

## Royal Harbinger

## Rightly Appealed Honorable President Sir

President Pranab Mukherjee addressed the nation on the eve of the 70th Independence Day. This is for the fifth time that the president spoke to the people of the country on the eve of Independence Day.

President saluted the heroes of our independence struggle and talked about the resilience and maturity of Indian democracy.

In this regard he praised the efforts of both the government and the Opposition in reaching a consensus in Parliament to pass the key tax reform law in the just concluded monsoon session.

President called for protection of the weaker section of the society especially the safety and security of women and children. He said that such elements must be dealt

## Editorial

with firmly.

He emphasised on the need of constant nourishment to the institutions of democracy and cautioned against Disruptions, obstructionism and un-mindful pursuit of a divisive political agenda by groups and individuals.

Talking about India's diversity President said one unique feature that has held India together is our respect for each others cultures, values and beliefs.

Quoting Swami Vivekananda the President said what is needed is a fellow-feeling between the different types of religion, seeing that they all stand or fall together, a fellow-feeling which springs from mutual respect. President said that We must take destiny in our own hands to build the India of our dreams.

President talked about making an inclusive society and skill development for better distribution of fruits of growing economy.

He lauded India's foreign policy calling it dynamic and said there will be no stepping back on our neighbourhood first policy.

Referring to the growing menace of terrorism all over the world, President called in a threat to entire humanity and need for a joint effort to defeat this scourge.

## Be organic with kashish

Hi guys , hope you are enjoying monsoon. Here's presenting a yummy snack to make your evenings more spicy .

Nutty paneer tikka

Ingredients: almonds and walnuts chopped 15 to 20 each, paneer 500 gm, mint and coriander chutney, hung curd 2 tbsp, cream 2 tbsp, ginger garlic paste 1 tbsp, salt and black pepper according to taste. Onions and carrots for decoration.

Method: cut paneer into 2 inch pieces. Take a bowl and mix all the ingredients except nuts and chutney. Cut paneer piece into half. Apply cream and curd paste from outside. Mix green chutney with roasted nuts. Fill into paneer pieces.

Grill in your microwave. Have it with cream dip or green chutney.

## Health and taste in one complete meal: Queen's quinoa

With twice the protein content of rice or barley, quinoa is also a very good source of calcium, magnesium and manganese. It also possesses good levels of several B vitamins, vitamin E and dietary fibre.

Quinoa is also a good source of fibre. It's a great option for parents who are having a tough time getting their kids to eat vegetables and pulses, which are also full of this important part of your family's diet. Quinoa is hypoallergenic, so it's easy to add into any family's diet.

Quinoa is very low on the glycemic index, so when your kids eat it, it sustains them for longer.

**Obesity is a big problem in growing children. What are the reasons?**

We want to keep our children healthy and fit. Indian mothers are over protective for their kids. They keep on feeding their children whole day without knowing the true nutritional value of food. Fast food culture is spreading everywhere. I have observed that today's children are undernourished and overfed. Their weak immune system leads to many complications and diseases.

There are many healthy options available for our children. Mothers have to be more careful before preparing anything for their children.

**Quinoa is the answer to all your concerns:**

The whole world seems to be on a quinoa kick, so why not get your kids in on the nutrient-rich, high-protein fun?

Quinoa may be introduced to baby from 8 months of age, although many babies do tolerate it prior to 8 months. This nutritious grain makes a great addition to your little one's diet and it is very versatile.

Adding variety to the lunch boxes of young children everyday is a big task for every mother.

Being a mother I am very much bothered about the food benefits from what my kids are having. Growing kids need protein, fibre, vitamins, minerals, antioxidants and carbs in certain measures. Quinoa is a complete meal. It contains protein that helps to build muscles and high dietary fibre ensures that it is easy on the digestive system. Quinoa keeps children energetic and healthy.

**No more tantrums and fuss over food:**

You may purchase quinoa whole, in flakes, and even as a flour. Virtually all of the quinoa sold by Queen's, quinoa is completely pre-rinsed so the bubbly, bitter saponins are not seen in this brand. Quinoa pasta is a very healthy option in comparison to pasta made from refined flour.

Now mothers have an ultimate weapon to beat the fat and add taste to their children's food.

**No more tantrums and No more fuss.**

Switch to quinoa and see the smile on your baby's face forever.

## Shanti Dynamite in a Never Seen Before Avatar !

**S. K. De:** The Queen of Seduction Shanti Dynamite has undergone a makeover in terms of her styling. Though she has come from the Adult Industry she has decided to not wear revealing clothes seeing the disrespect shown towards women. There has been the recent honour killing of Qandeel Baloch which she feels was sad in today's times.

Shanti has recently shot for a classy photoshoot which reflects the real Shanti Dynamite the world has never witnessed.

Shanti is going to start a Web Series soon and she has been even approached by var-

ious filmmakers for Bollywood and South Item songs.

