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THE HULAHUL TIMES

Evolving Today For A Better Tomorrow



BRIDGING CLASSROOMS AND COMMUNITIES: HULAHUL FOUNDATION & GURU NANAK COLLEGE JOIN HANDS

In a significant step towards strengthening academic collaboration and promoting community-oriented education, Guru Nanak College of Arts, Science and Commerce (Autonomous), G.T.B. Nagar, Mumbai, and HULAHUL Foundation signed a Memorandum of Understanding (MoU) on October 6, 2026. The agreement aims to create meaningful opportunities for experiential learning, community engagement and professional skill development among students.

The MoU signing ceremony was held in the presence of Prof. Dr. Pushpinder G. Bhatia, Principal of Guru Nanak College of Arts, Science and Commerce (Autonomous), and Mr. Ravi Singh, Chairman of HULAHUL Foundation. The ceremony was also attended by faculty members Ms. Jansi Rengaswamy, Dr. Amandeep Singh Manku, and Mr. Mandeep Singh Ahuja, highlighting the importance of this collaborative initiative between the academic institution and the social sector.

The agreement establishes a framework for Community Engagement Projects (CEP) and On-the-Job Training (OJT)/internship opportunities for Third Year students of the Bachelor of Commerce in Financial Markets (BFM) programme for the academic year 2026–2027. The primary objective is to bridge the gap between theoretical knowledge and practical application by enabling students to participate in real-world activities, understand community needs and develop essential workplace competencies.

Under this collaboration, students will have opportunities to engage in various educational, social and professional activities undertaken by HULAHUL Foundation. The proposed areas of engagement include community outreach, social awareness campaigns, educational support programmes, environmental initiatives, research and documentation, content development, digital communication and event coordination. These activities will provide students with valuable exposure to organisational functioning and community-based initiatives beyond the traditional classroom environment.

The partnership also emphasises the development of essential skills such as communication, teamwork, leadership, problem-solving, digital literacy, research and coordination. Through structured assignments and field-based activities, students will be encouraged to apply their academic learning to practical situations while developing a deeper understanding of social responsibility and civic participation. Such experiences can help students become

more confident, adaptable and better prepared for future professional opportunities.

Founded in 2012, HULAHUL Foundation works towards holistic community development through educational, environmental, women's empowerment, social and cultural initiatives. Its activities include educational

collaboration will operate in accordance with the applicable guidelines of the University of Mumbai and the college. Students will also be expected to maintain professional conduct, respect confidentiality and follow the relevant organisational policies during their engagement.

The MoU will remain applicable for the academic year 2026–2027, subject to its agreed terms. It provides a framework for both organisations to work together on mutually agreed educational and community-oriented initiatives, creating opportunities for meaningful student participation and practical learning.

The signing of this MoU represents a constructive step towards strengthening the relationship between higher education and community development. By combining academic guidance with field-based experience, Guru Nanak College and HULAHUL Foundation aim to encourage students to become competent professionals, socially responsible citizens and active contributors to society.

The initiative reinforces the importance of experiential education in preparing young people for future challenges while encouraging them to use their knowledge, skills and creativity for the larger benefit of the community. It also establishes a foundation for exploring further collaborative opportunities in skill development, educational programmes, campaigns and community welfare activities.

Through this partnership, both institutions seek to promote an educational approach that extends beyond textbooks and examinations, connecting students with practical experiences and the needs of society. The collaboration reflects a shared commitment to student development, employability and social responsibility, while opening avenues for students to learn, contribute and grow through meaningful engagement with the community.

The MoU between Guru Nanak College and HULAHUL Foundation marks an important step towards fostering experiential learning, strengthening academic-community partnerships and empowering students to contribute positively to society.



upliftment, skill development, community support, volunteering and youth engagement. Through this association, the Foundation will facilitate suitable community engagement and practical training assignments, subject to programme requirements and operational capacity, enabling students to gain experience while contributing to initiatives of social relevance.

The MoU outlines the respective responsibilities of both organisations to ensure effective coordination and implementation. Guru Nanak College will identify eligible students, appoint faculty mentors or coordinators, provide academic guidance and monitor student participation in accordance with applicable college and university requirements. HULAHUL Foundation will provide orientation, allocate suitable assignments, offer supervision and feedback, and maintain relevant participation records.

Students who successfully complete the prescribed requirements may receive appropriate internship certificates, experience letters or letters of recommendation, wherever applicable and subject to the Foundation's requirements. The

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Durgesh K. Dubey

WHEN LOVE BECAME GREATER THAN A VOW: THE STORY OF KRISHNA AND BHISHMA

The ninth day of Mahabharata war had left Kurukshetra a field of pain. The conch sounds were accompanied by moans of the wounded. Families were pitted against each other. Bhishma Pitamah stood as the commander of the Kaurava army. Facing him was Arjuna, whose chariot was being driven by Krishna. That day would see an unusual encounter. Not only the warriors had to face each other. The meeting of two vows, with love, duty and sacrifice as the underlying motives, was about to happen.

Before the war had begun Krishna had decided that he would not wield a weapon. When Arjuna and Duryodhana came to him seeking his support, Krishna offered them a choice. One could have his mighty Narayani army while the other could choose Krishna himself, unarmed. Duryodhana eagerly took his option while Arjuna chose Krishna. Krishna then became Arjuna's charioteer, his decision carrying a deeper significance. He had made the decision to show the Pandavas the path to Dharma and not fight their battle for them. Human beings had to accept responsibility for their actions. Krishna could show Arjuna the path, but it was Arjuna's choice to walk on it.

Facing him on the other side stood Bhishma and perhaps none at Kurukshetra had a heavier heart. He loved the Pandavas, but they had the army that he was leading against them. Long ago as Devavrata, he had given up his rights to the throne and accepted celibacy so that his father could marry Satyawati. This frightening sacrifice had earned him the name Bhishma, the man of the terrible vow. His loyalty had to the throne of Hastinapura and he knew the weaknesses in Duryodhana's path. But, he believed that it was his duty to be with the kingdom that he had promised to protect.

Duryodhana, however, did not believe so. He suspected that Bhishma was not fighting with his full strength due to his affection for the Pandavas. Such words deeply hurt the honour of the old warrior and he decided to prove it to all. When he entered the battle he would not be half-hearted in his duty. In the devotional tradition that this episode has, Bhishma's determination is remembered in an even more beautiful form. Bhishma would fight so hard that Krishna, who had sworn not to take a weapon in his hands, would be compelled to intervene.

On the ninth day, Bhishma fought with a frightening intensity. His arrows rained down like anything and the Pandava army was reeling. Arjuna responded to him, but something within

him hesitated. How easily could he attack the grandfather who had loved him since his childhood? The warrior within Arjuna knew his duty while the grandson within him remembered affection. Bhishma did not allow such emotions to affect his own performance. His arrows kept raining down upon Arjuna and devastating the Pandava army.

For some time Krishna silently watched. He had already taught Arjuna that at times Dharma demanded that some painful act be performed. But Arjuna was not fighting Bhishma with his full strength. Krishna saw soldiers dying and Arjuna being repeatedly wounded. His patience got exhausted, not out of anger for the pain that Bhishma was causing, but for concern about the devotion that Arjuna had shown him.



Suddenly Krishna jumped down from the chariot. He took a wheel from the chariot on the battlefield and rushed towards Bhishma as if it was a weapon. The man who had promised not to take a weapon was rushing towards one of the greatest warriors of the time.

Arjuna was shocked. He ran after Krishna, but soon stopped and held him back. He could not allow Krishna's vow to be broken for his hesitation. The situation was different for Bhishma who saw Krishna rushing towards him. Not only did Bhishma not run, he did not even plead for his life. Tradition remembers him welcoming the sight before him with devotion. If death was coming in the form of Krishna what was there to fear? For Bhishma, dying at the

Lord's hands would have been a blessing.

That moment reveals the hearts of both. Krishna was prepared to sacrifice his own promise to protect Arjuna and the Dharma. Bhishma, for his part, was prepared to give his life before the Lord that he loved. Their outward actions were on opposite corners of the war, but it was their hearts that knew something more. Krishna's anger had the pain of seeing his devotee in danger, Bhishma's surrender had the joy of seeing his beloved Lord rushing into his direction.

Arjuna finally persuaded Krishna to return to the chariot and promised to fight Bhishma with greater determination. Krishna did not strike Bhishma and his vow remained formally unbroken, but the world had seen something

interesting. Krishna had shown how much prepared he was to go for his devotee while Bhishma had shown that devotion could survive even when the circumstances pitted them against each other.

The following day Bhishma's time as commander came to an end. Knowing that he would not attack Shikhandi, the Pandavas arranged for Shikhandi to be placed before Arjuna. Arjuna's arrows brought down the grandsire, but his body did not reach the ground. Resting on a bed of arrows he was blessed with iccha-mrityu, the power to choose when he wished to die and he lived till his appointed time.

Even in pain Bhishma's role was not over. Later with Krishna present, Bhishma instructed

Yudhishtira on kingship, duty, justice and righteous conduct. A man lying on arrows still had knowledge to offer. His pain did not turn him bitter, he used even the last moments to give knowledge. Perhaps one of the greatest sacrifices of Bhishma happened when he gave his knowledge rather than his strength to the generations that would follow. Having given his strength to protect Hastinapura throughout his life, he offered his knowledge to those who would follow him.

Moral of the Story

The meeting of Krishna and Bhishma teaches us that Dharma cannot always be understood in black and white. Though Krishna's vow was important, the life of his devotee and the protection of the Dharma mattered even more. Though Bhishma's duty told him that to be on the Kaurava's side, it could not take away Krishna from his heart. Their meeting brings the elements of Tyaga, Bhakti, Samarpan, Karuna and Shaurya together. It also teaches us that real love is not always soft and gentle sometimes it protects, sometimes corrects and sometimes demands sacrifice. Arjuna too learned that affection cannot be the excuse for not taking one's responsibility. When duty becomes too painful, wisdom should rule over emotion.

