

Consolidated E-Dossier

FREEDOM HEALTHY COOKING OILS



Date: October 01st – 31st, 2025

Prepared by



COVERAGE INDEX

PRINT COVERAGEs			
Special Stories			
S.N o	Date	Publicatio n	Headline
01.	29.10.2025	The Times of India	Port operations grind to halt
02.	HYBIZ.TV		https://www.youtube.com/watch?v=WwqoQt9j2xI
Press Release - Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador			
03.	www.brandequity.economictimes.indiatimes.com		https://brandequity.economictimes.indiatimes.com/news/advertising/freedom-refined-sunflower-oil-onboards-rahul-dravid-as-its-brand-ambassador/124417650
04.	www.exchange4media.com		https://www.exchange4media.com/industry-briefing-news/rahul-dravid-named-brand-ambassador-for-freedom-refined-sunflower-148268.html?_cf_chl_rt_tk=L9dHAw2BeUu3zmvXhYdVmlwZdCpjqfB2UQ49w4zn.Kg-1760079162-1.0.1.1-_Ff9_D4tSnJNhYlowvHHWceNXWWuJKv.Gy8eWDpHe4s
05.	www.deccanchronicle.com		https://www.deccanchronicle.com/general/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador-1908948
06.	www.impactonnet.com		https://www.impactonnet.com/more-from-impact/freedom-refined-sunflower-oil-signs-rahul-dravid-as-brand-ambassador-12146.html
07.	www.madeinmedia.in		https://madeinmedia.in/freedom-refined-sunflower-oil-appoints-cricket-legend-rahul-

		dravid-as-brand-ambassador/
08.	www.afaqs.com	https://www.afaqs.com/news/advertising/rahul-dravid-joins-freedom-refined-sunflower-oil-as-brand-ambassador-10544916
09.	www.socialsamosa.com	https://www.socialsamosa.com/industry-updates/freedom-refined-sunflower-oil-rahul-dravid-brand-ambassador-10544814
10.	www.medianews4u.com	https://www.medianews4u.com/freedom-refined-sunflower-oil-names-rahul-dravid-as-brand-ambassador/
11.	Vijay Karnataka	Rahul Dravid joins Freedom Sunflower Oil as brand ambassador
12.	Prajavani	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
13.	Samyukata Karnataka	Dravid brand ambassador for Freedom
14.	Samyukata Karnataka	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
15.	Metro India	Freedom signs Rahul Dravid as Brand Ambassador
16.	The South India Times	Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador
17.	Pragathi Express	Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador
18.	Nava Telangana	Freedom Refined Sunflower Oil Onboards Rahul Dravid as Brand Ambassador
19.	Andhra Prabha	Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador
20.	Surya	Freedom Refined Sunflower Oil Onboards Rahul Dravid as Brand Ambassador
21.	Vishalandhra	Rahul Dravid as Sunflower Oil Brand Ambassador
22.	Janam Sakshi	Rahul Dravid as Freedom Oil Brand Ambassador

23.	Telugu Prabha	Rahul Dravid as Freedom Sunflower Oil Brand Ambassador
24.	Hindi Milap	Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador
25.	Siasat Daily	Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador
26.	Munsif Daily	Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador
27.	Rahnuma-E-Deccan	Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador
28.	Suvarna Times of Karnataka	Rahul Dravid ambassador
29.	Eesanje	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
30.	Indusanje	Rahul Dravid ambassador
31.	Vishwa Vaaridhi	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
32.	Bharath Sarathi	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
33.	Sanje Prabha	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
34.	Sanje Samaya	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
35.	Dina Sudar	Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador
36.	www.marcamoney.com	https://www.marcamoney.com/freedom-refined-sunflower-oil-onboards-rahul-dravid-as-brand-ambassador/
37.	www.fooddrinkinnovations.com	https://fooddrinkinnovations.com/news-pr/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/
38.	www.hospibuz.com	https://hospibuz.com/beverages-hot-topics/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador-10544921
39.	www.manifest-media.in	https://www.manifest-media.in/marketing/091025/freedom-refined-

		sunflower-oil-onboards-rahul-dravid-as-brand-ambassado.html
40.	www.cinebuzznews.net	https://cinebuzznews.net/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/
41.	www.businessnewsbyte.com	https://businessnewsbyte.com/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/
42.	www.bizrapidx.com	https://bizrapidx.com/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/
43.	www.businessmicro.in	https://businessmicro.in/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/
44.	www.biznewsdaily.com	https://biznewsdaily.com/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/
45.	www.hindimilap.com	https://www.hindimilap.com/freedom-refined-sunflower-oil-appoints-rahul-dravid-as-brand-ambassador/
46.	www.prajavani.net	https://www.prajavani.net/business/commerce-news/cricket-icon-rahul-dravid-is-the-ambassador-for-freedom-refined-sunflower-oil-3575129
Freedom Healthy Cooking Oils presents 'Cuisines of Karnataka'		
47.	Deccan Herald	Festive specials you can try at home
48.	Prajavani	A delicious celebration for Diwali!
49.	Deccan Herald	Delicacies for Diwali

Name of the Publication: The Times of India

Date: 29.10.2025

Page No: 04

Edition: Hyderabad

Headline: Port operations grind to halt

Port operations grind to halt

TIMES NEWS NETWORK

Hyderabad: Cyclone Mon-tha impacted operations of Kakinada port, a private port operated by Kakinada Seaports, shut down operations from Sunday based on the advisory issued by the authorities and is expected to remain shut for a day or so after land-fall.

"We vacated the port on Sunday night itself because of the guidance issued by the director general of shipping, and operations are down. It may be only by Thursday that we may be able to receive vessels which were asked to head



CARGO WORTH CRORES HELD UP

to deep sea to avoid the cyclone impact," said KV Rao, CMD of Kakinada Seaports.

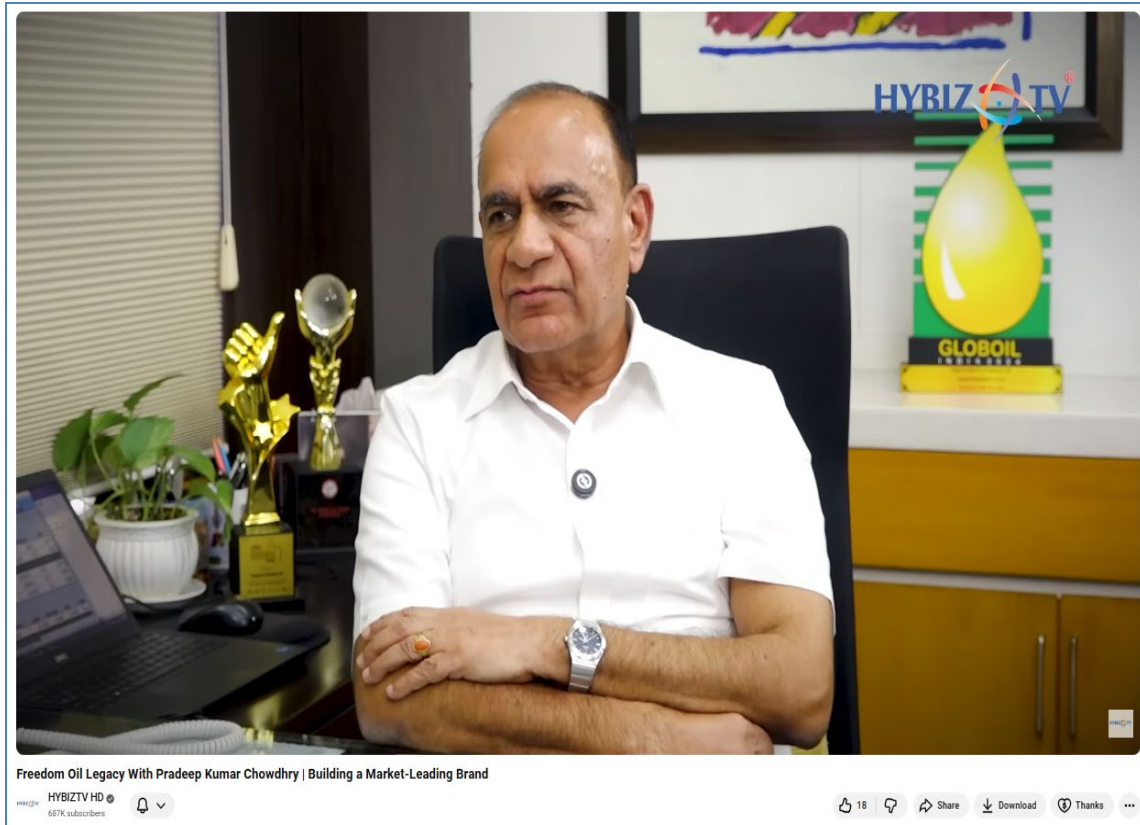
The port, which clocked revenues of around ₹800 crore in financial year 2024-25, handles 18 million tonnes of cargo per annum. This includes about 4.5 million tonnes of coal, 3.5-4 million tonnes of

fertilisers, about 1.5-2 million tonnes of granite exports, about 1.25 million tonnes of imports of fertiliser raw materials such as ammonia, sulfuric acid, and phosphoric acid, about 1 million tonnes of crude palm oil, about 1.5 million tonnes of alumina, as well as 1.25 MT of raw sugar

imports from Brazil. The cyclone warning also impacted manufacturing plants located in the belt. Companies like Gemini Edibles & Fats India Ltd, which have edible oil refineries along the AP coast, stopped ops at their plants in Kakinada and Krishnapatnam for two days.

Name of the Website: www.youtube.com (Hybiz.TV)

Elink: <https://www.youtube.com/watch?v=WwqoQt9j2xI>



Name of the Website: www.brandequity.economictimes.indiatimes.com

Elink: <https://brandequity.economictimes.indiatimes.com/news/advertising/freedom-refined-sunflower-oil-onboards-rahul-dravid-as-its-brand-ambassador/124417650>

 [News](#) [Exclusives](#) [Leaders Speak](#) [Events](#) [Awards](#) [Webinars](#) [Brand Solutions](#)

Advertising · 2 Min Read

Freedom Refined Sunflower Oil onboards Rahul Dravid as its brand ambassador

Freedom Refined Sunflower Oil has partnered with cricketing legend Rahul Dravid. Dravid, known as 'Mr. Dependable', will represent the brand's values of trust and quality. He will feature in campaigns promoting healthier cooking and the 'Eat Healthy and Live Healthy' philosophy. This collaboration aims to inspire families across India to make mindful dietary choices for an active lifestyle.

 **BE Staff** · ETBrandEquity
Published On Oct 9, 2025 at 06:15 PM IST

Highlights

- Freedom Refined Sunflower Oil has appointed cricketing legend Rahul Dravid as its brand ambassador, emphasizing shared values of discipline, reliability, and conscious living.
- Dravid aims to inspire families across India to embrace healthier cooking practices and make mindful dietary choices under the philosophy of 'Eat Healthy and Live Healthy.'
- Senior Vice President P. Chandra Shekhara Reddy stated that Dravid's presence will motivate households to adopt nutritious and balanced cooking habits for better well-being.



Name of the Website: www.exchange4media.com

Elink: https://www.exchange4media.com/industry-briefing-news/rahul-dravid-named-brand-ambassador-for-freedom-refined-sunflower-148268.html?_cf_chl_rt_tk=L9dHAw2BeUu3zmvXhYdVmlwZdCpjqfB2UQ49w4zn.Kg-1760079162-1.0.1.1-_Ff9_D4tSnJNhYlowvHHWceNXWWuJKv.Gy8eWDpHe4s



HOME ADVERTISING MARKETING PR & CORP COMM MEDIA PEOPLE MOVEMENT FESTIVE SEASON MORE

Home / Industry-Briefing News / Rahul Dravid named brand ambassador for Freedom Refined Sunflower

Rahul Dravid named brand ambassador for Freedom Refined Sunflower

Through this association, Dravid will feature in campaigns across television, digital, and social media

by e4m Staff

Published: Oct 9, 2025 2:27 PM | 2 MIN READ

Follow Us







Listen to This Article

▶ 0:00 / 3:07



1x

Freedom Refined Sunflower Oil has signed the legendary cricketer Rahul Dravid as its brand ambassador. Through this association, Dravid will feature in campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using Freedom Refined Sunflower Oil.

The brand's philosophy of 'Eat Healthy and Live Healthy' aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his cricketing career but also guide his personal way of life.

"I have always believed that discipline and mindful habits are the cornerstones of a fulfilling life. Freedom Refined Sunflower Oil brings those values into the kitchen—inspiring people to lead an active and healthy life, without losing out on taste or nourishment. In my own home, 'Freedom' has become a trusted part of our meals,

TOP STORY

LATEST



TT Jagman b Cooke
2 hours

India's retail media growth players find room against Flipkart?
3 hours ago

Include CTV viewership in metrics, MIB tells BARC
3 hours ago

Decode at 100: How Sudh rewire DD News for the
3 hours ago

PRCAI celebrates 25 years Consulting & Advisory Co 2025-2027
17 hours ago

POPULAR

MOST READ TRE



Sheran Chief M at Indu
3 days

Times Now Navbharat's Co Dinesh Gautam moves on
1 week ago

YAAP appoints Priyanka M Gurugram
3 days ago

Omnicom-IPG merger may end as EU, Mexico approval pending
1 week ago

Google onboards Ragini D Google for Startups - India
4 days ago

Name of the Website: www.deccanchronicle.com

Elink: <https://www.deccanchronicle.com/general/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador-1908948>

DECCAN
Chronicle

HomeJust InSouthNationWorldSportsEntertainmentVideosMore

Home » General

Rahul Dravid to Endorse Cooking Oil

General

DC Correspondent

9 October 2025 3:44 PM

'Mr. Dependable' champions mindful cooking and healthier kitchens across India



Advertisement

Listen

Hyderabad: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer Rahul Dravid as its brand ambassador. Rahul Dravid, popularly known as **'Mr. Dependable'** for his disciplined lifestyle, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of **consistent quality, trust, and dependability.**

Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil. The brand's philosophy of **'Eat Healthy and Live Healthy'** aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his cricketing career but also guide his personal way of life.

Similar Posts

You May Like

Sponsored Links



Honer Richmond: 5 BHKs with Private Mini-Theatres

HONER RICHMONT

Book Now

Name of the Website: www.impactonnet.com

Elink: <https://www.impactonnet.com/more-from-impact/freedom-refined-sunflower-oil-signs-rahul-dravid-as-brand-ambassador-12146.html>



HOME | COVER STORY | CMO INTERVIEWS | LATEST NEWS | CREATIVE ZONE | SPOTLIGHT | INTERVIEWS | BACKBEAT | VIDEOS | HAPPENING

Home // [More From Impact](#)

FREEDOM REFINED SUNFLOWER OIL SIGNS RAHUL DRAVID AS BRAND AMBASSADOR

As part of the association, Dravid will appear in campaigns across television, digital, and social media platforms, encouraging families to adopt healthier cooking practices

BY [TEAM IMPACT](#)
Published: Oct 9, 2025 4:22 PM





Freedom Refined Sunflower Oil, a brand under Gemini Edibles and Fats India Ltd, has announced the appointment of former Indian cricketer Rahul Dravid as its brand ambassador. Known as 'Mr. Dependable' for his discipline and consistency, Dravid's persona is said to align with Freedom Oil's values of quality, trust, and reliability.

