

THE LIFESTYLE MAGAZINE OF DLF GARDENCITY



OASIS

AUG - SEPT 2021

India at 75

FASHION - *India's Woven*

WELLNESS - *The Science of Life*

TRAVEL - *India's Unmissable*

Live in opulence. Indoors and outdoors



- 4-bedroom residences • Dedicated parking bays on ground floor
- Dedicated staff room and store room • Surrounded by planned greens and parks

To know more ☎ 7045106341



INDEPENDENT FLOORS
SECTOR 91/92, GURUGRAM

WELCOME

FIRST WORD



Dear Residents,

2021 marks many milestones. India is elevating through seventy-five years of culture, heritage, and hallmarks bringing home the spirit of India at 75, here's what we are delighted to bring forth in our latest issue.

Health has truly grown into our wealth, and we bring you how to best invest in it. From navigating back, fitness to adopting wellness through the popular concept of Ayurveda, let in the richness of good health and wellbeing for you and your loved ones with our expert features.

India's beauty, amongst much more, lies in its traditions - including forgotten ancient beauty rituals, leading native fashion textiles, and the floral power of fragrances. Dive with us into the treasure trove of our country's most rooted concepts. And of course, discover the many elements of Made in India and India's trending destinations to add to your bucket list for the coming seasons.

Presenting a special feature, applauding the 25 global icons of India who have created a new lens for the world to see our country. Staying true to our classics, sit back and unwind with our list of 'musts' in books, entertainment, food, automotive, and tech this month!

In harmony, take a look at the events organised by the team adhering to COVID protocols. We celebrated the glorious 75th year of our independence with a grand celebration on 15th August this year. This was followed by Janmashtami celebrations at The Ultima with a spread of colours, bhajans and dandiya this year.

Well, what could be more quintessential than unwinding with an informative and fun dive into India's pot of gold? We hope our fascination shines brightly and brings forth a refreshing perspective on India's 75th celebration.

As always, wishing our readers a safe and healthy reading. Cheers!

KARAN KUMAR

CHIEF MARKETING OFFICER, DLF LIMITED

OASIS
THE LIFESTYLE MAGAZINE OF DLF GARDENCITY

GM- Marketing

Gaurav Singh
E: singh-gaurav2@dlf.in
M: + 91 9818624356

AM- Marketing

Sreeya Bhattacharya
E: Bhattacharya-sreeya@dlf.in
M: +91 9650028912

Chief Editor

Parineeta Sethi
parineeta@pinnacleconnect.in

Editor-at-Large

Ranojoy Mukerji
ranojoy@pinnacleconnect.in

EDITORIAL

Assistant Editor

Vidhi Gupta
vidhi@pinnacleconnect.in

Features Writer

Wrinda Rastogi
wrinda@pinnacleconnect.in

ART

Design: **Creative Zone**
grafiks.sk@gmail.com

PINNACLE CONNECT CORPORATE

Chief Executive Officer
Abhinav Kaushal
abhinav@pinnacleconnect.in

DLF Oasis is published by Pinnacle Connect

on behalf of DLF
Pinnacle Connect LLP
325 Star Towers, sector-30,
Gurgaon, Haryana, 122002
Tel: +91 124 464 8592

CONTENTS



44 COVER STORY

Live, Love, Laugh with India@75

6 RESIDENCE
Housing Serendipity

10 TRAVEL
India's Unmissable

14 FITNESS
Sit less, Move More

16 WELLNESS
The Science of Life

20 BEAUTY
Beautifully Indian

24 FRAGRANCE
A Fragrant Legacy

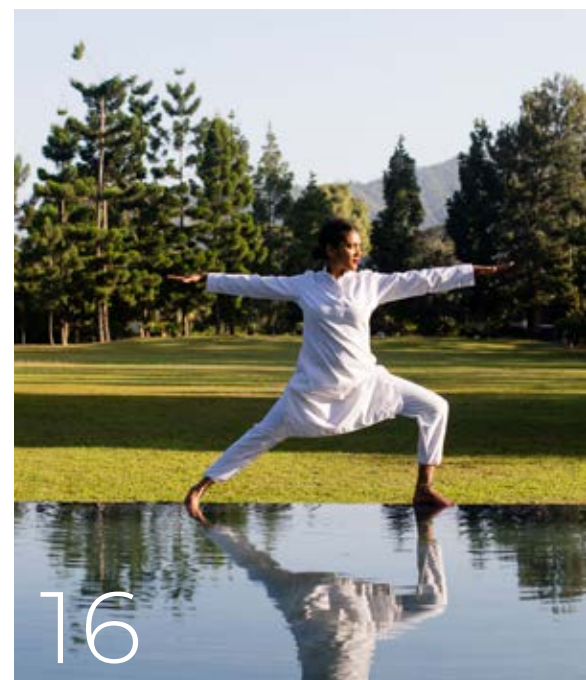
26 FASHION
India's Woven Culture



30 IN ACTION
Love is a four-legged word

32 MADE IN INDIA
The Homegrown Mindset

36 PERSONALITIES
India's Global 25



SOPHISTICATION AND STRENGTH.

RX 450hL SELF CHARGING HYBRID ELECTRIC VEHICLE



Self Charging
Hybrid
Electric
Vehicle



mark
levinson

MUSIC
SYSTEM*



VENTILATED
LEATHER SEATS



LOW CARBON
FOOTPRINT



AMAZINGLY
QUIET

WALK INTO OUR GUEST EXPERIENCE CENTRE

Lexus New Delhi

22 A, Janpath, New Delhi - 110001 | Email: Contact@LexusNewDelhi.co.in
+91112304 5050 | +9199537 00099

Service Facility Available at:

New Delhi: C1, Udyog Nagar, Industrial Area, Peeragarhi, New Delhi - 110041
Gurgaon: 10, IDC, Mehrauli Road, Opposite Sector 14, Gurgaon - 122001

Scan to
experience
HEVs



LEXUS
EXPERIENCE AMAZING



- 48 **EVENT**
A Waving Flag
- 50 **EVENT**
God of all Things
- 52 **READ**
India through Words
- 54 **WATCH**
Let's Go India!
- 56 **RECIPES**
Food Bae
- 60 **WHEELS**
The New King
- 62 **WHEELS**
New Motors
- 64 **GADGETS**
Tech Calls

in the city

Your home

A limited opportunity to own a home in the heart of DLF City, Gurugram

Own a piece of a unique urban lifestyle, where the privacy of independent floor living is never far from the advantages of a bustling metro.

- A short drive from lifestyle destinations like DLF Cyberhub and shopping malls on MG Road
- Surrounded by green spaces and tree-lined avenues
- All-round security with CCTV coverage in parking lots and entrances
- Contemporary low-rise design

4 -bedroom residences starting at Rs. 3.89 Cr.*

To know more call +91 95134 99867



INDEPENDENT FLOORS

AT DLF CITY PHASE II, GURUGRAM

HOUSING SERENDIPITY

"We wish to elevate the bright side of our lives." For Satyendra Singh and Ridhi Gaur, resident couple at The Ultima, it is all about bringing in positivity and comfort in their abode.

BY VRINDA RASTOGI



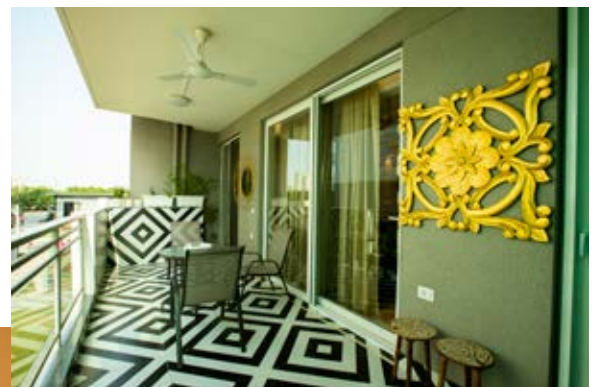
Residing at The Ultima, the three-year wed couple Satyendra Singh and Ridhi Gaur have recently moved in during the last week of April 2021. The duo had been working colleagues for seven years and got married three years ago. A warm colleague turned lovers' trope, the couple meshes as one as they bicker and joke around often. "We are both jolly natured, so we keep enjoying our lives. We are the kind of couple that does not rely on the company of other people, but rather cherish each other, so lockdown was spent together all the time."

Both of them have grown up in spacious homes in childhood, one cannot help but notice that their haven exudes expansive spaces - right from your first step inside and entering the rooms to the

grand verandas. The walls have been kept a minimal white to keep the sophistication look alive. Budget-friendly ideation because of lockdown constraints, the house does not fail to embody refined taste in each element.

While Satyendra credits his wife entirely for all ideas, Ridhi kept it humble with a "we are both equally involved in our ways". "Everything had been conceptualized by Ridhi, everything has a story behind it," explains Satyendra. "A lot of homework went into bringing this house to life and ensured whatever things we like we had, and nothing was just for the sake of possessing it."

At times their tastes clash, but it is a decision of compromise between the two and eventually their tastes blended with both their visions.





They both were clear on having a modern look for their abode. “The inspiration behind our house was to make it clutter-free. We wanted it to be subtle and classy,” explains Ridhi, as she reveals the many facets of their rooms.

Seated in the hall room are two blue velvet couches, contrasted with the golden lighting and prominent beige hues in the room. Mirrors have been installed on one wall for enlarging the space - a common concept in interior designing. Fond of showpieces, their entertainment complex boasts souvenirs and figurines. A recurring theme that was decided as deliberate is the marble tiling that can be recognized on cabinets, tabletops, and doorframes

of all rooms. “We have brought in all the elements keeping in mind that we wanted it to be more positive, spacious, and well-lit in all areas,” shares Ridhi.

The lighting fixtures, too, have been given meticulous attention. Aiming to express their modernity as a couple and as individuals, the lighting and its fixtures have been kept classy, trendy, and soft with hues of yellow and no white - a deliberate decision that exudes luxury wherever you step into the house.

Merging to the right of the hall is their kitchen. Renovated to bring in more space and style, the peninsular kitchen exudes just the right amount of peek and space in the room. An eye-catching bar collection stands

right next to the dining table - showcasing fine drinkware and collectibles. Attached to the kitchen counter is a temple area, perfectly inclined with Vaastu. All in all, the kitchen and dining are spacious, exciting, and you can tell is ideal for the life of the party!

As you move past the hallway leading to the bedrooms, the white wainscoting is waiting to be adorned with paintings the couple adore. “We were on the lookout for something interesting, and we were thinking of caricatures, but nothing has been decided yet.” The master bedroom has been thoughtfully designed - giving off a yin and yang emotion with the left side bright and the right a bit darker. Velvetreen takes centre



stage here with a delightful vanity area and a bedhead with sage green accents. The second bedroom to the right has been stationed as their work-from-home office, while the last room serves as their parents' bedroom.

What enthralls most is the fact that every corner, edge, item, or decor portrays a heart-warming story paired with the design. That is how meticulous the couple have been about their haven. From the combined decision to have no false ceilings, bringing symmetry to each room with similar knobs for the drawer chests and cupboards, to complimenting the marble with every side table, a tale lives amongst the house with each element.

The verandas, especially the hall's, have been adorned as another spacious hub for the duo to enjoy their cup of tea over lengthy conversations. Facing the lawns of the society, the couple plan on bringing in lusher and life to their veranda once settled in with more time. "I am a plant lover totally, so we are definitely planning on bringing in more plants to the veranda and inside the house."

Ridhi reveals later, installations would include plenty more art pieces, plants, wallpapers, and pictures of the couple from their journey. "We are both the kind of personalities that do not want to get tangled in the same old 9-5 life. We both enjoy travelling and exploring new places."

An avid bibliophile, Ridhi is also expecting to install a bookshelf in the bedroom for her reading space.

Not big on vintage, minimalism, or antiques, the couple wish for their house to accentuate their modernity and futuristic mindset. "We are in no rush of filling up spaces just for the sake of putting it up there. If we are happy and find what we are looking for, then that is what we will bring into our house."

A family of four with Satyendra's parents often residing together, the couple make for a comfy, loving residency that exudes not just their eye for detail and luxe, but the quintessential feeling of belonging behind each detail.

INDIA'S UNMISSABLE

If there is one thing India takes pride in, it is the never-ending heritage and culture that binds the beauty of this nation. We are loved for our food, our culture, and our undeniably warm hospitality. A country where every street and every corner have some tale to relate. A fitting part of India's unity in diversity, these are India's unmissable experiences you cannot miss.

