

A Weekly E-newspaper Initiative of the HULAHUL FOUNDATION

THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



AJA EKADASHI: A DAY OF FAITH, DISCIPLINE AND INNER PURIFICATION

Aja Ekadashi holds a special place among the sacred Ekadashi observances in Hindu tradition. Celebrated during the Krishna Paksha of the Bhadrapada month, this auspicious day is dedicated to Lord Vishnu and is observed by devotees with fasting, prayers and spiritual practices. More than a religious ritual, Aja Ekadashi is regarded as a day to step away from worldly distractions and focus on faith, self-control and inner reflection.

The significance of Aja Ekadashi is closely connected with the story of King Harishchandra, who is remembered in Hindu tradition for his extraordinary commitment to truth and righteousness. According to the traditional account, the king faced severe hardships and difficult circumstances but continued to remain devoted to truth. His story is associated with Aja Ekadashi because it represents the power of faith, patience and moral courage during challenging periods of life.

On Aja Ekadashi, devotees traditionally wake up early, take a holy bath and begin the day with prayers to Lord Vishnu. Many observe a fast by avoiding grains and certain foods, while some devotees choose a waterless fast or consume only fruits and permitted fasting foods. The nature of the fast can vary according to individual traditions, health and personal capacity. Devotees also visit temples, perform puja, chant Vishnu mantras and listen to or read religious stories associated with Ekadashi.

One of the most important aspects of Aja Ekadashi is its emphasis on self-discipline. Fasting is not simply seen as abstaining from food; it can also be understood as an opportunity to exercise control over thoughts, speech and actions. Devotees often try to avoid anger, negativity and unnecessary distractions while spending more time in prayer and contemplation.

The spiritual message of the day extends beyond religious customs. In everyday life, people often become occupied with responsibilities, ambitions and material concerns. Aja Ekadashi provides an opportunity to slow down and reflect on one's choices. It encourages individuals to

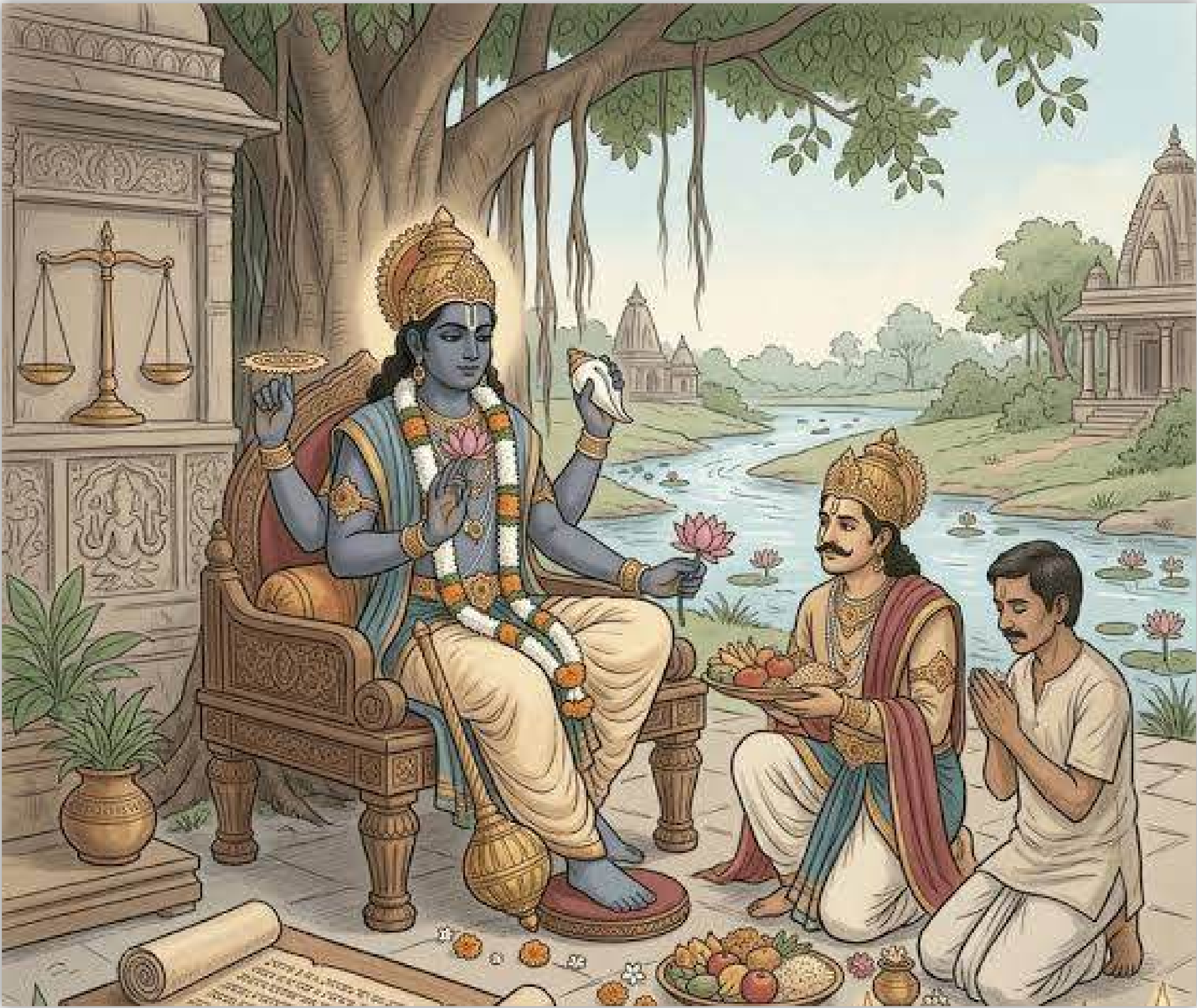
examine their actions, learn from their mistakes and develop greater patience and compassion.

Traditional beliefs also associate the observance of Aja Ekadashi with spiritual purification and the removal of negative influences from one's life. Devotees believe that sincere prayers and devotion to Lord Vishnu can bring peace, strength and divine blessings. However, the deeper value of the observance lies in the positive qualities it encourages truthfulness, humility, discipline and faith.

Aja Ekadashi also reminds devotees that difficult phases of life do not necessarily define a person's destiny. The story associated with King Harishchandra highlights how determination and adherence to one's principles can help a

person face even the toughest circumstances.

Ultimately, Aja Ekadashi is a celebration of devotion as well as self-reflection. Its traditions encourage people to purify not only the body through fasting but also the mind through positive thoughts and righteous actions. For millions of devotees, the occasion offers a meaningful opportunity to strengthen their faith, seek spiritual peace and begin again with greater clarity and determination.



#Notable_Story

The Poet Who Saw God in Every Heart: The Story of Narsinh Mehta **Pg 02**

#Person_of_Interest

Dr. Armida Fernandez: The Doctor Who Changed The Way India Cares For Newborns.... **Pg 03**

#Commerce_Connect

The Attention Economy: Why Your Attention Is Worth Billions.... **Pg 04**

#Krishi_Gyan

Cheap Imports and Ageing Trees Squeeze Kashmir's Walnut Industry..... **Pg 06**

#Educational_News

AICTE Launches PhD Fellowship Scheme..... **Pg 07**

#Artha_Gyan

India's 7.8% GDP Growth Sparks Debate: Strong Recovery or Statistical Recalibration?.... **Pg 08**

#Learning_and_Development through_Ancient_Indian_Wisdom

Q. Is the Workplace Really a Family, or Should It Remain a Professional Space?.... **Pg 09**

#Lifelab

When Machines Work Faster, Humans Must Work Smarter.... **Pg 10**

#Current_News

India's Carbon Market Edges Toward First Trade...**Pg 11**

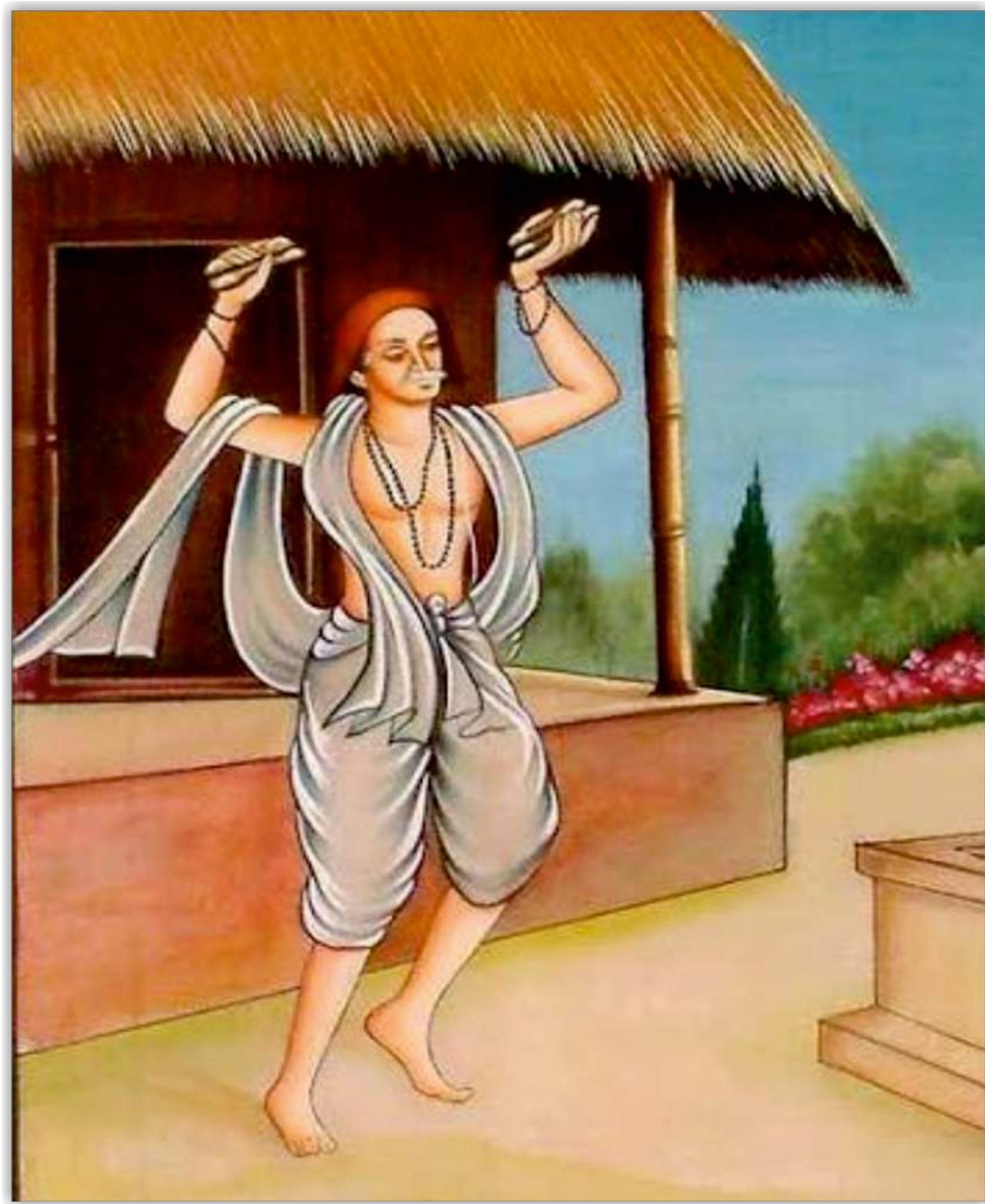
#Sports_News

India Defeats Sri Lanka in the Two Match Test Series..... **Pg 12**

#Job_Junction

PFRDA Grade A Recruitment 2026 – Apply Online for 30 Assistant Manager Posts.... **Pg 13**

THE POET WHO SAW GOD IN EVERY HEART: THE STORY OF NARSINH MEHTA



In the old city of Junagadh in Gujarat, people would sometimes see a simply dressed man walking through the streets with devotion in his heart and songs of Krishna on his lips. He was not rich, powerful or interested in worldly status. His name was Narsinh Mehta, lovingly remembered as Narsinh Bhagat. He would sing with ordinary people, welcome those whom society considered inferior and speak about a God who lived not only in temples but also in the hearts of human beings. Centuries later, he would be honoured as the Adi Kavi, or first great poet, of Gujarati literature. His life became a remarkable example of how devotion can become compassion and how poetry can become a form of moral education.

