing unhealthy snacks with nutritious options contributes to better health without feeling restrictive.

Ultimately, our lives are built one day at a time. The small choices we make today determine where we will be tomorrow. Instead of waiting for



the perfect moment to transform your life, begin with one simple habit. It may seem insignificant now, but with consistency and patience, it can become the foundation for extraordinary growth.

EMOTIONAL INTELLIGENCE: THE KEY TO PERSONAL AND PROFESSIONAL SUCCESS



In today's fast-paced world, intelligence is often measured through academic achievements and technical skills. While these qualities are important, emotional intelligence has become equally essential for success in both personal and professional life. Emotional intelligence refers to the ability to understand, manage, and express emotions while also recognizing and respecting the emotions of others.

One of the most valuable aspects of emotional intelligence is self-awareness. People who understand their emotions are better equipped to handle stress, make thoughtful decisions, and respond calmly during difficult situations. Rather than reacting impulsively, they take time to reflect before acting, leading to healthier relationships and better outcomes.

Self-control is another important component. Everyone experiences frustration, disappointment, or anger, but emotionally intelligent individuals know how to manage these feelings constructively. They avoid unnecessary conflicts and focus on finding practical solutions instead of dwelling on problems.

Empathy is perhaps the most powerful quality within emotional intelligence. It allows us to understand another person's perspective and respond with kindness and compassion. Whether in families, classrooms, or workplaces, empathy builds trust, strengthens communication, and creates supportive environments where people feel respected and valued.

Effective communication also depends heavily on emotional intelligence. Listening carefully, speaking respectfully, and expressing ideas clearly help prevent misunderstandings. People with strong emotional intelligence know that communication is not only about speaking but also about understanding what others are trying to convey.

In educational institutions, emotional intelligence supports better

learning. Students who manage their emotions effectively can stay focused, cope with examination stress, and work well in teams. Teachers who demonstrate empathy and patience create classrooms where students feel encouraged to participate and grow.

In the workplace, employers increasingly value emotional intelligence alongside technical expertise. Employees who collaborate well, resolve conflicts peacefully, and adapt to changing situations contribute positively to organizational success. Leadership also depends greatly on emotional intelligence, as effective leaders inspire, motivate, and support their teams while making balanced decisions.

Developing emotional intelligence is a lifelong process. Simple practices such as active listening, maintaining a journal, reflecting on daily experiences, and seeking constructive feedback can gradually improve emotional awareness. Mindfulness and regular self-reflection also help individuals become more resilient and emotionally balanced.

Social media and digital communication have made emotional intelligence even more relevant. Since online conversations often lack facial expressions and tone, misunderstandings can occur easily. Practicing respectful communication and thinking before posting or commenting helps maintain healthy digital relationships.

Ultimately, emotional intelligence is not about suppressing emotions but understanding and using them wisely. It strengthens relationships, improves decision-making, enhances leadership, and contributes to overall well-being. As the world becomes increasingly interconnected, emotional intelligence will continue to be one of the most valuable life skills, helping individuals navigate challenges with confidence, compassion, and resilience.

INDIA RELAXES E-COMMERCE FDI POLICY TO BOOST EXPORTS

The Indian government has relaxed its Foreign Direct Investment (FDI) policy to permit FDI in the inventory based e-commerce model exclusively for export purposes. Issued by the Department for Promotion of Industry and Internal Trade (DPIIT) through Press Note No. 3 (2026 Series). Manufacturers are likely to benefit from the relaxation. This landmark policy shift allows foreign funded platforms such as Amazon to purchase, warehouse, and sell Indian manufactured goods to foreign customers. To take full operational effect, the decision awaits corresponding notifications to amend the Foreign Exchange Management (Non Debt Instruments) Rules under the Foreign Exchange Management Act (FEMA). While FDI in inventory led e-commerce remains strictly prohibited in the domestic retail market to protect small brick and mortar traders drawing continued scrutiny from trade bodies like the Confederation of All India Traders (CAIT) this export carves out aligns with broader US-India bilateral trade discussions. By enabling global platforms to streamline supply chains, manage quality control, and handle cross border logistics, local manufacturers, artisans and Micro Small and Medium Enterprises (MSMEs) particularly in Tier 2 and Tier 3 cities stand to gain significantly from direct access to global markets.



