

Consolidated E-Dossier

FREEDOM HEALTHY COOKING OILS



Date: December 01st – 31st, 2022

Prepared by



COVERAGE INDEX

Special Story			
Sl No	Date	Publication	Headline
01	30.12.2022	Telangana Today	Palm oil price jumps 10 per cent
02	www.telanganatoday.com		https://telanganatoday.com/now-price-rise-in-palm-oil-trend-likely-to-continue
Gemini Edibles in association with the Government of Telangana to develop a Park at HIG colony, Balaji Nagar.			
PRINT COVERAGES			
Sl No	Date	Publication	Headline
03	26.12.2022	The South India Times	Gemini Edibles in association with the Government of Telangana to develop a park at HIG colony, Balaji Nagar
04	25.12.2022	Sakshi	Freedom Healthy Cooking Oils develop a park with Rs 2 crores under CSR
05	27.12.2022	Nava Telangana	Gemini Edibles in association with the Government of Telangana to develop a park
06	26.12.2022	Ninadam	Gemini Edibles to develop a park
07	26.12.2022	Janam Sakshi	Gemini Edibles to develop a park at HIG colony
08	25.12.2022	Surya	Gemini Edibles in association with the Government of Telangana to develop a park at HIG colony, Balaji Nagar
09	25.12.2022	Hindi Milap	GEF India to develop a park at HIG colony, Balaji Nagar
ONLINE COVERAGES			
10	www.apnnews.com		https://www.apnnews.com/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/

11	www.indiaeducationdiary.in	https://indiaeducationdiary.in/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/
12	www.passionateinmarketing.com	https://www.passionateinmarketing.com/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/
13	www.firstrapidreporter.wordpress.com	https://firstrapidreporter.wordpress.com/2022/12/24/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/
14	www.zephyrbulletin.wordpress.com	https://zephyrbulletin.wordpress.com/2022/12/24/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/
15	www.telugusupernews.com	http://www.telugusupernews.com/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/
16	www.justinewss.wordpress.com	https://justinewss.wordpress.com/2022/12/28/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/
17	www.gushbulletin.wordpress.com	https://gushbulletin.wordpress.com/2022/12/28/gemini-edibles-in-association-with-the-government-of-telangana-to-develop-a-park-at-hig-colony-balaji-nagar/

Freedom Rice Bran Oil promotes a healthy lifestyle

PRINT COVERAGES

18	26.12.2022	The South India Times	Freedom Rice Bran Oil promotes a healthy lifestyle
19	28.12.2022	Bharath Sarathi	18th edition of Freedom 10K Run

20	28.12.2022	Sanje Prabha	18th edition of Freedom 10K Run
21	29.12.2022	Sanje Samaya	Freedom Rice Bran Oil promotes a healthy lifestyle
22	29.12.2022	Vijayadwaja	Freedom Rice Bran Oil promotes a healthy lifestyle
23	29.12.2022	Vishwa Vaaridhi	18th edition of Freedom 10K Run
24	29.12.2022	Dinasuadar	Freedom Rice Bran Oil promotes a healthy lifestyle
ONLINE COVERAGES			
25	www.passionateinmarketing.com		https://www.passionateinmarketing.com/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
26	www.telugusupernews.com		http://www.telugusupernews.com/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
27	www.justinewss.wordpress.com		https://justinewss.wordpress.com/2022/12/28/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
28	www.gushbulletin.wordpress.com		https://gushbulletin.wordpress.com/2022/12/28/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
29	www.firstrapidreporter.wordpress.com		https://firstrapidreporter.wordpress.com/2022/12/28/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
30	www.zephyrbulletin.wordpress.com		https://zephyrbulletin.wordpress.com/2022/12/28/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
31	www.pelikken.com		https://pelikken.com/single/news/14517
32	www.businessnewsthisweek.com		http://businessnewsthisweek.com/business/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
33	www.mediabulletins.com		http://mediabulletins.com/business/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/

		lifestyle/
34	www.businessnewsweek.in	https://businessnewsweek.in/business/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
35	www.contentmediasolution.com	https://contentmediasolution.com/business/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
36	www.onlinemediacafe.com	https://onlinemediacafe.com/business/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
37	www.smartbusinessnews.com	https://smartbusinessnews.com/business/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
38	www.biznewsdesk.com	https://biznewsdesk.com/business/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/
39	www.youtube.com (hybiz News)	https://www.youtube.com/watch?v=8U-M1QDb2lc

Launch of Race T-Shirt & Medals of Freedom Hyderabad 10K Run

PRINT COVERAGES

40	14.12.2022	Deccan Chronicle	Hyderabad 10K Run set for Sunday
41	14.12.2022	Telangana Today	18th edition of Hyderabad 10K run on December 18
42	14.12.2022	The Hans India	Hyderabad 10K Run to be flagged off on December 18
43	14.12.2022	The Pioneer	Hyderabad 10K Run to be flagged off on December 18
44	14.12.2022	Eenadu	10K Run on December 18 in city
45	14.12.2022	Sakshi	10K Run on December 18
46	14.12.2022	Namaste Telangana	10K Run on December 18 in city

47	14.12.2022	Andhra Jyothi	10K Run on December 18
48	14.12.2022	Andhra Prabha	Health awareness on 10K Run
49	14.12.2022	Vaaritha	10K Run on December 18
50	14.12.2022	Surya	10K Run on December 18 in Hyderabad
51	14.12.2022	Mana Telangana	10K Run on December 18
Freedom Hyderabad 10K Run @ Necklace road			
52	19.12.2022	Deccan Chronicle	Emmy runs away with top honours
53	19.12.2022	The Times of India	Let's get set, go!
54	19.12.2022	The Times of India	Kamini and Emmy emerge victorious
55	19.12.2022	The Hans India	4,800 take part in 18th edition of Freedom Hyderabad 10K Run
56	19.12.2022	Telangana Today	Over 5,000 take part in Hyderabad 10K Run
57	19.12.2022	The New Indian Express	Fun & Freedom Run
58	19.12.2022	Eenadu	Run for health
59	19.12.2022	Sakshi	Freedom Hyderabad 10K Run
60	19.12.2022	Namaste Telangana	It's My City.. My Run
61	19.12.2022	Andhra Jyothi	Hyderabad 10K Run
62	19.12.2022	Velugu	Freedom Run
63	19.12.2022	Hindi Milap	Hyderabad 10K Run successful
ONLINE COVERAGES			

64	www.telanganatoday.com	https://telanganatoday.com/18th-edition-of-freedom-hyderabad-10k-run-held-4800-runners-participated
65	www.indtoday.com	https://indtoday.com/18th-edition-of-freedom-hyderabad-10k-run-held/
66	www.thehansindia.com	https://www.thehansindia.com/news/cities/hyderabad/4800-take-part-in-18th-edition-of-freedom-hyderabad-10k-run-773947
67	www.uniindia.com	http://www.uniindia.com/photos/478144.html
68	www.siasat.com	https://www.siasat.com/freedom-hyderabad-10k-run-held-with-4-8k-participants-2483032/

Name of the Publication: Telangana Today

Date: 30.12.2022

Page No: 05

Edition: Telangana

Headline: Palm oil price jumps 10 per cent

Palm oil price jumps 10 per cent

B KRISHNA MOHAN
Hyderabad

Prices of palm oil are firming up. The price, which was about Rs 100 a litre till recently, is now at Rs 110. The price has increased by about ten per cent or so and the trend is likely to continue for some more time.

“The prices of edible oils have first increased to new highs due to the Covid and the Russia-Ukraine war. Then they have come down due to government intervention. Now, a price rise is seen in palm oil. Palm oil is now selling at around Rs 110 a litre from the earlier Rs 100. The price of sunflower remained in the same range of Rs 150-160 a litre,” said P Chandra Shekara Reddy, Senior vice-president (Sales and Marketing), Freedom Healthy Cooking Oils Sales, about the industry trends.

According to him, there will be some more appreciation in the price of palm oil. Countries producing palm are in favour of exporting finished products instead of



With respect to crude palm oil, import in November was 9.31 lakh tonnes, the highest ever in a single month.

crude. This is resulting in a higher price. On the other hand, the rising price of palm oil will be good news for local farmers who are thinking of palm oil cultivation. According to data from the Solvent Extractors' Association of India (SEA), the import of vegetable oils in November this year, the first month of the oil year 2022-23, is at a new record of 15.4 lakh tonnes, up 11% from 13.9 lakh tonnes in October. In November last year, vegetable oil import was 11.7 lakh tonnes.

With respect to crude palm oil (CPO), the import in November was

9.31 lakh tonnes, the highest ever in a single month. In October, 7.56 lakh tonnes of CPO were imported. The import of refined, bleached, and deodorised palm oil (RBD) is rising fast. About 2.02 lakh tonnes of RBD was imported in November compared to 1.27 lakh tonnes in the previous month.

The import of crude soybean oil reduced to 2.29 lakh tonnes last month from 3.35 lakh tonnes the previous month. Sunflower oil import increased to 1.57 lakh tonnes in November compared to 1.44 lakh tonnes in October 2022.

According to SEA Executive Director Dr BV Mehta, the current import duty difference of 7.5% between CPO (5%) and RBD (12.5%) encourages the import of refined palmolein into our country. The palmolein imports during the just concluded oil year (Nov 21-Oct 22) have increased 168 per cent. During November 2021, the import of RBD palmolein jumped over two lakh tonnes. This import of finished goods is also seriously affecting the capacity utilisation of the palm refining industry, he said.

The main reason for the rise in palmolein imports is the encouragement given by exporting countries like Malaysia and Indonesia to their industry. They have kept high export duties on crude palm and low export duties on palmolein finished products. The industry body is in favour of a 15% duty difference between the CPO and RBD palmolein. It wants the government to raise the import duty on RBD to 20 per cent from the current 12.5 per cent.

Name of the Website: www.telanganatoday.com

Elink: <https://telanganatoday.com/now-price-rise-in-palm-oil-trend-likely-to-continue>

Friday, Dec 30, 2022

Telangana Today

FOR LOCAL TO GLOBAL NEWS


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E-Paper

Now, price rise in palm oil, trend likely to continue

Rising palm oil prices will be good news to local farmers who are thinking of palm cultivation

BY B. KRISHNA MOHAN UPDATED ON - 06:36 PM, THU - 29 DECEMBER 22



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"The prices of edible oils have first increased to new highs due to the Covid and the Russia-Ukraine spat. Then they have come down due to the Government intervention. Now, price rise is seen in palm oil. Palm oil is selling around Rs 110 a litre from the earlier 100. The prices of sunflower remained in the same range of Rs 150-160 a litre to the consumers," said P Chandra Shekara Reddy, Senior Vice President (Sales and Marketing), Freedom Healthy Cooking Oils Sales, said about the industry trends.

Name of the Publication: The South India Times

Date: 26.12.2022

Page No: 04

Edition: Hyderabad

Headline: Gemini Edibles in association with the Government of Telangana to develop a park at HIG colony, Balaji Nagar

***Gemini Edibles in
association with the
Government of Telangana
to develop a Park at HIG
colony, Balaji Nagar.***

GEF India to contribute Rs. 2 Crores as a part of CSR Programme for the development

Hyderabad: 24th December 2022: Gemini Edibles and Fats India Ltd (GEF India), the marketers of Freedom Healthy Cooking Oils as a part of their CSR initiative in association with Govt of Telangana for the development of HIG Park at Balaji Nagar, Kukatpally. GEF India expressed an interest to contribute Rs. Two Crore as a part of their CSR Programme for the development of HIG Park, Balaji Nagar, Kukatpally, as per approved designs and specifications of SE, KPZ, GHMC for a period of 2 years. The work will be executed under the supervision of Superintending Engineer, KPZ, GHMC. The renovated park and will have a new open gym for adults, besides improving the overall layout, play area, barrier-free walking track, benches, beautiful landscaping, and vegetation. This will help create a green and healthy community space for the community where the families in the vicinity can come together, bond, exercise, play, do meditation or yoga and have a good time. Speaking on the association, Mr. P. Chandra Shekhar Reddy, Senior Vice President, Sales & Marketing, Freedom Healthy Cooking Oils, said, "We at Freedom Healthy Cooking Oils encourage people to eat healthily and live healthily. We look for innovative ways to create avenues to spread the message of healthy living. We are delighted at the opportunity to support the Govt of Telangana as a part of our CSR program for the redevelopment of the park at Balaji Nagar, Kukatpally, which will create a beautiful green space for the community to live a healthy life.

Name of the Publication: Sakshi

Date: 25.12.2022

Page No: 02

Edition: Hyderabad

Headline: Freedom Healthy Cooking Oils develop a park with Rs 2 crores under CSR

రూ.2 కోట్లతో పార్క్ అభివృద్ధి

సీఎస్ఆర్ నిధులతో అభివృద్ధి చేస్తున్న ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్
సాక్షి.సిటీబ్యూరో: ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ (జీఈఎఫ్ ఇండియా) ఆధ్వర్యంలో రాష్ట్ర ప్రభుత్వ సహకారంతో బాలాజీనగర్‌లోని హెచ్ఐజీ పార్క్‌ను అభివృద్ధి చేయనున్నారు. ఇందుకుగాను సంస్థ సీఎస్ఆర్ నిధుల నుంచి రూ.2 కోట్లు పార్క్ అభివృద్ధికి కేటాయిస్తున్నట్లు అధికారులు తెలిపారు. రెండేళ్ల పాటు ఈ పార్క్‌ను జీహెచ్ఎంసీ, కేపీజెడ్, ఎస్ఈ ప్రమాణాలతో అభివృద్ధి చేయనున్నారు. ఇందులో భాగంగా పార్క్‌లో ఓపెన్ జిమ్, వాకింగ్ ట్రాక్, విశాలమై గార్డెన్‌ను పునరుద్ధించనున్నారు. ఈ సందర్భంగా ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ సీనియర్ వైస్ ప్రెసిడెంట్ పీ.చంద్రశేఖర్‌రెడ్డి మాట్లాడుతూ తమ సంస్థ ఆధ్వర్యంలో ప్రజల ఆరోగ్యం కోసం కృషి చేస్తున్నట్లు తెలిపారు. ఈ పార్క్‌ను అభివృద్ధి చేయడం ద్వారా సామాన్య ప్రజలకు మేలు జరుగుతుందన్నారు. ప్రభుత్వ సహాయంతో ఇలాంటి కార్యక్రమాలను నిర్వహించడం సంతోషంగా ఉందన్నారు.

