

AMORE

LIFE & LEISURE

Spring Issue 2023



Food
&
Decor
Trends 2023

A Poetic
Ode to
Hyderabad

ENCHANTING
Italy

The Beauty
of Slowness

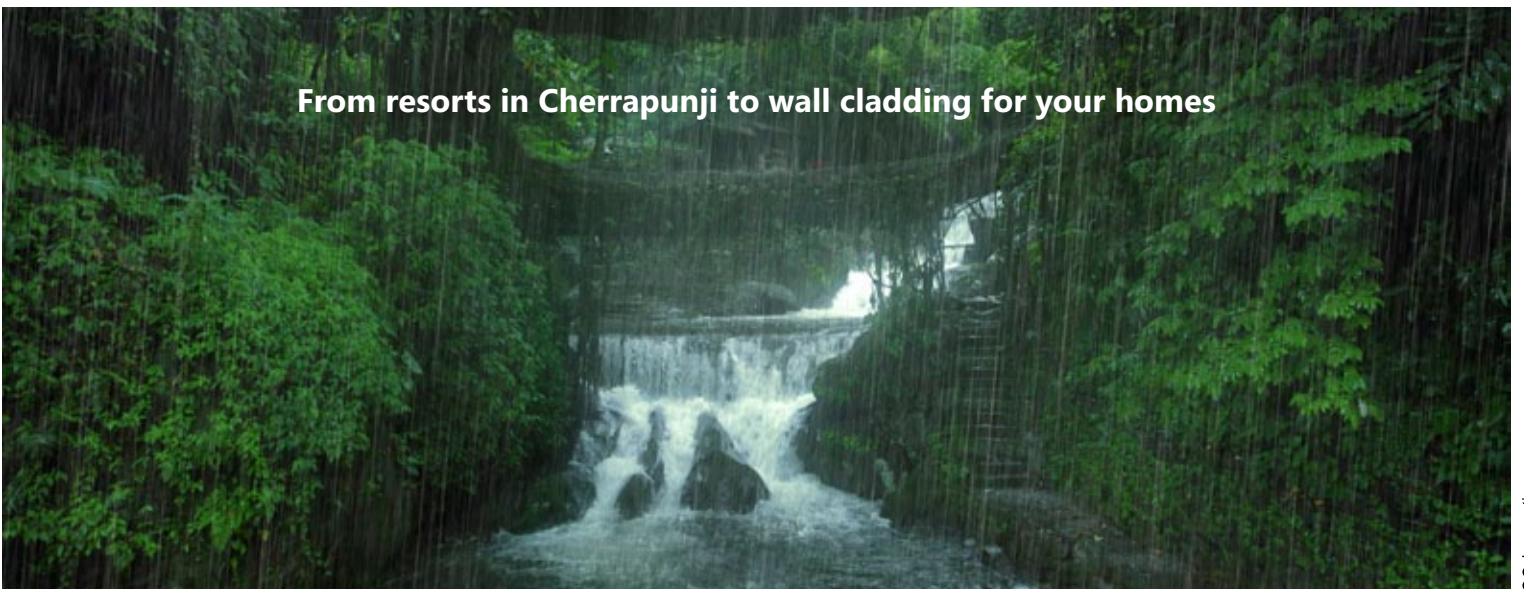
From houseboats in Kerala to cabinets in your home



From shelters in Ladakh to false ceiling in your office



From resorts in Cherrapunji to wall cladding for your homes



One board. Infinite uses.

www.bisonpanel.com [f](#) [i](#) [t](#) [NCLBisonPanel](#) [BisonPanel](#)



AMANDA JOY PURAVANKARA
Executive Director
Provident Housing Limited

Dear Residents,

As we step into a world immeasurably evolved, I am delighted to present to you *Amore*, our quarterly magazine that explores the celebration of life and its leisures.

Puravankara has been building dream homes and elegant spaces for more than 48 years. *Amore* comes in to fill those spaces with its own take on décor and lifestyle, fashion and travel, food, books and the many gems of life. I hope it makes for itself a special place by your bedside and in that wicker basket beside your favourite chair in your best-loved nook.

To all our residents and readers in Bengaluru, Hyderabad, Chennai, Kochi, Coimbatore, Mangaluru, Kolkata, Mumbai, Pune, Goa and the GCC – a warm hello!

In the issues to come, we would feature your beautiful homes, highlight photographs, tell your stories and your dreams. *Amore* is a community that is about you, and for you.

With that let me present our premier issue.

Amanda Joy



#MyKindOfLuxury



You rewrite the rules in life. Why should your luxury home be typical? Welcome to Purva Atmosphere, new-age homes that flawlessly combine luxury, nature, and technology, and designed by Hadi Teherani, Germany. Live in a different atmosphere.



In a relationship with nature
80% open space &
Japanese Miyawaki forest



The party is upstairs
Clubhouse on the 34th floor,
designed by Andy Fisher, Singapore



Home, smart home!
Next-level intelligent homes
with BluNex Technology



Your own weather
State-of-the-art 40 ft.
air filtration tower



Scan to know more

**2 & 3 BED LUXURY
RESIDENCES
BEHIND MANYATA
BUSINESS PARK**

**PURVA
ATMOSPHERE**
THE WORLDHOME COLLECTION

Spring Issue 2023
contents



10



16



18



20



22



28

WELCOME HOME:

How Interior Designer Rishika Sutwala designed an apartment based on the Tangram Principle of balance, rhythm and geometry 10

The A List - Trending right now 16

How to Grow Herbs at Home 18

Romancing Rattan: This evergreen element gives your home a beautiful boho touch 20

2023: Hottest Interior Design Trends to Watch 22

Yellow Fever: Sunny side up isn't only a way to do eggs. It's a way to do morning, too..... 26

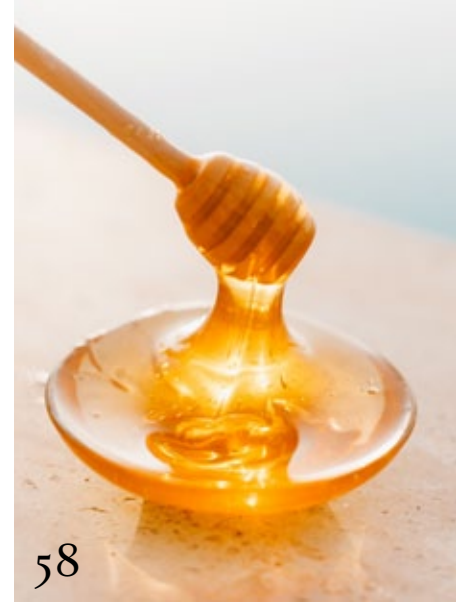
Purva Atmosphere, North Bengaluru: A signature living experience 28



34



68



58

SELF

- Honey-Soft Skin.....58
- A Back-to-the-roots Experience at Asmakam Ayurveda 59
- SLOWNESS(,): Let's slow down. By one breath.60
- My Core Four 62

TASTE

- Food Trends to Watch in 202364
- The unpretentious chef..... 68
- Cheesy Stuff: Dare You Resist?.....72
- Taste Notes..... 74
- A healthy 4 pm bite: Avocado Toast 76
- Sweet Treat: Churros with Chocolate Sauce..... 78

- Hot Tables: Our pick of Bengaluru's latest restaurants 80

TRAVEL

- The Many Splendours of Italy Bookmark them for your next trip 88
- Where Fun Flows Like Lava 92
- Nashik: The City of Gods, Wine & Love 97

LIFE

- Roar of the Wild34
- WOOOF! - Worldwide Opportunites for Organic Farming—a fantastic way to grow as you go!38
- The Footwear Heritage of India..... 42

BOOKS

- Hum Aiseich Bolte: This is just how we speak 46
- Every word is a Soul Experience for Shinie Antony50
- Karma and the Art of Redemption 52
- Epiphany in a Yoga Class.....54



88

Get lost in the jungles of Central India.




Baghdera
meadows
Wildlife Resorts



EDITOR-IN-CHIEF

Amanda Joy Puravankara

CEO & PUBLISHER

Abhishek Kapoor

MANAGING EDITOR

Abhinav Kanchan

EXECUTIVE EDITOR

Shubhra Krishan

ASSISTANT EDITOR

Chetna Srinivasan

CONTRIBUTING WRITERS

Nasrin Modak Siddiqi, Shruti Garyali,
Anmol Agarwal, Aditya Gupta

DESIGN DIRECTOR

Vijay Rana

ASSOCIATE DESIGNER

Amit Singh

FOR FEEDBACK

amore@puravankara.com

ADVERTISING CONSULTANT

Viswaprasad Raju
viswaprasadraju@gmail.com
+919396895105

QUERIES & SUBMISSIONS:

amore@puravankara.com

The views expressed in the articles reflect the author(s) opinions and are not necessarily the views of the publisher and editor. The published material, adverts, editorials and all other content is published in a good faith. Amore Magazine cannot guarantee and accepts no liability for any loss or damage of any kind caused by any errors and for the accuracy of claims made by the advertisers.

All rights reserved and nothing can be partially or in whole be reprinted or reproduced without a written consent.

Published by **PURAVANKARA LTD.**
#130/1, Ulsoor Road, Bengaluru,
Karnataka - 560 042



Please Recycle This Paper

editor's note



Dear Readers,

Here is the first issue of *Amore* magazine, designed to delight you. It has been an absolute pleasure putting together a variety of articles that I hope are insightful, interesting and inspiring.

Find inside these pages décor tips from interior experts, wise advice on the importance of slowing down, and delicious recipes to try in your kitchen. We've included ideas for your next trip abroad, and glimpses of India's cultural heritage. My pick of the issue is former *Femina* Editor Sathya Saran's "Epiphany in a Yoga Class," a good reminder of knowing our boundaries. Also check out how to use wicker in your home, and tips on decorating with sunshine yellow.

For the next issue, we invite you to contribute photos, features and personal stories that you feel might be of interest to other readers. Please write to me on amore@puravankara.com with your feedback and story ideas.

Happy reading!

Shubhra

UBER-LUXURY HOMES FACING THE RACECOURSE.
PERFECT FOR CHENNAI'S ARISTOCRACY.



Grand. Graceful. Globally influential. Chennai's aristocracy is incomparable. Just like Purva Somerset House. Part of our WorldHome Collection, these residences are designed by global consultants Hadi Teherani and Andy Fisher, and bring elevated lifestyles to your doorstep.

Our WorldHome Collection redefines luxury



Thoughtful luxury
Integrated plans



Diverse luxury
Global architects



Superlative luxury
Elite fittings & finish



Experiential luxury
Oxygenated clubhouse



Green luxury
Rooftop gardens



Intelligent luxury
BluNex smart homes



Scan to know more

3, 4 & 5 Bedroom Residences
& Penthouses

**PURVA
SOMERSET
HOUSE**

RACECOURSE ROAD, GUINDY

47 years of excellence | Presence in 9 cities | 44 million sq. ft. developed | 42,500+ homes delivered | 1.7 lakh+ happy residents

welcome home

How Interior Designer
Rishika Sutwala designed
an apartment based on the
Tangram Principle of balance,
rhythm and geometry

THE TANGRAM HOUSE

AREA: 3 BHK, 900 SQFT

LOCATION: CHEMBUR MUMBAI

TYPE: RESIDENTIAL APARTMENT

LEAD DESIGNER: RISHIKA SUTWALA

PHOTOGRAPHER: YADNAYESH JOSHI





DÉCOR

An airy metal planter partition divides the living-dining from the bedrooms.



Like the residents of this house, the approach to this 900 sq. Ft 3BHK was very straight forward. The engineer and finance professionals were happiest with a balanced equation and a tallied balance sheet, i.e. an equal amount of color + neutrals, straight lines + curves in pocket friendly budget. The design of this home is fuss free and functional with a clean and pleasing soul that shines through in its textures, shapes and minimal use of colors. Everything was designed on the basic principle of Tangram. Using a few repetitive elements/shapes to serve different purposes and needs. No frills. The repetitive shapes and geometry form a rhythm which is calming.

The entire house runs on the common current of warm minimalism modern geometry and basic functionality. The living - dining form a happy welcome, poised with sunlight pouring in through the large balcony windows, unusual for Mumbai apartments. The sunlight and open plan allows the



Custom printed veneer shutters and warmth, colour and art to a boxy storage.



space to be enveloped with grey, yet warm concrete textured walls. There is a mix of the rough light concrete texture, balanced with soft, warm calming colours making it a home.

The dining table is set against a multipurpose cabinet centrally located in the house that makes daily functioning easy. A potpourri of easily accessible open shelves for books and décor, a clean minimalistic yet bold pooja sporting 'Om' which easily becomes cohesive with the rest of the space and the seamless shutters to camouflage the daily mess. The custom made, Tangram inspired veneer printed shutters double up as floor to ceiling art adding warmth and color through it's natural wooden texture and pattern.

The living houses a geometric metal graphite grey partition with detachable planters, that secures the privacy of the bedrooms and becomes the backdrop of the attention seeker bright mint sofa with sprinkles of mustard livening up the grey and adding a soft dimension.

The wood, geometric black and white curtains, cushions, black TV unit are grounding elements of the space.

The geometry continues in the bedrooms with grid waffle walls, of the master bedroom paneled wall. A royal blue paired with chevron patterned bed made with solid wood. The graph artwork on the waffle paneled wall is intended to create layering and rhythm. The subtly blue texture of the curtains and the greenlam fabric textured wardrobe add movement and softness to the room.

The kid's room was to be designed as an evolving shell, free for the daughter to fill her space with her own creations. The wardrobe has backpainted glass shutters for the daughter to scribble on, light wood tile complementing the wardrobe with fun custom made handles with candy colours.

The study/guest is a compact spacing with clean geometric lines creating drama. A juxtaposition of the vertical wardrobe accentuated by grooves and the horizontal study wedged in creates an interesting space. The stone is Kota tile and curtains are floral again having strips of vertical solid green panels that tie up with the vertical greens on the wardrobe.

If you had to name the design style used, what would it be?
Modern Contemporary.

What were the inspirations and key concepts for the development of the project?

The design of this home is fuss free and functional with a

DÉCOR

clean and pleasing soul that shines through in its textures, shapes and minimal use of colors. Everything was designed on the basic principle of Tangram. Using a few repetitive elements/shapes to serve different purposes and needs. No frills. The repetitive shapes and geometry form a rhythm which is calming. The entire house runs on the common current of warm minimalism modern geometry and basic functionality.

Explain briefly: spatial configuration and main reasons. How was it accomplished?

The builder 3 BHK needed a few tweaks to maintain privacy around different pockets. The main door opened to another door that led to the guest bedroom. Another entry was created to allow a foyer space. The planning of the house is largely cohesive, hence there was an utmost need of a divider to demarcate the bedrooms/the traffic of the kitchen from the living room. A metal partition with adjustable planters allowed privacy and yet maintained the openness of the 900 sqft apartment. The flow from foyer to master bedroom is seamless yet demarcated.

What were the difficulties, or first setbacks encountered?

Introducing colour and re-imagining a space was a challenge I faced. The clients initially thought of themselves with monochromatic personalities. But over the course of the project a whole new world of colours and materials opened up their wish list and vision. The journey of exploration of what colours they are more inclined to was a journey that was difficult yet very rewarding.

What were the construction techniques and the principal materials used in the project?

The primary materials are- nano topping- cement finish, laminates, veneer, wood, marble and metal.

Explain the use of colours and/or other details to add value to the design.

There are two approaches to our color theory for this project. One is the quantitative and the other is qualitative. The quantitative being the principle of Tangram- balance. Each space is carefully balanced, there is always a neutral balancing the bold and a dark balancing the light. The challenge was to have the equal distribution of color across the open living and dining put together and yet somehow demarcate their identities. A monochromatic dining table is set against the colorful cabinet and in the living we needed





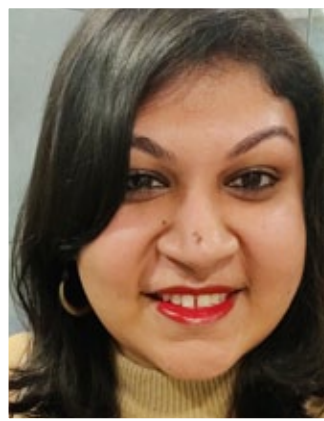
Cement nano coated walls envelope the space with texture and character.

an entire army of grey walls and black elements to contain the vibrant retro mint sofa.

The qualitative stands for the character of the colors. A set of warm modern 60s color palette was married to the cold contemporary grey, black and white. The contemporary grey seamlessly envelops the earthy sage, retro mint and forest greens and the dusky browns with the help of the neutral creams and taupes. The colors amalgamate through various textures, velvets, veneers, concrete paint and marble. The aura created is one of equilibrium and relaxed vibrance. The colors come with their family of shades and tints to create a gradual and gradient like effect. The use of black, white and mustard break the monotony and bring in the element of edginess.



A collective view of the living and dining complementing each other in colour, shape and scale.