60% OF HIV CASES IN INDIA DETECTED LATE, UNDERSCORING NEED FOR AWARENESS

A new Indian study has found tnearly 60% of people living with HIVare diagnoseat an advanced stage of infection, underscoring the urgent need for earlier screening, greater public awareness and improved access to HIV testing services. Published in the Journal of the Indian Medical Association (JIMA) in May 2026, theresearch analysed 402 newly diHIV-positive adults who attended the Antiretroviral Therapy (ART) Centreat Dr Ram Maar Lohia Institute o Medical Sciences (RMLIMS), Lu, betweeJan2021 anJuly 2022. The findings indthatdelayed diagnosis remains a major barrier to timely treatment and improvpatient outcomes in India. The study reported that approxsix out of every 10 pants presented with advanced HIV disease, characterised by severe immune suppresat the time of di. Robserved that delayed diagnosis significantly increases the risk of opportu infections, prolonged htion and HIV-related mortality, while also reducing the effectivenoantiretroviral therapy (ART). Thfindinghighlthe importance of routine HIV testing, particularly among high risk populations, to enable early diagnosis and prompt initiation of treatment.



INDIA'S CHIP PRODUCTION IS SET TO RISE TO 13% BY 2030

Forrester has published a global technology sovereignty forecast projecting that India's semiconductor chip production scoe will rise to 13% by 2030. Its overall technologysovereignty score is also eto edge up fir32% to 35% over the same period. The findings place India among a grouof mid-ranki technology powers expected to make grual gains rat than close thgap with thleaders. Acrthe 14 count covered by the index, the average technology soignty score is forecast to rise only from 39% to 40%, pointing to limited global pro. Forrester's index measures how far counacan develop, operate, andsecure critical technologies independently to reduce exposure to geolitical risk. It assesses nia: governmeAI investment, cloud sovereignty, tgy workforce availability, AI model development, data centre capacity relative to technology spending, data centre auto, seprodu, software creation, and rare earths proessing. India's projecrise in chip production stands out because semiconductor manufacturing is expected torecthe strongest improvement of any technology diin the study. Even so, the country's broader score suggests that growth in one part of the stack will not by itself produce a sharp shift in national technology autonomy.



INDIA SCRAPES THE BOTTOM OF ENVIRONMENT INDEX IN 2026

India has ranked 176th out of 177 countries in the Environment Performance Index (EPI) 2026, finishing second from the bottom in a global assessment of environmental health, ecosystem vitality and climate change mitigation. India recorded an overall EPI score of 22.46 out of 100, ahead only of Laos, which ranked last with a score of 21.78. Estonia retained the top position with a score of 74.79. India also ranked last among eight South Asian countries assessed in the index. The EPI is compiled every two years by researchers from institutions including Yale and Columbia universities. The 2026 edition assessed 177 countries on 47 environmental indicators across 12 issue categories and three broad policy objectives. Environmental health accounted for 25 per cent of the overall score, ecosystem vitality for 45 per cent and climate change mitigation for 30 per cent. India ranked 174th in environmental health, 171st in ecosystem vitality and 130th in climate change mitigation. The report said that India, whose per-capita emissions remain relatively low but are growing rapidly, faces an acute development-versus-pollution tension as hundreds of millions of people gain access to modern energy services but at the price of serious urban air pollution and spiking GHG emissions.