Name of the Publication: Nava Telangana

Date: 27.12.2022

Page No: 06

Edition: Hyderabad

Headline: Gemini Edibles in association with the Government of Telangana to develop a park

ప్రభుత్వ సహకారంతో పార్క్‌ను అభివృద్ధి చేస్తున్న జెమినీ ఎడిబిల్స్

● రూ.2 కోట్ల నిధులను అందించనున్న జీఈఎఫ్ ఇండియా

నవతెలంగాణ-జూబ్లీహిల్స్

ప్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ మార్కెటింగ్ జెమినీ ఎడిబిల్స్ ఆండ్ ఫ్యాట్స్ ఇండియా లిమిటెడ్ (జీఈఎఫ్ ఇండియా) తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా తెలంగాణ ప్రభుత్వంతో కలిసి కూకట్‌పల్లిలోని బాలాజీ నగర్ లో హెచ్ఐజీ పార్క్‌ను అభివృద్ధి చేస్తోంది. జీఈఎఫ్ ఇండియా ఈ కార్యక్రమం కోసం రెండు కోట్ల రూపాయలను తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా పార్క్ అభివృద్ధి కోసం తోడ్పాటునందించనుంది. రెండు సంవత్సరాల పాటు జీహెచ్ఎంసీ, కెపీజెడ్, ఎస్ఈ ప్రమాణాలు, డిజైన్లకు అనుగుణంగా ఈ పార్క్‌ను నిర్వహించనున్నారు. ఈ కార్యక్రమాలను కెపీజెడ్, జీహెచ్ఎంసీ, సూపరింటెండెంట్ ఇంజనీర్ పర్యవేక్షణలో నిర్వహిస్తున్నారు. ఈ పునరుద్ధరించిన పార్క్‌లో నూతన ఓపెన్ జిమ్ పెద్దల కోసం ఆందు బాటులో ఉండనుంది. మొత్తంమీద లేఅవుట్, ప్లా ఏరియా,

బారియర్ ఫ్రీ వాకింగ్ ట్రాక్, బెంచెస్, అందమైన ల్యాండ్ స్కేపింగ్, వెజిటేషన్‌ను మెరుగుపరుస్తారు. ఇది ఆహ్లాద కరమైన, ఆరోగ్యవంతమైన కమ్యూనిటీ స్పేస్‌ను కమ్యూనిటీకి అందించడంలో సహాయపడుతుంది. ఈ పార్క్ సమీపంలోని కుటుంబాలు ఈ పార్క్‌కు రావడంతో పాటుగా, తమ అనుబంధాలను పెంచుకోవడం, ఆటలాడటం, ధ్యానం, యోగా చేయడం చేయవచ్చు.

ఈ సందర్భంగా ప్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ సీనియర్ వైస్ ప్రెసిడెంట్, సేల్స్-మార్కెటింగ్, పి చంద్రశేఖర రెడ్డి మాట్లాడుతూ, 'ప్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ వద్ద మేము ఆరోగ్యవంతంగా తినడం, ఆరోగ్యవంతంగా జీవించడాన్ని ప్రోత్సహిస్తుంటాము. ఆరోగ్యవంతమైన జీవన సందేశం వ్యాప్తి చేసేందుకు ఉన్న వినూత్నమైన మార్గాలను మేము అన్వేషిస్తున్నాము. మా సీఎస్ఆర్ కార్యక్రమంలో భాగంగా కూకట్‌పల్లి బాలాజీనగర్‌లోని పార్క్‌ను అభివృద్ధి చేసేందుకు తెలంగాణ ప్రభుత్వంతో కలిసి పనిచేయడం పట్ల సంతోషంగా ఉన్నాము. ఈ పార్క్ అభివృద్ధితో ఆరోగ్య వంతమైన జీవితం కోరుకునే కమ్యూనిటీకి, ఆహ్లాదకరమైన హరిత ప్రాంగణం సృష్టించడం వీలవుతుంది అని అన్నారు.

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Headline: Gemini Edibles to develop a park

పార్కును అభివృద్ధి చేస్తున్న జెమినీ ఎడిబిల్స్

హైదరాబాద్, డిసెంబర్ 24 (నినాదం న్యూస్) ఫ్రీడమ్ హెల్త్ కుకింగ్ అయిల్స్ మార్కెటింగ్ జెమినీ ఎడిబిల్స్ అండ్ ఫ్యాబ్స్ ఇండియా లిమిటెడ్ (జీఈఎఫ్ ఇండియా) తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా తెలంగాణ ప్రభుత్వంతో కలిసి కూకట్‌పల్లిలోని బాలాజీనగర్ లో హెల్త్‌జీ పార్క్‌ను అభివృద్ధి చేస్తోంది. జీఈఎఫ్ ఇండియా ఈ కార్యక్రమం కోసం రెండు కోట్ల రూపాయలను తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా కూకట్‌పల్లి, బాలాజీనగర్‌లోని హెల్త్‌జీ పార్క్ అభివృద్ధి కోసం తోడ్పాటునందించనుంది. రెండు సంవత్సరాల పాటు జీహెచ్‌ఎంసీ, కెపీజెడ్, ఎస్ఈ ప్రమాణాలు మరియు డిజైన్లకు అనుగుణంగా ఈ పార్క్‌ను నిర్వహించనున్నారు.

ఈ కార్యక్రమాలను కెపీజెడ్, జీహెచ్‌ఎంసీ, సూపరింటెండెంట్ ఇంజనీర్ పర్యవేక్షణలో నిర్వహిస్తున్నారు. ఈ పునరుద్ధరించిన పార్క్‌లో నూతన ఓపెన్ జిమ్ పెద్దల కోసం అందుబాటులో ఉండనుంది. మొత్తంమీద లీజెట్, ప్లే ఏరియా, బారియర్ ఫ్రీ వాకింగ్ ట్రాక్, బెంచెస్, అందమైన ల్యాండ్ స్కేపింగ్ మరియు వెజిటేషన్‌ను మెరుగుపరుస్తారు. ఇది ఆహ్లాదకరమైన, ఆరోగ్యవంతమైన కమ్యూనిటీ స్పేస్‌ను కమ్యూనిటీకి అందించడంలో సహాయ పడుతుంది. ఈ పార్క్ సమీపంలోని పాటుగా కుటుంబాలు ఈ పార్క్‌కు రావడంతో పాటుగా తమ అనుబంధాలను పెంచుకోవడం, అటలాడటం, ధ్యానం, యోగా చేయడం చేయవచ్చు. ఈ సందర్భంగా ఫ్రీడమ్

హెల్త్‌కుకింగ్ అయిల్స్ సీనియర్ వైస్ ప్రెసిడెంట్, సీల్స్-మార్కెటింగ్, శ్రీ పి చంద్రశేఖర రెడ్డి మాట్లాడుతూ " ఫ్రీడమ్ హెల్త్ కుకింగ్ అయిల్స్ వద్ద మేము ఆరోగ్యవంతంగా తినడం, ఆరోగ్యవంతంగా జీవించడాన్ని ప్రోత్సహిస్తుంటాము. ఆరోగ్యవంతమైన జీవన సందేశం వ్యాప్తి చేసేందుకు ఉన్న వినూత్నమైన మార్గాలను మేము అన్వేషిస్తున్నాము. మా సీఎస్ఆర్ కార్యక్రమంలో భాగంగా కూకట్‌పల్లి బాలాజీనగర్‌లోని పార్క్‌ను అభివృద్ధి చేసేందుకు తెలంగాణ ప్రభుత్వంతో కలిసి పనియ్యడం పట్ల సంతోషంగా ఉన్నాము. ఈ పార్క్ అభివృద్ధితో ఆరోగ్యవంతమైన జీవితం కోరుకునే కమ్యూనిటీకి ఆహ్లాదకరమైన హరిత ప్రాంగణం సృష్టించడం వీలవుతుంది" అని అన్నారు.

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హెచ్ఐజీ పార్కును అభివృద్ధి చేస్తున్న జెమినీ ఎడిబిల్స్

బైరతాబాద్: డిసెంబర్ 24 (జనం సాక్షి) ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ మార్కెటింగ్ జెమినీ ఎడిబిల్స్ అండ్ ఫ్యాట్స్ ఇండియా లిమిటెడ్ (జీఈఎఫ్ ఇండియా) తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా తెలంగాణ ప్రభుత్వంతో కలిసి కూకట్‌పల్లిలోని బాలాజీనగర్ లో హెచ్ఐజీ పార్కును అభివృద్ధి చేస్తోంది. జీఈఎఫ్ ఇండియా ఈ కార్యక్రమం కోసం రెండు కోట్ల రూపాయలను తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా కూకట్‌పల్లి, బాలాజీ నగర్‌లోని హెచ్ఐజీ పార్క్ అభివృద్ధి కోసం తోడ్పాటునందించనుంది. ఈ సందర్భంగా ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ సీనియర్ వైస్ ప్రెసిడెంట్, సేల్స్ మార్కెటింగ్ పి.చంద్రశేఖర రెడ్డి మాట్లాడుతూ ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ వద్ద మేము ఆరోగ్యవంతంగా తినడం, జీవించడాన్ని ప్రోత్సహిస్తుంటా మన్నారు. ఆరోగ్యవంతమైన జీవన సందేశం వ్యాప్తి చేసేందుకు ఉన్న వినూత్నమైన మార్గాలను మేము అన్వేషిస్తున్నామన్నారు. మా సీఎస్ఆర్ కార్యక్రమంలో భాగంగా కూకట్‌పల్లి బాలాజీ నగర్‌లోని పార్కును అభివృద్ధి చేసేందుకు తెలంగాణ ప్రభుత్వంతో కలిసిపనిచేయడం పట్ల సంతోషంగా ఉన్నామన్నారు. ఆహ్లాదకరమైన హరిత ప్రాంగణం సృష్టించడం వీలవుతుందని అన్నారు.

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Headline: Gemini Edibles in association with the Government of Telangana to develop a park at HIG colony, Balaji Nagar

బాలాజీనగర్ హెచ్ఐజి కాలనీలో తెలంగాణ ప్రభుత్వ సహకారంతో ఓ పార్కు అభివృద్ధి చేస్తున్న జెమిని ఎడిబిల్స్

నిర్వహించనున్నారు. ఈ కార్యక్రమాలను కెపీజెడ్, జీహెచ్ఎంసీ, సూపరింటెండెంట్ ఇంజనీర్ పర్యవేక్షణలో నిర్వహిస్తున్నారు. ఈ వునరుద్ధరించిన పార్క్కు సూతన ఓపెన్ జిమ్ పెద్దల కోసం అందుబాటులో ఉండనుంది. మొత్తంమీద లేజర్, ప్లే ఏరియా, బారియర్ ఫ్రీ వాకింగ్ ట్రాక్, బెంచెస్, అందమైన ల్యాండ్ స్కేపింగ్ మరియు వెజిటేషన్లు మెరుగుపరుస్తారు. ఇది ఆహ్లాదకరమైన, ఆరోగ్యవంతమైన కమ్యూనిటీ స్పేస్ను కమ్యూనిటీకి అందించడంలో సహాయపడుతుంది. ఈ పార్క్ సమీపంలోని కుటుంబాలు ఈ పార్క్కు రావడంతో పాటుగా తమ అనుబంధాలను పెంచుకోవడం, ఆటలాడటం, ధ్యానం, యోగా చేయవచ్చు. ఈ సందర్భంగా ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ సీనియర్ వైస్ ప్రెసిడెంట్, సీల్స్ మార్కెటింగ్, పి చంద్రశేఖర రెడ్డి మాట్లాడుతూ ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ వద్ద మేము ఆరోగ్యవంతంగా తినడం ఆరోగ్యవంతంగా జీవించాము. ఆరోగ్యవంతమైన జీవన సందేశం వ్యాప్తి చేసేందుకు ఉన్న వినూత్నమైన మార్గాలను మేము అన్వేషిస్తున్నాము. మా సీఎస్ఆర్ కార్యక్రమంలో భాగంగా కూకట్నల్లి బాలాజీనగర్లోని పార్క్కు అభివృద్ధి చేసేందుకు తెలంగాణ ప్రభుత్వంతో కలిసి పనియేయడం పట్ల సంతోషంగా ఉన్నాము. ఈ పార్క్ అభివృద్ధిపై ఆరోగ్యవంతమైన జీవితం కోరుకునే కమ్యూనిటీకి ఆహ్లాదకరమైన హరిత ప్రాంగణం సృష్టించడం వీలవుతుంది అని అన్నారు.

షాదరాబాద్, మేజర్ న్యూస్ : ఫ్రీడమ్ హెల్త్ కుకింగ్ ఆయిల్స్ మార్కెటింగ్ జెమిని ఎడిబిల్స్ అండ్ ఫ్యాక్టరీ ఇండియా లిమిటెడ్ (జీఈఎఫ్. ఇండియా) తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా తెలంగాణ ప్రభుత్వంతో కలిసి కూకట్నల్లిలోని బాలాజీనగర్ లో హెచ్ఐజి పార్క్కు అభివృద్ధి చేస్తోంది. జీఈఎఫ్ ఇండియా ఈ కార్యక్రమం కోసం రెండు కోట్ల రూపాయలను తమ సీఎస్ఆర్ కార్యక్రమంలో భాగంగా కూకట్నల్లి, బాలాజీనగర్లోని హెచ్ఐజి పార్క్ అభివృద్ధి కోసం తోడ్పాటునందించనుంది. రెండు సంవత్సరాల పాటు జీహెచ్ఎంసీ, కెపీజెడ్, ఎస్ఈ ప్రమాణాలు మరియు డిజైన్లకు అనుగుణంగా ఈ పార్క్కు

Name of the Publication: Hindi Milap

Date: 25.12.2022

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Edition: Hyderabad

Headline: GEF India to develop a park at HIG colony, Balaji Nagar

पार्क के विकास में सहयोग देगा जीईएफ इंडिया

हैदराबाद, 24 दिसंबर-(मिलाप ब्यूरो) जेमिनी एडिबल्स एंड फैट्स इंडिया लिमिटेड (जीईएफ इंडिया) तेलंगाना सरकार के सहयोग से बालाजी नगर, कूकटपल्ली स्थित एचआईजी कॉलोनी में पार्क को विकसित करने में योगदान करेगा। इसके लिए जीईएफ इंडिया द्वारा सीएसआर फंड के अंतर्गत दो करोड़ रुपये की धनराशि प्रदान की जाएगी।

प्राप्त जानकारी के अनुसार, उक्त पार्क का विकास एसई, केपीजेड, जीएचएमसी के अनुमोदित डिजाइन के तहत सुपरिटेण्डेंट इंजीनियर केपीजेड,

जीएचएमसी की देख-रेख में किया जाएगा। हरीतिमा से परिपूर्ण पार्क को परिवार के सभी सदस्यों की सुविधाओं के अनुरूप विकसित किया जाएगा। यहाँ वयस्कों के लिए एक खुला जिम, खेल क्षेत्र, बाधा रहित पदचालन ट्रैक तथा बैठने के सुविधाजनक बेंच जैसी अन्य सुविधाएँ होंगी। निर्माण कार्य पूरा होने के बाद लोग व्यायाम, ध्यान, योग, खेल जैसी गतिविधियों में सामूहिक रूप से भाग लेते हुए गुणवत्तापूर्ण समय बिता सकते हैं।

इस संदर्भ में फ्रीडम हेल्दी कुकिंग ऑयल्स के वरिष्ठ उपाध्यक्ष (सेल्स एंड

मार्केटिंग) पी. चंद्रशेखर रेड्डी ने कहा कि फ्रीडम हेल्दी कुकिंग ऑयल्स द्वारा हम लोगों को स्वस्थ खान-पान तथा स्वस्थ जीवनशैली को अपनाने के लिए प्रोत्साहित करते हैं। स्वस्थ जीवन के प्रति जागरूकता के प्रसार के लिए विविध प्रकार के माध्यमों की तलाश करते हैं। इस कड़ी में बालाजी नगर, कूकटपल्ली में एक पार्क के पुनर्विकास हेतु सीएसआर फंड द्वारा तेलंगाना सरकार का सहयोग करने के लिए हर्ष का अनुभव कर रहे हैं। यहाँ स्वस्थ जीवन जीने के अवसर उपलब्ध कराने के लिए सुंदर हरित स्थान तैयार किया जाएगा।

Name of the Website: www.apnnews.com

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Published on December 26, 2022

GEF India to contribute Rs. 2 Crores as a part of CSR Programme for the development

Hyderabad: Gemini Edibles and Fats India Ltd (GEF India), the marketers of Freedom Healthy Cooking Oils as a part of their CSR initiative in association with Govt of Telangana for the development of HIG Park at Balaji Nagar, Kukatpally. The foundation stone for the Park was laid down by Shri. K.T. Rama Rao, Hon'ble Minister for IT, Industries, MA & UD, Govt of Telangana in the presence of the local MLAs and leaders along with Senior management of GEF India.