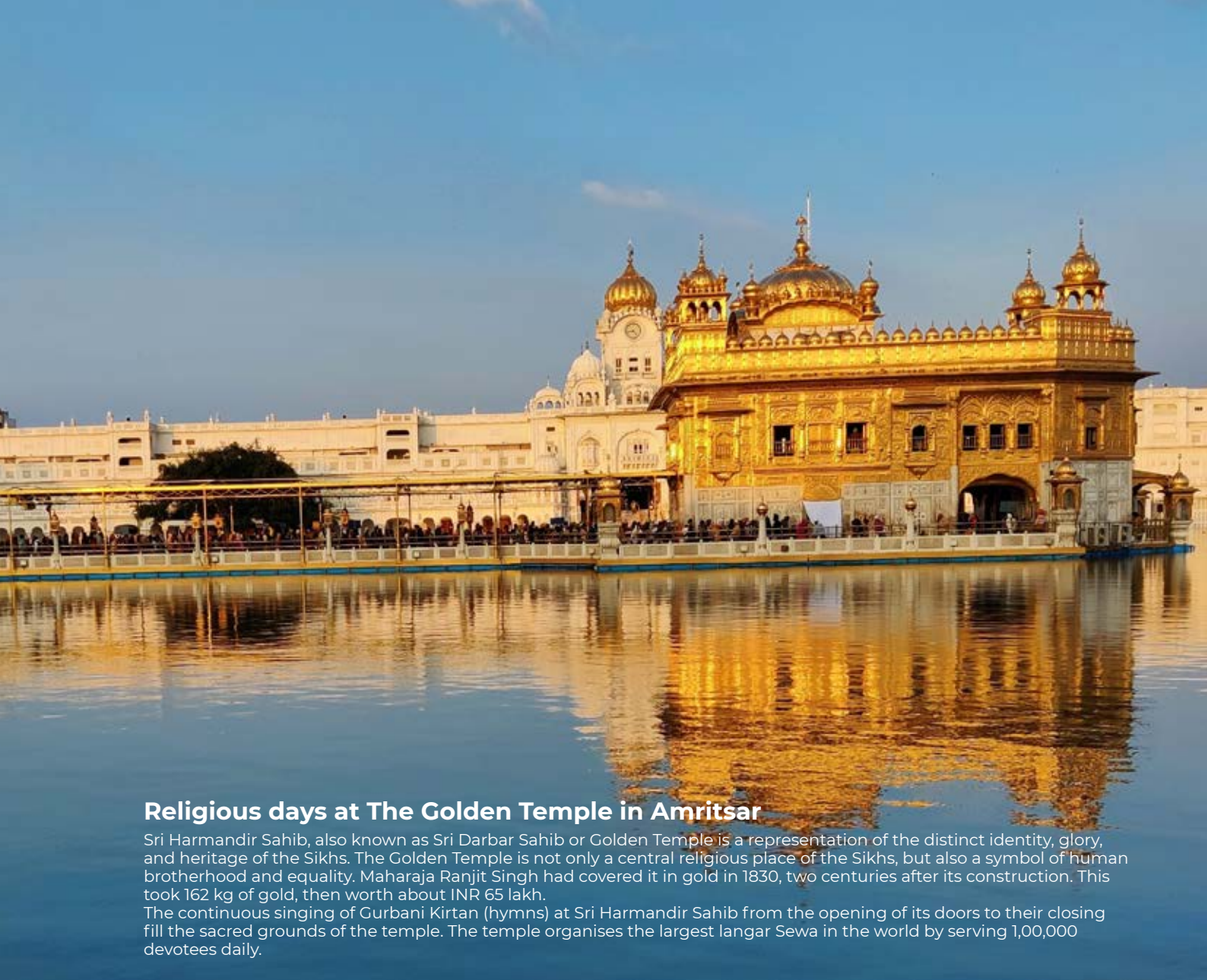
BY RUPALI DEAN



Quintessential Breakfast in Old Delhi

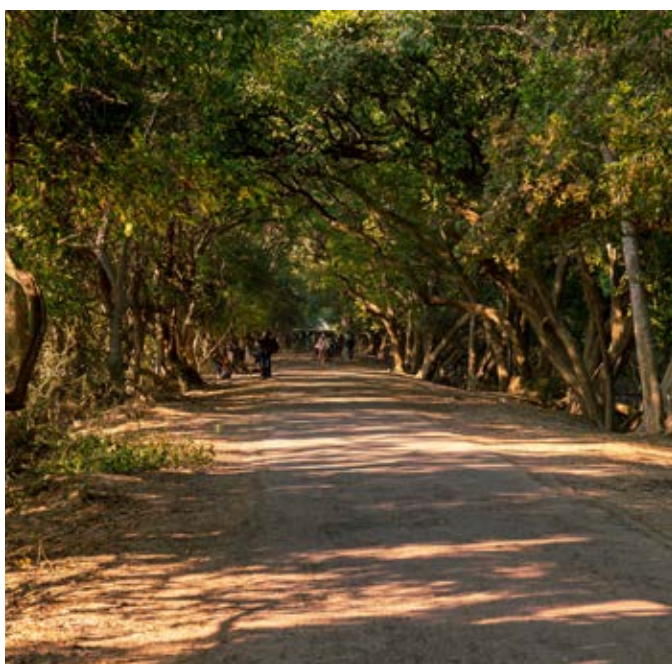
From famous crispy Kachori to the spicy yet irresistible Aloo Lachha – mango cashews and anjeer bites, bhaji boxes and ready-to-eat snacks – welcome to Old Delhi's world of street foods. From extra sweet to super spicy, family ventures, and rich culinary experiences, you will find everything you love and love everything you find. There are generation run shops like Shyam Sweets who are famous for their variety and centuries loved flavours.





Religious days at The Golden Temple in Amritsar

Sri Harmandir Sahib, also known as Sri Darbar Sahib or Golden Temple is a representation of the distinct identity, glory, and heritage of the Sikhs. The Golden Temple is not only a central religious place of the Sikhs, but also a symbol of human brotherhood and equality. Maharaja Ranjit Singh had covered it in gold in 1830, two centuries after its construction. This took 162 kg of gold, then worth about INR 65 lakh. The continuous singing of Gurbani Kirtan (hymns) at Sri Harmandir Sahib from the opening of its doors to their closing fill the sacred grounds of the temple. The temple organises the largest langar Sewa in the world by serving 1,00,000 devotees daily.



Bird Paradise at Keoladeo National Park

A wildlife oasis renowned for its large congregation of non-migratory resident breeding birds, Keoladeo National Park in Bharatpur is a UNESCO World Heritage Site one must visit when in Rajasthan. Announced a World Heritage Site in 1985, Keoladeo National Park is one such hotspot to check out. It's where you'll discover some of the rarest most stunning feathered species. Previously known as the Bharatpur Bird Sanctuary, the Keoladeo National Park is renowned as one of the realm's most significant bird breeding and feeding grounds. Some 364 species of birds, including the rare Siberian crane, have been recorded in the park. The Park is home to more than three hundred and seventy kinds of birds and animals. The distinct treks can be covered on either foot or cycle or rickshaws. In fact, the rickshaw pullers make for tremendously well-informed guides.

A Cultural Reset: Mahmudabad Palace, Lucknow

Discover heritage forts, palaces, shrines, temples, and other sights – all part of a rich Indian history that goes back centuries. The magnificent Mahmudabad Palace in Lucknow, Uttar Pradesh is one of the oldest estates in Awadh. The name Mahmudabad comes from Nawab Mahmud Khan, who was in fact titled by none other than Akbar the Great. The palace boasts extraordinary ceilings, extravagant tapestry, and chandeliers that can make anyone swoon. In Mahal Sarah, which is the ladies' segment of the fort, a set of women still sit each day and meticulously create stunning chikan outfits under the label "Qila Saaz" which Vijaya Khan, Rani of Mahmudabad, overlooks. There is a family mosque in the grounds, as well as quite a few of imambadas. Meals which are an integral part of a day trip (morning to early evening) are hosted by the family in their city-dwelling in Lucknow as well as in the Qila. The 400-year old gastronomic practice will blow you away the moment you step inside the majestic dining room and cast your gaze on the magnificent table. The Qila of Mahmudabad is often viewed as a retreat for artists, writers, and intellectuals to find inspiration to create and collaborate.



Trail by The Cashew Farms of Goa

Held annually at Goa's largest Feni maker, The Cashew Trail of Goa is as interesting and adventurous as it gets. This trail is an example of India's scale of diversity not being bound to its structures but also includes its love for nature and all things wildlife. Part of sharing that same love. Fuelled for cashew probably sounds a little cliché, but this holds one in good stead for a walk through Valpoi Cashew Farm of Cedric and Mac Vac, Madame Rosa Distillery – Goa's largest Feni maker. Yellow, red and reddish orange, these beautiful fruits are sprinkled on the ground each dressed in a hard nut in a sheath of charcoal and it is here that you learn your first lesson of picking the fallen ripe fruits and never plucking them off the tree. You even get to taste Nerow (the juice of the fruit) as well as feast on a yummy lunch at the cashew farm. Interestingly, the cashew tree was brought into Goa by the Portuguese many moons ago and today locals have taught the world how to use every part of the cashew in its true glory!



Mornings at the Rock Garden

Also known as the Nek Chand's Rock Garden, take a walk in the area boasting a multitude of structures, statues, and artworks of recycled and recompiled materials. Nestled near the Sukhna Lake, the garden has over 2000 sculptures by means of stones, debris, and other rejected waste. Things like steel drums, light switches, broken bathroom sinks, concrete, terracotta scrap and bicycle frames have been used to create the many sculptures. Do not miss the mass of dancing girls made from broken glass bangles, waterfalls, the doll museum, and an elegant colonnade of tall curves with hanging rope swings.



Spend the Day at Bolgatty Island in Kochi

Run by the Kerala Tourism Development Corporation, Bolgatty Island in Kochi is one of the four main islands of the city. Home to its heritage hotel and many more, there is something about the island one does not seem to let go of once here. Located amidst the backwaters, Bolgatty Island is a quaint yet fulfilling escapade nestled in Kerala. The island is most famous for its eponymous palace known as Bolgatty Palace which was constructed in 1744 by the Dutch and eventually taken over by the

British. The palace has now been converted into a hotel, open to guests all-round the year. Play golf, go birdwatching in Bolgatty Island, join in the Ayurveda wellness programmes; watch ships entering the Kochi port through the estuary, boat in the backwater, go on a heritage trail of Fort Kochi, and visit cultural centres of traditional art forms! With its own golf course and honeymoon cottages, the island with its palace suits the taste of one and all.



Spirituality at The Spirit of Auroville

Creating an increasing transformation in consciousness, sustainable and eco-friendly lifestyles, and a purpose to realize human unity, here is all about the unmissable city of Auroville in Tamil Nadu. Recognised as the first and only internationally endorsed ongoing experiment in human unity and transformation of consciousness, Auroville City is concerned with sustainable living and the future cultural, environmental, social, and spiritual needs of mankind. As a zone for organic farms, dairies, orchards, forests, and wildlife areas, a belt will act as a barrier against urban encroachment. Arka, meaning Ray of Light, is a holistic centre at Auroville that aims to foster health, growth and progress on all levels — the key to remaining young regardless of one's age. And while you are here, make sure to visit the MatriMandir – the enormous dome-building that the hamlet of Auroville is built around. It's an experience in itself – a solitary glimmer of sunlight rivulets through the roof upon a crystal that sits in the middle of the meditation area.



About the author: Being a trained hospitality professional, a nutritionist and a chef, Rupali Dean is a familiar name in travel and food writing.

SIT LESS, MOVE MORE

All that sitting at a place for hours with reduced exercise opportunities has not helped our backs. Sitting less, moving more, and exercising can help prevent and reduce your back pain.





While most of us continue working from home, being compelled to sit for hours in front of our computer screens has increased the chances of having a backache. One might think resting is enough to get rid of the throbbing ache in your back, but that, however, is not the only solution. Even when you want to rest and lay down, it is suggested that you move around and exercise to ease your suffering. Here are 5 exercise techniques that can help you get rid of your back issues.

PARTIAL CRUNCHES

Partial crunches can help to strengthen your back and stomach muscles. Lie on your back with your knees bent and feet flat on the ground. Your arms should be crossed

over your chest or behind your neck. Tighten your stomach muscles and breathe in while you raise your shoulders off the ground partially. Do not use your arms to pull your neck off the ground. Hold the position for a second and breathe out, and slowly lower your body again. Repeat the process 8-10 times. When properly done, this exercise can prove helpful to fight back pain.

HAMSTRING WALL STRETCH

The hamstring muscles run through the back of each thigh from the hip down to the back of the knee. Tight hamstring muscles are a common cause of back problems. This exercise can help to loosen your muscles to provide relief. Lie on the floor with your buttocks against the wall

and your legs stretched up against the wall as well. Try pushing your knees as straight as possible. These stretches are proven to be successful when done twice for 30 to 60 seconds every day.

WALL SITS

Wall sits are not only extremely simple and heals a backache, but it also reduces your belly fat, strengthens your thigh muscles and calves. Do a 20-minute wall sit exercise to tone your abs and strengthen your muscles. It is so easy to follow, and anyone can practice this.

SPINAL STRETCH

Lie down on the floor with your left leg extended straight, pull your right knee to your chest and then put an arm towards your right arm out to the side. Next, use your left hand to slowly pull your right knee towards your left side so that your right foot rests on the back of your left knee. Turn your head towards your right side. Hold this position for 20 seconds and then reverse the movements.

PRESS UP BACK EXTENSIONS

Lie on your stomach with your hands under your shoulder. Push your hands so your shoulder lifts off the ground. If it's comfortable, use your elbows on the floor directly under your shoulder and hold this position for a few minutes.

Follow these exercises regularly for better results, but do not exhaust yourself. If your back aches more, then do not press further and consult a doctor.







THE SCIENCE OF LIFE

Ayurveda is a 5000-year-old science, originated in India, rooted in the principles of Mother Nature, places a lot of importance on the holistic health of the body, mind, and emotion.

Medicine, and healing has been as ancient to human civilization as disease and death itself. Over the years, man has evolved to discover, create, study, and propagate natural medicine and healing practices by leveraging its immediate surroundings, to combat life threats and win over illnesses. Ayurveda is one such alternative medicine system which is historically rooted in India and draws its basis on the belief that to achieve good health, holistic healing, and wellness; there is a need to strike a balance between mind, body, and spirit.

According to Madhulika Banerjee's article 'Local Knowledge for World Market: Globalising Ayurveda', "Ayurveda has undergone a substantial change in the past 150 years or so in India. It was because of the neo-traditionalist view that Ayurveda used the space of the market to mechanise mass production of its medicines, the knowledge base for which was created by collapsing the multiple traditions of Ayurveda's into the 'great tradition' of Ayurveda." This is what resulted in the making of various Ayurvedic healthcare and personal care products available. Beauty brands like Kama Ayurveda, Forest Essentials, Vedix, The Ayurveda Co, Khaadi Essentials, and many more, support the principle of Ayurveda and use natural Ayurvedic formulations in the making of their products. The Indian Ayurvedic products market exhibited strong growth during the last five years and is expanding at a CAGR of around 15% during the next five years, all because of the growing awareness and acceptance of Ayurveda.