Conclusion

This episode of the Mahabharata is much more than the story of Krishna almost breaking a vow. It is a story that demonstrates the incredible relationship between God and his devotee. Bhishma's life was a lesson of sacrifice, courage and his devotion to duty. But, his surrender before Krishna revealed the depths of his devotion to God. Krishna, who had come to the war without any weapon had been ready to break his own vow when Arjuna was in danger and the Dharma itself was under threat. The scene of Krishna rushing towards Bhishma with a wheel while Bhishma did not run towards him is so powerful because of the fact that both were prepared to lose something important to them. Bhishma was prepared to offer his life to his Lord and Krishna was prepared to sacrifice the honour of his own vow for his devotee. Their meeting reminds us of one of the deepest lessons that Indian wisdom has taught us. Duty needs courage and devotion needs surrender, and true love is recognised by what we are willing to give up for those whom we hold dear.

THE MAN WHO TAUGHT THE HILLS TO HOLD WATER: THE STORY OF MOHAN NAGAR

In the summer of 1991, a young man with a postgraduate degree in political science set off for the tribal belt of Betul, in the Satpura hills of Madhya Pradesh. He had no government post and no project budget. Born on 23 February 1968, Mohan Nagar had been involved in social activities since his student days, and he went to Betul to work for the development of tribal areas. That decision set the course of the next three decades.

His beginnings were far from the hills. He is originally from Raipuria village in Rajgarh district, and his parents are Bhanwarlal Nagar and Gulab Devi Nagar. He studied political science at Vikram University in Ujjain. A degree like that usually leads to a government job or a political career. Nagar chose neither. Instead of taking a job, he devoted his life to social service. Local reports say he drew inspiration from the Rashtriya Swayamsevak Sangh, and that his deep attachment to nature, rivers and water shaped his path.

What Betul gave him was a front-row seat to a slow crisis. Central India's hills depend on the monsoon, but rain that rushes off bare slopes does not stay. Wells go dry, streams fade, and farming families spend the hot months chasing water. Nagar's answer was not a lecture on policy. Through the Shivdhvaj Yatra, he turned education, water conservation, forest growth and environmental awareness into a people's movement. He understood that people protect what they feel responsible for, so he made villagers the builders rather than the audience.

The campaigns that followed have unusual names. The Gangavataran Abhiyan, Bori Bandhan, the river rejuvenation campaign and the Jal Mahotsav are now recognised as successful models of community-driven conservation. Bori Bandhan, for instance, refers to the traditional practice of using sacks

to hold back flowing water, a low-cost idea any village can copy. Under Gangavataran, thousands of water structures were built, more than 32,000 native saplings were planted, and green cover and groundwater levels rose in hilly areas. The logic is simple. Trees hold soil, soil holds water, and water sinks into the ground

to improve the soil's capacity to hold water, and he worked to revive the Machna river. The impact was greatest in tribal and rural areas, where water is directly tied to farming and health.

Nagar's concern reaches beyond water. He also helped promote solar energy in tribal areas,

ponds on hillsides also writes about the land he is trying to heal.

Recognition came in steps. The Jal Shakti Ministry-supported National Jal Prahari Award came in 2019 and the Jal Nayak Award in 2020, followed by the Bhaurao Deoras Seva Samman for groundwater conservation in 2024-25. Then came the highest. The Ministry of Home Affairs list dated 25 January 2026 named him a Padma Shri awardee in Social Work from Madhya Pradesh. President Droupadi Murmu presented the honour at Rashtrapati Bhavan on 23 June 2026. Chief Minister Mohan Yadav said his work had brought pride to the state and would inspire society and the younger generation.

What makes Nagar's story fascinating is how little of it depends on drama. There is no single heroic moment, only a young graduate who arrived in tribal Betul in 1991 and stayed for decades. He treated a water crisis as something communities could solve together, one trench, one sapling and one village meeting at a time. India has more than one way to fight scarcity, and the grand schemes get most of the headlines. His journey shows that the other way, slow and local and built on trust, can

change a landscape.

Today, rain that once ran off the Satpura slopes is slowed, caught and stored in structures that villagers helped build and now maintain. Many of the people who benefit may never learn Nagar's name, and that is probably how he prefers it. The Padma Shri honours one man, but the thing he built is a habit of cooperation, which will keep working as long as the rains come and the hills are looked after.



instead of racing away.

The scale peaked during the nation's 75th anniversary of independence. Under his guidance, 75,000 water structures were built on 75 hills of the Satpura region, alongside a wide tree-planting drive. Picture it: seventy-five hills, each shaped with trenches, ponds and check dams so that monsoon rain would be caught and stored. It is the sort of project that sounds impossible until thousands of villagers pick up tools together.

His work also reached the riverbanks. Along the Tapti he led a plantation effort called Tapti Upvan, planting thousands of trees to

which is why Bacha village in Betul became known as a "solar village." Education stays central to his work too. He serves as secretary of the Bharat Bharti Shiksha Samiti in Betul and as Vice-President of the Madhya Pradesh Jan Abhiyan Parishad. The thread connecting all of it is a belief that lasting development comes when people learn, own and maintain the changes themselves.

There is a quieter side as well. In 2014 he received the Dushyant Kumar Kriti Sahitya Akademi Award, sponsored by the Madhya Pradesh government, for his poem "Chaturmas," which brings environmental and rural themes into verse. The activist who builds

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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.

What if the next big business opportunity lies in something millions of people struggle to get every night a good night's sleep? In a world where work deadlines stretch late into the night, digital screens compete for attention and stressful lifestyles disrupt daily routines, quality sleep is becoming a valuable consumer priority. From smart sleep technology and premium bedding to wellness apps and specialised services, businesses are discovering the commercial value of better rest. Consumers are increasingly looking beyond conventional mattresses and pillows, investing in sleep trackers, relaxation apps, specialised bedding and professional sleep services. This growing demand is fuelling the Sleep Economy an emerging market where businesses turn the universal need for rest into innovative products, personalised experiences and new revenue streams. Sleep is evolving from a daily necessity into a growing business opportunity, with technology, wellness and changing consumer preferences driving new products, services and sources of revenue.

From Mattresses to Smart Sleep Solutions

Mattresses and bedding are evolving beyond basic comfort and affordability as consumers seek products tailored to their sleep needs. Premium mattresses, cooling pillows,

ergonomic bedding and smart sleep devices are expanding the market, encouraging people to invest in more personalised rest experiences. **Example:** A mattress company that expands into smart sleep accessories and specialised bedding can attract new customer segments, encourage additional purchases and increase its average revenue per customer. Customers may be prepared to spend more on sleep products designed around their individual preferences, including cooling features, improved body support and enhanced comfort. The business lesson: Innovation creates a competitive advantage when it solves real customer problems. For commerce students, this demonstrates how product differentiation, premium pricing and cross-selling can turn an everyday product into a more profitable business opportunity.

Turning Sleep Data into Revenue

Smartwatches, rings and sleep sensors help consumers monitor sleep patterns. Companies can generate revenue by selling these devices and offering premium sleep reports, personalised wellness plans and paid subscriptions. This creates one-time sales and recurring income, allowing businesses to earn beyond the initial purchase. Businesses should be transparent about the capabilities of these devices, making it clear that they track sleep-related patterns but cannot replace medical diagnosis.

The Subscription Business of Better Sleep

Sleep and wellness apps are turning the pursuit of better rest into a recurring business opportunity. Through guided meditation, calming sounds, breathing exercises and personalised bedtime routines, these apps often follow a freemium model offering basic features for free while charging for premium content. **Example:** An app may provide free relaxation sounds but charge a monthly or annual fee for personalised sleep programmes and advanced features. The challenge is not just attracting users but keeping them engaged. By delivering consistent value, businesses can build customer loyalty, retain subscribers and generate recurring revenue.

For commerce students, this highlights



how digital companies can strengthen customer loyalty and generate steady income through subscription-based services.

When Sleep Becomes a Healthcare and Hospitality Opportunity

A quality sleep can create opportunities beyond comfortable bedding. People experiencing ongoing sleep problems may seek professional evaluation and care at specialised clinics. At the same time, hotels and wellness retreats are responding to the demand for better rest by offering peaceful settings, comfort-oriented bedding and calming room designs that enhance the guest experience. **Example:** A hotel can offer a premium sleep package with comfortable bedding and a relaxing bedtime routine, while sleep clinics generate revenue through professional consultations and diagnostic services. The opportunity lies in specialisation, service differentiation and customer trust, supported by qualified professionals in healthcare and thoughtfully designed experiences in hospitality.

The Bigger Shift

The Sleep Economy is connecting technology, wellness, healthcare and hospitality into a growing business ecosystem. It shows how entrepreneurs can identify unmet consumer needs and create new products,

services and revenue models. For commerce students, it shows how a familiar human need can generate new business models, revenue streams and career opportunities.

The Challenges Behind the Opportunity

Not every product marketed as a sleep solution will deliver meaningful benefits. High prices, exaggerated claims, customer scepticism and concerns about personal data can limit market growth. Companies that promise instant results risk losing consumer trust. Sustainable growth will depend on transparent communication, responsible product design and a clear understanding of what customers genuinely need.

The Take Away

The Sleep Economy shows how familiar human needs can create new markets and revenue streams. For entrepreneurs, success lies in solving genuine problems; for commerce students, it highlights how understanding consumer behaviour and differentiating products can drive business growth. Because the real business of sleep is not selling the promise of a perfect night, it is delivering value customers can feel when they wake up.