GEF India expressed an interest to contribute Rs. Two Crore as a part of their CSR Programme for the development of HIG Park, Balaji Nagar, Kukatpally, as per approved designs and specifications of SE, KPZ, GHMC for a period of 2 years. The work will be executed under the supervision of Superintending Engineer, KPZ, GHMC. The renovated park and will have a new open gym for adults, besides improving the overall layout, play area, barrier-free walking track, benches, beautiful landscaping, and vegetation. This will help create a green and healthy community space for the community where the families in the vicinity can come together, bond, exercise, play, do meditation or yoga and have a good time.

Speaking on the association, Mr. P. Chandra Shekhara Reddy, Senior Vice President, Sales & Marketing, Freedom

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Speaking on the association, **Mr. P. Chandra Shekhara Reddy, Senior Vice President, Sales & Marketing, Freedom Healthy Cooking Oils**, said, "We at Freedom Healthy Cooking Oils encourage people to eat healthily and live healthily. We look for innovative ways to create avenues to spread the message of healthy living. We are delighted at the opportunity to support the Govt of Telangana as a part of our CSR program for the redevelopment of the park at Balaji Nagar, Kukatpally, which will create a beautiful green space for the community to live a healthy life."

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Gemini Edibles in association with the Government of Telangana to develop a Park at HIG colony, Balaji Nagar.

*GEF India to contribute **Rs. 2 Crores** as a part of CSR Programme for the development*

Hyderabad: 23rd December 2022: Gemini Edibles and Fats India Ltd (GEF India), the marketers of **Freedom Healthy Cooking Oils** as a part of their CSR initiative in association with Govt of Telangana for the development of HIG Park at Balaji Nagar, Kukatpally.

GEF India expressed an interest to contribute **Rs. Two Crore** as a part of their CSR Programme for the development of HIG Park, Balaji Nagar, Kukatpally, as per approved designs and specifications of SE, KPZ, GHMC for a period of 2 years. The work will be executed under the supervision of Superintending Engineer, KPZ, GHMC. The renovated park and will have a new open gym for adults, besides improving the overall layout, play area, barrier-free walking track, benches, beautiful landscaping, and vegetation. This will help create a green and healthy community space for the community where the families in the vicinity can come together, bond, exercise, play, do meditation or yoga and have a good time.

*Speaking on the association **Mr. P Chandra Shekhara Reddy Senior Vice***

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Gemini Edibles in association with the Government of Telangana to develop a Park at HIG colony, Balaji Nagar.

GEF India to contribute Rs. 2 Crores as a part of CSR Programme for the development

Hyderabad, 28th December 2012. Gemini Eatables and Fm India Ltd. (GEF India), the marketers of Freedom Healthy: Cooling Oils as a part of their CSR initiative in association with Govt of Telangana for the development of HNG Park at Balaji Nagar, Kalyandurg, GEF India expressed an interest to contribute Rs. Two Crore as a part of their CSR Programme for the development of HNG Park, Balaji Nagar, Kalyandurg, as per approved designs and specifications of SE KPZ, GHMC for a period of 1 years. The work will be executed under the supervision of Superintending Engineer, KPZ, GHMC. The renovated park and will have a new open gym for adults, benches improving the overall level of play area, barrier-free walking track, benches, beautiful landscaping and vegetation. This will help families to create a healthy community space for the community where the children in the vicinity can come together, bond, exercise, play or meditate or yoga and have a good time. Spending on the association, Mr. P. Chandras Shekhari Reddy, Senior Vice President, Sales & Marketing, Freedom Healthy Cooling Oils said, "We at Freedom Healthy: Cooling Oils encourage people to eat healthy and live healthy. We look for innovative ways to create avenues to spread the message of healthy living. We are delighted at the opportunity to support the Govt of Telangana as a part of our CSR program for the redevelopment of the park at Balaji Nagar, Kalyandurg, which will create a beautiful green space for the community to live a healthy life."

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GEF India expressed an interest to contribute **Rs. Two Crore** as a part of their CSR Programme for the development of HIG Park, Balaji Nagar, Kukatpally, as per approved designs and specifications of SE, KPZ, GHMC for a period of 2 years. The work will be executed under the supervision of Superintending Engineer, KPZ, GHMC. The renovated park and will have a new open gym for adults, besides improving the overall layout, play area, barrier-free walking track, benches, beautiful landscaping, and vegetation. This will help create a green and healthy community space for the community where the families in the vicinity can come together, bond, exercise, play, do meditation or yoga and have a good time.



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Telugu Super news,Hyderabad,December 26th,2022:A new project was today announced by Golden Cine Creations. Its maiden venture was launched at Hyderabad's Golden Temple with Mahesh and Bhumika as the heroines. Producer Sujatha and debutant director Sajja Kumar expressed their joy over the commencement of the promising film.

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GEF India expressed an interest to contribute **Rs. Two Crore** as a part of their CSR Programme for the development of HIG Park, Balaji Nagar, Kukatpally, as per approved designs and specifications of SE. KP7. GHMC for

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GEMINI EDIBLES IN ASSOCIATION WITH THE GOVERNMENT OF TELANGANA TO DEVELOP A PARK AT HIG COLONY, BALAJI NAGAR.

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Hyderabad: December 2022: Gemini Edibles and Fats India Ltd (GEF India), the marketers of **Freedom Healthy Cooking Oils** as a part of their CSR initiative in association with Govt of Telangana for the development of HIG Park at Balaji Nagar, Kukatpally. The foundation stone for the Park was laid down by **Shri. K.T. Rama Rao, Hon'ble Minister for IT, Industries, MA & UD, Govt of Telangana** in the presence of the local **MLAs and leaders** along with Senior management of GEF India.

GEF India expressed an interest to contribute **Rs. Two Crore** as a part of their CSR Programme for the development of HIG Park, Balaji Nagar, Kukatpally, as per approved designs and specifications of SE, KPZ, GHMC for a period of 2 years. The work will be executed under the supervision of Superintending Engineer, KPZ, GHMC. The renovated park will have a new open gym for adults, besides improving the overall layout, play area, barrier-free walking track, benches, beautiful landscaping, and vegetation. This will help create a green and healthy community space for the community where the families in the vicinity can come together, bond, exercise, play, do meditation or yoga and have a good time.

Speaking on the association, **Mr. P. Chandra Shekhara Reddy, Senior Vice President, Sales & Marketing, Freedom Healthy Cooking Oils**, said, "We at Freedom Healthy Cooking Oils encourage people to eat healthily and live healthily. We look for innovative ways to create avenues to spread the message of healthy living. We are delighted at the opportunity to support the Govt of Telangana as a part of our CSR program for the redevelopment of the park at Balaji Nagar, Kukatpally, which will create a beautiful green space for the community to live a healthy life.

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Name of the Publication: The South India Times

Date: 26.12.2022

Page No: 04

Edition: Hyderabad

Headline: Freedom Rice Bran Oil promotes a healthy lifestyle

Freedom Rice Bran Oil promotes a healthy lifestyle

Partners with Hyderabad 10K Run Foundation for the 18th edition of Freedom Hyderabad 10K Run

Hyderabad: 24th December 2022: Freedom Rice Bran Oil in association with Hyderabad 10K Run Foundation organized the 18th edition of Freedom Hyderabad 10K Run to encourage people to lead a healthy lifestyle. The Freedom Hyderabad 10K Run is considered to be amongst the oldest runs in the country. The run was organized into 3 categories Elite for professionals, 10K for serious runners, and 5K run for beginners.

This edition of Freedom Hyderabad 10K run was a grand success with over 5000 runners participating and finishing the run. The participants were encouraged to improve their fitness levels by stepping up their exercise over the last month, to prepare for the 10K run and complete it, thereby making exercise a part of their routine.

The secret to good health is to eat healthy food cooked in a healthy oil with a balanced profile and lead a healthy lifestyle with regular walks and exercise as a part of the regime. Rice bran oil is known for its high levels of bioactive phytochemicals, such as oryzanol, tocopherols, and sterols. Freedom physically refined Rice bran oil is extracted using a novel physical refining process. The process helps retain 4 times more



micronutrients like 10000+ ppm of Oryzanol per 100 mg in the end product. Therefore, Freedom Physically refined rice bran oil has the 'O' factor that helps reduce cholesterol and helps you to 'Eat Healthy and Live Healthy'. Moreover, Rice bran oil is one of the healthiest choices available in cooking oils ideal for Indian cooking due

to its high smoking point.

According to experts, if people maintain a healthy lifestyle, eat right, drink at least 2 litres of water every day, avoid bad habits like smoking, regularly monitor and control diabetes, hypertension, obesity, and Cholesterol levels and choose a healthy oil like Rice Bran Oil, they are likely to stay healthy and safe.

Name of the Publication: Bharath Sarathi

Date: 28.12.2022

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Edition: Hyderabad

Headline: 18th edition of Freedom 10K Run

ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿಗೆ ಚಾಲನೆ

ಬೆಂಗಳೂರು: ಜನರಲ್ಲಿ ಆರೋಗ್ಯಪೂರ್ಣ ಜೀವನಶೈಲಿಯನ್ನು ಪ್ರಚೋದಿಸುವುದಕ್ಕಾಗಿ ಫ್ರೀಡಂ ರೈಸ್ ಬ್ರಾನ್ ಆಯಿಲ್ ಸಂಸ್ಥೆಯು 10ಕೆ ರನ್ ಪ್ರತಿಷ್ಠಾನದ ಸಹಯೋಗದಲ್ಲಿ ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿಯನ್ನು ಆಯೋಜಿಸಿದೆ.

ಫ್ರೀಡಂ 10ಕೆ ರನ್ ದೇಶದ ಅತಿ ಹಳೆಯ ಓಟಗಳಲ್ಲಿ ಒಂದೆಂದು ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಈ ಓಟವನ್ನು 3 ಪ್ರಮುಖ ವರ್ಗಗಳಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿತ್ತು-ವೃತ್ತಿಪರರಿಗಾಗಿ ಎಲೈಟ್, ಗಂಭೀರ ಓಟಗಾರರಿಗಾಗಿ 10ಕೆ ಓಟ ಮತ್ತು ಉದಯೋನ್ಮುಖರಿಗಾಗಿ 5ಕೆ ಓಟ. ಒಟ್ಟು 5000ಕ್ಕೂ ಹೆಚ್ಚು ಓಟಗಾರರು ಫ್ರೀಡಂ 10ಕೆ ರನ್‌ನಲ್ಲಿ ಪಾಲ್ಗೊಂಡು, ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸುವ ಮೂಲಕ ಈ ಆವೃತ್ತಿಯನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಿದರು. ಕಳೆದ ಒಂದು ತಿಂಗಳಲ್ಲಿ ತಮ್ಮ ವ್ಯಾಯಾಮದ ಅವಧಿಯನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವ ಮತ್ತು ಅದನ್ನು ತಮ್ಮ ದಿನಚರಿಯ ಭಾಗವಾಗಿ ಮಾಡುವ ಮೂಲಕ ಫಿಟ್ನೆಸ್ ಮಟ್ಟವನ್ನು ಸುಧಾರಿಸಿಕೊಳ್ಳಲು ಮತ್ತು 10 ಕಿ.ಮೀ. ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ಸಿದ್ಧರಾಗುವಂತೆ ಓಟಗಾರರನ್ನು ಪ್ರೋತ್ಸಾಹಿಸಲಾಗಿತ್ತು.

ಆರೋಗ್ಯಕರ ಎಣ್ಣೆಯಲ್ಲಿ ಜೇಯಿಸಿದ ಆರೋಗ್ಯಕರ ಅಹಾರವನ್ನು ಸಮತೋಲಿತ ಪ್ರಮಾಣದಲ್ಲಿ ಸೇವಿಸುವುದು, ವಾಕಿಂಗ್ ಮತ್ತು ವ್ಯಾಯಾಮವನ್ನು ಅಳವಡಿಸಿಕೊಂಡು ಜೀವನಶೈಲಿಯನ್ನು ಸುಧಾರಿಸುವುದು



ಉತ್ತಮ ಆರೋಗ್ಯದ ರಹಸ್ಯವಾಗಿದೆ.

ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯು ಅದರ ಉನ್ನತ ಮಟ್ಟದ ಜೈವಿಕ ಸಕ್ರಿಯ ಫೈಟೋಕೆಮಿಕಲ್‌ಗಳಾದ ಒರಿಜನಾಲ್, ಟೋಕೋಫೆರಾಲ್‌ಗಳು ಮತ್ತು ಸ್ಟೆರಾಲ್‌ಗಳಿಗೆ ಪ್ರಸಿದ್ಧವಾಗಿದೆ.