RISHIKA SUTWALA

Rishika Sutwala, is the Founder and Design Head of The Prop House, an Interior + Architecture firm based out of Gurgaon and Bangalore. With a presence pan India, her work has been featured on numerous platforms like Elle Decor and Good Homes. Big on giving a space personality, functionality and individuality, her approach to design is fearless yet restrained.

Web: www.theprohouse.in

Instagram: [@the_prophouse](https://www.instagram.com/the_prophouse)

The **A** List

TRENDING RIGHT NOW

ALDO

FLAT SANDALS

These stylish sandals with a synthetic upper are the ultimate in casual comfort.



PINK SHOULDER BAG

With the large metal ornament on its shoulder strap, this chic bag is sure to turn heads.



KATE SPADE

ALL DAY LARGE ZIP TOP TOTE

The All Day tote you love, now with a zipper to keep it all hidden. Super roomy. Has a center pouch for your iPad or laptop.



BOW WAIST FAUX FUR COAT

When your outer layer IS the look... Indulge in luxurious (faux) fur in it's-ok-to-stare hues and tied with a bow.



VILLEROY & BOCH



BOSTON DESSERT BOWL

A striking facet design and the robust, high-quality crystal glass make the glasses from the Boston collection an attractive eye-catcher. Sweeten your get togethers with a treat served in this beauty.



GLOW GOURMET PLATE

This modern gourmet plate made from Premium Porcelain is ideal for serving culinary delights and presenting exclusive delicacies, delicious cakes and small snacks.

TUMI









TUMIPAX Outerwear Collection for Men and Women. The new winter wear collection is designed for everything from colder regions to leisure and beyond. All the products are available in TUMI stores in India and online on Tata Cliq Luxury and Ajio Luxe.

TUMI's Preston Puffer Jacket and Charlotte Puffer Jacket converts into a travel pillow through a hidden pouch in the collar. The jackets have engineered seams to give a nice shape as well as features concealed pockets with exposed zippers, and contrasting lining and piping details.



HOW TO GROW HERBS AT HOME



-  Mint, rosemary, basil, oregano, chives, parsley, and thyme all grow especially well on a windowsill.
-  Culinary herbs like full and direct sun, so it is important to locate a windowsill with this in mind.
-  When you buy saplings at the nursery, ask the gardener how many hours of sun your plant needs to thrive. Generally, a south-facing window with six to eight hours of sun is best.
-  A herb's root system needs space to grow, so don't plant it in a container that is too small.
-  For good growth, remove the herb from its original three- or four-inch pot and replant it in a container that's at least six inches wide with drainage holes and a waterproof saucer.
-  As your garden grows, don't overwater plants until they get soggy. That'll cause root damage. For a healthy garden, water when the soil looks and feels dry.

FRESH HERBS
DO MORE THAN ADD
FLAVOUR TO YOUR FOOD.
THEY HELP PREVENT
HEART DISEASE, CANCER
AND DIABETES. THEY
ALSO PROVIDE ANTI-
INFLAMMATORY
AND ANTI-TUMOUR
PROPERTIES.

FOR THOSE CREATING A LEGACY,
THERE'S ROOM AT THE TOP. WITH A VIEW.



THE ICONIC PURVA ORIENT GRAND ON LALBAGH ROAD



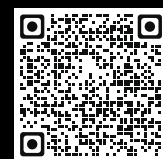
Some lives demand a bigger canvas. That's why we got the world's best minds to design your signature space. Part of Puravankara's WorldHome Collection, Purva Orient Grand on Lalbagh Road blends heritage and modernity, brims with immaculate details for the global connoisseur, and brings an elevated lifestyle to your doorstep. There's no finer place to create your true legacy. Welcome home.

PURVA ORIENT GRAND

THE WORLDHOME COLLECTION

By invite only

- { 3 & 4 bed Residences }
- { Clubhouse by Andy Fisher, Singapore }
- { The Fete Rooftop recreation }
- { Infinity pool at the 25th level }



Scan to know more

For details, visit <https://rera.karnataka.gov.in/> Images are for representation purpose only

DÉCOR



ROMANCING RATTAN

This evergreen element gives your home a beautiful boho touch

Rattan is a plant—more specifically, a long-stemmed vine. Most of it is grown in the tropical jungles of Indonesia, Sri Lanka, Malaysia, Bangladesh, and the Philippines.

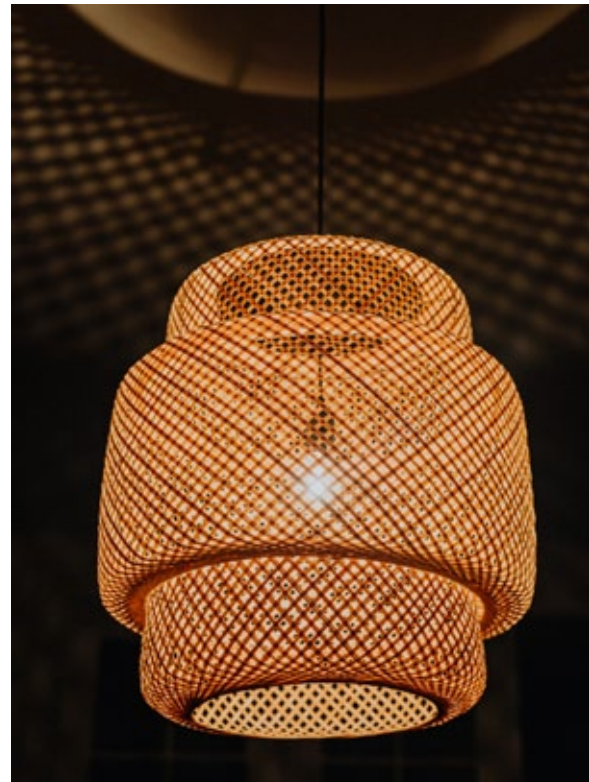
Often confused with wicker, rattan is actually the material from which wicker is weaved.

5 REASONS TO LOVE RATTAN

- It's sturdy: your rattan pieces will last you decades, with their in-built weatherproof properties that protect it from rain, UV rays and other natural elements
- It's versatile. Rattan can be bent into marvellous curvy shapes, giving you sinuous chairs and shapely lampshades. You can paint it in beautiful colours for a rustic country look
- It looks retro but is always trendy
- It is completely biodegradable
- Maintaining rattan is easy. All it needs is a wipe down with mild soapy water from time to time



Rattan and Bamboo come from different plants and are entirely different species with differing properties.



TRENDS FOR 2023

"Interior design style will see a shift towards natural, cosy materials which include clay, cotton, ceramics and rattan for creating a peaceful organic environment in your home," says Mansweeny Chanana, who runs the interiors company Décor Concepts.

"With its classy cane connection, rattan livens up living rooms of all hue, traditional as well as contemporary. Rattan dining table chairs to wing chairs and even coffee tables look lovely and have a timeless appeal.

Bring rattan into your bedroom for a classic yet modern look. Wardrobe shutters and beds featuring rattan add a whimsical element to your design.

A pendant light made of rattan is a must-add to your terrace or balcony area. It is not just restricted to the outdoors but has gained its place indoors as well. Rattan chandeliers? Why not!"

2023: HOTTEST INTERIOR DESIGN TRENDS TO WATCH



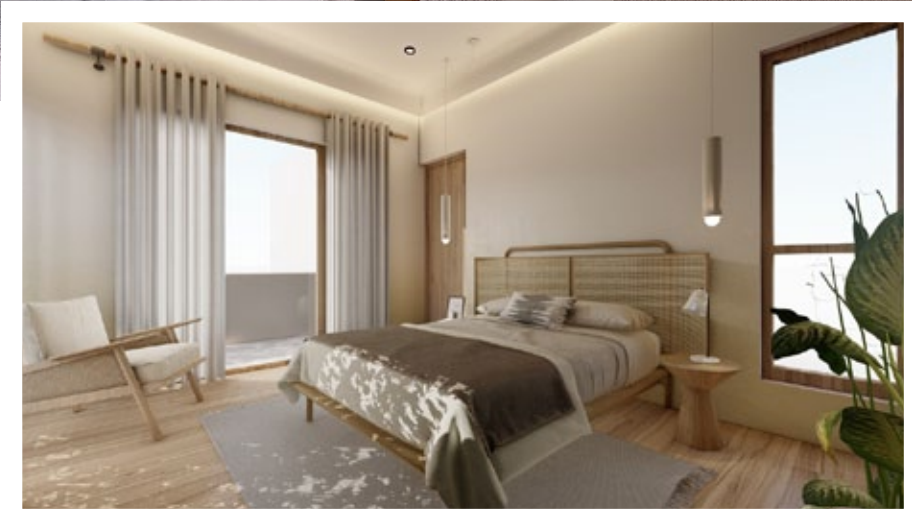
WABI-SABI

WABI-SABI is a Japanese interior design philosophy that emphasizes the beauty of imperfection, transience, and the passage of time. It values authenticity, simplicity, and natural materials and incorporates elements such as terracotta, rough textures, curved ceiling and asymmetry in design. The goal of wabi-sabi is to create a calming and serene environment that feels warm and inviting.

GLAM

Glam style is a luxurious and opulent interior design style that emphasizes elegant and glamorous elements in interior decor. It is characterized by rich, bold and metallic colors such as gold, silver, and bronze, plush and comfortable furnishings, crystal lighting fixtures, and ornate decor elements like mirrors, chandeliers, leather and velvet curtains. It is perfect for those who love luxury and want to make a statement in their home.





TROPICAL

Tropical interior design style is a decorative concept that draws inspiration from the lush and vibrant tropical regions of the world. This style incorporates natural elements and tropical-inspired patterns, colors, and materials such as woven baskets, rattan, and plant motifs. Furnishings often include comfortable and casual seating, such as sofas and upholstered chairs and intricate rugs. It generally uses a palette of bright and bold colors such as turquoise, coral, and lime green. The goal is to create a warm and inviting atmosphere that evokes the landscapes of the tropics.

CONTEMPORARY

Contemporary interiors is a design style that emphasizes current trends, modern design elements, and functionality. It often incorporates high-tech and modern elements, such as metal accents and futuristic lighting. The style prioritizes function and comfort, and often uses statement pieces to add visual interest.



Geet Gawri is the co-founder and principal architect at Studio acrossZero which is an architecture and interior design firm based in Gurgaon. Geet was one of the 2 fellows selected by French Embassy, India to study at INSA, France in 2018 and has previously worked as a Design Assistant with BIG Architects, Copenhagen. He specializes in parametric furniture design and has a knack for designs inspired by nature. His firm has successfully built multiple residential and commercial spaces in North of India and are looking forward to expanding their footprints nationwide.

EXPERT TIP

Decor editor Manjul Misra is a great fan of yellow. But she has a word of advice for using this sunshine hue: “Yellow is great if you can create interesting combinations with other colours,” she says, “but on its own it can be tiring. So use it to liven things up, but use it judiciously.”

yellow FEVER

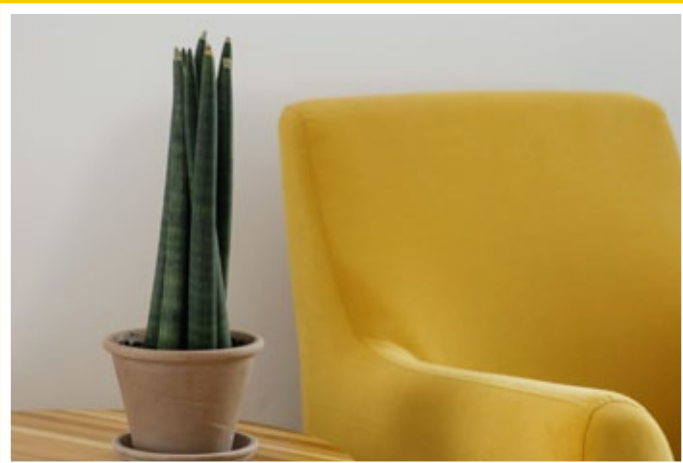
**SUNNY SIDE UP ISN'T ONLY A WAY TO DO EGGS.
IT'S A WAY TO DO MORNING, TOO.**

Yellow is a perky accent, redolent of sunshine-filled days. In golden, mustard shades it conjures up warmth, while greenish-lemony hues brighten up your spirits.





- Paint your walls a soft, beachy yellow that reminds you of sand and wheat fields.
- A bright yellow poster or painting framed on a neutral wall adds an eye-catching accent.
- Mellow yellow dining chairs can offset a sturdy wooden table beautifully.



- Yellow pitchers, mugs and bowls bring an instant smile to your face—after all, it is the colour of optimism and happiness!
- Say it with flowers. Nature has blessed us with a stunning variety of them. Why not dress your table with them? Even a single sunflower in a tall glass jar can brighten your day.
- Yellow can be too intense if overused, so pepper your breakfast table with pops of this cheery colour.





PURVA ATMOSPHERE, NORTH BENGALURU

A signature living experience

From our WorldHome Collection

This 13-acre estate boasts 3 majestic towers and offers 50+ luxurious amenities. Located near Manyata Business Park, it stands close to top educational institutions, superfine hospitals, 5-star hotels, malls and supermarkets.



Puravankara's WorldHome Collection envisages the living spaces of the future and curates them in the present. Globally acclaimed architect Hadi Teherani has crafted a masterpiece combining cutting-edge design and the choicest of luxuries from across the world.

The first gem from the WorldHome Collection is Purva Atmosphere, a bold, ultra-modern, and ultra-luxurious residential project.





PURVA ATMOSPHERE: LUXURY LIVING REDEFINED

40' AIR FILTRATION TOWER

This one-of-a-kind tower will discharge 1.3 cubic meters of clean air, harnessing two state-of-the-art water purification technologies – UF and UV. Designed to save space in your kitchen and deliver hygienic off-the-tap pure water.

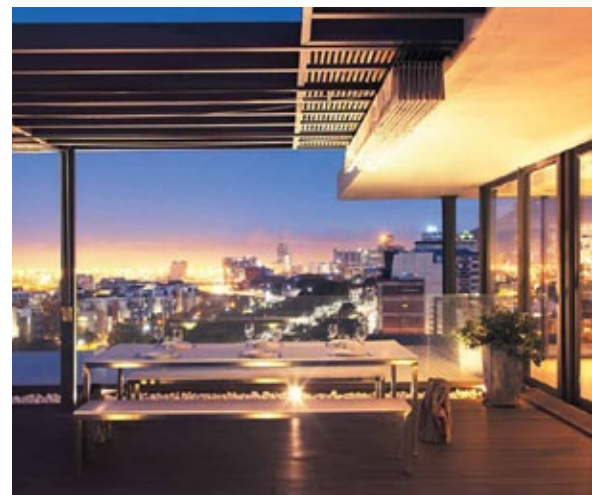
A PRIVATE FOREST

Miyawaki Forest is a distinctive Japanese tree plantation method where trees grow 10 times faster, providing 30 times greener surface. This area will have 75 species of carefully curated trees including

aroma trees, medicinal trees, fruit and flower bearing trees. Being 100% organic nature-friendly and sustainable, Miyawaki Forest nurtures a soothing ambience in and around it.

REFLEXOLOGY ZONE

The Garden of 5 Senses is taking birth to begin a dialogue with you through touch, smell, sound, sight and taste. The great statue of Buddha will soon find his place, adjacent to a calming Meditation Zone, offering you the space and serenity to connect with yourself.



BOX OF JOY

Our upcoming world of tunnels, zip lines, treehouses and adventure avenues will reconnect your kids to the wonders of the offline world.

34TH-FLOOR CLUBHOUSE ALTURA

A luxurious space with wide vista views of Bengaluru. Key features include an imposing Sky Deck and a splendid Festival Plaza. Experience an amazing range of amenities: Viewing Gallery, Gymnasium, Yoga & Aerobics Room, Indoor Games Room, Café and Squash Court.





BLUNEX-ENABLED LIVING SPACES

Control your home, just by using your fingertips. Securing your life, saving your time and simplifying your daily chores, BluNex Life delivers you homes from the future. This flawless technology is user-friendly for all age groups, from toddlers to adults.

Purva Atmosphere's every home will soon demonstrate the fine blend of bold lines and minimalistic outlook. Solicitously designed to infuse natural light and ventilation, sustainable living gets a new meaning in these spaces.



The Puravankara WorldHome Collection features sustainable, futuristic and exclusive homes designed by world-renowned architects. Large spaces of green openness. State-of-the-art home technology. A curated holistic living experience.

SHOULDN'T A TASTE FOR THE FINER THINGS IN LIFE, EXTEND TO YOUR ADDRESS?



Shot on location

LIVE A CURATED LIFESTYLE

 BLUNEX[®] TECHNOLOGY
ENABLED SMART HOMES

 EXOTIC INDULGENCES DESIGNED
BY ANDY FISHER, SINGAPORE

 OXYGENATED CLUBHOUSE
FOR WELLNESS FOCUSED ESCAPADES



Scan to know more

PLUSH 2, 3 & 4 BHK RESIDENCES

SITE ADDRESS: OFF. SION-PANVEL HIGHWAY, CHINA BISTRO LANE, CHEMBUR.