The popularity has led to the emergence of Ayurveda centric resorts that are situated in exotic locations all over India. People now seek to enjoy their leisure time in places that provide them with the utmost relaxation and time for inner peace through various wellness packages. From custom made meals to personal massages and bespoke oil treatments to other hand-picked methods of care, resorts like Ananda in the Himalayas, Vana in Dehradun, Kairali in Kerala, are not holding it back when it comes to your comfort.

There are even Ayurvedic Cafes like G.O.D Cafe in Mumbai where each dish invokes the principles of Ayurveda and comes together as a wholesome sattvic meal.

BEYOND BORDERS

Ayurveda is spreading its healing power by making an international presence as well. For example, the UAE has been one of the pioneers in regulating Ayurveda and was the first one to initiate examinations for medicine practitioners who aimed at practicing this alternative medicine. With various Ayurvedic wellness centres around, the country has recently started issuing Golden visas to doctors practising Ayurveda and Homeopathy. Even Sri Lanka has welcomed Ayurveda in numerous of their resorts by offering various Ayurvedic spa treatments. As WHO selected India to set up a traditional medicine centre to strengthen research, training, and awareness of Ayurveda in 2020, the country is prouder of its heritage and is committed to spread its presence globally.

BEGINNINGS WITH AYURVEDA

The year gone by has been tough for almost all of us in so many ways - emotionally, mentally, and physically. If anything, it has been a learning curve and has taught us how to rebuild ourselves. It has taught us the importance of health, family, friends, and social support, and given us time to collect and nourish what is important while letting go of toxins and the baggage we do not need any more. We still sail the same boat of caution and must continue to invest in our health and our immunity. It is the time of the rising sun, wherein we can start correcting our path and invest in healthy rituals to prevent any catastrophic moments in our lives. Learn how to begin with incorporating Ayurveda in your life with an Ayurveda evangelist and Celebrity Ayurvedic Health Coach, Dimple Jangda.

Let us look at some of the Din Acharya rituals that are proven to have multiple health benefits and can nourish our body, mind, and energy. The first rule is inevitably following the circadian rhythm of the sun. The trick is to wake up before sunrise and use the Vata clock (dominance of air and space elements), between 2 am to 6 am to meditate and organise our thoughts, goals, and daily rituals. The colon is most active between 5 am to 7 am, during which our body can take advantage of the downward movement of Vata (air and space) and thus eliminate toxins effectively from the body. Use this time to indulge in stretching, some yoga or any other form of exercises, to aid the gut and colon which eliminates toxins. You can also invest in a gratitude and manifestation journal that helps you organise your goals and visualise it for yourself. In Vedic rituals, we often use this hour to meditate upon our higher purpose. This hour allows us to access the Akashic records (the libraries of untold wisdom) which have information of every single element of this universe stored in it.

The next ayurvedic ritual to





incorporate in our daily life would be rituals like oil pulling, gargling, brushing the teeth, and tongue scraping to improve dental and gum health. You can engage in Oil pulling by taking one teaspoon of sesame oil and swishing it around in your mouth for five to fifteen minutes. It helps prevent cavities, caries, improves dental and gum health, stimulates the sinus glands to release trapped mucus and parasites. This also helps increase blood circulation to the sensory nerves in the head region and thus reduce psychosomatic imbalances. Follow oil pulling, with gargling of the throat with a Gandusha or a concoction of hot water, turmeric, and salt. This will help remove trapped toxins and boost bronchial health as well. Brush your teeth with an astringent, pungent or bitter toothpaste, like neem or clove

oil-based paste. This effectively helps kill unwanted bacteria and cleanse the taste palette. The next step is to scrape your tongue with a copper tongue cleaner to remove toxins accumulated as a coating on top of your tongue.

Ensure to drink 200 ml warm water when you wake up to lubricate your gastrointestinal tract. Follow with herbal spices teas, also called as Kadhas, to boost your immunity and promote good health. Ensure to eat a bowl of fruits twice a day, in the morning empty stomach and again in the evening before 4 pm. Have a small breakfast and small dinner but keep the biggest meal for lunch when the sun is at its peak so that your metabolism is also at its peak. Have food up to 80% of your capacity for optimum digestion, absorption, and assimilation of nutrients. Avoid raw salads,

uncooked foods, smoothies, and juices and instead have steamed salads, raw fruits, and cooked grains for your meals.

The purpose of Ayurvedic rituals is to eliminate toxins daily rather than letting them get accumulated in the body, thus becoming chronic. One can also engage in steaming their sinus, with a few drops of eucalyptus oil in hot water, to remove air pollutants from the bronchial region. You can also do morning pranayama to calm the mind and increase lung capacity. These are rituals that can dramatically boost bronchial health and your immunity against diseases like COVID-19. With these rituals in your daily regime, you can be rest assured to have a quality day ahead with a heightened sense of faculty, and better productivity at work.

BEAUTIFULLY INDIAN

Dip into the kitty of kitchen ingredients to bring in natural shringar, the traditional way.

BY SHILPI MADAN

Shringar has always enjoyed a place of pride in India, since ancient times. Elaborate beauty rituals have been born in our country and have been passed down the generations to gift us naturally glowing skin and hair. As we return to the goodness of nature during these challenging times, the simple ingredients from our kitchens and backyards make their way into our beauty routines to knit us to the traditions and self-care rituals that our grandmothers have shared with us...

THE UBTAN STORY

Applying the ubtan on the face and body of the bride to give her an unbeatable glow on her wedding day is a cherished custom in most Indian families. The brightening touch of besan, haldi and lime, and the smoothness and fragrance of sandalwood, milk, or malai form the treasured mix that covers the skin. The ubtan brings in a glowing complexion, working wonderfully as a cleansing agent by removing grime and dirt.

THE LEMON TRAIL

Ayurveda celebrates this citrus bounty as an effective way of giving a glowing complexion. Lemon juice mixed with warm coconut oil makes for great scalp nutrition, banning itchiness.

During the ancient years, all the women of the royal household bathed in water laced with citrus oils for gentle cleansing and purification, with a fresh fragrance that lingered on the skin all day long.







GOLDEN SPLENDOUR

This has an intrinsic connection with the haldi ceremony before the shaadi. Turmeric has been used for years for its therapeutic properties. The healing power of haldi has been used in Ayurvedic preparations by Indian women to keep away acne, dark spots and fine lines. Known for its golden touch, haldi gives an unbeatable radiance to the complexion.

IN SYNC WITH SAFFRON

A preparation of milk and saffron is a must for a bright, smooth complexion. The queens of India followed this ritual that is an essential for brides-to-be as well. Kesar, the auspicious inclusion on every Indian celebration, brings in the healing touch and fragrance, keeping acne away and breathing lustre into every single pore.

CURD OF ALL THINGS

Milk and curd come packed with the goodness of lactic acid and moisturise the skin beautifully. When combined



THE TOUCH OF
TURMERIC, BESAN
AND LIME JUICE
STROKES THE
PORES AS AN
INSTANT GLOW
GIVER.”

with haldi, sandalwood, lime, they give a sheen to the skin. Think skin as soft as a baby's and nourish your strands and face with the goodness of dahi.

HONEY, HONEY

This humectant is the best kept Indian secret to youthful, glowing skin. Honey replenishes the moisture in the skin to retain elasticity and luminosity. Legend goes that the bewitching Rajput queen Padmavati celebrated its goodness in her beauty rituals in hair and face smears. Fob off the fine lines and wrinkles and strengthen your skin.

ALOE THERE!

An ancient Indian beauty secret that the world is thankful for. Epics bring out the magical effect of the juice of the aloe vera plant that was used by successive princesses in exile in the dense forests. According to Ayurveda, aloe vera is vital in maintaining the balance in the body, keeping pigmentation away. Take to face packs in combination with tulsi juice bring a touch of joy to every pore.

SANDALWOOD SUBLIME

A lingering fragrance on the skin is the biggest gift of sandalwood. The sacred chandan is revered as one of the most auspicious inclusions in every special celebration in India. From touching every bridal ritual with its gentle scent, it is the secret behind lustrous tresses and complexion

NATURE OF NEEM

The green leaves have always been cherished as nature's pharmacy, healing and dealing

with unwanted skin and hair problems. Adding warm coconut oil to neem oil for a gentle scalp massage brings in the bounty of a gorgeous mane. If you are looking at nourishing your hair into a voluminous, glossy crowning glory, apply the neem pack every week

CALL OF THE COCONUT

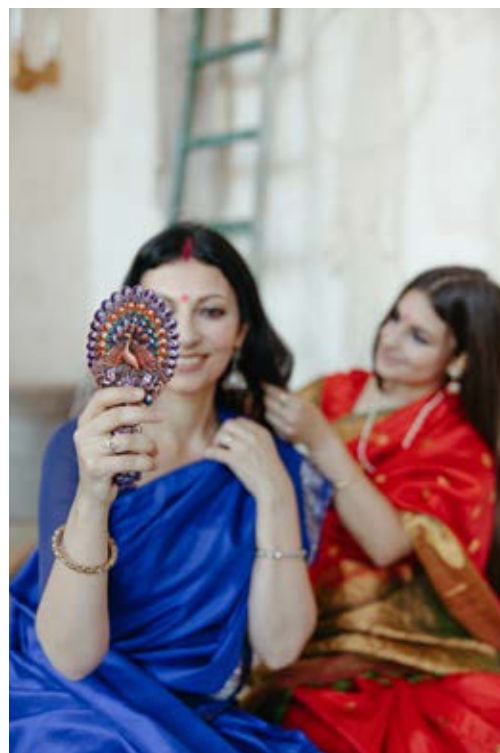
The auspicious fruit has been a symbol of prosperity and healthy living. The rich, healing fatty acids of pure coconut milk pour the goodness of nature into your skin, moisturising and toning the pores. For a hydrated and healthy complexion, massage with coconut oil. It keeps away the dryness of skin, in our tropical climate, making your knees, heels, elbows soft and supple.

THE CHARCOAL CHARM

For thousands of years soot has been used effectively to heal scrapes and wounds on the skin. The age-old charcoal works beautifully as a scrub to remove excessive oil and dirt, gently exfoliating. From kohl and kajal for accentuating the eyes by the beauty conscious women of the Indus Valley Civilisation to the activated charcoal used till date for a clear, bright complexion, charcoal is a sheer champion.

KISS OF KHUS

The royal goodness of this 'oil of tranquillity' offers a touch of fragrant relaxation. Respite from the searing Indian summer, a cool and calm touch to soothe away your stress, khus oil leaves you radiant and rejuvenated.



A FRAGRANT LEGACY

Aroma enthusiasts have a plethora of endearing, exotic and exceptional notes to choose from, in our traditional fragrances, for building upon their aura.

BY SHILPI MADAN

An arresting perfume is like a good background score – it stays on you, with you, throughout the day. When you wear the notes, your pores sing in sync with your personality, becoming a part of your unbeatable aura. Admit it, spritzing on a favourite scent before sashaying out is the final touch you like to put to your appearance. But are you feeling foxed over the flurry of inclusions in organic fragrances, and natural attars available? Cue into the note decoder and choose the natural over the synthetic.

India is the treasured crucible of fragrances, with alluring scents rooted in our rich repository, for over 60,000 years. The delicious wafts find abundant mention in the discoveries of the distillation stills found in the remains of the Indus Valley Civilisation, in 3000 BC, when women brought in fragrances in their daily beauty rituals. Then

there are mentions of the lilting perfumes wafting through the palaces of yore, floral essences forming an intrinsic part of the lives during the Mughal era, princesses bathing in rose petal-tinged warm water. There are accents of fragrances from jasmine to parijat, singing through our ancient epics. The Agni Purana reveals the daily lives of the kings, beginning with a touch of fragrance, from a plethora of over 150 botanical infusions. The delicate hands of the gandharikas were proficient in the art of making fragrances from the exotic flowers, as chronicled by the philosopher Varahamihira, in 6th-century

Ujjain. Rightfully so, as the city of Kannauj in northern India was the perfume capital of India, with the natural concentrates of oud, sandalwood, Champa, kewda, saffron, patchouli, and spices suffusing even the narrative of our Vedas.





The word 'Attar', or 'itr' stems from the ancient Persian word 'ottar', which means perfume, fragrance or scent. The preparation of itr is the derivation of scent from flowers, herbs, sandalwood, and other botanical sources. Itrs are oil-based scents, and honestly, superior to the flutter of alcohol-based expensive perfumes that jostle for our attention today. In our collective effort to knit ourselves to nature, here is going back to the basics and decoding the original top, middle and base notes of luxury fragrances.

GIL

It brings in the scent of the rain, reminiscent of the fresh alluvium deposited on the banks of the river during the monsoon. The beautiful smell of the earth after the first shower is locked into notes by placing broken earthen pottery over

sandalwood. It breathes a sense of rejuvenation into every pore of your being, relaxing and soothing your senses.

SAFFRON

Also known as Kesar or zafran, saffron comes as a rare and precious offering. The finest picks come from Kashmir, as a luxe ingredient and are evocative of a lavish way of life. Auspicious and slightly 'warm' in complexion, it is ideal for winter wear.

PATCHOULI

The earthy spiciness of patchouli wings in woody, sweet, and musky scents. It is an intoxicating spin for the senses that patchouli spells as it brings in the best of nature's bounty. Its aroma has a balancing and grounding effect, keeping anxiety at bay.