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EDITORIAL NOTE

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

LITERARY TERM
OF THE WEEK

IRONY

Irony is a literary device in which the actual outcome of a situation differs from what is expected. It often adds humour, surprise, or deeper meaning to a story.

Example: A fire station catches fire.

Purpose: Irony highlights contrasts between expectations and reality, making a story more meaningful and engaging.

LANGUAGE CHALLENGE

Correct the sentence: “Neither of the students have completed their assignment.”

Answer: Neither of the students has completed the assignment.

Reason: “Neither” is singular in formal standard English and therefore takes the singular verb “has” rather than “have.”

DID YOU KNOW?

- Octopuses Have Three Hearts. Two hearts pump blood to the gills, while the third pumps it to the rest of the body.
- The Moon Is Slowly Moving Away from Earth. It drifts away by about 3.8 centimetres every year.
- Sharks Are Older Than Trees. Sharks existed in Earth's oceans millions of years before the first trees appeared.
- Wombats Produce Cube-Shaped Poop. Their unusual digestive system helps form waste into distinctive cubes.
- A Group of Flamingos Is Called a Flamboyance. This colourful collective noun perfectly suits these striking birds.
- Sound Cannot Travel Through a Vacuum. Unlike light, sound needs a medium, such as air, water or solids, to travel.
- The Eiffel Tower Can Grow Taller in Summer. Heat causes the metal to expand, increasing the tower's height slightly.
- Peace literature does not merely tell us “Do not fight.” It asks us to understand why conflicts arise, how suffering affects people, and what kind of society can make peace sustained.
- Literature has often provided a voice against violence and oppression. From Leo Tolstoy's reflections on non-violence to Rabindranath Tagore's vision of universal humanity, from Wilfred Owen's anti-war poetry to Martin Luther King Jr.'s writings on justice and non-violence, writers have used language to challenge hatred and imagine a more humane world.

GRAMMAR TIP

Peaceful vs. Peaceable

Peaceful – calm and free from disturbance or conflict.

The village enjoyed a peaceful evening.

Peaceable – inclined towards peace; not aggressive or violent.

They found a peaceable solution to the dispute.

Remember: Peaceful generally describes a situation or atmosphere, while peaceable often describes a person, approach or settlement.

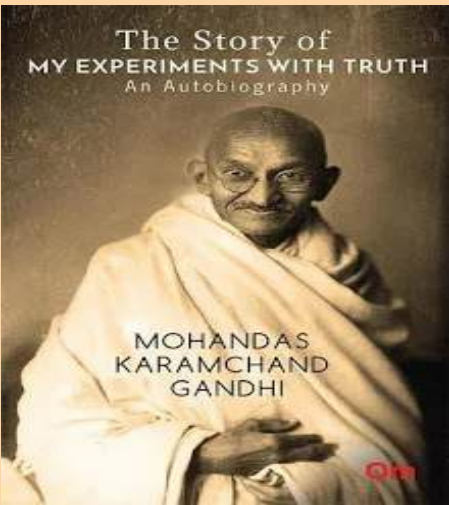
WRITER OF THE WEEK

Mahatma Gandhi (1869–1948)

Mohandas Karamchand Gandhi, popularly known as Mahatma Gandhi, transformed the ideas of truth and non-violence into powerful principles of social and political action. His philosophy of Satyagraha placed truth at the centre of human conduct, while Ahimsa emphasised non-violence and respect for life. Gandhi believed that genuine peace cannot be created through hatred or violence; it must grow through truth, self-discipline, compassion and dialogue. His writings, speeches and autobiography have made a lasting contribution to peace literature. Gandhi's literary legacy encourages readers to examine their own actions and values rather than merely demanding change from others.

BOOK REVIEW

The Story of My Experiments with Truth
An Autobiography by Mahatma Gandhi



Mahatma Gandhi's autobiography, originally written in Gujarati, chronicles his journey from childhood to his experiences in South Africa and the development of Satyagraha. It explores truth, morality, simplicity, self-discipline, education and non-violence.

Why Is It Important to Peace Literature?

Gandhi's life demonstrates that peace begins with personal transformation. His experiments with truth highlight how individual values can inspire social change and non-violence.

Literary Insight: The autobiography presents self-reflection as a path to truth, showing how personal experiences can become lessons in ethics and peace.

QUOTABLE QUOTES

“There is no way to peace. Peace is the way.”

— A. J. Muste

CREATIVE WRITING

Peace

Peace is not silence after battle,
Nor merely the absence of a cry;
It lives in hands that reach together,
And hearts that refuse to ask why.
It grows where kindness crosses borders,
Where listening replaces blame;
Where truth is spoken without hatred,
And no human being is made a name.
Peace begins in words we choose,
In actions gentle, brave and true;
The world may change through countless voices
And one such voice can begin with you.

WORD OF THE WEEK

Reconciliation (noun)

Meaning: The restoration of friendly relations after disagreement or conflict.
Example: Literature can become a powerful instrument of reconciliation by helping people understand experiences different from their own.

IDIOM HIGHLIGHT

Bury the hatchet

Meaning: To end a disagreement or conflict and make peace.
Example: The two communities decided to bury the hatchet and work together for peace.

INDIA AND GHANA SIGNS' MOU TO BOOST AGRICULTURAL RESEARCH AND TECHNOLOGY TRANSFER



Minister of India and Samuel Okudzeto Ablakwa, Minister for Foreign Affairs of Ghana. The five-year MoU provides a framework for cooperation in joint agricultural research, scientific and technological exchange, capacity building and the application and commercialisation of agricultural technologies.

The agreement will facilitate scientific exchanges and collaborative projects while addressing crop production, processing, value addition and post-harvest losses. India and Ghana have strengthened cooperation in agricultural research, education and technology transfer with the signing of a Memorandum of Understanding (MoU) between the Indian Council of Agricultural Research (ICAR), New Delhi and the Crops Research Institute (CSIR-CRI), Accra, Ghana. According to the Ministry of Agriculture and Farmers Welfare, this MoU will strengthen India's focus on South-South and India-Africa collaboration.

The collaboration has been facilitated by Arima Farms Ltd., Ghana, which has been recognised as the commercial partner to CSIR-CRI for specific research and commercialisation activities under the framework, the Ministry stated. The MoU provides for exchange of scientists and technologists, germplasm and breeding materials, scientific information, methodologies and technical knowledge, besides development and implementation of collaborative research projects. It also envisages institutional linkages between relevant research institutes and centres of the two countries to facilitate sustained scientific cooperation.

The signing ceremony was graced by S Jaishankar, External Affairs

GST COUNCIL WEIGHS LOWER FARM INPUT TAXES AND RELIEF FOR SEED STORAGE

The GST Council is expected to consider a fresh set of tax cuts for agriculture-linked goods and services at its October 8 meeting. The proposals include exempting seed storage, lowering GST on seaweed-based bio-stimulants and rethreaded tractor tyres, and placing psyllium seeds in the nil-rate category.



deep in the supply chain before they ever show up on a farmer's invoice. When storage, processing or transport is taxed at a higher rate, the cost often gets passed through to cultivators, traders and ultimately consumers. The latest round of deliberations appears aimed at trimming those frictions while also clarifying where agriculture-related services end and taxable business activity begins.

The proposals matter because many of these charges are embedded

RBI REPORT SAYS THAT INDIA'S RURAL ECONOMY IS DECOUPLING FROM MONSOON SHOCKS

India's rural economy is becoming more resilient to weak monsoons as a growing share of non-crop activities, diversification into allied sectors, and rising irrigation coverage reduce the dependence of rural incomes on the rains, the Reserve Bank of India (RBI) said on Wednesday.



The findings come as India faces the likely impact of a severely deficient southwest monsoon in 2026. Published in the Monetary Policy Report in a section titled 'Indian Agriculture Sector Amid Weather Shocks', the study provides data and empirical evidence for a trend that policymakers and researchers have highlighted in recent years.

While rainfall shortfalls, according to the report, remain a major driver of year-to-year fluctuations in agricultural output, the country's rural economy is increasingly cushioned by resilient allied-sector activities. The report says that for agricultural households possessing land up to one acre, wages contribute more than 55 per cent of household income, while crop production and livestock together

contribute 36 per cent. This suggests that rural household incomes are increasingly supported by activities beyond crop production. It analysed growth in agriculture and non-agricultural rural activities over the years, using 2011-12 and 2022-23 base years.

CORTEVA NARROWS ITS FOCUS TO CROP PROTECTION AS SEED UNIT EXITS THE FOLD

Corteva has separated its seed and genetics business and repositioned itself as a pure-play crop protection company. The company says it has an \$11 billion pipeline, 12 planned launches over the next decade and a growing biologicals platform, with differentiated technologies now making up 65 per cent of sales.



Corteva has redrawn its business map by separating its seed and genetics arm and sharpening its focus on crop protection, a move that underlines how global Agri-science companies are rebalancing portfolios toward higher-margin technologies.

According to The Hindu Business Line, the US-based company now wants to operate as a pure-play crop protection player, with a pipeline that it says is worth \$11 billion. That reset comes as farmers and distributors increasingly look for products that

combine efficacy, sustainability and lower chemical load, especially in markets where regulation is becoming stricter and weather volatility is raising the stakes for crop yields. The latest corporate shift means Corteva is no longer bundling its seed and genetics franchise with the rest of its agricultural inputs business. By carving out the seed side, the company is betting that a tighter portfolio can help management direct capital and research spending more efficiently toward crop protection, where the company sees its next phase of growth.

