

# RETROPOP

*lifestyle*

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October-November 2023

VOL 3 | ISSUE 4

WHERE VINTAGE MEETS NOUVEAU

**FASHION  
EXTRAVAGANZA  
LFW x FDCI**

**SPOTLIGHT  
Nidhi Dalmia**

**PROJECT  
BOMBAS GENS  
Ramon Esteve**

**FACE TO FACE  
Daler Mehndi  
Guru Mann**

**TRAVEL  
Goa  
Istanbul  
New York**

**A DIPLOMAT'S  
DIARY**

**H.E. Mr Juan  
Rolando Angulo  
Monsalve,  
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**Bhagyashree**



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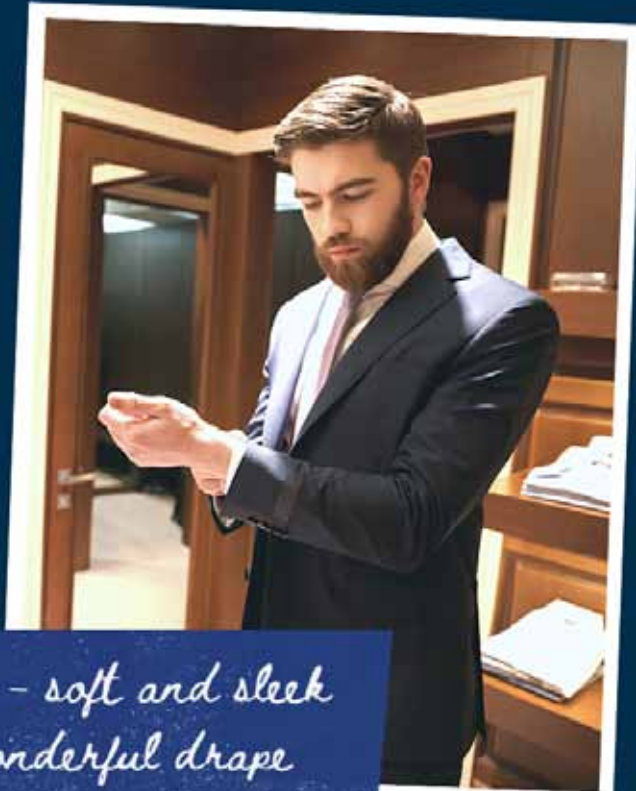
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# Editor's Note



## *A Festive Feast*

*Street lights twinkle in the winter night, festive cheers surround, and every home sparkles with smiles and laughter as the holiday season approaches. It's that time again when the world seems to glow from the festive warmth and happiness.*

*It is also the busiest time of the year, filled with family gatherings, office parties, and preparations for a festive feast.*

*Despite the celebratory buzz, there is nothing I love more than a cold winter evening sipping hot coffee, chatting with those I love the most, or snuggling by the fire, wrapped in cozy blankets. There's a sense of warmth and togetherness that fills the atmosphere.*

*This issue recreates that fuzzy festive feeling with a holiday compilation of the magic of the season. We bring you heartwarming and inspiring stories of icons like legendary singer Daler Mehndi, Global Fitness influencer Guru Mann, and Entrepreneur turned Author Nidhi Dalmia, who left a positive impact on society.*

*We continue keeping you updated with the latest in fashion from our trendsetters in the industry. You'll get plenty of ideas to look your best.*

*Explore travel destinations like Istanbul and New York, whether it's a snowy winter retreat or a sunny tropical escape. As the sun sets over the Arabian Sea and the beach fronts come alive with music, delicious aromas, and timeless merriment, Christmas in Goa becomes a perfect amalgamation of classic charm and coastal bliss, a deep dive into timeless and enduring experiences.*

*Bhagyashree, as our Cover Girl blends the old world charm with the modern sophistication, making her an ideal choice. Her timeless beauty makes her a perfect representation of how stars can continue to shine and inspire the present.*

*I hope it's a season of joy and togetherness for you wherever you are. I wish you moments of comfort and a happy coming together with the people you love the most.*

A handwritten signature in black ink, appearing to read 'Seema Dhawan', with a long horizontal line extending to the right.

*Seema Dhawan  
(Managing Editor)*



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## *lifestyle*

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- SIDDHARTH SINGH BOKOLIA
- GURU MANN
- H.E. MR JUAN ROLANDO ANGULO MONSALVE
- HUEMN X HANIF KURESHI
- JJ VALAYA X WASWO
- MEHBOOB HUSSAIN KHAN
- NAMRATA JOSHIPURA X SUDARSHAN SHETTY
- NICOLE SUARES
- NIDHI DALMIA
- RAJA RADHA REDDY
- RAJESH PRATAP SINGH X MITHU SEN
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### **PADMA SHRI SHAHNAZ HUSAIN**

Known for unique business strategies, she became a Harvard Case Study on Brand Creation and now she is a Harvard Subject for “Emerging Markets.” She became the first woman in the world in 104 years to receive the World’s Greatest Woman Entrepreneur Award from Success, the U.S. based Business Magazine. She also received the Padma Shri Award and was honoured with two Awards in the British Parliament for “Pioneering Ayurveda Worldwide” and “Ayurveda Excellence.” Shahnaz Husain is committed to social causes through her free beauty courses for the speech, hearing and visually impaired and acid attack survivors. She also contributes to Government projects on Skill Development by training and certifying over 40,000 underprivileged women in Beauty & Wellness.



### **BHAGYASHREE DASSANI**

The actress created history with “Maine Pyaar Kiya” and won the Filmfare Award for Best Female Debut. She balanced her career in movies/ TV, home and family without giving up her intense passion for travel, food and health. Having several films and T.V. Serials to her credit over the last 30 years. Now she is an accredited nutritionist, (registered with the British Nutrition Council) having her Back2Basics program for holistic health & wellness. Bhagyashree became brand ambassador of the Bhagyashree Scheme, launched by the Government of Maharashtra. Bhagyashree Scheme caters to girl child from below poverty line families.



### **DR BLOSSOM KOCHHAR**

Dr. Blossom Kochhar is the Chairperson Blossom Kochhar Group of Companies. She is the co-chairperson of the Beauty and Wellness Sector Skill council, India Skills and co-chair of Assocham Empowerment council. Being an army wife, she has worked closely in skilling armed forces widows and their children in beauty to earn a livelihood. She has also done grooming classes for a BSF officer’s wife. She has conducted many grooming sessions for various beauty pageant events, celebrities, actresses and has been the official grooming expert for fbb Colors Femina Miss India for two consecutive years now. She has groomed many corporate people & celebrities like Sushmita Sen, Aishwarya Rai, Priyanka Chopra, Gul Panag, Lara Dutta.



### **CHRISTINE SAMANDARI**

Co-Founder of L’Opéra. She served from 1988 until 2008 as the Head of the European and Francophone Branch of the Bahá’í International Community’s Office of Public Information, in Paris, France. She closely collaborated with governments and institutions of South-eastern countries of Europe within the framework of a project sponsored by the European Union, for stability and good-neighbourly relations in the Balkans in the wake of the break-up of Yugoslavia and the ensuing conflicts. Christine was elevated by the French Government to the rank of “Knight” in the prestigious “National Order of Merit” (Chevalier de l’Ordre national du Mérite) for her contributions to the cause of Human Rights and her Humanitarian Services.



**MAJ. GEN. (DR) GD BAKSHI**

Major General (Dr) GD Bakshi SM, VSM (retd) was commissioned in the 6th Battalion of the Jammu & Kashmir rifles in 1971 and is a decorated combat veteran who commanded his Battalion, Brigade and Division in active combat environments in J&K. He became a turn-around specialist and turned defeat into victory in very tough assignments. He has authored 38 books and written over 300 papers for prestigious defence journals. A highly popular TV commentator, he lectures extensively on the subjects of Leadership, Motivation and National Security and is a thought leader on these issues. Currently, he is Editor of Indian Military Review, the largest circulation defense monthly journal in India. In 2018 he was conferred the Chandra Shekhar Rashtriya Samman award by the Govt of Madhya Pradesh.



**VIKAS KHANNA**

Michelin Star Chef Vikas Khanna is an internationally acclaimed Indian chef, award-winning author, poet and filmmaker. He has worked with some of the most influential chefs of the world including Gordon Ramsay, Bobby Flay, Jean-Georges Vongerichten. Based in New York, Khanna was featured as "10 Global Legendary Chefs who've revolutionized our eating habits" by Deutsche Welle. As a lesser known fact to many, he is also involved with charitable and social welfare organizations like South Asian Kid's Infinite Vision (SAKIV) and Smile Foundation.

Vikas Khanna was honoured with the 2020 Asia Game Changer Award for feeding millions across India amid the COVID-19 pandemic through "Feed India" initiative-a massive food distribution drive that he coordinated from thousands of miles away in his Manhattan home.



**KAUSHALYA REDDY**

A distinguished luminary in the domain of Kuchipudi and other Classical genres. Kaushalya Reddy is trained in kuchipudi classical dance under World famous Padma Bhushan Drs. Raja Radha Reddy. She, along with Raja Radha Reddy ji, established the Natya Tarangini Kuchipudi dance school in 1976. Kaushalya started the now well-known annual 'Parampara Series' National festival of music & dance New Delhi in 1998. She has spent many industrious and creative years towards the construction of a world class performing arts Centre in New Delhi.

Her passion and efforts towards this art have etched a big mark on the global landscape and put India on the international cultural map.



**KAZEM SAMANDARI**

Kazem Samandari, the co-founder of L'Opéra (French Bakery Pvt. Ltd.), has served as its Executive Chairman since its inception in 2008. He is also the founder and President of KCSH & Associates and President Terra Firma International. With over 45 years of professional and entrepreneurial experience, he has worked in over 60 countries on all Continents. He has held executive positions in several high-tech companies including GMC Digital Printing Systems, Scitex Digital Printing, Inc., Kodak Versamark Inc. and Given Imaging Ltd. In 2015, Kazem was elevated by the French Government to the rank of "Knight" in the prestigious "National Order of Merit" (Chevalier de l'Ordre national du Mérite).



**MANINDERJIT SINGH BITTA**

MS. Bitta is the chairman of the All-India Anti-Terrorist Front (AIATF). He has lost counts of the numerous attacks by terrorists to eliminate him. Known as "Zinda Shaheed" (Living Martyr) could withstand tragic onslaughts and still afford to muster enough will power to risk his life again for the cause of society and nation and to wipe out terrorism from human lives.. He has also raised monetary support for many terrorist victims and their families along with war victims on many occasions. More than to his physical self, it is his mind that still nurses the wounds of resentment inflicted by a falsified and corrupt system that has narrowed its vision to impart justice to the right individuals and he is one of them.

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Runway Report

# Global India Couture Week (GICW Season 4)

Presented by IFDC in Collaboration with Bolo Live

A spectacular showcase of diverse and captivating designs. Day 1 of GICW Season 4 showcased a diverse range of themes, from historical opulence to contemporary transparency, and from geometric precision to cultural inspirations. Each designer brought their unique perspective, creating a memorable night for fashion enthusiasts and connoisseurs.

**Highlights:**

**Mughal-Inspired Opulence by Nazim Ali Khan**

Nazim Ali Khan's grand presentation paying homage to the Mughal empire suggests



a regal and majestic collection. The use of opulent designs likely transported the audience to a bygone era of splendor.

**"Transparency" by Brian Kerkoven**

Brian Kerkoven's collection, characterized by effervescent and floral-themed creations, suggests a light and graceful ambiance on the runway. The theme of transparency could indicate a focus on delicate fabrics and perhaps sheer elements.



**"DesiEdge" by Atul Singh**

Atul Singh's collection, blending traditional charm with a contemporary twist in "DesiEdge," indicates a fusion of classic and modern aesthetics. The presence of Sapna





**Allie Sharma**

graced the stage with gorgeous couture

**Geometry-Inspired Collection by Priya & Priyanka:**

The collection inspired by geometric shapes brings a contemporary and structured element to the runway. Chitralekha Sen's presence as a showstopper added a musical and glamorous touch to the showcase.

**"Alma Española" by Charu Parashar**

Charu Parashar's AW 2023/24 collection drawing inspiration from Spanish culture suggests a vibrant and rich display. Sophiya Singh as the showstopper indicates a fusion of Spanish flair with a touch of Bollywood glamour.

**Luxury and Regal Elegance by Lalit Dalmia**

Lalit Dalmia's "Heritage Queens" collection, portraying luxury and regal elegance, promises a showcase of timeless charm. Showstopper Giorgia Andriani looked stunning.



Choudhary as the showstopper adds star power to the showcase.

**"Legacy" by Archana Kochhar**

Archana Kochhar's collection, 'Legacy,' was a heartfelt tribute to the enduring elegance of women's fashion. The garments celebrated the timeless grace that women have brought to the world of couture.

Clad in Black, Shibani Kashyap looked gorgeous singing and walking on the ramp.

Model actress Ishita Raj Sharma was the showstopper.



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Runway Report

# TRESemmé Unlocks the Season's Hottest Runway Hair Trends

**T**RESemmé, unveiled the TRESemmé Style Collective on Day One at Lakme Fashion Week in association with FDCI for a first of its kind trend forecasting report showcasing the latest trends in hair styling. Brought to the fore by a group of trendsetters and industry experts in hair, makeup and fashion, the TRESemmé Style Collective included *ace fashion designers & creative directors, Falguni Shane Peacock, costume and fashion stylist, Anaita Shroff Adajania, celebrity hair stylist & colorist, Loic Chapoix, celebrity hair stylists Amit Thakur and Priyanka Borkar and celebrity makeup artist & hair stylist Sandhya Shekar.*



## Objective

The TRESemmé Style Collective was created with the objective of forecasting hair styling trends each season, that would ultimately make it easy for consumers to confidently style these trends from the comfort of their homes. A panel of handpicked experts, insiders, influencers, and image-makers, the **TRESemmé** Style Collective is the last word in hairstyling in India.

Earlier last month, TRESemmé convened a panel discussion on various aspects of hair styling with the TRESemmé Style Collective that saw the experts engage in creative brainstorming sessions as they analysed international and Indian catwalks, red-carpet and celebrity looks, as well



as TikTok and other online and pop-culture style markers. They also worked with **TRESemmé** to simplify, demystify, and break down these trends into easily achievable and accessible styles for all Indian women. Post the discussion, six trends were shortlisted. Further on, to bring this to life, the hair stylists worked through a step-by-step process on re-creating these styles for consumers, along with tips on how each trend could be styled for various occasions.

For a professional hairstylist, a beauty enthusiast, or simply someone who loves to stay on top of the latest trends, the **TRESemmé Style Collective** is the ultimate guide to the hottest and most inspiring hair trends that will dominate the beauty and fashion scene in the coming season.

On ground at Lakmé Fashion Week x FDCL, the super interesting event was kick started by introducing the expert group of panellists who gave their visions on the trends released by the **TRESemmé Style Collective**.

The trends were unveiled through a very glamorous **TRESemmé** film featuring the exciting six hair trends. It stated that no matter what your style is, **TRESemmé Style Collective** has something for everyone. Scroll to see what suits you the best –

**Bubble Braids** - the hottest “IT” girl hairstyle of the season, the bubble braids are breaking the internet. An easy to create, low maintenance hair style, Bubble Braids are simple yet fun way of expressing your style. Works on all hair lengths and types, and specially on third day hair! Single or double braid, the bubble braids are here to stay.

**Curtain Bangs** - If swish and sexy is your vibe, Curtain Bangs should be on your radar. The face framing hair style can be worn flowy for a feminine, effortless take. This versatile cut suits every face and every hair type, just keep in mind to choose the right length of the fringe.

**The Slick Bun** - the perennial style that keeps coming back again and again, the slick bun is here to rule the roost. Making you look snatched; the slick bun can go from board room to bar to baraat to bed. Suited for Indian and western silhouettes, you can never go wrong with the bun.

**The 90’s Blowout** - Va Va Voom, the old school pin up bombshell hair is back in action. Fluffy, feminine, ultra bouncy with volume and drama, the blowout is all set to make its way back this festive season. The quintessential red carpet look is for anyone looking to make heads turn.

**The Layered lob** - if fun & flirty is your style, then the layered lob is for you.

Well suited for Indian hair, the layered lob stops just before the collar bone, framing your face. Bringing in freshness and modern youthfulness, the layered lob can be paired with Indian as well as western silhouettes. The key to acing this look is keeping it full of movement.

**Chic Bows & Scarves** - if hair accessorising is your thing, then scout for all your hair bands, bows, scarves and ribbons cause this trend is here to stay. If childlike, feminine, and playful, is your vibe then hair accessories are your hottest buy this season. Weave them in updos, braids or buns, and nail the trend..



LFW in Association with FDCI

# Fashion Wears Art

**T**he trailblazing, exciting show brought to the fore the concept of 'Canvas to Runway' when the Fashion Design Council of India unveiled the innovative display called "Fashion Wears Art" at Lakmé Fashion Week in partnership with FDCI. The unique first-of-its-kind presentation of seven leading artists and designers was curated by well-known art aficionado, Shalini Passi and mentored by Mr. Sunil Sethi, Chairman, FDCI. In the world of fashion, the

collaboration between designers and artists has been one of the most looked forward to globally as well as in India.

The "Fashion Wears Art" Project combined the creative visions of top Indian artists and the country's ace couturiers that ended in a heady amalgamation of artistic concepts and sparkling styles. The designers and artists merger included top names in the business such as **JJ Valaya x Waswo X. Waswo, Namrata Joshipura x Sudarshan**

**Shetty, Rohit Gandhi + Rahul Khanna x Vibha Galhotra, Varun Bahl x A Ramachandran, HUEMN x Hanif Kureshi, Gautam Kalra x Siddharth Singh Bokolia and Rajesh Pratap Singh x Mithu Sen.**

**Designer JJ Valaya**, known for his stunning traditional creations touched with modern sensibilities and intriguing printed crafts, made an exciting merger with Waswo X. Waswo, a photographer, author, artist of miniatures and hand-colored photographs.



J J Valaya worked with muted tones of beige, black and jade silk and translated the artist's miniature paintings perfectly for the saris, Anarkali kurtas, kurtis, gowns and flowing shararas. A dash of sparkle was observed on the sleeve edges, sari borders, necklines and garments' hemlines that added a festive flavour.

**Namrata Joshipura** is renowned for her cocktail and evening wear collections that have thrilled the fashion forward women globally. Therefore, her amalgamation with Sudarshan Shetty who is famous for his paintings, sculptures installations and mechanized sculptures was the right pairing. Namrata Joshipura's cocktail hour offering had a shimmering, lapelled, overlay worn with a long, gloved, sleeved inner, while the deep "V" neckline, sheer, dazzling, long-sleeved hoodie looked sexy over a sleek, black body suit. The metallic mesh was used to create shifts and sheer trousers to match the artistry of Sudarshan Shetty.

**Designers Rohit Gandhi and Rahul Khanna** are names that are associated with clothes that speak an unconventional language so their teaming up with the creative Vibha Galhotra, a visual artist for installations, sculptures, and drawings, was a winning combination. Interpreting the work of Vibha Galhotra through their designs, the pair worked with intense shimmer for hooded creations, tasseled evening wear with abstract embellishments, long coats with shoulder accents that were all dreamt up in black to enhance the glitter.

**Varun Bahl's** designs for casual, formal, and bridal wear have distinct touches of fusion elements so when he combined his designing talents with A Ramachandran a famous Indian painter, well known for his artistic visuals, the result was a mesmerizing look at fashion with art.

The artist's vision was interpreted by Varun as a garden of flora that appeared in a medley of layered flowers and leaves on stunning dresses and gowns and with printed sheer silk, that created a fantasy of foliage fashion, all ideal for evening glamour.



The **Huemn label by designers Pranav Misra and Shyma Shetty** has created a great brand with their funky unisex creations that have a sporty vibe around them. It was but natural that Huemn label should tie up with Hanif Kureshi famous for his street art typography and work as an art director. The Huemn look revolved around white, relaxed, oversized, long or short sleeved shirts, inners, cropped tops with prominent patch pockets that were teamed

with comfy pants, some with the distressed treatment. The addition of quilted mittens gave a trendy treatment that matched the artist's street artwork.

From well-known stylist and designer, **Gautam Kalra** who has styled several fashion shows and celebrities, the combination with Siddharth Singh Bokolia, a creative photographer and video journalist was a great blend of arts and

styles. Gautam's styling for the elegant almost surreal film shot in a picturesque locale with dramatic ensembles and directed by Siddharth Singh Bokolia, brought the work of the celebrated photographer to the forefront in a graceful and innovative manner.

**Rajesh Pratap Singh** is the designer whose discreet styling, detailing and



construction have many followers and when he teamed up with Mithu Sen, artist, poet and performer, the synergy was just perfect. Creating simple silhouettes with an emphasis on human anatomy that was lit up to highlight the beauty of the body, the skirts, pinafore, maxi, white shirt, and gown formed the perfect backdrop for Mithu Sen's work and Rajesh Pratap Singh's designs.

"This is a wonderful meeting of genius minds, and the result has always been paradigm-shifting. Even if you look at history, it began with Elsa Schiaparelli x Salvador Dalí and continued with LV and Yayoi Kusama. These powerful palette pleasers are conversation starters, and not defined by conventional rhythms of the fashion world. We are glad to see these legendary artists join hands with us on this remarkable project to shape our

perspective in the design world." said **Sunil Sethi, Chairman, FDCI**.

"This coalescence between art and fashion is symbolic of a dynamic and transformative space, offering a platform for artists and designers to push the envelope of creativity, challenge conventions, and create unique and culturally significant works." said **Shalini Passi, Founder Mash India**.

Every season Lakmé Fashion Week in partnership with FDCI has brought innovative fashion concepts on the runway. This season the "Fashion Wears Art" extravaganza presented by the Fashion Design Council of India proved to be a great 'Canvas to Runway' showcase for both fashion and art lovers.

