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Dr Sanjay B Chordiya, Sushama S Chordiya and Akshiti Kishal conferring the award to Saina Nehwal for excellence in the field of sports in Delhi

This honour, which includes a certificate, scarf, and trophy, recognises Saina's remarkable achievements and significant contributions to the sport of badminton. Expressing her gratitude, she said, "I am deeply honoured to receive this award. Such initiatives play a vital role in inspiring and motivating future generations to strive for excellence." She told students to never underestimate the importance of determination and hard work, emphasising that success is not just a destination but a journey filled with challenges and opportunities. She motivated them to view each challenge as a stepping stone toward their aspirations. She added, "Every obstacle gives an opportunity to learn, grow, and become stronger."

Dr Chordiya, who is the president of SGBF, addressed the gathering, urging students to reflect on the values of hard work, determination, and resilience, which will help them achieve their dreams. He further added, "May we all draw inspiration from Saina Nehwal's story and continue to strive for excellence in our own endeavours. Our objective is to celebrate and honour excellence through this award. Recognising outstanding individuals not only acknowledges their achievements but also serves as a source of inspiration for future generations."

# Enjoy delicious kaju katri this Rakshabandhan

Rakshabandhan is all about celebrating the loving connection between brothers and sisters. It's a bond tied with threads of love and sealed with a sweet treat. And when it comes to sweets, very little matches the delectable taste of Annil Kaju Katri. After all, no festival is complete without a bit of indulgence. On this special day, the usual sibling squabbles take a backseat, leaving only the joy of sharing. Sharing joy, laughter and, of course, mouth-watering sweets.



When it comes to mithai, it's the quality that sets it apart. Annil Kaju Katri is made with the finest cashew nuts to create pure magic. To add a royal touch to your celebrations, try the Kesar variant, made with real, rich kesar. For those craving something a bit more wholesome, the Gud Kaju Katri is the perfect pick. With premium cashew nuts and natural jaggery topped with shiny silver vark, it's a treat for your taste buds.

So, this Rakshabandhan, make every moment a little sweeter with Annil Mithai. Order on [shop.annil.com](http://shop.annil.com).

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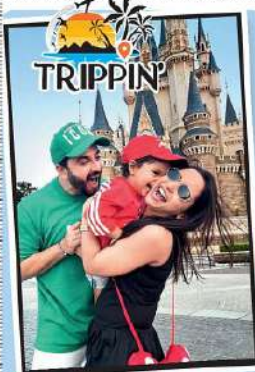
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**NASHIK IS TALKING ABOUT**



**DHEERAJ DHOOPAR and VINNY ARORA** celebrate their son Zayn's second birthday with a fun trip to Tokyo Disneyland



Photo: @dheerajdhoopar

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estimate the importance of determination and hard work, emphasising that success is not just a destination but a journey filled with challenges and opportunities. She motivated them to view each challenge as a stepping stone toward their aspirations. She added, "Every obstacle gives an opportunity to learn, grow, and become stronger."

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**Choose good health on I-Day, add protein to your daily diet**



Given that protein is important for building strength, but often neglected in our diet, Amul is filling this protein gap with its new range of high protein products. The brand's high protein range naturally fits in the Indian diet. High protein buttermilk and lassi come with 15g protein in a 200ml pack (25). Blueberry shake has 20g protein in a 200ml pack (750).

Those who prefer to whip up their own recipes can use one of India's first lactose-free whey protein concentrates, which is available in single serve sachet in plain and chocolate flavours. High protein dahi comes with 26g protein in a 400gm cup (750). High protein paneer (215g) comes with 25% pro-

tein and 45% reduced calories. Protein milk comes with 35g protein (65% RDA) in a 200ml pack (850). To celebrate Independence Day, the brand is launching a high protein, lactose-free, low fat lassi with no added colour, flavour or sweetener today. There is a special discount of 15% on the protein range on shop.amul.com on August 15 only.

Jayen Mehta (MD, GCMFF) says, "Isn't it interesting that one of India's most loved food brands, Amul, is as old as Independent India? And we believe that everyone deserves the best quality nutrition. Milk is a super food and Amul doodh peeta hai India, so the high protein range is our attempt to bring sufficient protein to the regular Indian diet, so that everybody consumes at least 1g protein per kg body weight every day, which we believe will help make India stronger and healthier. So, this Independence Day, embrace the freedom to choose health with our protein range."