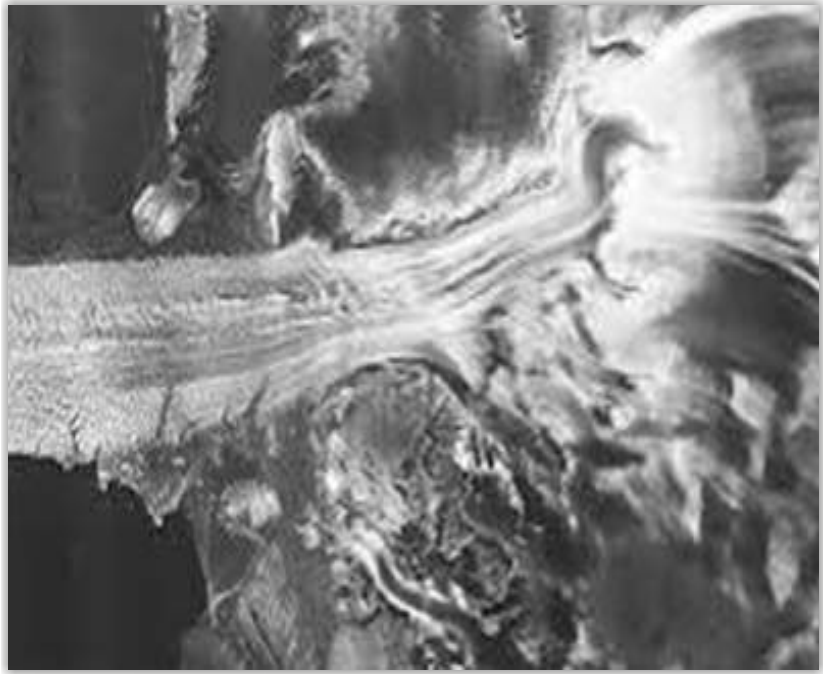
ODISHA BORN JYOTIRMAYEE NAYAK WINS INDIAN IDOL SEASON 16

Indian Idol Season 16 concluded with Jyotirmayee Nayak lifting the coveted trophy along with a cash prize of ₹20 lakh. Her final performance on “Saiyaan O Saiyaan” captivated the judges and audience alike. Meanwhile, Tanishk Shukla finished as the first runner-up. The other fellow finalists were Anshika Chonkar, Manraj Veer Singh, Suhail Sufi, and Myscmmme Bosu. The 24 year old champion from Odisha impressed judges Vishal Dadlani, Shreya Ghoshal and Badshah throughout the season. Some of her standout performances included “O Jab Tak Hai Jaan Jaane Jahan Main Nachungi,” which earned a standing ovation from legendary actress Hema Malini, and “Jaane Kyun Log Mohabbat Kiya Karte Hain,” which deeply moved veteran actress Leena Chandavarkar. Beyond the stage, Nayak has been actively involved in music therapy using music to heal and support the emotional well being of cancer patients. Chief Minister Mohan Charan Majhi congratulated her for making the state proud. He also appreciated her dedication towards the healthcare industry. Nayak expressed gratitude to the judges, the Indian Idol team and the audience while sharing that she was overwhelmed and her dream of pursuing a career as a Bollywood playback singer. She further mentioned that the trophy was not just hers but everyone who stood by her.



NISAR DATA AVAILABLE FOR DOWNLOAD THROUGH BHOONIDHI

Data from NISAR, the first joint satellite mission between NASA and ISRO launched in late July 2025 is now officially available for public download. The dissemination is being managed by the Integrated Multi-Mission Ground Segment for Earth Observation Satellites (IMGEOS) at NRSC, Shadnagar through ISRO's Bhoonidhi portal. It provides high resolution imagery covering diverse global regions including Assam, Tamil Nadu, Antarctica, Idaho, Greenland and Indonesia to support research in geological patterns, agriculture, weather forecasting, and disaster management. While ISRO provided the satellite bus, S-band radar, and launch services, NASA contributed the L-band radar, key payload subsystems, and the 12 meter deployable antenna reflector. Operating in a 747 km Sun synchronous Earth orbit with a 240 km swath width, the satellite achieves full global coverage every 12 days. As the world's first free flying dual frequency radar mission, NISAR's enhanced calibration allows it to penetrate dense snow cover deep into ice sheets bypassing the limitations of traditional optical imagery. Notably, early Antarctic radar images revealed intricate surface features, including an ice flow formation distinctly resembling a hummingbird. Researchers can download the data via the Bhoonidhi portal in standard GIS formats, including GeoTIFFs for further processing and analysis in open source software like QGIS.