#### About Lakmé

Lakmé, is India's no.1 colour cosmetics and leading premium skincare brand from Hindustan Unilever Ltd. Lakmé has been the pioneer of the make-up and colour cosmetics in India since 1952 by launching numerous trends leading and high-performance products. Combining international cosmetic technology with an in-depth understanding of the Indian woman's needs, Lakmé offers women a comprehensive beauty experience through its extensive product portfolio. For Further Information log on to [www.Lakméindia.com](http://www.Lakméindia.com)

#### About Fashion Design Council of India (FDCI)

A non-profit organisation, the Fashion Design Council of India (FDCI), is the apex body of fashion design in India, represented by over 400 members. Founded on the premise of promoting, nurturing, and representing the best of fashion and design talent in the country; its prime objective is to propagate the business of fashion. FDCI stays true to its commitment to promote the 'Make in India' label as handlooms take centre stage, in a country, who's heritage is soaked in the flavours of indigenous crafts. For more information, please visit: [www.fdcI.org](http://www.fdcI.org)



LFW in Association with FDCI

# Highlights of the Fashion Extravaganza

Lakmé Fashion Week (LFW) and the Fashion Design Council of India (FDCI) have established themselves as one of the most prestigious and anticipated fashion events in India. This bi-annual fashion extravaganza attracts not only audiences from India but also from around the world and has a significant digital presence. The event typically spans five days, showcasing both emerging and established designers, hosting discussions on fashion and sustainability, and bringing together the crème de la crème of the Indian fashion and entertainment industries.

## A Gliteratti Opening

Sanjay Garg's designs for Raw Mango showcased a mix of silhouettes, ranging

from simple to complex, traditional to fusion, and they appeared in quick succession during the show. This collection not only celebrated the essence of the night but also promised to be a timeless representation of design innovation, complementing the Lakmé Glitterati collection. The event kicked off the fashion extravaganza in style and set the tone for the exciting days ahead at Lakmé Fashion Week x FDCI.

The opening show of Lakmé Fashion Week x FDCI, featuring Raw Mango's creative vision led by Sanjay Garg, marked the beginning of five days of stunning fashion. The collection, titled 'Children of the Night,' drew inspiration from the mysterious world that comes alive after dark, celebrating the beauty of the night.

The event took place at the iconic Indira Gandhi Sports Complex, and it paid homage to the pioneering spirit of Lakmé as it launched the 'Glitterati' collection. This collection is a fusion of beauty and fashion and included stunning Lakmé looks for Festive 2023, with themes like 'Shimmer Siren,' 'Rainbow Burst,' and 'Glitter Bomb.'

The runway show featured a constellation of stars, with well-known personalities such as Karisma Kapoor, Kalki Koechlin, and Saba Azad gracing the catwalk. Dazzling and vibrant looks.

## Fresh Exciting Talent

Lakmé Fashion Week x FDCI serves as a launchpad for new talent and provides a unique opportunity for emerging designers to gain exposure, connect with industry



professionals, and establish their brands in the competitive world of fashion.

**INIFD GenNext Show:**

This show is a platform for emerging designers to display their innovative collections. The event featured designers such as No Grey Area, Sonam Khetan, and Triune, who presented their unique designs and fashion concepts

**INIFD Launchpad:**

INIFD Launchpad is a platform that promotes upcoming talents in the fashion industry. It introduced five promising new designers who are likely to make a significant impact in the world of fashion.

**Pearl Academy's FDCI**

**«First Cut» Show:** This showcase featured the



work of 32 designers, emphasizing the diverse and creative talent emerging from Pearl Academy. It provided a glimpse into the fresh and exciting perspectives these designers bring to the fashion industry.

**NEXA Spotlight Event:**

The NEXA Spotlight event is dedicated to recognizing and promoting promising designers. Sushant Abrol, winner of the event, presented the «Countrymade» label, showcasing a collection that garnered attention and appreciation.

**The Past And Present Lakme Finale**

The finale of the Lakmé Fashion Week x FDCI was one of the most unusual ever created. Keeping the tempo of the show in top gear at





the magnificent Fountain in Pragati Maidan, New Delhi, moving vocals crooned as the models glided around. The House of Lakmé presented the exquisite creations of New York based designer, Bibhu Mohapatra's spectacular collection 'Come Home'. The show was undoubtedly one of the most memorable happenings in the Indian fashion world. The most exciting part of the show was the coming together on the ramp, of past and present beautiful Lakmé faces - Lisa Haydon, Carol Gracias, Bipasha Basu, Alicia Kaur, Kirandeep Chahal, Vipasha Agarwal Simone Singh and Shimona Nath who paraded with Ananya Panday, the current Lakmé brand ambassador.

**Sustainable Fashion Day Stars**

This season, for the first time, the R|Elan™ presents Circular Design Challenge in partnership with United Nations in India went global with Indian label winner Anish Malpani's sunglasses making an impact, while Italian Filepe Fiallo's footwear made from waste material bagged the runner-up title. India's 'Biparita' label's accessories from banana crop waste, and Studio Medium's silk offcuts/discarded yarns for garments, Sri Lanka's Amesh Wijesekera's ethical men's wear and Asia Pacific's Pei-Ven Jin's zero waste designs; took the contest to a different level

Popular ethical brand 11.11/eleven eleven concentrated on the 'Hand Spun' aspect and designed reusable water bottles to promote sustainable practices. The Soft Parade



collection by Payal Pratap was an ode to the glorious and abundant craft of Kutch with contemporary accents. Payal also extensively explored the intricate beauty of patchwork in modern and abstract motifs of nature.

Reliance Brands Ltd presented the Abraham & Thakore showcase that scripted a new fashion language as the pair aimed to explore the mode of fashion communication

through multiple textile mediums and symbols. Sustainable designer line-up included Ka-Sha, Kaveri, Amita Gupta Sustainable and Swatti Kapoor, whose colourful looks brought the crafts into the limelight.

**Fashion Wears Art**

The trailblazing, exciting show brought to the forefront the concept of 'Canvas to



Runway'. "Fashion Wears Art", the unique first-of-its-kind presentation of seven leading artists and designers was curated by well-known art aficionado, Shalini Passi and mentored by Mr. Sunil Sethi, Chairman, FDCI. In the world of fashion, the collaboration between designers and artists has been one of the most looked forward to globally as well as in India. The designers and artists merger included top names in the business such as JJ Valaya x Waswo X. Waswo, Namrata Joshipura x Sudarshan Shetty, Rohit Gandhi + Rahul Khanna x Vibha Galhotra, Varun Bahl x A Ramachandran, HUEMN x Hanif Kureshi, Gautam Kalra x Siddharth Singh Bokolia and Rajesh Pratap Singh x Mithu Sen.

On day 3 of the fashion extravaganza, Gautam Kalra, in a powerful series of black & white images, unveiled this creative journey against the stunning backdrop of Nubra Valley, Ladakh in collaboration

with Hormis Antony Tharakan to explore fashion, nature and solitude. This personal journey of soul searching, and self-discovery led to a high-octane collaboration that looks at clothing, in stillness and in movement.

Speaking of the collision of fashion and art, the Fashion Design Council of India did a unique showcase with celebrated brand Péro where the label unveiled its latest collection, a kaleidoscopic carnival of creativity set in a world where being different is the only norm. Aptly named 'Cuckoo & Co.', the collection's offering was a celebration of misfits, eccentrics, and the outrageously unique. The collection was a visual feast as floral motifs, medallions, and geometric forms came alive in 3D through crochet, laser-cut fabrics, beadwork, stumpwork, patchwork, appliqué, and cutwork.

### The Luxe Looks

Luxe looks were in the forefront of the fashion week. NEXA presents Amit Aggarwal unveiled his debut luxe prêt look 'Core', while Gauri & Nainika with Caprese combined handbags with demi couture. R|Elan™ and Varun Bahl turned the runway into a floral fantasy with his 'Inner Bloom - Festive Edit' and Payal Pratap's perfectly tailored and constructed looks brought the beauty of Kutch to the ramp. Ashish N, Soni's 'Retro Orchard' moved back to the future. Not So Serious by Pallavi Mohan brought Red Carpet glamour and Anurag Gupta went in for extreme construction to present his inspiration. Raga by Titan's collaboration with Pankaj & Nidhi created a merger of watches and stylish western fashion. Designers Leena Singh, Sanjukta Dutta, Rara Avis and Shweta Kapur offered great evening wear ensembles





### Beauty and Hair Trends Led The Conversation

TRESemmé made a debut with its TRESemmé Style Collective discussion and presentation by top hair stylists and celebrity panellists, while the brand's fashion display with Falguni Sane Peacock was all about the latest in hair style looks. Sanjay Garg's opening show of Lakme Fashion Week X FDCI for the Lakmé 'Glitterati' collection presented at the Indira Gandhi Sports Complex, unveiled the designer's creativity on an innovative track of western wear, while the model's faces glittered with Lakmé's latest shimmering trends. Anju Modi's traditional bridal line matched the looks created by Lakme Salon

### Men's Wear To The Fore

Men's wear designs brought a refreshing

look to the category. NoughtOne was all about sporty biker jackets, with Pawan Sachdeva and Son of Noble (SNOB) giving their own spin to menswear attires. Tasva stayed true to the festive wedding look, and Park Avenue offered the classic casual western options. Sushant Abrol of label 'Countrymade' presented 'No Man's Land' reflecting a soldier's journey. Designers Abraham & Thakore, Shweta Kapur and SVA as well as brand Kalki displayed men's styles to match their inspirations.

### Bridal Glamour & Festive Collections

With the forthcoming season demanding festive and bridal wear as well as glittering trousseaux, Mahima Mahajan, Bhumika Sharma, Kalki, Paulmi & Harsh, Tatwamm by Abhishek & Vinita, Label Debelle, Samant Chauhan, Tarun Tahiliani with

Kohler, Faabiiana, Vvani and Geisha Designs created collections for wedding and festive finery.

### For Relaxed Lounging

With India's diverse temperatures, fashion catered to the fluctuating mercury. Resort, holiday, and streetwear styles focused on colours, prints and cool silhouettes. Verandah brought the relaxed Goan vibe, Guapa's holiday wear was colourful, while Falguni Shane Peacock with TRESemmé created unique street wear. A rustic fun filled formula was visualised by Aseem Kapoor, SVA, Swati Vijaivargie, while Birkenstock's Grounded in Nature with Shivan & Narresh brought the Finnish touch to holiday wear. The péro collection was an ode to craft in a crazy, funky manner aimed at the Autumn/Winter 2023 season.

Jewellery Launch

# Zoya's 'Her Becoming' Reimagines White Diamonds with Brilliant Geometry: Sonam Kapoor

**Z**oya from the House of Tata unveils 'Her Becoming', a collection of rare jewels in white diamonds that translate the iconic geometry of ancient Ikat into wearable Art. The design direction imbues meaning into

every piece, celebrating the Zoya woman as she truly and completely comes alive, the ultimate auteur of her life. The collection was launched by CEO of Titan's jewellery division, Ajoy Chawla and Zoya's brand ambassador, Sonam Kapoor.



'Her Becoming' marks a creative milestone for the *maison*. Its aesthetic prowess is reflected in a medley of unexpected diamond shapes that set this collection apart; rare Cadillac, trapezoid, and custom cut baguette diamonds are carved out from the rough with virtuosity, teasing out their fiery lustre and astonishing

luminosity. Meticulous attention to the setting of these rare stones creates a strong accord in the seamless flow of shape and colour, presenting a breathtaking collection of fresh, contemporary classics.

"Zoya has always led design innovation when it comes to fine jewellery. *Her Becoming* is

a remarkably unique look for white diamond jewellery, not just in India but globally. As a proudly Indian brand, Zoya is happy to share this breakthrough collection, which is a testament to the country's rich legacy of jewellery making and translates a traditional Indian inspiration into timeless designs with global appeal," states Ajoy Chawla.

Skilful artistry lends dimensional layers to the collection's statement pieces that have been lovingly crafted over more than a year. Zoya's *Her Becoming* presents chic interpretations of traditional silhouettes; Classic Indian styles are reimagined with contemporary sophistication, embracing a modern vision. Detachable elements enhance the collection's versatility, as a layered necklace transforms into a striking head ornament, and chokers effortlessly become statement bracelets.

"Zoya's 'Her Becoming' reimagines white diamonds with brilliant geometry. It is a testament to the brand's savoir faire and artisanal fortitude," says Sonam Kapoor. "The collection's international design language pushes the boundaries of creation and you see the symphony of emotions in every piece. I personally love the very meaningful narrative of a woman coming alive with a celebration of her every facet."

Communicating vision and inspiration, *Her Becoming* is a timeless classic that underscores Zoya's commitment to redefining the way fine jewellery is experienced in India with meaningful pieces of wearable art and an experience of warm luxury.

Sonam wears Zoya's "A Radiant Revelation": Over 500 natural diamonds cascade to an alluring





ruby centerpiece in a beacon of captivating brilliance. The diamond-studded rhombus, laced at the tips with black frames, is inspired by intricate Ikat designs, a nod to the myriad threads of her singular story. Each detail stands distinct, featuring trapezoid,

baguette, and marquise diamonds, articulating the essence of its Ikat inspiration. Delicate black rhodium edges add depth, while the precise cuts enhance its sophistication. Draping effortlessly, it's more than a necklace; it's an embodiment of her myriad facets.



**A LOOK AT SOME OF THE SPECTACULAR PIECES FROM ZOYA'S HER BECOMING**

**Radiant Milestones**

In a myriad of emotions, her journey takes form. These

refined hoops seamlessly blend round and baguette diamonds, culminating in the finesse of the 4 central Cadillac diamonds. A symbol of 'Her Becoming', they possess brilliance, destined to be cherished across moments and milestones.





than a necklace; it's an embodiment of her myriad facets.

#### A Luminous Lineage

Inspired by the linear chronicles of her life and patterns of her imagination, this lariat stands tall as a Zoya signature silhouette. 236 meticulously custom-cut baguette diamonds and 5 masterful marquise diamonds, are set on a flexible band of natural gold. Laced with black frames they breathe life into the fluid geometry of *Ikat*. The intricate artistry and timeless appeal of this piece emerge as a testament to the enduring allure of her determined narrative.

#### Whispers of Light

The pristine silhouette of this necklace symbolizes her luminescent journey. 82, perfectly calibrated and masterfully angled trapezoid diamonds, create a seamless canvas, leading to a central motif. Two spear-cut diamonds, set with contrasting black accents, become a focal point. A modern reinterpretation of the classic solitaire string, this piece is not just a testament to exquisite craftsmanship but also to the conquest of sourcing and shaping rare diamonds for this symphonic harmony.



#### Weave of Brilliance

In this detailed, yet delicate ode to the tapestry of her brilliance, a masterful weave of natural diamonds comes alive. Set at the core of its aperture, two radiant 1 carat asscher diamonds are brilliantly complemented by meticulously set baguettes, embellished with pear cut diamond droplets. Modern in its form, much like her allure, and rooted in *Ikat*'s essence, natural diamonds converge, into an astonishingly flexible yet boldly structured weave of natural gold, encapsulating the dimensions of 'Her Becoming' in every intricate facet.

#### A Radiant Revelation

Over 500 natural diamonds cascade to an alluring ruby centerpiece in a beacon of captivating brilliance. The diamond-studded rhombus, laced at the tips with black frames, is inspired by intricate *Ikat* designs, a nod to the myriad threads of her singular story. Each detail stands distinct, featuring trapezoid, baguette, and marquise diamonds, articulating the essence of its *Ikat* inspiration. Delicate black rhodium edges add depth, while the precise cuts enhance its sophistication. Draping effortlessly, it's more

## Hair Care

# How to Take Care of Dyed and Colored Hair

**T**ransforming your hair with a fresh burst of color can be an exciting and confidence-boosting experience. Whether you're rocking a bold new shade or subtly enhancing your natural hues, maintaining the vibrancy and health of your colored locks is essential. In this comprehensive guide, we will explore the best practices and tips to ensure that your dyed and colored hair remains stunning and radiant.

### CHOOSE THE RIGHT PRODUCTS

One of the first steps to maintaining colored hair is selecting the appropriate hair care products:

#### Color-Safe Shampoo and Conditioner

Invest in a sulphate-free, color-safe shampoo and conditioner. These products are gentle on your hair and help preserve your color longer.

#### Leave-in Conditioner

A leave-in conditioner can provide added moisture and protection for your colored hair, reducing damage.

#### Color-Enhancing Products

Consider using color-enhancing shampoos and conditioners that are specifically formulated to boost and maintain your hair's color.

### MINIMIZE WASHING

Frequent washing can strip your hair of its natural oils and fade your color more quickly. Follow these guidelines:

#### Wash Less Frequently

Try to extend the time between washes. Use dry shampoo to keep your hair fresh between wash days.

#### Cool Water

When you do wash your hair, use lukewarm or cool water. Hot water can open up the hair cuticles, causing color to wash out more easily.

#### Gentle Shampooing

Be gentle while shampooing, massaging your scalp rather than vigorously scrubbing your hair.

### PROTECT YOUR HAIR FROM THE SUN

UV rays can be damaging to both your hair and its color. To shield your locks:

#### Wear a Hat

When outdoors, especially in direct sunlight, wear a hat to provide shade and protection for your hair.

#### UV-Protectant Products

Use hair products that contain UV





protection, such as sprays or serums, to safeguard your color.

### AVOID HEAT STYLING

Excessive heat styling can lead to color fading and damage. Here's how to minimize its impact:

#### Heatless Styling

Experiment with heatless hairstyles like braids, buns, or twists to reduce the need for hot tools.

#### Heat Protectant

When you do use heat styling tools, apply a heat protectant product first to minimize damage.

#### Lower Heat Settings

Use lower heat settings on your styling tools to reduce the risk of hair damage.

### REGULAR TRIMS

Maintaining the health of your colored hair involves regular trimming:

#### Trim Split Ends

Schedule regular trims every 6-8 weeks to remove split ends, keeping your hair looking fresh and healthy.

#### Maintain Shape

Trimming helps maintain the shape and style of your hair, making it easier to manage.

### DEEP CONDITIONING

Deep conditioning treatments can provide much-needed moisture and maintain the vibrancy of your color:

#### Weekly Treatments

Use a deep conditioning treatment or mask once a week to replenish moisture and enhance color.

#### Leave-In Conditioners

Consider leave-in conditioners for daily hydration and protection.

### CHOOSE THE RIGHT HAIRBRUSH

The type of hairbrush you use can affect your colored hair's health:

#### Wide-Tooth Comb

Opt for a wide-tooth comb to detangle wet hair gently and reduce breakage.

#### Soft Bristle Brush

Use a soft bristle brush for dry hair to minimize static and prevent damage.

### BE CAUTIOUS WITH SWIMMING

Chlorine and saltwater can be harsh on colored hair:

#### Pre-Rinse

Rinse your hair with fresh water before swimming to minimize absorption of pool or ocean water.



### Swim Cap

Consider wearing a swim cap for added protection.

#### Post-Swim Rinse

After swimming, rinse your hair thoroughly to remove any chlorine or saltwater.

### EAT A HAIR-HEALTHY DIET

Your hair's health is closely tied to your overall well-being:

#### Balanced Diet

Consume a balanced diet rich in vitamins, minerals, and protein to promote healthy hair growth.

#### Hydration

Drink plenty of water to keep your hair and scalp hydrated.

### REGULAR PROFESSIONAL CARE

Lastly, don't underestimate the importance of professional care:

#### Color Touch-Ups

Schedule regular touch-ups with your colorist to maintain your desired shade.

#### Consult a Professional

If you experience significant hair issues or concerns, consult a professional hairstylist or colorist for guidance.

### ABOUT THE AUTHOR



**DR. BLOSSOM KOCHHAR**

Chairperson Blossom Kochhar Group of Companies

## Skincare

# Time for Natural Skin Detox

**P**ollution in the air is making our world increasingly hostile to our well-being. Among the organs of the body, the skin is one of the first to bear the brunt of air pollutants, which not only attack the skin surface, but also lead to an accumulation of toxins. These disrupt the normal balances of the skin, leading to premature ageing signs, skin sensitivity, rashes, pimples and acne. The skin looks dull and lacks vitality. The Festival of Diwali compounds the problem. What is the solution? The solution is Skin Detox.

Bring about changes in your diet. Include raw, natural foods and fresh fruit and vegetable juices. Not only do they detoxify the system by promoting the elimination of wastes, but also bring about a sense of well being. Include fresh fruits and lightly cooked vegetables, unprocessed cereals, sprouted grains, nuts, seeds, yogurt. Fresh juices of fruits and vegetables are the richest sources of vitamins, minerals, trace elements and enzymes. Recently cold-pressed juices have become popular. Experts say that cold-pressed juices contain more nutrients. Drink plenty of water. Have the juice of a lemon with a glass of warm water first thing in the morning. This helps to flush the system.

For external skin detox, deep cleansing and exfoliation with scrubs helps to cleanse the skin of dead cells. Look for cleansers containing sandalwood, eucalyptus, mint, neem, tulsi, aloe vera, lemon etc. Their anti-toxic and tonic properties help to clear skin congestion and eruptions.

Skin "brushing" helps the elimination of toxins. It is used in the treatment of cellulite, which is caused by deposits of



water, fat and other wastes collecting in pockets beneath the skin. The entire surface is brushed, using a rough cloth, or a natural bristle brush. Begin from the feet and go upwards. Then brush from lower to upper arms. Go across the shoulders and back. Brush gently on the chest and abdomen.

For acne prone skin, add 3 to 4 DROPS of Tea Tree Oil and rose water to and apply on the face. Wash off after 20 minutes.

Take up yoga. The exercises or “asanas” are particularly beneficial for strengthening the body, making it flexible, supple and youthful. They are combined with breathing exercises, improving oxygenation, purifying the organ systems and inducing relaxation of body and mind. There is no feeling of fatigue. Instead, there is physical and mental exhilaration. Indeed, according to Yoga, the body is the temple of the soul.



#### ABOUT THE AUTHOR



#### SHAHNAZ HUSAIN

Shahnaz Husain, pioneer of the Ayurvedic beauty movement, heads the Shahnaz Husain Group, with a global network of franchise ventures and 375 Ayurvedic formulations. A Case Study at Harvard for Brand Creation, she is now a Harvard Subject for “Emerging Markets” She was honoured with the Padma Shri Award and is the first woman in 105 years to receive the World’s Greatest Woman Entrepreneur Award from Success, the U.S. business magazine. Indeed, Shahnaz Husain is a leading international beauty icon.