Narsinh Mehta was born in the fifteenth century, traditionally around 1414, in the Saurashtra region of Gujarat. He lost his parents when he was young and grew up facing difficulties. He later married Manekbai and had a son, Shamaladas, and a daughter, Kunvarbai. His family life was not free from hardship, and poverty remained a constant companion. Yet Narsinh was increasingly drawn towards spiritual life. He was less interested in collecting wealth than in understanding the meaning of devotion.

According to a well-known tradition, a major transformation took place when Narsinh went to a Shiva temple and spent several days in intense prayer and meditation. The devotional tradition says that Lord Shiva granted him a divine vision of Krishna's Raas. Whether understood literally as a sacred experience or symbolically as a spiritual awakening, the story represents a profound change in Narsinh's life. He returned with a deep conviction that devotion was not merely about rituals. It was about experiencing the Divine and seeing that Divine presence in every person.

After this transformation, Narsinh devoted himself increasingly to Krishna-bhakti. He sang bhajans, composed poetry and gathered people around devotional singing. But his way of living disturbed sections of his own community.

He did not believe that caste or social status determined a person's spiritual worth. He associated with people whom orthodox society considered socially inferior and welcomed them into his devotional gatherings. For Narsinh, a person's character mattered more than birth. His courage was remarkable because he knew that following his conscience could bring criticism and social rejection.

His most famous ethical message appeared in the bhajan "Vaishnav Jan To Tene Kahiye Je." In this composition, Narsinh described a true Vaishnava as one who understands another person's suffering, helps others without pride, speaks truth, avoids greed and anger, treats people with equality and remains humble. The song expresses an important principle of the Indian Knowledge System: spiritual knowledge has value only when it transforms conduct. A person cannot claim to be religious while remaining indifferent to another person's pain. The song later became especially associated with Mahatma Gandhi and India's freedom movement.

Narsinh's own life gave meaning to these words. He was poor, but he did not consider poverty a reason to abandon dignity. He faced criticism, but he did not respond with hatred. He

believed that devotion should make a person kinder rather than more arrogant. His courtyard became a place where devotees, sadhus and ordinary people could gather and sing together. In this way, his bhakti became a quiet challenge to social discrimination.

His family responsibilities often placed him in difficult situations. Traditional accounts describe several incidents in which his poverty became the subject of ridicule, while his faith remained unshaken. One famous story is the Hundi episode. Narsinh is said to have given a promissory note to travellers, asking them to collect the amount from a merchant in Dwarka. The merchant, Shamalsha Sheth, was traditionally believed to have appeared and honoured the note. Devotional tradition identifies this mysterious helper with Krishna. Although such miraculous details belong to hagiographic tradition rather than independently verified history, the story became a powerful expression of Narsinh's complete faith in God.

Another famous tradition concerns his daughter Kunvarbai. According to the story, her in-laws expected the customary gifts associated with the mameru ceremony, but Narsinh was too poor to provide them. Instead of losing courage, he turned to Krishna in prayer. The tradition says that the required gifts arrived through divine intervention. Narsinh's composition "Kunvarbai Nu Mameru" preserved this episode in Gujarati literary memory. Behind the miracle story lies a simple human truth: Narsinh did not measure family honour by wealth. His faith gave him strength when circumstances gave him very little.

Narsinh's greatness, however, was not limited to devotional stories. He was a powerful poet who chose Gujarati as his medium. He wrote in the language of ordinary people rather than keeping spiritual ideas confined to learned circles. His compositions explored Krishna-bhakti, compassion, friendship, humility and the struggles of human life. His Sudama Charit, for example, presented the friendship between Krishna and the poor Sudama and emphasised the dignity of genuine friendship and devotion. His poetry helped give Gujarati a strong and enduring literary voice.

The old story of Narsinh therefore is not simply the story of a saint who experienced miracles. It is the story of a human being who chose values over status. He showed that a poor person could possess immense inner wealth, that a poet could become a teacher of society, and that devotion could become a powerful argument

against cruelty and discrimination. His songs survived because people did not merely hear them; they found their own lives reflected in them.

Moral of the Story

The life of Narsinh Mehta teaches us that true spirituality is measured by how we treat other people. His devotion to Krishna was expressed through compassion, humility, truthfulness, equality and service. His life reflects the Indian Knowledge System's belief that knowledge and devotion should ultimately lead to ethical living and the welfare of others. He teaches us not to judge people by wealth, caste or social position, but by their character and conduct. His courage also reminds us that doing what is morally right may sometimes mean standing alone. The greatest lesson from Narsinh is beautifully captured in the spirit of his famous bhajan: a truly spiritual person is one who can understand another person's pain and help without pride.

Conclusion: Narsinh Mehta made an extraordinary contribution to the Indian Knowledge System by bringing the ideals of bhakti, compassion, equality, humility and moral conduct into the everyday language of Gujarat. As the Adi Kavi of Gujarati, he played a foundational role in the development of Gujarati devotional literature. His bhajans, padas and narrative compositions carried spiritual and ethical ideas to ordinary people and preserved them through oral and musical traditions. His Vaishnav Jan To became one of India's best-known devotional compositions and was later embraced by Mahatma Gandhi as a powerful expression of human compassion. His works such as Hundi, Kunvarbai Nu Mameru and Sudama Charit became enduring parts of Gujarati literary and devotional culture. His greatest achievement, however, was not simply writing beautiful poetry; it was making poetry a vehicle for character-building and social harmony. Narsinh Mehta showed that the highest form of devotion is not withdrawal from humanity but seeing the Divine in humanity. His voice continues to remind us that a person becomes truly great not by rising above others, but by understanding their suffering and helping them with humility.

DR. ARMIDA FERNANDEZ: THE DOCTOR WHO CHANGED THE WAY INDIA CARES FOR NEWBORNS

When medical achievements are discussed, attention often goes to advanced technology, major hospitals and groundbreaking procedures. But some of the most meaningful changes in healthcare begin with a simple idea: ensuring that every patient, regardless of background, receives the care they need. Dr. Armida Fernandez is one such medical pioneer whose decades-long work in neonatology, breastfeeding and public health has transformed the lives of countless mothers and newborns.

A neonatologist and paediatrician, Dr. Fernandez became widely known for establishing Asia's first human milk bank at Lokmanya Tilak Municipal General Hospital, popularly known as Sion Hospital, in Mumbai in 1989. Her work was built around a fundamental understanding of newborn health: for premature and vulnerable babies, access to safe human milk can be critically important. Her pioneering initiative eventually became an important model for supporting infants who could not receive sufficient breast milk from their own mothers.

A Career Built Around Newborn Health

Dr. Fernandez completed her medical education in Hubli before pursuing postgraduate training at KEM Hospital in Mumbai. She later joined Sion Hospital, where her career became closely connected with neonatal care. She eventually became head of the Department of Neonatology and later served as dean of Lokmanya Tilak Municipal Medical College and General Hospital.

During her work with newborns, she witnessed the challenges faced by premature babies and infants whose mothers were temporarily or permanently unable to breastfeed because of illness or other complications. At a time when alternatives such as commercial formula or cow's milk were frequently used, concerns surrounding infections and inadequate nutrition made newborn feeding an important medical challenge.

Instead of accepting the existing situation, Dr. Fernandez looked for a practical and sustainable solution. Her efforts resulted in the establishment of Asia's first human milk bank at Sion Hospital in 1989. The initiative enabled

donated breast milk to be collected, processed and made available to babies who required it. The idea was innovative for its time and required both medical expertise and the ability to overcome social and institutional hesitation.

Making Breastfeeding Part of Public Health

Dr. Fernandez's contribution went beyond creating a milk bank. She became a strong



advocate for breastfeeding and maternal and child nutrition. Her research and professional work focused on improving outcomes for premature babies and reducing illness by encouraging breastfeeding and the use of breast milk.

She also contributed to the development of educational resources for healthcare workers. With support from UNICEF, she helped create a breastfeeding manual popularly known as the "Blue Module," designed to strengthen knowledge and practices around breastfeeding.

Her work also extended into the field of Mother, Infant and Young Child Nutrition, reflecting her broader belief that newborn survival cannot be separated from maternal health, nutrition and community-level healthcare.

From Hospitals To Communities

One of the defining features of Dr. Fernandez's career has been her focus on taking healthcare beyond hospital walls. After her years at Sion Hospital, she continued working on public-health initiatives aimed particularly at women and children.

She became the founder-trustee of SNEHA India, an organisation working in areas including maternal and newborn health, nutrition, adolescent health and prevention of

violence against women and children. Through such work, her approach expanded from treating individual patients to addressing the wider social and health conditions that influence families and communities.

Her public-health journey also included work related to palliative care. She founded the Romila Palliative Care Center, which provides support to people living with life-limiting illnesses and care for homebound senior citizens. Her career therefore demonstrates a broad understanding of healthcare one that encompasses newborns at the beginning of life as well as elderly and seriously ill people requiring dignity and support.

Recognition For A Lifetime Of Service

In 2026, Dr. Armida Fernandez was awarded the Padma Shri for her contributions to medicine, neonatology and public health. The honour recognised a career that had already

influenced several important areas of healthcare, particularly neonatal nutrition and breastfeeding.

The recognition is significant not simply because of the award itself, but because it highlights the importance of work that can sometimes remain outside the public spotlight. Building a healthcare system that protects vulnerable newborns, educates mothers and strengthens community health requires persistence over many years. Dr. Fernandez's career represents precisely that kind of sustained service.

Her recognition also places attention on an important lesson in healthcare: innovation does not always mean inventing something technologically complex. Sometimes innovation means identifying a neglected problem and creating a system that can solve it effectively and compassionately.

A Legacy That Extends Beyond One Innovation

Dr. Armida Fernandez's story is ultimately about more than the first human milk bank in Asia. It is about changing attitudes toward newborn care and recognising breastfeeding and maternal nutrition as important components of public health.

From neonatal wards in Mumbai to community-based health programmes, her work has consistently focused on vulnerable people who need stronger systems of care. Her journey demonstrates how medical professionals can influence healthcare not only through clinical practice but also through education, advocacy, institution-building and social action.