Afreen Mazgaonkar, Ganesha Gundu & Isha Mittal

MEN IN BLUE DEFEAT ZIMBABWE SEAL THE SERIES BY 3-0

The Indian Men's Cricket Team defeated Zimbabwe by 35 runs at the Harare Sports Club in Zimbabwe to complete a 3-0 sweep in the T20I series. The Men in Blue made a strong comeback after recent series defeats against Ireland and England. Teenage sensation Vaibhav Sooryavanshi was named both the Player of the Match and Player of the Series. He smashed a blistering 81 off 49 balls in the final match, after having set the tone in the opener with a lightning fast half century off just 18 balls. In the 2nd T20I, exceptional performances from Ishan Kishan 81 off 44 balls and Tilak Varma 60 off 29 balls had already sealed the series for India. Pacer Mayank Yadav finished with 5 wickets in the series, while fast bowler Ashok Sharma also impressed clean bowling Tadiwanashe Marumani to claim his first international wicket. Despite a gritty 54 off 43 balls from Ryan Burl and a 60 runs partnership with Wesley Madhevere who scored 28 off 25 balls. However, Mayank broke the stand by dismissing Madhevere. Indian Captain Shreyas Iyer praised the team's fearless approach and credited the young players for bringing tremendous energy and intent throughout the tour.



YOUTH WEIGHTLIFTERS SCRIPT HISTORY AT CWG 2026

India's weightlifters reached remarkable milestones at the Commonwealth Games (CWG) 2026. The 5 day championship was held at the SEC Armadillo in Glasgow, Scotland. Rishikanta Singh earned a silver medal in the 60 kg event with a total lift of 264 kg. Union Minister Amit Shah congratulated him on this victory stating it to be the nation's pride. Valluri Ajaya Babu also secured silver in the 79 kg event with a total lift of 330 kg. Babu mentioned that he wanted to do this for his father and that he will have to work harder for the gold. Mirabai Chanu won her third CWG gold medal in the women's 48 kg category. The 31 year old Manipuri weightlifter finished with a total lift of 190 kg. She missed her first snatch attempt at 82 kg. However, she bounced back strongly by clearing 85 kg. She then showed exceptional skill with a 105 kg clean and jerk. Nigeria's Ruth Asuquo Nyong took silver, while Malaysia's Irene Jane Henry earned bronze. Mirabai noted that she used to focus only on training. Now, she manages her body better by listening to its needs. She felt deeply satisfied with her success. The champion will now focus on preparing for the Asian Games.



ANAHAT SINGH SCRIPTS HISTORY WITH INDIA'S FIRST WORLD JUNIOR SQUASH TITLE

India's Anahat Singh created history by becoming the country's first World Junior Squash champion after defeating Egypt's Ruqayya Salem in the girls' singles final of the World Squash Junior Championships 2026 at Niagara-on-the-Lake, Canada, on Saturday. Top seed Anahat beat second seed Salem 3-0 (11-3, 11-7, 11-9) to claim the title and end Egypt's long run in the tournament. The 18-year-old's victory is India's best-ever result at the junior world championships, going one step further than Joshna Chinappa, who finished runner-up in 2005. Anahat was in control throughout the tournament. She dropped only two sets across six matches on her way to the title and won her opening three matches without losing a game. The world No. 20 on the senior PSA Tour began her campaign with a 3-0 win over Australia's Lilly Wilson. She then defeated Hong Kong China's Pui Yin Chloe Lo and Malaysia's Doyce Ye San Lee to reach the quarter-finals. From there, Anahat overcame three Egyptian opponents in a row. She beat Habiba Rizk 3-1 (11-7, 11-5, 6-11, 1-9) in the quarter-finals, followed it up with a 3-1 (11-3, 8-11, 11-4, 11-6) win over Barb Sameh in the semi-finals, and then defeated Salem in the final.