ಫ್ರೀಡಂ ಕಂಪನಿಯು ಭೌತಿಕವಾಗಿ ಸಂಸ್ಕರಿಸಿದ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯನ್ನು ನವೀನ ಭೌತಿಕ ಸಂಸ್ಕರಣಾ ಪ್ರಕ್ರಿಯೆಯ ಮೂಲಕ ತೆಗೆಯಲಾಗುತ್ತದೆ. ಪ್ರತಿ 100 ಗ್ರಾಂ ಸಿದ್ಧ ಎಣ್ಣೆಯಲ್ಲಿ ಒರಿಝಾನೋಲ್‌ನ 10000+ ನಂತಹ 4 ಪಟ್ಟು ಹೆಚ್ಚು ಸೂಕ್ಷ್ಮ ಪೋಷಕಾಂಶಗಳನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ಈ ಪ್ರಕ್ರಿಯೆಯು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಆದ್ದರಿಂದ ಫ್ರೀಡಂನ ಭೌತಿಕವಾಗಿ ಸಂಸ್ಕರಿಸಿದ ರೈಸ್ ಬ್ರಾನ್ ಎಣ್ಣೆಯು 'ಒ' ಅಂಶವನ್ನು ಹೊಂದಿದ್ದು, ಅದು ಕೊಲೆಸ್ಟ್ರಾಲ್ ಮಟ್ಟವನ್ನು ತಗ್ಗಿಸಲು ಮತ್ತು 'ಆರೋಗ್ಯಕರವಾದ ಆಹಾರ ಸೇವಿಸಲು ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿ ಜೀವಿಸಲು'

ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಅಲ್ಲದೆ, ಲಭ್ಯವಿರುವ ಅಡುಗೆ ಎಣ್ಣೆಗಳ ಪೈಕಿ ಹೊಗೆಯಾಡುವ ಗರಿಷ್ಠ ಬಿಂದುವಿನ ಕಾರಣದಿಂದ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯು ಅತ್ಯುತ್ತಮ ಮತ್ತು ಆರೋಗ್ಯಕರ ಆಯ್ಕೆಗಳಲ್ಲಿ ಒಂದೆಂದು ಪರಿಗಣಿಸಲಾಗಿದೆ.

ತಜ್ಞರ ಪ್ರಕಾರ, ಜನರು ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯನ್ನು ಕಾಪಾಡಿಕೊಂಡು, ಪ್ರತಿ ದಿನವೂ ಕನಿಷ್ಠ 2 ಲೀಟರ್‌ಗಳಷ್ಟು ನೀರನ್ನು ಕುಡಿಯುತ್ತಿದ್ದರೆ, ಧೂಮಪಾನಗಳಂತಹ ದುಶ್ಚಟಗಳು ಇಲ್ಲದಿದ್ದರೆ ಮತ್ತು ಮಧುಮೇಹ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಬೊಟ್ಟು, ಮತ್ತು ಕೊಲೆಸ್ಟ್ರಾಲ್ ಮಟ್ಟಗಳನ್ನು ನಿಯಮಿತವಾಗಿ ಪರೀಕ್ಷಿಸಿ ನಿಯಂತ್ರಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದರೆ, ಹಾಗೂ ಬಹುಮುಖ್ಯವಾಗಿ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯಂತಹ ಆರೋಗ್ಯಕರ ಎಣ್ಣೆಗಳನ್ನು ಆಯ್ಕೆ ಮಾಡಿಕೊಳ್ಳುತ್ತಿದ್ದರೆ, ಅವರು ಆರೋಗ್ಯಪೂರ್ಣವಾಗಿ ಮತ್ತು ಸುರಕ್ಷಿತವಾಗಿ ಜೀವಿಸಲು ಸಾಧ್ಯವಿದೆ.

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Headline: 18th edition of Freedom 10K Run

ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿ



ಬೆಂಗಳೂರು: ಜನರಲ್ಲಿ ಆರೋಗ್ಯಪೂರ್ಣ ಜೀವನಶೈಲಿಯನ್ನು ಪ್ರಚಾರಿಸುವುದಕ್ಕಾಗಿ ಫ್ರೀಡಂ ರೈಸ್ ಬ್ರಾನ್ ಆಯಿಲ್ ಸಂಸ್ಥೆಯು 10ಕೆ ರನ್ ಪ್ರತಿಷ್ಠಾನದ ಸಹಯೋಗದಲ್ಲಿ ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿಯನ್ನು ಆಯೋಜಿಸಿದೆ.

ಫ್ರೀಡಂ 10ಕೆ ರನ್ ಜೀವನ ಅತಿ ಹಳೆಯ ಓಟಗಳಲ್ಲಿ ಒಂದೆಂದು ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಈ ಓಟವನ್ನು 3 ಪ್ರಮುಖ ವರ್ಗಗಳಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿತ್ತು-ವೃತ್ತಿಪರರಿಗಾಗಿ ಎಲೈಟ್, ಗೌರವಾರ್ಥ ಓಟಗಾರರಿಗಾಗಿ 10ಕೆ ಓಟ ಮತ್ತು ಉದಯೋನ್ಮುಖರಿಗಾಗಿ 5ಕೆ ಓಟ. ಒಟ್ಟು 5000ಕ್ಕೂ ಹೆಚ್ಚು ಓಟಗಾರರು ಫ್ರೀಡಂ 10ಕೆ ರನ್‌ನಲ್ಲಿ ಪಾಲ್ಗೊಂಡು, ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸುವ ಮೂಲಕ ಈ ಆವೃತ್ತಿಯನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಿದರು. ಕಳೆದ ಒಂದು ತಿಂಗಳಲ್ಲಿ ತಮ್ಮ ವ್ಯಾಯಾಮದ ಆವೃತ್ತಿಯನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವ ಮತ್ತು ಆದನ್ನು ತಮ್ಮ ದಿನಚರಿಯ ಭಾಗವಾಗಿ ಮಾಡುವ ಮೂಲಕ ಫಿಟ್ನೆಸ್ ಮಟ್ಟವನ್ನು ಸುಧಾರಿಸಿಕೊಳ್ಳಲು ಮತ್ತು 10 ಕಿ.ಮೀ. ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ಸಿದ್ಧರಾಗುವಂತೆ ಓಟಗಾರರನ್ನು ಪ್ರೋತ್ಸಾಹಿಸಲಾಗಿತ್ತು.

ಆರೋಗ್ಯಕರ ಎಕ್ಸೈಯಲ್ಲಿ ಬೇಯಿಸಿದ ಆರೋಗ್ಯಕರ ಆಹಾರವನ್ನು ಸಮತೋಲಿತ ಪ್ರಮಾಣದಲ್ಲಿ ಸೇವಿಸುವುದು, ವಾಕಿಂಗ್ ಮತ್ತು ವ್ಯಾಯಾಮವನ್ನು ಅಳವಡಿಸಿಕೊಂಡು ಜೀವನಶೈಲಿಯನ್ನು ಸುಧಾರಿಸುವುದು ಉತ್ತಮ ಆರೋಗ್ಯದ ರಹಸ್ಯವಾಗಿದೆ.

ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಕ್ಸೈಯು ಅದರ ಉನ್ನತ ಮಟ್ಟದ ಜೈವಿಕ ಸಕ್ರಿಯ ಫೈಟೋಕೆಮಿಕಲ್‌ಗಳಾದ ಒರಿಜನಾಲ್, ಟೋಕೋಫೆರಾಲ್‌ಗಳು ಮತ್ತು ಸ್ಟೆರಾಲ್‌ಗಳಿಗೆ ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಫ್ರೀಡಂ ಕಂಪನಿಯು ಘೌತಿಕವಾಗಿ ಸಂಸ್ಕರಿಸಿದ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಕ್ಸೈಯನ್ನು ನವೀನ ಘೌತಿಕ ಸಂಸ್ಕರಣಾ ಪ್ರಕ್ರಿಯೆಯ ಮೂಲಕ ತೆಗೆಯಲಾಗುತ್ತದೆ. ಪ್ರತಿ 100 ಗ್ರಾಂ ಸಿದ್ಧ ಎಕ್ಸೈಯಲ್ಲಿ ಒರಿಜನಾಸೋಲ್‌ನ 10000+ ನಂತರ 4 ಪಟ್ಟು ಹೆಚ್ಚು ಸೂಕ್ಷ್ಮ ಪ್ರೋಬಯೋಟಿಕ್‌ಗಳನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ಈ ಪ್ರಕ್ರಿಯೆಯು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಆದ್ದರಿಂದ ಫ್ರೀಡಂನ ಘೌತಿಕವಾಗಿ ಸಂಸ್ಕರಿಸಿದ ರೈಸ್ ಬ್ರಾನ್ ಎಕ್ಸೈಯು 'ಒ' ಅಂಶವನ್ನು ಹೊಂದಿದ್ದು, ಅದು ಕೊಲೆಸ್ಟಾಲ್ ಮಟ್ಟವನ್ನು ತಗ್ಗಿಸಲು ಮತ್ತು 'ಆರೋಗ್ಯಕರವಾದ ಆಹಾರ ಸೇವಿಸಲು ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿ ಜೀವಿಸಲು' ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಅಲ್ಲದೆ, ಲಭ್ಯವಿರುವ ಅಡುಗೆ ಎಕ್ಸೈಗಳ ನೈಸರ್ಗಿಕ ಹೊಗೆಯಾಡುವ ಗುಣವು ಬಿಂದುವಿನ ಕಾರಣದಿಂದ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಕ್ಸೈಯು ಅತ್ಯುತ್ತಮ ಮತ್ತು ಆರೋಗ್ಯಕರ ಆಯ್ಕೆಗಳಲ್ಲಿ ಒಂದೆಂದು ಪರಿಗಣಿಸಲಾಗಿದೆ.

ತಜ್ಞ ಪ್ರಕಾರ, ಜನರು ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯನ್ನು ಕಾಪಾಡಿಕೊಂಡು, ಪ್ರತಿ ದಿನವೂ ಕನಿಷ್ಠ 2 ಲೀಟರ್‌ಗಳಷ್ಟು ನೀರನ್ನು ಕುಡಿಯುತ್ತಿದ್ದರೆ, ಧೂಮಪಾನಗಳಂತಹ ಮಳೆಜಲಗಳನ್ನು ಇಲ್ಲದಿದ್ದರೆ ಮತ್ತು ಮಧುಮೇಹ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಬೊಜ್ಜು ಮತ್ತು ಕೊಲೆಸ್ಟಾಲ್ ಮಟ್ಟಗಳನ್ನು ನಿಯಂತ್ರಿಸುವಾಗ ಪರಿಶ್ರಮಿಸಿ ನಿಯಂತ್ರಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದರೆ, ಹಾಗೂ ಬಹುಮುಖ್ಯವಾಗಿ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಕ್ಸೈಯಂತಹ ಆರೋಗ್ಯಕರ ಎಕ್ಸೈಗಳನ್ನು ಆಯ್ಕೆ ಮಾಡಿಕೊಳ್ಳುತ್ತಿದ್ದರೆ, ಅವರು ಆರೋಗ್ಯಪೂರ್ಣವಾಗಿ ಮತ್ತು ಸುರಕ್ಷಿತವಾಗಿ ಜೀವಿಸಲು ಸಾಧ್ಯವಿದೆ.

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ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿ ಉತ್ತೇಜಿಸುವ ಫ್ರೀಡಂ ರೈಸ್ ಬ್ರಾನ್



ಸಂಜೆ ಸಮಯ ಸುದ್ದಿ, ಬೆಂಗಳೂರು : ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿ ಉತ್ತೇಜಿಸುವ ಫ್ರೀಡಂ ರೈಸ್ ಬ್ರಾನ್ ಎಣ್ಣೆ 10ಕೆ ರನ್ ಪ್ರತಿಷ್ಠಾನ ಆಯೋಜಿಸಿದ 10 ಕಿ.ಮೀ. ಓಟದಲ್ಲಿ ಫ್ರೀಡಂ ರೈಸ್ ಬ್ರಾನ್ ಆಯಿಲ್ ಸಹಯೋಗ ಜನರಲ್ಲಿ ಆರೋಗ್ಯಪೂರ್ಣ ಜೀವನಶೈಲಿಯನ್ನು ಪ್ರಚೋದಿಸುವುದಕ್ಕಾಗಿ ಫ್ರೀಡಂ ರೈಸ್ ಬ್ರಾನ್ ಆಯಿಲ್ (Freedom Rice Bran Oil) ಸಂಸ್ಥೆಯು 10ಕೆ ರನ್ ಪ್ರತಿಷ್ಠಾನದ (10K Run Foundation) ಸಹಯೋಗದಲ್ಲಿ ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿಯನ್ನು ಆಯೋಜಿಸಿದೆ. ಫ್ರೀಡಂ 10ಕೆ ರನ್ ದೇಶದ ಅತಿ ಹಳೆಯ ಓಟಗಳಲ್ಲಿ ಒಂದೆಂದು ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಈ ಓಟವನ್ನು 3 ಪ್ರಮುಖ ವರ್ಗಗಳಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿತ್ತು - ವೃತ್ತಿಪರರಿಗಾಗಿ ಎಲೈಟ್, ಗಂಭೀರ ಓಟಗಾರರಿಗಾಗಿ 10ಕೆ ಓಟ ಮತ್ತು ಉದಯೋನ್ಮುಖರಿಗಾಗಿ 5ಕೆ ಓಟ. ಒಟ್ಟು 5000ಕ್ಕೂ ಹೆಚ್ಚು ಓಟಗಾರರು ಫ್ರೀಡಂ 10ಕೆ ರನ್‌ನಲ್ಲಿ ಪಾಲ್ಗೊಂಡು, ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸುವ ಮೂಲಕ ಈ ಆವೃತ್ತಿಯನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಿದರು. ಕಳೆದ ಒಂದು ತಿಂಗಳಲ್ಲಿ ತಮ್ಮ ವ್ಯಾಯಾಮದ ಅವಧಿಯನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವ ಮತ್ತು ಅದನ್ನು ತಮ್ಮ ದಿನಚರಿಯ ಭಾಗವಾಗಿ ಮಾಡುವ ಮೂಲಕ ಫಿಟ್ನೆಸ್ ಮಟ್ಟವನ್ನು ಸುಧಾರಿಸಿಕೊಳ್ಳಲು ಮತ್ತು 10 ಕಿ.ಮೀ. ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ಸಿದ್ಧರಾಗುವಂತೆ ಓಟಗಾರರನ್ನು ಪ್ರೋತ್ಸಾಹಿಸಲಾಗಿತ್ತು. ಆರೋಗ್ಯಕರ ಎಣ್ಣೆಯಲ್ಲಿ ಬೇಯಿಸಿದ ಆರೋಗ್ಯಕರ ಆಹಾರವನ್ನು ಸಮತೋಲಿತ ಪ್ರಮಾಣದಲ್ಲಿ ಸೇವಿಸುವುದು, ವಾಕಿಂಗ್ ಮತ್ತು ವ್ಯಾಯಾಮವನ್ನು ಅಳವಡಿಸಿಕೊಂಡು ಜೀವನಶೈಲಿಯನ್ನು ಸುಧಾರಿಸುವುದು ಉತ್ತಮ ಆರೋಗ್ಯದ ರಹಸ್ಯವಾಗಿದೆ.