Disclaimer: This project is registered via Maha RERA No.(P51800028571), (P51800028427), (P51800028428), (P51800028494), (P51800028492) and is available on the website <https://maharera.mahaonline.gov.in>, *T&C Apply.

Project Financed By IndusInd Bank Limited

PURVA CLERMONT

LIFE

A FINE SELECTION OF GLEANINGS AND MUSINGS
TO RELISH AND REFLECT UPON





ROAR OF THE WILD

Photographer: Prof Jitender Govindani

TIGERS CAN REACH UP TO 3.3 METERS IN HEIGHT AND 670 POUNDS IN WEIGHT, MAKING THEM THE LARGEST SPECIES OF CAT IN EXISTENCE. THEIR STRENGTH IS INCREDIBLE COMPARED TO HUMANS!



- A.** Tigress cooling herself on a hot summer afternoon
- B.** In stealth mode
- C.** Basking in the early morning sunlight

TIGERS USE A RANGE OF SOUNDS TO COMMUNICATE WITH EACH OTHER. EACH DISTINCTIVE NOTE DISPLAYS THEIR MOOD, AFFECTION, DISTRESS AND DOMINANCE. STUDIES SHOW THAT THEY CAN HEAR ULTRASONIC WAVES AND LOW-FREQUENCY SIGNALS, AND ROTATE THEIR EARS TO CATCH THE SOURCE.



E. A tigress patrolling her territory

F. Complete family - Mother & 3 daughters



G.

G. Sub-adult cub and an angry mom

H. Three sub-adults in a playful mood

I. Young tigress taking a morning nap

DID YOU KNOW:
TIGERS OFTEN MIMIC THE CALLS OF OTHER ANIMALS IN ORDER TO HUNT THEM.



H.



THE LENSMAN'S PROFILE: IN HIS OWN WORDS

An academican & professor of Marketing & Strategic Management. Taught & trained more than 6500 students in the last 28 years. Winner of Teaching Excellence award at ACBSP Conference, USA.

I am extremely passionate about Wildlife. The pictures that I put on display for the world to see are reflective of how much I take pride in being a wildlife photographer.

So far I have helped Kanha Tiger Reserve, Madhya Pradesh publish a Tiger Identification Book, two Coffee Table Books and One each for Corbett Tiger Reserve, Bandhavgarh Tiger Reserve & Pench Tiger Reserve, Maharashtra. My sixth book on Satpura Tiger Reserve is underway.



I.

A man with a beard and short hair, wearing a light blue button-down shirt, is holding a large wicker basket filled with fresh organic vegetables. The basket contains various items including cucumbers, tomatoes, carrots, and leafy greens. The background is a lush green garden with trees and foliage. The text is overlaid on a semi-transparent white box in the center of the image.

WWOOF!

**WORLDWIDE OPPORTUNITES
FOR ORGANIC FARMING—
A FANTASTIC WAY TO GROW
AS YOU GO!**

Picture this. You wake up to the long-forgotten call of a rooster. After a hearty breakfast of freshly laid eggs, strawberries plucked off the field and grains milled by your own hands, you spend an energetic morning among fragrant orchards and wide open fields. Tilling the soil, minding sheep, learning how to milk a cow...

And all of it without booking yourself into a rural “resort” or “retreat.”

Worldwide Opportunities on Organic Farms (WWOOF) is a worldwide movement to link visitors (WWOOFers) with organic farmers, promote a cultural and educational exchange, and build a global community conscious of ecological farming and

sustainability practices. WWOOF started 50 years ago and has grown from a small group in the 1970s to a worldwide community of hundreds of thousands of people today.

As a WWOOFer, you will participate in the daily life of your host, help on the farm, learn about sustainability, experience a new culture and meet new people, and receive free room and board during your stay.

As a host, you will open your home to receive visitors who want to connect with organic food, farming and support the sustainability movement.

Annual membership usually costs around \$30-40 USD per country per person (there is also a joint membership for couples that offers a slight discount). You don't need any

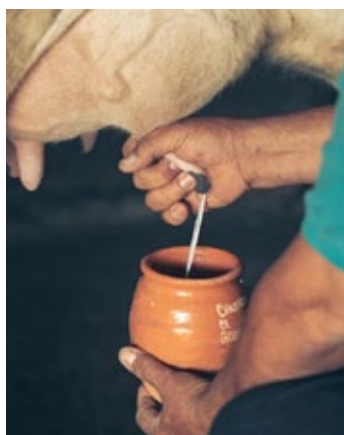
previous experience in farming to do this, just a desire to work.

As you can imagine, WWOOFing opens endless opportunities on an extended-travel trip. If you make your way around the world visiting a selection of the 130 countries and the 12,000 hosts that participate in WWOOF, you can save tens of thousands of dollars over the course of a year.

You can also learn skills, absorb languages, and make friends.

WWOOF is organized nationally so to join, select the country you are interested in from the map and get growing.

You'll get all the information you need on <https://wwwoof.net/>



LIVE IN STYLE



Artistic Impression

Magnolia at Provident Park Square

Located in Judicial Layout on Kanakapura Road, Provident Park Square is spread over 20 acres. It is the quintessential integrated lifestyle district with residences, restaurants and retail, all accessible to residents within the community.

Magnolia at Provident Park Square, boasts of homes built with global brands—Schindler lifts, Yale locks, Kajaria tiles, Berger paint, Schneider switches, Grohe bathroom fittings and sanitaryware by American Standard.

The project is at a walkable distance from the Thalaghattapura and Silk Institute Metro stations and is in close proximity to top schools, colleges, hospitals and IT parks.

Highlights

- Built with pre-cast construction technology
- 35+ world-class amenities on offer
- Ready-to-indulge Clubhouse
- 1, 1.5, 2 and 3 BHK layouts
- Ready-to-move and under construction homes
- Walkable distance from two metro stations
- Easy access from NICE Road (connecting Electronic City, Bannerghatta Road, and Mysore Road)

BOULEVARD-FACING HOMES WITH STUNNING VIEWS



Image is used for representational purpose only



Artistic Impression

Provident Park Square was awarded the **Real Estate Destination of the Year** by Realty+ in December 2022.

Magnolia at Provident Park Square

- 2 BHK - ₹ 78.37 Lakhs*
- 3 BHK - ₹ 90.59 Lakhs*



A Puravankara Development | <https://rera.karnataka.gov.in>
Part of Provident Park Square Phase 5 Development | *T & C apply

THE FOOTWEAR HERITAGE OF INDIA

As Marilyn Monroe rightly said, "Give a girl the right shoes, and she can conquer the world". Shoes have become a vital part of outfits – if you don't wear the right shoes, your ensemble looks completely out of place. You know all about different brands of shoes today, but have you ever wondered about the history of footwear in

India? In ancient India, footwear was a necessity but it was also considered to be a luxury. Footwear has been mentioned in numerous Jain, Buddhist, and Hindu scriptures, including Ramayana and Mahabharata.

Read on to know more about the footwear heritage of India that reflects the cultural and regional diversity of the country.



PADUKA

These were the footwear of choice of ascetics in ancient India.

Origin: Ancient India

When translated into English, 'Paduka' literally means 'Footprints of the Gods'. These are the oldest Indian sandals and were traditionally made of wood and the grip was provided by the stub between the big and the other toes. Some of these were also made of silver and ivory with intricate decorations. The more elaborate the padukas, the higher the wearer's status. Today, this type of footwear is generally worn by saints of Buddhism, Hinduism, and Jainism.

PUNJABI JUTTI

Said to have evolved from mojari, the footwear of the wealthy in the 17th century.

Origin: Punjab

Although this footwear is commonly worn in North India, it specifically originated in Punjab. The history of Punjabi juttis can be traced back 400 years ago – they were a favourite of the Indian royalty. Made of leather, these juttis were decorated with elaborate embroidery in actual silver and gold thread. Most of the Punjabi juttis don't have a right and left foot, when you wear this footwear it takes the shape of your foot. Typically, they have a flat sole and the designs are very similar for men and women (the only difference is the extended tip in men's juttis). Different footwear such as 'Khussa' and 'Mojaris' that are sold in other parts of North India have been modelled after the Punjabi juttis.





SANTINIKETAN FOOTWEAR

A shining example of fine Indian craftsmanship.

Origin: Santiniketan, West Bengal
Santiniketan is a small town in West Bengal that is renowned for its leather products. In fact, the products of Santiniketan Leather Goods have received the Geographical Indications tag. Santiniketan footwear is mainly made of E.I. Leather (East India Leather) that comes from goatskin and sheepskin. These open sandals are available in a wide range of colours, and the highlight of this footwear is the typical embroideries and the embossed batik on them.



PULA CHAPPAL

Colourful embroidered Pula chappals.

Origin: Himachal Pradesh

Made from the grass of shale (bhang), Pula chappal is the traditional footwear of the Pahari people in Himachal Pradesh. Since leather shoes are made from cowhide, such footwear are considered to be inappropriate in Himachal. Therefore, the Paharis came up with such an innovative solution to their problem. These chappals are very lightweight and are used to walk on snow and during religious ceremonies. The sole of this chappal is in reality braids of shale stitched together, which is then covered by a cloth. The colourful needlework on top of the chappal is very colourful and attractive. Pula chappal has become very popular in states like Gujarat, Rajasthan, and Madhya Pradesh today.

KOLHAPURI CHAPPAL

Traditional Kolhapuri chappals.

Origin: Kolhapur, Maharashtra

Previously called as 'Kapashi' and 'Bakkalnahi', Kolhapuri chappals were first launched in the 13th century. These chappals are designed as open-toed sandals with a T-strap, and are made of leather. Generally, these footwear are tanned locally and too using vegetable dyes. If the records are to be believed, it takes up to 6 weeks to handcraft these Kolhapuri chappals. These are very versatile when it comes to wearing them, they go very well on Indian as well as western outfits. Some of these also sport trimmings like braided straps, gold cord, embroidery, and even pom-poms. As there are only a few artisans who still make Kolhapuris, this is a dying art form. Visit the small workshop to learn more about the process of crafting these chappals.



OSHO CHAPPALS

A comfortable shoe starring earth and grass.

Origin: Pune, Maharashtra

If you think eco-friendly fashion accessories are always expensive, think again. Pune gets the credit for creating eco-friendly chappals that are very affordable as well as a style statement – Osho chappals. All you need to make these type of footwear is bamboo, natural grass, or jute straw. These are extremely comfortable and go well with western as well as Indian dresses. Named after the spiritual guru, Osho Rajneesh, these chappals are also known as 'Chattai chappals'.



PABU

This lovely Ladakhi shoe is made with amazing attention to detail.

Origin: Ladakh

Thickme Pabu or Pabu is the ethnic shoes worn by people in Ladakh. While the sole is made from yak skin, the other parts are made from a woollen fabric known as 'thickme'. Generally, the insole of this footwear is composed of local grass stitched together. The pabu is decorated with surface motifs in such a way that it forms a floral design. One of the distinguishing elements of pabu is its upturned toe that just adds to the ethnic look of this shoe. The pabu that the monks wear have fine embroidery work on them (usually in gold thread).



THE LIFESTYLE YOU HAVE ALWAYS DESIRED



Image used for representation purpose only

With 25+ World Class Amenities

2 BHK: ₹59.99 L* | 2.5 BHK: ₹74.99 L*

 **PROVIDENT
CAPELLA**

SOUKYA ROAD, WHITEFIELD, BENGALURU

Scan to know more



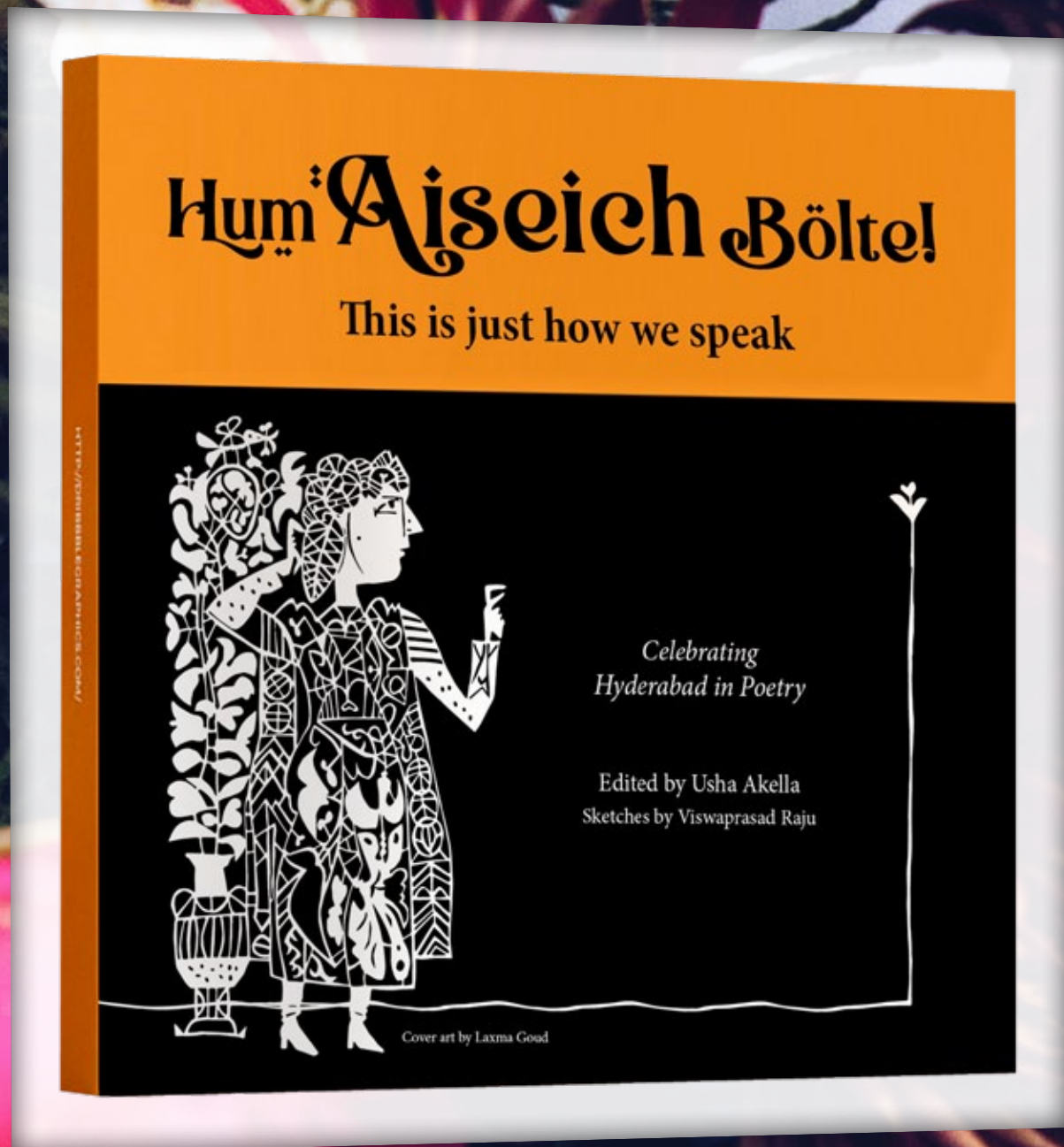
 **080 4455 5520**

RERA website: <https://rera.karnataka.gov.in> | *Terms & Conditions apply

BOOKS

SHELF-HELP FOR THOSE MOMENTS WHEN YOU
JUST WANT TO READ AND RELAX





HUM AISEICH BOLTE

This is just how we speak

This English anthology of 35 poets celebrates Hyderabad in all its cultural glory. Featured inside these pages are poets such as Sarojini Naidu, well-known Hyderabad-associated poets such as Hoshang Merchant, Shiv Kumar Sharma, Padmasundari, Meena Alexander, Srinivas Rayaprolu—and a contemporary crop of fine poets associated with the city.

Celebrating the city in its many hues, from modern malaise to past glory, the collection brings Hyderabad alive as the complex and bustling metropolis it is.

Published with a grant from ThinkIndia Foundation, Dallas

Published by Transcendent Zero Press

Cover art by Laxma Goud

Hyderabad sketch Illustrations by Viswaprasad Raju

To order the book, please email usha.akella11@gmail.com

CHANGING PLACES

ASWIN VIJAYAN

Standing at the top of the flight of stairs,
I peered through the keyhole. I called the boy thrice
in fifteen minutes. No answer and I had no key.

I lugged
 my luggage
 back down
 the stairs
 and waited
for a cab, with nowhere to go. Lock-out is a ritual

I practice in every city I have lived in.
Key-hole after key-hole staring back.
Homelessness was a first-time feeling.

This city gifted me so many firsts: half-drunk
New Year's night on the banks of Hussain Sagar,
roadside Maggi after mid-night, wet cement

raining on me, a blue blazer, computer codes,
triples ride on the wet tarmac, and eventually
a room for myself in an apartment

with a balcony where I stood sipping tea
and watched others on their balconies.