**Milk is a super food and our high protein range is an attempt to bring sufficient protein to the regular Indian diet**  
- Jayen Mehta

**TIMES INDEPENDENCE DAY SPECIAL**

**Divine Solitaires Ropes in Bollywood Actor Vaani Kapoor as the Face of The Solitaire Festival of India Campaign**

The brand unveils special offers at the third edition of TSFI

Divine Solitaires, a leading diamond solitaire jewellery brand that unveiled the third edition of The Solitaire Festival of India (TSFI) in association with Bollywood actor Vaani Kapoor a week ago has already clocked a positive response from partner jeweller stores and customers alike. In its last two editions more than 12,500 gifts were given and won by the customers who shopped during the festival. This year also there is a lot of excitement among consumers, since gold prices have fallen after the budget and diamonds too have become more affordable.

TSFI, known as one of India's biggest solitaire promoters, is running in 200+ partner jeweller stores of Divine Solitaires in more than 100 cities across India and their online platforms, displaying some of the world's finest diamond solitaires set in stunning designs. Starting at only INR 20,000 and onwards, these stunning natural diamond solitaire collections are attracting customers with different budgets ahead of the festive and wedding season.

Divine Solitaires, which never discounts its products, and they are always sold at their nationwide standard sticker prices, brings this promotion every year in August to reward its customers and delight them with prizes and gifts. It is also the time when fresh designs are unveiled and it's a great opportunity for diamond lovers to buy the latest trends early and be rewarded for it too.

Bollywood actor Vaani Kapoor, the face of the festival, has been featured wearing a 3-carat diamond solitaire ring, a two-line solitaire necklace, and solitaire studs



for the promotions of The Solitaire Festival.

This annual event is open to all until August 31. Customers can shop at the stores of the 200+ partner Jewellers like Secco, Ranka Jewellers, Reliance Jewels, Khinji, and so many more across the country as well online. They can browse through and purchase some of the best quality diamond solitaire jewellery with hearts and arrows cut at standard and transparent prices across. This is the time to get rewarded and customers get assured gifts as well get a chance win some fantastic prizes with weekly mega draws scheduled for August 11, 17 and 24 and grand bumper draw on September 4, featuring exciting prizes ranging from iPhones, TVs, laptops to cars and SUVs.

"The whole idea of hosting the TSFI each year is to allow every customer who aspires to own and pay the best quality solitaires an opportunity to see, feel and touch the finest gems in the market and make an informed choice when it comes to their purchases. Our customers can be assured of our promise of quality guarantee and pricing transparency. We offer nothing but the best to enable them to celebrate and cherish the most divine moments of life like engagements, weddings, anniversaries and birthdays," said Jignesh Mehta, Founder of Divine

Solitaires who has been revolutionizing the diamond buying experience for consumers across the world since he founded Divine Solitaires in 2006.

Customers from varied places like Jamnagar, Kolkata, Patna, Indore, Pune, Dehradun, Ludhiana, Gurugram have won prizes like SUVs, cars, iPhones and more. Dilip Sanghvi from Ahmedabad was elected last year when he won



a car and said "Winning the car last year was a most wonderful surprise and double one for my wife for whom I had purchased a solitaire ring from Divine for our 10th anniversary. I am looking forward to this year's festival too."



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- VAANI KAPOOR

**Qutone Tiles and Actor Anil Kapoor: A Decade of Successful Association**

Qutone Tiles - a super premium luxury tile brand - Made in India and present in over 60 countries across the globe; is a pioneer in the Tile industry of India. For the first time in India - a Tile Brand combined Luxury with Innovations and have been offering numerous Tile solutions - all under one roof. The brand offers a wide range of products for floor, wall and work surfaces, external facades the brand believes in presenting the consumers with something unique and classy. Through

its 11 Experience Centers and over 100 Luxuria Showrooms across India & Italy, Qutone Tiles has become synonymous with unparalleled tiling and interior solutions. Anil Kapoor, the celebrated Bollywood actor, has been an integral part of Qutone's brand-building journey for over a decade. As the brand ambassador, Kapoor has passionately endorsed Qutone's commitment to quality, consistency, and innovation, playing a pivotal role in the brand's growth and

recognition in the Indian market. Manoj Agarwal, CMD of Qutone Tiles, says, "We are delighted to continue our association with Anil Kapoor, who has been an integral part of the Qutone family. Anil Kapoor, who has been a part of some of the most memorable Bollywood movies over decades, said, "I am thrilled to continue my association with Qutone Tiles. And I am super excited and proud to be associated with a brand that values quality and innovation as much as I do."



