

Reclaim your life

Mocking the old traditions and seeing the foreign culture and following their lifestyle is now nose-diving. The present generation of youngsters and people around the age of 45 has realized that the reason for early signs of aging and other health problems is all due to following western culture blindly.

From staying up late in the night to waking up late in the morning, the lifestyle of the people is fast changing. Exercise and natural food are fast replacing the laziness and junk stuff. This is evident in the fact that even hardcore fast-food makers are preparing food rich in nutrition instead of extra cheese or butter.

Exercise also has changed and people prefer Yoga at the comfort of home. At homes, the intake of green vegetables is now increased and people ensure to eat balanced food that has all the vitamins they need to stay fit. The knowledge of the fact that the food affects most in making or ruining one's body, people have attacked the food and have chosen the correct meal type, proper quantity with suitable timing.

Hair sans oil and sprayed with gel is no more common. A proper hair oil massage is what people prefer once a week to ensure the pores of the head stay open and new hair grows while the existing remains thick and strong.

All these are signs of awareness. The internet has provided all the information which used to be limited a few years back. And the messenger services based on the internet have further helped spread the knowledge to each and every one.

The crux of great books or the correct posture to do the Yoga, you have everything at the click of a button. While not all videos are to be trusted but yes, most talk sense and you can use them to improve your life.

Staying fit is no secret. All you need is to understand that few things like your height after an age, never change. And then nothing happens overnight. You are a product of nature and nature has all the ways to nurture your body and soul. Anything that goes against nature is a trick to fool you.

Be what you are and as you are. You must trust nature. And for a life that remains fit and free of physical issues, get back to nature. All the diseases or problems that you have or may have has a remedy in nature. The natural treatment ways do not have any side effect and thus you can try them without any worry.

As you step into the 30s, start being proactive about your hair, fat, and face. Start adapting to a lifestyle that suits your body.

Being natural does not mean you cannot go out and have street food or dinner in a hotel, but of course, that should be an exception and once-in-a-while thing. Love yourself and treat yourself with rich things available in nature, do not ruin yourself with rich-looking cheap stuff in the market. Get better; stay healthy.

"Talkathon-2019" to Celebrate Gandhi's 150th Birth Anniversary

Mumbai: The Vivek Education Society (VES) 's Vivek Vidyalaya & Junior College and Vivek College of Commerce located at Goregaon (west) in North Mumbai, in association with "Rotary Club of Mumbai West Coast", is organizing a "Talkathon-2019" on 2nd October 2019 from 8.30 AM onwards at Vivek Vidyalaya Ground floor hall, Siddharth Nagar, Goregaon (West), Mumbai.



"Talkathon-2019" is dedicated to Vivek alumni late Captain R Subramanian (Kirti Chakra-Posthumous) who was attached to No.1 Para Special Forces of Indian Army. Nearly 150 student orators of

VES will be speaking on Gandhian ideologies in 15 + languages in this "Talkathon-2019". With this feat of non-stop oratory, the students of Vivek are about to create history. The Principal Dr. Suresh Nair has cordially invited everyone to attend this event.

Former Mumbai Police Commissioner & Maharashtra DGP D Sivanandhan and Deputy Director (M.A.-LS), University of Mumbai, Dr Radhakrishnan Pillai, will be on dias. "Talkathon-2019" is being organized based on the theme "Mohan to Mahatma-Walk with Gandhi", as part of the 150th birth anniversary (1869-2019) celebration year of Mahatma Gandhi. A film, a skit and exhibition of photographs based on life and times of Gandhiji, will also be organized on the occasion.

Queen's XI cricket league comes back

Gurugram: Bringing back the excitement of cricket while encouraging and creating a niche for sports for women in India, Queen's XI cricket tournament hits the ground with its third edition. Aiming to uplift the spirit of sports for women, the tournament is being held from 27th-29th September at Sports Maidan, Gurugram.

The power behind Queen's XI are two passionate women who have a vision to make a better tomorrow for women involved in sports.

The tournament was inaugurated by Mrs. Archana Gupta, Director KEI Industries Ltd. and Mrs. Tripti Shinghal, CEO - KGS Advisors and Founder - Womeninnovator who joined hands to support a common cause of #womeninsports. The 3-Day tournament will host 8 teams including two international teams from Sri Lanka and Bangladesh who will be showcasing their mettle on the Indian soil. Speaking on the initiative, Mrs. Archana Gupta, Director KEI Industries Ltd. said "Feminization of cricket faces innumerable challenges and the most important one is lack of opportunities. We recognize and admire the immense potential, Indian women possess in the sporting arena, especially cricket. Through this tournament, we wish to promote and encourage women to come forward and play cricket."