INDIAN SHOOTERS SHINE: ESHA SINGH CLINCHES GOLD, MANU BHAKER BAGS BRONZE

India enjoyed a memorable day at the ISSF World Cup in Hangzhou as Esha Singh clinched gold in the women's 25m pistol event, while double Olympic medallist Manu Bhaker secured bronze to complete a double podium finish for the country. Esha produced a commanding performance in the final, registering 40 hits out of 50 to win the gold medal. China's Yueyue Zhang finished second with 37 hits, while Manu Bhaker prevailed in a tense bronze-medal contest. The 21-year-old Hyderabad shooter continued her impressive run in the event after setting both senior and junior world records earlier this season at the ISSF World Cup in Munich. The contest required a double shoot-off before Manu eventually secured third place with 28 hits. The Paris 2024 double Olympic medallist had topped the qualification round and entered the final as one of the leading contenders. Esha had already established herself as one of the leading contenders in Hangzhou after finishing second in qualification with a score of 585-18x. Manu topped the qualification standings with 586-20x. Esha then maintained her composure in the final to finish three points ahead of Zhang and claim the gold medal. India are currently second in the medal table behind hosts China, who have won 14 medals, including six golds.



INDIA'S SUB JUNIOR MEN'S TEAM BEATS PAKISTAN TO WIN GOLD AT YOUTH HOCKEY5S ASIAN CHAMPIONSHIP

India's Sub Junior Men's Hockey team clinched gold at the FIH Youth Hockey5s Asian Championship by defeating Pakistan 3-1 in Muscat. The team established an early dominance in the match with Romit Pal (5') breaking the deadlock to secure a 1-0 lead in the first half. Maintaining their momentum in the second half, Captain Ketan Kushwaha (12') doubled the advantage followed closely by a strike from Shahrukh Ali (13') to make it 3-0. Pakistan attempted a late comeback when Muhammad Usman (16') scored a goal making the score 3-1 but they could not alter the outcome. Notably, by virtue of reaching the finals both India and Pakistan have qualified for the inaugural FIH Youth Hockey5s World Cup. Meanwhile, the Sub Junior Women's Hockey team at this championship bagged a silver medal after a hard fought contest in the finals against China. Both teams showcased Indian hockey on the global stage through their brilliant performances. To celebrate their achievements, Hockey India announced cash rewards of ₹2 lakh for each player on the men's team and ₹1 lakh for each member of the support staff, while the women's team players received ₹1 lakh each and their support staff ₹50,000.



INDIA'S NISHANT DEV DEMOLISHES CESAR DIAZ IN OPENING ROUND TO EXTEND UNBEATEN RUN TO 7-0

Indian boxer Nishant Dev continued his impressive rise in professional boxing with a dominant first-round knockout victory over Peru's Cesar Diaz on Sunday. The emphatic win extended the Indian's unbeaten professional record to 7-0 and further strengthened his reputation as one of the country's brightest boxing prospects. The victory came on the undercard of the blockbuster Anthony Joshua vs Kristian Prenga event. Nishant did not really waste much time asserting that dominance, he basically knocked Cesar Diaz down three different times in the opening round, kind of like it was routine. The real deciding bit came right after, when the Indian threw a nasty left uppercut, and Diaz hit the canvas for that third and last time. After that, the referee jumped in and stopped the contest, no extra drama. By getting the win, Nishant kept a perfect professional record, seven wins out of seven bouts, and honestly it fits with how strong his start has been since switching to the pro ranks. After the fight, he talked about his ultimate aim, wanting to become the country's first ever professional boxing world champion, that's the dream he said. Nishant Dev also added that he's still learning every time he steps in, and he thinks those gradual improvements will help him reach his long term objective, winning a world title. alifier for the inaugural FIH Youth Hockey5s World Cup.



RRB SECTION CONTROLLER
RECRUITMENT 2026

**RRB SECTION CONTROLLER
RECRUITMENT 2026**

**119 VACANCIES
GRADUATE REQUIRED**

QUALIFICATION GRADUATE

PAY LEVEL-6 ₹35,400 BASIC PAY

APPLY ONLINE 15 JULY 2026 ONWARDS

LAST DATE 14 AUGUST 2026

APPLY ONLINE!

SELECTION PROCESS
CBT > CBAT > DOCUMENT VERIFICATION > MEDICAL EXAMINATION

PERMANENT
CENTRAL GOVERNMENT JOB
ATTRACTIVE SALARY & BENEFITS

JOB LOCATION ALL INDIA

The Railway Recruitment Boards (RRBs) have invited online applications for the recruitment of 119 Section Controller posts under CEN 03/2026. This recruitment provides an excellent opportunity for graduates aspiring to secure a career in the Indian Railways.