Anil Kapoor - Brand Ambassador, Qutone Tiles

## Whip up some quick & no-fuss coffee mousse

**L**ight, airy and low in calories, this coffee mousse is a delectable dessert that can be whipped up in all of 10 minutes. It is a perfect decadent dessert to prepare on a busy festive day like Rakshabandhan.

**Method:** Combine ice cubes, instant coffee, and sweetener in a blender. Blend until the mixture becomes light and airy, resembling a mousse-like texture. The process should take about 2 minutes. Pour the coffee mousse into serving glasses and enjoy.

### Pro tips

- Opt for sugar substitutes to make a lower-calorie dessert.
- Remember to serve the mousse immediately as the liquid will settle and the texture will be lost.
- You can elevate your coffee mousse by using freshly brewed espresso instead of instant coffee.
- Top with whipped cream, chocolate chips, or cinnamon powder.
- You can add some cocoa powder or a splash of vanilla for interesting variations of the coffee mousse.



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"This honour, which includes a certificate, scarf, and trophy, recognises Saina's remarkable achievements and significant contributions to the sport of badminton. Expressing her gratitude, she said, "I am deeply honoured to receive this award. Such initiatives play a vital role in inspiring and motivating future generations to strive for excellence." She told students to never underestimate the importance of determination and hard work, emphasising that success is not just a destination but a journey filled with challenges and opportunities. She motivated them to view each challenge as a stepping

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Pethas were ordered to be made as white as the Taj Mahal

It is believed that Emperor Shah Jahan ordered for a sweet to be made which would be as white as the Taj Mahal. Around 500 workers were commissioned to prepare the sweet, that is known as petha. It was meant as an energising treat for the 21,000 workers who were building the iconic landmark. Petha is often called 'God's sweet'.

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# HANDLE WITH CARE - FLAG FERVOUR CAN INVITE FLAK TOO

While you get caught up in the patriotic fervour, don't make these mistakes with the Indian flag that got celebs in trouble



In 2008, Sania Mirza was clicked in Perth, Australia, with her feet up on a table which had a tricolour mounted on it. Whether Sania put her feet near the flag or it was just a camera angle, it blew up into a full-fledged controversy and then a court case that almost made her consider quitting tennis.



In June, Rohit Sharma led India to victory at the T20 World Cup final. However, that did not make him immune to controversy. While Rohit and co celebrated the victory, a flag was handed to the skipper, who cockily tried to plant the flag in the Barbados ground - inadvertently touching the flag to the ground and attracting the wrath of the toll army.



When India won the Cricket World Cup in 2011 and everyone, including Bollywood celebs, spilled out on the streets waving tricolours to celebrate, little did they know that a momentary lapse would mean getting booked by the police a year later. While surfing the net in 2012, a 'social activist' came across photos of SRK holding the tricolour upside down while waving it and promptly filed a complaint.



In a live telecast of the Cricket World Cup in 2007, Mandira Bedekar was seen with the flag of all participating nations, and the Indian flag was below her waist, 'in a disrespectful position'. She changed her sari in the middle of the show and apologized saying, 'If I have offended anybody's sentiments, I offer my deep apology. It was inadvertent and not intentional'.



Amir Khan decided to celebrate India's victory over Pakistan in the World Cup in 2015 by waving a tricolour, and even expressed his joy by wrapping himself up in it. 'Such a great joy when you drape the national flag over your shoulders, wrapped around in patriotic fervour... it is the ultimate emotion', he had written on his blog. It took several months for someone to realise they were offended and a case was filed against him and Abhishek for 'covering their bodies with the flag in a manner insulting to the nation'.



In 2016, when Bollywood performer Chris Martin performed in Mumbai, he took one of the flags on the stage and tucked it into his back pocket - something he is known for doing when performing in different countries. The singer got caught in a political crossfire and two complaints were filed against him, with NCP leader Nandlal Madhav demanding an apology from Chris.