KHUS

An iconic summer pick, an evergreen favourite, for its calming effect. Prepared from the roots of the vetiver plant, this fragrance packs in a rich aroma, with earthy, woody tones. Vetiver is dubbed as the oil of tranquillity, for its soothing powers and transfers a sense of coolness to your being with its slight application.

ROSE

The sweetest smell redolent of the palatial gardens of yore, rose is a dominant note in most floral fragrances. Mined from the widely available Indian rose, it brings in the rich, refreshing fragrance from the fresh petals of the flowers, that works as aromatherapy. When mated with warm spices, it brings in a sensual, robust touch.

JASMINE

The soft petals of the king of flowers bring in a sweet essence that endears and relaxes the mind at the same time. It brings in a deep, complex aroma with rich tones. Wonderfully seductive, lingering and lilted.

OD

From the thickly forested heart of India comes the treasured oud, or agarwood – the most expensive wood in the world. It carries aphrodisiac qualities, is luxurious in tone, brings in a textured sweetness breathing joy and finesse.

INDIA'S WOVEN CULTURE

Historically renowned for its textiles, India's culture, through its clothes, dates back several centuries. Each state has its own art form and handloom, which makes us a powerhouse in this space. With each state nurturing their own textile craft for countless years, emerging designers and brands have started to preserve this timeless heritage. Take a look at some of the brands which have made Indian crafts and designs truly unparalleled today.

BY VIDHI GUPTA

RITU KUMAR

With its inception in 1969, Ritu Kumar is one of the most renowned brands in India today. It is renowned for its distinctive use of colours, quality of fabrics, intricate embroideries and a gloriously rich Indian aesthetic. The core of Ritu Kumar's boutique is about representing Indian aesthetics and materials in the context of a modern, globally informed India. Traditional Indian design is mixed with contemporary silhouettes. Indian crafts, like Kalamkari, and Chikankari, contribute to the nation's arts and crafts sectors.



ANITA DONGRE

Her signature style showed an affinity for indigenous craft tradition, coupled with a modern aesthetic that soon made Anita Dongre one of India's leading fashion designers. As agents of change, they seek to preserve the rich craft heritage of India, while also empowering rural artisans, especially women. Under the aegis of The Anita Dongre Foundation's women empowerment initiative, the company has set up Community Tailoring Units in rural Maharashtra wherein marginalized and needy tribal women are trained professionally to make garments. Her venture Grassroots is for handcrafted couture, supporting traditional skills and promoting continued existence to support the craft. Not only preserving India's textile heritage, Anita Dongre also helps build a more thoughtful wardrobe.



ABHINAV MISHRA

Abhinav Mishra is one of India's fastest growing designer brands, and his designs reflect the constantly evolving, dynamic and diverse India that we live in. Launched in 2014, his eponymous label celebrates the complex relationship that fashion and the country's rich crafts share, creating clothes for the young globally inclined Indian women, who are in tune with the international sensibilities of fashion and style while being honest to their own ethnic aesthetic.



ANUSHREE REDDY

Label: Anushree is known for its contemporary Indian wear and easy separates with 'print on print' details and hand weaves. The brand believes in combining contemporary clothing with Indian aesthetics. Covering artisans across India to promote their craft, the clothes promote exclusive prints and weaves. From earthy block prints, vibrant leherias and colourful bandhani, their 'Made in India' aesthetic allows them to cater to clientele worldwide through their fusion and festive collections.

OKHAI

Okhai understands the rich culture and traditions that these rural communities are steeped in and translates this heritage into products by pairing traditional art with contemporary designs and modern processes. Beginning with Saurashtra handicrafts at Mithapur (Gujarat), the rich traditions of the Karjobi art form of Babrala (Uttar Pradesh), and jute culture from Haldia (West Bengal) are very special since they depict the culture of their respective regions. The local folk have inherited it from their forefathers. With Okhai stepping in, the fear of these art forms dying an unnatural death has been curbed. Okhai strives to save their identity from getting lost in the long run.

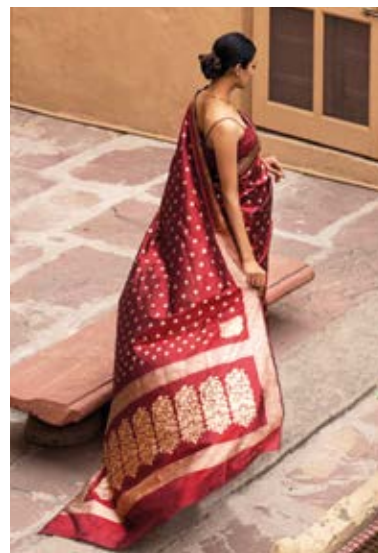


ARCHANA JAJU

Over the last twenty years, Archana Jaju has built a reputation within Indian fashion for its singular style of luxury textile, exquisite Indian craftsmanship and attention to detail. Informed by a heritage of rich woven fabrics and handicrafts, the brand uses innovative ways to represent Indian legacy. Archana Jaju's latest collection "Revival" draws inspiration from the red-crowned cranes, a bird species that are symbolic of grace, beauty and inextinguishable life. The collection channels this bird's delicacy and indomitable strength through intricate embroidery and tranquil colour palettes. The deeply intertwined and inseparable connection to nature has been commemorated using natural dyes and hand embroidery. In extension to this thought, the colour palette consists of earthy pastels offset using fabrics like chanderi and organza. Tantalizing embellishments of thread, sequins, and mirror work display these cranes in their form as nature's ballerinas.

TILFI BANARAS

With the vision of establishing Banarasi as an epitome of luxury handloom – the brand has built their foundation on purity, craftsmanship, artistry, and durability. Firmly rooted in Varanasi, Tilfi aims at preserving and developing the centuries old Banarasi weaving tradition and reinventing this beautiful art form. Their creation stays true to its three ideals - Pure, Handmade and Banarasi. All the products are handwoven, in and around Varanasi, using only pure, natural fabrics. With a commitment towards their craft, it has led them towards investing in Varanasi's past and present in order to give this exquisite handcraft a bright future.



SHRUTI SANCHETI OF BRAND PINNACLE

Shruti Sancheti is not just another generic fashion label but a brand that breaks traditional moulds to dictate new rules of design. With a belief in wearability where comfort is combined with elegance, timeless appeal and sophistication, they bring in collections with a strong emphasis on fabrics, colours and flattering silhouettes while appreciating the unsurpassed legacy of weaves, textiles and crafts of India. They have worked extensively with weaver clusters from Maharashtra, Benares, West Bengal, Jharkhand, Andhra Pradesh and other parts of India.



NIDHI THOLIA

Born and raised in Jaipur, Nidhi Tholia has carried the same aesthetic designs from the city in her collections. From intricate gota-work and colourful bandhani to elaborate marodi and zardozi details, the label is known for creating unorthodox craft cocktails that lend to their covetable couture and festive collections. You will see fine marodi needlework meeting meticulous bandhej on bright silk kurtas, decadent gota and marodi work creating a joyous mix of colours and craft, vibrancy of bandhani meeting the dazzle of gota patti and gota jaal on their dazzling sharara, all in her collections.

SUNIRA

SUNIRA has a very distinctive Indian edge amalgamating the modern and traditional cuts, patterns, motifs, prints, fabrics and techniques. Their endeavour is to revive and use rich Indian textiles and textile designs using the most luxurious natural and organic handloom fabrics viz. organic cotton, mul, chanderi, silks and brocades. All their collection lays a strong emphasis on traditional craftsmanship. The Whirling Dance collection is a curious mix of Ajrakh hand-block print fabrics with a juxtaposition of colours and prints. From hand-dyed dupattas to intricate Nathdwara Pichwai embroideries, each piece pays homage to Sunira's dedication towards sustainability, Indian textiles and labour-intensive craft and handwork.





IN ACTION

LOVE IS A FOUR-LEGGED WORD

A trusted veterinary healthcare with comprehensive medical facilities, CGS Hospital is for the little darlings that make you go aww!

The sheer joy, the boundless energy, and the selfless love our pets give to us is a treasure trove. Their wagging tails and running paws fill up the entire house, no matter the day or time. While we reciprocate the immense love showered on us, it is equally important to be a responsible furry parent by making their health and wellbeing a priority. CGS Hospital, a medical facility in Gurugram with highly specialized and experienced veterinarians, understands it very well. They strive to deliver comprehensive medical facilities with an emphasis on pet care, including grooming and boarding needs of pets.

Spread over 1.25 acres of land, CGS hospital is equipped with healthcare provisions for ultrasound, echocardiography, video and fibre optic endoscopy, laser surgery, computed radiography, and more. It has 24x7 emergency services, outdoor and in-patient departments, separate post-operative and infection wards, a grooming centre, and holiday boarding kennels, with an emphasis on exceptional client service. Apart from these top-notch facilities, it has an in-house pharmacy, a dedicated lab, and an



e-Pet Shop portal where you can shop premium pet grooming and hygiene products for your cats and dogs.

"What sets us apart is that we offer various soft tissue and orthopaedic surgery options for dogs and cats. At CGS, we utilise high-end diagnostic modalities for accurate diagnosis and surgical planning", informs Assistant Director Dr. Vikash Singh Chauhan, "we have two operation theatres equipped with high-end machines, ventilators, C-arm, laparoscopy and lithotripsy units". Dr. Shriram Ganesan, Veterinary Ophthalmologist at the health centre, asserts that we must take special care of the eyes of our pets, especially if they are of small breeds like pug, Pekingese, shih tzu, beagle, etc., as they are more prone to eye ailments. "We have a dedicated Ophthalmology unit in place for disorders like dry eye and eye ulcer. If you have a small-breed dog like a Chow Chow at home, you must get their eyes checked to rule out any eye-lid abnormalities. We provide expert-led surgical corrections for eyelids. Timely intervention can prevent your dog from going blind!" explains Dr. Ganesan. When it comes to cats, CGS has a dedicated feline examination room. "Cats are spontaneous and

independent, which makes them ideal company for millennials working from home and modern nuclear families. To offer them holistic, feline friendly and stress-free treatments, we have a dedicated feline examination room, in-patient facility, and various boarding quarters," informs Dr. Salisha Whitney Correia, Senior Veterinarian and Ailurophile.

A unit of the CGS Charitable Trust, CGS Hospital, has established a dedicated unit for destitute dogs and cats at the hospital premises. Christened "The Pasha Wing", in remembrance of a beloved soul, the unit caters primarily to sick and ailing dogs and cats rescued from the streets. It provides discounted rates on all veterinary services, too.

In case of an emergency, the hospital provides a 24-hour service ambulance which picks up and drops off pet patients. To provide immediate care in need, the ambulance is equipped with the latest facilities and has a well-trained attendant present.

CGS Hospital delivers comprehensive veterinary facilities with love, compassion, and utmost care that your pet deserves.



THE HOMEGROWN MINDSET

With #VocalForLocal and Make in India gaining importance in our lifestyles, growing with the homegrown mindset needs to take priority. But how aware are we of our own country's prominence in the global market?

Here are some famous homegrown Indian brands that have built their own niche, some domestically and others even internationally. How many can you check out?



Beauty

Kama Ayurveda: Leading in luxury beauty in India, Kama Ayurveda was created in hopes of promoting the Ayurveda way of life and beauty. Today it's world-renowned for its efficient Ayurvedic beauty and skin products.

Lakmé: The first home-grown successful cosmetics brand in India, Lakmé was established in 1952 and was

named after the French opera Lakmé, is the French form of Goddess Lakshmi!

Colorbar: Launched in 2004, Colorbar Cosmetics is today a leading beauty brand in India with a sleuth of makeup and beauty products under their name. It is also the third largest cosmetics company in India!





Hotels

Taj Hotels: Headquartered in Mumbai, Taj Hotels falls under Tata Group. The hospitality chain is known for claiming many firsts in India, including India's first international five-star deluxe beach resort in Goa.

The Oberoi Group: Leading hospitality chain in India, The Oberoi Hotels & Resorts, operates 35 luxury hotels and 2 river cruise ships in India. The group is also known for managing Trident Hotels.

The Leela Group: One of the most eponymous hotel brands in the country, The Leela Palaces, Hotels, and Resorts houses nine stunning luxury accommodations across India, including Mumbai, Goa and Udaipur.



Automobile

Maruti Suzuki: The unparalleled leader of automobiles in India, Maruti Suzuki's legacy began in 1981 and ever since has introduced the country's top-selling models including Swift Dzire and Suzuki Alto amongst others.

Tata Motors: Reigning amongst the top four vehicle brands in India, Tata Motors is renowned for its diversity in automobiles. Its most popular ones include Sumo, Indica, and Safari.

Mahindra: One of India's top automobile companies has always been a big name, especially with their Bolero, Scorpio, Thar and now the XUV 700. Known for innovation and domestic emphasis on technology development, the brand is a true powerhouse of the Indian automotive industry.

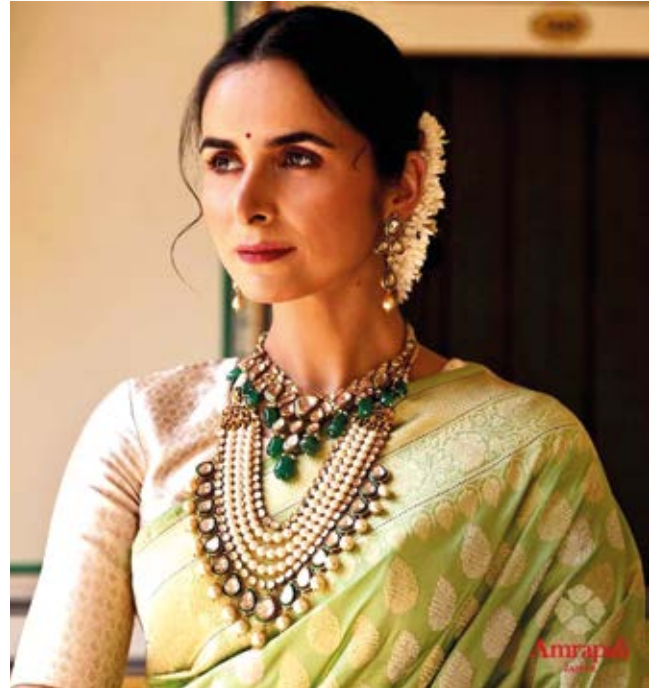


Jewellery

Tanishq: The most trusted name in jewellery in India, Tanishq is part of the Tata Group. Online jewellery giant CaratLane also falls under Tanishq, bringing the best in glitz and glitter.