WINTER CROP SEASON FACES MOISTURE STRESS AS EL NINO TIGHTENS GRIP



India's rabi season is entering with a weak moisture base, lower reservoir stocks and an El Nino warning that could delay sowing and hurt yields. Rainfed belts in the south, west and east are most exposed, while policymakers are pushing states to align crop plans with water availability. India's winter crop season is heading into a difficult phase even before the first major sowing decisions are made.

With soil moisture already depleted, reservoir buffers thinner than a year ago and weather models warning of a stronger El Nino, the outlook for rabi planting is turning more uncertain by the week. According to Hindustan Times, the concern is not limited to one region or one crop. The combination of a weak monsoon finish, high temperatures and a likely dry October is raising the risk of delayed sowing, smaller acreage and lower yields across rainfed and irrigated belts alike.

The latest monsoon season has done little to prepare the ground for winter planting. The southwest monsoon ended 12.6 per cent below normal, making it the fourth-lowest monsoon rainfall since 2001, the report said. East and northeast India recorded a 25 per cent deficit, while the south peninsula was 24 per cent below normal, leaving large parts of the country with only limited moisture reserves.

KARNATAKA PLANS AI TRAINING IN GOVERNMENT SCHOOLS FROM CLASS 6

Karnataka Chief Minister D K Shivakumar has directed officials to explore introducing artificial intelligence (AI) training in government schools from Class 6, expanding the existing initiative currently available to Class 9 students.

The announcement followed a review meeting on the state government's 100-day programmes, recruitment and priority schemes. The Information Technology Department and private partners are expected to support the proposed expansion.

According to a statement from the Chief Minister's Office, Google has expressed interest in providing AI training in schools. Officials have been asked to examine the company's initiatives in Telangana to explore suitable approaches for Karnataka.

Shivakumar also directed officials to identify land for establishing an AI university in the state. Meanwhile, the government is taking steps to recruit 956 teachers on an outsourcing basis.

Reviewing school education initiatives, the Chief Minister asked

officials to organise visits for Class 9 and 11 students from 941 urban schools to progressive farmers' fields. The programme, which should be completed by December, will include overnight stays in villages. Private schools have also been directed to participate.

The government is planning to develop 1,000 Karnataka Public Schools (KPS), with preparations for foundation stone ceremonies targeted for November 14. Additionally, 100 KPS schools are expected to be developed using corporate social responsibility funds, with companies expressing interest in supporting 60 schools.

The proposed measures aim to expand digital learning, strengthen school infrastructure and connect education with practical experiences.

MAHARASHTRA RAISES STUDENT HOSTEL ALLOWANCES & APPROVES RESEARCH HUBS

The Maharashtra Cabinet has approved higher financial assistance for Scheduled Caste (SC), Neo-Buddhist and tribal students who qualify for hostel accommodation but cannot secure admission. It has also cleared a programme to establish centres of excellence in state universities and technical institutes.

The decisions were taken at a Cabinet meeting chaired by Chief Minister Devendra Fadnavis.

Under the revised Bharat Ratna Dr Babasaheb Ambedkar Swadhar Yojana, eligible SC and Neo-Buddhist students pursuing higher education after Class 12 will receive grants based on their place of study. Students studying in Mumbai, Pune, Thane, Nagpur and other urban areas will receive up to ₹80,000 annually.

Those studying in other divisional cities and Class C municipal areas will receive ₹68,000, while students in other districts near municipal limits will get ₹57,000. Students pursuing education in talukas will receive ₹50,000.

EDUCATION MINISTRY APPROVES FIVE CENTRES TO PRESERVE CLASSICAL LANGUAGES

The Ministry of Education has approved five Centres of Excellence to strengthen the study, preservation and promotion of classical Assamese, Bengali, Pali, Prakrit and Marathi, officials said on October 3.

The centres will focus on academic research, digitisation, preservation and wider dissemination of India's linguistic heritage. The initiative aims to strengthen institutional support for studying these languages and safeguarding their cultural and intellectual traditions.

The centres will be established at five institutions across the country. Tezpur University in Assam will host the Centre of Excellence for Classical Assamese, while Visva-Bharati University will focus on Classical Bengali.

The Central University of Odisha will house the centre for Classical Pali, and the Central University of Gujarat will host the centre for Classical Prakrit. The Deccan College Post-Graduate and Research Institute in Pune will establish the centre for Classical Marathi.



Odisha Chief Minister Mohan Charan Majhi welcomed the approval of the Pali centre, describing it as an important step towards preserving India's linguistic heritage. He noted that Pali is closely connected with the country's intellectual, spiritual and cultural traditions. The initiative is expected to strengthen research opportunities and support the documentation and accessibility of classical-language resources.

By establishing specialised centres at universities and research institutions, the Ministry aims to promote sustained academic engagement with these languages and preserve their legacy for future generations.

NTA REVIEWS EXAM SYSTEMS TO STRENGTHEN STUDENT TRUST

The National Testing Agency (NTA) has concluded a four-day Chintan Shivir 2026 at its new office on Minto Road, New Delhi, to review examination systems, improve candidates' experience and strengthen public trust.

The discussions focused on three priorities: integrity, inclusion and innovation. NTA teams examined how examinations are conducted, identified areas requiring stronger processes and explored ways to make the agency more responsive to students.

According to the agency, the sessions encouraged open discussion and candid questions about its functioning. Technology and improved procedures were considered tools for making examinations more reliable, transparent and candidate-friendly.

The Chintan Shivir was presented as more than an internal review. NTA said the exercise was intended to define a roadmap for a “New NTA” with stronger systems, transparent processes and greater responsiveness to candidates.

WEST BENGAL APPROVES ₹50,000 STUDY GRANT FOR UNMARRIED WOMEN



The West Bengal Cabinet has approved the Bhagini Nivedita Scheme, offering financial assistance of ₹50,000 to unmarried women pursuing higher education. Chief Minister Suwendu Adhikari announced that the scheme will be implemented across the state from January 2027.

Under the scheme, eligible beneficiaries will receive ₹17,000 each in the first and second years of their degree programme, followed by ₹16,000 in the third year. The assistance aims to support women's educational expenses and encourage them to continue their studies.

The announcement was made after a Cabinet meeting at the state secretariat. Adhikari also announced plans to fill 14,454 government vacancies within six to eight months across departments, including forests, fire services, prisons, home affairs and hill affairs.

The State Public Service Commission and the State Police Recruitment Board will oversee the recruitment process. The Chief Minister said the government was working towards its commitment to provide one lakh government jobs.

Appointment-related formalities for around 12,000 police posts were scheduled for October 11, with approximately 5,000 shortlisted candidates expected to receive appointment letters at a programme on the same day.

The Cabinet also approved an increase in monthly remuneration for contractual sanitation workers, known as Karmabandhus, from ₹5,000 to ₹8,000, effective October.

Additionally, the monthly food allowance for Scheduled Caste and Scheduled Tribe students living in government hostels has been raised from ₹1,800 to ₹3,300.

The decisions cover higher education support, recruitment and welfare assistance across West Bengal.

STARLINK'S INDIA WAIT: BUSINESS RIVALRY OR A QUESTION OF RULES?



The wait for Starlink's commercial launch in India has turned into a public spat between Elon Musk and the government. Mr Musk has accused influential business groups of thwarting the satellite internet service's entry to protect their interests. The government has denied the allegation, asserting that its rules for satellite communication are uniform for all firms. The row now raises bigger questions about whether Starlink has run into special opposition or is just undergoing a standard procedure.

Starlink, a broadband internet service run by SpaceX, provides an

alternate to fibre-based and mobile networks using satellites that orbit close to earth. Technology-wise, it is fundamentally different from the current setup. Such a system could be particularly valuable in far-flung areas where laying fibre and setting up towers is both expensive and difficult. For a country as large and diverse as India, satellite-based broadband could be a good addition to existing telecom options.

The controversy erupted after months of waiting for Starlink to begin commercial operations. Elon Musk accused certain business groups of trying to sabotage it for wanting to retain their market dominance. He later named the chairman of Reliance Industries, Mukesh Ambani, in his remarks, suggesting that he was one such person. No proof has been provided so far to back his allegations that any one group has specifically targeted Starlink to stop it from starting operations.

The government has responded by saying that rules for satellite communication operators apply uniformly throughout. Three such firms have been given licenses so far including Starlink, Jio's satellite venture and Eutelsat OneWeb. But all three have been asked to undergo the same security clearances and get spectrum before they begin commercial services. The government maintains that it has not been partial to any firm.

The issue, as reports suggest, appears to be security clearances. Satellite internet services have their own set of regulatory challenges not faced by regular mobile operators. Companies need to meet special requirements concerning domestic gateways, location tracking, data

security and restrictions in sensitive areas. It has been reported that Starlink is still at the stage of fulfilling these requirements, which is why it has not begun commercial operations yet.

The disagreement also reflects larger questions about the market for telecom services in the country. Starlink's entry could impact fibre and mobile networks, either by supplementing or substituting them. A more competitive environment would be good for the market, and for consumers too, as it would force down prices and promote innovation. But at the same time, satellite internet services raise issues of security, spectrum and control of communication infrastructure, which are of national interest.

There is a need to expedite clearances for companies seeking to provide such services. But doing so in a way that makes the process more favourable for one company than others will not be good for the market. The rules need to be clear, consistent and applied uniformly to all comers.

The spat over Starlink, therefore, should not be seen as just a personal feud between billionaires. It reflects bigger issues concerning the country's telecom market, investment and security. Starlink's entry could benefit India, as it would get an alternate broadband option, but it will have to clear certain regulatory hurdles like any other operator seeking to provide satellite communication services in the country.