As part of the association, Dravid will appear in campaigns across television, digital, and social media platforms, encouraging families to adopt healthier cooking practices. The collaboration reflects the brand's philosophy of 'Eat Healthy and Live Healthy,' which aligns with Dravid's focus on balance and conscious living.

TOP STORIES



WOK-IT

As China's revenue to
revenue to
Marketing
expansion
innovation



NEWS LETTER

Subscribe

Email ID

Name of the Website: www.madeinmedia.in

Elink: <https://madeinmedia.in/freedom-refined-sunflower-oil-appoints-cricket-legend-rahul-dravid-as-brand-ambassador/>



HOME ADVERTISING BROADCAST MEDIA MIM SPECIALS LIFESTYLE/ TRAVEL/ INCLUSIVITY INTERNATIONAL ROUNDUP
QUEST ARTICLES REPORT

Home > Brand Endorsement

Freedom Refined Sunflower Oil Appoints Cricket Legend Rahul Dravid as Brand Ambassador

by **News Desk** — October 9, 2025 in Brand Endorsement



0 SHARES

12 VIEWS

Share on Facebook

Share on Twitter

Hyderabad, October 9, 2025: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed **Rahul Dravid**, popularly known as 'Dependable,' as its brand ambassador. The association aims to promote **mindful cooking and healthier kitchens** across India.



Name of the Website: www.afaqs.com

Elink: <https://www.afaqs.com/news/advertising/rahul-dravid-joins-freedom-refined-sunflower-oil-as-brand-ambassador-10544916>





Venkatesh N.
Cholasani
AMFI



Geetanjali
Chugh Kothari
Future Generali,
India Life Insurance



Rathin Lohiri
SBI General
Insurance



Prasad
Pimple
Kotak Life

#BankFin360

[Home](#) [Case Studies](#) [Events](#) [News](#) [Articles](#) [Media](#)

3rd Edition



BRAND
STORYZ

Extended Entry Deadline:
October 24, 2025

November 1st, 2025

[Advertising](#) [News](#)

Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

With his association, the brand aims to deepen its connection with consumers and strengthen its positioning as a trusted choice for conscious, health focused households

afaqs! news bureau

09 Oct 2025 18:25 IST

[Follow Us](#)    



Freedom Refined Sunflower Oil has announced the appointment of cricketer Rahul Dravid as its new brand ambassador. Known for his discipline, dependability, and balanced approach to life, Dravid's persona aligns closely with the brand's core values of trust, quality, and consistency.

Name of the Website: www.socialsamosa.com

Elink: <https://www.socialsamosa.com/industry-updates/freedom-refined-sunflower-oil-rahul-dravid-brand-ambassador-10544814>



LATEST UPDATES ▾ CAMPAIGN UPDATES ▾ INDUSTRY TELESCOPE ▾ INTERVIEWS THE PULSE CASE STUDIES EVENT

Industry Updates

Freedom Refined Sunflower Oil names Rahul Dravid as brand ambassador

As part of the partnership, Rahul Dravid is expected to feature in the brand's campaigns spanning channels including television, digital, and social media.

 **Social Samosa**
09 Oct 2025 16:07 IST



Name of the Website: www.medianews4u.com

Elink: <https://www.medianews4u.com/freedom-refined-sunflower-oil-names-rahul-dravid-as-brand-ambassador/>

medianews4u.com

EXCLUSIVE ADVERTISING MEDIA TELEVISION OTT AD-TECH MARKETING CAMPAIGNS ANALYSIS OPINION

LATEST NEWS

**Wingify** appoints Aarthi Ramamurthy to Board of Directors
OCTOBER 9, 2025

**White Marquee Solutions** unveils refreshed brand identity to reflect evolving vision
OCTOBER 9, 2025

ANALYSIS

**Only 11% of women directors in BSE 200 companies hold executive roles, compared to 65% of men: Khaitan & Co Report**
OCTOBER 9, 2025

New Delhi: While Indian companies have made measurable progress in appointing women directors as mandated under the Companies Act 2013,...

PEOPLE



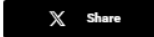
Home > Marketing

Freedom Refined Sunflower Oil names Rahul Dravid as Brand Ambassador

'Mr. Dependable' champions mindful cooking and healthier kitchens across India

by MN4U Bureau — October 9, 2025 in Marketing Reading Time: 2 mins read AA





Hyderabad: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has announced the appointment of cricketing legend Rahul Dravid as its brand ambassador. Popularly known as 'Mr. Dependable', Dravid's disciplined lifestyle and reputation for reliability and consistency perfectly reflect Freedom Oil's core values of trust, quality, and dependability.

Through this collaboration, Rahul Dravid will feature in innovative television, digital, and social media campaigns encouraging families to adopt healthier cooking habits using Freedom Refined Sunflower Oil. The brand's 'Eat Healthy and Live Healthy' philosophy aligns seamlessly with Dravid's belief in balance, mindfulness, and conscious living — values that have defined both his professional and personal journey.

Name of the Publication: Vijay Karnataka

Date: 10.10.2025

Page No: 06

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Sunflower Oil as brand ambassador

ಫ್ರೀಡಂ ಸೂರ್ಯಕಾಂತಿ ಎಣ್ಣೆಗೆ ದ್ರಾವಿಡ್ ರಾಯಭಾರಿ

ಬೆಂಗಳೂರು: ದೇಶದ ಪ್ರಮುಖ ಖಾದ್ಯ ತೈಲ ಬ್ರಾಂಡ್‌ಗಳಲ್ಲಿ ಒಂದಾದ ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸನ್‌ಫ್ಲವರ್ ಆಯಿಲ್ ಈಗ ಮಾಜಿ ಕ್ರಿಕೆಟಿಗ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ತನ್ನ ಬ್ರಾಂಡ್ ರಾಯಭಾರಿಯಾಗಿ ನೇಮಕ ಮಾಡಿಕೊಂಡಿದೆ. “ಫ್ರೀಡಂ



ಕುಟುಂಬಕ್ಕೆ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಹೊಂದಿರುವ

ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿನಿಧಿಸುತ್ತದೆ,” ಎಂದು ಜೆಮಿನಿ ಎಡಿಬಲ್ಸ್ ಮತ್ತು ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಮಾರಾಟ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಹೇಳಿದ್ದಾರೆ. “ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ರಾಯಭಾರಿಯಾಗಿರುವುದು ನಮ್ಮ ಪಾಲಿಗೆ ದೊಡ್ಡ ಹೆಮ್ಮೆ,” ಎಂದು ಸಂಸ್ಥೆಯ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥ ಚೇತನ್ ಪಿಂಪಳ ಖುಚೆ ಹೇಳಿದ್ದಾರೆ.

Name of the Publication: Prajavani

Date: 10.10.2025

Page No: 06

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

ಫ್ರೀಡಂ ಸನ್‌ಫ್ಲವರ್ ಆಯಿಲ್‌ಗೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ರಾಯಭಾರಿ

ಪ್ರಜಾವಾಣಿ ವಾರ್ತೆ

ಬೆಂಗಳೂರು: ಜೆಮಿನಿ ಎಡಿಬಲ್ಸ್ ಆಂಡ್ ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್ ಕಂಪನಿಯ ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸನ್‌ಫ್ಲವರ್ ಆಯಿಲ್, ಭಾರತ ಕ್ರಿಕೆಟ್ ತಂಡದ ಮಾಜಿ ನಾಯಕ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ತನ್ನ ಬ್ರಾಂಡ್ ರಾಯಭಾರಿಯಾಗಿ ನೇಮಿಸಿದೆ.

ಈ ಸಹಯೋಗದ ಕಾರಣದಿಂದಾಗಿ ದ್ರಾವಿಡ್ ಅವರು 'ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸನ್‌ಫ್ಲವರ್ ಅಡುಗೆ ಎಣ್ಣೆ ಬಳಸಿ ಅಡುಗೆ ಮಾಡುವಂತೆ ಕುಟುಂಬಗಳನ್ನು ಪ್ರೇರೇಪಿಸಲಿದ್ದಾರೆ' ಎಂದು ಕಂಪನಿಯ ಪ್ರಕಟಣೆ ತಿಳಿಸಿದೆ.

'ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್



ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸನ್‌ಫ್ಲವರ್ ಆಯಿಲ್ ಕಂಪನಿಯು ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ತನ್ನ ರಾಯಭಾರಿಯಾಗಿ ನೇಮಿಸಿದೆ

ಹೊಂದಿರುವ ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ' ಎಂದು ಜೆಮಿನಿ ಎಡಿಬಲ್ಸ್ ಮತ್ತು ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಮಾರಾಟ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಹೇಳಿದ್ದಾರೆ.

Name of the Publication: Samyukata Karnataka

Date: 10.10.2025

Page No: 12

Edition: Bangalore

Headline: Dravid brand ambassador for Freedom

ಫ್ರೀಡಂ ರಾಯಭಾರಿ ದ್ರಾವಿಡ್



ಬೆಂಗಳೂರು: ಮಾಜಿ ಕ್ರಿಕೆಟರ್ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಫ್ರೀಡಂ ಆಯಿಲ್ ಸಂಸ್ಥೆಯ ರಾಯಭಾರಿಯಾಗಿ ನೇಮಕ ಗೊಂಡಿದ್ದಾರೆ. ಜೆಮಿನಿ ಎಡಿಬಲ್ಸ್ ಮತ್ತು ಫ್ಯಾಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಸೇಲ್ಸ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷರಾದ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಈ ಬಗ್ಗೆ ಸ್ಪಷ್ಟನೆ ನೀಡಿದ್ದು, "ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಹೊಂದಿರುವ ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ ಎಂದರು.

Name of the Publication: Samyukata Karnataka

Date: 10.10.2025

Page No: 06

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

ಫ್ರೀಡಂ ಅಡುಗೆ ಎಣ್ಣೆಗೆ ದ್ರಾವಿಡ್ ರಾಯಭಾರಿ

ಬೆಂಗಳೂರು: ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ರಾಯಭಾರಿಯಾಗಿ ನೇಮಕವಾಗಿದ್ದು, ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಹೊಂದಿರುವ ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ ಎಂದು ಜೆಮಿನಿ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಸೇಲ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷ ಶ್ರೀ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ತಿಳಿಸಿದರು.



ಬಳಕೆ ಮಾತನಾಡಿ, ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ.

ಇದು ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಅಭ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ರಾಹುಲ್ ಅವರ ಉಪಸ್ಥಿತಿಯು ದೇಶಾದ್ಯಂತದ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕ ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸುತ್ತದೆ. ಇದರಿಂದ ಪ್ರತಿದಿನದ ಉಟವು ಸಂತೋಷ, ಸಮತೋಲನ ಮತ್ತು ಯೋಗಕ್ಷೇಮದ ಮೂಲವಾಗಲಿದೆ ಎಂದರು.

Name of the Publication: Metro India

Date: 11.10.2025

Page No: 04

Edition: Hyderabad

Headline: Freedom signs Rahul Dravid as Brand Ambassador

Freedom signs Rahul Dravid as Brand Ambassador

METRO INDIA NEWS | HYDERABAD



Freedom Refined Sunflower Oil, has announced cricket legend Rahul Dravid as its

brand ambassador. Known as 'Mr. Dependable', Dravid's disciplined lifestyle and consistent values align closely with the brand's core principles of trust, quality, and reliability.

Dravid will feature in upcoming television, digital, and social media campaigns, promoting the brand's philosophy of 'Eat Healthy, Live Healthy.' His personal commitment to balance, conscious living, and nutrition complements Freedom Oil's mission to encourage healthier cooking habits in Indian homes.

Name of the Publication: The South India Times

Date: 11.10.2025

Page No: 09

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

Hyderabad: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer Rahul Dravid as its brand ambassador. Rahul Dravid, popularly known as 'Mr. Dependable' for his disciplined lifestyle, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of consistent quality, trust, and dependability.

Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil. The brand's philosophy of 'Eat Healthy and Live Healthy' aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his cricketing career but also guide his personal way of life. Freedom Refined Sunflower Oil and Rahul Dravid both embody what it means to be truly unique and trustworthy—each inspiring millions in their own right.



Just as Dravid's dedication and quiet resolve earned him the nation's heart, Freedom Refined Sunflower Oil brings that same spirit into every home, promising purity and nourishment with every drop encouraging people to eat healthy and live an active life.

"I have always believed that discipline and mindful habits are the cornerstones of a fulfilling life. Freedom

Refined Sunflower Oil brings those values into the kitchen—inspiring people to lead an active and healthy life, without losing out on taste or nourishment. In my own home, 'Freedom' has become a trusted part of our meals, encouraging healthier and happier living. What we eat directly

shapes how we feel, and I'm proud to partner with a brand that motivates families to eat consciously and enjoy every bite together," said Rahul Dravid. Mr. P. Chandra Shekhara Reddy, Senior Vice President, Sales & Marketing, Gemini Edibles and Fats India Ltd, added: "We are honoured to welcome Rahul Dravid to the Freedom family. His diligence, balance, and consistency mirror the values we uphold as a brand. We provide oils that are nutritious, light, and flavourful — helping families adopt healthier habits. Rahul's presence will inspire households across the country to embrace mindful cooking, ensuring that everyday meals become a source of joy, balance, and well-being."

Name of the Publication: Pragathi Express

Date: 11.10.2025

Page No: 08

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

'Mr. Dependable' champions mindful cooking and healthier kitchens across India

Hyderabad: 10th October, 2025: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer Rahul Dravid as its brand ambassador.

Rahul Dravid, popularly known as 'Mr. Dependable' for his disciplined lifestyle, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of consistent quality, trust, and dependability.

Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil.

The brand's philosophy of 'Eat Healthy and Live Healthy' aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his crick-



personal way of life. Freedom Healthy Cooking Oil and Rahul Dravid both embody what it means to be truly unique and trustworthy—each inspiring millions in their own right. Just as Dravid's dedication and quiet

resolve earned him the nation's heart, Freedom Refined Sunflower Oil brings that same spirit into every home, promising purity and nourishment with every drop encouraging people to eat healthy and live an active life.