Usha Akella, the editor of this collection, has authored six books of poetry, one chapbook, and scripted/produced two musical dramas. She earned an MSt in Creative Writing from the University of Cambridge, UK. She is the founder of Matwaala (www.matwaala.com) and hosts www.the-pov.com, a curated interview and conversation forum. She has been published in numerous Literary journals world over with her poetry translated in many languages. Usha's work ranges from feminist/activist to spiritual and all things in-between.

CITYSCAPE

*For the conversations from Mehdiapatnam to Kakatiya Hills
with the Hyderabad Uber bike waale bhaiya)*

NIKITA PARIK

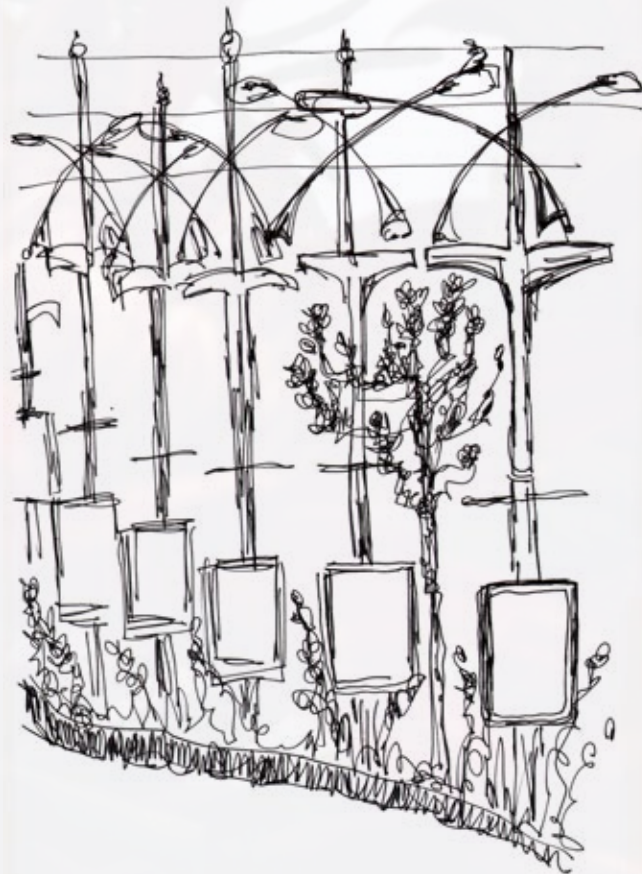
As we zoom past the citylights
etched on our Februaries,
his dialect becomes the city,

chortling at my efforts to
piece this metropolis together
in clumps of disparateness.

I had pared at its essence
with fork and knife,
tried to cut a little piece

to take back home
as a memoir. *'Oh but you don't
love cities like that',*

he may have said.
'They are not for possessing'.



RAAG-HYDERABADI

SINDHOOR VARAKOOR

Dawn dances to naughty jazz
Birds from everywhere
flock

Honking vehicles
Our temple bells

Saffron-dust of streets
cleans every heart

Irani-chai
spills Carnatik strains
Nizami-noon
lulls a Hindusthani tune
Twilight brightens
a dusky ghazal

Moon-song
becomes an orchestra
of many hearts tuned to a symphony

Zardozi of cultures
weave into a multi-hued fabric
blending you and me
into this rich history

Can't speak Urdu?
Never mind
We understand your smile

Endless love songs
echo in our city
that never slumbers



NIGHTFALL IN THE CITY OF HYDERABAD

SAROJINI NAIDU (1879-1949)

SEE how the speckled sky burns like a pigeon's throat,
Jewelled with embers of opal and peridot.

See the white river that flashes and scintillates,
Curved like a tusk from the mouth of the city-gates.

Hark, from the minaret, how the muezzin's call
Floats like a battle-flag over the city wall.

From trellised balconies, languid and luminous
Faces gleam, veiled in a splendour voluminous.

Leisurely elephants wind through the winding lanes,
Swinging their silver bells hung from their silver chains.

Round the high Char Minar sounds of gay cavalcades
Blend with the music of cymbals and serenades.

Over the city bridge Night comes majestic,
Borne like a queen to a sumptuous festival.

**JUST HAU WE SAY IT**

VISWAPRASAD RAJU

They *Haiku*,
We *Kaiku*

They therapy,
We *Lite lo yaaro*

They Fast & Furious
We *Zup bolke main aagaya*

They on-time
We *abi-ich*

They give an earful,
We say *Bhairi khata?*

They *I will find you and I will kill you*,
We *Bhaga bhaga ke maartau*

They *Don't be stupid!*
We *Kaiku aise haule chala karra?*

They *I am feeling uneasy*
We *Kaisa Kaisa kich hora meku*

They have Lights, Lanes and Phones
We have *Lightaan, Galliyaan, Phonaa*

They *I am not sure about it*
We *Koun hai ki kya hai ki*

They *I am famished*
We *Dabake bhook lagri*

They have M.R.P.
We have *Dene ka bolo, kitta hua ki*

They have books & poets
We have *book-aah, fakir-aah*
They *This is just how we speak*
We *Hum Aiseich Bolte*





EVERY WORD IS A Soul Experience FOR SHINIE ANTONY

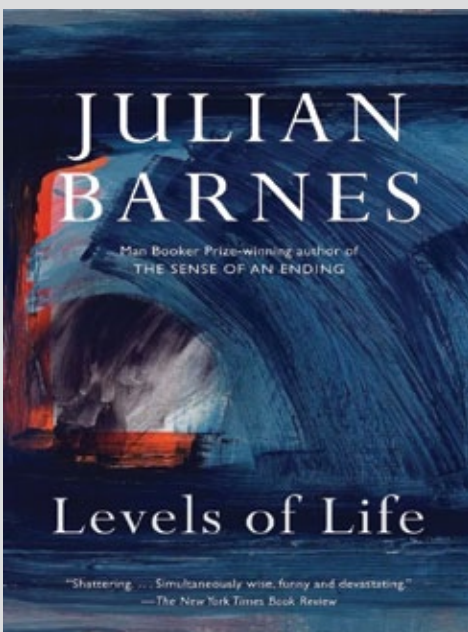
Acclaimed novelist and columnist Shinnie Antony is Co-founder of the Bangalore Literature Festival and Director of the Bengaluru Poetry Festival.

W

hile waiting for my mother to come and pay the school bookshop for the textbooks I had picked up for the next academic year, my eyes fell on a poetry book lying on the counter, presumably for a higher class. "The Pied Piper of Hamelin" by Robert Browning. Not having read the Grimm brothers' version before, I can only report that my mind was officially blown at the age of eight right there.

As I stood there leafing through this lean book with a beige cover, I was stunned by its wordplay. The alliteration and rhyming and the fact that one can sing a story, the economy of words and the poem's tightly edited form. I read much later that it was a monk from Minden who first related this incident in Hamelin in the mid-14th century, when a lad came from nowhere and put a silver flute to his lips.

Verse in prose and prose in verse, is there anything more delicious in the world? Fiction that flows like poems and poetry marching like prose. The red sofa I settle down on after a mundane day just savouring beautifully crafted sentences that speak spiritual truths to me is the only real estate I own.



1

LEVELS OF LIFE BY JULIAN BARNES

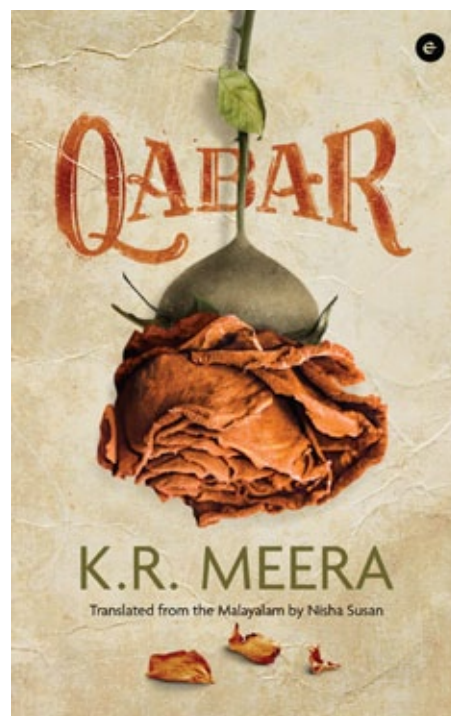
This book works in ways that are personal and multi-layered. Ballooning and aerial photography and his wife's death, all come together in this touching memoir. Having lost his wife Pat in 2008, Barnes' musings on love and loss make for an emotional, gut-wrenching read. He writes: 'Early in life, the world divides crudely into those who have had sex and those who haven't. Later, into those who have known love, and those who haven't. Later still... it divides into those who have endured grief, and those who haven't. These divisions are absolute; they are tropics we cross.'

4



● QABAR BY KR MEERA

This novella simply defies definitions. It is one of those rare gems that brings language, folktale, politics and feminism to create magic. Bhavna, a judge, meets Kaakkasseri Khayaluddin Thangal who has Sean Connery's body and Kamal Haasan's eyes in the courtroom and nothing is the same anymore. As he tells her in the end, 'There is no training in sorcery. Only devotion... This is an art form. All arts involve give-and-take of emotions between people. There is no training for any emotional transaction. Only devotion.'



2

● BONJOUR TRISTESSE BY FRANÇOISE SAGAN

Something about the way this story is written, going into the relationship between a father and daughter, makes this 1954 French novel progressive to the point of debauched. Set in an era of sexual liberation, the free and laidback ambience in these pages is a good antidote to tales that have too much morality, an unnatural and preachy amount of it. The protagonist is a teenager, and it is her coming of age that the story is preoccupied with. And the droll tone at that age! Sagan writes in it: 'It amused me to think that one can tell the truth when one is drunk and nobody will believe it.'



● VENDETTA BY MARIE CORELLI

This 1886 romance was one my father's favourites, along with Dracula and all the Perry Masons. I feel terrible that we did not keep these boyhood books of his carefully and lost them along the way. Now that he is no more, I often remember this book and him telling us this story in the dramatic way he had of telling stories. What I remember most is the slight shiver during the part where the hero is buried mistaken to be dead, and how my dad brought that part so alive!



3

● THE LOVER BY MARGUERITE DURAS

About a secret affair set in 1929, this novella follows a fifteen-year-old who is travelling to her boarding school in Saigon. That's when she meets an older and richer man who takes her for a lover. Battling with her own dysfunctional family, she coasts along till everything ends between them. The prosaic tone holds within it deep emotions and the ultimate destruction by heartbreak. As Duras writes, 'Very early in my life it was too late.'

5

KARMA AND THE ART OF REDEMPTION

A short story from US-based writer Monica Bhide's bestselling book, "The Devil in Us"

I hate God.

I hate my life.

I hate my world.

My mother tells me my fate is determined by karma. I must have been bad in my previous life so bad things are happening to me.

Karma? What about this life? I have never harmed anyone before.

This is fucking karma?

Where does your spirit go when you die? My mother thinks we come back.

Come back!

Why in hell would anyone want to come back?

I guess it doesn't matter really.

I am going to find out soon enough.

The chilly winds feel razor-sharp on my skin.

My tears are gone. Long gone.

I am here now to make things right.

That is all that matters.

Everything is fading into the distance.

I failed. I killed my child. I failed.

I reach out to hold onto the railing of the bridge to steady myself.

All the despair, the desperateness of the past two days is gone.

My friends used to tell me that love and hate are the strongest emotions. They are wrong. There is only one strong emotion: hopelessness.

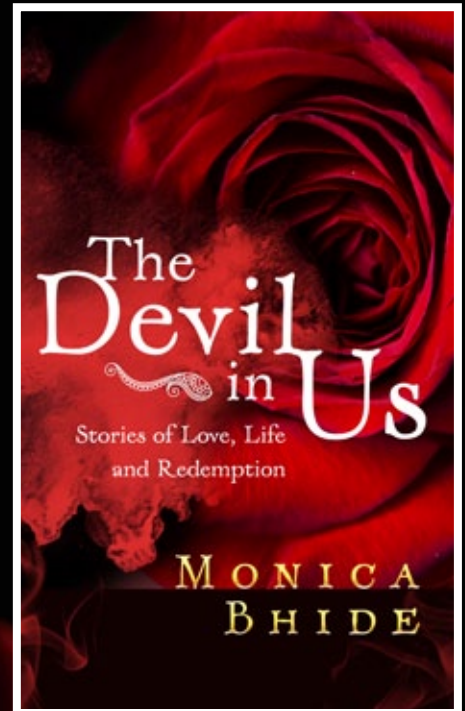
Hopelessness seeps in and creeps into your soul, until there is nowhere to hide, nowhere to run, nowhere to go.

The icy wind numbs my nose, burns my eyes, and freezes my ears; nature knows a traitor when it sees one and offers me a fitting welcome.

Maybe if I am lucky, I will die right here, right now, of hypothermia. But that would be too kind; no mercy killing for me.

I used to love this bridge.

My sister and I often joked that Key Bridge held the keys to all possibilities. Dad would pile us into the car on Saturday mornings and, despite protests from my mother, drive us into



Georgetown. The bridge crossed a chasm from an area of yuppie nobodies into a paradise of the rich and famous.

He regaled us with stories of his alma mater Georgetown University: how he graduated in the same class as the amazing Dr. Sorensen, who discovered something my young mind never comprehended, and did we know that several presidents graduated from Georgetown, including the current one?

Dad is gone. Long gone. I am glad he isn't here to see how his daughter killed his grandchild.

Meeta, my sister, my younger sister who I have loved, has not bothered to call me. She blames me for Payal's death. She is right. I am responsible.

I am. I am a killer.

As a child, I wanted to be here forever on this magical bridge that took me to Georgetown.

Everybody's forever is different.

If not in life, I will be here forever in death.

I can hear the Potomac rushing below.

I look down through the haze of my tears. I thought I had no more tears left. The river is usually peaceful. Today it is gushing, rushing, alive. It is offering me my forever.

Now I wonder which boulder I will hit first when I jump.

Will death be instant?

Or will it be a slow drowning death as the water seeps into my lungs and I struggle to breathe? Will my body smell after I die? Will it swell? Perhaps it will rot beyond belief and save Nikhil the embarrassment and inconvenience of identifying me.

Nikhil, the love of my life.

Nikhil, my high school sweetheart.

Nikhil, who forgave me for what I did.

Nikhil, who should have thrown me off the deck as well, but instead hugged and cried with me.

What karma is he being punished for?

I left him sleeping in the bed this morning. He says he is coping. All the sleeping pills he takes to just help him close his eyes tell another story.

I wanted to leave him a note. But then did not. What could I have said?

Sorry? Forgive me?

I brace myself against the tall green rails. They are really high; I had not noticed that before. I will have to climb up to jump.

The fall sky becomes quiet. The wind dies down.

I hesitate. I can't bring myself to jump. I hate myself.

I am a good coward. I do it well. Perhaps it is the only thing in my life that I do well.

My hesitation bothers me.

My child, my beautiful baby girl, Payal.

Will her soul ever forgive me?

I replay the scene in my mind again and again and again.

We were playing on the deck for what seemed like hours. I picked her up and threw her in the air. She laughed and giggled. I did it again and again. And then, again, and I lost my balance. She screamed as she fell head first on the concrete several feet below the deck. And she was gone.

My tiny baby was no more because of my carelessness. My stupidity. My idiocy.

I begin to breathe steadily.

I close my eyes, I am ready to go: It's now or never.

I hear a voice in my head. What about Simar?

Simar. What will happen to him?

His birth was the happiest day of my life.

His curly hair, his big brown eyes, his tinkling giggles, his love of toy cars.

It is his third birthday. Tomorrow. Tomorrow is his third birthday.

How could I have forgotten that?

I have killed one child. And now, my gift to my other one: his father telling him on his third birthday that his mother is dead.

I don't know what to do.

I should be dead. My baby should be alive.

And Simar. What about Simar?

At three, what has he done to have a dead sister? And a soon-to-be dead mother? What karma is he being punished for?

The phone in my pocket rings.

It is now or never.

I pull myself up.

The phone keeps ringing.

I take it out and look at it.

"HOME" is calling. There is a picture on the screen of me, Payal, Simar, and Nikhil.

Home calling.

I sit down on the side of the bridge.

Home is still calling.

It starts to rain.

Perhaps my child forgives me as the heaven sheds its tears to wash my evil sin. Perhaps.

I turn around and walk back to what is left of my life.



Monica Bhide is an internationally acclaimed storyteller, culinary innovator, cultural explorer and teacher who lives 'A Life of Spice.'

EPIPHANY IN A YOGA CLASS

Excerpted from iconic editor, author and journalist Sathya Saran's book "Me to You," a compilation of her much-loved editorial notes in *Femina* magazine

Bent double at the hip, I looked at my legs. As the yoga teacher had prescribed, they were straight as pins.

But my neighbour's legs were not. She stood with her head at a level lower than mine, and seemed very comfortable in the pose; but her legs bent ever so slightly at the knee.

I thought she might not be aware of it: "your knees are bent", I whispered, "you need to straighten them."

She barely acknowledged me, and after a little shake, went right back to bending her knees.