Amrapali: Established and inspired in and by Jaipur, Amrapali Jewellers designs their collections in the same state - showcasing traditional Indian jewellery in handcrafted beauty by artisans.

Orra Jewellery: Featuring the finest quality of gold, silver, and platinum jewellery, Orra was established in 1888 and continues with its legacy reigning today in 34 stores across 25 cities.



Food

Amul: The world's largest producer of milk, Amul is the most sought-after brand for dairy products across the country. The brand is also responsible for spearheading India's White Revolution.

Paperboat: Introduced in 2013 by Hector Beverages in Bengaluru, Paperboat is beloved for packing nostalgia in its flavours of jeera, aamras, tulsi tea, and more. They're very popular especially during hot summers to beat the heat!

Kissan: Did you know that Kissan is India's first ever fruit and vegetable brand in India? With their fruity jams and ketchup options, the brand is a game changer in the Indian food market.





Furniture

Gulmohar Lane: With their handcrafted furniture and home accessories, Gulmohar Lane has grown into India's regal one-stop for modern and contemporary statements. Functionality and traditionality reign quintessential for the brand!

Jaypore: From vintage to contemporary, apparel and home decor brand Jaypore was established in 2013 and introduces curated collections of handcrafted items from local artisans across India.

Bent Chair: Established in 2016, luxury brand Bent Chair is known for conceptualising, designing, and manufacturing their own products! The eccentric home brand is owned by father-daughter duo, Natasha and Neeraj Jain.



Fashion

FabIndia: One of the most popular homegrown brands, FabIndia has grown into a household name for its traditional garments. Incepted in 1960, the brand is also known for its sustainable endeavours.

Anokhi: A brand grounded in ethical and organic fashion, Anokhi is renowned for its bright and vibrant hand block-printed apparel. The Jaipur-based brand lays heavy emphasis on eco-friendly textiles.

Good Earth: India's leading design house forayed into fashion in 1996, and since then has garnered attention for its stylish and sustainable pieces. It showcases India's heritage and craft with each collection.



Technology/Apps



Zomato: Curated in 2008, food giant Zomato is redefining dining across 24 countries! From restaurant search and home deliveries to table reservations and reviews, it has built into a niche of its own.

Hike Messenger: The global messaging app was developed by Bharti Softbank in 2012. It is also the first messaging and social technology company made in India.

PayTM: One of the fastest growing apps in history, PayTM today operates in sixteen countries, including India. Vijay Shekhar Sharma, the founder of the app, is titled India's youngest billionaire!



INDIA'S GLOBAL 25

There have been a lot of people, from India, who have made the country proud and stood tall by leaving a mark in the history of global icons. Here are some of them who are currently dominating the leader board in various aspects.



A.R. Rahman

The world-famous musician A.R. Rahman has won six National Film Awards, two Academy Awards, two Grammy Awards, a BAFTA Award, a Golden Globe Award, fifteen Filmfare Awards and seventeen Filmfare Awards South. He began his journey from making jingles for advertisements to composing music for international films where the soundtracks received various awards. He has been invited to dinner at The White House, the government of Seychelles named him the *Cultural Ambassador for Seychelles*, he is an Honorary Fellow of the Trinity College of Music, received an award from Stanford University for his contributions to global music and was awarded an honorary doctorate from Berklee College of Music.

Mira Nair

Mira is a film and theatre director who gained international recognition through her works and was awarded India's third highest civilian award, the Padma Bhushan. When she began her journey in the films, she explored various Indian cultural traditions by depicting it in her documentaries and films. Her second documentary titled *So Far from India* was recognized as a Best Documentary winner at the American Film Festival and New York's Global Village Film Festival, her film '*Salaam Bombay*' won awards at the Cannes Film Festival, the film '*Mississippi Masala*' earned her a standing ovation at the Sundance Film Festival, and '*Monsoon Wedding*' grossed over \$30 million worldwide.





Sabyasachi Mukherjee

Sabyasachi is a man who needs no introduction when it comes to Indian fashion. With gradual steps into the industry, he started with his label in 2001 with a workforce of only three people and now has spread his design philosophy of antique textiles and cultural traditions all over the world. Famously known for Indian Bridal Wear, he pioneered the use of high-end luxury Indian textiles in a modern context. His unique contribution was the use of classical methods like bandhani, gota work, block printing, hand dyeing etc. in construction of modern silhouettes. Recently, he collaborated with H&M for a special collection highlighting traditional weaves and materials.



Vineet Bhatia

An ambitious lover of Indian cuisine who followed his passion for cooking, Vineet is now a globally renowned chef and the only Indian to receive two Michelin stars. He is an Indian chef, restaurateur, and an author who is seen as the face of progressive modern

Indian cuisine. Currently he has eleven restaurants across the globe, and has published successful cookery books. He appears as a judge on 'The Final Table' available on Netflix and has been a judge-host on MasterChef India.

Priyanka Chopra Jonas

After being crowned Miss World 2000, there was no looking back for Priyanka. She went on to star in numerous Bollywood movies, gained wider recognition for her acting in Barfi, Bajirao Mastani, Mary Kom, etc., bagged the lead role in an American thriller series called Quantico, became the first South Asian actress to win a People's Choice Award, released a song featuring American rapper Pitbull, launched her haircare line Anomaly Haircare, opened her restaurant 'Sona' in Manhattan, published her memoir 'Unbreakable' which reached NY Times bestseller list, and has been honoured with a Padma Shri by the Government of India. A self-made woman who has been tremendously influential internationally, 'PC' as she is known, has utilised this recognition by raising her voice to promote various social causes such as feminism, and has even worked with UNICEF for child rights.





Indra Nooyi

The former CEO of PepsiCo, Indra Nooyi has been ranked at the top of several most influential women lists. She currently serves on the board of Amazon and International Cricket Council. During her work in PepsiCo, she had brought a strategic redirection called Performance with a Purpose which has been largely successful and involved

creating long-term growth while leaving a positive impact on society and the environment. She concentrated towards health and environmental concerns from redesigning packaging, conserving water, to switching to renewable energy sources. With numerous awards, Indra has also received Padma Bhushan.

Sir Salman Rushdie

An Indian-born British-American novelist and essayist, Sir Ahmed Salman Rushdie is popularly known for his work which combines magical realism with historical fiction. His book *Midnight's Children* raised him to fame and won the Booker Prize in 1981. He was elected as a fellow of the Royal Society of Literature, the UK's senior

literary organisation, holds the rank of Commandeur in the Ordre des Arts et des Lettres – France's highest artistic honour, received a Knighthood in the Queen's Birthday Honours, became a member of the American Academy of Arts and Letters, and was named a Library Lion of the New York Public Library.



Aishwarya Rai Bachchan

Winner of Miss World 1994, Aishwarya Rai Bachchan is an intellectual beauty who has been widely recognised. She is the first Indian actress to be on the jury of Cannes Film Festival, has a tulip named after her in Netherlands, had a limited-edition barbie doll of herself sold in UK, has appeared in David Letterman and Oprah's show, and honoured with a Padma Shri by the Indian Government and the Ordre des Arts et des Lettres by the Government of France. Being the first Indian celebrity who made a big impact globally, Aishwarya was the first to be appointed as Goodwill Ambassador of Smile Train, an international charity that worked in 76 countries, and then was appointed as the new international Goodwill Ambassador for UNAIDS.



M. Night Shyamalan

Delivering the best plot twists in his movies, M. Night Shyamalan is a film director, screenwriter, producer, and occasional actor whose films have a cumulative gross of exceeding \$3 billion globally. The audience loved him for 'The Last Airbender', 'Unbreakable' film series, and

'The Sixth Sense', for which he received nominations for the Academy Awards. He has recently started with series featuring on an OTT platform where he has intricately directed all scenes. He was awarded the 'Padma Shri' by the Government of India.



Bibhu Mohapatra

One of the most influential fashion designers, Bibhu started his career with a motive of promoting handwork and textiles through his deep appreciation for making clothes. Once he established his label, he presented many collections of luxury women's ready to wear, couture and other work to the world. His clothes prioritise function and symbolise power and have drawn the attention and support of powerhouses such as Lupita Nyong'o, Gwyneth Paltrow, and former first lady of the United States, Michelle Obama.



Shantanu Narayen

The Chairman, President, and CEO of Adobe Inc., one of the largest and most diversified software companies in the world, Shantanu is a business executive who was appointed as a member of Barack Obama's Management Advisory Board and is the recipient of Padma Shri award by the government of India. His leadership, technology insights, and operational expertise have strengthened Adobe's culture of innovation, expanded the company into new markets, and extended its product portfolio and global reach.



Deepica Mutyala

What started as a simple makeup hack video posted on YouTube brought Deepica to launch her own beauty product line. She is a businesswoman, founder of 'Live Tinted', and a Youtuber whose videos have crossed over a million views. Her venture, 'Live Tinted' is also a digital platform which gives voices and stories for under-represented individuals and features their personal journeys with beauty, culture and identity. The first product, Huestick- a vegan, cruelty free multistick and colour corrector, was a breakthrough in the beauty industry.



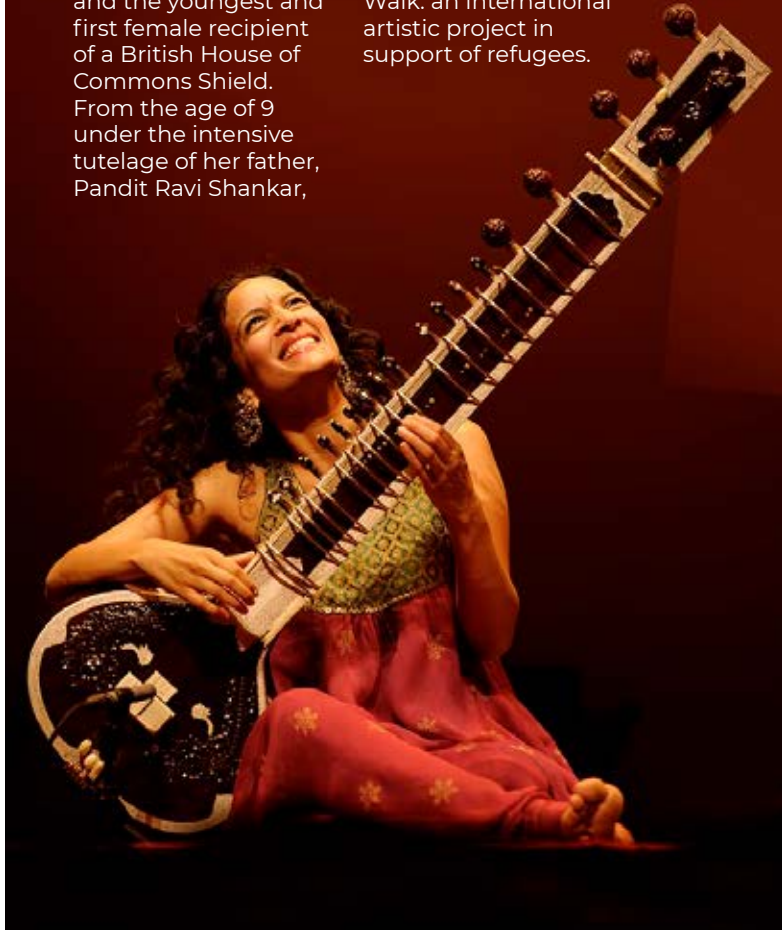
Arundhati Roy

A novelist, writer, and a political activist who rose to fame internationally for her book 'The God Of Small Things'. The book won the Booker Prize, sold six million copies, and has been translated into forty languages, and became the best-selling book by a non-expatriate Indian author. In an interview she asserted that whatever she does, she does as a citizen and not as a celebrity, she stands by what she writes and follows through on what she writes. She even won the National Film Award for Best Screenplay early in her career for the movie 'In Which Annie Gives It Those Ones'.

Anoushka Shankar

The first Indian musician to perform live or to even serve as a presenter at the Grammy Awards with seven nominations under her belt, Anoushka is a masterful sitarist, film composer, impassioned activist, and the youngest and first female recipient of a British House of Commons Shield. From the age of 9 under the intensive tutelage of her father, Pandit Ravi Shankar,

she has been a tremendous influence on Indian classical music globally. In 2020, she was announced as the inaugural President of the F-List: a UK database created to help bridge gender-gap in music, and as an Ambassador for The Walk: an international artistic project in support of refugees.



Vikas Khanna

Vikas Khanna is a treasured force in the culinary world, both in India and on foreign turf. He was one of the first Indian chefs to be awarded with a coveted Michelin star, is the author of over 37 books, and the only Indian name in Top 10 Most Influential Chefs in the world. Apart from working with 5 star hotels in India, Vikas has also worked with top chefs including Gordon Ramsay, Eric Ripert, Bobby Flay and Jean-Georges Vongerichten. He is also a filmmaker who has produced documentaries and films like 'The Last Color' which made it to Oscars 2020 eligibility for Best Film, and 'Kitchens of Gratitude' which was featured at the Cannes Film Festival.