Name of the Publication: Nava Telangana

Date: 11.10.2025

Page No: 06

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Rahul Dravid as Brand Ambassador

ఫ్రీడమ్ రిఫైన్డ్ సన్ ఫ్లవర్ ఆయిల్ బ్రాండ్ అంబాసిడర్ గా ద్రవిడ్

సవరణంగా - జూబ్లీహిల్స్

ఆరోగ్యకరమైన వంట, భారతదేశ వ్యాప్తంగా ఆరోగ్యకరమైన వంటకాలను గురించి 'మిస్టర్ డి' పెండ్లబుల్ ప్రచారం చేయనున్నారు. భారతదేశంలో ప్రముఖ వంటనూనె బ్రాండ్ లలో ఒకటైన ఫ్రీడమ్ రిఫైన్డ్ సన్ ఫ్లవర్ ఆయిల్ దిగ్గజ క్రికెటర్ రాహుల్ ద్రవిడ్ ను తమ బ్రాండ్ అంబాసిడర్ గా ఎంపిక చేసుకుంది. తన క్రమశిక్షణా జీవనశైలి, విశ్వసనీయత, ఖ్యాతి, స్థిరత్వం కోసం 'మిస్టర్ డి' పెండ్లబుల్ గా ప్రసిద్ధి చెందిన రాహుల్ ద్రవిడ్, స్థిరమైన నాణ్యత, సమృద్ధి, విశ్వసనీయత అనే ఫ్రీడమ్ ఆయిల్స్ ప్రధాన విలువలను సంపూర్ణంగా ప్రదర్శించగలరు. ఈ భాగస్వామ్యం ద్వారా టెలివిజన్, డిజిటల్, సోషల్ మీడియాలో వినూత్న ప్రచారాలలో రాహుల్ ద్రవిడ్ పాల్గొంటారు. కుటుంబాలను 'ఆధాం' పదదగిన రీతిలో ఫ్రీడమ్ రిఫైన్డ్ సన్ ఫ్లవర్ ఆయిల్ ఉపయోగించి ఆరోగ్యకరమైన వంట వద్దకు వస్తున్నారని చూపించడానికి ప్రేరేపిస్తారు. 'ఆరోగ్యకరంగా తినండి మరియు ఆరోగ్యంగా జీవించండి' అనే బ్రాండ్ సిద్ధాంతం ద్రావిడ్ సమృద్ధిమైన శ్రద్ధ, సమతుల్యత, చురుకైన ఎంపికలు, సమతుల్యతతో సజావుగా సమలేఖనం చేయబడింది. ఈ విలువలు అతని క్రికెట్ కెరీర్ ను రూపొందించడమే కాకుండా అతని వ్యక్తిగత జీవన విధానాన్ని కూడా నిర్దేశించాయి. ఫ్రీడమ్ హెల్త్ వంట నూనె, రాహుల్ ద్రవిడ్ ఇరువురూ నిజంగా ప్రత్యేకమైనవి, సమృద్ధిగా సవిగా ఉండటం అంటే ఏమిటో తెలియజేస్తారు. జెమిని ఎడిటర్స్ అండ్ పబ్లికేషన్స్ ఇండియా లిమిటెడ్ సెల్స్ అండ్ మార్కెటింగ్ సీనియర్ వైస్ ప్రెసిడెంట్ పి. చంద్ర శేఖర రెడ్డి మాట్లాడుతూ, "రాహుల్ ద్రవిడ్ ను ఫ్రీడమ్ కుటుంబానికి స్వాగతించడం సంతోషంగా ఉంది. అతని శ్రద్ధ, సమతుల్యత, స్థిరత్వం మేము బ్రాండ్ గా నిలబెట్టే విలువలను ప్రతిబింబిస్తాయి. కుటుంబాలు ఆరోగ్యకర



మైన అలవాట్లను అలవర్చుకోవడానికి సహాయపడే పోషకమైన, తేలికైన, రుచిగల నూనెలను మేము అందిస్తాము. రాహుల్ ఇప్పుడు మా బ్రాండ్ అంబాసిడర్ కావటం, దేశవ్యాప్తంగా ఉన్న గృహాలు బుద్ధిపూర్వక వంటను స్వీకరించడానికి ప్రేరణనిస్తుంది, రోజువారీ భోజనం ఆనందం, సమతుల్యత, శ్రేయస్సుకు మూలంగా మారేలా చేస్తుంది" అన్నారు.

జెమిని ఎడిటర్స్ అండ్ పబ్లికేషన్స్ ఇండియా లిమిటెడ్ మార్కెటింగ్ హెడ్ చేతన్ పింపాల్ ఖుట్ మాట్లాడుతూ "ఫ్రీడమ్ రిఫైన్డ్ సన్ ఫ్లవర్ ఆయిల్ ముఖ్యతగా రాహుల్ ద్రవిడ్ ఉండటం నిజంగా ప్రత్యేకమైనది. అతని అంకితభావం, సమతుల్యత, జీవితం వల్ల బుద్ధిపూర్వక విధానం మా బ్రాండ్ 'ఆరోగ్యంగా తినండి మరియు ఆరోగ్యంగా జీవించండి' అనే తత్వాన్ని సంపూర్ణంగా ప్రతిబింబిస్తుంది. ఈ భాగస్వామ్యం ద్వారా, భారతదేశం వ్యాప్తంగా ఉన్న కుటుంబాలు ఆరోగ్యకరమైన వంట అలవాట్లను అలవర్చుకోవడానికి, వంటగదిలో చురుకైన ఎంపికలు చేసుకోవడానికి, శరీరం, మనస్సు రెండింటినీ పోషించే భోజనాన్ని ఆస్వాదించడానికి ప్రేరేపించాలని మేము ఆశిస్తున్నాము" అని అన్నారు.

Name of the Publication: Andhra Prabha

Date: 11.10.2025

Page No: 07

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్ బ్రాండ్ అంబాసిడర్‌గా క్రికెట్ ఐకాన్ రాహుల్ ద్రవిడ్



సోమాజిగూడ, అక్టోబర్ 10
(ఆంధ్రప్రభ) : భారతదేశంలో ప్రముఖ వంటనూనె బ్రాండ్‌లలో ఒకటైన ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్, దిగ్గజ క్రికెటర్ రాహుల్ ద్రవిడ్‌ను తమ బ్రాండ్ అంబాసిడర్‌గా ఎంపిక చేసుకుంది. తన క్రమశిక్షణా జీవనశైలి, విశ్వసనీయత యొక్క ఖ్యాతి మరియు స్థిరత్వం కోసం

'మిస్టర్ డిపెండబుల్' గా ప్రసిద్ధి చెందిన రాహుల్ ద్రవిడ్, స్థిరమైన నాణ్యత, నమ్మకం మరియు విశ్వసనీయత అనే ఫ్రీడమ్ ఆయిల్స్ యొక్క ప్రధాన విలువలను సంపూర్ణంగా ప్రదర్శించగలరు. ఈ భాగస్వామ్యం ద్వారా టెలివిజన్, డిజిటల్, సోషల్ మీడియాలో వినూత్న ప్రచారాలలో రాహుల్ ద్రవిడ్ పాల్గొననున్నారు. ఈ సందర్భంగా క్రికెటర్ రాహుల్ ద్రవిడ్ మాట్లాడుతూ.. క్రమశిక్షణ, బుద్ధిపూర్వక అలవాట్లు సంతృప్తికరమైన జీవితానికి మూలస్థంభాలు అని నేను నమ్ముతానని పేర్కొన్నారు. ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్ ఆ విలువలను వంటగదిలోకి తీసుకువస్తుందన్నారు. రుచి లేదా పోషణను కొల్పోకుండా చురుకైన ఆరోగ్యకరమైన జీవితాన్ని గడపడానికి ప్రజలను ప్రేరేపిస్తోందని పేర్కొన్నారు. జెమిని ఎడిబుల్స్ ఫ్యాబ్స్ ఇండియా లిమిటెడ్ సేల్స్, మార్కెటింగ్ సీనియర్ వైస్ ప్రెసిడెంట్ చంద్రశేఖర్ రెడ్డి మాట్లాడుతూ . రాహుల్ ద్రవిడ్‌ను ఫ్రీడమ్ కుటుంబానికి స్వాగతించడం సంతోషంగా ఉందని, అతని శ్రద్ధ, సమతుల్యత, స్థిరత్వం మేము బ్రాండ్‌గా నిలబెట్టే విలువలను ప్రతిబింబిస్తాయని తెలిపారు.

Name of the Publication: Surya

Date: 11.10.2025

Page No: 05

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Rahul Dravid as Brand Ambassador

ఫ్రీడమ్ రిఫైన్డ్ సన్ ఫ్లవర్ ఆయిల్ కు రాహుల్ ద్రవిడ్ బ్రాండ్ అంబాసిడర్



భైరతాబాద్ మేజర్ సూర్య : ప్రముఖ వంటనూనె బ్రాండ్ ఫ్రీడమ్ రిఫైన్డ్ సన్ ఫ్లవర్ ఆయిల్ తమ కొత్త బ్రాండ్ అంబాసిడర్ గా భారత క్రికెట్ దిగ్గజం రాహుల్ ద్రవిడ్ ను ప్రకటించింది. క్రమశిక్షణ, విశ్వసనీయత, స్థిరత్వం వంటి విలువలను ప్రతిబింబించే 'మిస్టర్ డిపెండబుల్' ద్రవిడ్, ఫ్రీడమ్ బ్రాండ్ విలువలకు సరిగ్గా సరిపోతారని కంపెనీ తెలిపింది. ద్రవిడ్ టెలివిజన్, డిజిటల్ మరియు సోషల్ మీడియా ప్రచారాల ద్వారా ప్రజలను ఆరోగ్యకరమైన వంట పద్ధతుల

వైపు ప్రేరేపించనున్నారు. "ఫ్రీడమ్ ఆయిల్ ఆరోగ్యకరమైన జీవనశైలిని ప్రోత్సహిస్తుంది. రుచి, పోషణ రెండింటినీ సమతుల్యంగా ఉంచే ఈ బ్రాండ్ తో భాగస్వామ్యం చేయడం గర్వంగా ఉంది," అని రాహుల్ ద్రవిడ్ తెలిపారు. జెమిని ఎడిబుల్స్ అండ్ ఫ్యాట్స్ ఇండియా లిమిటెడ్ సేల్స్, మార్కెటింగ్ సీనియర్ వైస్ ప్రెసిడెంట్ పి. చంద్రశేఖర రెడ్డి మాట్లాడుతూ, "ద్రవిడ్ విలువలు మా బ్రాండ్ సిద్ధాంతానికి సరిగ్గా సరిపోతాయి. కుటుంబాలు బుద్ధిపూర్వక వంటను అలవర్చుకోవడంలో ఆయన ప్రేరణగా నిలుస్తారు," అన్నారు. మార్కెటింగ్ హెడ్ చేతన్ పింపాల్ ఖుటే మాట్లాడుతూ, "ద్రవిడ్ జీవనశైలి, సమతుల్య దృష్టి 'ఆరోగ్యంగా తినండి, ఆరోగ్యంగా జీవించండి' అనే మా సిద్ధాంతాన్ని ప్రతిబింబిస్తుంది. ఆయనతో భాగస్వామ్యం దేశవ్యాప్తంగా ఆరోగ్యకరమైన వంట అలవాట్లను ప్రోత్సహిస్తుంది," అన్నారు.

Name of the Publication: Vishalandhra

Date: 11.10.2025

Page No: 05

Edition: Hyderabad

Headline: Rahul Dravid as Sunflower Oil Brand Ambassador

సన్‌ఫ్లవర్ ఆయిల్ బ్రాండ్ అంబాసిడర్‌గా రాహుల్ ద్రవిడ్

విశాఖాంధ్ర - శేరిలింగంపల్లి: ప్రముఖ వంటనూనె బ్రాండ్‌లలో ఒకటైన ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్, దిగ్గజ క్రికెటర్ రాహుల్ ద్రవిడ్‌ను తమ బ్రాండ్ అంబాసిడర్‌గా ఎంపిక చేసుకుంది. ఈ భాగస్వామ్యం ద్వారా టెలివిజన్, డిజిటల్ సోషల్ మీడియాలో విస్తృత ప్రచారాలలో రాహుల్ ద్రవిడ్ పాల్గొంటారు, కుటుంబాలను 'ఆధారపడ దగిన రీతిలో' ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్ ఉపయోగించి ఆరోగ్యకరమైన వంట పద్ధతులను స్వీకరించడానికి ప్రేరేపిస్తారు. 'ఆరోగ్యకరంగా తినండి ఆరోగ్యంగా జీవించండి' అనే బ్రాండ్ సిద్ధాంతం ద్రావిడ్ సమ్మతమైన శ్రద్ధ, సమతుల్యత, చురుకైన ఎంపికలు సమతుల్యతతో సజావుగా సమలేఖనం చేయబడింది. ఈ విలువలు అతని క్రికెట్ కెరీర్‌ను రూపొందించడమే కాకుండా అతని వ్యక్తిగత జీవన విధానాన్ని కూడా నిర్దేశించాయి. "క్రమశిక్షణ మరియు బుద్ధిపూర్వక అలవాట్లు సంతృప్తికరమైన జీవితానికి మూలస్తంభాలు అని నేను ఎల్లప్పుడూ నమ్ముతాను. ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్ ఆ విలువలను వంటగదిలోకి తీసుకువస్తుంది. స్పృహతో తినడానికి, ప్రతి భోజనము కలిసి ఆస్వాదించడానికి కుటుంబాలను ప్రేరేపించే బ్రాండ్‌తో భాగస్వామ్యం చేసుకున్నందుకు నేను గర్వపడుతున్నాను" అని రాహుల్ ద్రవిడ్ అన్నారు.



Name of the Publication: Janam Sakshi

Date: 11.10.2025

Page No: 05

Edition: Hyderabad

Headline: Rahul Dravid as Freedom Oil Brand Ambassador

ఫ్రీడమ్ ఆయిల్ బ్రాండ్ అంబాసిడర్ గా రాహుల్ ద్రావిడ్

- దేశ వ్యాప్తంగా ప్రచారం చేయనున్న మిస్టర్ డిపెండబుల్



బైరతాబాద్, అక్టోబర్ 10 (జనం సాక్షి) : దేశంలో ప్రముఖ వంటనూనె బ్రాండ్ లలో ఒకటైన ఫ్రీడమ్ రిఫైన్డ్ సన్ ఫ్లవర్ ఆయిల్, దిగ్గజ క్రికెటర్ రాహుల్ ద్రావిడ్ ను తమ బ్రాండ్ అంబాసిడర్ గా ఎంపిక చేసుకుందని జెమిని ఎడిబుల్స్ అండ్ ఫ్యాట్స్ ఇండియా లిమిటెడ్ సేల్స్, మార్కెటింగ్ సీనియర్ వైస్ ప్రెసిడెంట్ పి.చంద్ర శేఖర రెడ్డి, జెమిని ఎడిబుల్స్ అండ్ ఫ్యాట్స్ ఇండియా లిమిటెడ్ మార్కెటింగ్ హెడ్ చేతన్ పింపాల్ ఖుటే శుక్రవారం ఒక ప్రకటన లో పేర్కొన్నారు. వారు మాట్లాడుతూ ఈ భాగస్వామ్యం ద్వారా టెలివిజన్, డిజిటల్, సోషల్ మీడియాలో విస్తృత ప్రచారాలలో రాహుల్ ద్రావిడ్ పాల్గొంటారని తెలిపారు. 'ఆరోగ్యకరంగా తినండి, ఆరోగ్యంగా జీవించండి' అనే బ్రాండ్ యొక్క సిద్ధాంతం ద్రావిడ్ యొక్క నమ్మకమైన శ్రద్ధ, సమతుల్యత, చురుకైన ఎంపికలు, సమతుల్యతతో సజావు గా సమలేఖనం చేయబడిందన్నారు.