Project

# Bombas Gens

Art, Scientific Research and Social Work

**B**ombas Gens is an old industrial building with an unquestionable social-historical value and one of the rare remaining examples of the industrial architecture of the thirties. Its Art Deco façades and architecture make it a special, unique location for some new uses according to today needs.

The new facilities have been created as an internationally renowned multi-use space where *Fundació Per Amor a L'Art* will carry



out its three-branch activity (arts, society and research).

Our aim has always been to apply a homogeneous intervention criterion to the whole complex, and, at the same time, give each building, be it original or recently built, the characteristic features that it needs for its specific use.

### **Ramón Esteve First shape**

The core of the complex is an art centre that uses four of the original warehouses and most of the façade. By its sides we can find the restaurant and the day care centre for children at risk of social exclusion, as well as Foundation's offices using the former villa.



**Architect**

Ramón Esteve

**Museum Project**

Annabelle Selldorf

**Renovation Project**

Eduardo de Miguel

**Building Engineer**

Rafael Ferriols

**REE Project Team**

Víctor Ruiz

Javier Estevan

María Luna

Francisco Palomo

**Archaeologist**

Paloma Berrocal

**Installation Engineering**

ICA S.L.

**Structure Engineering**

**ESTRUCTURAS SINGULARES**

David Gallardo Llopis

UPV

**Developer**

Sancana S.L.

**Constructor**

Grupo Inserman

**Structures**

Bertolín

**Landscaping**

Gustavo Marina

**Photographer, Production and  
Audiovisual**

Alfonso Calza

Frank Gómez

**Graphic Identity and Signage**

Estudio Gallén+Ibáñez

**Sculptural Work**

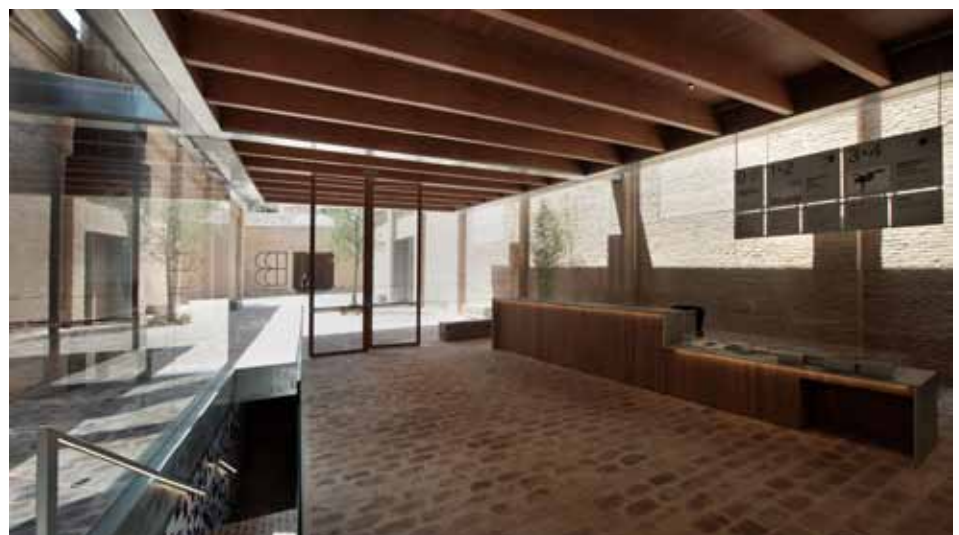
Cristina Iglesias



**Recover the essence**

Ceramic brick and galvanised steel are the most used materials because they evoke the original industrial atmosphere of the complex. In some other more secluded places, we have reinterpreted the original tiling of the cellar and the archery, which combines with the wood to make the rooms more distinguished. In the interior, we have reproduced the original lightweight timber decks.

You can access the Bombas Gens Art Centre through the façade bay. Then you get into the courtyard walking on a restored industrial weighing machine that covers most of the floor of the hall. In the courtyard, some hackberry trees grow on a floor covered by recovered sandstone cobbles. Through its irregular shape, we can discover intuitively the different facilities: straight forward, the entrance to the art centre; to the right, the restaurant, and to the left, partially secluded from the entrance, the offices.





**Second phase**

During the second stage of Bombas Gens' renovation process, Ramón Esteve has designed a rear courtyard, confined by brick walls, that holds a garden designed by the landscape artist Gustavo Marina and a site-specific sculpture by Cristina Iglesias. This is consists of two irrigation

canals, inspired by the Turia River, whose abstract interior evokes roots and the bottom of a river. The courtyard is placed on the centre's parking lot and includes a new topography created by a folding in the sandstone pavement that holds the trees. The walls that surround the garden also hosts a space for the 15th-century cellar, covered by brick latticework that



filters the sunlight generating an intimate atmosphere. Inside, a glass footbridge goes over the cellar and enables us to watch both the cellar and the original tiling found during the excavation of the farmhouse.

For the day-care centre, we have chosen similar materials to those of the warehouse,

hand-made brick walls. Thus, the building becomes the background of the general view supporting the industrial buildings. This huge brick volume, where the classrooms are placed, is attached to some coloured concrete beams topped by the latticework made of glazed roof tile halves that we found in the villa.



## ABOUT THE ARCHITECT

### RAMON ESTEVE

Ramon Esteve graduated in Architecture from Escuela Técnica Superior de Arquitectura de Madrid (ETSAM) in 1990. He founded Ramon Esteve Estudio de Arquitectura in 1991, working on both architectural and interior design projects and also other fields such as industrial design and art direction at the national and international area.

His portfolio includes wide expertise in public buildings such as health, educational and cultural facilities. It also includes private buildings for public use; such as bank offices, hotels, leisure facilities, restaurants, commercial premises and pieces of ephemeral architecture. His work on exclusive single-family houses is noteworthy on its own - they are true pictures of his philosophy. Product design projects are taken as the logic continuation of architectural field.

Ramon Esteve has been teaching at the School of Architecture of Valencia since 2005. From 2012 he has been conducting residential design seminars at the Master in Interior Design of Universidad CEU-Cardenal Herrera. He is often invited to participate in workshops and conferences on architecture and design.

Ramon Esteve has been awarded for his work in both architecture and industrial design. He received the 2011-2013 COACV Prize of Architecture in the category of interior design for the project developed for Chapeau Multibrand Store. His design for the NH Palacio de Tepa Hotel was awarded the 2011 European Hotel Design Awards in the category "Conversion of an Existing Non-Hotel Building to Hotel Use". He has been recently awarded the Plus Architecture Awards 2013 for his work at the CEAM Sant Rafael in Ontinyent.

# D'Decor

Launches its  
New Campaign

‘Curtains You will  
Love to Draw’  
featuring

Gauri Khan  
and

Shahrukh  
Khan

**D'Decor launches its  
new campaign-‘Curtains  
You Will Love to Draw’  
featuring Gauri Khan and  
Shahrukh Khan**

The campaign centers around a heartwarming interaction between a loving husband and a wife emphasizing that curtains are not just visually appealing, but they also radiate warmth and comfort, making every home an ideal setting for creating beautiful stories and cherished memories. Shahrukh Khan in a charming twist, chooses to draw the curtain for his wife Gauri Khan, revealing the enchanting allure of D'Decor curtains and celebrating emotions that every home nurtures.

**Campaign Film Creative credits:**

Creative agency - Lowe Lintas

Producer - Dharma 2.0

Director - Punit Malhotra

Campaign Shot By - Avinash Gowariker

# *Curtains you will Love to Draw*



Experience pure elegance and sophistication with D'Decor curtains, in their finely worked colour ranges, diverse patterns and quality materials. Inventing the classics of tomorrow and creating timeless designs that enhance interiors in style.



View Latest  
D'Decor TVC

*Beautiful homes tell  
Beautiful stories*



  DDECORDIARIES

CURTAINS • UPHOLSTERY • BEDDING • BLINDS • WALLPAPERS • RUGS

*Design Deconstruct*

# Project Crescent Tower by Diptii Khanna Designs

The journey commences at the beautifully lit entryway, a prelude to the marvel that awaits within. The magnificent entrance exudes an aura of grandeur, characterized by a marble wall that delicately partitions the foyer from the rest of the living space. This division, though subtle, sets the tone for the symphony of design elements that harmoniously interplay throughout the house.









## Festive Table Setting

# Creating Beautiful Tablescapes

**F**estive season is around the corner and all of us are always on the lookout for elegant, and unique hosting tricks and putting together a beautiful table set-up resplendent with delicious food and warmth for friends and family to gather around. The art of setting a beautiful table however goes beyond merely serving food; it is an opportunity to showcase your creativity and personal style. Your choice of dinner sets, table dinner settings, and dinner plates says a lot about your personality and sets the tone for a welcoming dining experience. One exciting and versatile way to elevate your table dinner setting is by mixing and matching dinnerware patterns and colours. If you

want to impress your guests or your beau, then this is a must-try technique for you. This article explores the art of mixing and matching dinnerware, and how you can create stunning table dinner settings using exquisite collections available at thinKitchen.

### Embrace the Timeless Elegance of the Blue Calico Collection:

The Blue Calico Collection is a timeless and elegant choice for mixing and matching dinnerware. Its exquisite blue and white floral patterns add a touch of sophistication to any table setting. Delve into the art of tablescaping by combining different pieces from the Blue Calico Collection with the delicate salad plates from the Denby



Natural Canvas Collection. This harmonious blend of classic and contemporary elements will create a captivating tablescape that impresses your guests. Once you use the Blue Calico Collection, you won't like anything else.

### Highlight Minimalism with the Denby Natural Canvas Collection

For those who appreciate the beauty of simplicity and rustic charm, the Denby Natural Canvas Collection offers an ideal foundation for your table dinner settings. Its neutral tones and organic shapes set the stage for a versatile mix and match approach. Combine the Denby Natural Canvas dinner plates with the bold and contemporary Halo Collection, characterized by striking glazes that create a mesmerizing contrast against the earthy tones of Natural Canvas. This artful combination will elevate your dining experience to new heights. You can find the entire Denby Natural Canvas Collection on thinKitchen. Denby is one of the best international brands for tableware and dinnerware. Their heritage reflects in their style and is apt for those who love earthy tones.





**Add Drama with the Denby Halo Collection**

If you love drama, your table dining setting should reflect that too. For a bold and dramatic statement on your table, the Denby Halo Collection is a must-have. Its mesmerizing glazes in deep blues and purples evoke the allure of swirling galaxies, infusing your tablescapes with elegance and intrigue. To balance the intensity, experiment with the monochrome glazed stoneware plates and bowl set from KitchenCraft. The striking black and white patterns create a captivating contrast against the rich colours of the Halo collection, allowing you to play with artistic expression.

**Infuse Playfulness with the Monochrome Glazed Stoneware Bowl Set**

If you enjoy exploring contrasts and modern aesthetics, the monochrome glazed stoneware bowl set from KitchenCraft is the perfect addition to your dinnerware and tableware set collection. The set of four bowls boasts bold geometric patterns in black and white, adding a playful touch to your table setting. To balance the patterns, pair these bowls with the soft and serene Studio Blue Chalk Medium Ridged Bowl from Denby. This delightful fusion of modern and classic elements will create a unique flair for your tablescapes.



**Tips for Successful Dinnerware Mixing and Matching**

**Choose a Dominant Theme:** Begin your tablescaping journey by selecting a dominant theme or color scheme that serves as the anchor for your table dinner setting. This will guide your creative decisions throughout the process.

**Incorporate Contrasting Elements** Introduce contrasting patterns and colours to add visual interest and depth to your tablescape. Combining intricate designs with solid colours or bold patterns with subtle textures can create a harmonious yet captivating balance.

**Layer and Experiment:** Embrace the art of layering different dinnerware pieces to create a one-of-a-kind look. Mix and match dinner plates, plate sets, and bowls from various collections to find the perfect combination that resonates with your personal style. There are no set rules, so let your creativity show.

**Maintain a Unified Palette:** While indulging in the joys of mixing and matching, ensure that all the elements come together cohesively. Stick to a unified colour palette or theme to avoid a chaotic



or disjointed appearance. Otherwise, your table could look clumsy and messy.

Crafting beautiful tablescapes with exquisite dinner sets and tableware opens the door to a world of creativity and self-expression. thinKitchen is the ultimate destination for all your dinnerware and tableware needs. With a carefully curated selection of the finest brands, thinKitchen ensures that you are spoiled for choice. Whether you are looking for everyday essentials or luxury tableware, thinKitchen has it all. Embrace the art of tablescaping, and watch as your guests are transported into a world of culinary delights and enchanting memories.



Cover Story

# Sensuality Beyond the Skin: Bhagyashree



**B**hagyashree's acting prowess earned her a coveted position in Indian cinema ever since her debut in 'Maine Pyar Kiya' (1989). Her journey in films won her wide acclaim for her memorable performances over the years. She's back on the silver screen with 'Sajni Shinde ki Viral Video', where she plays the role of principal Kalyani Pandit. She essays her meaty role to perfection to deliver what's defined as one of the best performances of her career. She's manipulative yet brilliant and delves deep into her portrayal. In an industry where looks make or break your career, Bhagyashree ages gracefully and continues to make films meaningful to her. She reminds everyone that beauty is not limited to youth or in the show of skin.

*Seema Dhawan caught up with her on her recent trip to New Delhi to promote her new film.*

### Understanding On-Screen Sensuality

The Indian film industry has evolved over the years, and there has been a noticeable shift in the portrayal of content, including an increased emphasis on themes related to sensuality and romance. This is not unique to India but can be observed in many film industries worldwide. Certainly, film and media need to respond to changes in society, culture, and audience preferences

The rise of Over-The-Top (OTT) platforms, which offer a wide range of content, has provided filmmakers with more creative freedom and the opportunity to explore diverse themes, including those related to relationships and intimacy. This has led to a wider variety of content being produced, including more explicit or sensual themes. However, it's essential to understand that not all content in the Indian film and OTT industry should focus on "skin show" or explicit themes. The films and shows need to emphasize storytelling, social issues, and other themes.

An actor's choice of roles and the level of exposure in their on-screen appearances is a personal decision. They may opt for roles with minimal exposure, while others may look for more bold and diverse characters, depending on their preferences and the script. It's essential to respect their choices.

Bhagyashree believes that sensuality lies in "what's conveyed through a person's eyes and overall demeanor, rather than how much skin an actor shows. She has been known for her modest and traditional onscreen image on screen and has never shown her skin on the silver screen. She believes that it enhances the allure of a person, adding to a sense of mystery and elegance.

Referring to the actresses of the bygone era, she says, "If we look back at Indian cinema, women were behind the veils like Waheeda Rehman, Nutan... It heightened the intrigue and emphasized their beauty because it left something to the imagination.

Though times have changed and pardah is gone, the feeling of Shyness, coyness, the aura of the unattainable still remains, this is my



Photograph : Rohn Pingalay

opinion."You look at the yesteryear actors, there would barely be a camera movement and yet they had that screen presence where so much was conveyed only through their eyes. You know, even if you look at the picturization of those songs and today's ones, now they have got so much movement, so much dance, but they don't convey the emotion or the sensuality of love as old songs." The enduring popularity of old songs compared to contemporary ones reflects this emotional depth.

She emphasizes the power of eye contact as a powerful means of expression. She says, "I feel it's about the emotion that one experiences when one sees another. You connect with a person when you look into their eyes, look into their face. So it is a feeling and that can be superlatively attractive." True beauty encompasses not just external appearance but also inner qualities, and emotions.

"People like to say, 'We are from the land of Kama Sutra, and yet we hide behind it. Eroticism is not about being nude but about evoking that feeling of experiencing that sublime pleasure. It is the journey rather than the destination. One can be aroused by imagination of various senses, not necessarily visually obvious. I feel that women should have «sharam» (modesty), «nazakat» (gracefulness), and «sadgi» (simplicity). I think that reflects beauty far more than anything else," adds Bhagyashree, emphasizing the importance of inner qualities.

With the popularity of OTT platforms leveraging greater freedom of expression, she stresses the need 'to maintain a balance and not use explicit content simply for titillation or sensationalism.' She agrees that certain stories may require a more open approach to depict passion, emotion, or complex themes. "For those stories,

it makes sense," she says, adding, "But for stories where you're just showing something for titillation or to create a kind of normalcy of nudity, I feel that is so wrong."

Stories involving heinous crimes or compelling dramas may require a particular treatment to convey the gravity of the situation and its impact on characters. At the same time, there are creative ways to handle sensitive content without resorting to explicit or gratuitous portrayals. "It's so important that the directors use their imagination to artistically show a particular sequence."

### **Diverse and Culturally Rich Narratives**

She finds that cultural context and respect for values are crucial to reflect the cultural norms of the audience it is intended for. "The key is to strike a balance between



Photograph : Rohan Pingalay



Photograph : Pinkie Makhijani

creative freedom and cultural sensitivity, ensuring that content serves both artistic expression and cultural awareness and respect.”

She observes a positive trend in Hindi cinema leading to culturally rich narratives. She says, “It allows audiences to learn about and appreciate various cultures and stories that exist in India. This diversity in storytelling is a reflection of the country’s rich heritage. You’re getting to know so much because our country is one of diverse cultures, and yet many of us are unaware of the other cultures. I mean our children barely know anything at all.”

Bhagyashree understands the need for global exposure, yet it doesn’t mean that one culture’s norms should be flouted. She points to world cinema that reflects the culture of the countries they’re made in. “I think it’s very important for us not to get carried away with what we are seeing on the worldwide platform. This is our culture and if we are telling our story, then it has to relate to our culture.”

The richness of the culture and traditions of India can only be brought out through detailed research and attention to detail. “That is something that we have to learn from the West. When they make a particular subject, they do a lot of research. They get someone from that area to work on it. We need to do those things more; to get our groundwork proper while making a film. As the entertainment industry continues to evolve, it’s essential to maintain a balance between artistic freedom, cultural sensitivity, and responsible storytelling, all while catering to the diverse interests and preferences of the audience,” she adds.

Cinema often reflects the evolution of society. As society progresses, so do the narratives and roles represented in films. Women today are breaking stereotypes and in crucial positions in various industries, including cinema. This shift is visible on the big screen. “A lot of more women-centric films are being made, where the narrative is from a woman’s perspective or a woman’s eyes,” she explains.

A woman today, she feels, can speak up, live her dreams, and be more assertive. “You see a lot more women on a film set right now than used to be there. There would be one makeup dada looking after everyone. The only assistant directors would be all male, the directors would be all male, and the cinematographer would be all male. Today you walk on a set and you even have a female cinematographer. It’s not just the main jobs that are being done by women. So women have evolved and I think that

reflection will come into the passage of time. Yes, it will come; maybe the process is slow and gradual.”

To the constant question she is asked on how she continues to look the way she does, she says....” a person’s face and skin carry the purity of their soul. How simple you are and how grateful you are and how you don’t hold grudges are all things that reflect on your face and I think that’s what matters.”



Photograph : Pinkie Makhjani



**A look at the beauty secrets that have contributed to her Ageless Allure**

- Gratitude for everything I receive, even problems can be turned into opportunities to dig into your reserves and discover latent strength within yourself.
- The principle of grace (behavioural) never goes out of style.. it is timeless..
- Follow the vital rule of eating in moderation, sleeping for a minimum of 7 hours. Staying properly hydrated is essential for overall health. Movement is medicine. Both hydration and movement are integral to preventing various health issues and promoting general well-being. It's important to maintain a balanced approach to incorporate both into your daily routine for optimal health
- Never forget that like your body rests at night, your skin needs replenishment too.... go to bed, make up free, and hydrate (moisturize) your skin.
- Use trusted brands with natural ingredients as much as possible... chemicals in makeup harm over a period of time.
- I started regular facials but only after I turned 50 and only with skin doctors... they don't tug, graze, poke your skin.
- Knowing that you are unique is the best you think you can tell yourself... you stop getting hassled with comparisons and what people have to say.

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## A Diplomat's Diary

# H.E. Mr Juan Rolando Angulo Monsalve, Ambassador of Chile to India

Photography : Shazid Chauhan

*Excerpts from an Interview conducted by Seema Dhawan*

### **What was your impression about India and how did you actually find it when you joined the Embassy in New Delhi?**

I already had some knowledge of India, its history and literature. India indeed has a rich and diverse history that has made significant contributions to the world. I had read the history of India, movement for freedom, non-violence, and Mahatma Gandhi who was a key figure in the Indian independence movement and is known for his philosophy of non-violent resistance,

Jawaharlal Nehru, India's first Prime Minister.

This is my first posting as an ambassador to India! So I was very happy to be considered for this important post. India is one of the biggest economies in the world, most populated country, so it is important for Chile and for any country. Managing diplomatic relations with such a multifaceted nation is a rewarding yet challenging task. The cultural, linguistic, and regional diversity in India make it

a unique and intriguing experience for diplomats.

In fact, there are several countries in one country. India's diverse cuisine, culture, and people are indeed fascinating and vary greatly from one region to another. Each region of India has its own unique culinary traditions, when my friends in Chile asked me. 'How do you like Indian cuisine'?

I said, 'Well, what kind of Indian cuisine, because there are many. The South, the Centre, East, West, it's totally different'.



### What do you like the most about India?

It's diversity. India is a country that can take a lifetime to truly understand and appreciate because of its complexity and richness. The experience of living in India is both enriching and challenging. Each region and even individual cities in India have their own unique character,

I have explored various parts of India during my tenure of 4 years from the north to the south and the east to the west. While travelling within India I saw the distinctiveness of each region - the scenic landscapes, historical sites and cultural traditions. Staying in medium-sized hotels close to markets is an excellent way to immerse in the local atmosphere and interact with lively people.

### Which places do you find very interesting?

Well, we had just come back from Ladakh, I am from a country where there are a lot of mountains. So, it is interesting. But I would say the South of India, because it's more different than what you can find in Chile. The lush greenery and tropical forests in this region are a stark contrast to Chile.

During my travels, I went to many temples. Visiting temples in India is a unique experience; it gave me an insight into the religious and spiritual aspects of the country- people looking for something that is difficult to explain. Many people for instance, have gurus (Spiritual leaders) here just for a spiritual reason. While the guru-disciple relationship may exist in other cultures and religions, it's particularly prominent and widely practised here. It's very interesting to see how life here is. It is not something that you can only read



but it is really something that people experience in their own lives.