After having faced unpleasant situations in the past with certain unscrupulous filmmakers she will be selective now in terms of the projects that she will make her debut in Bollywood and South movies.

Check out her latest pics of this sizzling photoshoot of Shanti Dynamite as she has undergone a complete new look change which you can witness for yourself in this recent photoshoot in her hometown of London with Priyank Vinchi and world renowned photographer Marc Blackie.



## Sony MAX2 celebrates the beautiful and simple moments of life with its new brand



**Udipur:** Sony MAX 2, the evergreen Hindi movie channel from Sony Pictures Networks India (SPN) unveiled its latest campaign to refresh the channel's brand ethos 'Kuch Filmo Ka Jadu Kabhi Kam Nahin Hota' with its new tagline 'Yaad Rahega'. This campaign is a rejuvenation of the brand's promise of enriching the lives of today's viewers with the inspiring values and refreshing pure content of iconic films.

The two short TVCs highlight the magic of these unforgettable movies and the impact that these films have on people's lives even today. It showcases how people savor ageless cinema by celebrating simple yet beautiful moments in their life. The first TVC shows a family get-together where a young couple celebrates their marriage anniversary and the speech-impaired wife beautifully enacts

the all-time romantic number, 'Pehla Nasha' for her anxious husband and surprises him. The second TVC celebrates the strength of a long-enduring relationship, where in an old couple shares a light moment with their grandchildren when they are asked about their love affair in their younger days. These TVCs engrave MAX2's refreshed positioning in the minds of its viewers and help the audience develop an instant connect.

The channel has also strengthened its content library with classic ground-breaking movies like Julie, Ek Duje Ke Liye, Khatta Meetha, Gharonda, Kasme Vaade, Aap Ki Kasam and many more such to live up to its promise of enriching the lives of today's viewers.

## Panasonic redefines its Semi-Automatic Washing Machine range

**Udipur:** Panasonic India Pvt. Ltd, a leader in innovation and technology, introduced a new line up of semi-automatic washing machines, recognizing the potential of semi-automatic market in India.

Panasonic's new range of semi-automatic washing machine is a thoughtfully designed iconic product that blends both form and functionality, redefining the Indian semi-automatic washing machine segment.

The models are available in the washing capacity ranging from 6.2 kg to 8.5 kg and are priced between Rs. 9,000 and Rs. 15,990.

With the launch of this new range, Panasonic aims to increase its presence in tier II and III cities and capture a mar-

ket share of 10% in the semi-automatic washing machines category by 2018.

Providing a spotlessly clean washing performance, the new range of semi-automatic washing machines are equipped with technology and features required for a spotlessly clean washing performance.

The base of the washing machine is sturdy and strong, providing more durability to the machine. Equipped with the global technology, the machine provides better wash quality by all kinds of stains and dusts from the clothes resulting in a hassle-free washing experience.

निःशुल्क नेत्र सेवा प्रकल्प  
सोमवार से शनिवार तारा संस्थान  
के नेत्र चिकित्सालय तारा नेत्रालय में निःशुल्क  
PHACO पद्धति द्वारा मोतियाबिन्दु ऑपरेशन,  
नेत्र परीक्षण एवं लेन्स प्रत्यारोपण तथा चश्मे के नम्बर  
236, सेक्टर 6, हिरण मगरी ( जे.बी. हॉस्पिटल के पास वाली गली ),  
उदयपुर - 313002 ( राज. ) भारत ( +91 ) 9549399993, 9649399993

## Toyota Launches Petrol Variant of All-New Innova Crysta



**Udipur:** After the huge success of the recently launched Innova Crysta, Toyota Kirloskar Motor introduced the leading MPV in its petrol variant. The only vehicle in its segment, the all-new Innova Crysta petrol is equipped with a new 2.7L Dual VVT-i (Variable Valve Timing with Intelligence) petrol engine. Available in both Automatic & Manual transmission, the Innova Crysta Petrol delivers a power output of 166 PS and a torque of 245 Nm which translates to an experience of an enhanced cabin quietness, reduced vibration and faster acceleration.

Competitively priced in the range of Rs. 13, 72,800 and Rs. 19, 62,300 (Ex-showroom New Delhi) the bookings & deliveries of new Innova Crysta petrol had begun. A perfect combination of flawless luxury and effortless power, the Innova Crysta is designed to offer

sport-utility inspired styling, robust engine and well-thought out features.

It sets a new benchmark for tough and sophisticated exterior, enhanced interior, powerful and efficient powertrain and uncompromised luxury with a living-room-like comfort never seen before.

Speaking on the occasion Mr. Akito Tachibana, Managing Director of Toyota Kirloskar Motor said, "The Innova is an iconic brand and has long established itself as the number 1 MPV in the Indian market. This can be further reiterated with the overwhelming success of the new Innova Crysta which was launched earlier this year.

Often referred to as the segment creator, the brand Innova has proved itself again by being the first in the segment to offer a vehicle with a petrol variant.