Name of the Publication: Telugu Prabha

Date: 11.10.2025

Page No: 12

Edition: Hyderabad

Headline: Rahul Dravid as Freedom Sunflower Oil Brand Ambassador

ఫ్రీడమ్ సన్‌ఫ్లవర్ ఆయిల్ బ్రాండ్ అంబాసిడర్‌గా రాహుల్ ద్రవిడ్

ఆరోగ్యకరమైన వంట కోసం
మిస్టర్ డిపెండబుల్ ప్రచారం

హైదరాబాద్, అక్టోబర్ 10 (తెలుగుప్రభ): ప్రముఖ వంటనూనెల బ్రాండ్ ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్, క్రికెట్ దిగ్గజం రాహుల్ ద్రవిడ్ తమ బ్రాండ్ అంబాసిడర్‌గా శుక్రవారం ప్రకటించింది. మిస్టర్ డిపెండబుల్‌గా పేరొందిన ద్రవిడ్, క్రమశిక్షణ, విశ్వసనీయత, స్థిరత్వం వంటి ఫ్రీడమ్ ఆయిల్స్ ప్రధాన విలువలను ప్రతిబింబిస్తారని పేర్కొంది.

ఈ భాగస్వామ్యం ద్వారా ద్రవిడ్ టెలివిజన్, డిజిటల్, సోషల్ మీడియా ప్రచారాలలో పాల్గొని, ఆరోగ్యకరమైన వంట పద్ధతులను ప్రోత్సహిస్తారు. ఆరోగ్యంగా తినండి, ఆరోగ్యంగా జీవించండి అనే బ్రాండ్ నినాదం ద్రవిడ్ జీవనశైలికి చక్కగా సరిపోతుందని తెలిపింది. ఈ సందర్భంగా రాహుల్ ద్రవిడ్ మాట్లాడుతూ, క్రమశిక్షణ, ఆలోచనాత్మక అలవాట్లు సంతృప్తి కరమైన జీవితానికి మూలస్థంభాలని తాను నమ్ముతాను. ఫ్రీడమ్ రిఫైన్డ్ సన్‌ఫ్లవర్ ఆయిల్

ఈ విలువలను వంటగదిలోకి తీసుకువస్తుంది. రుచి లేదా పోషణను కోల్పోకుండా ఆరోగ్యకరమైన జీవితాన్ని గడపడానికి ప్రజలను ప్రేరేపిస్తుంది అని అన్నారు. నా స్వంత ఇంట్లో, ఫ్రీడమ్ మా భోజనంలో విశ్వసనీయ భాగంగా మారింది, ఆరోగ్యకరమైన, సంతోషకరమైన జీవితాన్ని ప్రోత్సహిస్తుంది. మనం తినేది మనం ఎలా భావిస్తున్నామో నేరుగా రూపొందిస్తుంది.

ప్రతి భోజనము కలిసి ఆస్వాదించడానికి కుటుంబాలను ప్రేరేపించే బ్రాండ్‌తో భాగస్వామ్యం చేసుకున్నందుకు తాను గర్వపడుతున్నాను "అని ద్రవిడ్ అన్నారు. జిమిని ఎడిబుల్స్ అండ్ ఫ్యాట్స్ ఇండియా లిమిటెడ్ సేల్స్ అండ్ మార్కెటింగ్ సీనియర్ వైస్ ప్రెసిడెంట్ పి.చంద్రశేఖర రెడ్డి మాట్లాడుతూ రాహుల్ ద్రవిడ్‌ను ఫ్రీడమ్ కుటుంబానికి స్వాగతించడం ఆనందంగా ఉంది. ఆయన నిబద్ధత, సమతుల్యత, స్థిరత్వం తమ బ్రాండ్ విలువలకు అద్దం పడతాయి. దేశవ్యాప్తంగా ఉన్న గృహాలు ఆలోచనా



త్వకమైన వంటను స్వీకరించడానికి ఇది ప్రేరణ సృష్టింది అని అన్నారు. మార్కెటింగ్ హెడ్ చేతన్ పింపాల్‌ఖుటే మాట్లాడుతూ, రాహుల్ ద్రవిడ్ తమ బ్రాండ్‌కు ముఖచిత్రంగా ఉండటం ప్రత్యేకమైనది. ఆయన అంకితభావం, జీవితం పట్ల అవగాహన మా బ్రాండ్ తత్వాన్ని సంపూర్ణంగా ప్రతిబింబిస్తుంది. ఈ భాగస్వామ్యం ద్వారా దేశ వ్యాప్తంగా ఉన్న కుటుంబాలు ఆరోగ్యకరమైన వంట అలవాట్లను అలవర్చుకోవాలని ఆశిస్తున్నాము అని పేర్కొన్నారు.

Name of the Publication: Hindi Milap

Date: 11.10.2025

Page No: 06

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

राहुल द्रविड़ बने फ्रीडम रिफाईंड सनफ्लावर ऑयल के ब्रांड एंबेसडर

हैदराबाद, 10 अक्टूबर-(मिलाप ब्यूरो) फ्रीडम रिफाईंड सनफ्लावर ऑयल द्वारा जाने-माने क्रिकेटर तथा मिस्टर डिपेंडेबल के नाम से प्रसिद्ध राहुल द्रविड़ को अपना ब्रांड एंबेसडर बनाया गया।

आज जारी प्रेस विज्ञप्ति के अनुसार, ब्रांड एंबेसडर के रूप में राहुल द्रविड़ टेलीविजन, डिजिटल और सोशल मीडिया पर फ्रीडम के अभिनव अभियानों में दिखाई देंगे। साथ ही वह परिवारों को भरोसेमंद फ्रीडम रिफाईंड सनफ्लावर ऑयल का उपयोग करके स्वस्थ खाना पकाने के तरीकों को अपनाने के लिए ब्रांड के दर्शन 'स्वस्थ खाओ और स्वस्थ रहो' के साथ प्रेरित करेंगे।

राहुल द्रविड़ ने इस संदर्भ में कहा कि मेरा हमेशा से मानना रहा है कि अनुशासित जीवनशैली तथा सजग आदतें जीवन की आधारशिला हैं। फ्रीडम रिफाईंड सनफ्लावर ऑयल



राहुल द्रविड़

इन मूल्यों को रसोई में लाते हुए लोगों को स्वाद या पोषण से समझौता किए बिना एक सक्रिय और स्वस्थ जीवन जीने के लिए प्रेरित करता है। हम जो खाते हैं, उसका सीधा असर हमारी भावनाओं पर पड़ता है। मुझे ऐसे ब्रांड के साथ साझेदारी करने पर गर्व है, जो परिवारों को स्वस्थ खाने और हर निवाले का आनंद साथ मिलकर लेने के लिए प्रेरित करता है।

जेमिनी एडिबल्स एंड फैट्स इंडिया लिमिटेड के वरिष्ठ उपाध्यक्ष (बिक्री एवं विपणन) पी. चंद्रशेखर रेड्डी ने कहा कि राहुल द्रविड़ का फ्रीडम परिवार में स्वागत करते हुए हमें गर्व हो रहा है। राहुल द्रविड़ का फ्रीडम रिफाईंड सनफ्लावर ऑयल के साथ जुड़ाव देशभर के परिवारों को सोच-समझकर खाना पकाने के लिए प्रेरित करेगा, ताकि भोजन स्वाद और स्वास्थ्य दोनों का स्रोत बने।

जेमिनी एडिबल्स एंड फैट्स इंडिया लिमिटेड के मार्केटिंग प्रमुख चेतन पिंपलखुटे ने कहा कि राहुल द्रविड़ को फ्रीडम रिफाईंड सनफ्लावर ऑयल का चेहरा बनाना वाकई हमारे लिए खास है। इस सहयोग के माध्यम से हम देशभर के परिवारों को स्वस्थ खाना पकाने की आदतों को अपनाने के लिए प्रोत्साहित करेंगे।

Name of the Publication: Siasat Daily

Date: 11.10.2025

Page No: 09

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

کرکٹ آئیکان راہل ڈراوڈ، فریڈم ریفاائنڈ سن فلاور آئل کے برانڈ ایمبیسیڈر مقرر

حیدرآباد- 10 - اکتوبر: (پریس نوٹ): ہندوستان کے سرکردہ کرکٹ آئل برانڈ، فریڈم ریفاائنڈ سن فلاور آئل نے لیجنڈری کرکٹر راہل ڈراوڈ کو اس کا برانڈ ایمبیسیڈر بنایا ہے جو ان کے ڈسپلینڈ لائف اسٹائل کے لیے Mr. Dependable کی حیثیت سے جانے



جاتے ہیں۔ اس وابستگی کے ذریعہ راہل ڈراوڈ ٹیلی ویژن، ڈیجیٹل اور سوشل میڈیا میں 'اختراعی مہموں میں فیملیز میں' بھروسہ مند فریڈم ریفاائنڈ سن فلاور کا استعمال کرتے ہوئے صحت بخش پکوان کی عادتوں کو اختیار کرنے تحریک پیدا کریں گے۔ مسٹر پی چندر شیکھر ریڈی، سینئر وائس

پریسڈنٹ، سیس اینڈ مارکیٹنگ، جیمنی ایڈ فیٹس اینڈ فیاٹس انڈیا لمیٹڈ نے کہا کہ فریڈم فیملی میں راہل ڈراوڈ کا خیر مقدم کرنا ہمارے لیے اعزاز ہے۔۔

Name of the Publication: Munsif Daily

Date: 11.10.2025

Page No: 08

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

راہول ڈریوڈ فریڈم ریفائنڈ سن فلاور آئل کے برانڈ ایمبیسیڈر بن گئے



نئی دہلی۔ 10 اکتوبر (یو این آئی) فریڈم ریفائنڈ سن فلاور آئل، ہندوستان کے معروف خوردنی تیل برانڈز میں سے ایک، نے لیجنڈری کرکٹر راہول ڈریوڈ کو اپنے برانڈ ایمبیسیڈر کے طور پر سائن کیا ہے۔ راہول ڈریوڈ جو 'مسٹر بھروسہ مند' کے نام سے مشہور ہیں۔ ان کے نظم و ضبط والے طرز زندگی، بھروسے کی ساکھ اور مستقل مزاجی کے لیے قابل بھروسہ ہے جو کہ مستقل معیار، اعتماد، اور انحصار کی بنیادی اقدار کے ساتھ بالکل گونجتا ہے۔ اس اشتراک کے ذریعے، راہول ڈریوڈ ٹیلی ویژن، ڈیجیٹل اور سوشل میڈیا پر اختراعی مہموں میں شامل ہوں گے، جو خاندانوں کو انحصار کے قابل فریڈم ریفائنڈ سن فلاور آئل کا استعمال کرتے ہوئے صحت مند کھانا پکانے کے طریقوں کو اپنانے کی ترغیب دیں گے۔ برانڈ کا فلسفہ 'صحت مند کھائیں اور صحت مند رہیں' ڈریوڈ کے مستعدی، شائستگی، شعوری انتخاب اور توازن میں یقین کے ساتھ بغیر کسی رکاوٹ کے ہم آہنگ ہے۔ ایسی اقدار جنہوں نے نہ صرف اس کے کرکٹ کیریئر کی تشکیل کی بلکہ اس کے ذاتی طرز زندگی کی رہنمائی بھی کی۔ اس موقع پر راہول دراوڈ نے کہا کہ میں نے ہمیشہ یقین کیا ہے کہ نظم و ضبط اور ذہن سازی کی عادات ایک مکمل زندگی کی بنیاد ہیں۔ فریڈم ریفائنڈ سن فلاور آئل ان اقدار کو باور پچی خانے میں لاتا ہے۔ لوگوں کو ایک فعال اور صحت مند زندگی گزارنے کی ترغیب دیتا ہے، ذائقہ یا غذائیت کو کھونے کے بغیر۔ میرے اپنے گھر میں، آزادی ہمارے کھانے کا ایک قابل اعتماد حصہ بن گیا ہے، جس سے میں یہ حوصلہ افزائی کرتا ہوں کہ ہم کس طرح صحت مند اور صحت مند زندگی گزارتے ہیں۔ ایک ایسے برانڈ کے ساتھ شراکت کرنے پر فخر ہے جو خاندانوں کو شعوری طور پر کھانے اور ایک ساتھ ہر کھانے سے لطف اندوز ہونے کی ترغیب دیتا ہے۔

Name of the Publication: Rahnuma-E-Deccan

Date: 11.10.2025

Page No: 06

Edition: Hyderabad

Headline: Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

کرکٹ آئیکن راہول ڈریوڈ فریڈم ریفائنڈ سن فلاور آئل کے برانڈ ایمبیسیڈر

حیدرآباد: 10 اکتوبر، (پریس نوٹ) فریڈم ریفائنڈ سن فلاور آئل، ہندوستان کے معروف

خوردنی تیل برانڈز میں سے ایک،
نے لیجنڈری کرکٹر راہول ڈریوڈ کو اپنے
برانڈ ایمبیسیڈر کے طور پر سائن کیا
ہے۔ راہول ڈریوڈ، جو مسٹر کے نام
سے مشہور ہیں۔ اس کے نظم و ضبط کے
طرز زندگی، قابل اعتمادی کی ساکھ، اور
مستقل مزاجی کے لیے قابل بھروسہ جو
کہ فریڈم آئل کی بنیادی اقدار کے
ساتھ مکمل طور پر گونجتا ہے جو مستقل



مزاجی، بھروسہ اور قابل اعتماد ہے۔ اس ایسوسی ایشن کے ذریعے، راہول ڈریوڈ ٹیلی ویژن، ڈیجیٹل اور
سوشل میڈیا پر اختراعی مہموں میں شامل ہوں گے، جو خاندانوں کو انحصار کے قابل فریڈم ریفائنڈ سن فلاور
آئل کا استعمال کرتے ہوئے صحت مند کھانا پکانے کے طریقوں کو اپنانے کی ترغیب دیں گے۔ برانڈ کا
فلسفہ صحت مند کھانے اور صحت مند رہنے کے ذریعے، شائستگی، شعوری انتخاب، اور توازن
میں یقین کے ساتھ بغیر کسی رکاوٹ کے ہم آہنگ ہے۔ وہ اقدار جو نہ صرف اس کے کرکٹ کیریئر کی
تفکیک کرتی ہیں بلکہ اس کے ذاتی طرز زندگی کی رہنمائی بھی کرتی ہیں۔ فریڈم ہمیشگی کو نگ آئل اور
راہول ڈریوڈ دونوں اس بات کو مجسم کرتے ہیں کہ واقعی منفرد اور قابل اعتماد ہونے کا مطلب کیا ہے۔ ایک
اپنے طور پر لاکھوں لوگوں کو متاثر کرتا ہے۔ جس طرح ڈریوڈ کی لگن اور پرسکون عزم نے انہیں قوم کا دل
دلایا، اسی طرح فریڈم ریفائنڈ سن فلاور آئل ہر گھر میں اسی جذبے کو لاتا ہے۔

Name of the Publication: Suvarna Times of Karnataka

Date: 10.10.2025

Page No: 06

Edition: Bangalore

Headline: Rahul Dravid ambassador

ರಾಹುಲ್ ದ್ರಾವಿಡ್ ರಾಯಬಾರಿ

ಬೆಂಗಳೂರು: ಜೆಮಿನಿ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಸೇಲ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷರಾದ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಅವರು ಈ ಕುರಿತು ಮಾತನಾಡಿ, “ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಹೊಂದಿರುವ ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ. ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ. ಇದು ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಅಭ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ರಾಹುಲ್ ಅವರ ಉಪ



ಸ್ಥಿತಿಯು ದೇಶಾದ್ಯಂತದ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕ ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸುತ್ತದೆ. ಇದರಿಂದ ಪ್ರತಿದಿನದ ಊಟವು ಸಂತೋಷ, ಸಮತೋಲನ ಮತ್ತು ಯೋಗಕ್ಷೇಮದ ಮೂಲವಾಗಲಿದೆ.” ಎಂದು ಹೇಳಿದರು.