Masoom Minawala

Masoom Minawala is a global influencer, entrepreneur, and a digital content creator who aims to take Indian fashion to the world. With over 1.2 million followers across all social media platforms, Masoom is one of the most looked upon Indian Digital Content Creators in the world with content revolving around positivity, lifestyle, family, gender equality, books, travel, etc. Her initiative #SupportIndianDesigners has generated 10,000+ conversations and content for small businesses in India in 6 months and she was even seen wearing a Manish Malhotra saree at the Cannes red carpet. To inspire women to tap into their entrepreneurial skills, she founded 'Empowher', an initiative that helps



inspire, guide, and uplift women who want to grow or kick start their journey in the competitive world of business.

Radhika Jones

Radhika is a known face in the magazine publishing industry for her exceptional and thoughtful writing skills. She started with being the cultural editor at 'Times', then being the editorial director for 'The New York Times', and now the editor-in-chief of 'Vanity Fair', a popular cultural magazine. Being the first woman of colour to become editor of Vanity Fair, her rise from arts pages to the Vanity Fair editorship has depended on her instinct for finding stories and writers of wide-ranging appeal.



Dev Patel

Dev emerged as an outstanding movie star, delivering acclaimed performances in an impressive range of international films and television shows. Born to Gujarati parents, Dev has showcased his roots through various roles like of Jamal

in Slumdog Millionaire, Sonny Kapoor in The Best Exotic Marigold Hotel, Saroo in Lion, and Srinivas Ramanujan in The Man Who Knew Infinity. Being one of the three actors to be nominated for Oscars from India, he has worked with notable people and has received several awards like Critics' Choice Movie Award and the Screen Actors Guild Award.

Vidya Vox

Vidya is a singer who has introduced the world to music which fuses together the intricacies of Indian music with elements of electronic and hip-hop. Her YouTube channel brings together her Indian American heritage with over seven million subscribers and has amassed over 975 million views. With over 300 million views, one of Vidya's most successful videos, 'Be Free,' is an original song from 'Kuthu Fire', mixed with Malayalam folk song "Pallivaalu Bhadravattakam." Vidya's mashups have since gained worldwide recognition from the likes of Major Lazer, Diplo and Hrithik Roshan. Vidya has been featured in publications such as Billboard, LA Times, Vogue, Elle, NPR, Cosmopolitan, BuzzFeed, The Hindu, Deccan Chronicle and many more.



Madhur Jaffrey

The one who introduced Indian cuisine to the western hemisphere with her debut cookbook, Madhur is an actress, food and travel writer, and television personality. She is regarded by many as a world authority on Indian food, having appeared in over 20 films, and written over 15 cookery books. Her first book, 'An Invitation to Indian Cooking', and her series for BBC television 'Madhur Jaffrey's Indian Cookery' made her a household name. She has been awarded for both her cooking and acting skills internationally.

Satya Nadella

The CEO of Microsoft, Satyanarayana Nadella, always knew he wanted to build things. The third CEO in the company's history after Bill Gates and Steve Ballmer, Nadella orchestrated a cultural shift at Microsoft by emphasising empathy, collaboration, and growth mindset. Apart from this, he has also written a book called 'Hit Refresh' that explores his life, his career in Microsoft and how he believes technology will shape the future. All the profits from this book are going to Microsoft Philanthropies. He is also one of the Board of Directors of Starbucks, and Board of Trustees for University of Chicago and Fred Hutchinson Cancer Research Centre.



Sir Anish Kapoor

Anish Kapoor is a sculptor who can look back at most of his art world's badges of honour which specialises in installation and conceptual art. His art can be distinctly recognised with geometric or biomorphic shapes using simple materials in brightly coloured pigment. Anish's most famous work has been public sculptures like 'Cloud Gate' in Chicago, 'Sky Mirror' in New York, Kensington Gardens in London, and a permanent artwork for London's Olympic Park. He has also designed the statuette for the Brits Award in 2018. He has been awarded the Turner Prize for the Turbine Hall at Tate Modern, and received a Knighthood, and a Padma Bhushan, among several other awards.





Sundar Pichai

Pichai Sundararajan is the CEO of Alphabet Inc and its subsidiary, our favourite search engine, Google. Regarded as one of the most influential persons in the world, he joined Google in 2004 where he led the product management and innovation efforts for a suite of Google's software products, and by 2015 he climbed his

way to the top of the ladder. Since then, he has worked in developing the company through various initiatives and has recently joined the President of the United States (POTUS) where Google will provide tech training for 100,000 Americans and invest \$10B to tackle cyber security.



Gurinder Chadha

The woman behind the famous movie 'Bend it like Beckham', Gurinder Chadha is a film director known for making films with quirky comedy. Her first feature movie 'Bhaji on the Beach' won numerous international awards and 'Bend it like Beckham' was the highest grossing film which received BAFTA nomination and Golden Globe nomination. Gurinder has received several Honorary Doctorates from British universities and was awarded an O.B.E. (The Most Excellent Order of the British Empire). Currently, she is collaborating with A. R. Rahman on DreamWorks Animation's first musical film set in India.



Jhumpa Lahiri

Known for her short stories and novels which illuminates the immigrant experience, that of East Indians, Nilanjana Sudeshna "Jhumpa" Lahiri won the National Humanities Medal by the former U.S. President Barack Obama all because she embraced her writing career. Her novel 'The Namesake', a story that examines themes of personal identity and the conflicts produced by immigration by following the internal dynamics of a Bengali family in the United States, was a New York Times Notable Book. She has been a professor of creative writing at Princeton University since 2015.



LIVE, LOVE, LAUGH WITH INDIA@75

As India recently celebrated its 75th Independence Day, a sea change in lifestyle has been led by GenY and GenZ.

BY RANOJOY MUKERJI

India hoisted its own flag on August 15th, 1947, when Pandit Jawaharlal Nehru made his memorable speech about India's tryst with destiny. It was a difficult time to start with, what with the second world war just finished and India finally managing to shake off colonial rule and gain complete freedom from the British. Sure, there was lots to be done but the journey had been started at least.

Since it was Jawaharlal Nehru who became the first prime minister of independent India, he took a path of socio-economic growth practices, that may not have led to super speed growth of the economy, but at least it gave a sustainable industrial revival plan for India. However, a lot of strides have been made since then and today, India is truly a superpower in its own way.

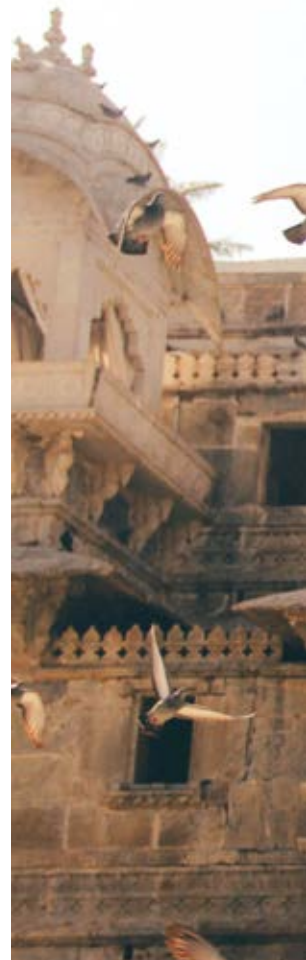




In terms of lifestyle, we have certainly come a long way. From a time in the 1950s to the end of the 20th century, conspicuous consumption was certainly frowned upon, and the preference of elders was to save money. This was however not for any other reason but the fact that India went through a lot of shortages after independence and consumer goods were not available in plenty post-independence. Industry was strictly controlled, and private enterprise was very little – something that everyone termed as ‘license raj’, as it was difficult to get clearances. The Government wanted to concentrate on heavy industry development and agriculture, which was and remains the biggest bread winner for us. In the 1950s and 60s, import was banned for many items and frowned upon by the powers that were. Cogs of self-reliance were being added to the wheel of the Indian economy and given our socialist leanings of the time; we were greater friends of communist countries in the East rather than the more developed countries of the West.

All this changed with much more liberalisation that happened in the 1990s. Industry was gradually opened and the government tried to free the shackles of private industry. Naturally, this gave rise to more liberalised lifestyles as India started catching up faster with western trends. Companies like Coca-Cola and Pepsi that had been banned in the 1970s made a comeback. Electronics manufacturing got a fillip with the entry of multinationals as well as a spurt of domestic manufacturers. White goods consumption went up dramatically as well as all other industries – automobiles being one such area. Suddenly, the next generation of Indians were proudly making lifestyle choices – whether it was buying white goods, cars, bikes or even spending on apparel and related industries.

The mobile phone revolution that started in the 1990s was another big push to the aspirations of young India. The first mobile phone call made by Kapil Dev in Kolkata in 1994 meant that India was ready to leap into the next millennium with a new-found confidence, that is so evident today. The mobile phone revolution has ushered in a whole level of behavioural change in people that is so evident here. GenZ cannot live without their mobile devices – smartphones, tablets and everything that lives off IoT (Internet of Things).





This would not have been possible even a decade back. Streaming services, OTT platforms – all of these are dreams of a digital India – the kind of India that is being spurred on by our Hon'ble Prime Minister, Narendra Modi – who is now aiming to take even currency online. Gone are the days of the mid-20th century when you had 1 paise coins besides a whole lot of other denominations and currency notes ranging from 1 rupee to 1000 rupees to the 2000-rupee notes of today.

India has certainly evolved with its lifestyle goals and aspirations. The previous generations did not have much to look

forward to in terms of entertainment, devices, automobiles – et al. But now things are changing, and we can certainly expect that as we go and GenY and GenZ evolve further, we shall be as technologically advanced as the first world. This combined with the fact that today the world's top brands in all sectors from apparel, lifestyle electronics to automobiles are available in India today, we are certainly marching ahead with a new determination. This change is being led from the front by GenZ, which is now at the forefront of this revolution, something that cannot be stopped in the foreseeable future.

A WAVING FLAG

Our 75th Independence Day was celebrated with great joy on the premises of DLF Gardencity.

On every 15th of August we commemorate our freedom, pay homage to our invaluable freedom fighters, and mark the day with celebrations of our diversity and unity. It is an occasion that is rung in with great pride and joy in almost every corner of the country. This year, the event was attended by all members of the society, adhering to all COVID protocols.

There was a crisp march past with over hundred elders and children on bicycles, motorcycles, and skateboards, participating whole heartedly. The enthusiasm was evident in the buzz of excitement that filled the air. The hoisting of the tricolour took place amidst solemn salutation with an ample number of seniors present too. As no event is complete without a cultural performance, following the unfurling of our national flag and the collective singing of the national anthem, everyone gathered to enjoy the performances put up by various groups. The patriotic fervour shone in the eyes of the children who put their best foot forward and danced on stage. The pride and joy suffused each one as even senior residents shook a leg and expressed their happiness.

The celebration was filled with songs, poems, speeches, dance performances and skits, performed by every age group. People even played musical instruments and gave eloquent speeches which added more charm to the event. With residents clicking pictures, all dressed up in tri colours, it was truly a colourful melee of emotions that ran high as the program progressed.

A unique celebration of patriotism in unique times, the event concluded with an applause for the cultural committee and housekeeping staff who put in their efforts which made the event a grand success. With the waving flag, the happy moments of independence caught up with each other on this special occasion.





GOD OF ALL THINGS

The Ultima celebrated Krishna Janmashtami with a spread of colours, bhajans and dandiya this year.

One of the oldest and most widely celebrated festivals in India, Janmashtami marks the birth of the butter-loving god, Krishna. To bring in this joyous occasion, temples are decorated with flowers and lamps, Krishna idols are adorned with new clothes and ornaments, and people prepare a jhaaki at midnight, of the infant lord in a cradle, midst songs and devotional hymns.

Janmashtami was celebrated on the Central Lawn at The Ultima, keeping with the Covid protocols. A beautiful Sri Krishna Mandir was created, filled with flowers, for the residents to come and offer prayers and receive prasad with blessings. The mood was elevated with soothing Bhajan Sandhya with the hymns filling the air. Subsequently a grand Krishna Aarti was performed collectively by all the members of the society, seeking the blessings of Lord Krishna. The little ones looked adorable dressed up as Lord Krishna, complete with the flute and peacock feather. Everyone revelled in the myriad food stalls that served up the choicest of delicacies. The small children delighted everyone with their mesmerising performances as Krishna and Radha, on stage as they dressed up and portrayed the lovable antics. A performance by the ladies further energised the entire aura of the festivity. Music suffused the environment with sweetness, with the dandiya raas bringing together everyone in a joyful dance. Towards the end, the birth of Lord Krishna was rejoiced with an aarti that overwhelmed everyone with devotion.







INDIA THROUGH WORDS

India is a country rich in culture, heritage, and history. The books mentioned here will give you a glimpse into how far the country has come in terms of development, religion, social, political, and literary aspects.

A CORNER OF A FOREIGN FIELD: THE INDIAN HISTORY OF A BRITISH SPORT

by Ramachandra Guha

A book that will spike up your interest irrespective of being a cricket lover. Not all about cricket, it highlights India's social and political history along with the history of the game. It also brings forth the biography of famous and forgotten cricketers. For Ramchandra Guha, never has any book brought his work and life together. A pioneering work, essential for anyone interested in either of those vast themes, cricket and India.

LAND OF SEVEN RIVERS: HISTORY OF INDIA'S GEOGRAPHY

by *Sanjeev Sanyal*

The author has successfully depicted that although the times we live in are rapidly changing; it is important to remember that India is an ancient land. Much of India's history has been written concerning the politics of India, this book gives a fresh perspective through geography- just as geography affects history, history affects geography. The book sets off to explore and look at how the country's history was shaped, how the Europeans map India, and how the course of civilization took place since then.