"If you come up a bit higher, it will be easier to keep the legs straight," I advised.

She bobbed up, then went right back to her original level. The knees were still bent.

I began to wonder if I was wrong, maybe her knees were not bent, maybe it was the shape of her legs.

I kept silent.

"My knees are not bent," she whispered back.

But I could see they were, the angle had gone more acute as she pushed her head lower.

I held my silence.

It was pointless to argue with someone who would not face facts, I told myself. But somehow the bent knees kept irking me.

What is the point of taking a class when one does not follow instructions properly, I wondered. What was she gaining by cheating, and who was she cheating anyway, except herself?

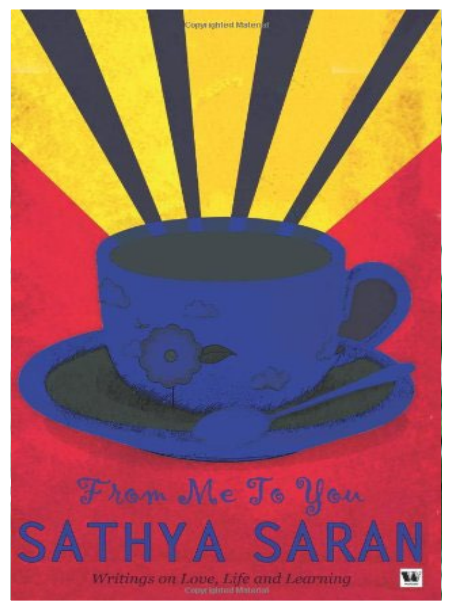
Whatever benefit was to be gained by doing the pose right would bypass her if she did not do it correctly.

We had time and again been told not to push our bodies to go further than it could go with a little effort, and to stop short of where the other requirements of the pose began to get affected, but most of us were out to prove to someone, or to ourselves that we could get the pose just the way the teacher had done it.

Of course, unlike in gyms, the hall had no mirrors or we might have seen how sorry the results of our efforts were. Perhaps then we would not try to prove we were better than we actually were.

I had tried some of the asanas in front of the mirror at home and realised that I had to take on the instructions one by one and then move on to getting closer to the actual complete pose.

I wanted to tell my neighbour all this, but of course I could not. It would mean talking in the midst of a class, and anyway, I realised she was not taking kindly to my observations about her performance.



So, I kept up this conversation in my head, watching her as she went into the next asana, wanting to catch her out again, as she took what was often jokingly called a 'short cut'.

Sure enough it happened. I fought the urge to correct her. And was really irritated at what I saw. The feeling became an emotion and welled in me, and then, I came to my senses.

Why on earth I asked myself, did I need to care about another's



performance. I was not the teacher, I was not in charge of anyone else.

And by watching others, and noticing how they cheated, or fell short, or perhaps shirked the effort required, I was getting severely distracted, and it was surely telling on my own effort.

If I had to watch someone closely, it should be the teacher when he demonstrates, or someone who does the pose very well. That way I could understand better what is needed, and where I need to take myself.

It was a good lesson, and one I hope to remember. That eating while looking to see if the person eating next to you has nicer things on his plate or has been given larger portions, does not let you taste your own food. And critiquing others is no guarantee of achieving perfection yourself!

But when class ended, I could not help checking my neighbour's legs to see if her knees normally looked less than straight. They were as straight as mine!



Sathya Saran



**THERE'S NO
PLACE
ON EARTH
LIKE GOA**

Image used for representation purpose only

THERE'S NO VACATION HOME LIKE ADORA DE GOA.

Earn high rentals when you are not staying

3 BHK Homes from **₹89 Lakhs***

 **PROVIDENT**
ADORA DE GOA

DABOLIM@CENTRAL GOA

Scan to know more



 **080 4455 5520**

RERA Regn. No.: PRG007180577, PRG007180578. For details, <https://rera.goa.gov.in> | *T&C apply

SELF

TAKE TIME TO NURTURE THE MOST IMPORTANT
PERSON IN YOUR LIFE—YOU!



HONEY-SOFT SKIN

ALL IT TAKES IS A SIMPLE SCRUB

One of nature's best humectants, honey draws water into the skin. Combine it with sugar to buff away dead cells ever so gently. A twist of citrus adds an invigorating touch.

DIY IT

WHAT YOU NEED



PURE HONEY



LEMON ZEST



GRANULATED SUGAR



LIGHT OLIVE OIL

WHAT YOU DO

- Add 1/4th cup olive oil to 1 tsp of honey
- Blend with sugar
- Mix in the lemon zest
- Rub the scrub over the back of your hands until the sugar melts on your skin.
- Wash off with warm water and pat dry.



BUY IT



The Face Shop Smart Peeling Honey Black Sugar Scrub
Exfoliates and removes blackheads, brightens skin



Oriflame Milk & Honey Golden Sugar Scrub
Infused with organically sourced milk extracts



Bioluxe Almond & Honey Scrub
Cleanses skin and reduces blemishes

A BACK-TO-THE-ROOTS EXPERIENCE AT

ASMAKAM AYURVEDA

From lifestyle corrections to seemingly incurable conditions, Ayurvedic solutions are back in vogue, with even the millennials going through a back-to-the-roots moment.

Asmakam Ayurveda, situated in a bustling and central part of Bengaluru, is a spanking new place with a traditional heartbeat. Dr Radhika Varma, with 30 years of experience as an Ayurveda doctor, does much to maintain its no-nonsense air and brisk jump into what exactly ails you and from when. A gold medallist from the Government Ayurveda College in Kerala, she has a PhD. in Shalakyta Tantra too! And while she is known for her healing of terminal conditions and reversing infertility, with panchakarma, kizhi and shirodhara, she also counsels personalised massages for stress and strain, selecting oils that soothe and calm. And then she hands you a herbal drink with panamrutham powder, which contains cinnamon, cardamom, chandana and many other herbs as antioxidants to keep the body cool and regulate blood sugar.

According to Ayurveda, we are divided into three doshas – Kapha, Vata, Pitta – which are our bodily energies in sync (or not!) with the elements and nature. I am told I suffer from vitiated Vata due to over-thinking and that this needs to be corrected by relaxing my nerves and muscles. Thinking too much is what I am diagnosed with and I completely agree. I am prescribed Sarvanga Abhyanga with dhanwantaram thailam, to relax me at a cellular level. Two pairs of hands glide over me in perfect synchronicity, leaving me almost liquified with restfulness. Hunching over the computer has inched me towards spondylitis and a frozen shoulder, not to mention eye strain and all the aches of a sedentary perch.

As I walk out after the massage session, post a chukku kaapi (black coffee with dry ginger sonth), I feel like a silk scarf. Unfurling into the breeze, boneless and songed.

BY A STAFF REPORTER



CONTEST

According to Ayurveda, curd must not be consumed everyday. What is the reason?

Send us your response on amore@puravankara.com

The best answer will win a full 7-day package of authentic Ayurvedic experience best suited to the winner's body constitution, from Asmakam Ayurveda.

SLOWNESS(●)

Let's slow down. By one breath.

"Slow down!" We shout at children when they are running fast, high on life or maybe just sugar.

"Hurry up!" We shout at them, when they are going at their leisurely pace, gazing after that shiny blue bird that just flew in front of them or that black ant that seems to be going slower than usual.

And then the children grow up. And somehow, the world feels upside down to them. They can't seem to find the right pace for themselves and since everyone seems to be going fast, they believe that's the only way to move forward. And gradually, they begin to feel lost, confused, disillusioned or sad. It's the conflict between the inner values that they had as a child and the values that they picked up from their environment.

"We know the world only through the window of our mind. When our mind is noisy, the world is as well. And when our mind is peaceful, the world is, too. Knowing our minds is just as important as trying to change the world." — Haemin Sunim, *The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World*. Slowness was the natural way of being thousands of years ago. While the mind chatter might still have existed, but

there were enough opportunities to be still and be present in the moment. Today, apart from the mind chatter, there is an abundance of external noise and then there is the constant friction between internal and external worlds. Busyness is glorified, appreciated and encouraged. Multi-tasking is considered a default skill requirement. The fuller the meetings calendar, the more important and valued one feels. The more one travels for work, the more successful one feels. But there's always a price to pay when one is out of rhythm with their inner self. That's when one discovers and turns to mindfulness, meditation, relaxation, yoga, breathing techniques, and many other techniques that have become popular over the past three decades (although much of this wisdom has existed for thousands of years, waiting for the seekers to seek them out).

Busyness is overrated. It's also a blinder, a method of denial, of not wanting to face our inner conflicts or interpersonal issues. It can get you only that far, but beyond that there is the looming possibility of burnout, broken relationships, regrets, or a life not lived fully. Unfortunately, it was the normal way of life for two years.

And then, the Covid pandemic happened.

Everything came to a complete stop. Unimaginable lockdowns, restrictions, and complete change in the way we were living. Everyone sat up for the first time, possibly in decades, and attempted to understand this really slowed down pace of life. And then the questions came, the reflections poured in and there was no place to run away any more. We were physically forced to stay put and face our inner conflicts. There are innumerable stories of transformation as a result of this forced slow down. As things have picked up speed again in the past few months, some people have slipped back into the busy life while some have decided that they want to continue living their lives with this slower, more mindful pace.

So, what is Slowness?

"Slowness is the forgotten dimension to time. Unlike chronological time, it is non-linear, time here and now, time that works for you, extraordinary time. So why be fast when you can be slow? Slowness is also about balance, so if you must hurry, then hurry slowly." — Geir Berthelsen, founder of The World Institute of Slowness.

What else does Slowness mean? Unfortunately, the dictionary definition of slowness does not do it any justice.



Slowness needs to be looked at from a broader lens of life, way of living and spirituality. Slowness is a way of reconnecting with yourself and the world that you live in. It is about finding a balance in the mad rush of the day or finding peace in the mad chatter of our mind. When you slow down, you are bound to become slightly more aware of yourself and your surroundings - and that awareness provides the chance to be reflective - about deeper things and even the mundane ones.

What am I doing right now?
Do I want to do this?
How am I feeling right now?
Why does my head feel so heavy?
What's this nervousness in my stomach?
Why am I breathing so fast?
Why does my neck hurt so much?

And with these questions and reflections, something expands in the space beyond our physical body. We become aware.

Slowness is about taking a pause. You don't need to commit to something big. Start with small pauses. Savour them. Take a one-breath pause when you feel overwhelmed. If you have more time after that, go for a 3-breath pause. Then, have a 1-minute pause in the washroom and really look at yourself in the mirror. Then, have lunch with your mobile phone on silent. Then, have a do-nothing weekend. Then, have that no agenda day. Then, have that holiday that's not packed with a checklist of must-see places.

Slowness opens up the space for you to hear yourself, to hear your thoughts & your emotions, to hear your dreams trying to make their way up through all the noise, and to hear your heart. And when you begin to hear, you become aware. To be aware, is to see clearly, in the present moment, the way everything is, without meaning or judgement. Our mind doesn't like being 'aware' because that requires us to be wholly in the present moment, watching our thoughts fly by constantly. And our mind is attuned to being either in the past or in the future. It works hard to pull us out of the state of being aware into the state of being busy, anxious, stressed, or any other similar state that makes it feel important. It's just doing its job.

“Time is getting away, that there isn't enough of it, and that you must pedal faster and faster to keep up.”

The problem is that it has been doing this job without anyone to oversee it till now. That's where awareness comes in. You are able to see (without judgement or criticism) which thoughts are hurting you and which ones are serving you.

A myth about Slowing down - it doesn't mean that we slow down everything in our lives. Instead, we need to start doing things at the pace that is right for them. Ticking off our checklist by distractedly reading one-minute bedtime stories to our kids, while our mind is busy reminding us about all the housework and office emails that need attending to, is not going to fulfill us and it definitely will not satisfy our children's needs - Carl Honoré would agree, as he speaks about this in his book 'In Praise of Slowness'. Even though the book was published in 2004, before Twitter and Instagram ruled the social media, the essence of the book stays true even now. The premise of the book is that - “our lives are maddeningly fast, and we are rushed, hurried, and burnt out as a result. And it has been that way for a long time. Even back in 1982, Larry Dossey, an American physician, coined the term “time-sickness” to describe the obsessive belief that “time is getting away, that there isn't enough of it, and that you must pedal faster and faster to keep up.”

And so, Carl Honoré mentions in his book:

“Being Slow means that you control the rhythms of your own life. You decide how fast you have to go in any given context. If today I want to go fast, I go fast: if tomorrow I want to go slow, I go slow.”

Translating the above to the fast speed at which people move in their lives,

presents the following scenarios for such people:

- running out of energy: mental, emotional, physical
- poor quality of decision making
- not taking the time to slow down for the things that need to be done at a slower and more deliberate pace: creating frustrations, disconnect, conflicts, imbalance
- not bringing intentionality to their behaviors and actions: working on automode for the most part of the day
- completely missing the beauty around them or the moments that are memorable

So, what does this all mean for us?

Listen to your body - it almost always tells us exactly when we have gone off track or lost balance. And then, take a pause. Check in with yourself. Feel the discomfort, if any - that's the way your inner wisdom talks to you. In life, there is no race, there is no finish line except for the one that we set for ourselves. Take a moment to gaze at the clouds that float by softly, picking up pace only when the circumstances require them to. And then, calmly, look at the mad rush of your day and decide when you need to go fast and when you want to go slow. Set your own pace.



Shruti Garyali is a Certified Life Coach from International Coach Academy, Australia. She is passionate about creating transformation within individuals, so that they can achieve their personal and professional goals. She can be reached at shruti.garyali@gmail.com

MY CORE FOUR



NANDITA KHANDELWAL

Nandita Khandelwal is a writer who wants to highlight climate disasters that can have negative effects on our health. In previous lives, she worked as a French teacher and dance fitness trainer. Currently a geologist, she is working as a health coach at Cult.fit, India.

1 JOURNALING

I am a self-published author of three books "Climate Change - Health Connection, Explore, and Songs of Bittersweet Memories". My books are available on Kindle, Amazon, and Flipkart.

After a long working day, I prefer writing for ten minutes. Writing has helped me in dealing with my emotions. It helps me to translate my thoughts into words and communicate better with my friends, colleagues, and clients.

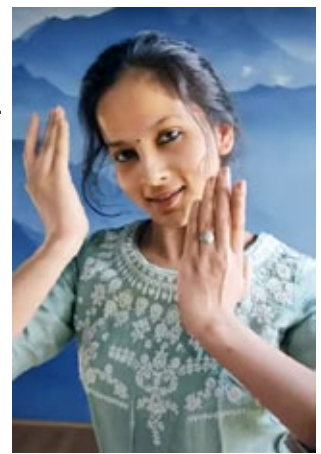
I recently got an invitation from brand podcasters for two podcasts (The Staying Fit and Writing Your First Book). They are available on Spotify, Apple Podcasts, and Google Podcasts.

As David Carr Journalist, said, "No one is going to give a damn about your resume; they want to see what you have made with your own little finger."



2 DANCE EVERY MORNING

Before starting my work day, I like to play a song and dance. It uplifts my mood instantly and provides me energy to seize my day. An energetic morning can make you feel much better than reading depressing



news. As Fred Astaire said, "I have no desire to prove anything by dancing, I just dance." I like to play some Punjabi songs. It helps my body to warm up and start a day with a smile.

"When you dance, you can enjoy the luxury of being you." - Paulo Coelho

FIVE MINUTES MEDITATION

As we all know, the brain is the computer of our body and the house of the mind. Meditation is the most fundamental skill one can acquire in life for a peaceful mind. It helps me to concentrate better on my work.

"What the mind can conceive and believe, it can achieve." - Napoleon Hill

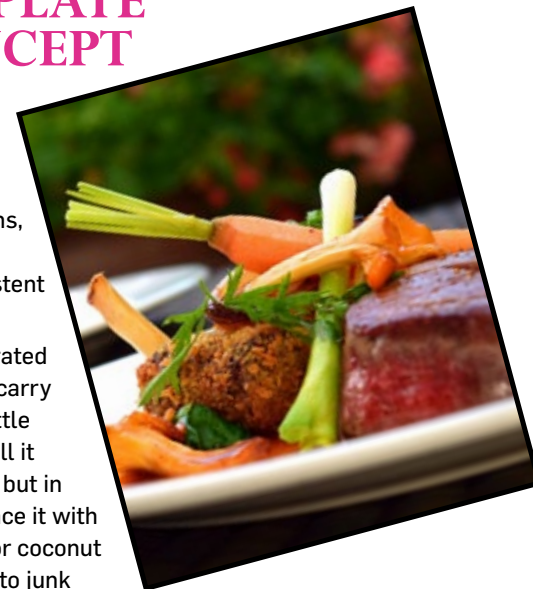
Meditation significantly lowers stress and boosts peace and perception. There are various ways to meditate, including guided meditation, chanting mantras, and others. In the beginning, you can start with three deep breaths and scale it up at your own pace.



4 MY PLATE CONCEPT

Whether I travel, party, or stay at home, I divide my plate into three parts: carbohydrates, proteins, and vegetables/fruits. The key is to be consistent with a balanced diet.