ಜೆಮಿನಿ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥರಾದ ಚೇತನ್ ಪಿಂಪಳಖುಟಿ ಅವರು, “ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸೂರ್ಯಕಾಂತಿ ಎಣ್ಣೆಗೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಮುಖವಾಗಿ ಹೊಂದಿರುವುದು ನಿಜಕ್ಕೂ ವಿಶೇಷವಾಗಿದೆ. ಅವರ ಸಮರ್ಪಣೆ, ಸಮತೋಲನ ಮತ್ತು ಜೀವನದ ಬಗ್ಗೆ ಜಾಗರೂಕ ವಿಧಾನವು ನಮ್ಮ ಬ್ರಾಂಡ್‌ನ ‘ಆರೋಗ್ಯಕರವಾಗಿ ತಿನ್ನಿ ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿ ಬಾಳಿ’ ತತ್ವಶಾಸ್ತ್ರವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ಈ ಸಹಯೋಗದ ಮೂಲಕ, ಭಾರತದಾದ್ಯಂತದ ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಅಡುಗೆ ಪದ್ಧತಿಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು, ಅಡುಗೆಮನೆಯಲ್ಲಿ ಪ್ರಜ್ಞಾಪೂರ್ವಕ ಆಯ್ಕೆಗಳನ್ನು ಮಾಡಲು ಮತ್ತು ದೇಹ ಹಾಗೂ ಮನಸ್ಸನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುವ ಊಟವನ್ನು ಆನಂದಿಸಲು ನಾವು ಪ್ರೇರೇಪಿಸಲು ಬಯಸುತ್ತೇವೆ” ಎಂದರು.

Name of the Publication: Eesanje

Date: 10.10.2025

Page No: 06

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ಯಾಂಡ್

ಬೆಂಗಳೂರು, ಅ. 9: ಜೆಮಿನಿ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಸೇಲ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷರಾದ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಅವರು ಈ ಕುರಿತು ಮಾತನಾಡಿ, ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ಯಾಂಡ್ ಹೊಂದಿರುವ ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ. ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ. ಇದು ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಆಭ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ರಾಹುಲ್ ಅವರ ಉಪಸ್ಥಿತಿಯು ದೇಶಾದ್ಯಂತದ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕ ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸುತ್ತದೆ. ಇದರಿಂದ ಪ್ರತಿದಿನದ ಊಟವು ಸಂತೋಷ, ಸಮತೋಲನ ಮತ್ತು ಯೋಗಕ್ಷೇಮದ ಮೂಲವಾಗಲಿದೆ.

ಜೆಮಿನಿ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥರಾದ ಶ್ರೀ ಚೇತನ್ ಪಿಂಪಳಖಿಟೆ



ವಿಶೇಷವಾಗಿದೆ. ಅವರ ಸಮರ್ಪಣೆ, ಸಮತೋಲನ ಮತ್ತು ಜೀವನದ ಬಗ್ಗೆ ಜಾಗರೂಕ ವಿಧಾನವು ನಮ್ಮ ಬ್ಯಾಂಡ್‌ನ 'ಆರೋಗ್ಯಕರವಾಗಿ ತಿನ್ನಿ ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿ ಬಾಳಿ' ತತ್ವಶಾಸ್ತ್ರವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ಈ ಸಹಯೋಗದ ಮೂಲಕ, ಭಾರತದಾದ್ಯಂತದ ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಅಡುಗೆ ಪದ್ಧತಿಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು, ಅಡುಗೆಮನೆಯಲ್ಲಿ ಪ್ರಜ್ಞಾಪೂರ್ವಕ ಆಯ್ಕೆಗಳನ್ನು ಮಾಡಲು ಮತ್ತು ದೇಹ ಹಾಗೂ ಮನಸ್ಸನ್ನು ಪೋಷಿಸುವ ಊಟವನ್ನು ಆನಂದಿಸಲು ನಾವು ಪ್ರೇರೇಪಿಸಲು ಬಯಸುತ್ತೇವೆ.

Name of the Publication: Indusanje

Date: 10.10.2025

Page No: 03

Edition: Bangalore

Headline: Rahul Dravid ambassador

ರಾಹುಲ್ ದ್ರಾವಿಡ್ ರಾಯಬಾರಿ

ಬೆಂಗಳೂರು: ಜೆಮಿನಿ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಸೇಲ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷರಾದ ಶ್ರೀ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಅವರು ಈ ಕುರಿತು ಮಾತನಾಡಿ, “ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಹೊಂದಿರುವ ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ. ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ. ಇದು ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಅಭ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ರಾಹುಲ್ ಅವರ ಉಪಸ್ಥಿತಿಯು ದೇಶಾದ್ಯಂತದ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕ ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸುತ್ತದೆ. ಇದರಿಂದ ಪ್ರತಿದಿನದ ಊಟವು ಸಂತೋಷ, ಸಮತೋಲನ ಮತ್ತು ಯೋಗಕ್ಷೇಮದ ಮೂಲವಾಗಲಿದೆ.” ಎಂದು ಹೇಳಿದರು.

ಜೆಮಿನಿ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥರಾದ ಚೇತನ್ ಪಿಂಪಳಖುಟೆ ಅವರು, “ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸೂರ್ಯಕಾಂತಿ ಎಣ್ಣೆಗೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಮುಖವಾಗಿ ಹೊಂದಿರುವುದು ನಿಜಕ್ಕೂ ವಿಶೇಷವಾಗಿದೆ. ಅವರ ಸಮರ್ಪಣೆ, ಸಮತೋಲನ ಮತ್ತು ಜೀವನದ ಬಗ್ಗೆ ಜಾಗರೂಕ ವಿಧಾನವು ನಮ್ಮ ಬ್ರಾಂಡ್‌ನ ‘ಆರೋಗ್ಯಕರವಾಗಿ ತಿನ್ನಿ ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿ ಬಾಳಿ’ ತತ್ವಶಾಸ್ತ್ರವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ಈ ಸಹಯೋಗದ ಮೂಲಕ, ಭಾರತದಾದ್ಯಂತದ ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಅಡುಗೆ ಪದ್ಧತಿಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು, ಅಡುಗೆಮನೆಯಲ್ಲಿ ಪ್ರಜ್ಞಾಪೂರ್ವಕ ಆಯ್ಕೆಗಳನ್ನು ಮಾಡಲು ಮತ್ತು ದೇಹ ಹಾಗೂ ಮನಸ್ಸನ್ನು ಪೋಷಿಸುವ ಊಟವನ್ನು ಆನಂದಿಸಲು ನಾವು ಪ್ರೇರೇಪಿಸಲು ಬಯಸುತ್ತೇವೆ” ಎಂದರು.

Name of the Publication: Vishwa Vaaridhi

Date: 10.10.2025

Page No: 04

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

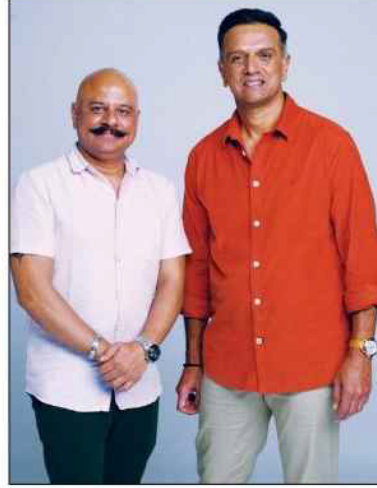
ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಫ್ರೀಡಂ ಎಣ್ಣೆಯ ಹೊಸ ಮುಖ: ಜಿಮಿನಿ ಎಡಿಬಲ್ಸ್ ಘೋಷಣೆ

ವಿಶ್ವವಾರಿಧಿ | ಬೆಂಗಳೂರು

ಭಾರತದ ಕ್ರಿಕೆಟ್ ದಿಗ್ಗಜ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಇದೀಗ ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸೂರ್ಯಕಾಂತಿ ಎಣ್ಣೆ ಬ್ರಾಂಡ್‌ನ ಹೊಸ ಮುಖವಾಗಿದ್ದಾರೆ. ಈ ಕುರಿತು ಜಿಮಿನಿ ಎಡಿಬಲ್ಸ್ ಅಂಡ್ ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್ ಸಂಸ್ಥೆ ಘೋಷಣೆ ಮಾಡಿದ್ದು, ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯನ್ನು ಉತ್ತೇಜಿಸುವ ಉದ್ದೇಶದಿಂದ ಈ ಸಹಯೋಗವು ರೂಪುಗೊಂಡಿದೆ.

ಸಂಸ್ಥೆಯ ಸೇಲ್ಸ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಅವರು ಹೇಳಿದರು, "ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಮೌಲ್ಯಗಳನ್ನು ಸ್ಪಷ್ಟವಾಗಿ ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ. ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ.

ಇದು ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಆಹಾರ ಅಭ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರ ಉಪಸ್ಥಿತಿಯು ದೇಶಾದ್ಯಂತ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕ ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸಲಿದೆ." ಎಂದು



ಹೇಳಿದರು.

ಅದೇ ಸಂದರ್ಭದಲ್ಲಿ ಸಂಸ್ಥೆಯ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥರಾದ ಶ್ರೀ ಚೇತನ್ ಪಿಂಪಳಖುಟಿ ಅವರು ಹೇಳಿದರು. ಈ ಸಹಯೋಗದೊಂದಿಗೆ, ಫ್ರೀಡಂ ಎಣ್ಣೆ ಬ್ರಾಂಡ್ ತನ್ನ ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯ ಸಂದೇಶವನ್ನು ದೇಶಾದ್ಯಂತ ಇನ್ನಷ್ಟು ಬಲವಾಗಿ ಪ್ರಸಾರಗೊಳಿಸಲು ಮುಂದಾಗಿದೆ.

Name of the Publication: Bharath Sarathi

Date: 13.10.2025

Page No: 02

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಫ್ರೀಡಂ ಎಣ್ಣೆಯ ಹೊಸ ಮುಖ: ಜೆಮಿನಿ ಎಡಿಬಲ್ಸ್ ಫೋಷಣೆ

ಬೆಂಗಳೂರು: ಭಾರತದ ಕ್ರಿಕೆಟ್ ದಿಗ್ಗಜ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಇದೀಗ ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸೂರ್ಯಕಾಂತಿ ಎಣ್ಣೆ ಬ್ರಾಂಡ್‌ನ ಹೊಸ ಮುಖವಾಗಿದ್ದಾರೆ.

ಈ ಕುರಿತು ಜೆಮಿನಿ ಎಡಿಬಲ್ಸ್ ಅಂಡ್ ಫ್ಯಾಕ್ಟ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್ ಸಂಸ್ಥೆ ಫೋಷಣೆ ಮಾಡಿದ್ದು,



ಆರೋಗ್ಯಕರ

ಜೀವನ ಶೈಲಿಯನ್ನು ಉತ್ತೇಜಿಸುವ ಉದ್ದೇಶದಿಂದ ಈ ಸಹಯೋಗವು ರೂಪುಗೊಂಡಿದೆ.

ಸಂಸ್ಥೆಯ ಸೇಲ್ಸ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಅವರು ಹೇಳಿದರು, "ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಪ್ರದೈ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಮೌಲ್ಯಗಳನ್ನು ಸ್ಪಷ್ಟವಾಗಿ ಪ್ರತಿನಿಧಿಸುತ್ತವೆ. ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ. ಇದು ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಆಹಾರ ಅಭ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರ ಉಸ್ತುವಾರಿಯು ದೇಶಾದ್ಯಂತ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕ ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸಲಿದೆ," ಎಂದು ಹೇಳಿದರು. ಅದೇ ಸಂದರ್ಭದಲ್ಲಿ ಸಂಸ್ಥೆಯ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥರಾದ ಶ್ರೀ ಬೇತನ್ ಪಿಂಪಳಖುಟಿ ಅವರು ಹೇಳಿದರು. ಈ ಸಹಯೋಗದೊಂದಿಗೆ, ಫ್ರೀಡಂ ಎಣ್ಣೆ ಬ್ರಾಂಡ್ ತನ್ನ ಆರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯ ಸಂದೇಶವನ್ನು ದೇಶಾದ್ಯಂತ ಇನ್ನಷ್ಟು ಬಲವಾಗಿ ಪ್ರಸಾರಗೊಳಿಸಲು ಮುಂದಾಗಿದೆ.

Name of the Publication: Sanje Prabha

Date: 13.10.2025

Page No: 03

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

ರಾಯಭಾರಿಯಾಗಿ ರಾಹುಲ್ ದ್ರಾವಿಡ್

ಬೆಂಗಳೂರು: ಭಾರತದ ಕ್ರಿಕೆಟ್ ದಿಗ್ಗಜ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಇದೀಗ ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸೂರ್ಯಕಾಂತಿ ಎಣ್ಣೆ ಬ್ರಾಂಡ್‌ನ ರಾಯಭಾರಿಯಾಗಿದ್ದಾರೆ. ಈ ಕುರಿತು ಬೆಂಗಳೂರಿನಲ್ಲಿ ಆಂಡ್ ಫ್ರಾಂಡ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್ ಸಂಸ್ಥೆ ಘೋಷಣೆ ಮಾಡಿದ್ದು, ಅರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯನ್ನು ಉತ್ತೇಜಿಸುವ ಉದ್ದೇಶದಿಂದ ಈ ಸಹಯೋಗವು ರೂಪುಗೊಂಡಿದೆ.