Queen's XI is a unique platform, which is devised to promote and encourage Indian women cricketers to perform at international level. The exposure for a player is huge in the Queens XI and it will not only inculcate the spirit of sports but will also identify the hidden talent in women. Furthermore, it will support them by providing monetary and non-monetary benefits to encourage their participation in sports.

Festive Season Brings Optimism in the Realty Sector

New Delhi, Festive season is traditionally considered to be an auspicious time for buying properties. It is a time when most of the developers launch especial offers including discounts on properties, gold coins on every purchase to organizing lucky draws, developers adopt every trick to attract buyers. Naturally, people come out in large numbers to hunt for their dream homes.

With interest rates falling sharply over the last six months and most banks linking their home loan to RBI's repo rate, there are chances of further reduction in interest rate, the time is near perfect for buyers. Moreover, with property prices remaining almost stagnant in the last couple of years also augurs well for the buyers. Amid the favorable conditions, developers are expected to report decent sales numbers even without offering 'expensive' return gifts.

"With the onset of the festive season, end customers, as well as developers, look forward to making the most of it. Festival season begins from Ganesh Chaturthi and lasts till Diwali. It's considered most auspicious time to invest. It is the time when developers offer many offerings and freebies to attract buyers and push their selling. On the other hand, buyers consider festival season as an auspicious time to own a

property. Bhumika Group a leading name in commercial real estate in north India offering assured gift on every booking with inaugural discount in its project Urban Square Galleria located in Alwar and a gold coin on every booking in Rajasthan's largest mall Urban Square located in Udaipur," says Uddhav Poddar, MD, Bhumika Group.

"With the repo rate at a 9-year low, banks have substantially reduced home loan interest rates to a record low level. Data available with PropTiger.com show that over 4 lakh ready to move in housing units lying unsold in nine major property markets are priced within the Rs 45 lakh bracket. Investing in these units would allow additional savings in the form of an increased tax deduction limit of Rs 1.50 lakh on interest paid on a home loan as announced in the Budget in July. The upcoming festive season could be an interesting period to take advantage of these factors as well as potential deals that might be available from developers," says Dhruv Agarwala, Group CEO, Housing.com/Makaan.com/PropTiger.com. The upcoming festive season would see the launch of Mega Home Utsav from Housing.com starting 25th September 2019. To make home buying more lucrative

than ever before, this year Housing.com will be giving away a mega cash prize of Rs. 30 lakh to one lucky home buyer along with 1 lakh cash prize each to 50 lucky home buyers who register during the event. The

Mahagun Montage, Mahagun Myswoods, Mahagun Manorial, Mahagun Mezzaria, Mahagun Mirabella and Mahagun Meadows.

Gaurs Group, the realty major has come up with fe-



event, to be held from 25th Sep till 31st Oct 2019, will be promoted on multiple channels, in different formats across all devices. With a positive ecosystem, auspicious timing and a larger than life offering from Housing.com, home buyers have something to look up to this festive season. Mahagun Group, adding a fervor to the festive season has extended its ongoing Great Indian Property Bazaar till the end of festive season, where the group is offering 15 great offers - 0% GST, Car Parking, Modular Kitchen, Hotel/Club membership etc on its different projects - Mahagun Mantra,

tive offer at Gaur City & Gaurs Siddhartham where it is offering registry Free + 24 Free Gifts (AC in Every Bedroom, Semi Modular Kitchen, LED TV, Wardrobe in Bedrooms...Etc.)

The group has introduced the concept of Lucky Wheel at Gaur City Center offering 8 GM Gold Coin/Refrigerator/Philips Air Purifier/Washing Machine/LED TV 32"/Armani Wrist Watch/i Phone 7. Also, at its another project Gaur Sportswood, the group has announced free registry.

Gulshan Homz, leading real estate developer offering free covered car parking, power backup, club membership and

lease rent at its luxury project Gulshan Botnia, located on Noida Express.

Saya Group is offering a striking payment plan for its nearing to possession project - Saya Gold Avenue where the interested buyers can book a flat by paying only 30 per cent of total price, 20 per cent at the time for applying for OC and 50 per cent on the time of possession.