INDIA SURPASSES CHINA IN GREENFIELD INVESTMENT: IMPLICATIONS FOR THE FUTURE

India has recorded an increase in its share of global new foreign investment projects in strategically important sectors over the period from 2020 to 2025, compared to China. While both countries remain key destinations of investment with comparable total volumes, India attracted 5.7% of global greenfield investment while China accounted for only 2.6%.

Meanwhile, greenfield investment does not signify the buying of an existing business or share exchange. Usually, it means the building of new industrial installations, data centres, research facilities or other productive assets. Such investment may offer significant opportunities to the host country by creating new production capacities, employment and demand for local suppliers. At the same time, greenfield investment creates value for the investing companies by enabling them to access new markets and technologies.

India's rise as an attractive destination of investment takes place against the background of broader trends in the global investment landscape. There has been a shift towards strategically important sectors related to artificial intelligence, semiconductors, critical minerals and clean energy. These areas accounted for 44% of the value of announced global greenfield investment in 2025, compared to 16% in 2020. India's rise in rankings is explained by its appeal to investors in this domain.

India offers market size, production cost advantages, and opportunities to become part of regional and global supply chains, including through its digital infrastructure and manufacturing capabilities. At the same time, the trend to diversify away from any single

country accounts for some of the shift towards India. Many companies invest in multiple countries and attempt to avoid overreliance on any one of them. India is one of the options available for such diversification.

China's lower share in new project investment should be viewed in context. For now, there is no reason to believe that China has declined as an attractive destination for investment. It offers significant advantages in terms of scale and specialization. At the same time, China typically attracts investments in established industrial clusters and host countries with existing production facilities, whereas greenfield investment typically takes more time to appear. The greenfield investment statistics reflect the current trends in foreign direct investment (FDI) flows but say little about the overall economic power of China and India.

India's recent rise in investment attractiveness appears to be consistent with broader geopolitical and economic trends. FDI into South Asia, and particularly India, rose significantly in 2025. However, at the global level, investment remains highly concentrated in the world's biggest economies. The world's twenty largest economies account for over 80% of all FDI. Most of the smaller economies receive only limited amounts of investment in strategically important sectors.

For now, India should be seen as a country in which the potential for investment-led growth appears to be rising, but opportunities for actualizing it may be limited by the specifics of each project. The ability of India to leverage new investment into long-term economic growth will be determined by whether the investments lead to higher-value economic activity, including research, innovation, and integration into global supply



chains. If the new projects do not generate sufficient economic benefits in the form of jobs, technology transfer and linkages with local suppliers, their contribution to economic growth will be limited. India's 5.7% share of global greenfield investment is therefore a promising development but not an indicator of success.

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Q. How can Sanskriti contribute to
the holistic development and skill
development of youth?

Ans. Sanskriti is essential because it shapes the character of individuals and strengthens society through moral values, ethical conduct, and cultural continuity. It helps people lead balanced lives by integrating material progress with spiritual and moral development. Need for Sanskriti can be discussed as under:

1. To Develop Moral Values: Sanskriti teaches virtues such as honesty, compassion, respect, and self-discipline. These values guide individuals to make ethical decisions in everyday life.
2. To Preserve Cultural Heritage: It protects traditions, languages, customs, and ancient knowledge from being forgotten. This ensures that future generations remain connected to their cultural roots.

3. To Promote Social Harmony: Sanskriti encourages mutual respect, cooperation, and tolerance among people. It helps build peaceful families, communities, and nations.
4. To Build Responsible Citizens: It inspires individuals to perform their duties toward family, society, the nation, and the environment. This creates citizens who contribute positively to the common good.
5. To Balance Material and Spiritual Life: While supporting education, work, and prosperity, Sanskriti also emphasizes inner peace, self-control, and ethical living. This balance leads to holistic well-being.
6. To Strengthen National Identity: Sanskriti preserves the unique values and traditions that define a nation's identity. It fosters a sense of belonging, pride, and unity among its people.
7. To Ensure Sustainable Living: Indian culture promotes respect for nature and the responsible use of natural resources. This encourages environmental conservation and sustainable development.
8. To Give Purpose and Direction to Life: Sanskriti teaches individuals to live according to Dharma, pursue knowledge, and serve society. It helps people find meaning beyond material success.

Sanskriti is needed because it nurtures ethical values, preserves cultural heritage, strengthens social harmony, and promotes balanced personal growth. In the Indian Knowledge System, Sanskriti is regarded as the foundation of a civilized society, guiding individuals toward a life of Dharma (righteousness), Artha (prosperity), Kāma (rightful desires), and Mokṣa (liberation). It ensures that progress is measured not only by wealth and technology but also by character, wisdom, and compassion. Thus our education system should focus on developing the below Characteristics of Sanskriti:

- **Moral and Ethical Values:** Sanskriti encourages individuals to distinguish between right and wrong and act with integrity. It provides a strong ethical foundation for personal and social life.
- **Respect for Parents, Teachers, and Elders:** Respect is considered a fundamental virtue that nurtures humility and gratitude. Honoring parents, teachers, and elders strengthens family bonds and preserves valuable life experiences.
- **Pursuit of Knowledge and Wisdom:** Sanskriti inspires continuous learning and the search for truth throughout life. It emphasizes that knowledge should be used for self-improvement and the welfare of society.
- **Spiritual Development:** It encourages individuals to understand their inner self and cultivate higher values. Spiritual growth leads to inner peace, contentment, and a deeper purpose in life.
- **Compassion and Service to Others:** Sanskriti teaches empathy towards all living beings and encourages helping those in need. Selfless service creates a caring society based on kindness and mutual support.
- **Truthfulness (Satya):** Speaking and living by the truth strengthens trust and credibility in relationships. Satya encourages transparency and fairness in both personal and professional life.
- **Non-violence (Ahimsa):** Ahimsa promotes peaceful thoughts, words, and actions towards all living beings. It encourages resolving conflicts through understanding rather than aggression.
- **Self-control and Discipline:** Sanskriti emphasizes controlling one's

thoughts, emotions, and desires to achieve personal excellence. Discipline helps individuals remain focused on their goals and responsibilities.

- **Harmony with Nature:** Indian culture views humans as an integral part of nature rather than separate from it. This perspective promotes environmental stewardship and sustainable living.
- **Social Responsibility:** Sanskriti encourages every individual to contribute to the welfare of family, community, and the nation. It emphasizes that personal success should go hand in hand with the well-being of society

Being a consultant – upskilling, I have experienced the skill development challenges of youth. I wish to highlight that if the education system focus on the sanskriti, it will take care of the skill development in turn. The 10 Core Life Skills identified by the World Health Organization (WHO) can be meaningfully connected with the 10 characteristics of Sanskriti. WHO's 10 Core Life Skills are: 1)Self-awareness 2) Empathy 3) Critical Thinking 4) Creative Thinking 5) Decision Making6) Problem Solving 7) Effective Communication 8) Interpersonal Relationship 9) Coping with Stress 10) Coping with Emotions. While the WHO life skills focus on developing psychosocial competence, Sanskriti provides the ethical and cultural foundation for applying these skills in daily life:

No.	Characteristics of Sanskriti	Related WHO Life Skill(s)	Connection
1.	 Moral and Ethical Values	Decision Making, Critical Thinking	Moral values help individuals evaluate situations carefully and make ethical and responsible decisions.
2.	 Respect for Parents, Teachers, and Elders	Interpersonal Relationship, Effective Communication	Respect strengthens healthy relationships and promotes courteous, empathetic, and meaningful communication.
3.	 Pursuit of Knowledge and Wisdom	Critical Thinking, Creative Thinking	The pursuit of knowledge encourages questioning, analysis, innovation, and the application of wisdom to solve problems.
4.	 Spiritual Development	Self-awareness, Coping with Stress	Spiritual practices increase self-understanding, emotional balance, resilience, and inner peace during challenging situations.
5.	 Compassion and Service to Others	Empathy, Interpersonal Relationship	Compassion develops the ability to understand others' feelings and motivates selfless service and cooperation.
6.	 Truthfulness (Satya)	Effective Communication, Decision Making	Truthfulness encourages honest communication and helps individuals make transparent and ethical choices.
7.	 Non-violence (Ahimsa)	Empathy, Coping with Emotions	Ahimsa teaches emotional regulation, patience, and understanding, reducing conflict and promoting peaceful interactions.
8.	 Self-control and Discipline	Coping with Emotions, Coping with Stress	Self-control enables individuals to manage emotions, resist harmful impulses, and respond calmly under pressure.
9.	 Harmony with Nature	Creative Thinking, Problem Solving	Living in harmony with nature encourages sustainable thinking and creative solutions to environmental and social challenges.
10.	 Social Responsibility	Problem Solving, Decision Making, Interpersonal Relationship	Social responsibility inspires individuals to work collaboratively, solve community problems, and make decisions that benefit society.

The WHO life skills equip individuals with the abilities needed to deal effectively with everyday challenges, while Sanskriti provides the values and ethical direction for using these abilities wisely. Together, they contribute to the holistic development of an individual by integrating knowledge, values, behavior, and social responsibility. The WHO Life Skills answer "How should we develop the skills to live effectively?", whereas Sanskriti answers "Why and for what purpose should we use those skills?" Together, they promote individuals who are competent, ethical, compassionate, and socially responsible. Let us go back to our roots and spread our Sanskriti for a skilled Youth, stay blessed!

THE HIDDEN PAIN OF CHOOSING SELF-RESPECT OVER POPULARITY

Some children are born with energy that cannot be contained. They are the ones who cannot sit silent, who fill every room with laughter and every day with activity. Teachers remember them, classmates are drawn to them, and life, for a long time, feels like one long celebration. For such young people, popularity arrives naturally, and with it comes a warm sense of belonging.

As they grow, that spirit often carries them further. Friendships form easily, elders offer support, and hard work brings quick recognition. Some go on to organise events or lead the biggest celebrations in their community, while hundreds watch and applaud. Looking back, many describe those as the happiest days of their lives.