ಸಂಸ್ಥೆಯ ಸೇಲ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಅವರು ಹೇಳಿದರು, "ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಪ್ರಜ್ಞೆ, ಸಮಕೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಮೌಲ್ಯಗಳನ್ನು ಸ್ಪಷ್ಟವಾಗಿ ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ. ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ. ಇದು ಕುಟುಂಬಗಳು ಅರೋಗ್ಯಕರ ಆಹಾರ ಅಭ್ಯಾಸಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರ ಉಪಸ್ಥಿತಿಯು ದೇಶಾದ್ಯಂತ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕತೆ ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸಲಿದೆ," ಎಂದು ಹೇಳಿದರು.

ಅದೇ ಸಂದರ್ಭದಲ್ಲಿ ಸಂಸ್ಥೆಯ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥರಾದ ಶ್ರೀ ಚೇತನ್ ಪಿಂಪಳಮಾಟೆ ಅವರು ಹೇಳಿದರು, ಈ ಸಹಯೋಗದೊಂದಿಗೆ, ಫ್ರೀಡಂ ಎಣ್ಣೆ ಬ್ರಾಂಡ್ ತನ್ನ ಅರೋಗ್ಯಕರ ಜೀವನ ಶೈಲಿಯ ಸಂದೇಶವನ್ನು ದೇಶಾದ್ಯಂತ ಇನ್ನಷ್ಟು ಬಲವಾಗಿ ಪ್ರಸಾರಗೊಳಿಸಲು ಸಾಧ್ಯವಾಗಿದೆ.

Name of the Publication: Sanje Samaya

Date: 13.10.2025

Page No: 05

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ: ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ

ಸಂಜೆ ಸಮಯ ಸುದ್ದಿ (ಅಕ್ಟೋಬರ್ 11) ಚೆನ್ನೈನ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಸೆಲ್ ಮತ್ತು ಮಾರ್ಕೆಟಿಂಗ್ ವಿಭಾಗದ ಹಿರಿಯ ಉಪಾಧ್ಯಕ್ಷರಾದ ಶ್ರೀ ಪಿ. ಚಂದ್ರಶೇಖರ ರೆಡ್ಡಿ ಅವರು ಈ ಕುರಿತು ಮಾತನಾಡಿ, "ಫ್ರೀಡಂ ಕುಟುಂಬಕ್ಕೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಸ್ವಾಗತಿಸಲು ನಮಗೆ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತದೆ. ಅವರ ಶ್ರದ್ಧೆ, ಸಮತೋಲನ ಮತ್ತು ಸ್ಥಿರತೆಯು ನಮ್ಮ ಬ್ರಾಂಡ್ ಹೊಂದಿರುವ ಮೌಲ್ಯಗಳನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆ. ನಾವು ಪೌಷ್ಟಿಕ, ಲಘು ಮತ್ತು ರುಚಿಕರವಾದ ಅಡುಗೆ ಎಣ್ಣೆಗಳನ್ನು ಒದಗಿಸುತ್ತೇವೆ. ಇದು ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಆಭಾಸಗಳನ್ನು ಆಳವಡಿಸಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ರಾಹುಲ್ ಅವರ ಉಪಸ್ಥಿತಿಯು ದೇಶಾದ್ಯಂತದ ಮನೆಗಳಲ್ಲಿ ಜಾಗರೂಕ



ಅಡುಗೆ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರೇಪಿಸುತ್ತದೆ. ಇದರಿಂದ ಪ್ರತಿದಿನದ ಊಟವು ಸಂತೋಷ, ಸಮತೋಲನ ಮತ್ತು ಯೋಗಕ್ಷೇಮದ ಮೂಲವಾಗಲಿದೆ." ಚೆನ್ನೈನ ಎಡಿಬಲ್ ಮತ್ತು ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್‌ನ ಮಾರ್ಕೆಟಿಂಗ್ ಮುಖ್ಯಸ್ಥರಾದ

ಶ್ರೀ ಚೇತನ್ ಪಿಂಪಳಖುಟೆ ಅವರು, "ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸೂರ್ಯಕಾಂತಿ ಎಣ್ಣೆಗೆ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ಮುಖವಾಗಿ ಹೊಂದಿರುವುದು ನಿಜಕ್ಕೂ ವಿಶೇಷವಾಗಿದೆ. ಅವರ ಸಮರ್ಪಣೆ, ಸಮತೋಲನ ಮತ್ತು ಜೀವನದ ಬಗ್ಗೆ ಜಾಗರೂಕ ವಿಧಾನವು ನಮ್ಮ ಬ್ರಾಂಡ್‌ನ 'ಆರೋಗ್ಯಕರವಾಗಿ ತಿನ್ನಿ ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿ ಬಾಳಿ' ತತ್ವಪ್ರಾಸಂಗವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಪ್ರತಿಬಿಂಬಿಸುತ್ತದೆ. ಈ ಸಹಯೋಗದ ಮೂಲಕ, ಭಾರತದಾದ್ಯಂತದ ಕುಟುಂಬಗಳು ಆರೋಗ್ಯಕರ ಅಡುಗೆ ಪದ್ಧತಿಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು, ಅಡುಗೆಮನೆಯಲ್ಲಿ ಪ್ರಜ್ಞಾಪೂರ್ವಕ ಆಯ್ಕೆಗಳನ್ನು ಮಾಡಲು ಮತ್ತು ದೇಹ ಹಾಗೂ ಮನಸ್ಸನ್ನು ಪೋಷಿಸುವ ಊಟವನ್ನು ಆನಂದಿಸಲು ನಾವು ಪ್ರೇರೇಪಿಸಲು ಬಯಸುತ್ತೇವೆ."

Name of the Publication: Dina Sudar

Date: 10.10.2025

Page No: 03

Edition: Bangalore

Headline: Rahul Dravid joins Freedom Refined Sunflower Oil as brand ambassador

நிறுவன தூதராக ராகுல் டிராவிட் நியமனம்

பெங்களூர், அக். 9-

ஜெமினி எடிபிள்ஸ் அண்ட் ஃபேட்ஸ் இந்தியா லிமிடெட்டின் விற்பனை மற்றும் சந்தைப்படுத்தல் துறையின் மூத்த துணைத் தலைவர் பி. சந்திரசேகர் ரெட்டி, “ராஹுல் டிராவிட் ஃப்ரீடம் குடும்பத்திற்கு வரவேற்பதில் நாங்கள் பெருமை கொள்கிறோம். அவரது அர்ப்பணிப்பு, சமநிலை மற்றும் நிறைத்தன்மை எங்கள் பிராண்டின் மதிப்புகளை பிரதிபலிக்கின்றன.

நாங்கள் சத்தான, லேசான மற்றும் சுவையான சமையல் எண்ணெய்களை வழங்குகிறோம். இது குடும்பங்கள் ஆரோக்கியமான

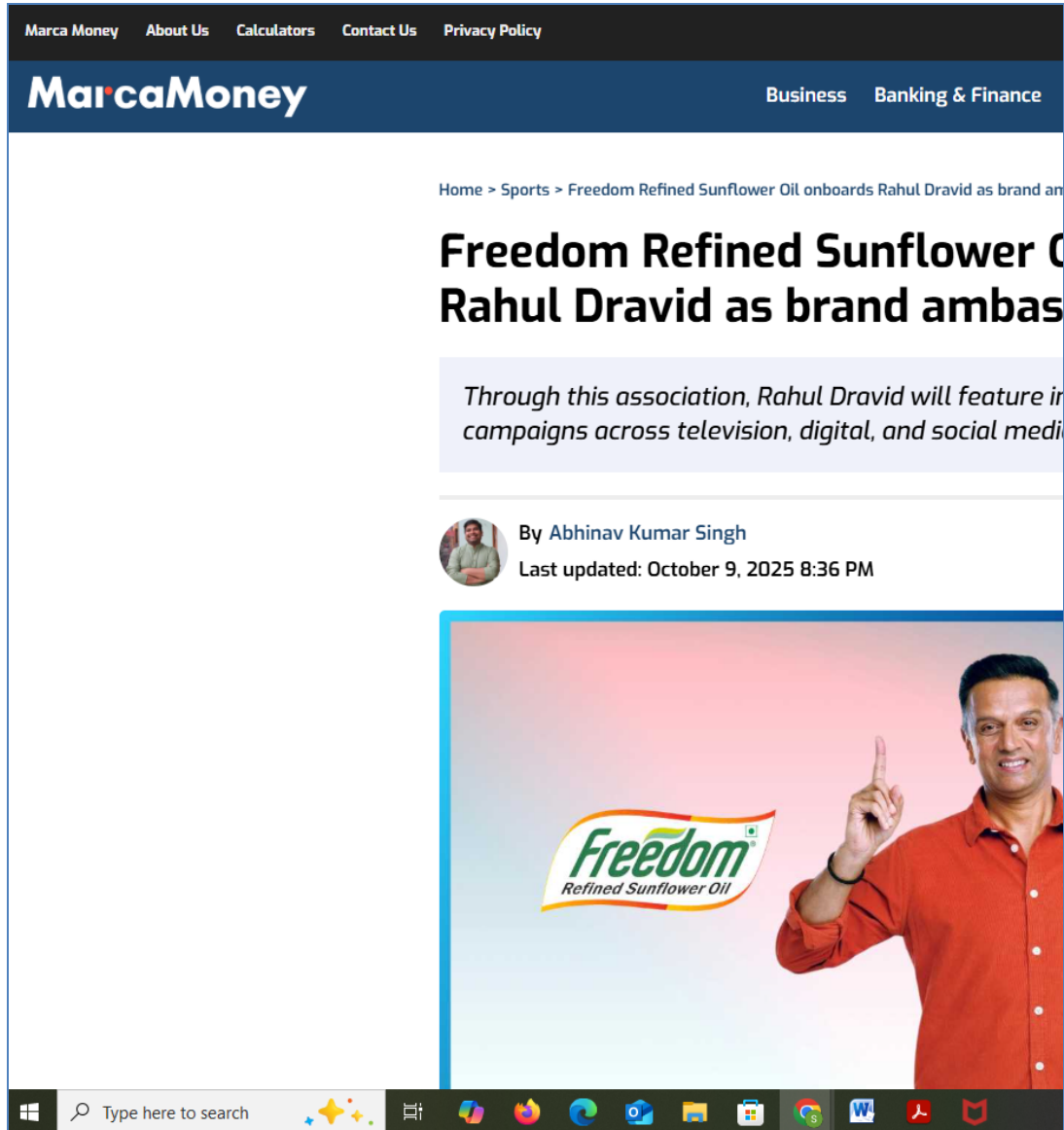


பழக்கங்களை ஏற்றுக்கொள்ள உதவுகிறது. ராகுலின் இருப்பு நாடு முழுவதும் உள்ள வீடுகளை கவனத்துடன் சமையல் நடைமுறைகளை ஏற்றுக்கொள்ள ஊக்குவிக்கும். இதனால் அன்றாட உணவு மகிழ்ச்சி,

சமநிலை மற்றும் நல்வாழ்வின் ஆதாரமாக மாறும்.” ஜெமினி எடிபிள்ஸ் அண்ட் ஃபேட்ஸ் இந்தியா லிமிடெட்டின் சந்தைப்படுத்தல் தலைவர் சேதன் பிம்பலாகுட் கூறுகையில் இது தொடர்பாக விளக்கிக் கூறினார்

Name of the Website: www.marcamoney.com

Elink: <https://www.marcamoney.com/freedom-refined-sunflower-oil-onboards-rahul-dravid-as-brand-ambassador/>



Name of the Website: www.fooddrinkinnovations.com

Elink: <https://fooddrinkinnovations.com/news-pr/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/>

The screenshot displays the homepage of the Food Drink Innovations website. The top navigation bar includes links for NEWS, INDUSTRY, TECHNOLOGY AND INNOVATIONS, INGREDIENT, SUSTAINABILITY, WEBZINES, TRADE ZONE, EVENTS, and ADVERTISE. A search icon is located on the far right. Below the navigation bar, there is a featured image of a woman sitting on a couch, and a banner for STAR Health Insurance with the text "STAR ఆరోగ్యం మీతో ఉన్నందున చింతించకండి". The main headline reads "Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador" with a sub-headline "October 9, 2025". To the left of the headline is a large image of Rahul Dravid in a red shirt, holding a bottle of Freedom Refined Sunflower Oil and pointing upwards. Below the headline, there is a "SHARE" button and social media icons for WhatsApp, Facebook, X, YouTube, and Email. The article text begins with "'Mr. Dependable' champions mindful cooking and healthier kitchens across India" and continues with details about the brand's philosophy and the association with Rahul Dravid. On the right side, there is a "Social Feed" section showing a post from Food - Drink & Innovations with 283 followers and a post from PROPRAK INDIA with a "PROPRAK INDIA 2025" graphic and a "02 DAYS TO GO" countdown.

Food Drink Innovations

NEWS INDUSTRY TECHNOLOGY AND INNOVATIONS INGREDIENT SUSTAINABILITY WEBZINES TRADE ZONE EVENTS ADVERTISE

STAR Health Insurance
STAR ఆరోగ్యం మీతో ఉన్నందున చింతించకండి

News/PR

Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

October 9, 2025

SHARE 0

'Mr. Dependable' champions mindful cooking and healthier kitchens across India

Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer Rahul Dravid as its brand ambassador. Rahul Dravid, popularly known as **'Mr. Dependable'** for his disciplined lifestyle, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of **consistent quality, trust, and dependability**.

Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil. The brand's philosophy of **'Eat Healthy and Live Healthy'** aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his cricketing career but also guide his personal way of life.

Freedom Healthy Cooking Oil and Rahul Dravid both embody what it means to be truly unique and trustworthy—each inspiring millions in their own right. Just as Dravid's dedication and quiet resolve earned him the nation's heart, Freedom Refined Sunflower Oil brings that same spirit into every home, promising purity and nourishment with every drop encouraging people to eat healthy and live an active life.

"I have always believed that discipline and mindful habits are the cornerstones of a fulfilling life. Freedom Refined Sunflower Oil brings those values into the kitchen—inspiring people to lead an active and healthy life, without losing out on taste or nourishment. In my own home, 'Freedom' has become a trusted part of our meals, encouraging healthier and happier living. What we eat directly shapes how we feel, and Freedom's presence with a blend of..."

Social Feed

Food - Drink & Innovations...
283 followers
Follow Page

PROPRAK INDIA
PROPRAK INDIA 2025
02 DAYS TO GO

Name of the Website: www.hospibuz.com

Elink: <https://hospibuz.com/beverages-hot-topics/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador-10544921>



Name of the Website: www.manifest-media.in

Elink: <https://www.manifest-media.in/marketing/091025/freedom-refined-sunflower-oil-onboards-rahul-dravid-as-brand-ambassador.html>

MANIFEST

Think you can out-create the algorithm? Enter.

HOME ADVERTISING MARKETING MEDIA DIGITAL PHARMA AND HEALTHCARE SPORTS CAMPAIGN

Home > Marketing > 09 Oct 2025 > Freedom Refined Sunflower Oil ...