Organization: Railway Recruitment Boards (RRB)
Post Name: Section Controller
Total Vacancies: 119 Posts
Category: Central Government Recruitment

Educational Qualification

- Bachelor's Degree from a recognized University.

Important Dates

- Application Start Date: 15 July 2026
- Last Date to Apply: 14 August 2026
- Examination Date: To be notified.

Age Limit

- Minimum Age: 20 Years
- Maximum Age: 33 Years
- Age relaxation is applicable for reserved categories as per Government rules.

Salary

- Salary will be paid as per the Railway Pay Matrix applicable to the Section Controller post along with admissible allowances.

Selection Process

- Computer Based Test (CBT)
- Document Verification
- Medical Examination

How to Apply

- Visit the official Railway Recruitment Board website of your respective region. Register online, fill in the application form, upload the required documents, pay the application fee, and submit the application before the last date.

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

UNION BANK OF INDIA SO RECRUITMENT 2026 – APPLY ONLINE FOR 395 POSTS

Union Bank of India

SO RECRUITMENT 2026

395 Officer & Specialist Officer Posts

APPLY ONLINE

OFFICER POSTS

SPECIALIST OFFICER POSTS

GREAT OPPORTUNITY

BUILD YOUR CAREER

Organization: Union Bank of India
Post Name: Specialist Officer (SO)
Total Vacancies: 395 Posts
Category: Central Government Bank Recruitment

Educational Qualification

- Educational qualifications vary depending on the

August 2026

- Examination Date: To be notified.

Age Limit

- Minimum Age: 22 Years (varies by post)
- Maximum Age: 50 Years (varies by post)

post and include Graduation, B.E./B.Tech, MCA, MBA, C A , L L B , M . S c . , and other relevant professional qualifications. Relevant work experience is required for most posts.

Salary

- Pay Scale: ₹64,820 – ₹1,56,500 per month (depending on the post) along with admissible allowances and other benefits.

Selection Process

- Online Examination (if conducted)
- Group Discussion
- Personal Interview
- Document Verification

Important Dates

- Application Start Date: 21 July 2026
- Last Date to Apply: 10

How to Apply

- Visit the official Union Bank of India recruitment portal. Register yourself, complete the online application form, upload the required documents, pay the applicable application fee, and submit the application before the closing date.

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

UKSSSC ASSISTANT ACCOUNTANT RECRUITMENT 2026 – APPLY ONLINE FOR 339 POSTS

The Uttarakhand Subordinate Service Selection Commission (UKSSSC) has released the official notification for the recruitment of 339 Assistant Accountant and other Group 'C' posts in various government departments. Eligible candidates can apply online through the official UKSSSC recruitment portal before 15 August 2026.

Organization: Uttarakhand Subordinate Service Selection Commission (UKSSSC)
Post Name: Assistant Accountant & Other Group 'C' Posts
Total Vacancies: 339 Posts
Category: State Government Recruitment

Educational Qualification

- Bachelor's Degree in Commerce (B.Com), Bachelor of Business Administration (BBA), or an equivalent qualification from a recognized university. Additional qualifications may be required for certain posts.

Important Dates

- Application Start Date: 26 July 2026
- Last Date to Apply: 15 August 2026
- Examination Date: To be notified.

Age Limit

- Minimum Age: 18 Years
- Maximum Age: 42 Years

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

Salary

- Pay Scale: ₹29,200 – ₹92,300 per month (Pay Level-5) along with admissible allowances and other government benefits.

Selection Process

- Written Examination
- Document Verification
- Medical Examination (where applicable)

How to Apply

- Visit the official UKSSSC recruitment portal. Complete the online registration, fill in the application form, upload the necessary documents, pay the prescribed application fee, and submit the

UKSSSC
Uttarakhand Subordinate Service Selection Commission

379 VACANCIES

UKSSSC ASSISTANT ACCOUNTANT RECRUITMENT 2026

NOTIFICATION OUT FOR 379 GROUP C POSTS

APPLY ONLINE 26 JULY 2026

LAST DATE TO APPLY 15 AUGUST 2026

WRITTEN EXAM 12 OCTOBER 2026

SALARY ₹25,500 – ₹1,12,400

APPLY ONLINE sssc.uk.gov.in

GROUP C POSTS
GOVERNMENT JOB | STABLE CAREER | BRIGHT FUTURE

application before the closing date.