In 2016, Vijender Singh wore shorts with a tricolour on the sides during the WBO Asia Pacific Super Middleweight title, and a complaint was filed against him in Delhi for 'disrespecting' the flag. The boxer had replied, 'I was not in any pro boxing match, please. I wore shorts that had the tricolour in amateur boxing as well. The symbol is a matter of pride for the fighter. I'm an Indian and I don't need to carry a certificate to prove that. Let people talk, se dukh nahi hain, darr ke sukhi se hain.'

## Parents' eating behaviour often influences how children respond to food: Study

According to a ScienceDaily report, children often display similar eating behaviour as their parents, with a parent's own eating style influencing how they feed their children, research at Aston University revealed. According to the report, the study suggests that parents can help inculcate healthy eating behaviour in their children by how they eat as well as how they feed their kids. A team led by Professor Jacqueline Blissett in the School of Psychology and Aston Institute of Health and Neurodevelopment (IHEN) at Aston University, asked parents to assess their own eating behaviour and looked for associations between those behaviours and those of their children. The team grouped parents into four eating styles - 'typical eating', 'avid eating', 'emotional eating' and 'avoidant eating'. The direct links between child and parent behaviour were particularly clear in parents with avid or avoidant eating behaviours, whose children tended to have similar eating behaviours, the report stated.



Parents are a key influence in children's eating behaviour but equally, they have the perfect opportunity to encourage a balanced diet and healthy eating from a young age in their children. Dr Abigail Pickard, lead researcher on the project.

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Milk is a super food and our high protein range is an attempt to bring sufficient protein to the regular Indian diet. - Jyoti Mehta

## HOW TO: Make perfect & delish momos at home



**PREPARE DOUGH AND FILLING:** Flatten dough balls into thin circles on a floured surface. Mix your choice of filling (meat or vegetables) with seasonings. **FILL MOMOS:** Place a small spoonful of filling in the centre of each dough circle. Be careful not to overfill. Gently fold the dough over the filling to form a half-moon shape. **CREATE PLEATS:** Press the edges firmly to seal, ensuring no filling leaks out. Fold & pinch one side of the dumpling over the other, creating small pleats along the edge. **STEAM TILL DONE:** Check the seals to avoid openings during cooking. Arrange the folded dumplings on a tray brushed with oil. Steam until they turn translucent.

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# Why women shop from the men's section



Many female shoppers often go to the men's section in clothing stores to look for more comfortable clothes, better fits and deep pockets

Divya Kaushik

Many female shoppers are rifling through the men's section in clothing stores to look for basics like tees, hoodies and slacks. A store manager at a high street retail brand in a mall tells us, "Many women shoppers pick clothes from the men's section and check with us about availability in their size. Some days back, a girl selected three jackets and five tees from the men's section and asked us for the smallest size available in those as she wanted it for herself." From apparel to accessories, women are scanning the men's section to find clothes that "look better, and are cool and more comfortable."

One of my clients wanted buttoned hoodies and some cool tees for herself. I found better options for those in menswear and she liked them all  
- Nidhi Sharma, stylist

I think athleisure collection for men is better than womenswear. The good thing is that most shorts (or any bottom) picked from the men's section come with pockets and that's still not the case with most brands in womenswear  
- Donna Masih, model and trainer



During her recent visit to Coiro, Krystle Bhowra found a comfy hoodie from the men's section to beat the cold



Want to replicate Aia Bhatt's oversized athleisure attire? Head to the men's section

Don't want to dress up in a fitted shirt every day? Says Prechi Sharma, a communications professional, "I think women's clothing and designs come with weird fits, you have to try multiple clothes in different sizes just to find one top that looks good on you. While I may dress up in fitted, cropped tops occasionally, I can't wear them every day. So, whenever I want to have a stress-free shopping experience, I just shop from the men's section." Adds Suhani Seth, software engineer, "As a plus size shopper, if I look for a shirt for office wear, most brands will carry fitted options. But I don't want to dress up in a fitted shirt every day. There are days when I just want to be in loose-fit colored shirts and those I find in the men's section."