Freedom Refined Sunflower Oil onboards Rahul Dravid as brand ambassador

Through this association, the veteran cricketer will feature in the brand's campaigns across television, digital, and social media.

Manifest Media Staff

Oct 9, 2025, 5:10 pm



 Freedom Refined Sunflower Oil onboards Rahul Dravid as brand ambassador

Freedom Refined Sunflower Oil has signed veteran cricketer Rahul Dravid as its brand ambassador.

Dravid, popularly known as 'Mr. Dependable' for his on-field reputation of reliability and

Name of the Website: www.cinebuzznews.net

Elink: <https://cinebuzznews.net/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/>

Cine Buzz NewsHome business health

Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

Admin | October 9, 2025 | business

Hyderabad, 9th October 2025: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer **Rahul Dravid** as its brand ambassador. **Rahul Dravid**, popularly known as 'Mr. Dependable' for his disciplined lifestyle, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of consistent quality, trust, and dependability.

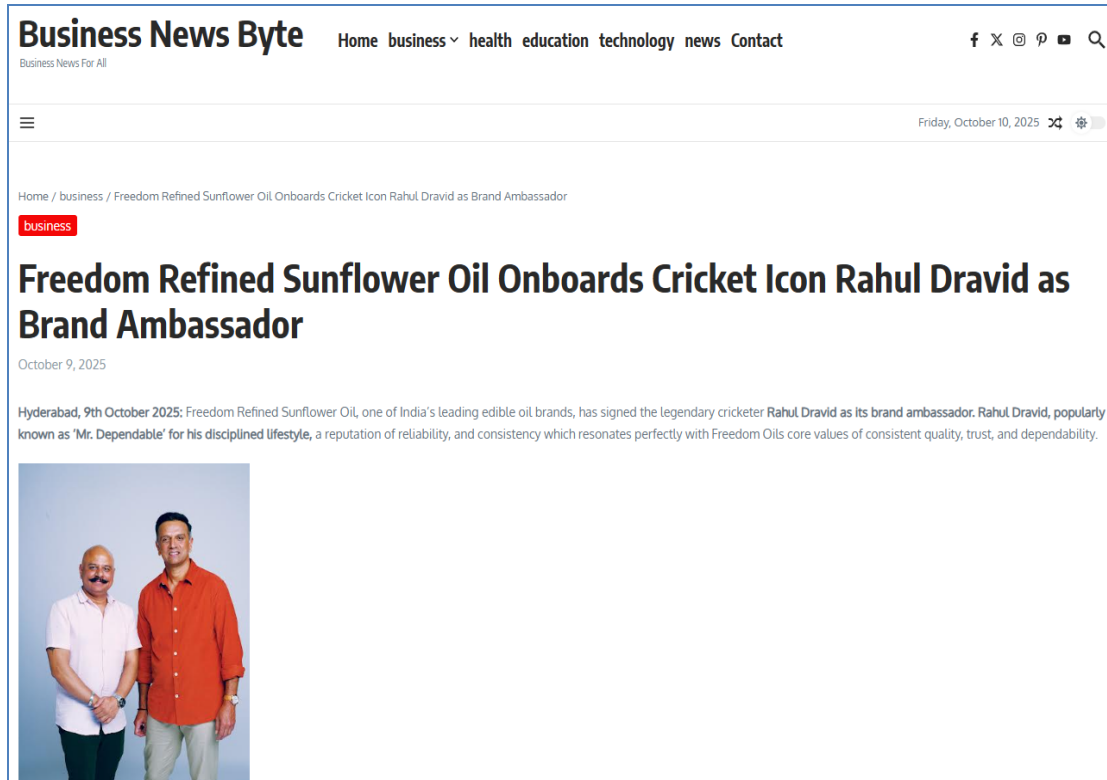


Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil. The brand's philosophy of 'Eat Healthy and Live Healthy' aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his crickering career but also guide his personal way of life.

Freedom Healthy Cooking Oil and Rahul Dravid both embody what it means to be truly unique and trustworthy—each inspiring millions in their own right. Just as Dravid's dedication and quiet resolve earned him the nation's heart, Freedom Refined Sunflower Oil brings that same spirit into every home, promising purity and nourishment with every drop, encouraging people to eat healthy and live an active life.

Name of the Website: www.businessnewsbyte.com

Elink: <https://businessnewsbyte.com/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/>



Name of the Website: www.bizrapidx.com

Elink: <https://bizrapidx.com/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/>

Biz RapidX
Business News In Fast

Business Health Education Technology News NewsVair Contact Privacy Policy

Home / Business / Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

October 9, 2025 by Neel Achary

Hyderabad, 9th October 2025: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer **Rahul Dravid as its brand ambassador. Rahul Dravid, popularly known as 'Mr. Dependable' for his disciplined lifestyle**, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of consistent quality, trust, and dependability.



Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil. The brand's philosophy of 'Eat Healthy and Live Healthy' aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his cricketing career but also guide his personal way of life.

Freedom Healthy Cooking Oil and Rahul Dravid both embody what it means to be truly unique and trustworthy—each inspiring millions in their own right. Just as Dravid's dedication and quiet resolve earned him the nation's heart, Freedom Refined Sunflower Oil brings that same spirit into every home, promising purity and nourishment with every drop encouraging people to eat healthy and live an active life.

"I have always believed that discipline and mindful habits are the cornerstones of a fulfilling life. Freedom Refined Sunflower Oil brings those values into the kitchen—inspiring people to lead an active and healthy life, without losing out on taste or nourishment. In my own home, 'Freedom' has become a trusted part of our meals, encouraging healthier and happier living. What we eat directly shapes how we feel, and I'm proud to partner with a brand that motivates families to eat consciously and enjoy every bite together," said **Rahul Dravid**.

Name of the Website: www.businessmicro.in

Elink: <https://businessmicro.in/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/>

business

Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

by Neel Achary • Oct 9, 2025 • 0 Comment

[Facebook](#) [Twitter](#) [LinkedIn](#) [Like 0](#)

Hyderabad, 9th October 2025: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer Rahul Dravid as its brand ambassador. Rahul Dravid, popularly known as 'Mr. Dependable' for his disciplined lifestyle, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of consistent quality, trust, and dependability.



Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil. The brand's philosophy of 'Eat Healthy and Live Healthy' aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his cricketing career but also guide his personal way of life.

Freedom Healthy Cooking Oil and Rahul Dravid both embody what it means to be truly unique and trustworthy—each inspiring millions in their own right. Just as Dravid's dedication and quiet resolve earned him the nation's heart, Freedom Refined Sunflower Oil brings that same spirit into every home, promising purity and nourishment with every drop encouraging people to eat healthy and live an active life.

"I have always believed that discipline and mindful habits are the cornerstones of a fulfilling life. Freedom Refined Sunflower Oil brings those values into the kitchen—inspiring people to lead an active and healthy life, without losing out on taste or nourishment. In my own home, 'Freedom' has become a trusted part of our meals, encouraging healthier and happier living. What we eat directly shapes how we feel, and I'm proud to partner with a brand that motivates families to eat consciously and enjoy every bite together," said Rahul Dravid.

Name of the Website: www.biznewsdaily.com

Elink: <https://biznewsdaily.com/business/freedom-refined-sunflower-oil-onboards-cricket-icon-rahul-dravid-as-brand-ambassador/>

**BIZ NEWS DAILY**
DAILY DOSE OF BUSINESS NEWS

Business Education Travel Health Sports News Contact

Home > Business > Freedom Refined Sunflower Oil Onboards C

Freedom Refined Sunflower Oil Onboards Cricket Icon Rahul Dravid as Brand Ambassador

BY ADMIN OCTOBER 9, 2025  BUSINESS

Hyderabad, 9th October 2025: Freedom Refined Sunflower Oil, one of India's leading edible oil brands, has signed the legendary cricketer **Rahul Dravid** as its brand ambassador. **Rahul Dravid**, popularly known as 'Mr. Dependable' for his disciplined lifestyle, a reputation of reliability, and consistency which resonates perfectly with Freedom Oils core values of consistent quality, trust, and dependability.



Through this association, Rahul Dravid will feature in innovative campaigns across television, digital, and social media, inspiring families to embrace healthier cooking practices using 'dependable' Freedom Refined Sunflower Oil. The brand's philosophy of 'Eat Healthy and Live Healthy' aligns seamlessly with Dravid's belief in diligence, poise, conscious choices, and balance—values that not only shaped his cricketing career but also guide his personal way of life.

Freedom Healthy Cooking Oil and Rahul Dravid both embody what it means to be truly unique and trustworthy—each inspiring millions in their own right. Just as Dravid's dedication and quiet resolve earned him the nation's heart, Freedom Refined Sunflower Oil brings that same spirit into every home, promising purity and nourishment with every drop encouraging people to eat healthy and live an active life.

Name of the Website: www.hindimilap.com

Elink: <https://www.hindimilap.com/freedom-refined-sunflower-oil-appoints-rahul-dravid-as-brand-ambassador/>

Tuesday, 14 October 2025
21 °C Hyderabad

डेली हिन्दी मिलाप

होम तेलंगाना राष्ट्रीय राज्य अंतरराष्ट्रीय खेल खिलाड़ी मस्त मस्त हमारा

होम / तेलंगाना

राहुल द्रविड़ बने फ्रीडम रिफाईंड सनफ्लावर ऑयल के ब्रांड एंबेसडर

Milap Bureau हैदराबाद 1 दिन पहले Last Updated: अक्टूबर 10, 2025 7 1 minute read



फ्रीडम रिफाईंड सनफ्लावर ऑयल के ब्रांड बने एंबेसडर राहुल द्रविड़

TRANQUIL
MEDICAL YELLAMPOT PHASE 2

9703300038
8008022699

R1 Zone Project in Newly Declared Yellampot Municipality Medchal.
The most affordable residential project in North Hyderabad
Walkable Distance from Bally School Medical Yellampot
Invest in the Future Growing Sector in Hyderabad
Just 18 kms from Kothapally

Project Registration No. PG2200099447
Sale of No. 000231/OP/19MDA/2024

हैदराबाद, फ्रीडम रिफाईंड सनफ्लावर ऑयल द्वारा जाने-माने पूर्व क्रिकेटर तथा 'मिस्टर डिपेंडेबल' के नाम से प्रसिद्ध राहुल द्रविड़ को अपना ब्रांड एंबेसडर बनाया गया है।

ब्रांड एंबेसडर के रूप में राहुल द्रविड़ टेलीविजन, डिजिटल और सोशल मीडिया पर फ्रीडम के अभिनव अभियानों में दिखाई देंगे। साथ ही वे परिवारों को 'भरोसेमंद' फ्रीडम रिफाईंड सनफ्लावर ऑयल का उपयोग करके स्वस्थ खाना पकाने के तरीकों को अपनाने के लिए ब्रांड के दर्शन 'स्वस्थ खाओ और स्वस्थ रहो' साथ प्रेरित करेंगे।

HOME Styling
Ab Ka
Curto
with D
SPOT MEAS
Book D

ताजा ख
सांसाजिक

Name of the Website: www.prajavani.net

Elink: <https://www.prajavani.net/business/commerce-news/cricket-icon-rahul-dravid-is-the-ambassador-for-freedom-refined-sunflower-oil-3575129>

ಶುಕ್ರವಾರ, 10 ಅಕ್ಟೋಬರ್ 2025

ಪ್ರಜಾವಾಣಿ
ಅಭಿಮಾನಿಗಳ ಸಂಪರ್ಕ

ಭಾರತ

ಜ್ಞಾನ | ಕಲೆ-ಸಾಹಿತ್ಯ

Home > Business > Commerce News >

ಫ್ರೀಡಂ ಸನ್ ಫ್ಲವರ್ ಆಯಿಲ್‌ಗೆ ದ್ರಾವಿಡ್ ರಾಯಭಾರಿ

 ಪ್ರಜಾವಾಣಿ ವಾರ್ತೆ

Published : 9 ಅಕ್ಟೋಬರ್ 2025, 18:32 IST | Last Updated : 9 ಅಕ್ಟೋಬರ್ 2025, 18:32 IST

ಫೋಟೋ ಮಾಡಿ  

  0



ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸನ್ ಫ್ಲವರ್ ಆಯಿಲ್ ಕಂಪನಿಯು ಮಾಜಿ ಕ್ರಿಕೆಟಿಗ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ತನ್ನ ರಾಯಭಾರಿಯಾಗಿ ನೇಮಿಸಿದೆ

ಬೆಂಗಳೂರು: ಜೆಮಿನಿ ಎಡಿಬಲ್ಸ್ ಆಂಡ್ ಫ್ಯಾಟ್ಸ್ ಇಂಡಿಯಾ ಲಿಮಿಟೆಡ್ ಕಂಪನಿಯ ಫ್ರೀಡಂ ರಿಫೈನ್ಡ್ ಸನ್ ಫ್ಲವರ್ ಆಯಿಲ್, ಮಾಜಿ ಕ್ರಿಕೆಟಿಗ ರಾಹುಲ್ ದ್ರಾವಿಡ್ ಅವರನ್ನು ತನ್ನ ಬ್ರಾಂಡ್ ರಾಯಭಾರಿಯಾಗಿ ನೇಮಿಸಿದೆ.

ADVERTISEMENT

Powered By **VDO.AI**

Headline: Festive specials you can try at home



Name of the Publication: Prajavani

Date: 11.10.2025

Page No: 09

Edition: Bengaluru

Headline: A delicious celebration for Diwali!

ದೀಪಾವಳಿಗೆ ಸವಿಯೂಟ ಸಂಭ್ರಮ!

ಧನತ್ರಯೋದತಿ, ದೀಪಾವಳಿ ಹಬ್ಬದ ನಡಗರದ ನಡುವೆ ಪಾಕವೈಯೋಗ ಮಾಡುವವರಿಗೆ ನಿಕಟಕ ಚಂದ್ರ ಮತ್ತು ಅದರ್ಶ ತಟ್ಟೆಯವರ ಅಡುಗೆ ಮಾರ್ಗದರ್ಶನ ನಿಗುತ್ತಿದೆ. ಮನೆಮಂದಿಯೆಲ್ಲಾ ಹಬ್ಬದ ಸಂಭ್ರಮವನ್ನು ಸಖಿಯೂಟದೊಂದಿಗೆ ಆನಂದಿಸುವ ಅವಕಾಶ ಇಲ್ಲಿದೆ.