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ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿಗೆ ಜಾಲನೆ



ಬೆಂಗಳೂರು: ಜನರಲ್ಲಿ ಆರೋಗ್ಯಪೂರ್ಣ ಜೀವನಶೈಲಿಯನ್ನು ಪ್ರಚೋದಿಸುವುದಕ್ಕಾಗಿ ಫ್ರೀಡಂ ರೈಸ್ ಬ್ರಾನ್ ಆಯಿಲ್ ಸಂಸ್ಥೆಯು 10ಕೆ ರನ್ ಪ್ರತಿಷ್ಠಾನದ ಸಹಯೋಗದಲ್ಲಿ ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿಯನ್ನು ಆಯೋಜಿಸಿದೆ. ಫ್ರೀಡಂ 10ಕೆ ರನ್ ದೇಶದ ಅತಿ ಹಳೆಯ ಓಟಗಳಲ್ಲಿ ಒಂದೆಂದು ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಈ ಓಟವನ್ನು 3 ಪ್ರಮುಖ ವರ್ಗಗಳಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿತ್ತು-ವೃತ್ತಿಪರರಿಗಾಗಿ ಎಲೈಟ್, ಗಂಭೀರ ಓಟಗಾರರಿಗಾಗಿ 10ಕೆ ಓಟ ಮತ್ತು ಉದಯೋನ್ಮುಖರಿಗಾಗಿ 5ಕೆ ಓಟ. ಒಟ್ಟು 5000ಕ್ಕೂ ಹೆಚ್ಚು ಓಟಗಾರರು ಫ್ರೀಡಂ 10ಕೆ ರನ್‌ನಲ್ಲಿ ಪಾಲ್ಗೊಂಡು, ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸುವ ಮೂಲಕ ಈ ಆವೃತ್ತಿಯನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಿದರು. ಕಳೆದ ಒಂದು ತಿಂಗಳಲ್ಲಿ ತಮ್ಮ ವ್ಯಾಯಾಮದ ಅವಧಿಯನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವ ಮತ್ತು ಅದನ್ನು ತಮ್ಮ ದಿನಚರಿಯ ಭಾಗವಾಗಿ ಮಾಡುವ ಮೂಲಕ ಫಿಟ್ನೆಸ್ ಮಟ್ಟವನ್ನು ಸುಧಾರಿಸಿಕೊಳ್ಳಲು ಮತ್ತು 10 ಕಿ.ಮೀ. ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ಸಿದ್ಧರಾಗುವಂತೆ ಓಟಗಾರರನ್ನು

ಪ್ರೋತ್ಸಾಹಿಸಲಾಗಿತ್ತು. ಆರೋಗ್ಯಕರ ಎಣ್ಣೆಯಲ್ಲಿ ಬೇಯಿಸಿದ ಆರೋಗ್ಯಕರ ಆಹಾರವನ್ನು ಸಮತೋಲಿತ ಪ್ರಮಾಣದಲ್ಲಿ ಸೇವಿಸುವುದು, ವಾಕಿಂಗ್ ಮತ್ತು ವ್ಯಾಯಾಮವನ್ನು ಅಳವಡಿಸಿಕೊಂಡು ಜೀವನಶೈಲಿಯನ್ನು ಸುಧಾರಿಸುವುದು ಉತ್ತಮ ಆರೋಗ್ಯದ ರಹಸ್ಯವಾಗಿದೆ. ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯು ಅದರ ಉನ್ನತ ಮಟ್ಟದ ಜೈವಿಕ ಸಕ್ರಿಯ ಪೈಟೋಕೆಮಿಕಲ್‌ಗಳಾದ ಒರಿಜನಾಲ್, ಟೋಕೋಫೆರಾಲ್‌ಗಳು ಮತ್ತು ಸ್ಟೆರಾಲ್‌ಗಳಿಗೆ ಪ್ರಸಿದ್ಧವಾಗಿದೆ. ಫ್ರೀಡಂ ಕಂಪನಿಯು ಭೌತಿಕವಾಗಿ ಸಂಸ್ಕರಿಸಿದ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯನ್ನು ನವೀನ ಭೌತಿಕ ಸಂಸ್ಕರಣಾ ಪ್ರಕ್ರಿಯೆಯ ಮೂಲಕ ತೆಗೆಯಲಾಗುತ್ತದೆ. ಪ್ರತಿ 100 ಗ್ರಾಂ ಸಿದ್ಧ ಎಣ್ಣೆಯಲ್ಲಿ ಒರಿಝಾನೋಲ್‌ನ 10000+ ನಂತಹ 4 ಪಟ್ಟು ಹೆಚ್ಚು ಸೂಕ್ಷ್ಮ ಪೋಷಕಾಂಶಗಳನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ಈ ಪ್ರಕ್ರಿಯೆಯು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಆದ್ದರಿಂದ ಫ್ರೀಡಂನ ಭೌತಿಕವಾಗಿ ಸಂಸ್ಕರಿಸಿದ ರೈಸ್ ಬ್ರಾನ್ ಎಣ್ಣೆಯು 'ಒ' ಅಂಶವನ್ನು

ಹೊಂದಿದ್ದು, ಅದು ಕೊಲೆಸ್ಟ್ರಾಲ್ ಮಟ್ಟವನ್ನು ತಗ್ಗಿಸಲು ಮತ್ತು 'ಆರೋಗ್ಯಕರವಾದ ಆಹಾರ ಸೇವಿಸಲು ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿ ಜೀವಿಸಲು' ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಅಲ್ಲದೆ, ಲಭ್ಯವಿರುವ ಅಡುಗೆ ಎಣ್ಣೆಗಳ ಪೈಕಿ ಹೊಗೆಯಾಡುವ ಗರಿಷ್ಠ ಬಿಂದುವಿನ ಕಾರಣದಿಂದ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯು ಅತ್ಯುತ್ತಮ ಮತ್ತು ಆರೋಗ್ಯಕರ ಆಯ್ಕೆಗಳಲ್ಲಿ ಒಂದೆಂದು ಪರಿಗಣಿಸಲಾಗಿದೆ. ತಜ್ಞರ ಪ್ರಕಾರ, ಜನರು ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯನ್ನು ಕಾಪಾಡಿಕೊಂಡು, ಪ್ರತಿ ದಿನವೂ ಕನಿಷ್ಠ 2 ಲೀಟರ್‌ಗಳಷ್ಟು ನೀರನ್ನು ಕುಡಿಯುತ್ತಿದ್ದರೆ, ಧೂಮಪಾನಗಳಂತಹ ದುಶ್ಕಟಗಳು ಇಲ್ಲದಿದ್ದರೆ ಮತ್ತು ಮಧುಮೇಹ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಬೊಜ್ಜು ಮತ್ತು ಕೊಲೆಸ್ಟ್ರಾಲ್ ಮಟ್ಟಗಳನ್ನು ನಿಯಮಿತವಾಗಿ ಪರೀಕ್ಷಿಸಿ ನಿಯಂತ್ರಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದರೆ, ಹಾಗೂ ಬಹುಮುಖ್ಯವಾಗಿ ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯಂತಹ ಆರೋಗ್ಯಕರ ಎಣ್ಣೆಗಳನ್ನು ಆಯ್ಕೆ ಮಾಡಿಕೊಳ್ಳುತ್ತಿದ್ದರೆ, ಅವರು ಆರೋಗ್ಯಪೂರ್ಣವಾಗಿ ಮತ್ತು ಸುರಕ್ಷಿತವಾಗಿ ಜೀವಿಸಲು ಸಾಧ್ಯವಿದೆ.

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Headline: 18th edition of Freedom 10K Run

ಫ್ರೀಡಂ 10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿ

ಬಿಶ್ವವಾರಿಧಿ | ಬೆಂಗಳೂರು
ಜನರಲ್ಲಿ ಆರೋಗ್ಯಪೂರ್ಣ
ಜೀವನಶೈಲಿಯನ್ನು
ಪ್ರಚೋದಿಸುವುದಕ್ಕಾಗಿ ಫ್ರೀಡಂ ರೈಸ್
ಬ್ರಾನ್ಡ್ ಆಯಲ್ ಸಂಸ್ಥೆಯು 10ಕೆ ರನ್
ಪ್ರತಿಷ್ಠಾನದ ಸಹಯೋಗದಲ್ಲಿ ಫ್ರೀಡಂ
10ಕೆ ರನ್ 18ನೇ ಆವೃತ್ತಿಯನ್ನು
ಆಯೋಜಿಸಿದೆ.

ಫ್ರೀಡಂ 10ಕೆ ರನ್ ದೇಶದ
ಅತಿ ಹಳೆಯ ಓಟಗಳಲ್ಲಿ
ಒಂದೆಂದು ಪ್ರಸಿದ್ಧವಾಗಿದೆ.
ಈ ಓಟವನ್ನು 3 ಪ್ರಮುಖ
ವರ್ಗಗಳಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿತ್ತು-
ವೃತ್ತಿಪರರಿಗಾಗಿ ಎಲೈಟ್, ಗಂಭೀರ
ಓಟಗಾರರಿಗಾಗಿ 10ಕೆ ಓಟ ಮತ್ತು
ಉದಯೋನ್ಮುಖರಿಗಾಗಿ 5ಕೆ ಓಟ.
ಒಟ್ಟು 5000ಕ್ಕೂ ಹೆಚ್ಚು ಓಟಗಾರರು
ಫ್ರೀಡಂ 10ಕೆ ರನ್ ನಲ್ಲಿ ಪಾಲ್ಗೊಂಡು,
ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸಿದ ಮೂಲಕ
ಈ ಆವೃತ್ತಿಯನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಿದರು.
ಕಳೆದ ಒಂದು ತಿಂಗಳಲ್ಲಿ ತಮ್ಮ



ವ್ಯಾಯಾಮದ ಅವಧಿಯನ್ನು
ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವ ಮತ್ತು ಅದನ್ನು ತಮ್ಮ
ದಿನಚರಿಯ ಭಾಗವಾಗಿ ಮಾಡುವ
ಮೂಲಕ ಫಿಟ್ನೆಸ್ ಮಟ್ಟವನ್ನು
ಸುಧಾರಿಸಿಕೊಳ್ಳಲು ಮತ್ತು 10 ಕಿ.ಮೀ.
ಓಟವನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು
ಸಿದ್ಧರಾಗುವಂತೆ ಓಟಗಾರರನ್ನು
ಪೋಷಿಸಲಾಗಿತ್ತು.

ಆರೋಗ್ಯಕರ ಎಣ್ಣೆಯಲ್ಲಿ ಬೇಯಿಸಿದ
ಆರೋಗ್ಯಕರ ಆಹಾರವನ್ನು
ಸಮತೋಲಿತ ಪ್ರಮಾಣದಲ್ಲಿ
ಸೇವಿಸುವುದು, ವಾಕಿಂಗ್ ಮತ್ತು
ವ್ಯಾಯಾಮವನ್ನು ಅಳವಡಿಸಿಕೊಂಡು
ಜೀವನಶೈಲಿಯನ್ನು ಸುಧಾರಿಸುವುದು
ಉತ್ತಮ ಆರೋಗ್ಯದ ರಹಸ್ಯವಾಗಿದೆ.
ಭತ್ತದ ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯು ಅದರ

ಉನ್ನತ ಮಟ್ಟದ ಜೈವಿಕ ಸಕ್ರಿಯ
ಫೈಟೋಕೆಮಿಕಲ್‌ಗಳಾದ ಒರಿಜನಾಲ್,
ಟೋಕೋಫೆರಾಲ್‌ಗಳು ಮತ್ತು
ಸ್ಪರಾಲ್‌ಗಳಿಗೆ ಪ್ರಸಿದ್ಧವಾಗಿದೆ.
ಫ್ರೀಡಂ ಕಂಪನಿಯು ಭೌತಿಕವಾಗಿ
ಸಂಸ್ಕರಿಸಿದ ಭತ್ತದ ಹೊಟ್ಟಿನ
ಎಣ್ಣೆಯನ್ನು ನವೀನ ಭೌತಿಕ
ಸಂಸ್ಕರಣಾ ಪ್ರಕ್ರಿಯೆಯ ಮೂಲಕ
ತೆಗೆಯಲಾಗುತ್ತದೆ. ಪ್ರತಿ 100 ಗ್ರಾಂ
ಸಿದ್ಧ ಎಣ್ಣೆಯಲ್ಲಿ ಒರಿಯಾನೋಲ್‌ನ
10000+ ನಂತಹ 4 ಪಟ್ಟು
ಹೆಚ್ಚು ಸೂಕ್ಷ್ಮ ಪೋಷಕಾಂಶಗಳನ್ನು
ಉಳಿಸಿಕೊಳ್ಳಲು ಈ ಪ್ರಕ್ರಿಯೆಯು
ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಆದ್ದರಿಂದ ಫ್ರೀಡಂನ ಭೌತಿಕವಾಗಿ
ಸಂಸ್ಕರಿಸಿದ ರೈಸ್ ಬ್ರಾನ್ಡ್ ಎಣ್ಣೆಯು
'ಒ' ಅಂಶವನ್ನು ಹೊಂದಿದ್ದು, ಅದು
ಕೊಲೆಸ್ಟ್ರಾಲ್ ಮಟ್ಟವನ್ನು ತಗ್ಗಿಸಲು
ಮತ್ತು 'ಆರೋಗ್ಯಕರವಾದ ಆಹಾರ
ಸೇವಿಸಲು' ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಅಲ್ಲದೆ, ಲಭ್ಯವಿರುವ ಅದುಗೆ ಎಣ್ಣೆಗಳ
ಪೈಕಿ ಹೊಗೆಯಾಡುವ ಗರಿಷ್ಠ
ಬಿಂದುವಿನ ಕಾರಣದಿಂದ ಭತ್ತದ
ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯು ಅತ್ಯುತ್ತಮ ಮತ್ತು
ಆರೋಗ್ಯಕರ ಆಯ್ಕೆಗಳಲ್ಲಿ ಒಂದೆಂದು
ಪರಿಗಣಿಸಲಾಗಿದೆ.