The Padma Shri therefore serves as recognition of a much larger legacy. Dr. Fernandez's decades of service show how one doctor's determination can evolve into systems that benefit generations.

Her career offers a powerful message for modern healthcare: when medical knowledge is combined with compassion, persistence and a commitment to public service, its impact can reach far beyond the walls of a hospital.

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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.

You open your phone to check one message and minutes later, you are still scrolling, watching videos, browsing products or reading posts. That everyday digital moment has become a powerful business opportunity. Every click, view and minute of screen time can generate advertising revenue, consumer insights, brand visibility and future sales. This is the foundation of the Attention Economy, where human attention has become a valuable digital asset. For businesses, attention can drive engagement, conversion and revenue. For entrepreneurs, it can become the foundation of new business models. For commerce students, it highlights the growing connection between technology, consumer behaviour, marketing and economics.

Understanding the Attention Economy

The Attention Economy is an economic system where businesses compete to attract, retain and monetise consumers' limited attention. Unlike capital or inventory, attention cannot be stored, making it a scarce and valuable resource. Social media, search engines, streaming, gaming, e-commerce and creator platforms therefore invest heavily in content, recommendations and personalised experiences.

Example: A streaming platform analyses viewing behaviour to recommend relevant

content, encouraging users to stay engaged and continue their subscriptions.

Why Attention Has Become a Business Asset

Attention helps businesses reach consumers, influence purchasing decisions and build brand relationships. It is particularly valuable in digital advertising, where platforms monetise audience size and engagement. It also provides valuable consumer insights. Searches, clicks, viewing patterns and preferences help businesses understand what customers want and adapt their products, services and marketing strategies. Thus, attention + data + analytics has become a powerful combination in modern business.

From Attention to Revenue

Attention alone does not guarantee profitability. Businesses must convert it into measurable commercial value: Attention → Engagement → Data → Conversion → Revenue → Loyalty

Example: A fashion brand can use engaging social-media content to attract consumers, understand their preferences and convert interest into purchases.

Therefore, businesses look beyond views and followers to measure conversions, customer acquisition, retention and lifetime value.

The Creator Economy: Turning Attention into a Business

The creator economy is one of the most visible developments of the Attention Economy. Individuals can build audiences around specialised interests such as education, finance, fitness, food, travel and technology, turning their expertise into an economic asset. Revenue can come through advertising, brand partnerships, subscriptions, affiliate marketing, digital products, events and direct sales.

Example: A finance educator can monetise a trusted online audience through courses, subscriptions and brand partnerships without operating a traditional media company.

The creator economy demonstrates how individual expertise, content and audience can become a business.

Business Opportunities in the Attention Economy

The Attention Economy is creating opportunities in:

- Digital marketing
- Content and creator services
- Consumer analytics
- Brand strategy
- Advertising technology

Example: A small agency can help local businesses create digital content, run targeted campaigns and measure customer engagement.

A New Opportunity for Entrepreneurs

Entrepreneurs can enter the Attention Economy with relatively limited investment by developing a strong niche, useful content and a clearly defined audience. Opportunities include digital communities, educational platforms, marketing services, analytics solutions and customer-experience businesses. However, sustainable businesses cannot depend on attention alone. They must offer genuine value and build credibility and trust with their audiences.

AI Is Changing the Attention Economy

Artificial intelligence is intensifying competition by enabling businesses to personalise recommendations, predict preferences, generate content and optimise advertising. But as AI makes content easier to produce, information overload is increasing. Businesses will therefore need originality, credibility and relevance to stand out.

Career Opportunities for Students

The Attention Economy is creating careers across digital marketing, analytics, branding, content and customer engagement. Opportunities include:

- Digital Marketing Specialist
- Consumer Insights Analyst
- Brand Manager
- Content Strategist
- Performance Marketing Analyst
- Creator Economy Manager
- Entrepreneur

Example: A commerce graduate can enter digital marketing, consumer analytics or brand management by combining business knowledge with digital skills.

Skills Students Should Build

Students should develop:



- Digital marketing
- Consumer behaviour
- Data analytics
- AI and digital literacy
- Communication and storytelling
- Critical thinking and problem-solving
- Business and entrepreneurial thinking

Most importantly, they should understand how consumer attention connects with business value and profitability.

The Bigger Shift

The Attention Economy represents a fundamental shift in how businesses compete. Traditional businesses competed largely for physical resources, while digital businesses increasingly compete for time, attention, data and engagement. As technology and AI continue to expand, businesses that can capture attention, create meaningful experiences and build lasting customer relationships will have a competitive advantage.

The Take Away

The Attention Economy is transforming views, clicks and screen time into valuable economic resources, creating new businesses, careers and entrepreneurial opportunities. For commerce students, understanding consumer behaviour, digital marketing, data and technology is becoming increasingly important. Because in tomorrow's economy, success will belong to those who earn attention, create value and build trust.

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EDITORIAL NOTE

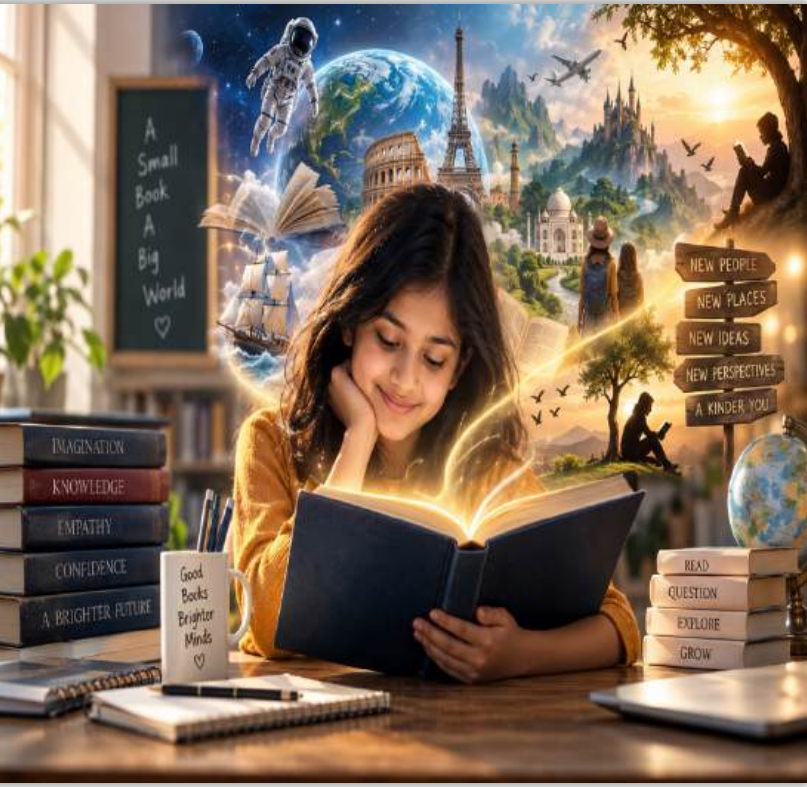
The study of language and literature is not just an academic pursuit, but a journey into the world of imagination, critical thinking, and cultural exchange. This page celebrates creativity, knowledge, and expression by bridging the classics with contemporary voices.

THE POWER OF READING: HOW BOOKS SHAPE YOUNG MINDS

A book may appear to be simply a collection of pages, but within those pages lie ideas capable of changing lives.

Reading introduces us to people we may never meet, places we may never visit and experiences we may never personally encounter. It expands our imagination and allows us to understand perspectives different from our own.

For students, reading goes beyond academic success. It develops vocabulary, strengthens communication skills and encourages independent thinking. A student who reads regularly gradually learns to express ideas with greater clarity and confidence.



Reading also develops empathy. When we enter the world of a fictional character or read about someone's real-life experiences, we begin to understand emotions, struggles and choices from another person's perspective.

In today's digital world, information is available instantly. Yet, reading teaches us to slow down, concentrate and think deeply. It trains the mind to connect ideas rather than simply collect information.

A good book can become a teacher, a companion and sometimes even a source of courage.

The habit of reading, therefore, is not merely about finishing books. It is about building a mind that questions, imagines, understands and grows.

DID YOU KNOW?

- Reading regularly can improve vocabulary because readers encounter words in different contexts and gradually understand how they are used.
- Libraries are among the oldest institutions of learning. Ancient libraries preserved knowledge long before the invention of modern printing.
- The world's first printed book using movable metal type is widely associated with Johannes Gutenberg's printing press in the 15th century.

GRAMMAR TIP

Read – Reading – Have Read

Read – simple present
I read every evening.

Reading – continuous form
She is reading a novel.

Have read – present perfect
They have read the book already.

Remember:
Read tells us about a habit or fact.
Reading describes an action happening now.
Have read connects a completed action with the present.

A good reader does not only read words; a good reader understands them.

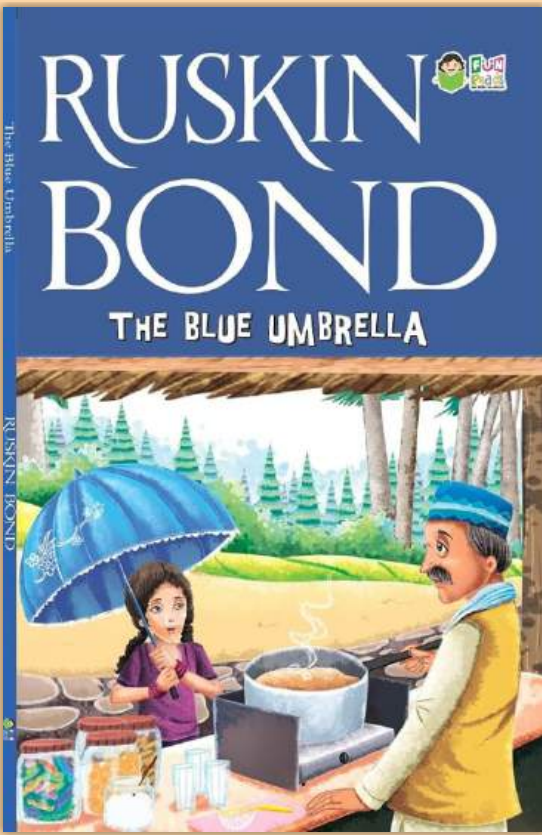
WRITER OF THE WEEK

Ruskin Bond (1934–2025)

Ruskin Bond was one of India's most beloved English-language writers, celebrated for his simple, warm and deeply evocative storytelling. His writing often draws inspiration from the hills, small towns, nature and ordinary people. What makes Bond's work special is its simplicity. He could transform an everyday moment a rainy afternoon, a journey by train, a conversation with a stranger into a memorable story. His works often explore friendship, childhood, loneliness, nature and the beauty hidden in ordinary life. For young readers especially, Ruskin Bond's stories demonstrate that powerful writing does not always require complicated language. Sometimes, simplicity itself can carry the deepest emotions. His contribution to Indian children's and literary writing continues to inspire generations of readers.

BOOK REVIEW

The Blue Umbrella — Ruskin Bond



The Blue Umbrella is a charming story set in the hills of India, centred on Binya, a young girl who owns a beautiful blue umbrella. Through a simple tale of jealousy, kindness and forgiveness, Ruskin Bond delivers a meaningful message about contentment and letting go.