Whenever I want to buy button-down shirts, long tees, hoodies and sweatshirts, I go to the men's section. I mostly find everything I am looking for without even going to women's section  
- Dhvani Desai, marketing professional



According to a ScienceDaily report, children often display similar eating behaviour as their parents. Research at Aston University revealed, "The study suggests that parents can help inculcate healthy eating behaviour in their children by how they eat

## 'Parents' food habits can influence kids response to food'

Parents are a key influence in children's eating behaviour but equally, they have the perfect opportunity to encourage a balanced diet in their children  
- Dr Abigail Pickard, lead researcher on the project

As well as how they feed their kids. "A team led by Professor Jacqueline Blissett in the School of Psychology and Aston Institute of Health and Neurodevelopment (IHN) at Aston University, asked parents to assess their own eating behaviour and looked for associations between those behaviours and those of their children. The team grouped parents into four eating styles - 'typical eating', 'avid eating', 'emotional eating' and 'avoidant eating'. "The direct links between child and parent behaviour were particularly clear in parents with avoidant or avoidant eating behaviours, whose children tended to have similar eating behaviour," the report stated.

# Saina Nehwal honoured for excellence in the field of sports

The Suryadatta Global Business Forum (SGBF) recently honoured badminton player Padma Bhushan Saina Nehwal with the Suryadatta National Award for Excellence in Sports. The award ceremony took place in New Delhi, where the accolade was presented by professor Dr Sanjay B Chordiya, the founder president and chairman of the Suryadatta Education Foundation along with vice president Sushama Sanjay Chordiya and chief operating officer (COO) Akshil Kashal of the SGBF.



Dr Sanjay B Chordiya, Sushama 5 Chordiya and Akshil Kashal conferring the award to Saina Nehwal for excellence in the field of sports in Delhi

This honour, which includes a certificate, scarf, and trophy, recognises Saina's remarkable achievements and significant contributions to the sport of badminton. Expressing her gratitude, she said, "I am deeply honoured to receive this award. Such initiatives play a vital role in inspiring and motivating future generations to strive for excellence." She told students to never underestimate the importance of determination and hard work, emphasising

resilience, which will help them achieve their dreams. He further added, "May we all draw inspiration from Saina Nehwal's story and continue to strive for excellence in our own endeavours. Our objective is to celebrate and honour excellence through this award. Recognising outstanding individuals not only acknowledges their achievements but also serves as a source of inspiration for future generations."

# Enjoy delicious kaju katri this Rakshabandhan

Rakshabandhan is all about celebrating the loving connection between brothers and sisters. It's a bond tied with threads of love and sealed with a sweet treat. And when it comes to sweets, very little matches the decadent taste of Amul Kaju Katri. After all, no festival is complete without a bit of indulgence. On this special day, the usual sibling squabbles take a backseat, leaving only the joy of sharing. Sharing love, laughter and, of course, mouth-watering sweets.



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Expressing her gratitude, she said, "I am deeply honoured to receive this award. Such initiatives play a vital role in inspiring and motivating future generations to strive for excellence." She told students to never underestimate the importance of determination and hard work, emphasising that success is not just a destination but a journey filled with challenges and opportunities. She motivated them to view each challenge as a stepping stone toward their aspirations. She added, "Every obstacle gives an opportunity to learn, grow, and become stronger."



Dr Chordiya, who is the president of SGBF, addressed the gathering, urging students to reflect on the values of hard work, determination, and resilience, which will help them achieve their dreams. He further added, "May we all draw inspiration from Saina Nehwal's story and continue to strive for excellence in our own endeavours. Our objective is to celebrate and honour excellence through this award. Recognising outstanding individuals not only acknowledges their achievements but also serves as a source of inspiration for future generations."

# Zuckerberg's Roman-style love for Priscilla Chan



Meta CEO installs 7ft-tall statue of his wife Priscilla in the backyard of their residence



Priscilla Chan with the statue in the photo posted by Mark Zuckerberg. In Roman culture, commissioning a statue of a loved one symbolises admiration.

On Tuesday, Meta CEO Mark Zuckerberg shared on Instagram that he had commissioned a statue of his wife, Priscilla Chan, as a gesture of love, inspired by the ancient Romans. "Bringing back the Roman tradition of making sculptures of your wife," Zuckerberg captioned the post.

In the photo, Chan is seen standing next to the statue, which depicts her likeness. The artwork shows Chan in a wind-blown silver garment.

In response to Zuckerberg's post, Chan commented, "The more of me the better?" followed by a heart emoji. Zuckerberg's post caused a quite a stir on the platform. "This is the most billionare thing to do ever!" a user replied. "The right woman turns a boy into a real man!" another added. "Wife guy level: Advanced." a user wrote below the post.