India's ancient traditions Yoga and Ayurveda have transcended their cultural roots and become global phenomena, and many people seek to experience these practices firsthand in their land of origin.

**How is your culture different from that of India? Are there any similarities?**

I would like to talk about the similarities. Both the Chileans and Indians value family as a central part of their lives. Both are warm and friendly.

Both countries have a reputation for their hospitality and welcoming nature.

**Do you know about Hindi Film Industry (Bollywood)?**

I know that Bollywood is a very big industry after Hollywood. However, India also has a rich tradition of regional cinema, including Tollywood (Telugu cinema) and Kollywood (Tamil cinema). The man who won Oscars is also from the South Film Industry (M.M. Keeravani and Chandrabose 'Naatu Naatu' song in SS Rajamouli's).

**Have you been any Bollywood film? Any favorite?**

*Delhi Belly, Drishyam and Singham.* I have also seen many Indian Historical films, these provide a window into the country's rich past and cultural heritage.

**Who is your favorite actor (both male and female)**

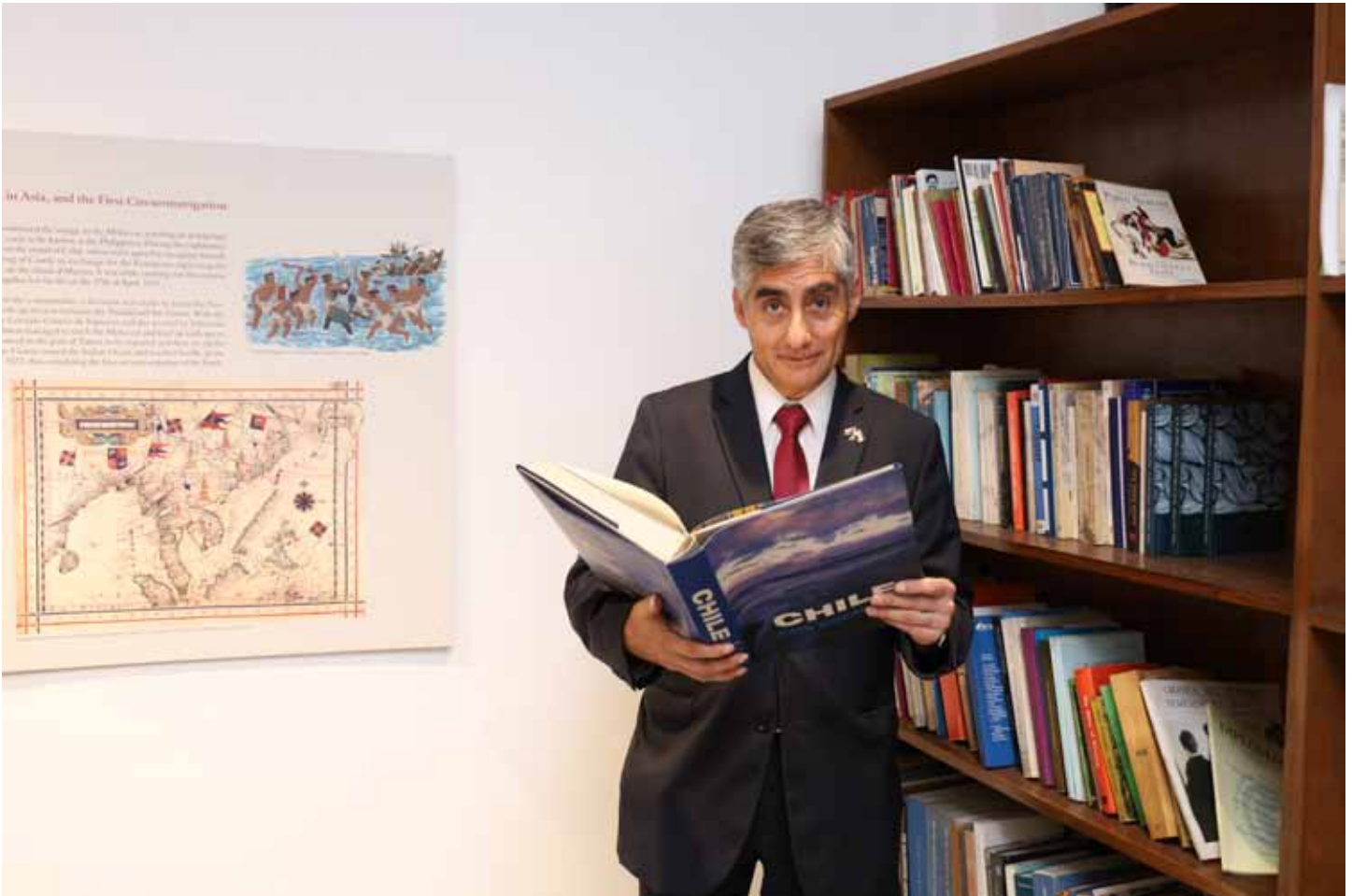
I have seen a few films of Katrina Kaif so I like her performance.

**Do you like Indian songs or dances?**

I really appreciate Indian music and dance. You really need to know to understand what is communicated through the dance, the performers commute lot many things through expressions and hands.

I know about the Indian classical music, its complexity and beauty as well, It's a highly expressive and intricate form of art, you can learn western music from books but not the Indian classical music, it's often best learned from a teacher due to its nuances and improvisational nature.







**What according to you can be done for Cross-Cultural Development?**

There is a great role of cinema in promoting cross cultural development and tourism. Film locations can become tourist attractions, and they offer viewers a glimpse into unique landscapes and histories. In Chile, The Easter Islands and Patagonia for instance, are a destination with historical significance and natural beauty Cinema is not just entertainment but also a powerful medium for cultural exchange, education teaching, and a reflection of society itself..

**If not an Ambassador...**

Then may be a Mines or Naval Engineer...



It's so heartening to see that H.E.

Mr. Juan Rolando Angulo Monsalve, with his open-minded approach to understanding and appreciating the differences and nuances of Indian culture is commendable.

He with his thoughtful approach and willingness to engage with the culture and people of India has been instrumental in paving and building strong relationships between the two countries.

The firsthand experiences and insights have enriched his perspective and deepened his connection to the people and traditions of India, which is an essential aspect of your role as an ambassador.



The history of Chile is indeed fascinating, with a long and diverse heritage that includes the arrival of early Native American populations, Chile's history is a story of diverse cultures, conflicts, and transformations, ultimately leading to its path to independence from Spanish colonial rule and its development into the modern nation it is today. It's a history filled with rich layers of cultural heritage and change.

#### The Name "Chile"

There are many theories.... Some theories suggest it might be related to the name of an ancient Indian chief called Tili, while others speculate it could come from an Indian word meaning "the place where the land ends," "snow," or the sound of a bird's call. Regardless of its origins, the Spanish invaders in the 16th century referred to the local people as "men of Chile."

Spotlight

# Entrepreneur Author-Nidhi Dalmia

It's always intriguing to hear about individuals who transition into creative fields like writing and bring their unique life experiences to their storytelling. Nidhi Dalmia's recent novel 'Afternoon' is undoubtedly a testament to his exploration of the world of literature. Let's learn more about the themes and stories he explored in his novel and the fascinating evolution of his journey, from overseeing business operations at Dalmia Biscuits and Edward Keventers to becoming an author.

Excerpts from an interview...

**What made you decide to write 'Afternoon'?**

We all have stories to tell. I wanted to describe the hope and idealism of the 60's

that I and many others thought would never end, the coming of age and growing up in the late 60's. How the themes conveyed were universal and how music interspersed with everyday life in those times.

I wanted to write about the universality of human emotions and feelings.

To tell a tale about how love and obligation compartmentalise people, making them choose between love and duty, between the head and the heart, between one's social contract and what one wants. The individual choices one has to make with profound consequences.

To portray a deeply felt love story, as different as any personal experience can be.

I always wanted to write. "Catch your dreams before they slip away," sang The Rolling Stones.

**About the title, how did you finalize? Did you have more options?**

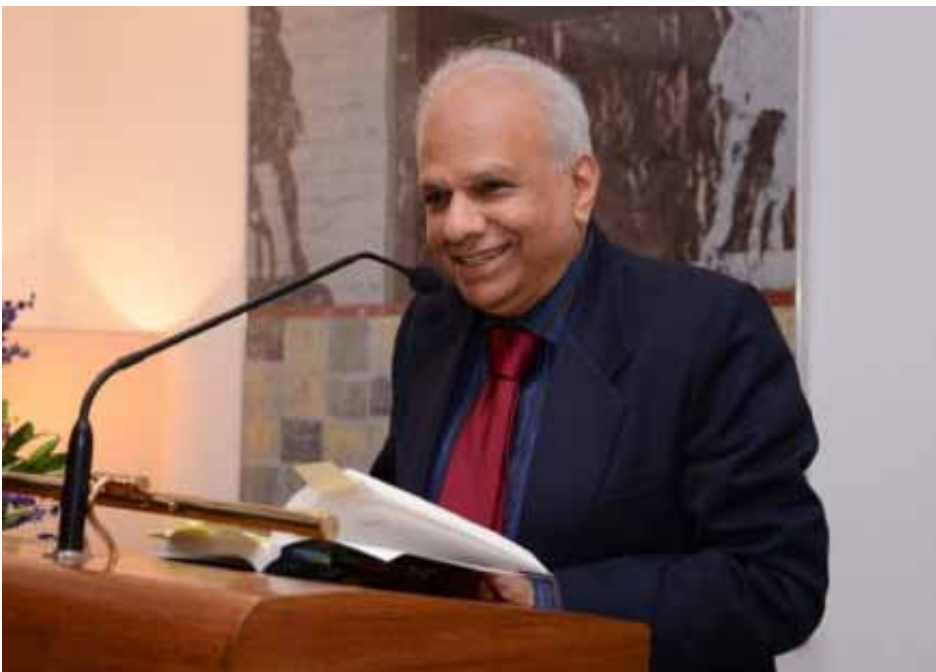
A lot can happen in an 'Afternoon'. 'Afternoon' is a golden in-between which can be timeless, transcendent. It can be a languorous, sensuous time. It can be conducive to letting go, to loving where one loses a sense of everything else.

**What is your process of writing?**

I started with writing 200 words a day, and then graduated to 500 words and then to 1000 words.

It's a lonely job to write a book and doubts are bound to come. Tastes and liking are subjective. Will it be good? Will the reader like it? Will it give pleasure, stir the reader's imagination? No matter how busy I was with running a Business, I persisted with the irrepressible urge to tell the story, little by little. Above all the challenge is to believe in yourself and your writing despite everything.

To stay inspired, one has to at times imagine oneself in it, as an actor in the real-life drama being portrayed on stage. One has to become part of it and live it. Shakespeare said - "All the world's a stage..." To stay motivated, one has to believe in oneself and in the story. One has to get immersed in it. Each word has to be well thought out. One cannot waffle or pad. Quantity is not important, quality is. Therefore, sincerity counts. Show don't tell. This is universal advice given to writers. It



really works. One has to not worry about the critics. One can't please everyone. Enough readers have to like it. There has to be discipline to sit without disturbance and write for a certain amount of time or a certain number of words every day, even if some days it doesn't go as well. Everyday won't be the same. The place of writing should preferably be different from the place of other work.

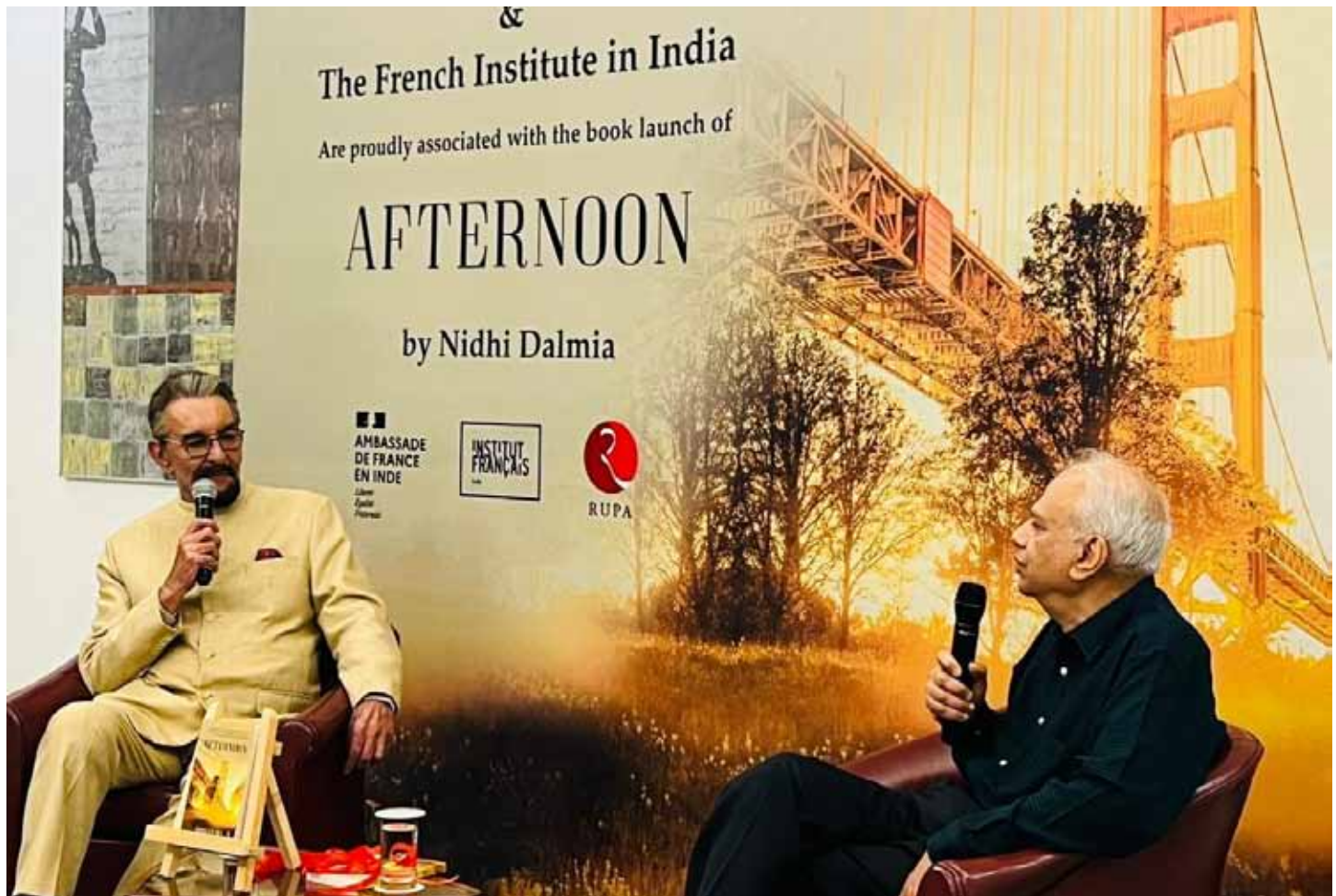
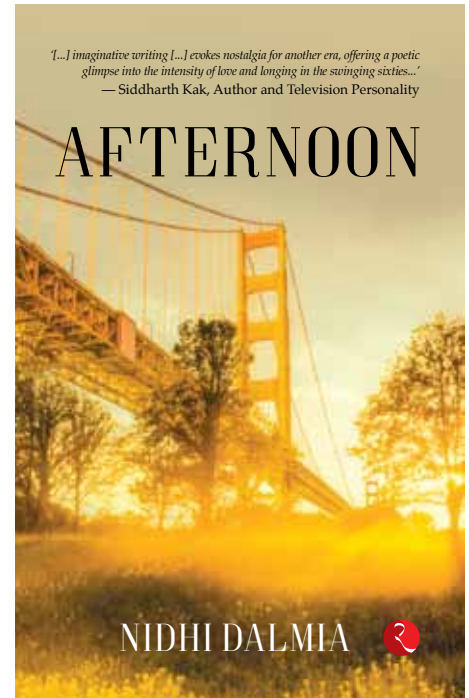
**A student at St Stephens in Delhi who later went to Oxford University and Sorbonne (France) to pursue his higher education. How did these experiences shape the personality?**

The Sorbonne was exposed to another world – the rich world of French Civilisation and Literature. The Economics at Oxford had become much more Mathematical and the weekly reading lists in each

subject were extremely long. It taught me to be more independent and not to seek validation from others.

**From being a corporate leader to being a writer. Tell us about your transition and journey...**

The journey was in finding the time. The desire was concurrent. I was always praised in School for my essays. Later on when I wrote letters to the Government on various matters, bureaucrats praised my writing saying 'you have thought through every word'. When I wrote briefs for Lawyers for my legal matters they found it very well drafted. Then when I attempted writing fiction later on in life, I found that it read well. That's when I decided to invite. The left side and the right side of the brain have always co- existed.



I always wanted to write. When one of my closest school friends asked me what I planned to be when I grew up. He prefaced his question by saying it is clear what you will do when you grow up, but what will I do? I came from a family of Industrialists. He took it for granted that is what I would do. I said 'a writer'. He had heavy shoulders. I said 'a boxer'. 'You have the physique and you are very good,' I said. But he didn't think so. I too was wrong. He turned out to be a successful restaurateur in Melbourne, Australia.

I also wanted to describe the hope and idealism of the 60's that I and many others thought would never end, the coming of age and growing up in the late 60's. How the themes conveyed were universal and how everyday life was interspersed with the music of the times.

I wanted to write about the universality of human emotions and feelings and even more so of human experience: about the brotherhood of all men and attempts at categorizing a distortion of the continuum.

To tell a tale about how one is torn between love and obligation, between the head and the heart, between one's social contract and what one really wants. The individual choices one has to make with profound consequences

To portray a deeply felt love story, as different as any individual experience can be.

**How are these two worlds different or similar?**

They are different in the sense that Business is to do with practical problem

solving, coming up with pragmatic solutions, always re-inventing you in accordance with circumstances and the changing external environment, being agile and light footed like a boxer. They are similar in the sense that creativity and imagination have to be used in both

**Your taking up writing...was that an intentional move or multiple sequences paved a way for you to be a writer?**

It was an intentional move. I just couldn't find the time earlier when I was running round the clock at three shift factories. Once I could start there were no multiple sequences. Certain days were difficult. At times there was writer's block but I persisted.

I felt compelled to write. It had to be done. The stories told themselves, the characters kept forming

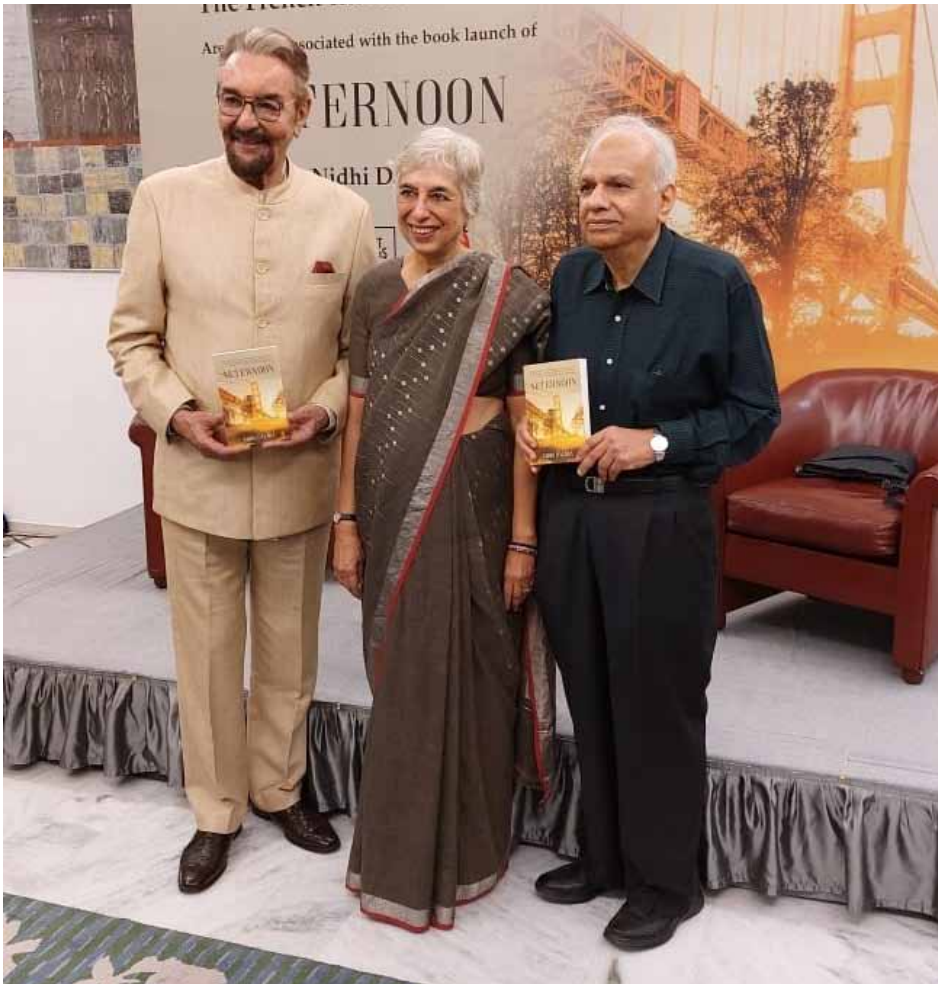
Many things were invented, imagined both in the narrative and in the personae of the characters, as it should be in fiction.

**If you get a chance to live one of your characters what would that be and why?**

It would be Rajiv. I identify with all 3 main protagonists and their emotions but it's hard for me to think of myself living as a woman. I would like to experience the richness and passion of the relationships Rajiv had with Ayesha and Catherine at different times, the all-consuming love.

**Your other interests?**

I love arty, good cinema. The '60's gave me a good start. It was a time of an explosion of great creativity in Cinema, the world over. There were magazines like Cahiers du Cinema in France and Films and Filming from England with beautiful full-page photos and write-ups. Life magazine covered Hollywood stars and what they were coming out with. India had its own Mridul Ghattak, Satyajit Ray and a host of others. The Film Institute in Poona already had a good reputation. Jean Luc Goddard, Francois Truffaut and the New wave in French Cinema changed the way films were



being made. Czech Cinema with Jiri Menzel, Milos Forman and others had its own New Wave. There was a Blow Up shot in Hyde Park. Polish cinema, Japanese cinema, Swedish cinema all were coming out with extraordinary films.