## GJF organized a successful 8th edition of GJF Fashion Nite

**Mumbai:** All India Gems & Jewellery Trade Federation (GJF), the apex body of the domestic Gems & Jewellery sector, organizes GJF Fashion Nite on 5th August, 2016 at Grand Hyatt, Mumbai to unveil the exclusive and designer jewellery collection by top Brands and promote new business relationships amongst the trade. GJF Fashion Nite is an annual networking event, held along the sidelines of the India International Jewellery Show (IJS) each year. The Rio Olympics fever has gripped

the nation and the world. Through its fashion sequence, GJF Fashion Nite cheered and wished good luck to Indian sports stars who are vying for gold at the Games, calling it 'Gold invites Gold'. Through this platform, GJF launched the new edition of Gems & Jewellery Times (G&J) magazine and a mobile app for GJF members and trade fraternity. Joint Secretary Shri Manoj Dwivediji and Bollywood icon Vidya Balan graced the occasion as Chief Guest and Guest of Honour, respectively.



HINDUSTAN ZINC

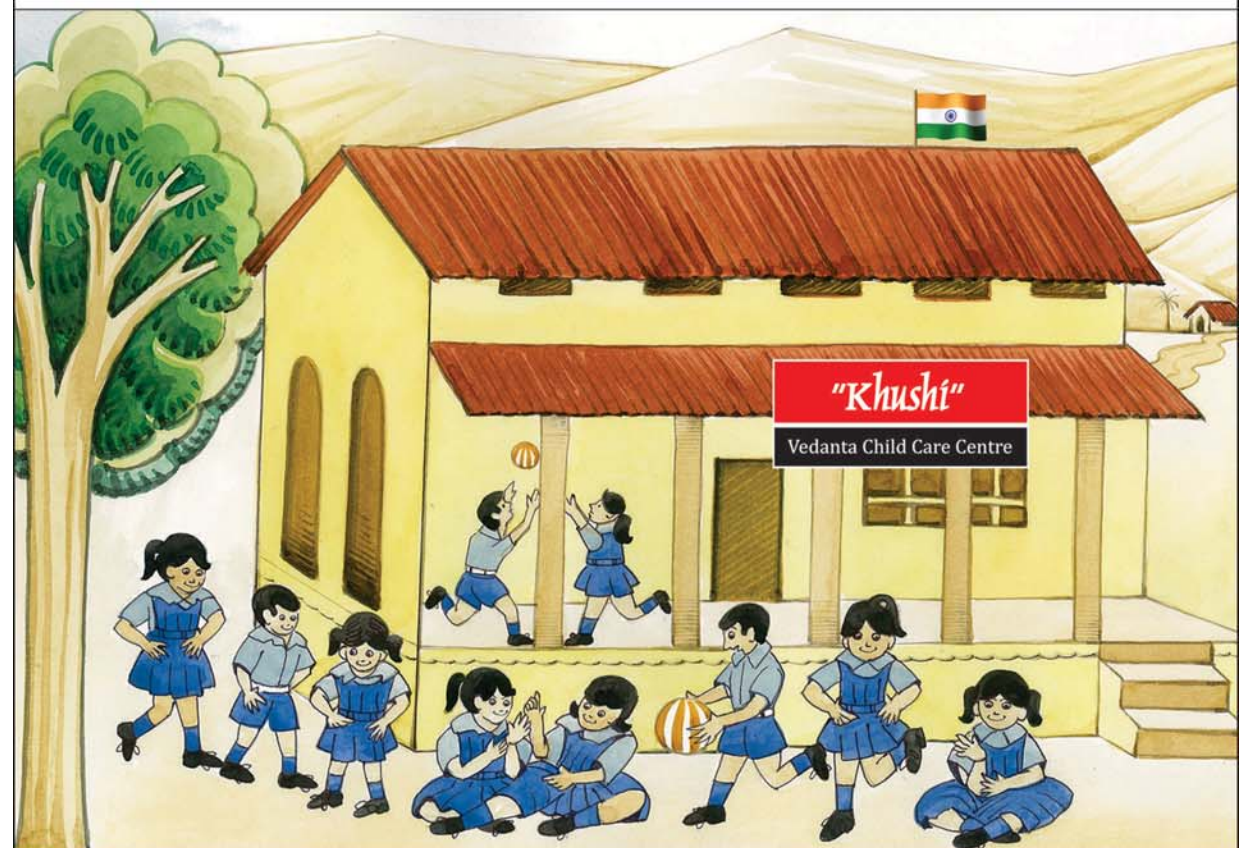
हिन्दुस्तान जिंक की ओर से आप सभी को स्वतंत्रता दिवस की हार्दिक शुभकामनाएं...

"Khushi"

नहें भारत की

Building a Life of Dignity for Underprivileged Children...

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भारत का जिंक - हिन्दुस्तान जिंक