For more details candidates are asked to visit the official website

Deepika Singh



1. Which Buddhist site became India's 45th UNESCO World Heritage Site?
2. Which day is observed in India on 26 July to honour the Kargil War heroes?
3. Which vaccine became the first dengue vaccine approved in India?
4. Which city hosted the 48th UNESCO World Heritage Committee session where Sarnath was inscribed?
5. Which country is hosting the 2026 Commonwealth Games?
6. Which digital payment platform crossed 55 crore users in India?
7. Which mission is India's first dedicated solar observatory?
8. Which Indian state is home to Sarnath?
9. Which company developed the dengue vaccine approved in India?
10. Which mobile technology alliance expanded to 90 members recently?



1. Built by Shah Jahan, I symbolize eternal love in white marble. Who am I?
2. I am the tallest brick minaret in India and a UNESCO site in Delhi. Who am I?
3. Every Independence Day, the Prime Minister hoists the national flag from my ramparts. Who am I?
4. I am a magnificent Sun Temple designed like a stone chariot in Odisha. Who am I?
5. I am a UNESCO site in Maharashtra, famous for my Buddhist paintings carved into rock. Who am I?
6. I house the famous Kailasa Temple and feature Hindu, Buddhist, and Jain rock-cut monuments. Who am I?
7. I was once the grand capital of the Vijayanagara Empire in Karnataka. Who am I?

1. TajMahal
 2. QutubMinar
 3. RedFort
 4. Konark
 5. Ajanta
 6. Ellora
 7. Hampi
- II) RIDDLES
10. Bharat6G
 9. Takeda
 8. UttarPradesh
 7. Aditya-L1
 6. UPI
 5. Scotland
 4. Busan
 3. Qdenga
 2. Kargil
 1. Sarnath
- II) QUIZ TIME
- ANSWERS



LAYERS OF LOVE: APPLE RABRI PARFAIT

This Week, We're Relishing Apple Rabri Parfait!

Apple Rabri Parfait is a delightful vrat-friendly dessert made with layers of sweet cinnamon-flavored apples, creamy saffron rabri, and crunchy roasted nuts. This elegant no-bake treat is rich, refreshing, and naturally festive, making it a perfect indulgence for Shravan and other fasting occasions.

Ingredients:

2 medium apples (peeled and finely chopped), 500 ml full-fat milk, ¼ cup condensed milk or sugar (adjust to taste), ¼ teaspoon cardamom powder, a few saffron strands, 2 tablespoons chopped almonds, 2 tablespoons chopped pistachios, 1 tablespoon chopped cashews, 1 tablespoon raisins, 1 teaspoon ghee, ½ teaspoon cinnamon powder, 2 tablespoons fresh cream (optional), 1 teaspoon rose water (optional), fresh pomegranate seeds and pistachio slivers for garnish.

Preparation

- Boil the milk in a heavy-bottomed pan and simmer on low heat until it reduces to nearly half. Stir frequently to prevent sticking.
- Add condensed milk (or sugar), saffron strands, and cardamom powder. Mix well and cook for another 3–4 minutes until the rabri becomes thick and creamy. Stir in fresh cream and rose water if using. Allow the rabri to cool completely.
- Heat ghee in a pan and sauté the chopped apples for 3–4 minutes until just tender. Add cinnamon powder and raisins, then cook for another minute. Let the apple mixture cool.
- In serving glasses, spread a layer of the sautéed apples, followed by a generous layer of chilled rabri. Sprinkle chopped almonds, pistachios, and cashews.
- Repeat the layers until the glasses are filled, finishing with a thick layer of rabri on top.
- Garnish with pistachio slivers, chopped nuts, saffron strands, and fresh pomegranate seeds. Refrigerate for at least 1 hour before serving.



Serving Tip:

Serve chilled as a festive Shravan vrat dessert. Pair it with fresh fruits or roasted makhana for a light yet indulgent fasting treat. It also makes an elegant dessert for family gatherings and festive celebrations.

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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