Moreover, to stay hydrated throughout the day, I carry my one-liter water bottle with me and try to refill it thrice a day. I eat out, but in moderation, and balance it with sugar-free fruit juice or coconut water. When it comes to junk food, less is more.



TASTE

SERVING UP A CORNUCOPIA OF DELECTABLE FLAVOURS.
COME, SAVOUR THEM ALL!



FOOD TRENDS TO WATCH IN 2023

This year, the food industry is set to see several exciting trends and innovations. We asked the top chefs in the country on what to expect

BY NASRIN MODAK SIDDIQI



HERE'S WHAT I EXPECT THIS YEAR

1. Growing impact of artificial intelligence on food presentation, workflow and even determining portion sizes, which was earlier the domain of experts.
2. Slow movement on choosing pick-up over delivery from the neighbourhood to optimise every rupee spent.
3. Growth of private dining clubs and niche segments.
4. Global flavours, currently reigning: South American—Latin, Mexican and Porto Rican food will gain popularity.
5. Functional food. For instance, the link between the need for probiotic food and the popularity of yoghurts.

— Chef Naren Thimmaiah

With the new year, come new trends (and their predictions—food, fashion, et al). Nearly every big change in how we eat starts as a fad, however, in the strenuous last few years, standards kept constantly emerging, and changing—thanks to the social media influencing it. It’s hard to tell the ones that will stand the test of time. Chef Naren Thimmaiah Barianda, who has been the face of the iconic Karavalli restaurant at the Taj for over two decades thinks, “The world is too big a canvas to shortlist a few trends and say this is it—we may have to look at it from different perspectives. The ongoing uncertainty and new challenges play a major role in deciding the trends for the year. Food to keep us healthy, increased levels of immunity and food to keep us sharp are the need of the hour. In short, course correction is the theme of the food trends in 2023!”

CLASSICS MAKE A COMEBACK

This year, we’re seeing a revival of back-in-the-day dishes. Chef Yajush Malik is confident that many chefs would go back to the grassroots and put in their take on classic dishes on menus once again. Gallops, his restaurant in Mumbai has been an ardent supporter of timeless classics even at the risk of being labelled as ‘dated’ or ‘forgone’. “We are noticing that more people want to explore timeless classics like a Chicken Ala Kiev for example. It is a dish that hasn’t changed one bit in the 36 years that we have been serving it. What’s encouraging is to see younger audiences becoming more eager to try such a classic,” he adds.



Chicken Ala Kiev

PLANT PROTEIN ON THE RISE

And by that, we don’t necessarily mean mock meats. Jamsheed Bhote, chef patron of the award-winning Plats in New Delhi thinks that in the name of veganism, there is a lot of ultra-processed food that reaches the shelves of supermarkets—mock meats for instance are loaded with preservatives. “We’re hoping to see a decline on that front because they aren’t healthy. Instead, we’d see a conscious rise in alternate ingredients like seaweed, or mushrooms or tempeh as they are not only healthier but also offer a certain umami flavour to the dish,” he adds.



Chef Naren Thimmaiah Barianda



Chef Yajush Malik



Chef Jamsheed Bhote



Chef Regi Matthew



Khade Masala ka murgh

“Khade Masala ka murgh which is a lesser-known Rajasthani dish made with coarsely ground Indian spices and chillies. It is served in a clay pot as it is a dish that is cooked the classic way from scratch in a single pot, not a frying pan or kadhai.”

REGIONAL DISHES SHINE THROUGH

We are already beginning to see more and more regional dishes alongside mainstream ones on the menus of popular restaurants as well. “Serving Indian food in its traditional format will very soon be the accepted norm. A Bengali mustard fish, or a Malvani chicken curry, alongside the ever-popular tikka masalas and butter chickens would be a given. At Gallops we are already experimenting with his trend by introducing some Kashmiri dishes on the menu as well as Khade Masala ka murgh which is a lesser-known Rajasthani dish made with coarsely ground Indian spices and chillies. It is served in a clay pot as it is a dish that is cooked the classic way from scratch in a single pot, not a frying pan or kadhai.”

Chef Bhote agrees. It is the age of getting more regional-specific and hyper-local, dwelling deep into societies and cultures through the food that’s made in the community. Adding further, Regi Matthew, the founder of Kappa Chakka Kandhari, widely regarded as one of the best restaurants in Chennai reasons, “during the pandemic people went back to their hometowns and saw for themselves how flavourful food can be made with limited source of ingredients. This got them to appreciate the value of hyperlocal available ingredients and experiment with the same. Think, for instance, pasta made with curry leaf pesto—what an interesting twist it is on the original,” he adds.

MODERN INDIAN FOOD AT THE FOREFRONT

By that, we don’t mean fusion food like butter chicken risotto. Modern Indian food is the philosophy of taking a quintessentially Indian dish and using modern techniques to enhance it or give it a new flair. Malik says, it allows chefs to showcase their skill as well as their creativity and the result is a unique experience for the consumer. “Modern Indian cuisine has a broad spectrum application and opens up flavours from the entire Indian subcontinent. An example would be the Ambi Jhinga we do at Gallops. It is essentially aam papad (mango leather) with prawns, two ingredients which are both very much Indian but you’d never associate together, Tossed together using Japanese-influenced techniques (rock shrimp tempura). We crisp-fry the prawns using potato starch and toss them in two separate emulsions, one made using sweet aam papad and one made using sour aam papad. The resultant dish is an explosion of flavours on your palette,” he adds.

EATING WITH THE MIND

Mindful eating is a two-way street. As chefs lean towards sourcing local ingredients, experts say the demand is fuelled by patrons who are cognizant of wanting to know what is in their food to make informed decisions influenced by health, environmental or ethical issues. Bhote points out how local procurement of not just greens but also grains is becoming a norm in the industry. “This is also because restaurants are getting more regional in terms of their cuisine,” says Bhote. Chef Thimmaiah too believes we will find consolidation on sustainable offerings as consumers have a better understanding of the benefits as well as know how to be carbon neutral.



Kappa Chakka Kandhari



Ambi Jhinga

REMEMBERING FORGOTTEN RECIPES

Of our rich culinary history, over time, many dishes are losing significance along the way. “It’s time to revive those says Matthew. “We have a fish cooked with tender peppercorns, bird’s eye chilli and sun-dried gooseberry. The flavours are inspired by the tribal cuisine and native ingredients—this dish is far more well-received than the regular fried or steamed fish due to the eccentric flavours. That shows that there is a whole lot of culinary archive for us to get inspired by,” says Matthew.

“The world is getting used to the true flavours of Indian curries and South Korean Sweet and Spicy concoctions! With that, we are only beginning to scratch the surface of a repository of flavours.”

Naren too feels nostalgic food for that comfort feeling is only going to get bigger every year. Also, curry and spicy would be the keywords here. “The world is getting used to the true flavours of Indian curries and South Korean Sweet and Spicy concoctions! With that, we are only beginning to scratch the surface of a repository of flavours,” he adds.



Millet

YEAR OF THE MILLET

The United Nations General Assembly (UNGA) has declared 2023 as the year of the millet. “This would be instrumental in creating awareness about millet and the consumption of millet and plant-based products will increase,” says Thimmaiah.

DE-CONSTRUCTED CODE

The idea of taking a dessert and breaking it down into its constituent elements and giving them a new twist is taking the dessert to a new level. “At the restaurant, we have taken a dessert called an eton mess which is usually composed of strawberries, cream and meringue, we have changed the flavours to tropical fruit and broken down each part and twisted it. We’ve taken the passionfruit and turned it into a gelee. The meringue has been made into a crumble. The whole thing is plated like a mess on a plate to make it live up to its name,” says Malik.

THE UNPRETENTIOUS CHEF



**Chef Manu Chandra, Founder-Partner,
Manu Chandra Ventures**

From the revival of India's romance with gin to celebrating the country's biodiversity by championing local produce in progressive ways—**Chef Manu Chandra** has been a true trendsetter. In the busy days ahead of the launch of his new restaurant, LUPA, we caught him for a brief tete-a-tete.

BY NASRIN MODAK SIDDIQI



Photo Courtesy Nishant Ratnakar

On the ground floor of Spencer's Towers on M.G Road in Bengaluru is a sprawling new 220-seater restaurant that serves beautifully plated, classic European flavours with contemporary flair. Think a Neapolitan stew with fish, prawns, clams, squid, chilli peppers, tomato, oregano, and lemon served with grilled focaccia; or a unique stamped fresh pasta with a wild mushroom ragu topped with crispy garlic and toasted walnuts. The space holds two signature open pantries—a mini gelato lab and a salumeria-cum-small plates bar serving fresh, decadent offerings.

The raised bar, perched at one corner opens to an outside bar deck where you can sip masterful cocktails like Love and Lemons, a perfectly balanced Paloma with salted lemon brine and charred grapefruit, along with freshly churned sorbets, made in the in-house gelato lab. Descending from the outside deck, through a narrow winding staircase is the country's first below-ground wine cellar that boasts a curated list of nearly two thousand bottles of wine and an exclusive tasting zone, available only by appointment.

Pre-modern opulence meets old-world charm in the warm outdoor area, an invigorating, high-ceiling indoor dining area, and a two-layered semi-private outdoor deck that houses an interactive kitchen, pizzeria, and live grill—reminiscent of a laid-back Tuscan country home. As water trickles from the hand-carved marble fountains, blending with the carefully curated music, LUPA comes alive. This is the first restaurant from Savva Ser Pvt Ltd., the brainchild of critically acclaimed chef-restaurateur Manu Chandra and hospitality veteran Chetan Rampal.

Who would have thought that in September of 2021, when Chandra hung his chef's coat at the Olive Group—after being with them for 17 years in various capacities—he would step right out of his comfort zone, to create an experiential company that is redefining the traditional norms of hospitality businesses. But then one must remember he has been the mind behind award-winning restaurant brands such as Toast & Tonic, Monkey Bar, The Fatty Bao, Olive Beach and Cantan.

I remember his goodbye note on Instagram where he mentioned these lines from T.S. Eliot...



Photo Courtesy: Kubler Shah

LUPA Interior



Assorted Dishes from LUPA: Pot-au-Feu (Extreme Left), Hot Brie (Left), Kale & Quinoa Salad (Center bottom), Duck Rice (Center top), Hamachi Crudo (Right center), Liver Pate (Right top)

Photo Courtesy: Assad Dadan

LUPA, Food Offering

TASTE



Left to right: Clarified Pina Colada, Yuzu Sour, Pickled Guava Daiquiri and Lupa-Tini

LUPA, Cocktails Offering



House-made fig jam infused Whiskey, cold pressed OJ, coffee bitters, cinnamon, thyme

LUPA Cocktail, It's about Figgin' Thyme

“What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.”

STARTING FROM THE END...

Born and raised in New Delhi and armed with top honours from the Culinary Institute of America (CIA) and a prestigious Sea Food Masters Award for the National Recipe Competition 2002, he travelled to Norway to work with the Michelin-starred chef Eyvind Hellstrom at Bagatelle. In 2004, he returned to India and joined the Olive group as their youngest-ever head chef to open their Bengaluru outpost, Olive Beach. Since then, and after nearly two decades of cooking in numerous kitchens across the globe, Chandra has received several accolades and appreciation from around the world as one of the most promising and talented chefs in India.

Days before the launch of LUPA, Chandra tells us that he is relieved more than elated because post covid, everything has become a lot harder. “The world practically closed for a couple of years and its effects will be felt for a very long time. LUPA has been a lot harder than any other opening I’ve done in the past but what has transpired from that angst, effort, and anxiety is a beautiful product—one that I’m very proud of. I’m not trying to break any new boundaries or reimagine food—enough of that is being done already—with LUPA, I am going back to what good dining at a restaurant is all about—the customer, their ability to appreciate a space and its offering,” he adds.

If you look at Chandra’s trajectory as a chef, his cooking styles kept evolving with time, though the fundamental premise has remained the same—focus on freshness and a keen eye on inventiveness and innovation. This can be seen in LUPA’s menu which showcases creatively reinterpreted European fare that also celebrates sustainability, biodiversity, and a dynamic range of carefully honed culinary skills that include age-old artistry with modern ingenuity. With LUPA, Chandra wanted to build something that was sorely lacking in the city of Bengaluru, a place he has witnessed to have grown from a nascent small town to a bustling metropolis. “It is only fair that it came from someone like me who has been adopted by the city—with a bear hug! Learnings from the past have been the genesis of the culmination of what LUPA has come to be. A space that works at so many levels but also lets that customer feel pampered by just walking in. As a chef, I have always maintained that it’s never only about the food in an experiential space—it’s about all of those elements seamlessly coming together.”

MASTER OF ALL TRADES...

Before LUPA, Chandra started Single Thread, a bespoke catering company that brings a refreshed paradigm to the concept of catering in an uninterrupted, thoughtful, and complete sequence. As one of the first assignments, Chandra was seen at the 75th-anniversary edition of the Festival de Cannes 2022 in the south of France, cooking the inaugural dinner for Indian luminaries, including the union minister, as well as running a unique catering offering with Single Thread at the official India Pavilion at Cannes—where much of his



Single Thread, Mini Dosa Cups with Ghee Roast Lotus Root, Curry Leaf Crumble

years of culinary thoughts came together as a comprehensive offering. It's a niche never explored in India—that of taking over the home or space and melding a theme and a menu, every single time. Cooking at Cannes and more recently at Davos has been a challenging and rewarding experience that allowed him to showcase the complex engineering of bespoke catering on a global platform.

Chandra is also involved with several initiatives including The Social Kitchen which aims to bring families back to the kitchen or table to interact and talk using a new kitchen design. He's the founding curator and was on the advisory board for the Serendipity Arts Festival. In his individual capacity, he is an investor and partner in Chota Hazari Spirits, a company focused on small-batch spirits. He is also a strategic investor and partner in a plant protein company with a meat-alternate line Shaka Harry and the founder-partner of Bengaluru-based urban artisanal cheese brand, Begum Victoria. Chandra is the curator for Diageo's Craft Council, which is looking at incubating craft spirits with a distinctively Indian profile in its larger portfolio and the mentor for World Class, the world's largest cocktail competition. He heads Holy Duck, a new-age creative studio and Duality Concepts, a management and consulting company.

His repertoire of work exceeds the realm of food.

IS IT INTENTIONAL? WE ASK

"Of course it is. Just the virtue of being around for as long as I have and being part of a diverse set of products—that I have either created or run or been associated with—gives me the inherent ability to understand what the palate of the country is like and be fairly certain in being able to be spot on with trend projection. That in terms of pure value or knowledge is tremendous for a multitude of products and companies and not just for restaurants. This could be wine, spirits, cheese, confectionery, food additives, flavour companies, it could be plant-based meat. You can go to Technopak or Ernest and Young and get them to do an entire market trend study every time. Sometimes, you just need to work with creative people and say, 'what do we do now that will work for the market, given the experience that you've had over the years across cities and demographics? I have a set of ideas which has value for other people and that encapsulates my engagements



Flavours of Gelato

LUPA - Gelatos

"What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from."

across the board. However, at the end of the day, I am still a chef," he adds.

SO IS FOUNDER-CHEF MANU CHANDRA APPREHENSIVE ABOUT THE NEW RESTAURANT?

"I am. That is the nature of starting a new business, especially in a hyper-competitive field, where even the slightest of things matter—like parking or prices. My job is to be able to deliver something so special that they will make the pilgrimage even if they have to travel some distance. That is the Hallmark of a good restaurant. I'm not the convenient neighbourhood coffee shop—I'm not building this for convenience—I'm building this to be a destination. And creating something like this will always leave you with butterflies in your stomach because you just don't know how someone's going to react to it. It is a large investment and my first after being out of the restaurant scene for over a year—my entire credibility is at stake. No matter how accomplished one is, there is a certain sense of trepidation. However, my experience in projecting what will work, even though it does not exist today, is really what gives me confidence. And the way the product has come together helps reduce the anxiety to some degree," he signs off.

CHEESY STUFF

DARE YOU RESIST?



How to create a cheese board for when friends come over

- 1. Start with the board.** Cheese boards are typically assembled on a slate or wooden tray, which may be square, rectangular, or round. But if you don't already own one, don't feel like you need to go out and buy one. You can also use a plate, a cutting board, or even a baking sheet. Any flat surface will work.
- 2. Select the cheeses.** Try to include a variety of flavors and textures by selecting cheeses from different families.
- 3. Add some charcuterie...** aka cured meats. Prosciutto, salami, chorizo are all good options.
- 4. Add some savory.** Think olives, pickles, roasted peppers, artichokes, tapenades, almonds, cashews, or spicy mustards.
- 5. Add some sweet.** Think seasonal and dried fruits, candied nuts, preserves, honey, chutney, or even chocolate.
- 6. Offer a variety of breads.** Sliced baguette, bread sticks, and a variety of crackers in different shapes, sizes, and flavors.
- 7. Finish it off with some garnishes.** This is a great way to give your cheese board a seasonal touch. Use edible flowers, fresh herbs, or additional fruits to give your board the look and feel you want.



travel secrets

magazine

EVERYONE IS READING IT. YOU?



travelsecretsmag.com |



[travelsecretsmagazine](https://www.facebook.com/travelsecretsmagazine)



[travelsecretsmagazine](https://www.instagram.com/travelsecretsmagazine) |



[travelsecretsIN](https://twitter.com/travelsecretsIN)

Taste Notes

WHEREVER YOU GO, THE WORLD AWAITS YOU WITH A POT POURRI OF DELICIOUS FLAVOURS, UNIQUE TO THE REGION. DIG RIGHT IN!