SG Estates Limited has a bunch of deals on its project - SG Shikhar Heights in Siddhartha Vihar, Indrapuram. The group has announced Rs1 lac as the booking amount with a monthly rental till possession. It is offering 19 offers including free club membership, LED TV, Chimney, HOB etc. The Group is also comes up with 15 free offer in its ready-to-move-in residences SG Grand which is located at Rajnagar Extension in Ghaziabad. SG Grand has already received Completion Certificate and families are residing here. Bhutani Group, the prominent realty players in the commercial segment based out of Noida have introduced festive offers for its customers on its projects - Cyberthum and Grandthum. The buyer on booking 2 units of MY POD, Retail spaces and Anchor Spaces at Cyberthum stands a chance to win 40" LED TV, Apple I-Phone 10 & Apple I-

Pad respectively. On booking office space at Grandthum, a customer can win 55" LED TV.

Spectrum Metro has a bunch of deals with a single unit booking in their projects. Buyers can get a chance to win Mercedes Benz along with assured gift upto Rs 1,00,000 on every booking.

SCC Builders, a dominant real estate player is also coming forward with festive offers from 29th September '19 to 30th October '19 in its Ghaziabad based project SCC Sapphire (phase 2) under which customers can avail a special offer under the scheme 'Book your Home Today and Move in any day'. The group is also providing assured gifts that will given through a Lucky draw on bookings. They are also offering special rates for the limited inventory of ready to move in apartments.

Owing to the festive season, Chandigarh based real estate developer Sushma Group has announced "Sushma Happy Home Celebration" where customers can avail limited period benefits by buying residential projects with Sushma Group. The offer primarily is about getting premium units in non-premium price for almost all residential projects, leased and ready to move business spaces in commercial projects of Sushma Group.

Flipkart unveils the Big Billion Days Specials

Udaipur: Flipkart, India's leading e-commerce marketplace, is making the upcoming festive season even more enjoyable for shoppers by unveiling a wide range of special products as part of the Big Billion Days Specials. Flipkart has partnered with 40 popular brands and co-created product offerings across categories like fashion, electronics, mobile, furniture, and more, guaranteeing something special for every shopper.

There are a limited number of products available, and consumers will have access to purchase them as soon as the Big Billion Days begins.

Consumers look forward to the festive season as the perfect time to make unique, landmark purchases, which is why Flipkart is now unveiling the 'Big Billion Days Specials' -- a specially curated collection of limited edition products co-created with the best brands across a range of categories,

all available under one roof.

Speaking about the Big Billion Days Specials, Nandita Sinha, Vice President - Events, Engagement & Merchandising at Flipkart says, "The Big Billion Days is one of the most-celebrated shopping events in India and every year, we find ways to make it more enjoyable for our consumers.

This year, we have partnered with over 40 of the country's leading brands to bring a range of innovative co-creat-

ed products across categories, for the very first time, during the Big Billion Days.

With this range of limited edition products, we believe that we will enhance our consumers' shopping experience with a great start to the festive season, while giving them access to the best-in-class product offering."

These unique range of curated products will be available from Sep 29 - Oct 4 this year, until stocks last.

TECNO ADDS CHEER TO THE FESTIVE SEASON IN RAJASTHAN

Udaipur: This festive season TECNO, the premium offline smartphone brand is spoiling its consumer for choice with the launch of all new Spark-Series that includes TECNO SPARK Go, TECNO SPARK 4 Air and TECNO SPARK 4. The series is designed and developed, keeping in mind the aspirations of Indian consumers who are looking for value for money proposition.

India being the priority market, where every quarter millions of consumers buy their first smartphones. TECNO with its spark series is addressing the opportunity in the entry-level segment by offering better specifications camera capabilities, reliable battery, bigger display available at most competitive price points.

Earlier this month, the brand had launched TECNO SPARK's two new devices including TECNO SPARK Go and TECNO SPARK 4 Air. Within 15 days of launch, TECNO SPARK Go has become a best-selling lowest-priced dot notch display smartphone at INR 5499. Adding joy to the festivities, every SPARK Go buyer gets free Bluetooth earpiece worth INR 799. On top of it, it's unique '111' promise including 1-time screen replacement, 100 days' free replacement, and 1-month extended warranty on all the devices.

TECNO is upping the game with India's first strategy with the launch of TECNO SPARK 4, the brand is offering the 6.52-inch HD+ dot notch display, biggest screen in the segment. The newly launched smartphone will go on sale starting September 20th and will be available across 35,000+ offline retail stores.

Giving more power in the hands of customers, all TECNO smartphones come with a unique promise of "111" under which it offers 1-time screen replacement, 100 days' free replacement, and 1-month extended warranty. Apart from that, it comes with the commitment of bringing to consumers the best after sales services through its service brand, 'Caricare' which has two COCO (company-owned, company-controlled) service centers & over 958+ multi-brand service touch points for its customers across the country. It is this ownership of the end-to-end customer journey, both before and after purchase, which has helped in building trust and confidence with consumers & partners.