Verdict: A short, heartwarming read with a lasting message.

QUOTABLE QUOTES

A reader lives a thousand lives before he dies.

— George R. R. Martin

CREATIVE WRITING

THE MAGIC OF STORIES

Stories open doors to worlds unknown,
Where dreams and wonders can be shown.
Through every page, new journeys start,
Leaving a little light within the heart.

They teach us lessons, make us wise,
And help us see through different eyes.
They make us laugh, they make us care,
And show us worlds beyond compare.

A story may end, the pages close,
Yet its message quietly grows.
Its words remain, its memories stay,
Guiding our thoughts along the way.

So pick a book and start to read,
Let imagination plant its seed.
For every story that we explore,
Can open a new and brighter door.

Poetry by
— R. K. Narayan

WORD OF THE WEEK

Curiosity (noun)
Meaning: A strong desire to know, learn or discover something.
Example: Her curiosity encouraged her to ask questions and explore new ideas.

IDIOM HIGHLIGHT

“Turn Over A New LeaF”

Meaning: To make a fresh start and change for the better.
Example: After struggling with his studies, he decided to turn over a new leaf.

CHEAP IMPORTS AND AGEING TREES SQUEEZE KASHMIR'S WALNUT INDUSTRY

Kashmir's historic walnut sector is facing a severe financial squeeze as an influx of low-cost foreign imports combined with declining yields from ageing trees threatens the livelihoods of thousands of regional growers.



Once the primary supplier to the domestic market, Kashmiri walnuts are losing market share to cheaper, visually uniform imports from California, Chile, and China. Lower import duties and unregulated trade inflows have flooded Indian markets with thin-shelled, light-colored kernels that command a commercial advantage over traditional, organically grown Kashmiri nuts.

Compounding the trade challenge is a structural productivity drop across local orchards. A majority of walnut trees in the region are decades old, gigantic in size, and grown from seed rather than high-yielding grafted rootstocks. Harvesting these tall trees remains labor-intensive, physically hazardous, and costly, yielding lower output per hectare compared to modern high-density foreign plantations.

In response, local growers and trade associations are calling on the government to enforce protective import tariffs and minimum import prices. Industry experts stress that safeguarding the sector requires a targeted revival package focused on replacing senile trees with high-yielding grafted varieties, establishing modern solar drying and processing hubs, and securing direct market linkages.

AI GAINS GROUND IN AGRICULTURE AND FOOD SECTORS, SAYS EAZY BUSINESS SOLUTIONS MD

Artificial intelligence (AI) is rapidly transforming India's agriculture and food processing sectors by driving operational efficiency, optimizing supply chains, and reducing wastage, according to Kunal Singhal, Managing Director of Eazy Business Solutions.



Speaking on the evolving technological landscape, Singhal highlighted that AI-driven enterprise resource planning (ERP) systems and smart digital tools are helping food manufacturers and agribusinesses automate key workflows. From predictive crop yield forecasting and soil health monitoring to precision inventory management and real-time demand tracking, AI integration allows businesses to minimize post-harvest losses and respond faster to volatile market conditions.

The technology is also proving critical for small and medium enterprises (SMEs) across the agro-

industrial value chain. By simplifying data processing, automated traceability systems enable processors to comply with strict food safety standards and track produce from farm gate to consumershelves.

Industry experts note that as adoption accelerates, the combination of cloud infrastructure, IoT devices, and actionable AI analytics will play a pivotal role in boosting rural incomes, lowering production costs, and modernizing India's broader agricultural economy.

RETAIL SUGAR PRICES DROP 3.85% TO ₹62.57/KG FOLLOWING GOVT SUPPLY INTERVENTIONS

Following targeted supply-side interventions by the central government, the average all-India retail price of sugar declined by 3.85 percent over the past week to 62.57 rupees per kilogram, down from 65.08 rupees per kilogram recorded a week earlier.



Official data from the Ministry of Consumer Affairs indicates that wholesale sugar prices also experienced a cooling trend, dropping from 60.39 rupees to 57.62 rupees per kilogram on September 2. Despite this weekly drop, retail rates remain roughly 27 percent higher than month-ago levels of 49.33 rupees per kilogram. Industry sources note that retail prices typically take up to ten days to fully reflect wholesale declines as store owners clear inventory purchased at earlier, higher acquisition rates.

The price moderation follows decisive policy measures, including permitting duty-free imports of 10 lakh tonnes of raw sugar and imposing strict stockholding limits on bulk industrial

WEAK MONSOON THREATENS INDIA'S CORN PRODUCTION IN 2026-27

India's corn production is expected to decline in the 2026-27 crop year as weak and uneven monsoon rainfall affects sowing and crop yields. The US Department of Agriculture's (USDA) New Delhi office has lowered its production estimate by around 10% to 50 million tonnes, compared with a record 55 million tonnes in 2025-26.



The decline is largely attributed to delayed rainfall and moisture stress in major corn-growing regions. Kharif corn acreage stood at around 89.99 lakh hectares, nearly 4% lower than the 93.87 lakh hectares recorded during the same period last year. Karnataka, Maharashtra and Telangana have reported notable declines in cultivation, further affecting the production outlook.

The situation is significant because domestic corn consumption is projected to rise to around 51 million tonnes, exceeding the estimated production.

WHO WILL GROW INDIA'S FOOD? THE CHALLENGE OF AN AGEING FARM WORKFORCE



India's food security faces a challenge that goes beyond production, rainfall and technology: who will actually grow the food in the future? While India remains one of the world's youngest major economies, its farming workforce is ageing, with the average age of farmers estimated at around 50-55 years. At the same time, very few rural youngsters see farming as an attractive career.

Youth migration from villages to cities is largely driven by economic realities. Low farm incomes, small landholdings, uncertain prices and limited opportunities make construction, manufacturing, logistics, retail and services more appealing. Migration, therefore, is not merely a social trend but an economic decision.

The solution cannot be to stop young people from migrating. Instead, agriculture must become more productive, profitable and aspirational. Better access to technology, irrigation, credit, markets and modern farming practices can make agriculture attractive to a new generation. Young people can also bring skills in artificial intelligence, drones, precision farming and digital marketing.

India's future food security will ultimately depend on connecting the experience of existing farmers with the skills and ambitions of its youth. The next agricultural revolution must make farming not just sustainable, but a viable career for the next generation.

AICTE LAUNCHES PHD FELLOWSHIP SCHEME

The All India Council for Technical Education (AICTE) has launched a Rs 245 crore fellowship programme to support 150 PhD students and promote application-oriented research in technical education.

The initiative aims to encourage doctoral research focused on practical challenges and solutions with potential applications in industry and society. Selected scholars will receive financial support to pursue their doctoral studies and research.

The programme seeks to strengthen research and innovation in technical education by encouraging scholars to work on areas with real-world relevance. It is also expected to create stronger connections between academic research, industry requirements and societal needs.

Under the scheme, 150 PhD students will receive fellowship support. The financial assistance is intended to help scholars continue their research with fewer financial constraints and devote greater attention to their doctoral work.

The initiative reflects AICTE's efforts to strengthen India's research ecosystem and promote high-quality doctoral research in technical and allied disciplines. By focusing on application-oriented projects, the programme aims to encourage research that can translate academic knowledge into practical solutions.

The fellowship is expected to provide young researchers with greater opportunities to undertake meaningful projects and contribute to innovation and technological development.

Through the Rs 245 crore initiative, AICTE aims to strengthen doctoral education while encouraging a research culture focused on practical outcomes, problem-solving and societal impact. The programme also seeks to support researchers whose work can contribute to addressing emerging challenges and advancing technical education.

DU OPENS INDIA'S FIRST CARBON GARDEN

The University of Delhi (DU) has inaugurated India's first carbon garden, an initiative aimed at promoting environmental awareness and exploring nature-based solutions to urban pollution. The garden was inaugurated by DU Vice Chancellor Yogesh Singh on September 3.

Set up by the university's Department of Botany, the carbon garden covers around 2,000 square feet and features different plant species that play an important role in the environment. The initiative seeks to highlight the contribution of plants in addressing environmental challenges and encourage greater awareness about urban greenery.

Speaking at the inauguration, Singh warned that Delhi could become the “pollution capital” if adequate measures are not taken to address the city's environmental problems. He stressed the need for collective efforts and greater attention to pollution control.

serve as an educational and awareness space for students, researchers and visitors. It also reflects the university's efforts to connect academic knowledge with practical environmental initiatives.

The initiative comes amid continuing concerns over air pollution in the national capital. DU's move highlights the role educational institutions can play in promoting sustainable practices and environmental responsibility.

Through the carbon garden, the university aims to encourage students and the wider community to understand the importance of green spaces and contribute to efforts aimed at creating a cleaner and more sustainable urban environment.

The carbon garden is expected to

MISSION SAMARTHYA BRINGS SMART LEARNING TO RURAL RAJASTHAN

The Baran district administration, in partnership with NTPC, has launched 'Mission Samarthya-Samarth Yuva' to bring smart learning and quality academic guidance to rural students, reducing the need to migrate to coaching hubs.

Under the initiative, 12 senior secondary government schools across all eight blocks have been identified as Samarthya Kendras. Of these, 11 are operational and have been conducting interactive academic sessions since August 15.

Spearheaded by Baran Collector Balmukund Asawa, the programme uses a central control room to deliver live lectures to connected schools. NTPC has supported the initiative through its CSR programme by providing high-speed internet, uninterrupted power supply units, dedicated lease lines and video-conferencing facilities.

The digital network addresses shortages of specialised teachers, particularly in Mathematics and Science, by enabling single-source

instruction across multiple locations. Sessions also cover general studies, English grammar, spoken English and career counselling.

Each centre targets a minimum batch of 25 students. Around 500 students are currently enrolled across the 11 operational centres, with batches of about 30 students.

The initiative gives special attention to female students in Classes 10 to 12, providing competitive exam preparation, career guidance and information on higher education, employment opportunities and vocational training.

Mission Samarthya aims to bring urban-grade educational infrastructure and academic guidance to rural classrooms, expanding access to quality learning opportunities and helping students pursue higher education and career pathways without leaving their communities.

HIMACHAL CREATES 1.60 LAKH JOBS IN THREE YEARS

The Himachal Pradesh government has provided 1.60 lakh jobs over the past three years, a state minister said on September 3, highlighting employment generation as a focus of the government.

The minister said the government has taken steps to create employment opportunities and strengthen livelihood options across Himachal Pradesh. The jobs provided during the three-year period include opportunities generated through government initiatives and sectors.

The government's employment efforts are aimed at addressing job requirements among youth and expanding opportunities for people seeking employment. The minister highlighted the figures while outlining the government's performance and initiatives during the period.

Employment generation remains a concern for young people, with demand for government and other formal sector opportunities continuing across Himachal Pradesh. The government has

focused on measures intended to increase employment and support economic activity.

The minister said the employment figures reflect the government's efforts towards providing opportunities and strengthening the state's workforce. The initiative is expected to contribute to improving livelihoods and supporting the economic well-being of families.

The government's claim of 1.60 lakh jobs over three years comes amid focus on employment and skill development in Himachal Pradesh. Increasing job opportunities and supporting young people in finding sustainable employment remain priorities for the state.