ಬೋಂಡಾ ಸೂಪ್ ಸಿಹಿ ಕಹಿ ಚಂದ್ರ ಅವರಿಂದ



ಬೇಕಾಗುವ ಪದಾರ್ಥಗಳು:
1 ಕಪ್ ನೆನಸಿದ ಉದ್ದಿನ ಬೇಳೆ, ಅರ್ಧ ಚಮಚ ಬೇಕಿಂಗ್ ಸೋಡಾ, 3 ಹಸಿ ಮೆಣಸಿನಕಾಯಿ, 1 ಇಂಚು ಶುಂಠಿ, ತಲಾ ಅರ್ಧ ಚಮಚ ಮೆಣಸು, ಅರಿಶಿನ ಪುಡಿ, ಇಂಗು. ಅರ್ಧ ಕಪ್ ತುರಿದ ತೆಂಗು, 1 ಕಪ್ ನೆನಸಿದ ಹಸರುಕಾಳು, ತಲಾ 1 ಚಮಚ ಜೀರಿಗೆ, ಮೆಣಸು, ನಿಂಬೆರಸ. ಕತ್ತರಿಸಿದ ಒಂದು ಟೊಮೆಟೊ, ಕಾಲು ಕಪ್ ಕತ್ತರಿಸಿದ ಕೊತ್ತಂಬರಿ, 10 ಕರಿಬೇವು, ಎಣ್ಣೆ ಮತ್ತು ರುಚಿಗೆ ತಕ್ಕಷ್ಟು ಉಪ್ಪು.

ಮಾಡುವ ವಿಧಾನ: ಒಂದು ಗಂಟೆಯ ಕಾಲ ಹಸರು ಬೇಳೆಯನ್ನು ನೀರಿನಲ್ಲಿ ನೆನೆಸಿಡಿ. ನೆನಸಿದ ಹಸರು ಬೇಳೆಯನ್ನು ಪ್ರಶರ್ ಕುಕ್ಕರ್‌ಗೆ ಹಾಕಿ ಉಪ್ಪು, ಅರಿಶಿನ ಪುಡಿ, ಇಂಗು ಮತ್ತು ಎಣ್ಣೆ ಸೇರಿಸಿ. ಚೆನ್ನಾಗಿ ಮಿಶ್ರಣ ಮಾಡಿದ ನಂತರ ನೀರು ಸೇರಿಸಿ, ಸಾಧಾರಣ ಉರಿಯಲ್ಲಿ 3 ಸೀಟಿ ಬರುವವರೆಗೆ ಪ್ರಶರ್ ಕುಕ್ಕರ್ ನಲ್ಲಿ ಬೇಯಿಸಿ. ಬೇಯಿಸಿದ ಬೇಳೆಯನ್ನು ಪಕ್ಕಕ್ಕೆ ಇರಿಸಿ. ಜೀರಿಗೆ ಮತ್ತು ಮೆಣಸನ್ನು ಕುಟಾಣಿಯನ್ನು ಬಳಸಿ ಒರಟಾಗಿ ಪುಡಿ ಮಾಡಿ. ಒಂದು ಪಾತ್ರೆಯಲ್ಲಿ ಎಣ್ಣೆಯನ್ನು ಬಿಸಿ ಮಾಡಿ. ತಯಾರಾದ ಜೀರಿಗೆ ಪುಡಿಯನ್ನು ಸ್ವಲ್ಪ ಇಂಗು ಸೇರಿಸಿ 1 ನಿಮಿಷ ಹುರಿಯಿರಿ. ಸಣ್ಣಗೆ ಹಚ್ಚಿದ ಶುಂಠಿ, ಕತ್ತರಿಸಿದ ಹಸಿರು ಮೆಣಸಿನಕಾಯಿ, ಕರಿಬೇವು ಸೇರಿಸಿ 1 ನಿಮಿಷ ಹುರಿಯಿರಿ. ಕತ್ತರಿಸಿದ ಟೊಮೆಟೊ ಸೇರಿಸಿ, ಚೆನ್ನಾಗಿ ಮಿಶ್ರಣ

ಮಾಡಿ ಮತ್ತು ಸ್ವಲ್ಪ ಉಪ್ಪು ಸೇರಿಸಿ. ಟೊಮೆಟೊ ಮೆತ್ತಗಾಗುವವರೆಗೆ ಹುರಿದು ಮಿಶ್ರಣ ಮಾಡಿ. ಬೇಯಿಸಿದ ಹಸರು ಬೇಳೆಯನ್ನು, ತಯಾರಾದ ಒಗ್ಗರಣೆಗೆ ಅಗತ್ಯವಿರುವ ಪ್ರಮಾಣದ ನೀರು ಹಾಕಿ ಕೆಲವು ನಿಮಿಷಗಳ ಕಾಲ ಕುದಿಸಿ. ಸೂಪ್ ಅನ್ನು 10 ನಿಮಿಷಗಳ ಕಾಲ ಬೇಯಿಸಿದ ನಂತರ ಅಗತ್ಯವಿದ್ದರೆ ಹೆಚ್ಚಿನ ನೀರನ್ನು ಸೇರಿಸುವ ಮೂಲಕ ಸರಿಯಾದ ಹದ ನೀಡಿ. ನಿಂಬೆ ರಸ, ಕತ್ತರಿಸಿದ ಕೊತ್ತಂಬರಿ ಸೊಪ್ಪು ಮತ್ತು ಕರಿಬೇವು ಸೇರಿಸಿ. ಸೂಪ್ ಅನ್ನು ಪಕ್ಕಕ್ಕೆ ಇರಿಸಿ.

ನೆನಸಿದ ಉದ್ದಿನ ಬೇಳೆಯನ್ನು ಮಿಕ್ಸರ್ ಬಾರ್‌ಗೆ ಹಾಕಿ ಸ್ವಲ್ಪ ನೀರು ಸೇರಿಸಿ ರುದ್ದಿ ಕೊಳ್ಳಿ. ನಂತರ ಹಿಟ್ಟನ್ನು ದೊಡ್ಡ ಬಟ್ಟಲಿಗೆ ಹಾಕಿ. ಉಪ್ಪು, ತುರಿದ ತೆಂಗಿನಕಾಯಿ, ಸಣ್ಣಗೆ ಹಚ್ಚಿದ ಹಸಿರು ಮೆಣಸಿನಕಾಯಿ, ಕತ್ತರಿಸಿದ ಶುಂಠಿ, ಕತ್ತರಿಸಿದ ಕರಿಬೇವು, ಮೆಣಸು ಮತ್ತು ರುಚಿಗೆ ತಕ್ಕಷ್ಟು ಉಪ್ಪು ಸೇರಿಸಿ ಚೆನ್ನಾಗಿ ಮಿಶ್ರಣ ಮಾಡಿ. ಕಡಾಯಿಯಲ್ಲಿ ಹುರಿಯಲು ಬೇಕಾದಷ್ಟು ಎಣ್ಣೆಯನ್ನು ಬಿಸಿ ಮಾಡಿ, ಹಿಟ್ಟಿನ ಮಿಶ್ರಣವನ್ನು ಸಣ್ಣ ಭಾಗಗಳಲ್ಲಿ ನಿಧಾನವಾಗಿ ಬಿಡಿ. ಬೋಂಡಾಗಳನ್ನು ಸಾಧಾರಣ ಕಡಿಮೆ ಉರಿಯಲ್ಲಿ ಎಲ್ಲಾ ಕಡೆ ಚಿನ್ನದ ಕಂದು ಬಣ್ಣ ಬರುವವರೆಗೆ ಹುರಿದು ಕಡಾಯಿಯಿಂದ ತೆಗೆಯಿರಿ. ನಂತರ ಸೂಪ್‌ನೊಂದಿಗೆ ರುಚಿಕರ ಬೋಂಡಾ ಸವಿಯಿರಿ.

ತುಂಟಾಪುರ ಕೋಳಿ ಕಡ್ಡಿ ಅದರ್ಶ ತಟ್ಟೆ ಅವರಿಂದ

ಬೇಕಾಗುವ ಪದಾರ್ಥಗಳು: 500ಗ್ರಾಂ ಚಿಕನ್ ಪೀಸೆಗಳು, 1 ಚಮಚ ಬ್ಯಾಡಗಿ ಮೆಣಸಿನ ಪುಡಿ, ಅರ್ಧ ಚಮಚ ಅರಿಶಿನ, 5 ಗುಂಟೂರು ಮೆಣಸಿನಕಾಯಿ, 2 ಇಂಚು ಶುಂಠಿ, 10 ಬೆಳ್ಳುಳ್ಳಿ, 1 ಸಣ್ಣ ಕಪ್ ಕೊತ್ತಂಬರಿ

ಸೊಪ್ಪು, ಗರಂ ಮಸಾಲ 1 ಚಮಚ, ನಿಂಬೆರಸ 1 ಚಮಚ, 3 ಹಸಿ ಮೆಣಸಿನಕಾಯಿ, ಕರಿಬೇವು, ಎಣ್ಣೆ 2 ಚಮಚ, ರುಚಿಗೆ ತಕ್ಕಷ್ಟು ಉಪ್ಪು



ಮಾಡುವ ವಿಧಾನ: ಚಿಕನ್ ಅನ್ನು ನಿಂಬೆರಸ, ಉಪ್ಪು, ಅರಿಶಿನ ಮತ್ತು ಬ್ಯಾಡಗಿ ಮೆಣಸಿನಕಾಯಿ ಪುಡಿಯಿಂದ ಮಿಶ್ರಣ ಮಾಡಿ 10 ನಿಮಿಷ ಪಕ್ಕಕ್ಕೆ ಇರಿಸಿ. ಮಿಕ್ಸರ್ ಬಾರ್‌ನಲ್ಲಿ ಶುಂಠಿ, ಬೆಳ್ಳುಳ್ಳಿ, ಗುಂಟೂರು ಮೆಣಸಿನಕಾಯಿ ಮತ್ತು ಕೊತ್ತಂಬರಿ ಸೊಪ್ಪನ್ನು ಸ್ವಲ್ಪ ನೀರಿನೊಂದಿಗೆ ಸೇರಿಸಿ, ನುಣ್ಣಗೆ ಪುಡಿಮಾಡಿ ಜೊತೆಗೆ ಗರಂ ಮಸಾಲಾ ಸೇರಿಸಿ. ಚಿಕನ್‌ನೊಂದಿಗೆ ಚೆನ್ನಾಗಿ ಮಿಶ್ರಣ ಮಾಡಿ 15 ನಿಮಿಷಗಳ ಕಾಲ ರಸವತ್ಸಾಗಲು ಬಿಡಬೇಕು.

ಬಿದಿರಿನ ಕಡ್ಡಿಗಳನ್ನು ಬಳಸಿ ಚಿಕನ್ ತುಂಡುಗಳನ್ನು ಕಡ್ಡಿಗೆ ಚುಚ್ಚಿ ಗ್ಯಾಸ್ ಬೆಂಕಿಯಲ್ಲಿ ಗ್ರಿಲ್ ಮಾಡಿ. ಚಿಕನ್ ತುಂಡುಗಳು ಚೆನ್ನಾಗಿ ಬೆಂದ ನಂತರ, ಕಡಾಯಿಯನ್ನು ಬಿಸಿ ಮಾಡಿ ಎಣ್ಣೆ, ಕರಿಬೇವು ಮತ್ತು ಹಸರು ಮೆಣಸಿನಕಾಯಿಗಳನ್ನು ಸೇರಿಸಿ. ಅದಕ್ಕೆ ಗ್ರಿಲ್ ಮಾಡಿದ ಚಿಕನ್ ತುಂಡುಗಳನ್ನು ಸೇರಿಸಿ, ಹೆಚ್ಚಿನ ಉರಿಯಲ್ಲಿ ಫ್ರೈ ಮಾಡಿ. ಸಿದ್ಧವಾದ ರಸವತ್ಸಾದ ಚಿಕನ್ ಪೀಸೆಗಳನ್ನು ಈರುಳ್ಳಿ ಮತ್ತು ಪುದೀನಾ ಚಟ್ನಿಯೊಂದಿಗೆ ಸವಿಯಿರಿ.

ಪ್ರಸ್ತುತಿ: ಪಿವಿ ಬ್ರಾಂಡ್ ಪ್ಲಾಟ್



ಅಡುಗೆಯ ವಿಧಾನಗಳ ವೀಕ್ಷಣೆಗೆ ಕ್ಲೋರ್ ಕೋಡ್ ಸ್ಕ್ಯಾನ್ ಮಾಡಿ

LPG Partner	Kitchen Partner	Special Partner	Snacks Partner	Associate Sponsors

Name of the Publication: Deccan Herald

Date: 19.10.2025

Page No: 05

Edition: Bangalore

Headline: Delicacies for Diwali

Delicacies for Diwali

Diwali is just around the corner. It's time to get some festival specials going in the kitchen. Chef Aadharsh Tatpati has a couple you can try at home.



Batani Kurma

What you need:

- 250 gm of fresh green peas
- 1 potato (cut into fine pieces)
- ½ a fresh coconut (grated)
- 1 tbsp each of dhaniya powder, poppy seeds and kasoori methi
- 1 tsp of garam masala powder
- Cashew nuts – 10, green chillis - 5-6, two-inch ginger
- Garlic cloves - 8-10, dry grapes/raisins - 10-15
- Coriander leaves (chopped a little)
- 1 large onion (chopped finely)
- 1 tomato (chopped)
- ½ a tsp of turmeric
- 3 tbsps of oil

Preparation:

Heat oil in a pan, add onions and saute till golden brown. Add chopped tomato and saute till oil separates. Grind freshly-grated coconut, ginger, garlic, poppy seeds, green chillies and cashew nuts to a very fine paste. Add this paste to the pan, add turmeric, coriander powder and garam masala powder, mix well and stir-fry for 5-6 minutes. Add one glass of water and salt to taste, and mix well. Add fresh green peas and potato. Cover and cook until green peas and potato are done. Add chopped coriander leaves, kasoori methi and dry grapes. Stir well and cook on medium

flame for five minutes. You can top it with a tablespoon of ghee (optional) and Batani Kurma is ready. Serve with puri, chapati or neer dosa.

Kadle Manoli Sukka Masala (Mangalorean style)

What you need:

- 250 gm kadle or black chana (soaked overnight and boiled)
- 250 gm tondekai/tendli (half cooked)
- ½ a fresh coconut (grated)
- 1 onion - chopped
- 2 tbsps coconut oil
- ½ a teaspoon of turmeric
- 1 tsp jeera seeds
- 1 tbsp coriander seeds
- Byadagi dry chillis - 5-6
- Whole garlic cloves – 10
- 1 tsp of mustard seeds
- Curry leaves – 2 sprigs
- Chopped coriander leaves and salt to taste

Preparation:

Heat coconut oil and sunflower oil together in a kadai and add mustard seeds, curry leaves, onion and garlic. Fry till light brown. Dry roast red chillies, jeera, coriander seeds and grind to a powder. Add black chana/kadale and tondekai/tendli to the fried mix in the kadai and stir fry. Now add the ground powder and turmeric, and stir fry for another five minutes on medium flame. Now add chopped coriander leaves and freshly-grated coconut, mix well, and cover and cook for two minutes. Serve hot with neer dosa, puri or chapati.



Curated by **DH Brandspot**

Scan this QR code to catch all the cooking action



LPG Partner: 

Kitchen Partner: 

Refrigerator Partner: 

Snacks Partner: 

Associate Sponsor:   