Yet popularity of this kind is easy to enjoy and just as easy to mistake for permanence. Being the face of a community brings admiration, invitations and expectations. Those who applaud often assume that the person they admire will keep saying yes. The trouble begins when that person starts to say no. As they mature, many young people begin to refuse things that do not feel right to them. It is a quiet act of self-respect, a choice to follow personal values rather than public approval. For many, it becomes a turning point.

The reaction can be swift and painful. People who once offered praise may begin to speak ill of them behind their backs. Friends whose warmth seemed real can change almost overnight. Whispers replace conversations, and distance replaces closeness. Those who go through this often describe it as mental harassment: constant, subtle and hard to confront, because it rarely happens in the open.

What follows is often a deep sense of isolation. For someone who was always lively and surrounded by people, the silence can be especially hard to bear. There is a feeling that no one is on their side, that no real friends remain, and that the fame built through years of effort has been wasted. A painful question arises: is it acceptable to end up alone for standing by one's own judgement?

The answer is not simple. On some days, young people in this position console themselves with the thought that integrity matters more than applause. But the admission that follows is honest and human: even if it is acceptable, it still hurts. The cheerful, energetic person they once were may still exist, but life no longer feels the same.

That honesty deserves attention. Many young people grow up believing that popularity and self-worth are the same thing. When popularity disappears, they feel they have lost their identity along with it. Yet a reputation built on constant agreement is fragile. Relationships that survive only through compliance are not true friendships, and their loss, though painful, reveals how strong they ever were.

Still, understanding this does not make loneliness easier to carry. Social rejection is a real source of distress, and it can leave a person feeling hurt, tired and unsure where to turn. Those in this position should not simply be told to “move on”. They need patience, empathy and safe spaces in which to speak. Families, teachers and friends can help by noticing when someone once lively and visible becomes quiet and distant. A gentle question, asked sincerely, can mean more than any amount of advice.

There is also comfort to be found. Hard work is never entirely wasted,



because skills, character and resilience remain when applause fades. True friends, though fewer, often appear in time. Until then, speaking to a trusted person or a counsellor can lighten the burden.

Saying no may cost a person their crowd. But it can also reveal who they are when the crowd is gone, and that knowledge, though hard-earned, is worth keeping.

THE QUIET NUMBNESS: WHEN LIFE LOOKS NORMAL BUT FEELS EMPTY



There is a kind of struggle that rarely announces itself. It does not arrive with dramatic breakdowns or visible distress. Instead, it settles in quietly, and the person living through it often looks perfectly fine. For many young people today, this is the reality of emotional numbness.

Consider a young person who begins to withdraw from the world. Gradually, they isolate themselves from everything: meals, conversations, and daily routines. They begin to wonder whether this solitude is a sign of peace or maturity. Yet they feel neither peaceful nor

content. They have no desire to do anything, and when the heaviness becomes unbearable, they escape the only way they can: by sleeping.

What makes this experience so difficult is that it is nearly impossible to explain. Everything appears normal from the outside, yet something essential is missing. Those who experience it often describe an absence rather than a presence of feeling. There is no joy, no sorrow, no anger. Just a flat, silent space where emotions used to live.

The change is often most painful when compared with the past. This was once a person who enjoyed everything, who approached tasks with energy and curiosity. Now, even when given work, they complete it mechanically. The effort remains, but the enjoyment has disappeared. Even success fails to stir them. A person may win a competition, an achievement that would once have brought great pride, and feel nothing at all.

Yet numbness is rarely total. In moments of real loss, emotions can break through unexpectedly. A person who feels nothing at their own victory may still shed tears over a defeat, and may cry again simply by remembering it. This contradiction is confusing, but it carries an important message: the capacity to feel has not disappeared. It is merely buried beneath exhaustion and emotional overload.

This raises the question many people silently ask: is this change normal, or is it making things worse? Mental health professionals note that persistent loss of interest, emotional flatness, social withdrawal, and excessive sleep can be signs of depression or prolonged stress. These are not signs of weakness or laziness. They are recognised conditions, and they

respond well to support and treatment.

Part of the danger lies in how invisible this struggle is. Because the person continues to attend classes, complete assignments, and answer when spoken to, family and friends rarely notice anything wrong. Sometimes the person does not notice either. Sleep becomes a refuge, and avoidance becomes routine.

There is, however, a hopeful detail in the story. The very act of questioning one's own feelings shows that a part of the mind is still alert and seeking answers. That curiosity is a strength, not a symptom.

The way forward begins with honesty. Those experiencing similar feelings should resist the urge to dismiss them. Speaking to a trusted friend, a family member, a counsellor, or a doctor can make a significant difference. Families and teachers, too, can help by looking beyond outward performance and asking gentle questions.

Emotional numbness is not a character flaw. It is a signal that something needs attention. And acknowledging it, however quietly, is where recovery begins.

INDIA'S CERVAVAC GETS WHO PREQUALIFICATION FOR HPV VACCINATION

The first ever Indian gender-neutral quadrivalent HPV vaccine, Cervavac, has achieved the status of prequalification from the World Health Organization (WHO). This development serves as a breakthrough moment for the Indian vaccine industry. The Cervavac, developed by the Serum Institute of India, is effective against HPV type 6, 11, 16 and 18. With the WHO prequalification status, the vaccine now becomes available for purchase by UN agencies. Cervavac is approved for girls and boys within the ages of nine to 26. This vaccine works towards prevention of HPV diseases, such as cancer in the cervix, vulva, vagina and anus, along with genital warts. Earlier, it had been cleared for use in India by the Drugs Controller General of India. Depending upon the age, the vaccination schedule varies. Two doses are required from nine to 14 years of age, while three doses from 15 to 26 years of age. Cervavac is administered in an intramuscular route. The CEO of Serum Institute, Adar Poonawalla, was quoted saying that the recognition from the WHO can help in preventing HPV diseases on a global level.



ADANI POWER, BHUTAN'S DGPC SIGN PACT FOR 770 MW HYDROPOWER PROJECT

Bhutan's Druk Green Power Corporation (DGPC), owned by the Government of Bhutan, has entered into a pact with Adani Power to jointly develop the 770 MW Chamkharchhu-I Hydroelectric Project in Bhutan. This pact between India and Bhutan in the energy sector is seen as yet another milestone in the cooperation between the two nations. Under this arrangement, the project will be developed via 49:51 shareholding structure, with Adani Power holding 49 per cent and DGPC having 51 per cent stake. It will operate under the BOOT scheme for 30 years. The hydroelectric project is located on the Chamkarchhu River in the Zhemgang district of Bhutan and is scheduled to commence its development work during the first half of 2027. Its commissioning can happen in six years from the time of groundbreaking. The hydropower project will enhance the country's electricity generation capacity, especially in the winter season when the demand is high. In case of any surplus green electricity, it may be exported to India in the summer season. This project is part of the larger 5,000 MW hydropower development program between the Adani Group and DGPC. It follows their agreement for the 570 MW Wangchhu Hydroelectric Project signed in September 2025.



ISRO LEVELS UP TO 5 KG IN QUANTUM KEY DISTRIBUTION

Our Indian Space Research Organisation (ISRO) upgraded our security system to be more efficient and effective than ever. This research lab has made a major breakthrough by making its quantum key technology. This leap became possible through precise laser pointing systems (Pointing, Acquisition, and Tracking), which stabilized light beams across longer open-air distances and countered atmospheric disturbances. The 5.56 km free-space Quantum Key Distribution (QKD) trial conducted between BISAG-N stands for the Bhaskaracharya National Institute for Space Applications and Geo-informatics, Located in Gandhinagar, Gujarat, and IIT Gandhinagar with QNu Labs conducted successfully. This is an important stepping stone in India's National Quantum Mission (NQM) victory. This aligns with ISRO's overarching Satellite-Based Quantum Communication (SBQC) and Quantum Technology Demonstration in Space (QuTDS) initiative. Before this benchmark, in 2021 ISRO showed free-space QKD over 300 meters at SAC (Space Applications Centre), Ahmedabad. The next step came in 2022 when (1 km) ISRO & DRDO separately demonstrated free-space/ground-based QKD links over 1 km distances. This stretched to 2025 in over 1 km class with refining to intermediate level atmospheric trials. The latest trial stabilized India's longest free space technology update. Some points of improvement still need to be solved but with consistent efforts, ISRO can easily overcome it in Quantum Key Technology.



FINAL CHAPTER OF DRISHYAM SETS NEW STANDARD FOR BOX-OFFICE COLLECTION

The Drishyam film franchise finally reached its conclusion after 11 years, beginning in 2015 with Drishyam, directed by Nishikant Kamat, and ending with Drishyam: The Conclusion, released on 2nd October 2026. The third instalment was directed by Abhishek Pathak, who also co-wrote the screenplay alongside Aamil Keeyan Khan and Parveez Shaikh. Featuring accomplished actors such as Ajay Devgn, Tabu, Shriya Saran, Ishita Dutta, Rajat Kapoor, and Jaideep Ahlawat, the film brings together an impressive ensemble cast. Ajay Devgn plays Vijay Salgaonkar, Tabu portrays Meera Deshmukh, Shriya Saran plays Nandini Salgaonkar, his wife, Ishita Dutta portrays Anju Salgaonkar, his daughter, Rajat Kapoor plays Mahesh Deshmukh, and Jaideep Ahlawat appears as Rajeev Singh Tomar. This crime thriller, revolving around the Salgaonkar family, a murder investigation, and the legal system, has achieved remarkable box-office success. On Day 8, the film collected approximately ₹14.50 crore net in India, according to trade reports. The following day, collections witnessed a significant jump, taking its reported worldwide gross to approximately ₹446–450 crore. By its second Sunday, the film continued its theatrical run with strong audience interest. As the explosive final chapter of the trilogy, Drishyam: The Conclusion delivered another gripping instalment, continuing the franchise's legacy of suspense, mystery, and unexpected twists.