The minister's statement underlines the government's emphasis on employment generation as part of its development agenda and efforts to provide economic opportunities to residents.

MP LAUNCHES HINDI-MEDIUM CIVIL ENGINEERING COURSE



The Madhya Pradesh government has launched a Hindi-medium civil engineering course to make technical education more accessible to students who prefer studying in Hindi. The initiative is aimed at reducing language barriers and encouraging more students to pursue engineering education.

Under the new programme, students will be able to study civil engineering in Hindi while receiving professional technical education. The state government will also provide an incentive of Rs 2 lakh to eligible students, according to the announcement.

The initiative is expected to benefit students who have completed their schooling in Hindi medium and may find it difficult to adapt to English-language technical courses. By providing engineering education in Hindi, the government aims to create a more accessible learning environment and widen participation in professional education.

The programme is part of broader efforts to promote education in Indian languages and make higher education more inclusive. It seeks to ensure that language does not become a barrier for students aspiring to enter technical and engineering fields.

The Rs 2 lakh government incentive is also expected to encourage students to enrol in the new course and support their educational journey.

The launch marks an important step towards expanding language options in technical education. Through the initiative, the Madhya Pradesh government aims to combine engineering education with language accessibility and financial support, enabling more students to pursue civil engineering and build careers in the technical sector.

INDIA'S 7.8% GDP GROWTH SPARKS DEBATE: STRONG RECOVERY OR STATISTICAL RECALIBRATION?

India's economy has delivered a surprisingly strong performance in the first quarter of 2026-27, with real GDP expanding 7.8% year-on-year during April-June. The number, released under the country's revised national accounts framework, has strengthened the government's case that economic momentum remains resilient. At the same time, it has triggered an intense debate among economists and analysts over the methodology behind the estimate, particularly the new GDP series, price deflators and revisions to earlier data.

The headline figure is certainly impressive. Q1 growth of 7.8% compares with 6.9% in the corresponding quarter of the previous year and is also above the Reserve Bank of India's earlier projection of 7%. Nominal GDP increased by 10.3%, while real Gross Value Added rose 8.2%. The strength was not confined to one part of the economy: manufacturing expanded 9.2%, the broader secondary sector grew 8.6% and services registered 10%. Financial, real estate, information technology and professional services recorded particularly strong growth of 12.1%.

The controversy, however, is not simply about whether India grew rapidly. It centres on how that growth has been measured. The latest figures come from a new GDP series with 2022-23 as the base year, replacing the earlier 2011-12 series. Alongside the base-year change, the statistical system has incorporated updated data sources, more detailed price information and a new Producer Price Index framework. Manufacturing estimates have also moved towards a double-deflation approach, which separately adjusts output and intermediate consumption for price changes.

This has put the GDP deflator at the heart of the argument. With nominal GDP rising 10.3% and real GDP increasing 7.8%, the implied

economy-wide price adjustment is relatively modest. Critics argue that if the underlying price increase were higher, the calculated real growth rate would consequently be lower. But comparing the GDP deflator directly with consumer inflation or wholesale inflation can be misleading because the three indicators measure different economic baskets and serve different purposes.

Another source of confusion is the revision of historical data. The new methodology has changed earlier estimates, making direct comparisons between numbers produced under the old and new systems potentially inappropriate. The statistical authorities have defended the revisions as part of the normal process of improving national accounts as better information becomes available. They have also rejected suggestions that the methodology was altered to artificially raise growth.

Criticism has nevertheless intensified because some analysts believe the headline number appears difficult to reconcile with their assessment of economic conditions. The debate has consequently moved beyond politics into a broader question of statistical credibility. Supporters of the official estimate point to strong investment, consumption and sectoral activity, while sceptics are seeking greater transparency on the calculations and historical revisions.

The most sensible conclusion may be to neither dismiss the 7.8% figure nor accept it without scrutiny. GDP is an essential measure, but it works best when read alongside industrial production, corporate earnings, credit growth, tax collections, exports, investment and household consumption. The latest data show gross fixed capital formation growing 11.9% and private consumption 7.1%, providing additional evidence of economic activity.



Ultimately, the real test will come with subsequent revisions and future quarters. If the economy continues to deliver strong growth across sectors and independent indicators broadly confirm the trend, the 7.8% figure will gain credibility. For now, India has achieved an impressive headline number—but the debate surrounding how that number was produced is equally important for the credibility of the country's economic story.

ONGC'S ₹1 LAKH CRORE DEEPWATER BET: 87 WELLS TO POWER INDIA'S NEXT ENERGY SEARCH

India's search for greater energy security is moving deeper into the ocean. State-owned Oil and Natural Gas Corporation (ONGC) is preparing a massive ₹1 lakh crore investment programme over the next five years to accelerate exploration and development of deepwater and ultra-deepwater oil and gas resources. The company plans to drill 87 wells by March 2031, making the initiative one of its most ambitious offshore exploration drives in recent years.

The scale-up comes at a crucial time for India's energy sector. Domestic oil and gas production faces pressure from the natural decline of mature fields, while the country continues to depend heavily on imports to meet its petroleum requirements. The deepwater programme is therefore not simply an exploration exercise; it represents a strategic attempt to discover new reserves that could strengthen domestic supplies and reduce vulnerability to international crude-price swings and geopolitical disruptions. ONGC's management has indicated that major discoveries will be important to arrest the decline in domestic output.

The drilling programme will gather pace progressively. ONGC plans eight deepwater and ultra-deepwater wells in FY27, followed by 10 in FY28, 20 in FY29, 22 in FY30 and 27 in FY31. The company has identified substantial hydrocarbon potential across its deepwater acreage, with estimates pointing to around 5.6 million tonnes of oil equivalent in potential resources in the targeted areas. The exploration effort is expected to generate critical geological information that will help determine the commercial viability and scale of future discoveries.

The programme is being supported by the government's broader Samudra

Manthan initiative, for which an outlay of ₹84,084 crore has been approved. The scheme is designed to encourage exploration in challenging offshore areas and accelerate the development of India's hydrocarbon



resources. However, the final economics of individual projects will depend on what the drilling campaign actually discovers. Deepwater exploration involves high capital costs, technological complexity and considerable geological risk, meaning a large investment does not automatically guarantee commercially viable reserves.

Technology will be central to this new phase. ONGC is already undertaking surveys and preparatory work and plans to use advanced technologies, including artificial intelligence and machine learning, to improve exploration. The company is also looking to strengthen its technical capabilities through international partnerships, recognising that offshore exploration increasingly depends on sophisticated data

interpretation, drilling technology and project-management expertise.

The timing of the investment also highlights a larger transformation in India's energy strategy. For decades, much of the country's domestic production came from established fields, but the next generation of resources is likely to require exploration in technically difficult frontiers. Offshore basins could therefore become increasingly important as India seeks to balance rising energy demand with the need for greater domestic resource security.

The deepwater push is also being accompanied by efforts to strengthen ONGC's wider energy business. The company is working towards a 1.75-million-tonne strategic crude oil reserve in Mangalore and plans to establish an international crude and petroleum-products trading platform by the end of FY27. Together, these initiatives point towards a broader strategy encompassing exploration, storage and global market participation.

For India, the real significance of the ₹1 lakh crore plan will ultimately be measured not by the number of wells drilled, but by the reserves discovered and successfully brought into production. If the campaign delivers commercially viable finds, it could provide a new foundation for domestic oil and gas output. For ONGC, it is a high-stakes bet on the country's offshore future and on the belief that some of India's next major energy discoveries may lie far below the seabed.

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Q. Is the Workplace Really a Family,
or Should It Remain a Professional
Space?

Ans. The statement, “This workplace is a family,” is commonly heard in organizations, educational institutions, and businesses. It is often intended to create a sense of belonging, trust, cooperation, and emotional connection among employees. A few questions can help evaluate whether the culture reflects the claim that says 'we are family: Are people treated with dignity even when they disagree? Can employees raise concerns without fear of retaliation? Are rules applied consistently to everyone? Do leaders support employees during difficult times as much as they expect commitment from them? Is feedback encouraged, or is only agreement welcomed? If the answer to most of these is "no," then the organization may be using the language of family without practicing the behaviors that make people feel genuinely supported. A more accurate statement for most organizations is: “We strive to be a

respectful, supportive, and fair workplace where people work together toward shared goals."

Beyond Emotional Language: The IKS Perspective: That sets appropriate expectations while recognizing that employment is fundamentally a professional relationship. However, from the perspective of the Indian Knowledge System (IKS), this statement deserves thoughtful reflection. Indian wisdom does not merely rely on emotional expressions; it distinguishes between different kinds of relationships based on dharma (duty), kartavya (responsibility), maryada (ethical boundaries), and nyaya (justice). Therefore, while a workplace may exhibit some qualities of a family, it is not literally a family. It is better understood as a professional community bound by shared purpose and ethical responsibilities.

Dharma: The Foundation of Every Relationship: The Indian Knowledge System views every relationship through the lens of dharma. In ancient Indian society, relationships were carefully defined. The relationship between parents and children was different from that between a teacher and a student, a king and his subjects, or an employer and a worker. Each relationship had its own rights, responsibilities, and boundaries. The Mahabharata, Ramayana, Manusmriti, Arthashastra, and Bhagavad Gita repeatedly emphasize that social harmony is achieved when individuals perform their prescribed duties sincerely rather than confusing one role with another.

Vasudhaiva Kutumbakam: One World, Not One Workplace: The Sanskrit saying "Vasudhaiva Kutumbakam", meaning "The whole world is one family," is often quoted to justify calling organizations a family. However, this principle is frequently misunderstood. It does not imply that every institution literally functions like a household. Instead, it encourages universal compassion, mutual respect, and the recognition that all human beings deserve dignity. The concept promotes inclusiveness and ethical conduct, not the elimination of professional accountability or organizational discipline.

Svadharm and the Ethics of Professional Duty: The Bhagavad Gita teaches that every individual should perform their Svadharm, or rightful duty, with sincerity and without attachment to personal rewards. Employees are expected to carry out their professional responsibilities honestly, while leaders are expected to guide, protect, and treat everyone fairly. In this context, the relationship between an employer and an employee is based on mutual obligations rather than unconditional emotional attachment. A workplace should therefore be governed by fairness, competence, and ethical leadership rather than emotional slogans.

Kautilya's Arthashastra: Merit, Accountability and Good Governance: The Arthashastra,

composed by the ancient scholar Kautilya, provides one of the earliest systematic approaches to organizational governance. According to Kautilya, a successful ruler must appoint capable people based on merit, monitor administration with transparency, reward honest work, and punish misconduct without favoritism. Decisions should be based on justice and organizational welfare rather than personal likes or dislikes. This ancient management philosophy resembles modern principles of good governance, human resource management, and institutional accountability. It does not encourage treating professional organizations as families where emotions override fairness.

The Guru–Shishya Tradition: Affection with Boundaries: Similarly, the Indian concept of the Guru–Shishya tradition offers valuable lessons. The relationship between a teacher and a student was deeply respectful and affectionate, but it remained professional in its purpose. The Guru guided the student toward knowledge, character, and self-realization, while the student demonstrated discipline and commitment to learning. Both fulfilled their respective responsibilities without confusing educational guidance with parental authority. Likewise, modern organizational leaders should mentor, encourage, and develop employees while maintaining fairness and professional ethics.