LET'S GO TIME-TRAVELLING

by *Subhadra Sen Gupta*

This book talks about all the colourful and human things that are interesting about Indian history. Written in a conversational, unique history narrative, it introduces the culture, art, craft, food, fashion and entertainment that prevailed as part of daily life during those times. You can go time travelling through the various ages from Harappa to the Mauryan, Mughal to the British, as you learn some interesting facts you never knew. If your child thinks that history is boring, hand them this book.

MIDNIGHT'S CHILDREN

by *Salman Rushdie*

This is a much-celebrated book that won both the Booker Prize and the James Tait Black Memorial Prize in 1981, and then the "Booker of Bookers" Prize. Salman Rushdie

has blended magic realism with historical non-fiction, through the eyes of Saleem, who was born at the midnight of independent India and is drawn into a fascinating family saga set against the vast, colourful background of the India of the 20th century. Salman Rushdie admits making the boy an identical twin of the country and has used human terms, and human emotions, to personify a country. A great story of postcolonial and postmodern India.

Q&A

by *Vikas Swarup*

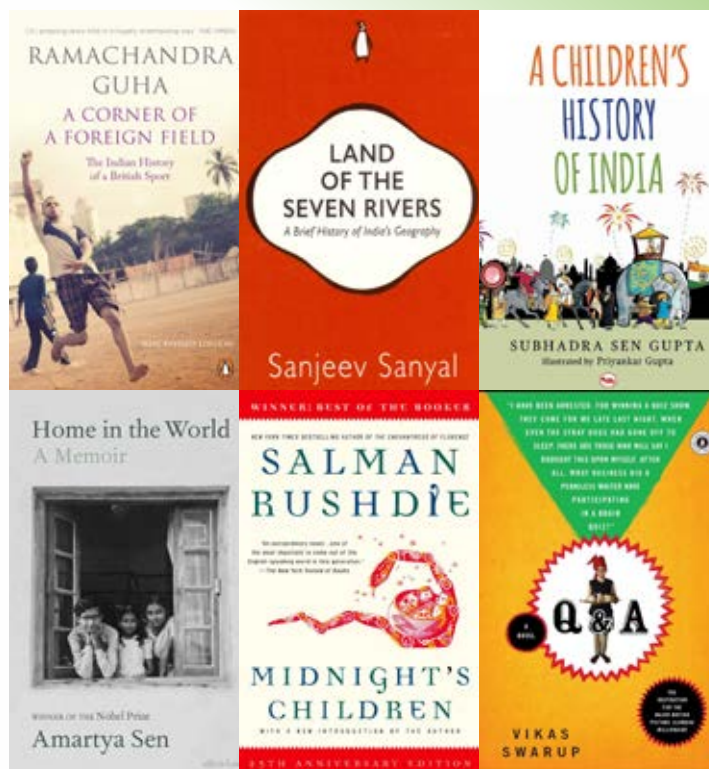
This is the first novel written by Vikas Swarup and was translated into eighteen languages which later got adapted into the Academy Award-winning film *Slumdog Millionaire*. It is cleverly constructed and offers a whirling kaleidoscope of India a tourist never sees. Cutting across humanity in all its squalor and glory,

Vikas presents a kaleidoscopic vision of the struggle between good, evil, optimistic, and aspirational India. A heart-warming, occasionally hilarious, but also heart-wrenching and tragic story. The book contains sensitive and triggering scenes, so readers should be careful.

HOME IN THE WORLD: A MEMOIR

by *Amartya Sen*

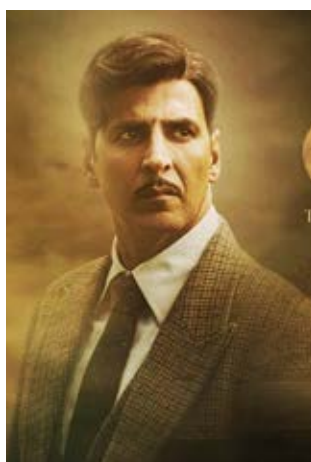
Amartya Sen is a renowned person who has made his mark. This book is about him recollecting the days since his childhood, speaking on diverse subjects of economics, philosophy, Hinduism, literature, and many other things which spiked his interest. The relationship between Britain and India is one of the main themes of the book. Sen brilliantly recreates the atmosphere of the historic culture of Bengal and writes a memoir as deeply personal and a universal journey of self and society.



LET'S GO INDIA!



With the Tokyo Olympics being recently over, it is the perfect time to recap all the other Indian sports personalities who have made us proud over the past years. And what better way to enjoy and be inspired than watching their film?



GOLD

Gold: The Dream That United Our Nation is based on India's first Olympic gold medal as an independent country. It follows the journey from 1933 to 1948 through the eyes of Tapan Das, a character based on Kishan Lal who was the captain of the winning hockey team which won a gold against Britain by 4-0. Known as the fastest player in wing position and a gentleman player, Kishan was awarded the Padma Shri by the then President of India, Dr S Radhakrishnan. Starring Akshay Kumar, directed by Reema Kagti and produced by Farhan Akhtar and Ritesh Sindhvani, take a trip down our first gold medal.



SAINA

Saina is based on none other than Saina Nehwal, a former world no.1 player with 24 international titles and the first Indian badminton player to have won an Olympic medal. Directed by Amole Gupte, the film showcases Saina's love for the sport from a young age. An inspirational story of strength and stamina, get to know more about her highs and lows involved in making a winner.



M.S. DHONI: THE UNTOLD STORY

A biographical sports drama directed and written by Neeraj Pandey; the film is on our captain cool Mahendra Singh Dhoni. Widely regarded as one of the greatest wicket-keeper batsmen and captains in the history of the game, Dhoni is one of the highest run scorers in ODIs and an effective finisher in limited-overs formats. The movie depicts his hard work, goal-oriented personality, and sheer determination, proving that anything can be achieved if you focus on your dream.



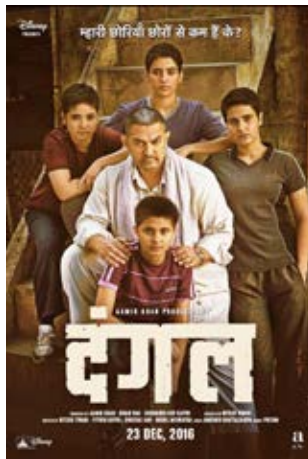
SACHIN: A BILLION DREAMS

Another must watch for all the cricket fans out there, Sachin: A Billion Dreams is an Indian documentary sports film revealing Sachin Tendulkar's substantial details and personal life. The film follows two main plots - Sachin's childhood to his career till 1999, and the transformation as the 'God of Cricket' till his first world cup win. Through archival footage, re-enactments, and Sachin's narration, the film brilliantly depicts the power of passion and zeal for performing the best every time.



SOORMA

The film Soorma is based on the life of Sandeep Singh, a professional field hockey player and the ex-captain of the Indian national hockey team. He is also popularly known as “Flicker Singh” for his specialization of the drag-flick, one of the fastest in the world. The film is directed by Shaad Ali and Diljit Dosanjh plays the role of Sandeep. It shows the entire journey of the hockey player, making his comeback, and overcoming his disability after receiving an accidental gunshot while on his way to join the national team leaving for the World Cup in two days. After his tremendous performance and sportsmanship, he was awarded the Arjuna Award.



DANGAL

One of the highest grossing Indian films ever, Dangal, is based on India's first world-class female wrestlers, Phogat sisters. Geeta Phogat won India's first ever gold medal in wrestling at the Commonwealth Games in 2010 and her sister Babita Kumari won the gold medal in 2014 Commonwealth Games. The film is loosely based on the struggle and strict discipline of the sisters to their gold winning. It depicts how their father, Mahavir Singh Phogat, also an amateur wrestler, and the senior Olympics coach supported and trained his daughters. Apart from making the country proud, they have contributed to a change in mindset and attitude towards girls and women in home-state Haryana and the rest of the nation.



BHAAG MILKHA BHAAG

Directed by Rakeysh Omprakash Mehra, the biographical sports drama film is about the famous Flying Sikh who was the only athlete to win gold at 400 metres at the Asian Games as well as the Commonwealth Games. With Farhan Akhtar in the leading role, the film is a rollercoaster of emotions explaining what goes in the mind of an athlete. The film is inspired by the book The Race of My Life, an autobiography co-written by Singh and his daughter Sonia.



MARY KOM

Mangte Chungneijang (Mary) Kom is a biographical sports film about the only female boxer to have won a medal in each one of the first seven World Championships, and the only boxer to win eight World Championship medals. Starring Priyanka Chopra, the film vividly depicts the struggle Kom faced in her personal and professional life as a woman, while becoming a boxer to her victory at the 2008 World Boxing Championships.

FOOD BAE!

From making the perfect sugar free dessert to shrimps in salad, here are some savoury recipes you must try at home.



RHODODENDRON AND RED APPLE SMOOTHIE

Rhododendron trees are grown wild in the Himalayas, where the locals call it 'buransh'. The juice made from its flowers (which bloom in March and April) is great for heart health and helps reduce inflammation.

INGREDIENTS

- ½ cup grapefruit juice
- ½ cup chopped apple
- 1 cup rhododendron juice
- 1 cup Greek yoghurt
- ½ cup unsweetened muesli

METHOD

Mix all in a juicer mixer and garnish it with some chopped cashews.



AVOCADO SHRIMP CUCUMBER BITES

INGREDIENTS

- 1 cucumber sliced into ½ inch slices
- 2 large avocado halved and pitted
- Salt and pepper to taste
- 10 grams fresh lemon juice
- Marinade for Shrimp:
- 900 grams of large shrimp peeled and deveined
- 5 to 8 grams garlic minced
- 7 grams salt
- 3 grams cayenne pepper
- 5 grams paprika
- 45 ml olive oil
- 15 ml fresh lemon juice

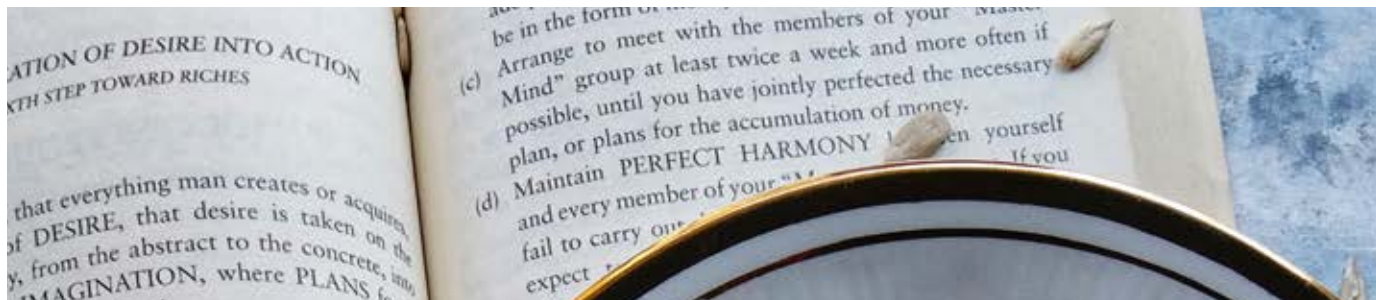
METHOD

- In a bowl take shrimps and combine all the marination ingredients. Let the shrimps be marinated for 30 minutes.
- In another bowl, mash the avocado and add salt, pepper and lemon juice.
- Preheat the grill to medium heat and grill the shrimps for 3 minutes on each side.
- Ensure that the shrimps are pink and thoroughly cooked.

TO SERVE

Place the cucumber slices on a serving dish. Spread the mashed avocado onto each slice and top it with grilled shrimp. Garnish it with a sprig of parsley or dill.

BY CHEF ISHIJYOT SURRI



PROTEIN CHIKKI

INGREDIENTS

- 200 grams jaggery
- 1/2 cup chopped almonds
- 1/2 cup sunflower seeds
- 1/2 cup watermelon seeds
- 1/2 tsp cardamom powder (elaichi)
- Pinch of salt
- 1 tbsp white sesame seeds

METHOD

- In a pan, roast all the seeds and keep them aside. Melt the jaggery till it is completely lump-less over low flame.
- Turn off the flame, put all the remaining roasted seeds into the jaggery, add salt and cardamom powder, and mix well.
- Grease a plate with ghee and put all the mixture in it. Roll it with the rolling pin into medium thick chapati type.
- When it is medium set, cut them into squares and let it cool completely.

BY RIDDHI KOTHARI, FOOD BLOGGER





SUGAR FREE RASMALAI (6-7 PIECES)

INGREDIENTS:

- 1 litre toned milk (Non homogenized)
- Vinegar, yoghurt whey or lime juice to curdle the milk
- Cardamom powder and saffron for flavour
- A little jaggery to sweeten the Rabri. (You can use any natural sweetener of your choice) If using honey, avoid heating. Add once cooled
- Pistachio, rose petals and silver varq for garnish

PROCESS FOR CHENNA

- Heat the milk in a pan and curdle it with vinegar and some water. (2tsp vinegar + 2tbsp water). The temperature of curdling is very important where the milk should be just below boiling temperature 75 to 80 degrees
- After curdling, do not stir it vigorously as it will disturb the chenna
- Strain the chenna in a muslin cloth and immediately add cold water to it. Squeeze the water out, but make sure not to over squeeze

- Leave it aside for 20 minutes
- Take your chenna out of the cloth, gently crumble it, and start kneading it
- Add 1/4th tsp cornflour to your chenna and knead it till it becomes a smooth dough for 3-4 minutes
- Divide the dough in 6-7 pieces and shape them in a disc
- Take a pan with a lid and boil some water. Put the discs in the water when it is bubbling for 15 minutes
- Take them out and put in chilled water. Leave it aside for 20 minutes

FOR RABRI

- Take another pot with 500 ml of milk and reduce it to 300 ml to make the rabri
- Add some elaichi powder and some kesar
- Keep on stirring it gently and make sure to cook it on a low flame
- Add some jaggery or honey
- Keep on cooking the rabri till it thickens enough. Cool it down and bring it to room temperature

PLATING

- Squeeze those discs to remove the

water and put it in the rabri

- Keep them in the refrigerator for 3-4 hours
- Garnish it with some chopped pistachios and rose petals

TIPS

- The consistency of chenna is the key. If it is too dry then the result won't be as spongy and if it is too wet, it will disintegrate while cooking.
- While cooking, the temperature has to be high. Always set the flame to high at all times. It has to be constantly bubbling.
- Do not touch the chenna when in cold water for 20 minutes.
- Squeeze the chenna disk extremely well to ensure it soaks the rabri well to make it juicy.
- Add Jaggery after the rabri has cooled a bit, older jaggery has the tendency to curdle the milk if it is slightly acidic.
- Serve Chilled.