I enjoy good Theatre. Whether reading it or attending a performance. Again the 60's provided a good spark. There was Alkazi at the National School of Drama, where Tughlaq was being staged. The Theatre of the Absurd was changing the way theatre worked. There was Waiting for Godot, Samuel Beckett and Ionesco's Rhinoceros etc

There was John Osborne's Look Back in Anger. There were Harold Pinter, Tom Stoppard, Alan Ayckbourn and Noel Coward to name but a few. All this creativity nourished an abiding interest in Theatre as in Cinema.

Opera has beautiful music above all especially with the full symphony orchestra playing; one has only to think of Puccini's La Boheme. One has to know the story and one can imagine everything again and again when one listens to the same music.

Classical music transports one to transcendent levels. It is borderless and timeless. It is deeply moving. It can bring tears to one's eyes. From College days I was taken by Chopin's Nocturnes and Etudes. It was divine. Then I heard Tchaikovsky's Swan Lake and imagined the delicate ballerinas on their toes. Beethoven's 5<sup>th</sup> and 6<sup>th</sup> were the first to catch my fancy even before the famous 9<sup>th</sup>. Bach, Schumann, Mozart, Schubert, Vivaldi, Verdi captivated me, one by one and I felt I was spending time the best way I could, listening to their music.

The same applies to our own Classical music – be it Ravi Shankar, Chaurasia or Panna Lal Ghosh.

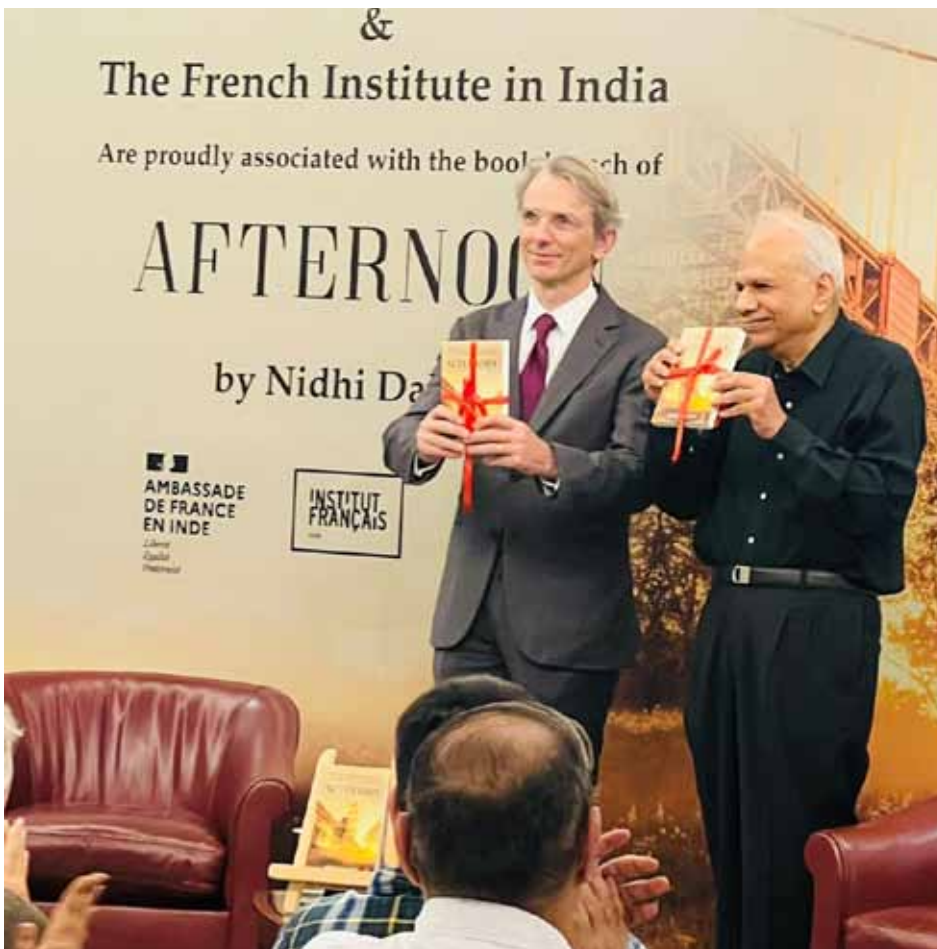
**If your book 'Afternoon' is made into a Bollywood film, who do you think should play the main star cast?**

Ayesha would be played by Kangana Ranaut, Catherine by Anne Hathaway, Rajiv by Siddharth Malhotra or Shahid Kapoor

**Your favourite writers and books?**

Authors- J.D. Salinger, Erich Maria Remarque, Kalidas, Ruth Praver Jhabvala, Phyllis Hastings, P G Wodehouse, Oscar Wilde, Chekov, Sartre, Camus, etc.

Books- Catch 22, Heaven has no favourites, Portnoy's complaint, Rapture, The Mahabharat, Meghdoot, Look back in Anger, Peyton Place, Love Story, Night Without End, The Picture of Dorian Grey etc.



Nidhi Dalmia, is an entrepreneur-author and the son of industrialist Ramkrishna Dalmia, His debut novel, «Harp,» paved the way for his exploration of storytelling and the world of literature. He released his second book «Afternoon» is a novella set in the 1960s and takes place in various locations, including the San Francisco Bay Area, New York, Delhi, and Kashmir exploring the life of a young student and his relationships with two women. Against the backdrop of the global political turmoil of the Cold War and the Vietnam War.

At its core, the book is a love story, making it a multi-faceted exploration of the personal and societal changes of the 1960s. His experiences as an entrepreneur and as the son of an industrialist have influenced his writing. There is a unique perspective in his storytelling that adds depth and authenticity to his narratives.

## Interview

# Arjun Kumar (President Lav Kush Ramlila Committee)

An incredible experience it was...witnessing the Lav Kush Ramlila at Lal Qila Grounds in October 2023. The integration of electronic passes into the Ramlila, use of digital effigies of Ravana, Kumbhakaran, and Meghnath projected in the open sky with laser lights... the installation of a three-story stage adorned with special 3D and LED lights. And Bollywood actor Kangana Ranaut participating in Ravan Dehan (She is being *the first woman to burn Ravana effigy*) it was indeed a visual delight to see age-old traditions embracing modern technology!

Arjun Kumar, as the President of the Lav Kush Ramlila Committee, plays a crucial role in overseeing the planning, organization, and execution. Highlighting the uniqueness, he mentions how this Ramlila is different from traditional ones...

*Excerpts from Arjun Kumar's interaction with Seema Dhawan*

### The Integration of Modern technology into traditional cultural Ramlila

He explains how modern technology, such as digital effigies and advanced lighting was incorporated to enhance the visual experience of the event while keeping the essence of the Ramayana intact. "I have taken this approach to maintaining the essence and significance of the Ramayana while making it appealing to a modern audience, especially the youth."

He further clarifies that there were no fireworks due to a government ban, and that the sound of fireworks was recorded instead. «Due to the ban



Arjun Kumar



on firecrackers and fireworks by the government, we recorded the sound of the fireworks through 8 track digital Dolby sound system in such a way that there was a tremendous sound in the entire ground. Before burning, the voice of Jai Shri Ram came from the effigy of Ravana and fire came out from Ravana's eye," he further adds.

#### **Preservation of Tradition**

Despite the modern touches, the core values, morals, and stories of the Ramayana remain unchanged. "Preserving the cultural and spiritual aspects of Ramayana is important for passing on the heritage and teachings to future generations. The blend of tradition and technology allows for the continuation of these important cultural practices in a way that resonates with contemporary audiences while respecting the roots and beliefs of our glorious History." Arjun Kumar reiterates.



“It’s a wonderful way to bridge the generation gap and ensure that the rich cultural heritage is celebrated and appreciated by people of all ages,” he emphasizes.

### Global reach

Ramlila is broadcasted live on nearly 100 television channels across 100 countries. While emphasizing on the global outreach and preservation of cultural traditions bringing people from diverse backgrounds together to celebrate the rich stories and values of the Ramayana, he is of the view that it fosters cross-cultural understanding and appreciation. «This level of international exposure allows the Ramlila to transcend geographical boundaries and cultural differences, making it a prominent





cultural and spiritual celebration with a worldwide audience,» he further adds.

### **The attendance of political leaders and Bollywood stars**

Many film stars and Political leaders witness and participate in Ramlila every year. Certainly when prominent figures attend, it leads to greater respect and recognition. «For the main roles of Ram, Laxman and Sita and Ravana, we always opt for Bollywood actors.» He shares.

Its also interesting to know that the planning for next year's Ramlila begins soon after the conclusion of the current one. «Immediately after this year's Ramlila, we will start planning for the next year's. That includes selecting the right actors for these iconic roles, planning and designing the costumes, choreography and music.» Arjun Kumar shares and signs off with a smile.



Tete a Tete

# Yogesh Bhatia, Wildlife Photographer



**H**e began his remarkable journey in his 60s. His awe-inspiring work includes capturing majestic big cats in India and Africa, even enduring freezing temperatures at 14,000 feet altitude in Spiti valley and conservation is indeed commendable. Through his detailed and captivating images, Yogesh Bhatia plays a crucial role in raising awareness about India's diverse wildlife. "These visuals serve as powerful tools for conservation advocacy, as they help people connect with the natural world." He opines. When people see the beauty and vulnerability of these creatures through his lens, it can inspire them to take action to protect these species and their habitats.

## **Photography as a powerful tool for teaching youngsters**

Yogesh Bhatia's mentorship of young photographers is a valuable contribution to the field of wildlife photography and conservation. He not only imparts technical knowledge but also instills a deep sense of responsibility toward wildlife and their habitats. This mentorship ensures that his "passion and expertise are passed on to the next generation, creating a sustainable impact on wildlife protection."

He is of the view that photography helps in teaching the youngsters to be focused. Photography can help instill and enhance focus, including youngsters, to pay close attention to details. "Since to capture any animal or any other image, they need to notice nuances, patterns,

and small elements within the frame. This attention to detail cultivates focus and observation skills.” Yogesh tells.

Photography is an engaging and educational hobby or profession that naturally fosters focus and a range of valuable skills in youngsters. “Photography requires patience. Waiting for the right moment, perfect lighting, or the subject to behave a certain way teaches young photographers the value of patience and persistence,” he adds. To compose and capture a great photograph, one needs to concentrate on the subject, composition, and other technical details so “this helps them dealing with unexpected challenges, and finding creative solutions. This process encourages young photographers to stay focused and think critically,” he further shares.



### **There is a message for those who want to pursue photography as hobby**

To become proficient in photography, young individuals must practice and develop discipline. “Consistent practice and learning require focus and dedication.” As young photographers progress in their craft, they often experience personal growth. This journey of improvement can be highly motivating and teach them the value of staying focused on their goals.

Your age should not be a barrier to pursuing your passions. Whether you’re young or old, it’s never too late to follow your dreams and explore your interests. Embracing change and starting fresh is a testament to the idea that age is not a limiting factor. “The idea that “age is just a number” is wrong,” he reiterates. Pursuing your passion is a form of self-expression and a way to share your unique talents and interests with the world. “Your passion is not limited by your





age; it's a reflection of who you are." He smiles.

Age can bring a wealth of life experiences that can enhance your ability to pursue your passion. These experiences can offer unique perspectives and insights that younger individuals might not have. And Yogesh Bhatia's journey and evolution is certainly a beacon of hope and encouragement to people of all ages.



### ABOUT YOGESH BHATIA

Yogesh Bhatia, a renowned wildlife photographer armed with advanced equipment like the Sony Alpha 1 camera and Sony 400mm f/2.8 lens. His detailed captures of India's fauna serve as both captivating visuals and potent tools for conservation advocacy.

His work as a wildlife photographer and mentor exemplifies the positive impact that individuals can have on wildlife conservation. Through his passion, mentorship, and advocacy, he contributes to a future where animals are protected, and their place in the world is cherished and respected. His efforts serve as a reminder of the importance of preserving the Earth's biodiversity.

Destination

# An Affordable Vacation to New York

## Arts and Culture, Seasonal Outdoor Activities

## Tours and More for \$10 or Less Across NYC's Five Boroughs

New York City Tourism + Conventions, the official destination marketing organization and convention and visitors bureau for NYC's five boroughs, is spotlighting a selection of free and affordable experiences for visitors this autumn.

With cooler temperatures upon us, we invite local and domestic travelers to make the most of the season and enjoy beautiful foliage and outdoor activities across all five boroughs," said Fred Dixon, President and CEO of New York City Tourism + Conventions. "One in four visitors goes to a museum or art exhibit while in NYC, and we're delighted to share a selection of just some of the many affordable cultural experiences on offer."

Suggested \$10-and-under\* activities can be found below:

**Go Leaf Peeping:**

- NYC is home to more than 29,000 acres of parks and open spaces across all five boroughs where visitors



- can watch the leaves turn to shades of orange and red.
- **Central Park** is undoubtedly one of the world's most iconic parks. Spanning 843 acres from Manhattan's 59th Street to 110th Street, the park features open fields, woodlands, a zoo, ice-skating, boat rentals, a concert venue, ponds and more. If you've already been there, consider Brooklyn's **Prospect Park**, which was also designed by Frederick Law Olmsted and Calvert Vaux.
- **Flushing Meadows Corona Park** has just successfully hosted the 143rd US Open Tennis Championships. In addition to the USTA Billie Jean King National Tennis Center, the park is also home to green spaces, **Citi Field**, the **Queens Museum** and more, as well as the famous Unisphere sculpture unveiled at the 1964 World's Fair.
- Built on a former elevated rail line, **The High Line** offers unparalleled views of Manhattan's far west side. The park has several different gardens and green spaces, with other free



offerings including wellness programming and public art.

- **Queens County Farm Museum** is free and open to the public. The 47-acre site, which dates to 1697, features historic farm buildings, gardens, an orchard, a farm store and more, and offers a variety of seasonal activities including pumpkin picking, hayrides and more (pricing varies).
- In Staten Island, **Snug Harbor Cultural Center & Botanical Garden** is set on a former home for retired sailors. The campus features beautiful grounds, which are free to visit, the Chinese Scholar's Garden, museums including the Staten Island

Museum, The Noble Maritime Collection and more, and seasonal events (pricing varies).

- **Wave Hill** is a public garden and cultural center in the Bronx's Riverdale neighborhood. Featuring 28 acres of gardens and woodland, Wave Hill overlooks the Hudson River and New Jersey Palisades. Admission is free on Thursdays and \$10 during the rest of the week, with free tours on Sundays at 2pm.

**Enjoy Arts & Culture:**

- The **American Folk Art Museum** celebrates folk and self-taught artists with its collection spanning the 18th

century through present day. Admission is always free; reservations are encouraged.

- The South Bronx is home to two premier cultural institutions: the free **Bronx Museum of the Arts**, which focuses on contemporary art from diverse cultural backgrounds, and the **Bronx Children's Museum** (\$8), which recently opened in a brand-new space near Yankee Stadium.
- Located in Manhattan's Chinatown, the **China Institute & Gallery** is dedicated to traditional and contemporary Chinese art with exhibits, lectures, film, language courses and more.

Free admission is offered on Thursdays from 5–8pm.

- **El Museo del Barrio** (\$9) is the leading Latino and Latin American cultural institution in the United States. The museum is currently presenting more than 500 artworks in the Something Beautiful: Reframing La Colección exhibit.
- Visit one of **Gagosian Gallery's** several NYC locations for a chance to view works by some of the world's most famous artists. Through December 22, Roy Lichtenstein's Bauhaus Stairway Mural is on view at the gallery's West 24th Street location.





- **Lincoln Center for the Performing Arts** offers a selection of free events, films, musical performances, installations, workshops and more. Check out the calendar for additional information.
- As part of its inaugural season, the new **Perelman Performing Arts Center (PAC NYC)** is offering free

programming and pay-as-you-wish days for some performances. On the Lobby Stage, PAC NYC presents an ongoing series of free entertainment and family programs including bands, DJs and dance events.

- **Pioneer Works** in Red Hook, Brooklyn, is continuing its free Second Sundays event

series featuring live music, food, artists' open studios and more. The next session will take place November 12.

- Long Island City, Queens, is a cultural hub, home to several free and mostly-free locations including **SculptureCenter**, a museum housed in a former trolley repair shop; **Socrates Sculpture Park**, a park and open studio and exhibit space for artists on an old landfill; and **Culture Lab LIC**, a converted warehouse where local, domestic and international art of all genres is presented.
- **The Shed**, which opened in Hudson Yards in 2019, offers \$10 gallery exhibition tickets for all visitors and free gallery admission for ages 18 and under. The 2023 Open Call exhibition opens November 4, displaying new works by emerging NYC artists –

admission to these events is free.

- Walter de Maria's **New York Earth Room** has been free to the public since 1980, thanks to the Dia Art Foundation. The meditative room features a 3,600-square-foot space covered with 280,000 pounds of earth.
- For more, check out NYC Tourism's article on **Free NYC Museums**.

**Perfect for History Buffs:**

- The **Alice Austen House Museum** (\$6) preserves the life and legacy of early American photographer Alice Austen. Set in Austen's Victorian Gothic cottage on Staten Island, the museum is a nationally designated site of LGBTQ+ history that presents a permanent collection of her work as well as rotating exhibits.





- The Smithsonian's **National Museum of the American Indian**, in partnership with Native peoples and their allies, is committed to fostering a richer shared human experience through a more informed understanding of Native peoples. See the Shelley Niro: 500 Year Itch exhibit before it closes January 1. Admission is free.
- **Weeksville Heritage Center** in Brooklyn is the premier cultural institution dedicated to documenting, preserving and interpreting the history of Weeksville, one of the largest free Black communities in pre-Civil War America, and beyond. The Center is free to enter, with guided tours of the historic homes on offer for \$8.

- The **Center for Brooklyn History (CBH)** in Brooklyn Heights recently reopened to the public following extensive renovations. CBH, which is dedicated to preserving and encouraging the study of Brooklyn's 400-year history, offers free entry and a selection of public programs.
- **Dyckman Farmhouse Museum** (\$3), located in the Upper Manhattan neighborhood of Inwood, is set in a 1784 Dutch Colonial-style farmhouse. The museum is offering a series of free seasonal events, with their Fall Festival on October 21, Jack-O-Lantern Jubilee on October 25 and Dyckman After Dark on October 26.



**Explore with a Local:**

- **Big Apple Greeter** is a uniquely-NYC service that pairs visitors with locals for free unscripted walks around their favorite neighborhoods across all five boroughs.
- **Free Tours by Foot** offers pay-what-you-wish walking and biking tours with licensed tour guides in Brooklyn and Manhattan, as well as free audio and self-guided walks.
- At Staten Island's **Historic Richmond Town**, visitors can join a guided tour exploring the living history village with Historical Interpreters. These \$10 tours also include access to the village's Historical Museum.



- At the **New York Public Library's Stephen A. Schwarzman Building** on Fifth Avenue and 42nd Street, guests can attend a one-hour guided tour or join for 15 minutes in the Rose Main Reading Room. Self-guided audio tours are also available.
- The **Village Alliance** offers free self-guided tours of Manhattan's Greenwich Village, covering architecture, LGBTQ+ landmarks, history, local retailers and more.
- Another fun way to meet New Yorkers is through local **running groups**, which gather regularly in neighborhoods across the City—most are free to participate in.



And don't forget to cheer on the 50,000 runners participating in this year's **TCS New York City Marathon** on November 5.

\* Listed prices are for adult admission; may vary for other groups.

New York City welcomed 56.7 million travelers in 2022 and remains on track to welcome more than 63 million visitors this year.

Check out NYC Tourism's new resource about enjoying NYC arts and entertainment on a budget and visit [nyctourism.com](http://nyctourism.com) for more on all there is to see and do in New York City.



**About New York City Tourism + Conventions:**

New York City Tourism + Conventions is the official destination marketing organization and convention and visitors bureau for the City of New York, dedicated to maximizing travel and tourism opportunities throughout the five boroughs, building economic prosperity and spreading the positive image of New York City worldwide. For all there is to do and see in New York City, visit [nyctourism.com](http://nyctourism.com).

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## Destination

# Istanbul

Text & Photography Photo Editor Shazid Chauhan

**T**ravel has a unique way of creating lasting memories and it was Istanbul that provided me with a rich tapestry of moments that transcended the need for constant documentation.

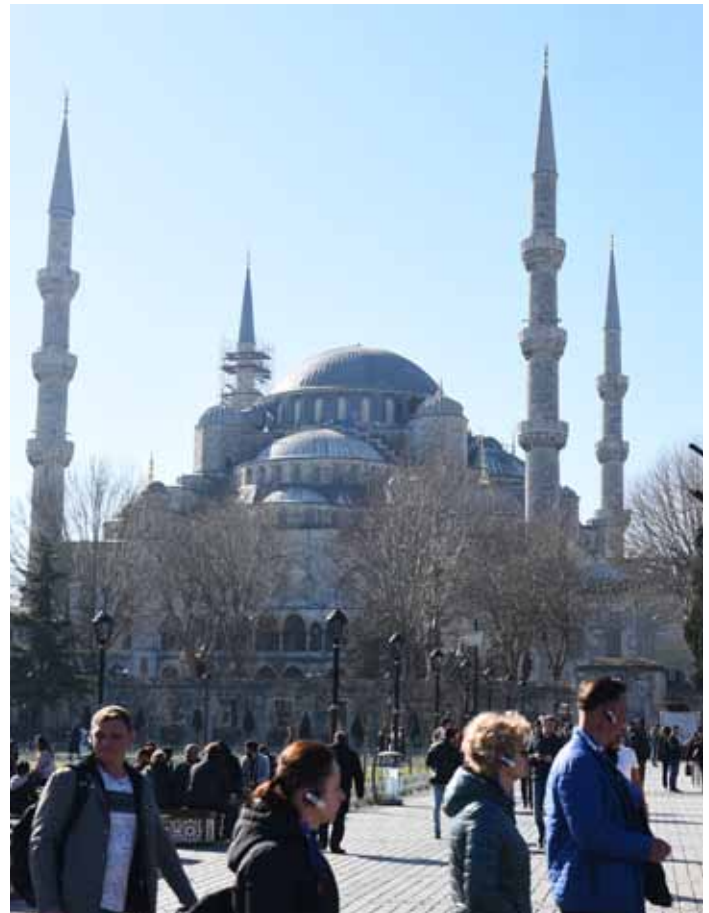
Istanbul's roots trace back to Byzantium, with a history that includes conquests by various empires, such as the Persians and Ottomans. The city has iconic historical sites that stand as a testament to its enduring past, making it a treasure trove for history enthusiasts.