IN NIAGARA, CANADA

TRY A NICE WINE: ICE WINE

Pressed from frozen grapes, ice wine is luscious and intense. It is sweet enough to be enjoyed as dessert, and perfect for rounding up a meal, preferably starring foie gras and blue cheese. Accented with lychee, papaya and pineapple, it gets a whole new dimension. And added to sparkling wine or cocktails, it is a seductress.

Canada (Icewine) and Germany (Eisewine) are the world's largest producers of Ice wines. About 75 percent of the Icewine in Canada is grown in Ontario. Canadian law requires that the grapes must hang on their vines well into early winter - until they are frozen to -8°C and reach a minimum of 35° brix (amount of sugar). The fruit must be picked by hand, in the cold. It takes at least six hours to harvest and press the grapes - usually during the night.. The labour and complex fermentation process makes it expensive, but a chilled bottle of Icewine is totally worth it



IN SHILLONG

GO FOR JADOH

Jadoh is a rice and meat delicacy of the Khasi community in Meghalaya. You could call it pulao, with meat. Ginger, pepper, bay leaves wrap themselves around sticky red hill rice, coated in a small amount of oil. The aroma itself can send the taste buds in a tizzy.

Usually made with pork, jadoh is a fulfilling meal after a hilly trek. Next time you are in Shillong, head for *Jadoh* restaurant on Don Bosco Square, where you can enjoy this and other Khasi delicacies. Better still, get yourself invited to dine at a local home, where jadoh will almost certainly be served.



IN SOUTH OF FRANCE

TRY SOCCA—THE SIGNATURE STREET FOOD

Socca is a street-food specialty in the south of France. Made primarily with chickpea flour and olive oil – ingredients plentiful around the Mediterranean - socca is a quick, cheap, and delightful snack served along the French part of the coast and all the way into Liguria in Italy, where it goes by the name *Farinata*.

To be authentic, *socca* should be baked over a fire. It is best served piping-hot, and raked as it is baked, which makes the surface extra-crispy. When the giant disk is yanked from the oven, it should arrive at your table or in your hands seconds later. Don't wait—dive right in! Pair with a chilled rosé.





IN BHUBANESHWAR, ORISSA

DIG INTO PAKHALA - WATER RICE

Pakhala, aka pakhaal, is a rice preparation native to Orissa. Cooked rice is slightly fermented overnight in water and mixed with lemon, mint, tomato, chillies and curd. Preferred seasonings include cumin, curry leaves and fried chillies. Tastes best with badi-chura (sun-baked urad dal cakes) and saga bhaja (leaf fry).

As it is made from leftover rice, the dish is also called Basi Pakhala, which literally means 'Stale Pakhala.' It is an excellent cooler for summers as the water or *thorani* is considered to be an age old remedy for heat stroke.

Pakhala probably originated as a daily offering at the 10th century AD Jagannath Temple in Puri. In West Bengal and Bangal Desh, it's called Pani Bhat, while in Assam it is Poita Bhat. If you're going to Bhubaneswar, try the delicious pakhal thali at Odisha Hotel in Shahid Nagar (Rs 200-300).



IN KOLKATA

HAVE A 6 AM 'CAL CHINESE' BREAKFAST

At the crack of dawn, the aroma of momos and spring rolls rises up in the Kolkata air. The setting is Tiretta Bazaar on Bentinck Street. Over clouds of steam and the clink of chopsticks, a groggy call centre crowd and beady eyed party people tuck into staggering amounts of food: dimsums, shrimp momos, fish ball soups, pork sausages... and for the iron-stomached, fish innards and pig's brains, too!

Don't come looking for exotic local colour or atmosphere, though. The makeshift stalls are mostly composed of a stool and an aluminium crockpot, and much of the stuff is sold before the city wakes up. But yes, Tiretta is where you want to be if you crave a hearty pre-morning meal. Cantonese flavours cheerfully mingle with Bengali staples here—the Chinese have been settled in Calcutta since the 1780s, you see.



IN KERALA

DON'T MISS KAPPA-MEEN: TAPIOCA & FISH

When in Kerala, most of us try avial, karimeen fry and puttu. But few get around to tasting kappa-meen, a homely Kerala classic.

Some 40 years ago, kappa (Tapioca/ Yuca) used to be the poor man's food, a starchy substitute for those who couldn't afford rice. Then, it was sold for Rs 1/kg. Today, it commands nearly 1000 times as much, starring on 5-star menus across God's Own Country! If you're lucky, you can enjoy kappa meen in a local household, where the recipe has probably been passed down over generations. If there is no fish in the house, housewives mix some red chilli flakes with salt and coconut oil and use this as a dip for boiled kappa. Best enjoyed hot on a banana leaf while it is pouring outside.

IN DELHI

SAVOUR SEVPURI IN SUNDERNAGAR

You don't often say the words 'quality' and 'legacy' in the same breath when talking about street food. But that's exactly what you do when you're wolfing down the sev puri at Delhi's 30 year old '*Jai Mata Di Bombay Bhel Puri Wale*' - a humble stand at the entrance of South Delhi's Sundernagar market.

The stall, which used to be a cycle stand in 1984, has evolved through generations. No frills, no fuss, just fantastic fare, Mumbai and Kolkata style. Word of advice -sharpen your listening skills as a cheerful Neeraj Kumar rattles off the saga of his savouries faster than the Rajdhani Express. Bhel Puri, Sev Puri, Jhal Muri and Batata Puri; each at Rs.50 per plate! Delhiites, tried them yet? And visitors, don't leave for home without a stopover here.



A HEALTHY 4 PM BITE

Avocado Toast

Ready in a jiffy, super-tasty, and so good for you!

1 Avocado, mashed



2 slices sourdough bread (toasted)



1 teaspoon Olive oil



1 teaspoon Lemon juice



¼ teaspoon Sea salt



¼ teaspoon Chilli Flakes



To Make:

- Mix the mashed avocado with olive oil, lemon juice and salt.
- Divide the avocado mixture between the two slices of toast.
- Add a sprinkle of the red pepper flakes and salt to each piece and serve immediately.
- Enjoy hot!

Make it Healthier: Try multigrain bread and put an egg on it.

Make it Yummier: Add crumbled feta and cherry tomatoes.

Make it Creamier: Add a drizzle of mayo.



NEED TO RIPEN
THAT AVOCADO FAST?
PLACE IT IN A BROWN
PAPER BAG WITH A BANANA
OR TWO. THE BANANAS
WILL RELEASE ETHYLENE
GAS, A NATURAL
PLANT HORMONE
THAT AIDS IN
RIPENING FRUIT.



TASTE



IF YOU EVER VISIT CUBA, BE SURE TO TRY CHURROS FILLED WITH GUAVAS. THEY ARE NEXT-LEVEL DELICIOUS!

SWEET TREAT

CHURROS WITH CHOCOLATE SAUCE

Shopping List

FOR THE CHURROS:

- 1/2 cup sugar
- 1 1/2 Tablespoons sugar
- 1 1/2 teaspoons ground cinnamon
- 1 cup water
- 1/2 teaspoon salt
- 2 Tablespoons vegetable oil
- 2 quarts vegetable oil
- 1 cup all-purpose flour

FOR THE CHOCOLATE SAUCE:

- 3 1/2 ounces dark chocolate, chopped
- 1/2 cup heavy cream

Equipment:

A cloth pastry bag or heavy-duty plastic pastry bag; a large star pastry tip



To Make:

- Combine 1/2 cup sugar with the cinnamon in a shallow bowl. Set aside. Line a plate with paper towels.
- In a small saucepan over medium heat, whisk together the water, 1 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring the mixture to a boil then remove it from the heat. Stir in the flour, mixing until it forms a ball.
- Heat 3 to 4 inches of vegetable oil in a large, heavy-bottomed pot set over medium-high heat until it reaches 375°F. (There should be a minimum of 3 inches above the oil to prevent it from bubbling over.)
- Transfer the dough to a cloth pastry bag or heavy-duty plastic bag fitted with a large star tip.
- Pipe the dough over the pot of oil to a length of about 4 inches, then using scissors or a sharp knife, cut it so it releases into the oil. (Stand back to avoid any splatters.) Pipe two to three churros into the oil at a time, frying them until they're golden brown and cooked through. Transfer the churros to the paper towel-lined plate to drain for 2 minutes, then roll them in the cinnamon-sugar mixture. Repeat the frying and coating process with the remaining dough.
- Serve the churros with the warm chocolate sauce (recipe below).

Make The Chocolate Sauce:

- Place the chopped chocolate in a small bowl.
- Warm the heavy cream in small saucepan. (Do not let it boil.) Pour the heavy cream over the chopped chocolate. Let it sit for 1 minute then stir to combine.

Take Care!

- When snipping the churro dough into the oil, snip it away from you and stand back to avoid any hot oil splatters.

Shopping Tip:

- Dark chocolate brands have a wide range of cocoa percentages, which can be confusing. For cooking, look for bars that have a cocoa content of 65 to 80%.

HOT TABLES

Our pick of Bengaluru's latest restaurants

NOIR PARIS ON A PLATE

Review: Team Amore

Where do foodies go when they die? To a heaven called Indiranagar in Bengaluru. This is one neighbourhood in the southern city where pots are bubbling day and night – spicy, sweet, savoury and sinful. Into this delightful mix of exotic tastes and homey flavours opens up the newest branch of Café Noir with all the Parisian chic and understatement aesthetics of that land.

French bistros are more a style statement than just a simple eatery by the road. The word 'noir', which could be a colour or genre, is infused with subtle moods and attitudes – so here it is, Café Noir, a fashionable slice of black, which transports you instantly to Rue de Delicieux. Café Noir restaurants represent the French Art de Vivre, offering their customers affordable luxury from breakfast to dinner and every a.m. and p.m. in between.

The first thing that strikes you when you enter is the elegant, simple lines of the décor, complete with the window display of desserts. Sitting innocently behind the glass pane and winking audaciously if you look too closely are the croissant twins, both butter and almond, along with pain au chocolate, chocolate tart and opera pastry.

A house salad chaperones every offering on the table, whether it be Avocado on Sourdough Toast, a Santorini Mezze Platter or a Torched Salmon Ceviche, the last an item most ordered number-wise. The Quinoa Apple Broccoli Salad is tangy in its health appeal. The Bread and Butter Prawn and Soft Shell Crab bring you not just the taste but the sounds of the ocean on a plate. The crab is flaky and fried in batter while the prawn, plump and juicy, spurts seawater in the mouth.





The place is French so here come the Three-egg French Omelette, Mushroom Crepe and Farmer's Vegetable Quiche, all quintessential French dishes. The crepe speaks many languages – crisp, soft, full and oozy – while the omelette quietly and efficiently gets the job done; both set to reappear in dreams as a lingering aftertaste. Fried mac and cheese is a unique version of the usual dish – fluffy, light, almost airborne. The grilled salmon fillet comes with a sauce which is prosecco wine veloute with a hint of lemongrass, and for those who don't know (like me) what a veloute is, it is a traditional French sauce or sometimes even a soup. Mushroom Flammkuchen is another customary French dish, a cream-based traditional flatbread from France



with the dough (sourdough) fermented for 17 hours. Inlaid with fresh mozzarella cheese and topped off with white truffle essence, this is a demure pizza with flamboyant footnotes. Which, you will agree, brings maths, science and poetry together to the table.

Nothing spells the language of sweet nothings quite like lemon tart, creme brulee and chocolate éclair, which, the café says, simply flies off their shelves. Baked Alaska has, strictly speaking, nothing to do with France, but simply complements all the rest of the fare in the sheer matter of being mouth-watering. The caramelised meringue with the cold, cold ice cream layers an intoxicating bordering-on-syrupy sweetness with occasional peeks into paradise.

Summer Storm and Yuzu Mint Sour are mocktails that bring on memories of warm summers and beach picnics as one lingers on the menu where French Onion Soup, Quiche Lorraine, Croque Madame, Ratatouille, Coq-au-vin, Steak Tenderloin, Braised Lamb Shank and Duck Confit draw the map of a faraway country on your tablecloth.

As one sits there savouring Principesco Pinot Grigio or Prinipesco Merlot, the tongue mulls the delicate but necessary racism of wines – red or white, white or red? – going over herbaceous notes rife with black berries, plums and pears.

Does the wining and dining experience at Café Noir fly you to France on a magic carpet? We have to say, oui.



PREQUEL

A FEAST FOR THE SENSES

Review: Sakshi Kohli

It isn't often that you find a place satisfying all your senses but this new offering on the block does just that and more. Prequel is a modern restaurant cum bar designed with comfort as its underlying theme. From its elegant yet cozy interiors, to the food menu drawing inspiration from global comfort foods, to the drinks menu designed after pop culture, tv show and movie references - the place speaks comfort in every form.

Starting with our drinking experience because it was truly one of a kind. It started with our bartender taking us through their signature cocktails and taking out time to tell us the interesting stories and concoctions behind each one of them, helping us make an informed decision about what we wanted to pick as our poison for the night. The first one called The Godfather came in a pretty purple colour, a unique flavour with just the perfect hint of chilli as its undertone. This is a must try for gin lovers! Next up was House of Dragon, a refreshing twist on the Gin-Elderflower combination. The one that stood out and I can't recommend enough - Scorpion King. Never did I think I'd be mixing my two favorites - whiskey and masala chai - and be raving about it. Served in cutting chai glasses, even non-whiskey drinkers should give this a go.

While Prequel kept surprising us one drink at a time, our food soon started arriving on the table and before I get into



the details of it, I'd like to mention how well this place stands true to its motto of being the house of Global Comfort Food.

There cannot be more perfect bar bites than the Sundal Hummus served with ragi and multigrain crackers and the Chilli Cheese Kulcha Bombs we started with. The southern touch to the hummus was well balanced and the kulcha bombs oozed out cheese in just the right amounts. While we were relishing in cheese heaven, what followed made us cheese lovers even happier. The Cheese Cherry Pineapple bites served with a 10/10 dip is another must have recommendation. Your Prequel experience would be incomplete without this. For the non-vegetarians, go for the Raw Mango Chicken Tikka which comes with such a balanced flavour profile.

Though we weren't too sure about mixing our cold cocktails with some piping hot soup, the Shorba was highly recommended by our server and I'm not lying when I say it made us forget our yummy cocktails for a few minutes. Comfort in a bowl! The chaat lover in me ordered the Palak Patta Chaat next and though I wasn't expecting much, having never had good chaat in Bengaluru, this took me by surprise. Next up was the Shrimp Bisque Pizza with another 10/10 dip and if I could, I would give this pizza a 12/10. While we were already full



at this point, the desi in us had to try the Lamb Shouk Nihari. Especially for the ones hesitant and picky about their lamb dishes - do not think twice before ordering this. This flavourful curry with the well cooked meat was the perfect end to our gluttony (or so did we think).

As much as our stuffed selves hoped, we weren't allowed to leave as yet. Waiting in line was the Lotus Biscoff Cheesecake and the Triple Chocolate Ganache, and no matter how drunk or full you are, you cannot leave without having these most scrumptious desserts that Prequel offers.

While I wasn't a fan of the Charcoal Dimsums and the Kung Pao Chicken, Prequel gets an overall 9/10 on the food front.

Just when we were thinking about how perfect this sweet end to our Prequel experience was and before we could get over the deliciousness on our tongues, we were served our last and final drink for the night, our dessert cocktail - Not A Dalgona. Dalgona or not, this is how I'd like my cold coffee to be for the rest of my life, sans the vodka maybe!



DAYSIE

FRESH AS ITS NAME

Review: Sakshi Kohli



Daysie: true to its name, it brings to you an all day dining space that very seamlessly converts into a happening bar for the evenings, while retaining its quiet corners for the cozy diners. A unique colour palette apt for the days and the nights, instagrammable spots across its interiors and a well divided layout to cater to the wild as well as the poised ones; Daysie is for all!

While this hot spot was packed on a weekday, we were lucky to find ourselves

a quiet space on the outside. The music on the inside was hard to resist though. As we were still taking in the lively ambience and crowd around us, we were presented with the menu that left us spoilt for choice.