CHEF NEHA SHAH,
MASTERCHEF INDIA SEASON 4
FINALIST

THE NEW KING

Hyundai's Alcazar has been one of the most keenly awaited launches in this segment. We drive the 6-seater to find out why it is so popular.

BY RANOJOY MUKERJI



The 6/7-seater segment in mid-range SUVs is on fire right now. After the success of Tata's Safari, many more have entered the segment, latest being of course Mahindra's XUV700. There are already players like MG present with their Hector Plus, so it comes as no surprise that Hyundai decided to expand their best-selling Creta lineup by introducing Alcazar – the 6/7 seat version on a slightly extended platform. With an extra 200mm

length at 4500mm and a wheelbase of 2760mm over the Creta's 2610mm, the Alcazar is certainly a bigger vehicle.

So, what are the changes of the Alcazar over the Creta? For starters, if you thought that the Creta had a lot of techs packed in, then the Alcazar beats it....by miles! In addition to everything that the car has, what particularly caught my attention was the awesome blind-spot display thanks to the cameras mounted underneath the two external rear view mirrors – you turn on the indicator for the right side, the speedometer shows you the right

side camera image and if you turn the indicator stalk to turn left, then the tachometer display changes to show the road on the left side. What a brilliant idea, Sirji!

Then there are brilliant ideas like a wireless phone charger in the rear. Most of the vehicles in this category are chauffeur-driven, so this is a good insight. Also, with most people having a Qi-certified wireless charging phone, this is a very welcome move. Then there are the embedded tables in the back of the front seats, which have a place for holding your tablet...



small touches like this make the Alcazar very practical. Seating comfort is good, courtesy of the wide and well-cushioned frames and the reddish (Cognac brown) tinge inside looks good. You have other goodies too – 64 ambient colour lighting for the interiors, a voice-operated panoramic sunroof, ventilated seats up front, an air purifier which is the crying need of our times, a wireless phone charger up front, LED lights all over the interiors, USB chargers for all seating positions, and of course the cherry on the cake – a 10.25" HD touchscreen with Navigation, Apple CarPlay, AndroidAuto and the works. This is paired to a 8-speaker Bose sound system that includes a center speaker on the dashboard and a sub-woofer. Naturally, a lot of functions can be controlled from your smartphone including starting/stopping the vehicle, running the air-con etc. etc. – the list is endless.

The most important part of a car is also how it runs, and here too the Alcazar does not disappoint. If it is the diesel economy that you want, then the

1.5-litre with its 115 horsepower and 250Nm of torque is very good, and if it is the refinement you are looking for, then the 2.0-litre petrol mill with its 159 horses is just what the doctor ordered. Both engines can be had with 6 speed manual or automatic transmissions, and both give you butter-smooth performance and low noise levels. Bear in mind that these are family vehicles, so they are not intended to win 0-100kph races – they are solid, reliable performers with low maintenance costs.

In terms of safety, the good thing is that rear disc brakes are standard, something which is missing on several more expensive MUVs even today. You get a standard anti-lock braking with electronic stability control as standard across all variants, as also LED lights, reverse parking sensors, rear parking camera and many other goodies. Two airbags are standard on the base 'Prestige' variant, while all others get a full complement of side and curtain airbags as well.

Now that we know most of the features of this car, many of you might want to know the price, for that is what makes or breaks a particular automobile. The Hyundai Alcazar is priced between INR 16.3-20.1 lac, depending on whether you choose petrol or diesel, 6- or 7-seater, manual or automatic and what trim levels – options aplenty. At this price, and considering all features on offer, this is one vehicle I would certainly recommend in this segment.

NEW MOTORS

For all the automotive enthusiasts, here are the new car launches for this month.

BY RANOJOY MUKERJI

AUDI E-TRON

The new Audi e-tron now available for sale in India. It is a full electric car that gives you an amazing range of more than 350 kilometres. Quality is top notch – from the exterior finish with lustrous paint jobs and fine detailing to the interior with its very bespoke feel, full digital instrumentation, and touchscreens for most controls. There is an amazing 705-watt B&O system which delivers terrific music performance, more enjoyable because of silent interiors. There are 3 distinct models available: the e-tron 50 with 308bhp & 540Nm of torque, that draws power from a 71kW battery and has a range of 264-379 km priced at INR 99.9 lacs, the e-tron 55 with 402bhp & 664Nm torque priced at 1.16 crores and the car in the review today: the aerodynamic sporty variant of the 55 called the Sportback, with the same power specs, priced at INR 1.17 crores (all prices ex-showroom).



MG HECTOR SHINE

MG Motor India has launched the Hector Shine. It has an electric sunroof, 17-inch alloy wheels & 10.4" HD touchscreen AVN System with Apple CarPlay and Android Auto. Additionally, Shine CVT is equipped with an electric parking brake, push-button start/stop and smart entry, chrome door handles & telescopic steering. The car is priced between 14.51 - 16.5 lakh, ex-showroom.





TATA TIGOR EV

The Nexon EV now has nearly 70% share of the Indian EV market, so here comes the second EV offering from Tata - the new Tigor EV. Powered by its high-voltage electric architecture – Ziptron, the Tigor EV delivers a peak power output of 74bhp and a peak torque of 170 Nm. 0 to 60 kmph is in 5.7 seconds and comes with 26 kWh Lithium-ion battery pack that comes with an IP 67 rating and motor to make it weather and worry-proof. There is a 8 year and 1,60,000 KM battery and motor warranty and also complies with ODB 64 test standard. The new Tigor EV is compatible with globally acceptable CCS2 charging protocol and can be fast charged as well as slow charged from any 15 A plug point. Prices to be announced soon, our estimate is 8-12 lac, ex-showroom.



HONDA AMAZE

The facelifted Honda Amaze is here. The Amaze, which has been a runaway success in India. Originally introduced in 2013, the present model was introduced in 2018 and has just got a facelift. Exterior changes include Sleek Solid Wing Face Front Grille, advanced LED Projector Headlamps with LED DRLs, and new Diamond-cut two-tone multi-spoke R15 Alloy wheels. Interior has One-push Start/Stop Button, Automatic Climate Control, F1 inspired sporty paddle shift, and Cruise Control. Infotainment is iDIGIPAD 2.0 – 17.7 cm Touchscreen Advanced Display Audio System that offers seamless and smart connectivity through Apple CarPlay™, Android Auto™ and Bluetooth. Pricing ranges from INR 6.32 lacs for the base petrol manual E trim to 11.15 lac for the top-of-the-line VX diesel with CVT. All prices ex-showroom.

MERCEDES-BENZ AMG

Mercedes-Benz has introduced two new performance sedans: the all-new AMG E 53 4MATIC+ and the new AMG E 63 S 4MATIC+; further strengthening its AMG portfolio in India. The AMG E 53 4M+ is only the second 'AMG 53 series' product introduced in India, and the first ever in a sedan body shape. The powerful AMG E 63 S 4M+ on the other hand reiterates Mercedes-AMG's renewed focus on 'One Man One Engine' philosophy and providing the AMG brand promise of 'Driving Performance' to all performance purists. The 63 series models still constitute Mercedes-AMG's core model series, and delight car. The AMG E53 4Matic+ 16with 435bhp and 520Nm of torque is listed for INR 1.02 crores, and the E63 S 4Matic+ V8 with 612bhp and 850Nm of torque for INR 1.70 crores, ex-showroom.



TECH CALLS

From flip phones to music special edition laptops, here is what is new this month.

BY RANOJOY MUKERJI



ASUS ROG ZEPHYRUS G14 ALAN WALKER SPECIAL EDITION

Asus has launched its ROG Zephyrus G14 Alan Walker Special Edition laptop which also comes with a ROG Remix Sampler. This is the result of a collaboration with EDM artist Alan Walker to blend music with technology. The laptop is powered by an AMD Ryzen 5000 series CPU and a Nvidia GeForce RTX 30 series GPU. It comes with a QHD display utilising a high refresh rate and uses a unique stylish design with the AniMe Matrix LED array on the lid, which is in grey with blue accents. A dedicated sampler called ROG Remix Sampler is also available that connects to the laptop with a single USB Type-C cable and has touch sensitive controls. It can be used as an external mixer for your music as it comes with two low pass buttons, a play/pause button, speed controls, an effect switching button, and six effect toggles. It also has RGB lighting all around. The laptop can be tucked away inside the sampler. Pricing is at Rs. 1,49,000/-.

SAMSUNG GALAXY FOLD3 AND FLIP3

No doubt, the greatest of tech launches this month has been Samsung's eagerly awaited Galaxy Fold3 and Flip3. The third generation of Samsung's category-defining foldable devices are more durable and come with an array of more optimised foldable experiences allowing consumers to unfold newer experiences. From the iconic design to the immersive large screen experience, Galaxy Z Fold3 and Galaxy Z Flip3 offer users unique new ways to work, watch and play. Consumers who are seeking the ultimate device for productivity and immersive entertainment will love Galaxy Z Fold3, a true multitasking powerhouse with next level performance. Thanks



to the world's first under display camera on a foldable device, it provides an uninterrupted 7.6-inch Infinity Flex Display along with the first ever S Pen support on a foldable device. Galaxy Z Flip3 will appeal to those who want style and function – with its sleek and compact design. It comes with enhanced camera features, and a larger Cover Screen for quick use on the go. The Galaxy Z Flip3 is also packed with some latest camera features, through which users can take hands-free selfies or do hands-free video calling with the signature Flex mode. Even if the device is folded, you can capture a quick photo—and now, even video—right from the Cover Screen using enhanced Quick Shot by double-clicking Galaxy Z Flip3's power key. Plus, scrolling and sharing are super smooth, thanks to Z Flip3's new 120Hz adaptive refresh rate. Currently, Galaxy Z Fold3 can be pre-booked at INR 1,42,999 and Galaxy Z Flip3 at INR 77,999 (including offers) on the Samsung India website.



REALME GT

realme recently launched what they call their flagship killer smartphone, the GT, at the company's first global launch event. This is the first Qualcomm Snapdragon 888 powered device. The realme GT's design is based on the core concept of grand tourers (GT) sports cars which were made for high speed, long-

distance driving combined with exceptional performance and luxury features. Embodying this concept, the flagship GT phone series offers a glass covered design with a 3D light reflecting pattern on the back plus a vegan-leather covered version with a repeated acceleration symbol along the length of the phone, conveying the fast breakthrough spirit of racing cars. The glass version comes in two colours – Dashing Silver and Dashing Blue – and is adorned with a series of shooting arrow patterns on the back of the phone, symbolizing speed and dynamism. Meanwhile, the vegan leather edition is available in Racing Yellow, a rare colour for a mobile phone design, which aims to pay tribute to young consumers who are constantly challenging and recreating themselves. It adopts the industry's first dual-tone leather design, which not only provides a unique, deluxe look but also practical benefits such as fingerprint resistance, and anti-crack features. In addition, despite an ultra-thin body weighing less than 186g, the realme GT is equipped with a large 4,500 mAh battery and 65W SuperDart charging support, allowing the phone to be fully charged in just 35 minutes. It is priced between 37,999-41,999/-.

BEST CARE FOR YOUR FURRY FRIEND



Setting Standards in Petcare
[A unit of cgs charitable trust]

The sheer joy, the boundless energy and the selfless love are almost infectious! Every animal lover treasures this feeling. We, at CGS Hospital, had this on top of our minds when we embarked upon the mission to create a top-notch facility, which could cater to the varied veterinary, grooming and boarding needs for your animal friends.



Advanced veterinary practices at CGS Hospital

- Minimally Invasive Orthopaedic Surgery
- Laparoscopy
- Diagnostic Endoscopy
- Echo-Cardiography
- In-house Dedicated Laboratory
- Computed Radiography
- Air-Conditioned In-patient/Boarding/Post-Op
Kennels of International Standards
- Ophthalmology unit and cataract surgeries
- Pet Accessories Supplies
- In-house Pharmacy and pet utilities shop

For more information contact us on +91 8826-005-582

CGS Hospital S - 25, Site No. 2204, DLF Phase-3, Gurgaon
info@cgs hospital.com | www.cgs hospital.com



BREATHE

FRESH AIR EVERYDAY



An oasis of tranquility in the Shivaliks can be all yours.
So, come and embrace this architectural wonder in the midst of the hills.

LAST FEW PLOTS LEFT!



Spread over across 23 hectares
overlooking the Shivaliks



Approx 78 kms from
Chandigarh Airport



Approx 41 kms from
Kalka Railway station



Approx 16 kms from
main Kasauli town



Close proximity
to Lawrence School and
Tagore Vanasthali School



Approx 4.5 Kms from
Primary Health Centre Kuthar

For details, pls call 8826266599 RERA No: RERAHP SOP08170004, Project License No: HIMUDA/LIC-36/2008