ELOELO UNVEILS DOLPHIN AI TO TRANSFORM VIDEO PRODUCTION

Eloelo Group launched Dolphin AI, an AI-based video creation platform which aims at making the whole video creation process easier. The platform was revealed on September 29 during FICCI FRAMES 2026 in Mumbai and is now available for creators, filmmakers, brands and studios in the early access mode. The system will be able to help with scripting, shooting planning, as well as with creation, editing and enhancement of videos. Among the key features of Dolphin AI is its ability to keep consistency between several shots regarding characters, their voices, costumes, props, locations and style of the pictures. There are several options of creation available in the platform like Chat, templates and Playground where shot-level controls are possible. In addition, its Film Studio will be able to analyze scripts, find out all characters and locations, comprehend the plot and divide it into multishot production. According to Eloelo, Dolphin AI has been created based on the company's experience in creating more than 5,000 original dramas as well as on the company's testing of more than 100,000 creative assets per month. Moreover, Dolphin AI supports Model Context Protocol (MCP) which allows using compatible AI tools like ChatGPT, Claude, Gemini and Cursor to access its video, image and voice capabilities. Dolphin AI is aimed at both professional and individual creators working on advertisements, UGC, podcasts, microdramas, films, animation and AI avatars.



A MAJOR ALARM ON HUMANITY SURVIVAL PRESENTED IN 10 NEW INSIGHTS IN CLIMATE SCIENCE

The report titled '10 New Insights in Climate Science', published every year by Future Earth, The Earth League, and the World Climate Research Programme (WCRP), in partnership with the International Science Council (ISC) was recently released on October 6. This scientific report was drafted and prepared by more than 70 researchers representing close to 30 countries. 150 international experts provided their feedback and inputs for this paper. Main findings of the reports cover physical climate changes, social and economic impacts, and barriers to action. Its main special lessons emphasize on rapid acceleration of ocean warming and freshwater loss and increasing risks of going beyond the 1.5°C threshold, and the urgent need to address climate barriers alongside the increasing risks of policy shifts. Important highlights concluded in 10 points starting with record global high temperature and energy imbalance, driven in 2023–2024 by both natural reasons (El Niño) and Earth energy imbalance. The second is swift acceleration, resulting in severe marine heatwaves, ecosystem damage, and reduced carbon absorption capacity. Other important points we can include land carbon set due to Northern forest low atmospheric carbon absorption because of wildfires, interlink biodiversity crisis, over extraction and groundwater depletion resulted in food security stress, rising dengue cases, economic and labour productivity loss.



46 TH FIDE TOURNAMENT - OLYMPIAD OF CHESS BRINGS JOY FOR INDIA

India is currently on cloud nine as the country continues to perform exceptionally well in various sports. One recent highlight was the 46th FIDE Chess Olympiad, which concluded on September 27, 2026, in Samarkand, Uzbekistan. The tournament was held from September 16 to 27, bringing together top chess players from around the world. India delivered an impressive performance across both sections, securing silver in the Open section, behind host nation Uzbekistan, while Germany claimed bronze. In the Women's section, China won gold, Kazakhstan secured silver, and India clinched bronze after a 2–2 draw against Georgia, with the final standings decided by tie-break criteria. India also won the prestigious Nona Gaprindashvili Cup for the best combined performance across the Open and Women's sections. Among the individual performers, D. Gukesh delivered an outstanding performance on Board 4 in the Open section, while R. Praggnanandhaa earned an individual bronze medal on Board 1. Experienced Grandmaster Koneru Humpy also contributed to India's campaign in the Women's section. Meanwhile, B. Savitha Shri emerged as one of India's standout performers, earning an individual bronze medal on the reserve board with an unbeaten score of 9 points out of 10 games. India's remarkable achievements at the tournament highlighted the country's growing strength and international reputation in chess.



INDIAN BOWLER MAKES HISTORY AS HE BREAKS WORLD RECORD BY TAKING 14 WICKETS IN TEST MATCH

An outstanding record was created in Indian cricket when a young Indian bowler made history by taking 14 wickets in a single Youth Test match, delivering an unforgettable performance that showcased his exceptional talent and skill. Taking 14 wickets in a Test match is a remarkable achievement, as it requires immense patience, stamina, concentration, and consistency across multiple sessions. The performance also highlighted India's growing strength in producing talented bowlers capable of achieving extraordinary milestones. The young left-arm spinner, Tanmay Baloda, delivered a sensational performance, claiming 6 wickets for 32 runs in the first innings and 8 wickets for 41 runs in the second innings. His match figures of 14 wickets for 73 runs established a new record for the most wickets taken by a bowler in a Youth Test match, surpassing the previous record of 12 wickets. The historic performance came during the second Youth Test between India Under-19 and Australia Under-19 at the Narendra Modi Stadium in Ahmedabad. Australia scored 174 runs in the first innings and 151 in the second, while India responded with 315 runs in their first innings. India then chased the target of 11 runs in just five deliveries, securing a convincing 10-wicket victory. The win levelled the two-match Youth Test series at 1–1 after Australia had won the opening match. Baloda's extraordinary bowling performance marked a significant milestone in his young cricketing career and brought well-deserved recognition to India's emerging cricketing talent.



PICKLEBALL - AN EMERGING SPORT RECENTLY ORGANISED AS SOUTH-(A PWR 1000 TOURNAMENT) IN BANGALORE)

Pickleball, an emerging sport in the Indian subcontinent, is rapidly gaining popularity, particularly in metropolitan cities across India. Reflecting this growing interest, the Indian Pickleball Association (IPA) sanctioned the Picklebay Zonals – South as a PWR 1000 event, held from September 29 to October 4, 2026, in Bengaluru at GoRally Indiranagar and GoRally Jayamahal. Among the notable results, Sai Samhita and Shefali Bhatt claimed the 30+ Women's Doubles title with a dominant 15–4 victory over Neithra Venkat and Kamini. In the men's category, Rasheem Samuel secured the 30+ Men's Singles title with a 15–5 win in the final. The tournament featured more than 25 categories across different skill levels, from Beginner to Pro, and age divisions ranging from Open to 60+, offering opportunities to compete in Singles, Doubles, and Mixed Doubles formats. In the senior categories, Tony Chacko won the 60+ Singles title, finishing ahead of Bhushan Akut and Nirmal Kumar, who secured silver and bronze, respectively. Chacko also teamed up with Akut to claim the 60+ Doubles title. With competitions spread across Bengaluru venues and a total prize pool of ₹15 lakh, Picklebay Zonals – South provided a significant platform for players of different ages and skill levels, further strengthening the competitive pickleball ecosystem in India.



GUNTUR'S 17 YEAR OLD LIKHITA BRINGS GLORY THROUGH POWERLIFTING FOR INDIA

The Indian powerlifting community celebrated a remarkable achievement when 17-year-old Bollu Likhita won a gold medal at the Commonwealth Equipped Powerlifting Championships in Winnipeg, Canada. Competing in the 76 kg sub-junior category, the young athlete secured first place in the squat, bench press, and deadlift, showcasing her exceptional strength, dedication, and determination. What makes her journey even more inspiring is that her sporting career began unexpectedly. At around 15, Likhita joined a gym with her sister to lose weight and stay fit. Although her sister eventually stopped attending, Likhita continued training and became inspired by watching athletes and experienced weightlifters at the gym. Gradually, her interest developed into a serious commitment to competitive powerlifting. Hailing from Guntur, Andhra Pradesh, Likhita comes from a single-parent family and lives with her mother, Chaitanya, and her sister. Initially, her mother was hesitant about her pursuing such a demanding sport, wondering whether she would be able to balance training with her studies. However, seeing her daughter's determination, she decided to support her ambitions. Despite financial constraints, her mother stood by her as Likhita worked towards representing India at national and international competitions. Alongside her sporting commitments, Likhita continued to give importance to her education. Her gold-medal victory in Winnipeg marks a significant milestone in her young career and serves as an inspiration to aspiring athletes across the country. With her determination and passion for powerlifting, Likhita hopes to achieve greater success and bring more pride to India in future international competitions.



P. V. SINDHU INTO QUARTER FINALS AT ARCTIC OPEN

Two-time Olympic medallist P. V. Sindhu advanced to the quarterfinals of the women's singles event at the Arctic Open 2026, a BWF Super 500 badminton tournament held in Vantaa, Finland. On Thursday, October 8, she defeated Japan's Riko Gunji in straight games, winning 21–15, 21–15 in the second round. The sixth-seeded Indian displayed confidence and composure throughout the match to secure her place in the last eight. This victory followed her triumph at the Japan Open Super 750 in July, further highlighting her strong performance on the international circuit. Sindhu was set to face Thailand's top seed and former world champion Ratchanok Intanon in the quarterfinals, promising a challenging contest for the Indian shuttler. Meanwhile, other Indian singles players experienced mixed results. Tharun Manneppalli lost to France's Christo Popov 21–14, 21–19, while Tanvi Sharma was defeated by Ratchanok Intanon 21–18, 21–7 in the second round. Former world No. 1 Kidambi Srikanth exited the tournament in the opening round after losing to Canada's Brian Yang 15–21, 21–15, 21–13. In men's doubles, Indian pair Krishna Prasad Garaga and Pruthvi Krishnamurthy Roy were also scheduled to compete against England's Oliver Butler and Samuel Jones later that day. Sindhu's progression to the quarterfinals offered a positive highlight for India's campaign at this prestigious international badminton tournament.