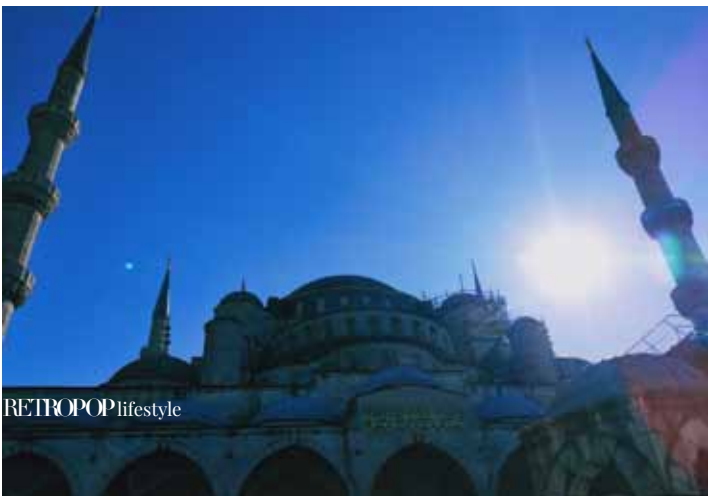
Despite its ancient history, Istanbul is described as a modern international city that is continually evolving.

These renowned tourist attractions promise to create beautiful memories during your time in Istanbul

### Hagia Sophia

Initially constructed as a Byzantine cathedral in the 6th century, Hagia Sophia was a living testament to Istanbul's diverse past. It stands not only as an architectural







wonder but as a symbol of the city’s ability to adapt and embrace its multifaceted heritage over centuries. Hagia Sophia remains a captivating destination that draws visitors from around the world to witness its historical and cultural significance. Hagia Sophia is an “extraordinary testament to human creativity and architectural brilliance”

### Topkapi Palace

Topkapi Palace is not only a physical structure but a living repository of Ottoman history and a place of awe-inspiring beauty that encompasses a sprawling complex adorned with picturesque courtyards, verdant gardens, and splendid pavilions. It stands as the former residence of the Ottoman sultans, having served their esteemed lineage for nearly four centuries. Visitors can explore the Palace’s lavish rooms, marvel at the intricate Ottoman artefacts, and immerse themselves in the rich history of the Ottoman Empire.

### Grand Bazaar

Grand Bazaar is one of the world’s oldest and largest covered markets. There are more than 4,000 shops and stalls, it’s a haven for shopaholics with the diverse range of goods and experiences it offers, catering to the varied interests of shoppers. The market showcases a rich tapestry of Turkish craftsmanship, from vibrant textiles and exquisite jewellery to intricately designed ceramics and aromatic spices.

### Sultanahmet Square

Sultanahmet Square is centrally located in close proximity to renowned landmarks like the Hagia Sophia and the Blue Mosque, it serves as a vibrant central hub for both locals and tourists. Sultanahmet Square is a multifaceted space—historic, culturally rich, and lively. It serves not only as a geographical center but also as a gathering place where the past and present coalesce, providing an enriching experience for those who visit.



The square entices visitors with its rich tapestry of cultural attractions, including the magnificent Obelisk of Theodosius and the elegant German Fountain. Street performances add a touch of liveliness to the square, enhancing the experience and adding to its allure.

Moreover, the city’s ornate architecture, rich history, and vibrant culture have a way of leaving a lasting impression

on visitors. The diversity of experiences, from navigating through the lively bazaars, savoring local cuisine became the essence of the travel experience.

My travel was so transformative—the connections made with the locals, the cultural experiences which I had brought me moments of joy, connection, and discovery! Everything was so magical.



## Wedding Retreat

# Top 5 Places for a Destination Wedding this Season

Choosing a destination for a wedding is one of the toughest decisions. Your choice of venue decides the vibe and the experience the celebration will bring to your family, friends and all the guests. Right from each guest's airport arrival to their departure, every minute detail needs to be taken care of meticulously. Here we list down 5 luxury hotels that will ensure you a wedding that is lavish and one to be remembered for years to come, whether it's an intimate affair or a big gathering.

### Glamorous Greek Island Wedding at Royal Myconian Resort, Mykonos

If glitz and glamour is your idea of a dream

wedding, a destination wedding in Greece is your answer. And for that gorgeous luxurious wedding in Mykonos Island, Royal Myconian Resort ensures the most exclusive and unique wedding backdrop hosting your romantic and beautiful love story with an out-of-this-world Greek island wedding.

Ideal for a 3-to-5-day destination wedding in Greece, Mykonos will spoil you and your guests with the most outshine lifestyle experiences, fusion cuisine and unforgettable images that you will keep with you for many years to come. From idyllic small-scale affairs to elaborate large weddings for up to 1,000 guests, Royal Myconian hosts bespoke events with a

sense of occasion. Impossibly romantic weddings, intimate family gatherings, extravagant parties and more are delivered with every detail just right – from the flowers and decor to the impeccable service the Myconian Collection Group is known for, delivered against a stunning Aegean background and under the sunny Greek skies.

The Royal Myconian has been the perfect setting for some extravagant Indian weddings in the past few years. Ceremonies taking place under a flower canopy overlooking the famous Elia beach, guests and newlyweds gathering in a flower adorned setting before taking to the dance floor, impressive flower wall covered with green foliage and a warm pallet of flowers creating the background for the newlywed table whilst hanging garlands surrounds the guests, Royal Myconian proposes the most perfect backdrop to the start of a beautiful new life with your loved one. 154 spacious rooms, suites and villas are cool sanctuaries with private balconies or vast terraces and appointed to the highest standard of comfort, with the option of your own infinity pool or Jacuzzi.

Royal Myconian's fleet of high-end luxury limousines, Porsche Cayennes, Mercedes 15-seat limo mini-buses and 40-seat limo mini-coaches are at your disposal for guest transfers. So are its private jet, helicopter and yachts that are available upon request for VIP transfers.



## A Fairy Tale Wedding in The Swiss Alps at Badrutt's Palace Hotel, St. Moritz

Fancy a fairy tale wedding amidst snow clad mountains? Tucked away in the snowy Swiss Alps, a destination wedding at Badrutt's Palace Hotel, St. Moritz, is a dream filled with festivities such as horse-drawn sleigh rides through the mountain, chocolate making classes, sledding, skiing, and dancing at the star-studded King's Social House Club.

The picturesque destination of the Engadin Valley and the glistening Lake St. Moritz coupled with the elegance and rich history of Badrutt's Palace Hotel is the ideal canvas to paint your dream wedding. Experience legendary service and an enchanting atmosphere in the heart of St Moritz, with 300 days of sunshine in winter and summer. Unrivalled and unexpected eating and drinking, joie de vivre and a unique sense of belonging in a historic and iconic mountain resort. Badrutt's Palace Hotel has 155 guestrooms all with heart-stopping views of the lake or the charming village centre. With many different options of connecting accommodations, the hotel will find the perfect solution for you and your wedding guests.

A Royal Arrival for the bride and groom. By Rolls Royce or Horse Carriage or even



an elephant... Badrutt's Palace knows how important it is to set the scene and give its guests the royal arrival they deserve. No request is too big, no detail too small here. The hotel ensures that the memorable wedding experiences are handcrafted here. From classical weddings to themed celebrations, Badrutt's Palace Hotel has hosted some of the most spectacular events in its over 125 years of history. With breathtaking wedding venues, professional service and exceptional facilities, wedding dreams come to life extraordinarily in this magical destination.

Whether you're looking to rent the entire palace, or a room steeped in history,



Badrutt's Palace has everything you need to make your unique vision a reality. As curators of milestone events and special gatherings since 1896, it has the commitment and expertise to exceed your every expectation and create that dream moment for you and your loved one. Working together with you as per your taste and preferences, Badrutt's Palace can craft an unforgettable gastronomic moments for you and your guests at its restaurants including La Coupole, Le Relais, Le Restaurant or the King's Social House, a fun, interactive and exciting dining venue, and then winding up with a stay at one of its glamorous suites. Are you already imagining your magical Alpine wedding story?



**Weddings & Vow Renewals at Bawah Reserve**

Surrounded by tranquil, turquoise waters Bawah Reserve is a collection of six tropical islands with two unique retreats of breathtaking beauty and easy, natural charm. A gorgeous tropical paradise surrounded by a blue ocean, Bawah Reserve sits in sheltered seclusion 160 nautical miles (300km) northeast of Singapore in the remote Anambas Archipelago, Indonesia. This pristine and previously uninhabited marine conservation area is surrounded by turquoise lagoons and coral reefs, which cater to outdoor adventurers looking to indulge as well as those looking to relax in paradise.

Both sustainable, idyllic hideaways, Bawah island and Elang Private Residence, embody uninhibited island romance and offer countless experiences created with love in mind. Enveloped in nature this is an ideal paradise for your destination wedding. Enjoy a worry-free wedding and spend quality time with your friends and family. With meals, activities and spa treatments included in the daily rate, there will be few extra details to consider. A wedding at Bawah Reserve also affords you the opportunity to give your guests the gift of a spectacular holiday while they celebrate your impending union. Let Bawah Reserve help you plan your dream wedding.



Bawah Reserve offers four distinct destinations to celebrate your spectacular day. While you can enjoy a relaxed barefoot, beachside wedding at The Boat House located in a prime oceanfront setting directly on the beach, the Tree Tops offers spectacular views of the verdant tropical landscape and the lagoons below making it an alluring venue for the festivities after your ceremony. Elang Private Residence, Bawah Reserve's newest island offers a more intimate wedding destination with two venues to choose from – The Club House and The Beach House. A five-minute boat ride from Bawah Island, Elang Private Residence is the height of exclusivity and privacy.



Weddings at Bawah Reserve are magical. The islands of Bawah Reserve are the perfect location for a celebration – whether you are hosting an intimate gathering of your closest friends and family or opting for a larger group with dozens of revelers. Your guests will be well taken care of by the friendly Indonesian staff at the property. Guests staying as part of a wedding celebration are entitled to special offers and amenities – everything from castaway picnics to guided snorkelling with our marine biologists to Indonesian cooking classes. On both islands, all guests enjoy a host of features included in their stay.



### Exotic wedding at Nirjhara Bali

Gorgeous scenery, unbeatable views, magical moments – Nirjhara Bali is the ideal destination to share your vows of eternal love. With scenic waterfalls, a gentle river, and verdant rice fields, the resort offers a naturally beautiful backdrop for a memorable destination wedding.

Your special day in this idyllic resort in Bali can be what dreams and fantasies are made of. The bridal party, wedding ceremony, and cocktail reception can all be accommodated in a variety of breathtaking venues, on a stage by the vibrant waterfall, nestled in a hidden cove by the beach, or in the intimacy of Nirjhara’s majestic Residence.



Located in the region of Tanah Lot, home to Bali’s most iconic temple, Nirjhara, Sanskrit for waterfall, is a luxury resort in Bali offering tailored comfort in the midst of a lush jungle. Overlooking verdant rice fields and surrounded by a river and cascades, Nirjhara welcomes you to a haven of peace and relaxation.

Days at Nirjhara are punctuated with activity and regeneration, catching surf breaks on Kedungu Beach, cycling through the traditional neighbouring villages, or pampering at its signature spa.

### Wedding of a lifetime at Pimalai Resort & Spa, Koh Lanta

Because something as beautiful as love deserves to be celebrated amidst astounding beauty.

This award-winning property cascades through 100 acres of tropical jungles easing its way towards one of Thailand's best beaches: Kantiang Bay. It's here that couples, friends and families while the days away amidst lush tropical forests and the endless Andaman waters lounging on what often feels like a private beach or spend action-packed afternoons out in the cerulean sea scuba diving, snorkelling or simply enjoying a sunset cruise together

Pimalai turns your dream wedding into reality for those seeking a more relaxed and tranquil setting for a destination wedding in Thailand. Pimalai's beach and wedding set-up is distinctively stunning. With a small stage adorned with tropical flowers, the spectacular beach is perfect for those who would like an intimate ceremony surrounded by close friends and family





features include tropical flower décor, a wedding bouquet for the bride, corsage for the groom, and flower petals strewn on the aisle. It also includes sparkling wine, a wedding cake, dinner for the couple and two special wedding gifts from the resort, including special spa treatments for two and the couple's special moment in a silk frame.

Koh Lanta is a wonderful place for a destination wedding. And at Pimalai, early evening beachside ceremonies are especially dramatic, when the sun sets over the fine coastline, illuminating the sweeping views of the beach and seemingly endless ocean.

and plenty of natural charm. For couples' looking for an offbeat wedding, the resort can arrange for a beautiful wedding set up on Pimalai's private speedboat that will surely be remembered for ages to come. Additionally, the stunning Rak Talay and Seven Seas Restaurants with its spectacular sea views make for gorgeous wedding venues. Or you could even go for a very private and personal choice of venue for your D Day at Pimalai's Beachside Private Pool Villa.

The resort offers both Thai Blessing and Western Wedding packages. The latter can be arranged as per your choice between Rustic Chic or Classic Romance theme with a religious or non-religious celebrant. Basic



## Tourist Attraction

# A Merry Season in Goa

**G**oa, the party capital of India, invites visitors to indulge in its diverse nightlife, pristine beaches, and rich culture.

Its picturesque scenery of lush green landscapes, dotted with vibrant Goan heritage homes, and long stretches of golden shores fringed with swaying palm trees attract tourists to add Goa to their travel itinerary every year. However, there is much more to explore in recent years that takes tourists off the beaten path of sun and sea. Hinterland tourism offers a glimpse into authentic village life, providing a unique slice of local experiences one may not find elsewhere.

Goa has become a popular tourist destination all year round. Slow travelers, in particular, seek the tranquillity of the monsoons. In October, activities like water sports, dining at shacks, and night markets closed during the downpours became available to tourists.

Planning can help reduce travel and accommodation costs to a certain extent. If you're not too particular about your accommodation, Goa has a range of hotels and BnBs in quaint villages across the state.



For a unique experience, you can stay at one of Goa's beautiful heritage homes that take you back a century to a charming old Goa living with antique cane seating, four-poster beds, and heritage artifacts.

Goa is a popular destination for tourists who are seeking a laid-back atmosphere. If you're planning a trip soon, here's a helpful guide to make your planning easier.

### Adventure Awaits

Do you love the thrill of adventure? If you're looking for a heart-pumping holiday in Goa, you can explore the wilderness of the wildlife sanctuaries. Additionally, there are many water sports activities available, including leisurely boat rides through Goa's beautiful countryside, banana boat rides, and jet skiing. Operators along the beaches offer various packages for all budgets and levels of adventure.

### Events Galore

As the tourist season starts, major international events return to Goa. The International Film Festival of India takes place in November and attracts film enthusiasts globally. In December, art lovers can enjoy the annual Serendipity Arts Festival, which features performances, installations, and innovative concepts from artists worldwide. In the last week of December, party-goers can attend Sunburn,



one of the biggest EDM parties in India, held in Vagator.

### Dine Under the Stars

Dine by the sea under a moonlit sky, enjoying wine or a candlelight dinner. Dining at a beach shack is a unique tropical experience catering to all tastes and preferences. From serving fresh seafood to the favorite continental options, some even have live music to liven up the mood.

### Explore the Night Markets

The night markets in Goa open after November and offer a wide range of stalls, including jewelry from the Northeast region, percussion instruments from Europe, and various types of incense from other parts of India. You can also find unique souvenirs from different parts of

the world and indulge in a culinary journey across continents.

### Experience the Nightlife

Goa's vibrant nightlife comes to life with numerous events and happening nightclubs located in the bustling North Goa beach belt. In Calangute and Baga, night crawlers flock to popular destinations for a lively evening. Meanwhile, you can enjoy a more relaxed and cozy meal in Anjuna, the old hippie hideout.

### Heritage Calling

Goa is a heritage hub. Centuries of varied cultural intermingling have woven myriad patterns of faith into the tapestry.

If you want to experience the rich traditions of Goa, you can book a walking heritage

tour of various locations like Fontainhas, Panjim, Margao, or Saligao. Goa boasts of several World Heritage monuments that stand out in architecture and art.

In Goa, festivals are one of the hallmarks of the local culture. Even the major Indian festivals such as Ganesh, Diwali, and Christmas acquire a unique Goan touch.

In November, the night before Diwali, effigies of narakasura are unleashed across major towns like Panjim, Margao, Vasco, and Mapusa. Diwali is celebrated grandly, and it includes the Dindi fair in Margao.

Goa welcomes the holiday season in December with festive red, green, and white decorations for Christmas and New Year's celebrations. Christmas in Goa is a beautiful time to spend with the family. Places are lit and decked up in festive colors. Children's parties attract the kiddies to Santa Claus who makes his way around town. In the villages, carollers visit homes spreading the cheer. After the 25th, the countryside showcases unique large-size cribs that showcase the creativity of the locals. Traditional Christmas balls unite families and friends at various open-air venues across Goa.

Parties for children and families keep the cheer going throughout December, culminating in the year-end parties with gala balls at midnight on December 31st to the tune of Auld Lang Syne.

Goa tourism has moved beyond the shores to offer a spectrum of activities for the family.



### ABOUT THE AUTHOR



#### NICOLE SUARES

Consulting Editor of Retropop Lifestyle and founder of Content Life Media

Dance & Music

# 27th Edition Parampara Series The National Festival of Dance & Music

**E**stablished in 1976 by world renowned dancing couple Padma Bhushan's Drs. Raja Radha Reddy and Kaushalya Reddy, Natya Tarangini is a performing arts center par excellence in the capital city of New Delhi. Under the guidance of the Reddy's, it has been working tirelessly to preserve, propagate and promote the Indian Dance and Music in our country.

Natya Tarangini started the 'Parampara Series' National and International Festival of Dance and Music as a movement to preserve and enrich the cultural

mosaic of our everyday life. Natya Tarangini conducted its 27<sup>th</sup> Parampara series Edition this year with full dedication towards preserving their art & culture. As part of the Parampara Series "Natya Tarangini" celebrated the festival by presenting nationally and internationally reputed artists for 3 days starting from 06<sup>th</sup> to 08<sup>th</sup> October 2023 at Raja Radha Rangmanch, Natya Tarangini Performing Art Centre.

The eminent guests from the town were Rajiv Pratap Rudy Member of Parliament BJP, Neelam Pratap Rudy, Sharon Lowen,

Jaya Prabhu Manon, Abha Dalmia, Rita Ganguly, Pernia Qureshi, Pooja Chauhan Social Activist, Vishali Jain, Gloria Berbena US Embassy, Veena Reddy Scot UN Aid Head India.

Natya Tarangini's name has become synonymous with this overwhelmingly successful festival series, which showcased artistes drawn from across the world. The Moscow Classical Ballet, the Paul Taylor Dance Company, flamenco dancer Jose Porcel and whirling dervishes were among the groups that performed at the festival along with stalwarts such as Pt. Hari



Prasad Chaurasia, Kishori Amonkar, Ustad Amjad Ali Khan, Dr. M. Balamurali Krishna, Begum Parveen Sultana, Vyjayanthimala Bali, Kelucharan Mohapatra, Hariharan, Alarmel Valli, Pt. Birju Maharaj, Astad Deboo amongst others, celebrating the embodiment of the best of Indian heritage with the cosmopolitan world view

### Performances Details

6<sup>th</sup> October 2023

**Shubha Mudgal** - Hindustani Vocal, the queen of Khayal and Thumri gave her second performance at the Parampara series

**Raja Radha Reddy** Repertory presented an amalgamation of 4 Indian Classical Dance styles in their production titled ' Hampi Vaibhavam'.



7<sup>th</sup> October 2023

**Fareed Hasan Khan & Mehboob Hussain Khan** – Hindustani Vocalists of the Bandish Bandits fame who carried on the legacy of the Delhi Gharana

**Santosh Nair** one of the foremost contemporary dance artists of the country presented his group Sadhya in a production 'Game of Dance'.

8<sup>th</sup> October 2023

**Bickram Ghosh** was back with his renowned percussion ensemble (Rhythm Scape)

**Vaibhav Arekar** – Bharatanatyam artist known for his immersive theatrical presentation style came with a rare production.

Over the last 26 years Natya Tarangini has been conducting the Parampara series without break, bringing authentic innovative concerts year after year. 2020 brought upon the performing artists in India tough times, this festival was an attempt to bring back the arts sector on its feet. By bringing visibility to the artists and the festival, they spread hope as they moved ahead.





Face To Face

# Daler Mehndi & Guru Mann

*Excerpts from a conversation with Seema Dhawan*

Recently I attended a preview of the legendary Daler Mehndi's song 'Jo Hona Tha,' the song which is quite inspirational to the children and has been included in Guru Mann's biopic «Pagalpan Next Level'. Guru Mann is a US based fitness enthusiast.

It's always inspiring to see artists come together to create something special. This collaboration is a testament to the appreciation and respect they both have for each other's work.

## DALER MEHNDI

The Iconic Singer who is the pioneer of making bhangra popular worldwide, as well as Indian pop music independent of Bollywood music shares a special bond with Guru Mann and the relationship goes beyond a professional partnership. "I treat him like my younger brother. I admire his achievements in creating a niche for himself in the United States. When he asked me to do a song for his film, I was more than happy. The song was created during a show at Khalsa Evening College since I

was moved to see how children are being pressured to pursue academics by their teachers and parents."

I hope it reaches a wide audience to inspire and encourage a more compassionate and supportive approach to nurturing the potential of children. Guru Mann's own journey, his experiences and success, serves as a powerful example of the importance of following one's passions and dreams. This was a subject that many students can relate to." Daler Mehndi informs.