ತಜ್ಞರ ಪ್ರಕಾರ, ಜನರು
ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯನ್ನು
ಕಾಪಾಡಿಕೊಂಡು, ಪ್ರತಿ ದಿನವೂ
ಕನಿಷ್ಠ 2 ಲೀಟರ್‌ಗಳಷ್ಟು ನೀರನ್ನು
ಕುಡಿಯುತ್ತಿದ್ದರೆ, ಧೂಮಪಾನಗಳಂತಹ
ದುರ್ದೈವಗಳು ಇಲ್ಲದಿದ್ದರೆ ಮತ್ತು
ಮಧುಮೇಹ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ,
ಬೊಟ್ಟು ಮತ್ತು ಕೊಲೆಸ್ಟ್ರಾಲ್
ಮಟ್ಟಗಳನ್ನು ನಿಯಂತ್ರಿಸುವಾಗ
ಪರಿಣಿತರ ನಿರ್ದೇಶನದೊಳಗಿರುತ್ತಿದ್ದರೆ,
ಹಾಗೂ ಬಹುಮುಖ್ಯವಾಗಿ ಭತ್ತದ
ಹೊಟ್ಟಿನ ಎಣ್ಣೆಯಂತಹ ಆರೋಗ್ಯಕರ
ಎಣ್ಣೆಗಳನ್ನು ಆಯ್ಕೆ ಮಾಡಿಕೊಳ್ಳುತ್ತಿದ್ದರೆ,
ಅವರು ಆರೋಗ್ಯಪೂರ್ಣವಾಗಿ ಮತ್ತು
ಸುರಕ್ಷಿತವಾಗಿ ಜೀವಿಸಲು ಸಾಧ್ಯವಿದೆ.

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Edition: Hyderabad

Headline: Freedom Rice Bran Oil promotes a healthy lifestyle

ஆரோக்கியமான வாழ்க்கைக்கான ஓட்டம்



பெங்களூர் டிசு.28- ஆரோக்கியமான வாழ்க்கை முறையை ஊக்குவிக்க 10கே ரன் அறக்கட்டளை ஏற்பாடு செய்த 10 கி.மீ. சுதந்திர அரிசி தவிடு எண்ணெய் ஒத்துழைப்பு இயக்கத்துக்கான ஓட்டம் நடைபெற்றது. ஃப்ரீடம் ரைஸ் பிரான் ஆயில், 10கே ரன் அறக்கட்டளையுடன் இணைந்து, ஃப்ரீடம் 10கே ரன்னின் 18வது பதிப்பை மக்களிடையே ஆரோக்கியமான வாழ்க்கை முறையை ஊக்குவிக்க ஏற்பாடு செய்துள்ளது. ஃப்ரீடம் 10 கே ரன் நாட்டின் மிகப் பழமையான ரன்களில் ஒன்றாகப் புகழ் பெற்றது. இந்த பந்தயம் 3 முக்கிய வகைகளில் ஏற்பாடு செய்யப்பட்டது - தொழில் வல்லுநர்களுக்கான எலைட், தீவிர ஓட்டப்பந்தய வீரர்களுக்கான 10k பந்தயம் மற்றும் வளரும் ஓட்டப்பந்தய வீரர்களுக்கான 5k பந்தயம். மொத்தம் 5000 க்கும் மேற்பட்ட ஓட்டப்பந்தய வீரர்கள் பங்கேற்று, இந்த பதிப்பை வெற்றிகரமாகும் வகையில் ஃப்ரீடம் 10k ஓட்டத்தை நிறைவு செய்தனர்.


அவர்களின் உடற்பயிற்சி காலத்தை அதிகரித்து,

கடந்த ஒரு மாதத்தில் அதை அவர்களின் வழக்கமான ஒரு பகுதியாக மாற்றி 10 கி.மீ. ஓட்டப்பந்தயத்தை முடிக்க தயாராகுமாறு ஓட்டப்பந்தய வீரர்கள் ஊக்குவிக்கப்பட்டனர்.


ஆரோக்கியமான எண்ணெயில் சமைத்த ஆரோக்கியமான உணவை சீரான அளவில் உட்கொள்வது, நடைபயிற்சி மற்றும் உடற்பயிற்சியை மேற்கொள்வது நல்ல ஆரோக்கியத்தின் ரகசியம். அரிசி தவிடு எண்ணெய் ஓரிசானால், டோகோபெரோல்கள் மற்றும் ஸ்டெரால்கள் போன்ற உயிர்வேதியியல் பைட்டோ கெமிக்கல்களின் உயர் மட்டங்களுக்கு அறியப்படுகிறது. ஃப்ரீடம் கம்பெனியின் உடல் ரீதியாக சுத்திகரிக்கப்பட்ட அரிசி தவிடு எண்ணெய் ஒரு புதுமையான உடல் சுத்திகரிப்பு செயல்முறை மூலம் பிரித்தெடுக்கப்படுகிறது. 100 கிராம் முடிக்கப்பட்ட எண்ணெயில் 10000+ பிபிஎம் ஓரிசானால் போன்ற 4 மடங்கு அதிக உணர்திறன் கொண்டது இந்த ஓட்டத்தில் ஏராளமான இளைஞர்கள் உற்சாகமுடன் பங்கேற்றனர்.

Name of the Website: www.passionateinmarketing.com

Elink: <https://www.passionateinmarketing.com/freedom-rice-bran-oil-promotes-a-healthy-lifestyle/>



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By **Passionate in Marketing** · December 22, 2022


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The secret to good health is to eat healthy food cooked in a healthy oil with a balanced profile and lead a healthy lifestyle with regular walks and exercise as a part of the regime. Rice bran oil is known for its high levels of bioactive phytochemicals, such as oryzanol, tocopherols, and sterols. **Freedom physically refined Rice bran oil** is extracted using a novel physical refining process. The process helps retain 4 times more micronutrients like **10000+ ppm of Oryzanol** per 100 mg in the end product. Therefore, **Freedom Physically refined rice bran oil** has the 'O' factor that helps reduce

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

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December 2022: Freedom Rice Bran Oil in association with the 10K Run Foundation organized the 18th edition of Freedom 10K Run to encourage people to lead a healthy lifestyle. The Freedom 10K Run is considered to be amongst the oldest runs in the country. The run was organized into 3 categories: Elite for professionals, 10K for serious runners, and 5K run for beginners. This edition of the Freedom 10K run was a grand success with over 5000 runners participating and finishing the run. The participants were encouraged to improve their fitness levels by stepping up their exercise over the last month, to prepare for the Freedom 10K run and complete it, thereby making exercise a part of their routine.

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Freedom

Freedom Rice Bran Oil promotes a healthy lifestyle

🕒 December 28, 2022



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The secret to good health is to eat healthy food cooked in a healthy oil with a balanced profile and lead a healthy lifestyle with regular walks and exercise as a part of the regime. Rice bran oil is known for its high levels of bioactive phytochemicals, such as oryzanol, tocopherols, and sterols. Freedom physically refined Rice bran oil is extracted using a novel physical refining process. The process helps retain 4 times more micronutrients like 10000+ ppm of Oryzanol per 100 mg in the end product. Therefore, Freedom Physically refined rice bran oil has the 'O' factor that helps reduce cholesterol and helps you to 'Eat Healthy and Live Healthy'. Moreover, Rice bran oil is one of the healthiest choices available in cooking oils ideal for Indian cooking due to its high smoking point.

According to experts, if people maintain a healthy lifestyle, eat right, drink at least 2 liters of water every day, avoid bad habits like smoking, regularly monitor and control diabetes, hypertension, obesity, and Cholesterol levels and choose a healthy oil like Rice Bran Oil, they are likely to stay healthy and safe.

Speaking about the Freedom 10K Run **Mr. P. Chandra Shekhara Reddy**, Senior Vice President, Sales & Marketing, at Freedom Rice Bran Oil, "Freedom Rice Bran Oil is proud and happy to see such an overwhelming response to this edition of Freedom 10K run. It feels greattttt!!! to associate with sporting events that encourage health, fitness, and an active & healthy lifestyle in the people of our country. Freedom 10K Run provided a much-needed platform for runners of all levels and the rest of India. We congratulate all the winners and

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December 28, 2022



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Name of the Publication: Deccan Chronicle

Date: 14.12.2022

Page No: 10

Edition: Hyderabad

Headline: Hyderabad 10K Run set for Sunday

Hyderabad 10K Run set for Sunday

Hyderabad, Dec. 13: After a break of two years, the Hyderabad 10k Run is back with its 18th edition, to be held on Sunday. The run will have two categories — a 10K timed run and a 5K fun run.

At a press conference held on Tuesday, the Foundation unveiled the official event T-shirt that all the registered participants receive as a part of their run kit. The finishers' medals were also unveiled.

The official run route was also announced at the press conference. The run starts at People's Plaza on Necklace Road at 6.15 am and takes participants around Hussain Sagar Lake to finish at the People's Plaza.

Over 5,000 runners are expected to participate across both the run categories. Registered participants include sports; fitness



Women pose with the race T-shirt and medals for the 18th edition of Hyderabad 10K Run during the launch in Hyderabad on Tuesday.

— S. SURENDER REDDY

enthusiasts, Armed Forces personnel, and NGOs raising funds for various causes.

The proceeds of the Run will be utilised for sports-related activity. Parking arrangements for all registered participants have been made near IMAX.

The last date for online registration is Friday. Provision has been made for spot registrations at the expo which will be held at Peoples Plaza, Race Director Samuel Sudhakar said.

What started as a non-political, non-religious activity in 2003 with a motive to create a platform for health-conscious people of the city and help in due course, support and fund the "Mission Sports" initiative is today 20 years old.

It has the unique distinction of being India's oldest run.

Name of the Publication: Telangana Today

Date: 14.12.2022

Page No: 02

Edition: Hyderabad

Headline: 18th edition of Hyderabad 10K run on December 18

18th edition of Hyderabad 10K run on December 18

CITY BUREAU
Hyderabad

After a break of two-years due to the Covid pandemic, the 18th edition of Hyderabad 10K run is all set to be held on December 18 at Necklace Road. Considered to be amongst the oldest runs in the country, the Hyderabad 10K run is expected to feature close to 5,000 amateur and professional runners.

The run will have two categories including a timed 10K run and a 5K fun-run and race kit distribution along with the bib will be provided in the race expo at People's Plaza from 11 am to 7 pm on December 16 and 17.

The Hyderabad 10K Foundation on Tuesday unveiled the official event T-shirt and a finishers medal, to be given to participants who complete the run, at an



T-Shirts being unveiled ahead of the 18th edition of Hyderabad 10K run, on Tuesday.

event attended by its office bearers including Shyamgopal Reddy, Suresh Babu, Bosco, Shivani Maaapudi Wishwa, Chandershekar and others.

The 10K run will start at Peoples Plaza and participants have to run around Hussan Sagar and finish at the starting point.

The last date for online registration is December 16 and individuals can also register on the spot.

The reporting time for the run is 5.30 pm. While the 10K elite runners will start at 6.15 am on December 18, the general category run will start at 6.20 am and the 5K fun run at 6.30 pm.

Name of the Publication: The Hans India

Date: 14.12.2022

Page No: 03

Edition: Hyderabad

Headline: Hyderabad 10K Run to be flagged off on December 18

Hyderabad 10K Run to be flagged off on Dec 18

HYDERABAD

AFTER a break of two years, the Hyderabad 10K Run is back with its 18th edition. This Sunday will be an occasion for those who love the historic city to come together, run together and strive together to make a difference. The run will have two categories – a 10K timed run and a 5K fun run. The race kit distribution will be held at Peoples Plaza on December 17 from 11 am to 7 pm. At the press conference held on Tuesday, the Foundation unveiled the official event T-shirt that all the registered participants receive as a part of their run kit. A beautiful finishers medal was also unveiled which all the participants received post-completion of their run.

Shyamgopal Reddy, Chairperson Hyderabad 10K foundation; Bosco,



Hyderabad 10K Run Foundation; Suresh Babu, 10K Run Foundation; Shivani Maaupudi Wishwa; Chandrasekar, Sr Vice President Sales & Marketing GEF; Prashant Nani, Manager Protonex marketing Hindustan Coca-cola; Pranav, CEO ACT Fibernet and Srikanth Naik, State

Head-PPL India took part in the press conference and spoke. What started as a non-political, non-religious activity in 2003 with a noble motive to create a platform for health-conscious people of the city and help in due course, support and fund the "Mission Sports" initiative

Hyderabad 10K Run Foundation launches T-Shirts of '18th Edition of Hyderabad 10K Run' - India's first and the oldest Run - in Hyderabad on Tuesday. (Photo: Adula Krishna)

Run Details:
Date of the run: 18th Dec 2022
Run reporting time before 5.30am
Flag off time for 10k Elite Runners – 6:15am
Flag off time for 10k Open run - 6.20am
Flag off time for 5K Run - 6.30am

are expected to participate across both the run categories, 10k and 5k run. Registered participants include sports; fitness enthusiasts, Armed forces personnel, and NGOs raising funds for various causes. Parking arrangements have been made near IMAX. The last date for online registration is December 16. Provision has been made for spot registrations at the expo which will be held at Peoples Plaza.

is today 20 years old. It has the unique distinction of India's first and oldest run. The proceeds of the run will be utilised for sports-related activity. The run starts at Peoples Plaza Necklace Road and takes participants around Hussain Sagar Lake to finish at Peoples Plaza. Over 5000 runners

Name of the Publication: The Pioneer

Date: 14.12.2022

Page No: 10

Edition: Hyderabad

Headline: Hyderabad 10K Run to be flagged off on December 18



The city is all set to witness the Hyderabad 10K Run on December 18. The run will have two categories – a 10K timed run and a 5K fun run. The race kit distribution will be held at Peoples Plaza on December 17 and 18 from 11 am to 7 pm.

Name of the Publication: Eenadu

Date: 14.12.2022

Page No: 04

Edition: Hyderabad

Headline: 10K Run on December 18 in city

18న నగరంలో 10కే రన్

సోమాజిగూడ, న్యూస్ టుడే: హైదరాబాద్ 10కే రన్ ఫౌండేషన్ ఆధ్వర్యంలో ఈనెల 18వ తేదీన 18వ 10కే రన్ నిర్వహిస్తున్నట్లు ఫౌండేషన్ ఛైర్మన్ శ్యామ్ గోపాల్ రెడ్డి తెలిపారు. మంగళవారం బేగం పేటలోని హరిత ప్లాజా హోటల్ లో ఇందుకు సంబంధించి టీషర్ట్ ఆవిష్కరించారు. అనంతరం మాట్లాడుతూ.. ఆదివారం ఉదయం హుస్సేన్ సాగర్ ను చుట్టి వచ్చేలా 10కే రన్, నెక్లెస్ రోడ్డులో 5కే పరుగు ఉంటాయని తెలిపారు. పేర్లు నమోదు చేసుకున్న వారికి 17వ తేదీ ఉదయం నుంచే పీపుల్స్ ప్లాజాలో కిట్లను అందజేస్తామన్నారు. ఫౌండేషన్ ప్రతినిధి బాస్కీ, విశ్వ సంస్థ నుంచి శివాని ముళ్లపూడి, ప్రీడమ్ ఉపాధ్యక్షులు చంద్రశేఖర్, కోకో-కోలా పరశాంత్ నాయర్, యాక్ట్ ఫైబర్ నెట్ సీఈఓ ప్రణవ్ పాల్గొన్నారు.



Name of the Publication: Sakshi

Date: 14.12.2022

Page No: 10

Edition: Hyderabad

Headline: 10K Run on December 18

18న 10కే రన్..