The first dish on the table blew my mind. If you are a fan of Haleem, this dish is for you. If you haven't ever tried Haleem, this is your sign. The Haleem Butter Toast took this non Haleem eater by surprise and I had to highlight it here. Another unusual combination that I highly recommend is the Salmon Papdi

Chaat. Let no one tell you otherwise, this is a must have here! For the vegetarians - the Shanghai Chilli Paneer, though a common dish, was made so well here. So flavourful, soft and fresh, unlike I've had at so many other places. The Singapore Chilli Chicken was on similar lines in terms of the flavour and texture profile. That isn't all for our vegetarian readers, so next up was Kumbh Galouti. Being a non vegetarian, I couldn't even guess this was made out of mushroom. These melt in your mouth kebabs were served on bite sized parathas and I cannot recommend them enough. Another non vegetarian



starter that stood out was the Kaveri Jhinga, made in a very subtle south indian flavour. It landed on our table by mistake but we were glad it did.

Though these scrumptious starters had already rendered us quite full, the menu had so much more to offer and we had to do justice to it.

We ordered the Lush Green Pizza next and while it might not appeal to people averse to eating their greens, for vegetarians and lovers of fresh greens, this goes into our recommended



category. The crust was crispy thin in the right way, topped with the freshest of greens and made the pizza lover in me very happy. The size was good enough to be split by 3 people. The Juicy Lamb Burger that we called for next was easily one of the best burgers at a place we least expected it to be. Perfect to its name, the meat melted in my mouth and that meant that I was clearly overeating at this point. I blame Daysie for having too many options!

The last one on our list before we dug into the sweet things was the Murgh Biryani. While it wasn't the best biryani I had had, I would call it a good restaurant style biryani rather than an authentic one.

Before I move onto the desserts, circling back to the amazing and interesting drinks we kept sipping on while devouring all the food on our table. Something that I'd like to highlight here are the interesting and innovative combinations Daysie Signature Cocktails come with. We wanted to try them all but chose the following - High Tea and California Sunshine. While High Tea had a very

unique flavour profile and presentation, with a subtle peppery aftertaste, the latter was a very refreshing, breezy drink, perfect for a brunch as well as a wild night out. Everything else mentioned on the menu sounded so in line with the lively, refreshing ambience and vibe Daysie brought along and I am totally going back to try some more. Definitely a 10/10 on the drinks.

To close the night, we decided to try the Saffron and Rose Tres Leches. It might not be for the classic Tres Leches fans but would be loved by the ones who enjoy a splash of Indian flavours on their desserts. The other one that we tried was Textures of Coffee. Not just the taste but the overall concept and presentation gets a 10/10. A must try for a sweet end!

Daysie sure has so much to offer and just one visit cannot be enough. It rightly explains the growing crowds and returning customers we've been hearing about. A refreshing addition to the Bangalore dining and bar scene!

HOMES BUILT WITH GLOBAL BRANDS



Image used for representation purpose only

READY-TO-MOVE IN!

Limited Period Offer: **FREE MODULAR KITCHEN**

1 BHK: ₹**48.99 L*** | 1.5 BHK: ₹**59.99 L*** | 3 BHK: ₹**99.99 L***

 **PROVIDENT
PARK SQUARE**

JUDICIAL LAYOUT, KANAKAPURA ROAD, BENGALURU

Scan to know more



 **080 4455 5520**

A Puravankara Development | Visit <https://rera.karnataka.gov.in> | *T&C apply | *All inclusive price

TRAVEL

IDEAS & INSPIRATION
FOR YOUR NEXT TRIP





THE MANY SPLENDOURS OF
ITALY
BOOKMARK THEM FOR YOUR NEXT TRIP

WONDROUS VENETIA

A world that shines emerald green, Venetia, also called Veneto, offers a relaxed atmosphere with boundless meadows, towns snoozing under gentle sunshine, pure and oxygenated mountain air.

LUSH LOMBARDY

Home to some of the world's loveliest cities including Milan, Como and Lecco, Lombardy is also Italy's richest UNESCO Heritage region. Music lovers are drawn to it for its violin craftsmanship. Nature and adventure enthusiasts are spoilt for choice with the abundant options for walking, trekking, motorcycling, horse riding, snow shoeing and more. Life is a continuous celebration of good wine, local festivals and bonhomie in Lombardy.



BEAUTIFUL BOSCA

Bosa is a fabulous Sardinian village where history and modernity come together. The Old Village, also known as Sa Costa, lies around the Serravalle Castle, built between the twelfth and thirteenth centuries. Scenes of this historic town will remain forever in your memory. Bosa is also a place of great culinary and craftsmanship tradition that welcomes you with a fine glass of Malvasia wine.





Where Fun FLOWS LIKE LAVA

BEEN THERE, SEEN THAT? NOW TRY TENERIFE

Tenerife, one of the seven Canary Islands, is part of the Spanish territory. It is the largest and most exciting of the Canaries, housing Europe's biggest water park, largest volcanic tube and Spain's highest mountain peak. More than 10 million tourists flock here every year, to partake of the island's incredible potpourri of pleasures.

If you haven't been, here's a bouquet of reasons you should put it on your travel list:

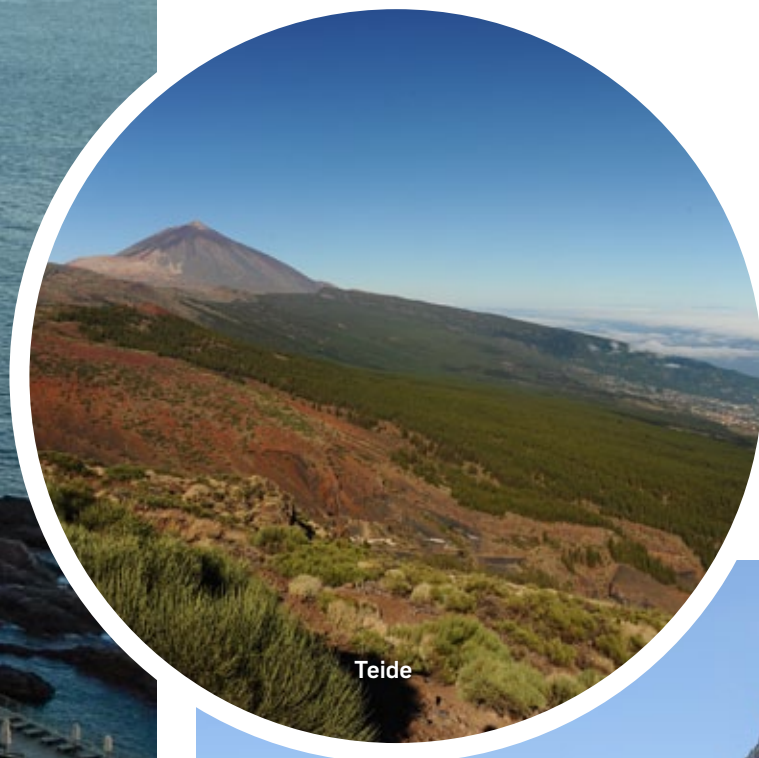
Brooding prehistoric volcanoes. Lush vineyards. Luxurious resorts. Cosy little retreats. Colourful artisan stalls. Stylish

designer boutiques. Sunlit beaches. High-energy club nights. Plenty of festivities, making it a non-stop party for locals and tourists alike. Come, let's take a quick tour to tantalise you a little more:

Teide: The peak of Tenerife

Formed more than 8 million years ago, the towering Teide is Tenerife's star attraction. At 3178 metres, it is the highest point in all of Spain and the third highest volcano in the world. Christopher Columbus watched it erupt, and today, millions of tourists take the famous 8-minute cable-car ride to the top of Mount Teide. The views from the top are an unforgettable sight.

La Gomera is a mountainous volcanic island in Santa Cruz de Tenerife. Deep ravines lie amid dense prehistoric forests.



Teide

Masca: The most beautiful village in Tenerife

Tucked at the foot of the Teno Mountains, this picturesque village of less than 100 residents is a delight for lovers of pristine natural beauty. Old stone houses snooze under palm trees. Steep ravine walls wind toward the Atlantic Ocean. Time slides slowly.

La Laguna: The prettiest town in Tenerife

One of Tenerife's most well-preserved historical towns, San Cristobel de la Laguna is located in the picturesque Aguere Valley. The original old town is a UNESCO Heritage Site, peppered with interesting museums and quirky monuments. It houses the island's only university, making it youthful at heart.

La Gomera Island

Declared as a Biosphere Reserve, La Gomera is a mountainous volcanic island in Santa Cruz de Tenerife. Deep ravines lie amid dense prehistoric forests. Crystal clear waters glittering beside black volcanic sand make for a dramatic sight. The exceptional temperate climate makes it an ideal home for rare birds.



La Gomera Island



Scuba Diving Spots

The most interesting part is, you can enjoy amazing performances by the dolphins and the orcas here.

Scuba Diving Spots

Whether you are a professional or an amateur, scuba diving is the best way to explore the underwater life of Tenerife. Los Critianos, Adeje, Arona, Playa de la Americas and Golf del Sur offer some of the most beautiful diving spots in Tenerife.



Dreamy Beaches

Loro Parque: Best zoo in Europe

Famous for its numerous parrots, Loro Parque in Tenerife also acts as a sanctuary for various endangered species in the world. The most interesting part is, you can enjoy amazing performances by the dolphins and the orcas here.

Siam Park: Thai-themed Water Park

The largest water park in Tenerife, Siam Park is located in Adeje and known for its buildings designed in Thai architecture style. The long network of water slides at this park will surely impress you. Right from sliding at great speeds to surfing giant waves, your visit to Siam Park is bound to be an adventurous one.



Fantastic Food

Teide by Night

Teide by night gives you a unique opportunity to go stargazing and enjoy the glorious landscapes at sunsets. The night sky of Teide is the perfect place to think about the magic of natural beauty – it is truly a postcard perfect setting.

Cable Car Ride to the Teide volcano

Ascend to the highest volcano of Spain, Teide, aboard a cable car from Tenerife.

When you are gliding to the top, you will see some of the most impressive volcanic shapes and colours that you may not be able to name. You can choose between three different routes at Teide Cable Car.

Helidream Helicopters: Enjoy a bird's eye view of Tenerife

When you want to see the unparalleled beauty of the Tenerife Island, your best bet is to go on a helicopter tour. Besides offering you an experience of a lifetime, Helidream Helicopters fly over some of the best landscapes in Tenerife.

Dreamy Beaches

El Duque Beach is renowned for its sunbathing and relaxation opportunities, El Duque has numerous luxurious resorts lining its coast. You can enjoy facilities like showers, bars, sun loungers, restaurants, toilets, public phones and changing rooms here. Playa Teresitas is a very popular man-made beach. With gorgeous views of the city and skyline, it is the epitome of postcard perfect beaches in Tenerife. You can easily spend hours at this beach marvelling at its beauty.

Fantastic Food

The main ingredients used in the local cuisine of Tenerife are fresh local produce, including vegetables and fish. Meat is typically cooked in the form of steaks or stews here.

Some of the most popular Tenerife dishes include Papas Arrugadas (boiled potatoes seasoned with salt and served with green as well as spicy sauce), Potaje de Berros (savory watercress soup) and Puchero (a mixture of ingredients like chickpeas, chicken, chorizo, beans, garlic, potato, carrots and more). When in Tenerife, you must try local beverages such as Tenerife wine and Ron Miel (rum).

Right from enjoying traditional Tenerife dishes to savouring Chinese and Indian dishes, Tenerife is overflowing with restaurant options. Stop by one of the famous hole-in-the-wall eateries or treat your loved one to fancy dining at one of Tenerife's finest.

Shopping

Perhaps the best thing about shopping on Tenerife Island is that it has the lowest tax rate in Europe – which means cheaper goods. There's a wide variety of shops, from open air markets to big malls. Island specialties include jewellery, local handicrafts, clothing from local brands, prints and antiques.

Don't miss the rural market. Held on the first and the third Sunday of every month, it gives the local villagers a chance to sell their goods and products. You can purchase pottery, wines, jewellery, jams, honey and clothing here. On some days, you will also be entertained by live music.





For gift shopping, a must-not-miss is Casa del Turista, which not only looks enchanting but also houses beautiful paintings, pots, vases and souvenirs.

Siam Mall is a scenic and open shopping centre with charming views from its terraces. It is open year round and has all the major fashion brands such as Zara, Swarovski, Guess and Mango.

The island is known for its pearl jewellery, which you can buy at the Tenerife Pearl Armenime, a lovely jewellery store. For fresh produce, head to the African market, located near the pink clock tower.

For gift shopping, a must-not-miss is Casa del Turista, which not only looks enchanting but also houses beautiful paintings, pots, vases and souvenirs.

Nightlife

Tenerife offers a nightlife venue for all tastes, whether you want to dance the night away or are looking for a quiet place to pass the night. The island's hottest nightlife destination is Papagayo Beach Club, known for its party nights and delicious cocktails. For a bonanza of Soul, Reggae, Motown, head to Soul Suite, which has live acts planned for you each night. There are kid-friendly bars, too. The Terrace Bar keeps kids busy jumping on the bouncy castle and decorating their faces with paint.

The Carnival

Second only to the Rio Carnival, Tenerife Carnival is the island's most popular celebration, held annually the week before Lent. During this festival, Tenerife becomes a spectacular vision of vibrant colours, with live music, parades, carnival queens and contests.



NASHIK

The City of Gods, Wine & Love

Nashik is predominantly renowned as a Hindu pilgrimage destination – after all, Lord Rama spent his 14 years of exile in this city, according to mythological tales. This third largest city of Maharashtra is located on the banks of the River Godavari, at the foothills of the Western Ghats. It exudes a religious aura as it is home to numerous temples and also hosts the Kumbh Mela, a religious gathering that attracts worshippers from all over the country.

Over the course of the years, this religious city has also been gaining reputation for being one of the most romantic cities of India. Since almost half of the wineries in the country are located in Nashik, it is also known as the 'Wine Capital of India'. The delicious wine of this region coupled with the miles and miles of vineyards makes Nashik the ideal destination to spend some quality time with your loved ones.

WHY NASHIK IS FAMOUS FOR ITS WINES

Out of the 180,000 acres used for grape cultivation in Nashik, around 8000 acres are utilised for grape wine cultivation. This is understandable because this city is home to more than 25 wineries that produce both red as well as white wine. With warm days and cold nights, Nashik has the perfect climatic conditions required for growing grapes that are used in making wines. The red laterite in the soil along with the water quality is responsible for the high quality wine grapes grown in Nashik.

The best thing about Nashik is the wide variety of grapes cultivated in this region. Some of the varieties of grapes grown in the Nashik valley include Chenin blanc, Merlot, Cabernet Sauvignon, Sauvignon blanc, Chardonnay, Shiraz, Tempranillo, Zinfandel, Viognier, Malbec, and Riesling. The reason why the Nashik

wines are of good quality is because of the high altitude at which they are grown and also because of the high acidity in them.

WINERIES IN NASHIK

Wine tourism is on the rise in Nashik, with so many different wineries offering the vineyard tours and wine tastings. Some of the best wineries in Nashik include: Sula Vineyards, Grover Zampa Vineyards, Mountain View Winery.



PLACES TO VISIT IN NASHIK

Apart from visiting a winery, there are so many different sites to see in Nashik. A few of the must-see attractions are:



GODAVARI GHATS

Ram Ghat in Nashik

Originating from the Trimbakeshwar temple in Nashik, River Godavari is considered to be a sacred river. This is the place where numerous Hindus come to perform the funeral rites and rituals of their deceased family members. Religious people also visit the Godavari Ghat to take a dip in the holy water.



PANDAVLENI CAVES

The ancient Buddhist caves in Nashik

Located 8km away from Nashik, the Pandavleni Caves are actually Buddhist caves that can be traced back to the 2nd century BC. One of the oldest caves in Maharashtra, the Pandavleni Caves are in reality a group of 24 caves. Inside these caves, you will find idols of Buddha as well as various sculptures depicting the King, the merchants, and the farmers.

With an eclectic mix of religious and romantic sites, your vacation in Nashik is bound to be a memorable experience.

#HowBigIsTooBig

PURVALAND
PRM/KA/RERA/1251/309/PR/211008/004355

Is a private pool in your courtyard too much to expect?

We're now launching limited, large sized, **Manor** and **Estate** plots at Purva Tivoli Hills. Bring every whim to life, no matter how big.



Image used for representation purpose only.

2,218 Sq.Ft. Manor plots Starting ₹ **1.18** Crs*
2,693 Sq.Ft. Estate plots Starting ₹ **1.42** Crs*

PURVA
TIVOLI HILLS

PLOTTED DEVELOPMENT | 10 MINS. FROM THE BENGALURU INTERNATIONAL AIRPORT

For more information, visit <https://rera.karnataka.gov.in>

*T&C Apply

MANY MOMENTS TO CELEBRATE,
ONE PLACE TO BRING EVERY
MOMENT ALIVE.



RAJKAMAL PALACE

HYDERABAD

Wedding Events | Corporate Events | Product Launches
Private Parties & Dinners | Fairs, Shows, and Car Launches | Film Shoots

RAJKAMAL PALACE On ORR, near Kompally, Hyderabad, Telangana 501401, INDIA.
Call: **+91 7995511336/37** | rajkamalpalace@gmail.com | www.rajkamal-palace.com