The song has its origins in a real-life context so conveys a meaningful message to those who are experiencing similar pressures. "It's important to create a supportive and nurturing environment for children, allowing them to explore their passions and interests while also ensuring their well-rounded development," he opines.

Daler Mehndi's message through the song 'Jo Hona Tha' is to raise awareness and promote a more balanced and compassionate approach to parenting and education. He is of the view that each individual's unique path can lead to remarkable achievements and contributions to the world," just as Daler Mehndi himself has made a significant impact in the field of music. "Agar mere parents nei support na keeta hunda te main Daler Mehndi jinhu aaj sab jaande han kade vi nahi ban sakda si" ("Had my parents not supported me, I would not have been this Daler Mehndi whom the entire world recognizes because of his singing"), he adds.

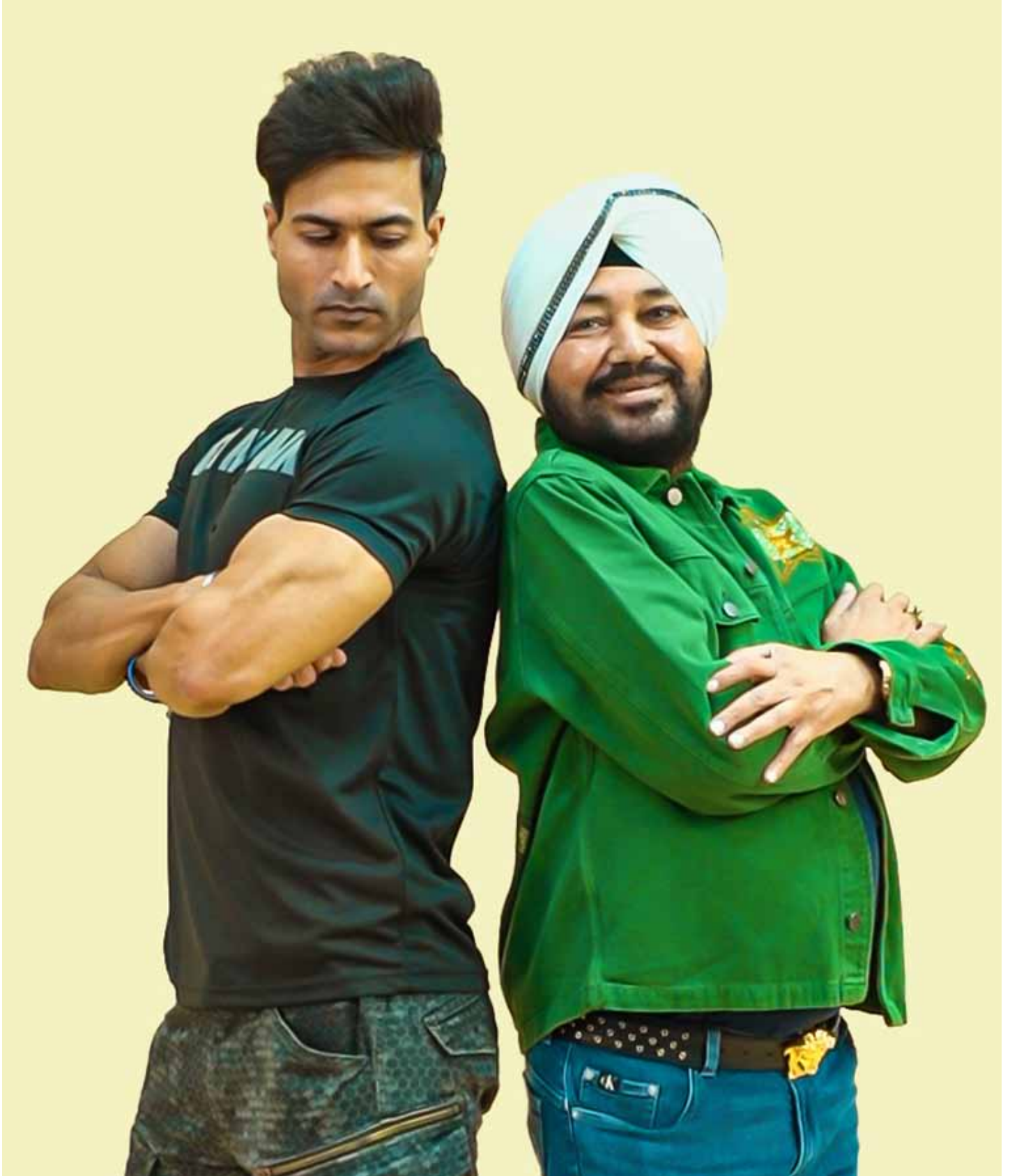
"Every child is unique, and their individual talents, interests, and potential should be recognized and supported," he reiterates. While education is essential," it's not the only factor that determines a person's worth or success. Have faith and trust in a higher power." Certainly his message encourages a more holistic and supportive approach to raising and educating children, acknowledging that there is a greater plan and purpose in each individual's life...When asked if he believes in Destiny..He adds... "I have a firm belief in the Almighty, Waheguru is a significant part of my identity,"

### GURU MANN

The upcoming film 'Pagalpan Next Level' is more than just a biopic, it's about a dream coming to life. The film promises a remarkable story of Guru Mann, a global fitness icon driven by 'Mission India Fit'.

"I never thought of the making of my biopic. A fan inspired by my story came to meet me along with his father who happened to be a producer. His father told me that he also never encouraged his son to follow his dream just like my father. So now he wanted to create a biopic based on my life, just as in the case of legendary athlete Milkha Singh. so as to inspire the audience to do what they like.





“Biographical films often have a profound impact on audiences, and they serve as a source of motivation and admiration. “Opportunities often don’t come to your doorstep, especially in competitive fields like fitness training. To succeed in the fitness industry, it’s essential to be proactive and seize opportunities.”

I gave approval for my biopic. It can be a remarkable opportunity to share my journey of a fitness enthusiast and inspire others. Now the next step was to select the right actor to portray my mother, my father and my wife. ‘Who will play the role of Guru Mann?’ was the most important decision. I was told ‘Who can play better than Guru Mann himself.’ I didn’t know how to act. My fan’s father told me, ‘We don’t need someone who acts. Having Guru Mann play the role of Guru Mann himself brings an authentic touch to the film, as he knows the character intimately. The casting of a biographical film is crucial to capture the essence and spirit of the real individuals portrayed on screen.’

I passed the look test! The film is about my journey from the year 2000, starting at the age of 18 or 19, to where I am today, since I am a certified nutritionist I adjusted my looks and experiences to look like I am in my 20s without any use of VFX effects. My story of college life, evolution and how I eventually reached the United States, basically my “journey from Yama to Lamorgini,” filled with transformation and personal growth is depicted in the film.

Guru Mann’s story reflects the power of resilience, adaptability, and the belief in one’s own potential and inspiring to hear how he navigated through various phases and experiences to achieve his goals... “It’s not always easy to pursue one’s dreams, especially when facing challenges and uncertainties. “I failed again and again and got many setbacks but the support of my wife played a crucial role in my success. She always was there in my thick and thin.”

"Have that ‘Paagalpan’ (the passion to achieve any goal with intense dedication and commitment) if you want to achieve success. No work is big or small. Just do what you like,” Mann appealed the students to pursue their goals with unwavering determination and enthusiasm. Guru Mann’s film ‘Pagalpan Next Level’ is more than just a biopic, it’s about a dream coming to life.



Education & Parenting

# Survival is necessary to prove "You are Strong"

## Kota is Not Future Making Machine

**Education is The Kindling of the Flame Not the Filling of Vessel: Socrates**

**T**he whole purpose of education is lost when we set the expectations first without knowing the inclination and the wish of a kid. There is a huge vessel kept filling for the kids, much before they know how to fill it because their hands cannot reach to its

mouth. They are not yet grown up, but no one cares the goal is filling somehow. There are two big vessels JEE for IITs and NEET for medical. Who will fill the vessel will win the race. The solution everyone seeks is to start kid's training from class sixth like Chinese train their gymnast from the age of three years. We are believer of practice makes a man perfect, so we apply this to kids. The innocent flowers which are yet to

bloom are put in harsh conditions where only the strongest one will only bloom rest will lose their existence and will all here and there, crushed and finished forever.

When I was reading the book METAMORPHOSIS of Franz Kafka, I could feel the terror he felt when he transformed to an insect and was scared that he will be crushed under his father's feet and die. His whole family wanted to get rid of him because now he was useless, he cannot work and earn. At the end he suicides because he was not able to take any more pressure and daily humiliation from his father, mother, and beloved sister. He could never forget in his life the incident when he was eight-year-old, and his father punished him in making him stand outside in freezing night in Germany. Each parent must read this book and understand the psychology of a child.

For parents this is also a sign of prestige and future security. I struggled so hard to fill this vessel thirty years ago. It was a question of survival, not in the society but in the world. There was a narrative fed in our brains that if you cannot crack such exams, you are useless on this earth. These attacks come from various sources first it starts from parents because they are the one, we idolise when we are small, what they say are word of gods, we are born to make their dream true. Second pressure comes from school with classmates and competition to top and teachers who also sometime make us ashamed if we do poor in exams. Third pressure comes from society and relatives. If you failed, you even avoid going to parties and visit relatives. Even parents avoid taking along with them. You are socially exiled and feel ashamed like you did some crime.



I encountered so many cases very closely where parents differentiate among kids based on their school marks, their beauty and smartness. Its like giving slow poison to academically weak kid, it makes him/her weaker. The preferential behaviour makes the kid nervous and depressed which causes loss of self-confidence. All five fingers are not same for parents, there are so many examples in history. Every child has different calibre and qualities, do not act as equalizer, you never know when you are old who will take care of you, that time you will repent that, we should have focussed more on the weaker kid. It is other way, strong kids will find their own way, but weaker ones need more attention and care, instead of humiliation give them extra protection, care, and confidence. Don't embarrass them in front of other siblings, relatives, and society. It is for few years only parents should be extra vigilant and more control on displaying their emotions to favourite

ones. When my son was small and we used to go out and praise any other kid, he used to get annoyed after reaching home. He used to tell, bring that kid to home because you like him more. I was having single child, if that kind of comparison is daily within home it is going to affect the child psychology in long run.

When is see the suicide news, it takes me back to flashback, how I struggled to get into a good institute. I always thought that I will never put this pressure on my son. I was under the same impression that my son cracked JEE without any pressure, I was wrong. In his B.Tech, third year he was talking to me on phone then he shared that he was having a conversation on IIT pressure with his friend, one friend told that he got pressure because in his relative someone is IITian and his parents always give that example, the child told that my uncle is IITian so everyone expect that I should take that

legacy forward. I was wondering what he will say that my parents never pressurised, I was wrong. He said that I mentioned that my both of my parents are IITian, hence pressure was there each day by looking at them inside my home, I need not look out, where to run from home. It was a shocker for me, jokingly I told him, you do not have any sibling otherwise even your room was not safe. I have never realized that he feels pressure from us.

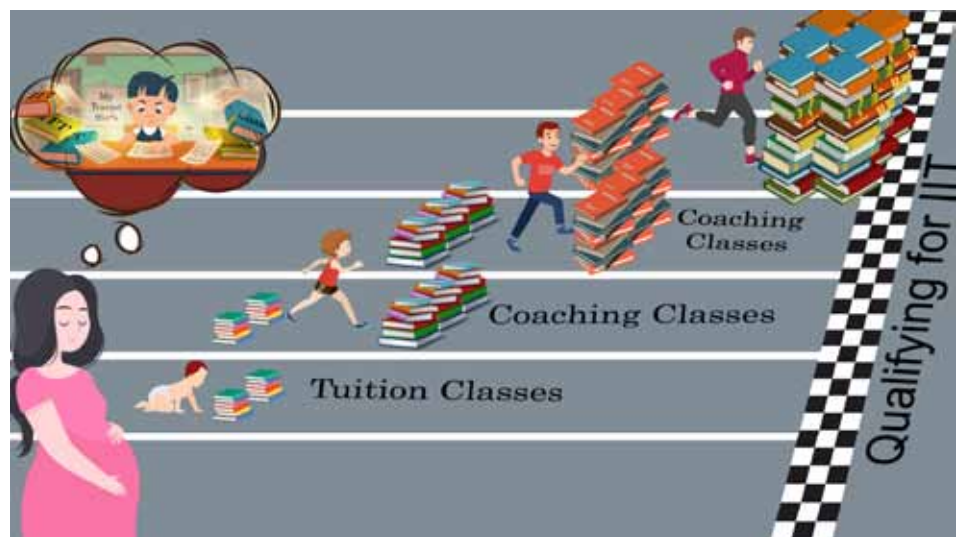
I feel parents should attend one workshop, how to handle the kid's psychology and emotional breakdowns. When we are gifted with kids, its without any choice, its wish of God which child will come to our home. God never expects us to be the kid's future maker because it is His work. We are blessed that we have been given opportunity to bring a life in this world and do our duty by providing a quality education to be a good human being. Everything is a mean





to survive and serve the society, country, world, and universe. God never asks us to make your kid a doctor or engineer, he will expect that we cultivate good values and virtue in the kid.

I have seen parents telling me that it is in your genes that your son has gone to IIT, how come it is a quality of gene, because my and my husband's parents never studied maths. Even heard few kids blaming their parents and citing, why you are asking me to crack JEE/NEET when you yourself couldn't, and it is not in my genes which have come from you.





Education is not passing the JEE or NEET, life is more precious, the kids are our heart and soul, we need to protect from inside and outside. They go to Kota, but there are limited seats everyone knows, competition is so tuff. I was visualising the life of a student who topped in school and sent to Kota, there are hundreds of kids, you cannot expect him/her to top in all tests. It is also possible he is not all that what he wants to become, he might be good in Maths or Physics. He might become a great mathematician, or he might like music. Let that flame blow and reach the heights, why to limit him. Hear the voice of your child,

finances are important as well the life of a kid. Do not use the authority to shape the future, give him morale education, teach what is just and virtue. Let him develop his thinking and reasoning capabilities so that he can take his own decisions. Let them bloom to fullest before making them exposed to harsh and killing environment

Coaching centres are there as a business, only parents are responsible for the kid's well-being. If your kid is not able to crack JEE/NEET there are ocean of opportunities, the time has changed. I would have never opted for this, at this stage I started doing

what I liked, I cannot change my past and in this short life we cannot do everything, let the kids decide and own their future. Our duty is to make them aware of all the options and give our opinion, rest leave on the destiny. God is always there for those who believe in God. We are not future makers we are there to provide the necessary facilities and logistics.

Kids, please show your presence, let other feels your identity and share your opinion. You are the most intelligent, and you can only decide what is best for you because you know who you are. You are Gen Z and you are bold and furious. No-one can torture you or suppress you to that stage before you take that step.



#### ABOUT THE AUTHOR

##### SHWETA MAHENDRA

Shweta Mahendra is an emerging author, blogger, and columnist in various publications.

Shweta Mahendra completed her engineering studies at IIT Roorkee and pursued a product management course at ISB Hyderabad. Hailing from a family of IITians, her husband and son are also proud alumni of IITs. In addition to her professional achievements, Shweta is an avid traveler, particularly drawn to historical sites across the world and India. She possesses knowledge of Dhammalipi, an ancient Indian script, and has a deep passion for travel, photography, fashion, beauty, fitness, and staying informed about geopolitical events.

## Sports Academy Launch

# DJSA collaborates with Da One Sports, spearheaded by Shikhar Dhawan

**S**hikhar Dhawan Unveiled 'Da One Sports' Academy in Collaboration with Devyani Jaipuria Sports Academy at DPS International on October 10, 2023. This initiative is a comprehensive effort to promote sports development from the grassroots level.

### Safe and Supportive Environment:

The academies aim to establish a safe and supportive environment to encourage children to actively participate in outdoor activities.

### Use of Technology:

State-of-the-art technology will be employed to oversee individual performance, track progress, and enhance skill development.

### Holistic Sports Education:

The approach is holistic, emphasizing not only technical skills but also character development, sportsmanship, and the nurturing of leadership qualities.



### Educational Approach of DJSA:

DJSA's educational approach blends creativity with the curriculum, inspiring students to embrace innovation.

Educators at DJSA go beyond conventional teaching roles, acting as mentors to translate the institution's vision into dynamic classroom experiences.

### Shikhar Dhawan's Vision

Expressing excitement about the partnership and emphasizes the mission to train and provide outstanding opportunities to budding athletes, Shikhar Dhawan said,

DJSA and Da One Sports Academy are coming together with a common mission - to train and provide outstanding opportunities to budding athletes. I am eagerly anticipating this partnership and the chance to deliver top-notch training to our students. We are selecting the best coaches from all across India to ensure good quality training. I feel cricket has given me so much and I want to give in my efforts and play my part towards keeping it alive».

**Devyani Jaipuria**, Chairperson of Dharav High School and Pro-Vice Chairperson of DPS International Gurugram & DPS Jaipur,



stated, “We hold a strong belief that every athlete harbors the potential for excellence and the attainment of greatness. Our mission is to provide a holistic approach to sports training, focusing not only on technical skills but also on character development, sportsmanship, and the nurturing of leadership qualities.

**Differential Factors of Da One Sports**

Fun-filled and holistic learning environment.

Usage of age-appropriate equipment.

Trained coaches, exposure to competition, technology-based teaching, skill and fitness assessment.

**Purposeful Training Sessions**

Emphasis on working in smaller groups to help individuals recognize their areas of improvement and create better game plans.



**DJSA's Sports Offerings:**

Diverse sports offerings, including cricket, badminton, table tennis, football, basketball, chess, taekwondo, and skating.

**Low Student-to-Coach Ratio**

The coaching team at DJSA prioritizes

personal attention with a low student-to-coach ratio.

About Da One Sports Grassroots Innovation Program:

- Recognizes early childhood as a critical phase for physical development in children aged 3-8.
- Focuses on providing opportunities for physical activity, interaction, and the development of coordination, control, and movement.

This program is implemented in schools, day nurseries, and pre-schools.

**For inquiries, contact**

Da One Sports, Co-Offiz,  
8th Floor, Magnum Tower,  
Golf Course Extension, Sector-58,  
Gurgaon-122011  
E-mail: [contact@daonesports.com](mailto:contact@daonesports.com)



## Health & Nutrition

# Easy Breakfast Ideas to Fuel up your day

### Why breakfast is so important?

Breakfast is called 'the most important meal of the day', as the name suggests, breakfast breaks the overnight fasting period.

It replenishes our supply of glucose to

boost our energy levels and alertness, while also providing other essential nutrients required for good health.

Evidence based studies have shown the health benefits of eating breakfast. It improves the energy levels and ability to concentrate in short term, and can help

with better weight management, reduced risk of many diseases like type 2 diabetes and heart disease in long term.

Despite the health and wellbeing benefits of breakfast, many people often skip it, for many reasons.





Zulal - Family Resort Guestroom Block

WATG - Wiedholz

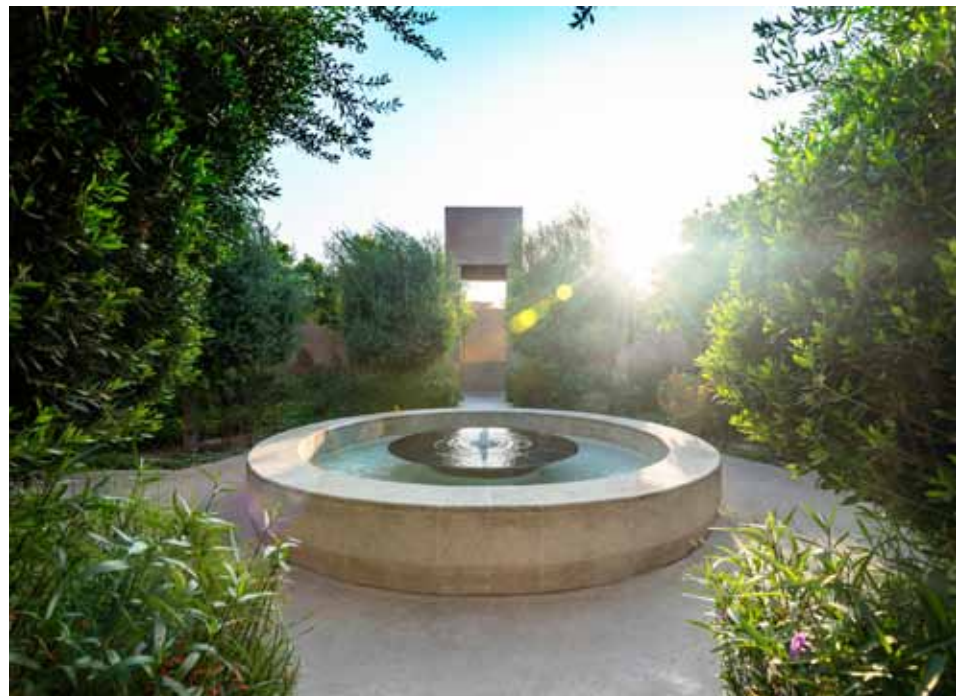
Skipping breakfast may seem like a good way to reduce overall energy intake. But research showed that even with a higher intake of energy, breakfast eaters tend to be more physically active in the morning than those who don't eat until later in the day.

The good news is there are plenty of ways to make it easier to fit breakfast into our day.

### **Can't face food in the morning?**

Some people find they just can't tolerate food first thing in the morning either because they have their last meal of the day quite late at night or they don't find typical breakfast foods appealing, or because food first thing in the morning turns their stomach.

To make it easier, we should try to reduce the size of the meals in the evening and



eat them earlier, so we are hungry in the morning.

Investigating some new recipes and stocking our cupboards with some different types of foods to increase our breakfast appetite.

Stopping switching our breakfast to morning tea or mid-morning snack time

### **Breakfast ideas for meat eaters**

Balanced breakfast using foods from 3 different food groups (Proteins, Fibers, Fat). It can be a slice of whole wheat toast with peanut butter and a glass of milk, or yogurt with fruit and granola, or an egg scrambled with leftover veggies and cheese.

Keep it simple! A banana, yogurt and oat are an easy way to get nutrients, and they can be packed the night before if time is a challenge. Peanut butter and banana sandwich is another simple low-cost meal that can be prepared in minutes. Breakfast doesn't have to be complicated.