HDFC Bank and Indian Oil launch co-branded fuel credit card

Udaipur: HDFC Bank Ltd. and IndianOil launched a co-branded fuel credit card for users from non-metro cities and towns. The IndianOil HDFC Bank Credit Card offers customers the highest rewards and benefits on fuel consumption. The card will be available on both RuPay and Visa platforms.

Customers earn reward points known as 'fuel points' at over 27,000 IOCL outlets. They also earn fuel points on all other spends such as groceries, bill payments, utilities, and other shopping. These points can be redeemed for up to 50 litres of fuel annually. To apply for the card, customers can visit www.hdfcbank.com or walk into the nearest bank branch.

At an event organised in Chandigarh, the card was launched by IOCL officials Mr. Vigyan Kumar, Executive Director (RS) and Mr. Sujoy Chowdhury, Executive Director, Punjab, HP and J&K; and HDFC Bank executives Mr. Parag Rao, Country Head, Payments Business and Marketing and Mr. Vineet Arora, Branch Banking Head.

Simultaneously, the card was also launched across 135



IndianOil outlets in Bhopal, Lucknow, Indore, Ranchi, Kochi, Vishakhapatnam, Guwahati, Nagpur, Shillong, Varanasi, and Panjim, among others. In Jaipur (Rajasthan), the card was launched at J.K. Petroleums by Vijay Maheshwari, Cluster Head, HDFC Bank and Prashant Kushwah, Divisional Office Retail Head, IOCL.

AIRTEL PAYMENTS BANK PARTNERS WITH HDFC ERGO

Udaipur: Airtel Payments Bank, India's first Payments Bank, and HDFC ERGO General Insurance Company, India's leading private sector general insurance company, under the corporate agency tie-up launched an innovative Mosquito Diseases Protection Policy (MDPP) as a part of their objective to drive insurance adoption in the country through affordable and easily accessible products. The partnership aims to bring together the deep distribution network of Airtel Payments Bank and the strong innovation pipeline of HDFC ERGO to contribute to financial inclusion in the country. Mosquito Disease Protection Policy offers cover against seven common mosquito-borne diseases - Dengue, Malaria, Chikungunya, Japanese Encephalitis, Kala-azar, Lymphatic Filariasis (Elephantiasis) and Zika virus. The product, which is a part of the 'Wallet Insurance Portfolio' of HDFC ERGO, will be offered to the remittance customers of Airtel Payments Bank at a nominal cost of Rs 99 per annum. Designed after extensive consumer research, the policy is currently available to the over 4 million remittance customers of Airtel Payments Bank.

Mr. Anubrata Biswas, MD and CEO, Airtel Payments Bank said, "We are delighted to offer an affordable innovative insurance product, customizing it to the end customer's requirements."

Commenting on the partnership with Airtel Payments Bank, Mr. Anuj Tyagi, Executive Director & Chief Business Officer, HDFC ERGO General Insurance said, "HDFC ERGO is committed to bring innovative and relevant products to the insurance buyers. Our PING group (Providing Insurance for Next Generation) has been developing products under the umbrella of 'Wallet Products Portfolio'. In our assessment, wallet products will change the way customer perceive or buying insurance products

Through this partnership HDFC ERGO is yet again enforcing our commitment of reaching out to customers' and making our products available to all possible sections of the society." Airtel Payments Bank's distribution network comprises of 500,000 neighbourhood banking points that reach even the remotest rural pockets and improve access to formal banking and financial products.

Panasonic launches new range of consumer

Udaipur: Continuing its unparalleled commitment towards technology and innovation, Panasonic, a leading diversified technology company, announced a significant expansion of its consumer product portfolio today. Spanning across product categories of refrigerator, washing machine, microwave, air conditioners, audio, and television, the new range seeks to transform lives through innovative ways to save energy and extend convenience. With these new additions, Panasonic is targeting over 20% growth in the consumer appliances category in FY2019-20. Announcing the new range, Mr. Suguru Takamatsu, Divisional Managing Director, Panasonic India, said, "Panasonic always keeps the consumer needs at the helm of its product innovation, and is committed to offering world-class products equipped with the latest technology to all its consumers. The expansion in the consumer product segment is a step forward towards delivering enhanced value to our customers and catering to their aspirations. Through our new range, we want to ensure that our products truly stand by our motto of creating better lives and a better world."

Keeping in mind the Indian sensibilities. The new models are designed to elevate the user experience and extend lasting comfort. With added features such as Water Re-use technology and White course technology, the new washing machine range ensures removal of dirt from deep inside the core of fibres and minimum water usage.