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Rakshabandhan is all about celebrating the loving connection between brothers and sisters. It's a bond tied with threads of love and sealed with a sweet treat. And when it comes to sweets, very little matches the decadent taste of Annil *Kaju Katri*. After all, no festival is complete without a bit of indulgence. On this special day, the usual sibling squabbles take a backseat, leaving only the joy of sharing, sharing via laughter and, of course, mouth-watering sweets.

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So, this Rakshabandhan, make every moment a little sweeter with Annil *Mithai*. Order on [shop.annil.com](http://shop.annil.com).



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# HOW TO: Care for your velvet clothes during the rainy season

- AVOID MOISTURE EXPOSURE**  
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- PROPER STORAGE**  
Hang velvet clothes on padded hangers to maintain their shape and avoid creases.
- PROTECT AGAINST MOULD**  
Occasionally expose velvet items to indirect sunlight to prevent mildew, but avoid long exposure.
- HANDLING STAINS**  
If the velvet gets wet or stained, blot the area with a dry, absorbent cloth. Do not rub, as this can damage the fabric. For small stains, use a damp cloth with a mild detergent.

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**JAIPUR IS TALKING ABOUT**

**Saina Nehwal honoured for excellence in the field of sports**



**Dr Sanjay B Chordiya, Sushama S Chordiya and Akshita Kushal conferring the award to Saina Nehwal for excellence in the field of sports in Delhi**

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Those who prefer to whip up their own recipes can use one of India's first lactose-free whey protein concentrates, which is available in single-serve sachet in plain and chocolate flavours. High protein dahi comes with 25g protein in a 400gm cup (70% RDA). High protein paneer (130g) comes with 25% protein and 15% reduced calories. Protein milk comes with 35g protein (65% RDA) in a 250ml pack (50% RDA).

To celebrate Independence Day, the brand is launching a high protein, lactose-free, low fat dahi with no added colour, flavour or sweetener today. There is a special discount of 15% on the protein range on shop.amul.com on August 15 only. Jayen Mehta (MD, GCMMF) says, "It's Li I interesting that one of India's most loved food brands, Amul, is as old as independent India? And we believe that everyone deserves the best quality nutrition. Milk is a superfood and Amul dahi, paneer, hai India, so the high protein range is our attempt to bring sufficient protein to the regular Indian diet, so that everybody consumes at least 1g protein per kg body weight every day, which we believe will help make India stronger and healthier. So, this Independence Day, embrace the freedom to choose health with our protein range."



**Milk is a superfood and our high protein range is an attempt to bring sufficient protein to the regular Indian diet**

- Jayen Mehta

**I am proud to have told this story: Sidharth on 3 years of Shershaah**



Sidharth Malhotra's film *Shershaah* clocked in three years recently. The film was based on the life of Captain Vikram Batra, who was one of 24 when he laid down his life on the battlefield during the Kargil War. Sidharth, who played the part of Capt Vikram Batra, earned a lot of praise for his performance in the film. The actor said, "*Shershaah* is a special film for me. This was my first film that received a National Award. The process of getting into the character of Captain Vikram Batra was exhilarating and rewarding."

He added, "Very rarely do you come across films that continue to give you unabashed love even after a year, and *Shershaah* is undoubtedly one of them."

On August 12, Sidharth took to Instagram and shared some pictures, which included a still from the film, a picture of the late Captain Vikram Batra, a snap with the crew of the film, and a photo with Kiara Advani and Captain Batra's parents. "Portraying Captain Vikram Batra was one of the most rewarding experiences of my career. It's inspiring to live the story of a legendary hero honoured with the Special Jury Award at the 68th National Film Awards (76). Meeting his incredible family made the journey unforgettable. Here's to celebrating the legacy of a real hero and the memories we created! #9YearsOfShershaah."

Very rarely do you come across films that continue to give you unabashed love even after a year, and *Shershaah* is undoubtedly one of them

- Sidharth Malhotra

**Khushi, Janhvi, Boney remember Sridevi on her 61st birth anniversary**



Boney Kapoor and his daughters, Janhvi and Khushi, took to social media to share some sweet memories of Sridevi on the occasion of her 61st birth anniversary. Khushi dug out a throwback picture that had her sharing the frame with her mother and sister. Boney also dropped a portrait of the actress.

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