సనత్సగర్: రెండేళ్ల విరామం తర్వాత 10కే రన్ ఫౌండేషన్ తన 18వ ఎడిషన్ను ఈ నెల 18వ తేదీన నిర్వహించనుంది. ఈ మేరకు బేగంపేటలోని టూరిజం ప్లాజా హోటల్లో మంగళవారం ఏర్పాటుచేసిన సన్మాహక సమావేశంలో హైదరాబాద్ 10కే ఫౌండేషన్ ప్రతినిధులతో పాటు **ప్రీడమ్ ఆయిల్**, యాక్ట్ ఫైబర్నెట్ ప్రతినిధులు హాజరై వివరాలను వెల్లడించారు. 18న జరిగే రన్లో 10కే టైమ్స్ రన్, 5కే రన్ అనే రెండు కేటగిరీలు ఉంటాయన్నారు. నెక్లెస్రోడ్డులోని పీపుల్స్ ప్లాజా వద్ద రన్ ప్రారంభమై హుస్సేన్సాగర్ చుట్టూ తిరిగి మళ్లీ ప్లాజా వద్ద ముగిసేలా ఏర్పాట్లు చేస్తున్నట్లు చెప్పారు. ఈ నెల 16, 17 తేదీల్లో రన్లో పాల్గొనే వారికి పీపుల్స్ ప్లాజా వద్ద రేస్ కిట్స్ ఇవ్వనున్నట్లు ప్రకటించారు. అలాగే ఇప్పటికే రిజిస్ట్రేషన్ ప్రక్రియ మొదలైందని, 16వ తేదీ వరకు ఆన్లైన్ రిజిస్ట్రేషన్ ఉంటుందని, పీపుల్స్ ప్లాజా వద్ద జరిగే ఎక్స్పోలో స్పాట్ రిజిస్ట్రేషన్ సదుపాయం ఉంటుందని వివరించారు. రన్లో పాల్గొనదలచిన వారు ఆ రోజు ఉదయం 5.30 గంటలలోపు చేరుకోవాలన్నారు. ఉదయం 6.15 గంటలకు 10కే ఎలైట్ రన్నర్స్,



టీషర్ట్ను ప్రదర్శిస్తూ..

6.20 గంటలకు 10కే ఓపెన్ రన్, ఉదయం 6.30 గంటలకు 5కే రన్ ప్లాగ్ ఆఫ్ సమయంగా నిర్ణయించినట్లు తెలిపారు. పార్కింగ్ సదుపాయాన్ని ఐమ్మాక్స్, ఎస్టిఆర్ గార్డెన్, మింట్ కాంపౌండ్ రోడ్డులో కల్పిస్తున్నట్లు చెప్పారు. కార్యక్రమంలో హైదరాబాద్ 10కే ఫౌండేషన్ చైర్మన్ శ్యాంగోపాల్ రెడ్డి, ప్రతినిధులు బాస్కో, శివానీ ముళ్ళపూడి, జీఈఎఫ్ సేల్స్ అండ్ మార్కెటింగ్ వైస్ ప్రెసిడెంట్ చంద్రశేఖర్, హిందూస్థాన్ కోకాకోలా ఫంట్లైన్ మేనేజర్ ప్రశాంత్నాయర్, యాక్ట్ ఫైబర్ నెట్ సీఈఓ ప్రణవ్, పీపీఎల్ ఇండియా రాష్ట్ర హెడ్ శ్రీకాంత్నాయక్, అనిల్కుమార్, జగదీష్, మణికంఠ బాలాజీతో పాటు రేస్ డైరెక్టర్ శామ్యూల్ సుధాకర్ పాల్గొన్నారు. రేస్లో పాల్గొనే వారి కోసం రూపొందించిన టీషర్టుతో పాటు మెడల్స్ను ఈ సమావేశంలో విడుదల చేశారు.

Name of the Publication: Namaste Telangana

Date: 14.12.2022

Page No: 10


Edition: Hyderabad

Headline: 10K Run on December 18 in city

18న హైదరాబాద్ 10కె రన్

అమీర్‌పేట్, డిసెంబర్ 13 : కొవిడ్ పరిణామాల అనంతరం రెండేండ్ల తర్వాత హైదరాబాద్ 10కె రన్ ఫౌండేషన్ మరోసారి ఔత్సాహికులను అలరించనుంది. ఈ నెల 18న నెక్సెస్ రోడ్డులోని పీపుల్స్ ప్లాజా వద్ద ప్రారంభమయ్యే హైదరాబాద్ 10కె రన్ 18వ ఎడిషన్ కు సంబంధించిన విషయాలను ఫౌండేషన్ చైర్మన్ శ్యామ్ గోపాల్ రెడ్డి మంగళవారం బేగంపేట్ లోని హోటల్ ప్లాజాలో జరిగిన మీడియా సమావేశంలో వివరాలను వెల్లడించారు. ఈ నెల 18న పీపుల్స్ ప్లాజా వద్ద జరిగే ఈ రన్ రెండు విభాగాల్లో ఉంటుందని వివరించారు. 10కె రన్ టైమ్స్ రన్ ఉదయం 6.20 గంటలకు, 5కె ఫన్ రన్ ఉదయం 6.30 గంటలకు ఉంటుందని తెలిపారు. ఈ రన్ లో పాల్గొనాలనుకునే వారు హైదరాబాద్ 10కె రన్ వెబ్ సైట్ లో తమ పేర్లను 16వ తేదీ లోపు నమోదు చేసుకోవాలని లేని పక్షంలో 18వ తేదీ ఉదయం 5.30 గంటలకు స్పాట్ రిజిస్ట్రేషన్ సదుపాయం కూడా ఉందని చెప్పారు. ఈ కార్యక్రమంలో పాల్గొన్న హైదరాబాద్ 10కె రన్ ఫౌండేషన్ ప్రతినిధి బాస్కో, శివాణి మువపుడి విశ్వ, జీఈఎఫ్ మార్కెటింగ్ విభాగం సీనియర్ వైస్ ప్రెసిడెంట్ చంద్రశేఖర్, హిందుస్థాన్ కోకాకోలా ఫంట్లెస్ మార్కెటింగ్ మేనేజర్ ప్రశాంత్ నాయర్, యాక్స్ ఫైబర్ నెట్ సీఈవో ప్రణవ్ వీపీఎల్ ఇండియా తెలంగాణ హెడ్ శ్రీకాంత్ నాయక్ లు పాల్గొని ఈవెంట్ టీషర్స్ తో పాటు ఫినిషర్స్ మెడల్స్ ను ఆవిష్కరించారు.

హైదరాబాద్ 10కె రన్ ఈవెంట్ టీషర్స్ ను ఆవిష్కరిస్తున్న దృశ్యం



హైదరాబాద్ సీటీ, డిసెంబర్ 13 (ఆంధ్రజ్యోతి): పీపుల్స్ ప్లాజాలో ఈనెల 18న హైదరాబాద్ 10కే రన్ నిర్వహిస్తున్నారు. బేగంపేటలోని హరిత ప్లాజాలో రన్కు సంబంధించిన టీవర్చులను సంస్థ ప్రతినిధులు విడుదల చేశారు. హైదరాబాద్ 10కే రన్ ఫౌండేషన్ చైర్పర్సన్ శ్యాంగ్పాలెరెడ్డి మాట్లాడుతూ.. ప్రజలు వ్యక్తిగత ఆరోగ్యంపై శ్రద్ధ వహించాలనే ఉద్దేశంతో 2003లో హైదరాబాద్ 10కే రన్ సంస్థను ప్రారంభించినట్లు చెప్పారు. వారసత్వ నగరంగా పేరొందిన హైదరాబాద్లో ఏటా అన్ని వర్గాల ప్రజల్లో వైతన్యం కలిగించేందుకు కార్యక్రమాన్ని నిర్వహిస్తున్నామన్నారు. కోవిడ్ కారణంగా రెండేళ్లు రన్ నిర్వహించలేదని, తాజాగా 18వ ఎడిషన్ను ఈనెల 18న నిర్వహిస్తున్నామని చెప్పారు. 10కే రన్, 5కే రన్ రెండు కేటగిరీల్లో ఉంటాయని, 10కే రన్లో అడ్లెట్లు, మారథాన్ శ్రేణికారులు పాల్గొంటారని, 5కే రన్లో 18 ఏళ్లకు పైబడిన వారందరూ పాల్గొనవచ్చున్నారు. పీపుల్స్ ప్లాజాలో ప్రారంభమయ్యే రన్ హాస్పిత్సాగర్ చుట్టూ తిరిగి పీపుల్స్ ప్లాజాకు చేరుకునే విధంగా ఏర్పాట్లు చేశామన్నారు. సనాతేశంలో 10కే రన్ పనినిగ్రులు బాస్కో శివానీ మువ్వపుడి విజ్, జీరవిప్ సేల్స్ మార్కెటింగ్ వెస్ పైసిడింటి చంద్రశేఖర్, సకాంతనాయర్, ప్రజాప్రతినిధుల నాయర్, జగదీప్

Name of the Publication: Andhra Prabha

Date: 14.12.2022

Page No: 07

Edition: Hyderabad

Headline: Health awareness on 10K Run

ఆరోగ్య అవగాహనపై 10కే రన్



10కే రన్ ట్రోచర్ను ఆవిష్కరిస్తున్న నిర్వాహకులు

పోమాజిగూడ, డిసెంబర్ 13 (ప్రభ న్యూస్): నిత్యం ఏదో ఒక ఫ్లేట్ వలన, పని ఒత్తిడి వలన తదితర విషయాలతో వివిధ రకాల జబ్బులకు లోనవుతున్న వారికో పాటు ఇతర అనారోగ్య సమస్యలతో బాధపడుతున్న వారి కోసం ఆరోగ్యం వట్ల ప్రజల్లో అవగాహన కలిగించేందుకు ఖైరతాబాద్ లోని పీపుల్స్ ప్లాజా వేదికగా మిస్టర్ భాస్కర్ హైదరాబాద్ 10కే రన్ ఫౌండేషన్ ఆధ్వర్యంలో ఈ నెల 18 వ తేదీ న 10 కే, 5 కే రన్నింగ్ పోటీలను నిర్వహిస్తున్నట్లు సంస్థ చైర్మన్ శ్యామ్ గోపాల్ రెడ్డి తెలిపారు. ఇందుకు సంబంధించిన టీ షర్ట్ లను నగరంలో హరిత ప్లాజా హోటల్లో జరిగిన కార్యక్రమంలో ఆవిష్కరించారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ ఈ కార్యక్రమం ద్వారా సేకరించిన నిధులను స్వచ్ఛంద సేవా కార్యక్రమాలకు వినియోగిస్తామని, కార్యక్రమంలో పాల్గొనేందుకు రిజిస్ట్రేషన్ లను ప్రారంభించినట్లు తెలిపారు.

Name of the Publication: Vaartha

Date: 14.12.2022

Page No: 08

Edition: Hyderabad

Headline: 10K Run on December 18



నెక్లెస్ రోడ్డులో ఈనెల 18న జరుగనున్న 10కె రన్ టోగో
టీషర్లను ఆవిష్కరిస్తున్న హైదరాబాద్ 10కె రన్ చైరపర్సన్
శ్యాంగోపాల్ రెడ్డి తదితరులు

Name of the Publication: Surya

Date: 14.12.2022

Page No: 08

Edition: Hyderabad

Headline: 10K Run on December 18 in Hyderabad



**18న హైదరాబాద్ వేదికగా
10కే రన్ కార్యక్రమం**

సోమజిగూడా మేజర్ న్యూస్:(4) ఆరోగ్యం పట్ల ప్రజల్లో అవగాహన కలిగించేందుకు గాను నగరంలోని పీపుల్స్ ప్లాజా వేదికగా మిస్టర్ భాస్కర్ హైదరాబాద్ 10కే రన్ ఫౌండేషన్ ఆధ్వర్యంలో ఈ నెల 18 వ తేదీ న 10 కే, 5కే రన్నింగ్ పోటీలను నిర్వహిస్తున్నట్లు సంస్థ చైర్మన్ శ్యామ్ గోపాల్ రెడ్డి తెలిపారు. ఇందుకు సంబంధించిన టి పర్ట్ లను నగరంలో హరిత ప్లాజా హోటల్లో జరిగిన కార్యక్రమంలో ఆవిష్కరించారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ ఈ కార్యక్రమం ద్వారా సేకరించిన నిధులను స్వచ్ఛంద సేవా కార్యక్రమాలకు వినియోగిస్తామని ,కార్యక్రమంలో పాల్గొనేందుకు రిజిస్ట్రేషన్ లను ప్రారంభించినట్లు తెలిపారు.

Name of the Publication: Mana Telangana

Date: 14.12.2022

Page No: 08

Edition: Hyderabad

Headline: 10K Run on December 18



Name of the Publication: Deccan Chronicle

Date: 19.12.2022

Page No: 11

Edition: Hyderabad

Headline: Emmy runs away with top honours



Emmy Chepkoech (centre) is flanked by second-placed Richai Rai (left) and Sunima Dila during the medal presentation ceremony for the Women's Elite category at the Hyderabad 10K Run on Sunday.

Emmy runs away with top honours

DC CORRESPONDENT
HYDERABAD, DEC. 18

Emmy Chepkoech of Kenya won the Women's Elite category of the Hyderabad 10K Run held at Necklace Road here on Sunday.

Emmy finished 10 kms in 37.39 minutes to take the gold ahead of Richai Rai (45.39) and Sunima Dila (51.11).

In the Men's Elite section, Kamini Isaac Kihara came first by finishing in 30.14; Vineet was second in 30.37 minutes while Naveen took the third place in 31 minutes.

The Run was held in three categories — Elite (for professionals), 10K (for serious runners) and 5K run (for beginners). It started at People's Plaza on Necklace Road and took participants around Hussain Sagar Lake to finish at the People's Plaza.

Registered participants included sports and fitness enthusiasts, Armed Forces personnel and NGOs raising funds for various causes.

Nearly 5,000 runners of

all ages and sexes took part in the run. There was 72-year-old Ch. N. B. Rao; Satinder Kaur, a mother and researcher who participated with her infant kid.

Medals were given to all participants who completed their runs.

What started as a non-political, non-religious activity in 2003 with a noble motive to create a platform for health-conscious people of the city and help in due course, support and fund the

"Mission Sports" initiative is today 20 years old. It has the unique distinction of India's oldest run. The proceeds of the Run will be utilised for sports-related activity.

Name of the Publication: The Times of India

Date: 19.12.2022

Page No: 06

Edition: Hyderabad

Headline: Let's get set, go!