When Dharma Must Stand Above Attachment: The Indian Knowledge System also places great emphasis on Dharma before attachment. The Mahabharata illustrates that even close family members were expected to uphold righteousness. When attachment conflicted with justice, dharma was considered supreme. The hesitation of Arjuna on the battlefield arose because he saw his relatives before him. Krishna reminded him that personal relationships should not prevent the fulfillment of righteous duty. This lesson suggests that organizations should never sacrifice fairness, integrity, or institutional values in the name of family-like loyalty.

Family and Workplace: Two Different Relationships: A genuine family possesses characteristics that differ significantly from those of a workplace. Family relationships are unconditional. Parents continue to love and support their children despite disagreements or failures. Employment, however, is based on defined roles, responsibilities, competence, and organizational needs. Employees may be promoted, transferred, or even separated from service based on performance or institutional requirements. Therefore, while workplaces can cultivate care and respect, they cannot replace the unconditional nature of a family.

Compassion and Justice: The Two Pillars of Ethical Leadership: Indian ethics recommend balancing compassion with justice. The principle of Karuna (compassion) encourages leaders to understand employees' personal difficulties, support well-being, and foster psychological safety. At the

same time, the principle of Nyaya (justice) requires equal treatment, transparent evaluation, and accountability. When compassion exists without justice, favoritism may emerge. When justice exists without compassion, organizations may become mechanical and insensitive. Indian philosophy teaches that sustainable leadership requires both.

Lokasangraha: Leadership for Collective Welfare: The concept of Lokasangraha, explained in the Bhagavad Gita, further strengthens this perspective. Lokasangraha refers to working for the welfare and stability of society. Leaders are expected to act in ways that inspire trust, maintain social order, and encourage collective progress. An ethical workplace should therefore create an environment where employees feel respected, their contributions are valued, and decisions are transparent. Such an organization may resemble the supportive spirit of a family, but it remains governed by professional standards and institutional responsibilities.

What Employees Really Need: Trust Beyond Slogans: Modern organizational psychology increasingly supports these ancient insights. Research consistently shows that employees value respectful leadership, fairness, recognition, opportunities for growth, psychological safety, and transparent communication more than symbolic declarations about being a family. Trust is built through actions rather than slogans. Employees believe they belong when leaders demonstrate consistency between their words and their behaviour.

From “We Are a Family” to “We Are a Community Guided by Dharma”: Therefore, instead of saying, "We are a family," an organization inspired by Indian Knowledge Systems may adopt a more meaningful philosophy: "We are a community guided by Dharma. We respect every individual, perform our duties sincerely, support one another with compassion, uphold justice without favoritism, and work together for collective excellence." Such a statement reflects the essence of Indian wisdom. It recognizes that organizations thrive when leadership is ethical, employees are treated with dignity, responsibilities are clearly defined, and fairness is never compromised. Emotional belonging is valuable, but it should never replace professional accountability or ethical governance.

In conclusion, the Indian Knowledge System encourages workplaces to become ethical communities rooted in Dharma, duty, compassion, justice, merit, transparency, and accountability. A workplace may offer family-like warmth without losing professionalism. Genuine trust emerges through fairness, respect, and humanity. Such values create harmonious organizations that achieve sustainable excellence and collective growth.

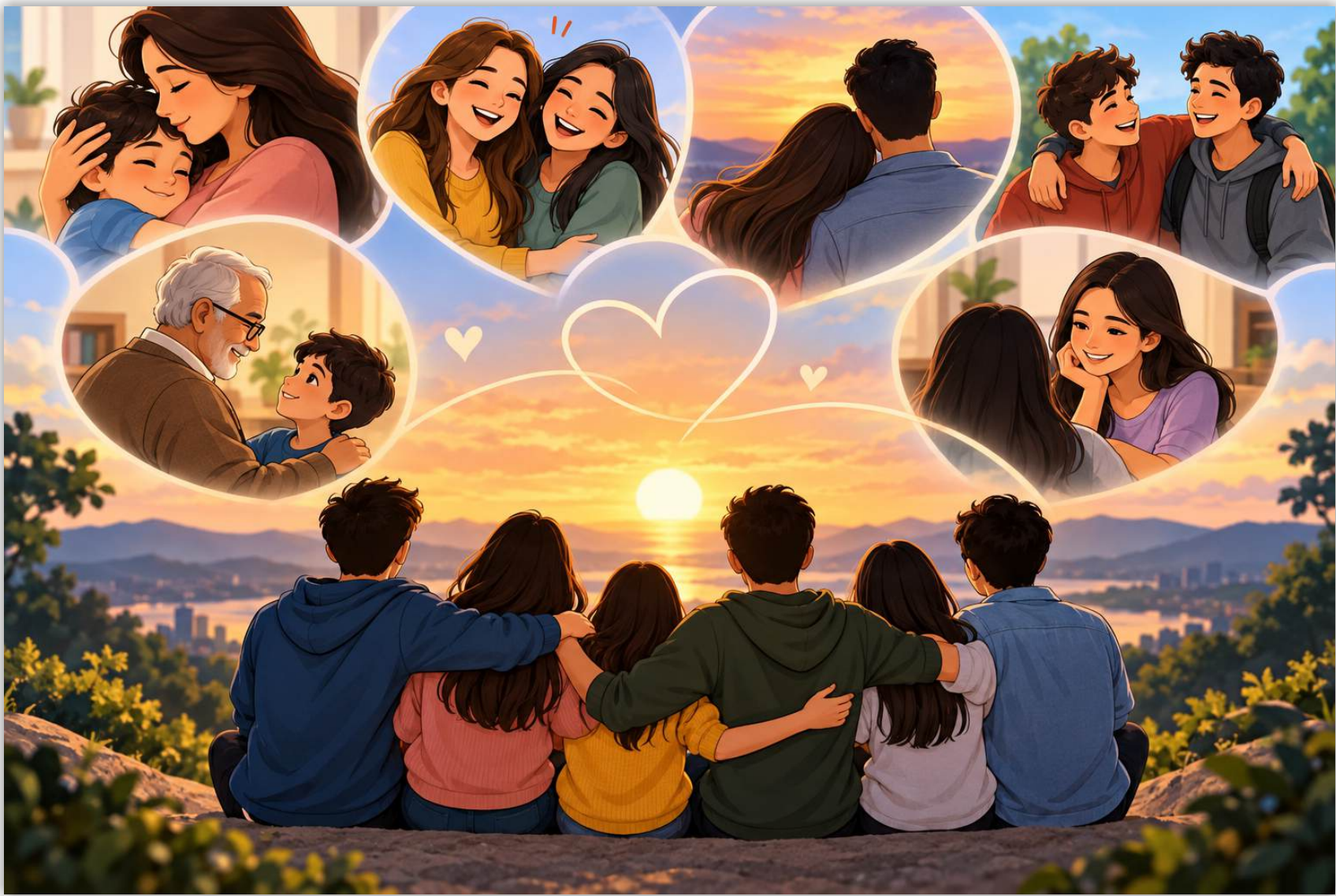
WHEN PEOPLE MATTER, WORDS MATTER MORE

There are many different kinds of people we encounter throughout our lives. Some enter our lives briefly, leaving behind nothing more than a memory, while others become an inseparable part of our journey. Among all these relationships, there exists a very small and precious circle, the people to whom we are deeply attached and with whom we share a genuine emotional bond.

These people may be our parents, siblings, partners, friends, mentors, or simply someone who has earned a special place in our hearts. Their presence carries a significance that is difficult to explain. When they say something to us, whether it is good or bad, we tend to take it seriously. Their words have the power to stay with us long after the conversation has ended.

We remember the smallest details about them, their behaviour, their words, their expressions, and even the way they made us feel. A casual remark from someone outside our inner circle may easily be forgotten, but the same words spoken by someone we deeply care about can affect us intensely. This is because emotional closeness gives people a certain influence over our thoughts and feelings.

Interestingly, these people may not always realise how deeply their words affect us. They might say something casually, make a joke, offer criticism, or even give us praise without thinking much about it. Yet, because they matter to us, their words can carry far greater weight than they intended.



This emotional connection is both beautiful and vulnerable. When the people closest to us appreciate us, encourage us, or express their love, their words can give us immense confidence and happiness. However, when they criticise, ignore, disappoint, or hurt us, the impact can be equally profound.

Their approval matters more, their silence feels heavier, and their disappointment can linger in our minds.

Sometimes, we build an emotional layer around ourselves when dealing with the outside world. We learn not to react to every opinion, every criticism, or every passing comment. We become strong enough to ignore things that do not truly matter. But when that protective layer is absent around the people we love, their actions and words can reach us much more deeply.

That is the paradox of meaningful relationships: the people who have the greatest ability to comfort us also have the greatest ability to hurt us. Their importance gives their words power.

Perhaps this is what makes close relationships so human. Caring deeply means becoming vulnerable. It means allowing someone to matter enough that their happiness affects ours and their words stay with us. Therefore, we should be mindful of how we treat the people within our smallest circle, because sometimes a simple word from us can mean far more to them than we will ever realise.

THE OBSESSION TO WIN: WHEN VICTORY BECOMES A WAY OF LIFE

Always think of winning. Once you have tasted victory, you begin to crave it again. The feeling of accomplishment, recognition, and satisfaction that comes with success can become a powerful driving force. It pushes you to work harder, dream bigger, and refuse to settle for anything less than your best. Victory, once experienced, changes the way you perceive effort, competition, and even yourself.

Winners are often defined not merely by their achievements, but by the passion and dedication that lie behind them. They understand that success is rarely accidental. Every achievement demands discipline, perseverance, sacrifice, and an unwavering commitment to one's goals. They know that if they reduce their efforts, someone more determined may eventually take their place. This awareness keeps them hungry, focused, and constantly striving for excellence.

To become truly successful, one must develop a mindset that refuses to be satisfied with mediocrity. Being obsessed with winning does not necessarily mean defeating everyone around you; rather, it means developing an intense desire to become better than you were yesterday. It means setting higher standards for yourself and having the courage to pursue them relentlessly.

Sometimes, this obsession becomes so powerful that preparation itself consumes your thoughts. You may find yourself unable to sleep because you are imagining the moment of victory, rehearsing your presentation, refining your performance, or visualising every possible outcome. You begin to see success not as a distant possibility but as

something you have already experienced in your mind.

Imagine walking onto a stage with complete confidence. You know exactly how you want to present yourself. You imagine the audience listening attentively, the panel acknowledging your efforts, and the moment when your name is announced as the winner. You can almost hear the applause and feel the pride of having accomplished something you worked tirelessly for. Such visualisation can transform an ordinary dream into a powerful objective.

And then comes the moment when your name is finally announced.

The same people who once doubted you may fall silent. Those who underestimated your abilities may begin to look at you differently. Congratulations start pouring in. Your achievement becomes visible to everyone, but only you know the countless hours of preparation, self-doubt, sacrifice, and persistence that brought you there.

That moment is not merely about receiving a trophy, certificate, or title. It is about proving to yourself that your determination was stronger than your obstacles.