INDIAN SUPER LEAGUE RETURNS AS BENGALURU FC BEGIN SEASON WITH THRILLING VICTORY

Indian football entered a new chapter as the Indian Super League (ISL) 2026–27 season kicked off on October 10, bringing fresh excitement for football fans across the country. Bengaluru FC began their campaign with an impressive 3–2 victory over Sporting Club Delhi at the Sree Kanteerava Stadium in Bengaluru. The opening match delivered an exciting contest, with Bengaluru securing the winning goal in the 89th minute to claim all three points. Meanwhile, FC Goa and Chennaiyin FC played out a 1–1 draw in the other opening-day fixture. The new season has introduced significant changes to the league's structure, management, and broadcasting arrangements, marking an important phase in Indian club football. All 13 participating clubs will compete during the season as they aim to establish themselves among the country's leading teams. With matches scheduled across several Indian cities, the tournament offers players an opportunity to showcase their talent while giving supporters more chances to follow their favourite clubs. Bengaluru FC's dramatic opening victory has provided an encouraging start to their campaign, setting the stage for an exciting season of competition in Indian football.



NPCIL INTERNSHIP 2026:
CA/CMA STUDENTS CAN EARN
₹20,000 MONTHLY

Nuclear Power Corporation of India Limited (NPCIL) has invited applications for internship opportunities in Finance and Accounts for students who have passed the Intermediate examination of Chartered Accountancy (CA) or Cost and Management Accountancy (CMA).

Internship Highlights

- Organisation: NPCIL
- Field: Finance and Accounts
- Eligibility: CA/CMA Intermediate passed
- Mode: Online
- Last Date: 26 October 2026

Stipend

- Selected interns will receive ₹20,000 monthly. An additional ₹5,000 will be provided if accommodation is unavailable at the concerned NPCIL unit or headquarters.

Age Limit

- Candidates must be aged 18–56 years. Applicants must not have been born before 26 October 1970 or on or after 27 October 2008.

Selection Process

- Candidates will be shortlisted for personal interviews in a 1:5 ratio, based on aggregate marks in the CA/CMA Intermediate examination.
- Applicants whose final marks are unavailable will not be considered.
- Shortlisted candidates will receive interview details by email.
- Interviews may be conducted virtually.

Document Checklist

- CA/CMA Intermediate marksheets and passing proof
- Aadhaar card or prescribed identity proof
- Recent passport-size photograph
- Scanned signature
- Completed application form
- Additional documents specified by NPCIL

How to Apply

- Visit npcilcareers.co.in,
- Select the internship link, Register and activate your account.
- Fill in the required details,
- Upload your photograph and signature, and submit the application.
- Download and print the completed form for future reference.
- Candidates attending online interviews should keep their Aadhaar card and application form ready.

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



DSSSB RECRUITMENT 2026: 641 DISTRICT COURT VACANCIES

The Delhi Subordinate Services Selection Board (DSSSB) has announced 641 vacancies for the Combined Examination, 2026, on behalf of Delhi District and Family Courts. Online applications open on 6 October 2026 and close on 4 November 2026 at 11:00 PM.

Vacancy Details

- Senior Personal Assistant: 27 posts
- Personal Assistant: 206 posts
- Junior Judicial Assistant: 174 posts
- Process Server: 92 posts
- Peon/Orderly/Dak Peon: 142 posts
- Total: 641 posts

Eligibility Criteria

- Applicants must be Indian citizens aged 18–27 years as of 1 June 2026, with age relaxation as per government rules.
- Senior PA: Graduation, shorthand speed of 110 wpm and typing speed of 40 wpm.
- Personal Assistant: Graduation, shorthand speed of 100 wpm, typing speed of 40 wpm and computer knowledge.
- Junior Judicial Assistant: Graduation and typing speed of 40 wpm.

Process Server: Matriculation or equivalent, LMV driving licence and two years' driving experience.
Peon/Orderly/Dak Peon: Matriculation or equivalent.

Salary

- Pay scales range from ₹5,200–₹20,200 plus grade pay for certain posts to ₹9,300–₹34,800 plus grade pay for senior positions, with applicable allowances.

Selection Process

- Tier-I MCQ examination, Tier-II descriptive English test, Tier-III skill test and Tier-IV interview, as applicable.

Application Fee

- ₹100 for applicable candidates. Women, SC/ST, PwBD and eligible Ex-Servicemen are exempted.

How to Apply



- Apply online at <https://dsssonline.nic.in>.
- Register, complete the application, upload required details and pay the fee through SBI e-Pay, if applicable, before the deadline.

For more details candidates are asked to visit the official website

C-DAC RECRUITMENT 2026: 844 CONTRACTUAL VACANCIES ACROSS INDIA

The Centre for Development of Advanced Computing (C-DAC), under the Ministry of Electronics and Information Technology (MeitY), has announced approximately 844 contractual vacancies under its JIT October 2026 recruitment cycle. Applications are invited across 11 centres nationwide for technical, managerial and support positions.

Recruitment Highlights

- Organisation: C-DAC
- Total Vacancies: Approximately 844
- Positions: Project Associate, Project Engineer, Senior Project Engineer, Project Manager, Tech Lead and support roles
- Centres: Pune, Mumbai, Noida, Bengaluru, Chennai, Delhi, Hyderabad, Kolkata, Mohali, Guwahati and Thiruvananthapuram
- Application Mode: Online
- Last Date: 26 October 2026
- Application Fee: Nil

Eligibility Criteria

- Candidates must possess relevant qualifications from recognised universities or approved institutions.
- Requirements vary by post and may include

specific professional experience.

- Opportunities cover artificial intelligence, cybersecurity, software development, data science, hardware design, finance, administration and other specialised fields.
- Age limits and experience requirements are post-specific.

Salary

- Indicative annual packages range from ₹3.6 lakh to

₹5.04 lakh for Project Associates and may reach ₹12.63 lakh–₹22.9 lakh for managerial-level positions, depending on the post and centre.

Selection Process

- Screening of applications, followed by a written test and/or interview, as applicable.

How to Apply

- Visit careers.cdac.in,
- Select the relevant centre and vacancy,
- Register using your mobile number and OTP,
- Complete the application, and upload your photograph and résumé.
- Submit the form and retain the application number.

Important: These are contractual appointments, initially for up to three years or project completion. Apply separately for each post by the deadline.

For more details candidates are asked to visit the official website



Deepika Singh



Why Is a Week Called a “Week”?

Have you ever wondered why we divide our lives into seven-day weeks? The word “week” refers to a period of seven consecutive days, but the reason behind this system goes back thousands of years.

Ancient civilizations observed the Sun, Moon, and stars to understand the passage of time. The Babylonians played an important role in popularizing the seven-day cycle, partly because of their interest in astronomy and the seven celestial bodies known in their time: the Sun, Moon, Mars, Mercury, Jupiter, Venus, and Saturn.

The seven-day week was also adopted in Jewish tradition and later spread widely through the Roman world. Over time, it became a standard way to organize work, religious observances, markets, and everyday life.

Today, the seven-day week is used in calendars across most of the world. Although months and years follow astronomical patterns, the seven-day week continues largely because of historical and cultural traditions.

THE TAKEAWAY: Something as ordinary as a week has a fascinating history shaped by ancient astronomy, culture, and human civilization.



The Three Switches Challenge

You have 3 switches and 1 bulb in closed room.

Only one switch controls the bulb.

You can enter the room only once. How will you find the correct switch?

Think carefully

Answer
Turn on Switch 1 for a few minutes, then turn it off. Turn on Switch 2 and enter the room.
Bulb glowing? Switch 2
. Bulb off but warm? Switch 1.
Bulb off and cold? Switch 3
. TRICK: Use light and heat!



A FESTIVE TWIST:
SHAKARKANDI
GULAB JAMUN

This Week, We're Discovering Shakarkandi Gulab Jamun!

Shakarkandi Gulab Jamun is a unique twist on the traditional Indian dessert, made using sweet potatoes. Naturally sweet, soft, and delicious, this festive treat is perfect for Navratri and adds a creative touch to your festive menu.

Ingredients:

2 medium-sized sweet potatoes (shakarkandi), 3–4 tablespoons arrowroot powder or vrat-approved flour, 2 tablespoons milk powder (optional), 1/2 teaspoon cardamom powder, ghee for frying, 1 cup sugar, 1 cup water, and a few saffron strands (optional).

Preparation

- Wash and boil the sweet potatoes until they become completely soft.
- Peel the sweet potatoes and mash them thoroughly until smooth, ensuring there are no lumps.
- Add arrowroot powder, milk powder (if using), and cardamom powder. Mix gently to form a soft dough. Add a little more flour if needed, but avoid making the dough too firm.
- Divide the dough into small portions and shape them into smooth, crack-free balls.
- Heat ghee in a deep pan over low to medium heat. Fry the balls slowly, turning them gently until they become evenly golden brown.
- Meanwhile, prepare the sugar syrup by heating sugar and water in a saucepan. Simmer until the sugar dissolves completely, then add cardamom or saffron if desired.
- Allow the fried sweet potato balls to cool slightly before placing them in warm sugar syrup. Let them soak for 30–60 minutes so they absorb the sweetness and become soft. taste.



Serving Tip: Serve Khar warm with hot steamed rice as part of a traditional Assamese meal. It pairs beautifully with simple vegetable preparations, dal or fish curry. Garnish lightly with fresh coriander or green chilli for a homestyle 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

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

SUBMISSION DETAILS

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

CONTACT INFORMATION

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For free subscription of e-newspaper mail on thehulahultimes@gmail.com
For Internship Please mail your updated CV on hr.hulahulfoundation@gmail.com

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