Name of the Publication: The Times of India

Date: 19.12.2022

Page No: 14

Edition: Hyderabad

Headline: Kamini and Emmy emerge victorious

Kamini and Emmy emerge victorious

TIMES NEWS NETWORK

Hyderabad: Kamini Isaac Kihara and Emmy Chepkoech emerged victorious in the elite men's and women's categories in the Hyderabad 10K Run held at Necklace Road on Sunday. Kamini finished the run in 30 minutes 14 seconds to finish first. Vineet in 30.37 was second while Naveen completed the podium in 31 minutes.

Emmy clocked 37.39 to claim gold in the women's category. She was well ahead of Richa Rai (45.39) and third placed Sunima Dila (51.11). While the gap between the medallists in the men's category is not much, the women's field looked weak with Emmy leading from the start to finish.



Kamini Isaac Kihara

In all 4800 runners across various categories participated in the race which kicked off early on Sunday. Competitions were conducted even in the 5K category.

Results: Elite men: 1 Kamini Isaac Kihara 30:14, 2 Vineet 30:37, 3 Naveen 31

Elite women: 1 Emmy Chepkoech 37:39, 2 Richa Rai 45:39, 3 Sunima Dila 51:11

Name of the Publication: The Hans India

Date: 19.12.2022

Page No: 05

Edition: Hyderabad

Headline: 4,800 take part in 18th edition of Freedom Hyderabad 10K Run

4,800 take part in 18th edition of Freedom Hyderabad 10K Run

▶ The run started at People's Plaza, Necklace Road, and took participants around Hussainsagar lake to finish at People's Plaza.

▶ The registered participants include sports-fitness enthusiasts, Armed forces personnel and NGOs raising funds for various causes

HANS NEWS SERVICE
HYDERABAD

THE mother of marathons in India, the oldest run in India, Hyderabad 10 K Run was held at Necklace Road on Sunday. As many as 4,800 runners of all ages and sexes participated in three categories--- Elite for professionals, 10 K for serious runners and 5K for beginners.

The run started at People's Plaza, Necklace Road, and took participants around Hussainsagar lake to finish at People's Plaza. The registered participants include sports; fitness enthusiasts, Armed forces personnel, and NGOs raising funds for various causes

In the elite category women section, Emmy Chepkoech stood first by finishing 10 km in 37.39 minutes. Richai Rai was second by



completing the run in 45.39 and Sunima Dila third in 51.11 minutes.

In the men's section, in the same category, Kamini Isaac Kihara came first (30.14 minutes); Vineet was second (30.37 m) and Naveen third (31 m).

The first, second and third position winners were presented with Rs 40,000, 30,000 and 20,000/- cheques respectively.

The Freedom Hyderabad 10 K Run Foundation members Bosco, Anil, Shivani Maapudi of Wishwa; Pranav, CEO of ACT Fibernet; Srikant Naik, State head-PPL, flagged off the run.

Several Ayyappa devotees, like Raghu in Ayyappa mala, senior citizens like a 72-year-old CH NB

Rao; mother Satinder Kaur, a researcher participated with her infant in the run which was held after a gap of two years due to Covid

November is known for the onset of the winter season and Hyderabad's oldest sporting engagement bringing people from all walks of life to celebrate the spirit of the city - the Hyderabad 10K Run, but this time as the venue was not available it had to be organ-

ised in December. It was an occasion for those who love the historic city to come together, run together and strive together to make a difference, the organizers said. Run for fun, health and a good future. It is a family run, said the speakers.

A beautiful

finishers medal was given away to all participants post-completion of their run.

What started as a non-political, non-religious activity in 2003 with a noble motive to create a platform for health-conscious people of the city and help in due course, support and fund the 'Mission Sports' initiative is today 20 years

old. It has the unique distinction of India's first and oldest run. The proceeds of the Run will be utilised for sports-related activity, said Bosco and Anil. The run was organised by Traditions Event and supported by Freedom Oil, Act Fibre-net and others.



Name of the Publication: Telangana Today

Date: 19.12.2022

Page No: 02

Edition: Hyderabad

Headline: Over 5,000 take part in Hyderabad 10K Run

Over 5,000 take part in Hyderabad 10K run



Participants during the Hyderabad 10K run at Necklace Road in Hyderabad on Sunday.

CITY BUREAU
Hyderabad

Over 5,000 people from all walks of life, including fitness enthusiasts and professional runners, turned up in the wee hours of Sunday at Necklace Road to participate in the 18th edition of Hyderabad 10K run.

Ayyappa devotees, senior citizens, mothers along with

their infants and members of different voluntary organisations too participated in the Hyderabad 10K, which is considered to be amongst the oldest runs in the country. The run was organised in three categories — 10K for elite serious runners, 5K fun run, and 10K in the open category, especially meant for novice and intermediate amateur runners. In the elite

women section, Emmy Chepkoech stood first by finishing the 10K in 37.39 minutes followed by Richai Rai (45.39 minutes) and Sunima Dila (51.11 minutes).

Cash prize

In the men's elite category Kamini Isaac Kihara bagged the first spot by finishing the 10K in 30.14 minutes followed by Vineet (30.37 min-

utes) and Naveen (31 minutes). The first, second and third position winners received a cash prize of Rs 40,000, Rs 30,000 and Rs 20,000 respectively. The

Freedom Hyderabad 10 K Run Foundation members including Bosco Anil Shrivani Maapudi, Pranav CEO of ACT Fibernet and Srikanth Naik State Head-PPL flagged off the run.

Name of the Publication: The New Indian Express

Date: 19.12.2022

Page No: 03

Edition: Hyderabad

Headline: Fun & Freedom Run



Name of the Publication: Eenadu

Date: 19.12.2022

Page No: 05

Edition: Hyderabad

Headline: Run for health



Name of the Publication: Sakshi

Date: 19.12.2022

Page No: 07

Edition: Hyderabad

Headline: Freedom Hyderabad 10K Run

సాక్షి
హైదరాబాద్

సోమవారం, 19, డిసెంబర్, 2022

రన్స్ ఫ్రీడం హైదరాబాద్

రన్స్ ఫ్రీడం హైదరాబాద్ 10K రన్స్ నిర్వహించారు. వరుసగా 18వసారి నిర్వహించిన ఫ్రీడం హైదరాబాద్ రన్స్లో 4,800 మంది పాల్గొన్నారు. 10K రన్ పూర్తి షాజా మట్లా రన్ రన్ పూర్తి షాజా మట్లా నిర్వహించారు. మొదటగా తిరిగి పూర్తి షాజా మట్లా నిర్వహించారు. రన్స్ 10K ఫ్రీడం హైదరాబాద్ రన్స్ నిర్వహించారు. రన్స్ 72 ఏళ్ల సీనియర్ రావు, పరిశోధకులు నతీందర్ కౌర్లు పాల్గొని ఆకట్టుకున్నారు. రన్ ద్వారా పచ్చని మొత్తాన్ని వివిధ సేవా కార్యక్రమాలకు కేటాయిస్తామని నిర్వాహకులు తెలిపారు.

- షైరజాబాద్

రన్స్ ఫ్రీడం హైదరాబాద్ 10K రన్స్ నిర్వహించారు. వరుసగా 18వసారి నిర్వహించిన ఫ్రీడం హైదరాబాద్ రన్స్లో 4,800 మంది పాల్గొన్నారు. 10K రన్ పూర్తి షాజా మట్లా రన్ రన్ పూర్తి షాజా మట్లా నిర్వహించారు. మొదటగా తిరిగి పూర్తి షాజా మట్లా నిర్వహించారు. రన్స్ 10K ఫ్రీడం హైదరాబాద్ రన్స్ నిర్వహించారు. రన్స్ 72 ఏళ్ల సీనియర్ రావు, పరిశోధకులు నతీందర్ కౌర్లు పాల్గొని ఆకట్టుకున్నారు. రన్ ద్వారా పచ్చని మొత్తాన్ని వివిధ సేవా కార్యక్రమాలకు కేటాయిస్తామని నిర్వాహకులు తెలిపారు.

- షైరజాబాద్

Headline: It's My City.. My Run



Name of the Publication: Andhra Jyothi

Date: 19.12.2022

Page No: 05

Edition: Hyderabad

Headline: Hyderabad 10K Run

ఆంధ్రజ్యోతి

ఉత్సాహంగా..

ఘోరరాబాద్, డిసెంబర్ 18 (ఆంధ్రజ్యోతి): పీవీ మార్గంలో ఆదివారం నిర్వహించిన ఘోరరాబాద్ 10కే రన్ ఉత్సాహంగా సాగింది. ఈ రన్ మూడు విభాగాల్లో జరిగింది. ప్రావేశనల్స్ కోసం ఎలైట్ రన్, సీరియస్ రన్ కోసం 10కే, ప్రారంభకుల కోసం 5కే రన్ నిర్వహించారు. ప్రతి విభాగంలో మొదటి మూడు స్థానాల్లో నిలిచిన వారికి నగదు బహుమతితోపాటు, పరుగును పూర్తి చేసిన ప్రతి ఒక్కరికీ మెడల్ ఆంధ్రజ్యోతి నానానా 4,800 మంది పాల్గొన్నారు. రన్లో ప్రీడం ఘోరరాబాద్ 10కే రన్ ఫౌండేషన్ సహజంగా జోన్స్, ఆసిక్, కింగ్స్, ప్రైవేటు, శ్రీకాంత్ నాయక్ పాల్గొన్నారు.

రన్లో పాల్గొన్న నగరవాసులు

ఉల్లాసంగా..

ఘోరరాబాద్ సీటీ, డిసెంబర్ 18 (ఆంధ్రజ్యోతి): ఘోరరాబాద్ 10కే రన్లో ఈవెనింగ్ సీటీకి చెందిన 20 మంది కార్మిక్ రిహాబ్ బాధితులు ఉత్సాహంగా పాల్గొన్నారు. కార్మిక్ రిహాబ్ రన్స్ సెంటర్లో యాంజియోప్లాస్టిక్, బైపాస్, మైనర్ బ్రెయిన్, డిలైటెడ్ కార్మిక్ మయోపతి, పల్మనరీ ఆర్డర్ ఫ్రాక్చర్స్ తదితర గుండె జబ్బులకు చికిత్స పొందిన బాధితులు పాల్గొన్నారు. ఈవెనింగ్ కార్మిక్ రిహాబ్ స్పెషలిస్ట్ డాక్టర్ మురళి తెలిపారు.

చిన్నారితో కలిసి రన్లో పాల్గొన్న మహిళ

Name of the Publication: Velugu

Date: 19.12.2022

Page No: 07

Edition: Hyderabad

Headline: Freedom Run



ఫ్రీడమ్ రన్ జోష్

హైదరాబాద్ 10 కి.మీ. పొడవైన,
ఫ్రీడమ్ ఆయిల్ కంపెనీలో ఆదివారం
నిర్వహించిన 10 కి.మీ. పొడవైన
నిర్వహించిన 10 కి.మీ. పొడవైన
నిర్వహించిన 10 కి.మీ. పొడవైన
నిర్వహించిన 10 కి.మీ. పొడవైన

- వెలుగు, హైదరాబాద్



Name of the Publication: Hindi Milap

Date: 19.12.2022

Page No: 03

Edition: Hyderabad

Headline: Hyderabad 10K Run successful

हैदराबाद 10के रन संपन्न

हैदराबाद, 18 दिसंबर-(मिलाप ब्यूरो) हैदराबाद 10के रन का आयोजन आज नेकलेस रोड पर किया गया। स्वास्थ्य जागरूकता हेतु लगभग 4,800 धावकों ने पेशेवरों के लिए एलीट, 10के और 5के श्रेणी में हिस्सा लिया।

आज यहाँ जारी प्रेस विज्ञापित के अनुसार, एलीट श्रेणी के महिला वर्ग में एमी चैपकोच ने प्रथम, ऋचाई राय ने द्वितीय और सुनीमा दिलाला ने तृतीय स्थान प्राप्त किया। पुरुष वर्ग में कामिनी इसहाक किहारा ने पहला, विनीत ने दूसरा और नवीन ने तीसरा स्थान प्राप्त किया। प्रथम विजेता को 40,000, द्वितीय को 30,000 और तृतीय विजेता को 20,000 रुपये का नेक फाइबर नेट प्राप्त किया गया। फ्रीडम हैदराबाद 10के रन फाइनल के गैलरी में, अजित, शिवानी मापुडे, एसीटी फाइबरनेट के सीईओ प्रणव, पीपीएल के राज्य प्रमुख

श्रीकांत नाइक ने दौड़ को हरी झंडी दिखाकर रवाना किया। अयप्पा माला में रघु जैसे कई भक्तों, वरिष्ठ नागरिकों एवं शोधकर्ताओं ने हिस्सा लिया। दौड़ ट्रेडिशन इवेंट द्वारा आयोजित की गयी। यह फ्रीडम ऑयल, एक्ट फाइबर नेट एवं अन्य द्वारा समर्थित थी।

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5K 10K 10K-FINISHER

नेकलेस रोड पर आयोजित हैदराबाद 10के रन में भाग लेते प्रतिभागी।

देश है

एक बार निवेश कीजिए, गारंटीड परिपक्वता का आनंद लीजिए, जीवन बीमा सुरक्षा के साथ

ऑनलाइन भी उपलब्ध

Name of the Website: www.telanganatoday.com

Email: <https://telanganatoday.com/18th-edition-of-freedom-hyderabad-10k-run-held-4800-runners-participated>

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18th edition of Freedom Hyderabad 10K run held; 4800 runners participated

The Freedom Hyderabad 10 K Run Foundation members including Bosco, Anil, Shivani Maapudi, Pranav CEO of ACT Fibernet, Srikant Naik State Head-PPL flagged off the run.

BY TELANGANA TODAY PUBLISHED DATE - 04:25 PM, SUN - 18 DECEMBER 22



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18th Edition Of Freedom Hyderabad 10K Run Held

By Syed Mohiuddin — Last Updated Dec 19, 2022

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HIGHLIGHTS

The run started at People's Plaza, Necklace Road, and took participants around Hussainsagar lake to finish at People's Plaza








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UNI Photo



HYDERABAD, DEC 18 (UNI):- People participate 18th Edition of Freedom Hyderabad 10K Run theme of 'My City My Run' at Necklaces Road in Hyderabad on Sunday. UNI PHOTO-4U



Name of the Website: www.siasat.com

Email: <https://www.siasat.com/freedom-hyderabad-10k-run-held-with-4-8k-participants-2483032/>


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Freedom Hyderabad 10K run held with 4.8K participants

The run started at People's Plaza, Necklace Road, and took participants around Hussainsagar lake to finish at People's Plaza.

 News Desk | Posted by Masrath Fatima | Updated: 19th December 2022 2:03 pm IST



 4.8K residents of the city participate in Freedom Hyderabad 10K run (Photo: Twitter)

Hyderabad: The 18th edition of the Freedom Hyderabad 10K Run marathon was held at Necklace Road on Sunday, featuring nearly 5000 people.

People from all walks of life including fitness enthusiasts, and amateur and professional runners turned up in the wee hours to participate in the run, considered

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