However, the greatest danger is becoming addicted to external validation. Winning should inspire you, not define your entire identity. The real purpose of success is to encourage continuous growth, to make you more disciplined, more confident, and more capable of pursuing even greater challenges.



So, think of winning. Visualise it. Prepare for it. Work relentlessly for it. But remember that true victory is not simply standing above others; it is becoming the strongest version of yourself.

Taste victory once, and let it awaken the hunger to achieve more.

INDIA'S CARBON MARKET EDGES TOWARD FIRST TRADE

The Carbon Credit Trading Scheme's first compliance deadline has passed, and exchange trading is expected by October, marking a quiet shift in how Indian industry will pay for emissions. The deadline for 740 obligated entities to file their first year compliance submissions under Form A for FY 2025–26 was passed on July 31, 2026. Trades of Carbon Credit Certificates (CCCs) on power exchanges IEX, PXIL, and HPX are scheduled for October which is roughly three years after the legal framework was notified under the Energy Conservation (Amendment) Act, 2022. CCTS covers nine energy intensive sectors including steel, cement, and refining, accounting for over 700 million tonnes of CO2 equivalent. The scheme replaces energy-based PAT targets with greenhouse gas emission intensity reduction targets 1–3% for FY 2025–26 against FY 2023–24 baselines. Over-performing facilities earn tradable CCCs; non-compliant entities face penalties up to twice the market price plus statutory fines. A parallel voluntary offset mechanism managed by the Bureau of Energy Efficiency covers green hydrogen and afforestation projects, though offset credits cannot fulfill core compliance obligations. Early estimates project CCC trading prices between ₹250 and ₹1,500 per tonne. CCTS helps exporters navigate the EU's Carbon Border Adjustment Mechanism, on the other hand analysts emphasize the need for price stability mechanisms to manage market supply risks.



LDL CHOLESTEROL LOWERING DRUGS MAY REDUCE DEMENTIA RISK

LDL Cholesterol and Type 2 diabetes now take over the physical and mental health of thousands of individuals. The two diseases may not only lead to heart strokes but also worsen memory and thinking. A Danish study revealed that patients with Type 2 diabetes who begin taking statins promptly have a lower risk of developing dementia compared to those who delay or skip treatment. The study evaluated 132,585 people newly diagnosed with type 2 diabetes between 2006 and 2019 who had no prior history of statin use. Results demonstrated notable differences based on when the treatment was taken. Compared to non users, who faced a 3.9% 10 year dementia risk, patients who started statins within their first year of diagnosis experienced a 15% relative risk reduction bringing their risk down to 3.3%. Patients who delayed starting statins until years one to five saw a 10% relative risk reduction, with a 3.5% overall risk. However, the research clearly stated that there was no direct evidence found on if statins can actually reduce dementia. Healthcare professionals continue to emphasize immediate statin initiation to protect cardiovascular health, with potential added benefits for cognitive health.



INDIAN MINISTER PIYUSH GOYAL AIMS TO SEE JAPANESE COMPANIES DOUBLE IN INDIA

Union Commerce and Industry Minister of India Piyush Goyal has made a call for developing business and economic relations of the two countries. In a roundtable meeting in Tokyo, Goyal mentioned that the total number of Japanese companies in India needs to double in this decade. The meeting was organized by the Japan-India Business Consultative Committee and the Japan Chamber of Commerce and Industry. Goyal talked about the close relations between the two countries and the importance of increased B2B cooperation. He encouraged Japanese firms to seize the opportunities available in the country. As one of the most rapidly growing economies in the world, India provides great potential for foreign investment and collaboration. Goyal also pointed out the necessity to engage in deeper economic interaction between the two countries. Enhanced cooperation will help both countries take advantage of each other. The message of the minister is an example of efforts on the part of India to receive more investments from Japan.



HANUMAN ANSH CREATES A BOX-OFFICE SURPRISE

From a quiet beginning to a remarkable box-office run, Hanuman Ansh has emerged as one of the surprise successes of the year. The Neem Karoli Baba biopic, which initially opened without the scale of a major commercial release, has steadily built momentum through strong word-of-mouth and growing audience interest. On Day 30, the film reportedly witnessed a major jump in collections, earning around Rs 16.25 crore net in India. The surge has pushed its total domestic net collection to approximately Rs 99.13 crore, leaving it only a few lakhs short of the coveted Rs 100 crore milestone. What makes the achievement even more striking is the film's reported budget of around Rs 2 crore. Its earnings have therefore far exceeded its initial investment, turning the film into a major box-office surprise. Written and directed by Vishal Chaturvedi, Hanuman Ansh explores the spiritual journey, teachings and message of service associated with Neem Karoli Baba. Unlike films that depend heavily on star power and massive promotional campaigns, the movie appears to have found its audience gradually. Its strong performance even after 30 days reflects sustained interest among viewers. With the Rs 100 crore mark now just a few lakhs away, Hanuman Ansh is heading towards a milestone that few expected when its theatrical journey began.



INDIA'S FIRST DRONE RUNWAY TO BE BUILT IN MEERUT

India's First Drone Runway is all set to be built in Meerut, a city in the state of Uttar Pradesh. It can become a landmark step for the development of the drone infrastructure in India, as the country will have its first-ever drone runway there. As reported, tender amounting to Rs 371 crore will be floated on September 26. As per the project description, it should provide for the creation of necessary infrastructure which will be used for operation, testing and developing drones in the future. It happens in the context of rising importance of drone technologies in various areas, including agriculture, defense, healthcare, disaster management and delivering services. Thus, having dedicated runway may help to arrange drone operations in a more organised manner, as well as support both scientific researches and commercial applications. In addition, Meerut's location and good connection may become important in terms of building this kind of project. Moreover, the construction of a new runway will facilitate further development of drone ecosystem in the state of Uttar Pradesh and will create opportunities for companies and skilled specialists working with technologies. Thus, the upcoming drone runway becomes another example of Indian efforts to develop infrastructure for emerging technologies. If the project is implemented according to the plan, the facility can become a landmark moment in India's history.



INDW DEFEATS PAKW BY 7 WICKETS IN ASIAN CUP 2026

The Women in Blue delivered a dominant performance to defeat Pakistan Women by seven wickets in their Women's Asia Cup 2026 clash on September 5 at the Dubai International Cricket Stadium. The Indian bowlers successfully suffocated the Pakistan's batting lineup. Shree Charani dismantled the top order to finish with exceptional figures of 3/7 in her four overs after Shafali Verma had clean bolt Muneeba Ali. Prema Rawat lowered the scoring rate taking 3/9. Further, Deepti Sharma claimed two wickets. Unable to build meaningful partnerships, Pakistan was bowled out for a paltry 55 runs in 18.1 overs. Chasing 56, India crossed the finish line in 8.4 overs, ending at 57/3. Although they had lost three early wickets to Fatima Sana, the low required rate ensured a comfortable victory significantly boosting their net run rate. Indian Captain Harmanpreet Kaur celebrated her 150th T20I as captain expressing deep gratitude to everyone who supported her, admitting she never expected to come this far. Kaur expressed satisfaction and mentioned how important it was to read the pitch accurately. She added that everyone needed to give consistently excellent performances and cited the top order wobble as a teaching moment.



INDIAN PARA-CYCLISTS SHINE AT CHALLENGE BRETON WITH 11 PODIUM FINISHES

Indian para-cyclists trained at the Hyderabad based Infinity Para Sports Academy of the Aditya Mehta Foundation (AMF) produced an exceptional international performance bagging 11 medals including 5 silver and 6 bronze at the Challenge Breton International 2026 in Ploërmel, France. The challenge was held on August 29-30. Competing across three distinct venues in demanding road races and individual time trials, the young contingent showcased exceptional consistency against a competitive global field. Leading the medal haul, 17 year old Gujarat cyclist Vishva Vasani delivered a remarkable campaign in the WC3 category. Vasani secured four silver medals, finishing second on all four days: the opening road race at Landaul, the second at Plouay, the third at Ploërmel, and the concluding individual time trial at Ploërmel. Matching her streak, 16 year old Lisha Das of Assam won four bronze medals in the WC5 category across the same sequence of events. Maharashtra's Anshuman Dhumal captured a silver medal in the MC1 category during the Day 1 road race. Arshad Shaikh contributed a bronze in the MC2 category on Day 3, while Prashant Arkal claimed bronze in the MH4 handcycling classification on the final day. Guided by Chief Coach Aditya Mehta, the squad's historic outing underscores India's rising momentum in international para-cycling.



MIJO CHACKO KURIAN BAGS GOLD IN 400M AT INDIAN ATHLETICS SERIES

Kerala's Mijo Chacko Kurian took first place in the men's 400m at the Indian Athletics Series. He ran a strong race and beat a tough set of rivals. This win marks another step in his track career. It also puts Kerala in the spotlight as more athletes from the state make their mark in Indian sprint events. The 400m asks a lot from runners. They need fast starts and they must keep their pace until the finish. Kurian's result points to steady work in training and focus before big meets. Races like the Indian Athletics Series help athletes gain match experience. They also allow runners to gauge where they stand against top names in the country. His gold is likely to raise his self belief for what comes next. It may also improve his chances on the national circuit. For Kerala athletics, the result is seen as a good sign that can motivate young athletes. As Indian athletics keeps moving forward, wins from athletes like Kurian show there is more new talent coming through across the nation.



INDIAN GRANDMASTER R PRAGGNANANDHAA WINS THE GRAND CHESS TOUR 2026

Indian GM R Praggnanandhaa scripted history by winning the Grand Chess Tour (GCT) 2026. The tour finals were held from August 22 to August 27 at the Saint Louis Chess Club, where Pragg defeated Fabiano Caruana 15–13 in the final to claim the title. Meanwhile, Wesley So took third place after defeating Vincent Keymer 18–12. Heading into the final day, Caruana held a commanding 9–3 lead. However, the Indian champion mounted a remarkable comeback by winning both rapid games. In the blitz portion, He won a crucial third game with the white pieces before securing a draw in the final round to clinch the championship. Praggnanandhaa earned \$200,000 for winning the finals and collected a total of \$404,354 across this year's tour. Following his victory, the Grandmaster admitted he had not thought he had much of a chance entering the final day, especially after seeing he was assigned the color he didn't want. He described it as a huge honor to win a tournament of such stature and expressed his gratitude to everyone who supported him, including his family, trainers, and supporters adding that the victory meant a great deal to him.



15-YEAR-OLD TANVI PATRI WINS PONTIANAK INTERNATIONAL CHALLENGE

Young Indian thrower Ashish Yadav claimed the silver medal in the men's javelin throw event of the U20 World Championships. Motivated by the Olympic and world champion Neeraj Chopra, Yadav delivered a strong performance on the world stage. This silver medal for Ashish Yadav comes as yet another instance of good news for Indian athletics as well as for the event of javelin throw which has become increasingly popular thanks to Neeraj Chopra. The silver medal is not only a great honor for Yadav. He had to train for years to get ready for such a high-level competition. Moreover, he had to show confidence while competing with the world's top talents. One cannot fail to see how the achievements of the world champion Neeraj Chopra motivated young Indian athletes including Ashish Yadav. Perhaps, the U20 Worlds silver medal will be a good start for his career at the senior level. It can be said that Yadav's silver medal is good news for the future of India's athletics.