Sliced turkey is low in fat, low in calories, and high in protein. This makes it an ideal option for anyone attempting to increase muscle growth while limiting calories. Turkey bacon is also a good and lean substitute for traditional bacon. It can be eaten along with vegetables, whole wheat bread and avocado.

Salmon, for healthy fat. It is high in omega-3 fatty acids, packed with protein, source of B vitamins, filled with selenium, and may

reduce the risk of heart disease. Eat salmon with sliced avocado, lemon juice, onions, and asparagus in whole wheat bread

### **Breakfast ideas for vegetarians**

Greek yogurt along with berries and nuts is very popular nowadays. You can add any of the nuts that you like; walnuts, almonds, cashews, chia seeds, or flax seeds. Fresh berries, raspberries, blueberries, strawberries, or blackberries can also be added.

A high antioxidant green smoothie from mainly spinach, almond or cashew milk, and berries can be an option. Some seeds can be added such as chia seeds or flax seeds. Ice cubes will be a good component to become a fresher.



Oatmeal is rich in fibers, brings down the glycemic index, and satisfies our craving for carbs. Add milk or yogurt, berries, nuts, and fresh fruits for flavour. Cinnamon powder can be also added to give it a distinct flavour and enhance the taste as well as benefiting from its high antioxidants' constitution, its protection against diseases, ageing and inflammation.

Almond butter, banana, yogurt and cinnamon powder is also a healthy option; It provides the body with amounts of fibers, potassium, carbs, and Vitamin B6, which acts as a stress buster. Cinnamon adds to the sweetness and maintains blood sugar level.

### Breakfast ideas for vegans

A vegan breakfast contains all the same nutrients you would find in a dairy, or meat-based breakfast.

Think whole foods! Avocados and nuts are good sources of healthy fats. Whole grains are great for fibers and slow-release energy. Beans and tofu are excellent sources of protein. Walnuts and flaxseed are perfect additions for omega 3.

Oats with nuts and fruits, vegan pancakes with soy yoghurt, banana and berries; and scrambled tofu on whole grain toast are healthy options.

Mango and greens (spinach or kale) smoothies are great especially for post workout refuelling. Adding coconut water must be very energizing, as well as some healthy fats like avocado, nuts, almond or peanut butter. It is considered as a nutrient packed breakfast.

### Inputs shared by:

**Juliana Habchi, Health & Wellness Advisor and Nutritionist at Zula Wellness Resort by Chiva-Som, Qatar.**



## Music Launch

# Reviving Ghazals: Composer Shamir Tandon's Musical Odyssey

**R**enowned composer and music maestro Shamir Tandon has woven a unique tapestry of accomplishments that span beyond the realm of music. A qualified Management graduate with a background in cost accountancy, Tandon embarked on a remarkable journey that transitioned from the world of finance to the enchanting world of melodies. His trajectory led him from the corridors of merchant banking to overseeing the P&L of EMI VIRGIN as its country head, before he wholeheartedly embraced his true calling as a composer.

Among his many accolades, Tandon stands as the only composer of his generation to have worked closely with legends such as Lata Mangeshkar, Asha Bhonsle, Manna Dey, Jagjit Singh, and Bhupinder Singh. Lata Mangeshkar herself recognized



his talent, featuring him in her book and acknowledging him as one of the composers she admired. In a testament to his unparalleled skill, Tandon effortlessly coaxed non-singers like Sachin Tendulkar, Bret Lee, Sanjay Dutt, and Urmila Matondkar to lend their voices to his compositions.

In an era when plagiarism ran rampant, Tandon pioneered legitimate international collaborations with artists like Enrique Iglesias and the Boy Band Blue, cementing his position as a trailblazer in the music industry. His pioneering project involving transgender musicians and another featuring children facing mental health challenges showcased his commitment to social awareness and inclusivity through music. These initiatives earned him the prestigious Grand Prix Glass Lion at the



Festival of Cannes, a recognition unmatched in his field.

Tandon's contributions extend across a diverse array of mediums, from film scores and non-film compositions to memorable advertising jingles. His work on Madhur Bhandarkar's National Award-winning Trilogy - "Page 3," "Corporate," and "Traffic Signal" - stands as a testament to his versatility. Collaborations with icons like Asha Bhosle and providing music and content for leading brands in the country further underscore his impact.

Currently, Tandon has embarked on a new chapter in his illustrious career, dedicating himself to the revival of Ghazals, a genre that resonates deeply with his soul. Zee Music has entrusted him with the task of carrying forward the legacy left by the revered Jagjit Singh, a responsibility he embraces with utmost reverence.

"I am elated to have dedicated significant time and effort to select poignant poetry and craft these ten Ghazals. My aim is to introduce this timeless form of music to a younger audience, providing them with a taste of its enduring beauty."

A bouquet of ten enchanting Ghazals featuring illustrious voices like Hariharan, Neeti Mohan, Alka Yagnik, Nikita Gandhi, Udit Narayan, and others is set to captivate audiences. Furthermore, Zee Music is introducing Tandon as a singer, captivated

by the mesmerizing quality of his vocals in Ghazals. His rendition also features a guest sher recital by the eminent Manoj Bajpayee

In an era dominated by various music genres, Tandon's dedication to Ghazals stands as a tribute to the rich musical heritage that defines our culture. He chimes, "My work though may not amass billions of views, is poised to resonate deeply with listeners over time, leaving an indelible mark on their hearts and minds."

"Salutes are due to Anurag Bedi and Zee Music for their visionary support in championing this project, especially in a music industry that often leans towards other genres."



So far, Zee Music's esteemed YouTube channel has released a collection of four soul-stirring Ghazals, each a testament to the enduring beauty of this art form:

"Hissedaar" - Sung with poignant resonance by the legendary Hariharan A with poetry by Sandeep Nath.

"Teri Chahat" - Embodied in melody by the captivating voice of Nikhita Gandhi, adorned with verses by the talented Charan Jeet Charan.

"Dabi Dabi" - Hariharan A. once again lends his enchanting voice, with lyrics penned by the evocative Vishwadeep Zeest.

"Mohabbat Mohabbat" - Embodied with grace by the esteemed Alka Yagnik, accompanied by voice crafted by Vishwadeep Zeest.

These Ghazals, released under the aegis of Zee Music, are a testament to the profound poetry and soul-stirring melodies that define this genre. They resonate deeply, leaving an indelible mark on the hearts and minds of discerning listeners.

This bouquet of ten Ghazals is poised to satiate the thirst of discerning listeners seeking the profound poetry and soul-stirring melodies that define this genre.

Event

# Luxury Co. Club and Awards Excellence

**L**uxury Consultant Madhavi Advani introduced the LuxuryCo. Club, a premium networking platform, and celebrated excellence with the Luxury Awards. This exclusive club champions Women Empowerment, Make in India, and India's USD 5 Trillion economy vision.

In the spirit of giving, LuxuryCobiz supports «Support a Skill» by Dr. Surinder Kumar,

providing jobs to the underprivileged, and partners with «Raahein» by Dear Sunshine, founded by Shefali Khanna.

The event featured esteemed guests like H.E. Raunaq Yar Khan and singer Padamshree Penaz Masani, along with other notable personalities from various fields. Sustainability initiatives took the spotlight, underscoring the commitment of businesses to a greener future.



Nizam of Hyderabad H.E. Raunaq Yar Khan and singer Padamshree Penaz Masani,



Vijay Jolly



Nizam of Hyderabad H.E. Raunaq Yar Khan



Author Sushma Bahl and Sanjoy K Roy of Japur Lit Fest



Pratibha Prahlad, Nawab Kazim Ali Khan of Rampur and Shaazia Ilmi



12 OCTOBER-NOVEMBER 2023

Celebrity Chef Gunjan Goela



Actot Sayali Bhagat



## Event

# House of Pataudi Bhopal Pataudi Cup 2023

The House of Pataudi Bhopal Pataudi Cup final at the Jaipur Polo Ground, Delhi Race Course held recently was a momentous occasion that brought together the elite of the polo community and celebrated the rich legacy of the Pataudi family. Organized by the House of Pataudi, this tournament is known for its historical significance and is one of the premier polo events in India.

Saif Ali Khan couldn't be physically present at the event due to prior commitments, he sent a heartfelt message "House of Pataudi Bhopal Pataudi Cup has always been close to my heart, not because it is a symbol of our legacy being carried forward but because it is a celebration of true sportsmanship."



Polo has been an integral part of the Pataudi family's heritage, with the late Mansoor Ali Khan Pataudi, Saif Ali Khan's father, being an accomplished polo player himself.

The final match of the Bhopal Pataudi Cup showcased the pinnacle of polo skills, with talented players competing for the prestigious title. The event was graced by the presence of the iconic Sharmila Tagore, a revered figure in the world of Indian cinema and the mother of Saif Ali Khan. Her attendance added a touch of glamour and prestige to the event. As the chief guest, Sharmila Tagore had the distinct honor of felicitating the skilled polo players who had showcased their prowess throughout the tournament.

Speaking of the tournament Sharmila ji said, "This is the 27th year of the House of Pataudi Bhopal Pataudi cup and I am absolutely happy as the match was thrilling. The Pataudi cup is very close to our hearts and it's great to be back for another year to support all the players"

# PEPSI®: More Fizz, More Refreshing

## PEPSI®: The Ultimate Ahaa!

### Lives Up To Its Promise of More Fizz, More Refreshing

**Pepsi®** launches its new film which continues to elevate its philosophy of **'More Fizz, More Refreshing'**\*, featuring brand ambassador and superstar **Salman Khan**. The new film reiterates that **Pepsi®** is the voice and choice of the swag generation. At its heart, the campaign encourages youngsters to try out **Pepsi®**, which is now providing consumers with an elevated refreshing experience that has more fizz.

**Saumya Rathor, Category Lead, Pepsi Cola, PepsiCo India**, said, *"Pepsi's new campaign brings alive the philosophy of swag and refreshment with more fizz. This campaign is pivoted on driving trials while maintaining the brand's quintessential irreverent challenger*

*spirit. Working with Salman has been an absolute delight and we are sure all Pepsi lovers will enjoy his new swag avatar in the film."*

The new Pepsi® TVC will be amplified via robust **360-degree campaign**. **Pepsi®** is available in single serve and multi serve packs across all modern and traditional retail outlets in India, as well as on leading e-commerce platforms.

*\*Pepsi®'s "More Refreshing" claim is substantiated by independent research conducted by Nielsen which establishes that **Pepsi®** is now even more refreshing*



## Health

# Freezing Eggs-Preserving Fertility

## How the concept of Egg freezing is becoming popular among Indian women?

**W**hen a female is born, her ovaries typically contain somewhere in the neighbourhood of 400,000 eggs. As she aged, her egg production gradually decreases. Each menstrual cycle takes between 100 and 200 eggs during the reproductive years. Additionally, when menopause approaches, women frequently have 1,000 to 2,000 unusable eggs because the majority of their viable eggs have already been consumed. This could make it more difficult for women to become pregnant. Women may also develop specific

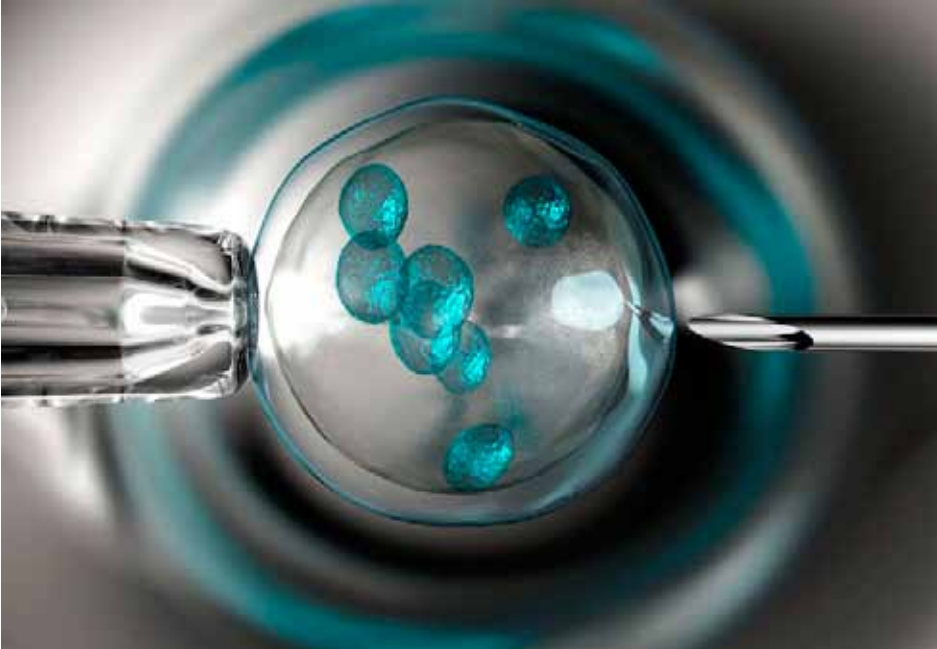
medical conditions as they age, which may further impair their capacity to conceive.

Egg freezing, a procedure in which a woman's eggs are extracted, frozen, and preserved to allow her to have a child later, has broken taboos and is gradually becoming a viable option for many women in India. For some, it's empowerment, for others it's career demands, late marriage, the decision to delay having a child, or a medical condition. According to Dr. Shobha Gupta, Medical Director and IVF Specialist at Mother's Lap IVF Centre in New Delhi and Vrindavan, "Egg freezing allows women to delay pregnancy until a later stage and gives them a reproductive choice wherein

their biological clock doesn't come in the way of having a child." Dr. Shobha Gupta receives ten to fifteen inquiries each month about egg freezing, which suggests that more women are now interested in the procedure especially since Priyanka Chopra revealed that her eggs had been frozen.

Egg freezing, also known as oocyte cryopreservation in medicine, is a method of preserving fertility in which eggs are removed from the ovaries following stimulation and then cryopreserved for future use. Consequently, the woman will always be able to conceive children of her own genetic line. The optimal time to freeze one's eggs is in one's late twenties or early





thirties because fertility starts to fall by the time a woman turns 35 and drastically decreases by the time she turns 40.

Peak fertility occurs in the early 20s, when monthly pregnancy rates are around 25%. Pregnancy rates for women in their thirties drop to 15% each month, and by the time they reach their forties, they are, on average, at 5% per month. Egg freezing guarantees that women will be able to use their own eggs and produce biological children later, despite the fact that early menopause and early ovarian failure can also limit egg production.

After a woman reaches the age of 35, her egg production decreases, and by the age of 40, her chance of miscarriage has increased to about 45%. The likelihood of miscarriage by the time she is 45 is up to 75%. Early egg freezing increases the chance of having a healthy kid later. According to studies, women who freeze their eggs before the age of 35 are more likely to conceive than those who do so later. This is due to the fact that the more eggs that are gathered and frozen, the higher the chance of a successful pregnancy.



For up to 10 years, the frozen eggs are thought to be usable. However, the cost of the procedure currently starts at Rs. 1.5 lakh. Before a woman may apply, there is a thorough screening process as well. In addition to a few standard tests, such as thyroid profile and haemoglobin, and screening for infectious disorders including HIV, Hepatitis B, and Hepatitis C, the required screening includes an ovarian reserve test to determine the quality and amount of eggs produced by a woman.

Despite their interest, many women are hesitant because of the success rate. However, thanks to advancements in medical technology, the procedure is now more effective. It is now more likely to use vitrification or flash freezing to preserve the eggs for subsequent thawing. Because the eggs are frozen so quickly, potentially harmful ice crystals are prevented from forming.

Egg freezing is typically viewed as a safe process with minor risks, despite the fact that the technique is the same as IVF. A woman frequently needs to keep more eggs in her body—ideally, around 10-15—in order to increase her chances of getting pregnant. In order to do this, a woman is advised to take particular medications, the bulk of which are administered via injection. The procedure involves removing the eggs vaginally while the patient is only lightly sedated. But before having this operation done, make sure to have a detailed conversation with your doctor about your unique needs for egg freezing, not just for fads.

#### ABOUT THE AUTHOR



**DR. SHOBHA GUPTA**

Medical Director and IVF Specialist  
at Mother's Lap IVF Centre in New Delhi  
and Vrindavan

# Doritos Campaign with Kartik Aaryan & Rohit Shetty

- **Doritos Sizzlin' Hot** is the boldest new flavor from the house of **Doritos**
- Campaign ramps up the heat of fiery hot flavor with '#ChipsNahiFire' proposition
- A robust 360-degree surround campaign planned across multiple platforms
- **Doritos Nacho Chip brand\***, has unveiled a 'stunt-tastic' new TVC campaign to introduce its hottest new flavor – **Doritos Sizzlin' Hot**. Featuring brand ambassador, **Kartik Aaryan**, and celebrated Bollywood director, **Rohit Shetty**, the campaign film – **#ChipsNahiFire** – in a brilliant manner, brings alive the intense heat of **Doritos Sizzlin' Hot**.





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Initiative & Campaign

# Dogitization

**D**ogitization is a social media campaign initiated by Vandana Jain, a resident of Indore, India. This campaign is not affiliated with any formal organization, such as an NGO, trust, or foundation. Instead, it is a personal endeavor led by her to address issues related to dog bites and dog care in India, particularly focusing on the well-being of street dogs. The campaign has garnered significant moral support from a large following on social media platforms.

Vandana Jain, the founder of <Dogitization> provides insights into the campaign and its activities...While discussing the specific mission and goals,

she emphasizes the commitment to the well-being of street dogs in India. And further outlines the core objectives, such as promoting humane treatment, reducing dog bites, and fostering peaceful coexistence between humans and community dogs.

### The Origin

“While working on a community project to plant neem trees in the Old Palasia neighborhood, a neighbor asked for help to deliver the puppies of a street dog,” she says. As she participated in the delivery of the dog with all her heart, an overwhelming desire to take care of the street dogs was born. Vandana’s insights help shed more

light on the specific actions and experiences of ‘Dogitization’ and its ongoing efforts to address dog care issues in India.

### The reason for dog bites and how the governmental agencies are responding?

Dog bites have become a serious social issue in rural as well as urban areas of India, taking a toll on the health, environmental, and financial sectors of the society. Vandana discusses the reasons for dog bites and how governmental agencies typically respond to these issues: “it’s important to understand the factors that can contribute to such behavior and how it is typically addressed,” Jain informs while





emphasizing that hunger and thirst and constant abuse by some people being the primary reasons for dogs to be irate and be aggressive.”

“Starvation of community animals is against the law and the constitution of India. There are several local and state programs and the responsible agencies throughout India to implement the edicts in the ‘Prevention of Cruelty to Animals Act’ of 1960 by providing food and shelter to dogs while curtailing their population through sterilization programs.” Jain reiterates. Despite the efforts by these organizations, the number of dog bites are increasing, costing hundreds of lakhs of rupees to the Indian treasury, and pointing to the inept administration of controlling dog population and handling dog welfare concerns.

### The Objectives

“‘Dogitization’ intends to promote the concept of the participation of citizens to compassionately care for the dogs in their neighborhood,” Jain informs.

Via ‘Dogitization’, she championed measures and ideas to reduce dog bites and dog population, posting videos to educate the public about simple and safe measures to handle street dogs. She has successfully achieved zero dog bite cases in her

neighborhood i.e., Old Palasia, Indore by educating the community of residents about the basic behavior and needs of street dogs, ultimately building compassion in them towards these animals. “All the dogs in that community have been named and sterilized! The story of the campaign was made into a documentary film called ‘Laddoo’ and gained recognition in the US while being nominated for various renowned film festivals,” Vandana informs. This kind of documentary helps draw attention to the cause of street dogs, their well-being and encourages support and participation from a global audience in furthering the mission of the campaign.

### Where is ‘Dogitization’ headed?

Vandana is currently pursuing measures to the establishment of ‘Ministry of Community Animals’ to conduct a vigorous and robust program of sterilization and to take concrete steps to control the population of stray dogs through the court system. “I strongly believe in creating community awareness by educating, informing, and communicating with the public on how to deal with dogs to coexist peacefully and gainfully,” Jain shares.

Through ‘Dogitization’, Jain has conducted a thorough analysis of the data and showed the current efforts by the different organizations are failing miserably. “I

have filed a petition against numerous organizations in the Madhya Pradesh High court. The PIL is scheduled to be heard in the coming months,” she is quite concerned and hopes that the PIL will set forth clear directives to achieve measurable reduction in dog population and dog bites while improving the living conditions of the street dogs and human beings. She is also an intervener in Supreme Court in the subject matter.

*Vandana Jain and her ‘Dogitization’ campaign undoubtedly deserve support for their dedicated efforts in addressing the well-being of street dogs and promoting their peaceful coexistence with humans. Best wishes to Vandana Jain and all those involved in the crusade!*

**Photographs by Sanjeev Sood  
Co-ordinated by Pratibha Panghal**



In 2020, Indore police awarded Vandana Jain ‘Champion of the Day’ for her work on street dogs during the pandemic. Advance Academy School gave the award of ‘Heartful Harbinger’ for taking up unique initiatives for the welfare of society. In 2021, the Hon’ble Governor of Madhya Pradesh, Shri Mangu Bhai Patel extended appreciation for the excellent service to the voiceless animals.

# KFC India Ropes in Allu Arjun for their New Campaign

**E**xcited to share that KFC India has introduced a 'hot' new offering to their menu – **KFC Peri Peri Chicken**. The product has been launched with a finger lickin' entertainer featuring none other than South's megastar, **Allu Arjun**

Everybody loves a dash of spice – in their food and in mundane life situations. But getting the spice right– not a tad bit more or under– is almost an art. We've all been in situations when it's either a case of uncontrollable tears or something that's left you craving for that just a little more spice. Not just us, but Superstar **Allu Arjun** echoes the same feelings. Having struggled with finding the 'right spice', in KFC's new film he is seen defiantly declaring "*Apun ko aansuachanahilagtahai, na emotion wala, namirchiwala*". His search ends here and how. With KFC's **Peri Peri Chicken**, Allu loses himself in the crispy, crunchy, spicy new offering, with the OG Colonel Sanders by his side. The latest KFC film with Allu and the Colonel is out now and has Allu & KFC fans raving over it already.





T'S

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