INDIA WOMEN'S HOCKEY TEAM TAKES RECORD FIFTH SPOT IN WORLD CUP

New Delhi, August 27, 2026: Indian women's hockey team achieved a record fifth place finish in the 2026 Women's Hockey World Cup after beating Germany 3-1. This is the best ever achievement of an Indian team in World Cup after 52 years of its first appearance in 1974. Both teams were evenly matched in the first half while Germany created some opportunities as they put pressure on India. But they could not break the deadlock because of good defense and goalkeeping of India. India showed determination in the second half to win the match. Ishika Chaudhary gave lead to India in the 43rd minute with a brilliant goal. Then Navneet Kaur increased India's lead from a penalty corner followed by another goal in the initial minutes of the fourth quarter. But Germany showed grit and managed to score a goal through Lynn Krings in the 59th minute. Nevertheless, India managed to maintain the lead until the end of the match. India's goalie, Savita Punia, played very well and made several key saves in the match. Midfielder Neha stated her happiness in achieving fifth place in the World Cup.



BANK OF BARODA SPECIALIST OFFICER RECRUITMENT 2026



The Bank of Baroda (BOB) has announced recruitment for 1,100 Specialist Officer (SO) posts across departments including Wealth Management, MSME Banking, Risk Management, Digital Banking and Credit. Eligible candidates can apply online.

Organization: Bank of Baroda (BOB)
Post: Specialist Officer (SO)
Vacancies: 1,100
Mode: Online

Eligibility

- Candidates should hold Graduation, CA, MBA, PGDM, CFA, ICWA, B.E./B.Tech, MCA or other relevant qualifications, along with prescribed experience, as applicable to the post.

Age Limit
Age limits vary by post:

- Wealth Executive: 22–35 years
- Credit Analyst: 24–34 years
- Senior Manager/Manager: Up to 42 years

Age relaxation applies as per Government norms.

Salary
Wealth Executive: ₹12–20 lakh per annum (CTC)

- JMGS-I: ₹48,480–85,920
- MMGS-II: ₹64,820–93,960
- MMGS-III: ₹85,920–1,05,280
- SMGS-IV: ₹1,02,300–1,20,940

Additional allowances and benefits are applicable as per BOB rules.

Application Fee

- General/OBC/EWS: ₹850
- SC/ST/PwBD/Women: ₹175

Important Dates

- Application Start: 22 August 2026
- Last Date: 12 September 2026
- Online Test/Interview: To be notified

Selection Process

- Online Examination → Psychometric Test (if applicable) → Group Discussion → Personal Interview → Document Verification.

How To Apply

- Visit the Bank of Baroda Careers portal
- Register online, fill in the application
- Upload documents
- Pay the fee and submit before the deadline.

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

IBPS RRB CRP-XV RECRUITMENT 2026 – APPLY ONLINE FOR OFFICER SCALE I, II, III & OFFICE ASSISTANT POSTS

The Institute of Banking Personnel Selection (IBPS) has released the official notification for CRPRRB-XV to recruit Office Assistants (Multipurpose) and Officers Scale I, II & III in Regional Rural Banks (RRBs) across India.

Organization: Institute of Banking Personnel Selection (IBPS)
Recruitment: CRPRRB-XV
Post Names: Office Assistant (Multipurpose), Officer Scale I, Officer Scale II & Officer Scale III
Category: Banking Recruitment
Application Mode: Online

Educational Qualification

- Office Assistant (Multipurpose): Bachelor's Degree in any discipline from a recognized University. Proficiency in the local language is desirable.
- Officer Scale I: Bachelor's Degree in any discipline.
- Officer Scale II: Bachelor's Degree with minimum 50% marks and relevant professional qualification/experience depending on the specialist post.

- Officer Scale III: Bachelor's Degree with minimum 50% marks and at least 5 years of experience as an Officer in a Bank or Financial Institution.

Important Dates

- Online Application Starts: 1 September 2026
- Last Date to Apply: 21 September 2026
- Preliminary Examination (Office Assistant & Officer Scale I): November 2026
- Main Examination (Office Assistant): December 2026
- Single Examination (Officer Scale II & III): December 2026

Age Limit

- Office Assistant (Multipurpose): 18–28 Years
- Officer Scale I: 18–30 Years
- Officer Scale II: 21–32 Years
- Officer Scale III: 21–40 Years

Salary

- Office Assistant: ₹24,050 – ₹64,480 (Approximate monthly salary including allowances)
- Officer Scale I: ₹48,480 – ₹85,920 (JMGS-I)
- Officer Scale II: ₹64,820 – ₹93,960 (MMGS-II)
- Officer Scale III: ₹85,920 – ₹1,05,280 (MMGS-III)

Application Fee

- SC/ST/PwBD: ₹175
- General/OBC/EWS: ₹850

Selection Process

- Preliminary Examination
- Main Examination
- Single Online Examination (Scale II & III)
- Personal Interview (Officer Posts)
- Document Verification

How to Apply

- Visit the official IBPS website, register yourself, complete the online application form, upload the required documents, pay the application fee and submit the application before the last date.

For more details candidates are asked to visit the official website

PFRDA GRADE A RECRUITMENT 2026 – APPLY ONLINE FOR 30 ASSISTANT MANAGER POSTS

The Pension Fund Regulatory and Development Authority (PFRDA) has invited online applications for 30 Officer Grade 'A' (Assistant Manager) posts in streams including General, Finance & Accounts and Information Technology. This is an excellent opportunity for qualified professionals seeking a career with a leading financial-sector regulator.

Organization: PFRDA
Post: Officer Grade A (Assistant Manager)
Total Vacancies: 30
Application Mode: Online

Eligibility

- Candidates must hold the prescribed qualification for their respective stream, including
- Bachelor's/Master's Degree, CA, CFA, CS, ICWA, B.E./B.Tech, MCA, Law Degree or equivalent qualification from a recognized university.
- Maximum Age: 30 years
- Cut-off Date: 31 July 2026
- Candidates must have been born on or after 01 August 1996.
- Age relaxation applies to eligible reserved



categories as per Government rules.

Salary

- Pay Scale: ₹44,500–₹89,150.
- Gross monthly emoluments at the minimum of the scale are approximately ₹1.57 lakh at Mumbai, without accommodation, including allowances.

Application Fee

- General/OBC/EWS: ₹1,000
- SC/ST/PwBD/Women: Nil

Selection Process

- Phase-I Online Exam → Phase-II Online Exam → Personal Interview → Document Verification

Important Dates

- Applications Start: 25 August 2026
- Last Date: 14 September 2026
- Phase-I Exam: 11 October 2026
- Phase-II Exam: 15 November 2026

How To Apply

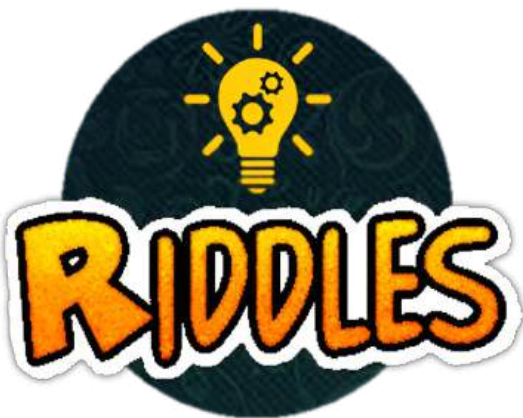
- Visit the official PFRDA recruitment portal
- Register online, complete the application, Upload required documents, Pay the applicable fee and Submit the form before the deadline.

For more details candidates are asked to visit the official website

Deepika Singh



1. Which organisation launched the EOS-05 Earth-observation satellite?
2. Which declaration was adopted at the SCO summit in Bishkek?
3. Which orbit is commonly used for communication and meteorological satellites?
4. Which Indian state identified 40 high-risk glacial lakes?
5. Which constitutional Article gives the Supreme Court power to ensure “complete justice”?
6. Which space telescope was launched by NASA on August 30?
7. Which technology organisation unveiled 14 indigenous quantum products?
8. Which AI stack was launched by Vice President C. P. Radhakrishnan?
9. Which team did India defeat by seven wickets in the Women's Asia Cup on September 5?
10. Which Indian batswoman crossed the 3,000-run mark in T20Is during the Pakistan match?



1. I light up homes with diyas and celebrate the victory of light over darkness. What am I?
2. I bring colourful powders, water, music and playful celebrations. What am I?
3. I honour the Sun God and fill homes with freshly harvested rice and jaggery. What am I?
4. I celebrate Lord Ganesha with idols, prayers and grand processions. What am I?
5. I mark the victory of Goddess Durga over evil and fill the streets with pandals. What am I?
6. I celebrate Lord Krishna's birth with midnight prayers and joyful festivities. What am I?
7. I am celebrated by flying colourful kites across the sky. What am I?

7. MakarSankranti
 6. Jammashanti
 5. Navratri
 4. Ganeshotsav
 3. Pongal
 2. Holi
 1. Diwali
- (II) RIDDLES
10. Shafali
 9. Pakistan
 8. Gani
 7. CLOT
 6. Roman
 5. Article 142
 4. Sikim
 3. Geosynchronous
 2. Bishkek
 1. ISRO
- (I) QUIZ TIME
- ANSWERS



PONGAL LADDOOS: A TRADITIONAL TASTE OF FESTIVE SWEETNESS

This Week, We're Relishing Festive Pongal Laddoos!

Pongal Laddoos are a delicious South Indian-inspired festive sweet made with roasted rice, moong dal, jaggery, ghee, and aromatic cardamom. Soft, nutty, and naturally rich in flavour, these laddoos are perfect for Pongal celebrations and festive gatherings.

Ingredients:

1 cup rice, ½ cup yellow moong dal, 1 cup jaggery, ¼ cup ghee, 2 tablespoons grated coconut, 2 tablespoons chopped cashews, 1 tablespoon raisins, ½ teaspoon cardamom powder, and a pinch of salt.

Preparation

- Dry roast the rice and moong dal separately until lightly golden and aromatic. Allow them to cool.
- Grind the roasted rice and moong dal into a slightly coarse powder.
- Heat jaggery with 2–3 tablespoons of water until it melts. Strain to remove impurities and cook until slightly thick.
- Heat ghee in a pan and lightly roast the cashews, raisins, and grated coconut.



- Add the roasted flour mixture, cardamom powder, and a pinch of salt. Mix well.
- Gradually add the warm jaggery syrup and mix until everything comes together into a soft mixture.
- Allow the mixture to cool slightly. Grease your palms with ghee and shape small portions into round laddoos.
- Garnish with chopped cashews or a few raisins and let the laddoos cool completely.

Serving Tip:

Serve the Pongal Laddoos on a traditional banana leaf or festive platter. Garnish with nuts and a little grated coconut for a beautiful Pongal-inspired presentation.

Introducing Our New Column

ARTWORK OF THE WEEK

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

CRITERIA	SUBMISSION DETAILS
• Age Limit: Up to 24 years • Artwork Size: A4 • Format: Hand-drawn only	• Email your artwork to: thehulahultimes@gmail.com • Subject Line: ARTWORK • Include: Your Name, Age, School/College Name, and Phone Number
CONTACT INFORMATION	CONTACT INFORMATION
Phone +91-7977005423	Email thehulahultimes@gmail.com

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