

# Hash#tag INDIA g

May 2021  [www.hashtagmagazine.in](http://www.hashtagmagazine.in)

"INDIAN SPICES HAS BEEN  
A REVELATION FOR ME"  
CELEBRITY CHEF

**GARY  
MEHIGAN**

**QUARANTINE  
FOOD DELIVERY**

**HANGOVER FACE**

Fast fixes for puffy eyes  
and blotchy skin

BRINGING MEKHELA  
CHADOR TO THE MASSES  
**SANJUKTA DUTTA**

**10**

**DESI  
DESTINATION**

with an exotic  
touch

**'TAILS'  
OF DOG  
MOMS**

+ REVIEWS,  
TRAVEL,  
FASHION & MORE



# CONTENTS

## EVENTS IN TOWN

PAGE: 05

Plan your month ahead



## TRENDING NOW

PAGES: 07-12

In an exclusive interview, chef Gary Mehigan talks to Hashtag about his association and memories with the MasterChef show, his fondness for Indian cuisine and more.

## START UP INC

PAGES: 14-16

Meet the founders of Flyzy, a personalised travel companion which plans trips according to preferences. Also take a look at Groom Up app that allows people to book slots and services of a myriad nature in Himachal Pradesh bringing convenience to the locals as they grapple with the second wave of the pandemic.

## CHANGE MAKERS

PAGES: 17-18

In conversation with Jai Bharathi founder of MOWO that works towards improving mobility for women by providing a safe and reliable commute option 'for and by women'.

## DUSK TO DAWN

PAGES: 19-20

Serving some sport grub and dinks we tell you where to watch the IPL this season in Kolkata.

## RETAIL THERAPY

PAGE: 22-24

Check out the latest stores and their collections

## FASHION FORWARD

PAGES: 26-29

Hashtag talks to designer Sanjukta about her design process, her love for Mekhela Chadors and structural changes in the fashion eco-system. Also take a look at Jyoti Sing's label Rang Riwaaz that is reviving rare ensembles from the past.

## HEALTH & FITNESS

PAGES: 31-33

Pregnancy and motherhood can be a wonderful experience or it could be one that takes time, effort and sacrifice. Dr. Rukmini Salike on which is a better choice – IVF or Tubal Reversal. Dr Ravi Kiran shares tips on caring for Children's stomach in summers

## WELLNESS

PAGES: 35-36

Being a parent is by no means a piece of cake coach, and founder of SoulSchool, ModMonk Anshul discusses how you can unravel parenting stress spiritually...

## BEAUTY & SKINCARE

PAGES: 37-40

Weekend late-night parties are such a darling to have but truth always haunts on Monday morning when you are stuck with a heavy hangover, we tell you some quick fixes for that perfect skin...Also find out tips on ageing and how to age the healthy way!

## FOOD INC

PAGES: 41-46

We give you the best places to fine out. Also find a list of home chefs and kitchen that are serving healthy meals for those in quarantine.

## AUTO & TECH

PAGES: 47

Cyber Jagrithi is an organisation that arms you against cybercrime by creating awareness among communities, educational institutions and corporate institutions on internet safety and correct use of the digital medium, Hashtag gets you an exclusive.

## ARTS AND THEATRE

PAGE: 49

On a rendezvous with the street artist couple Swathi and Vijay

## TRAVEL

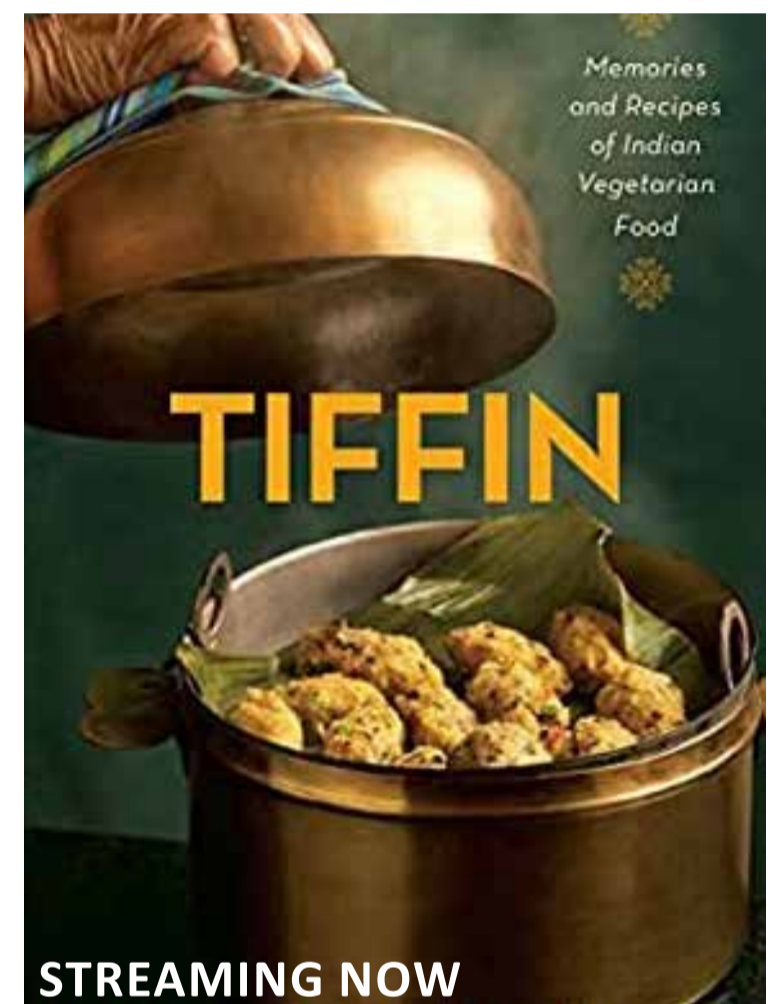
PAGES: 52-58

Where are you headed in 2021? 10 best desi destinations with an exotic touch. Bangalore and its surroundings too has its fair share of temples that date back hundreds of years and are highly revered even today, we take you on a Shiva Trail...

## INTERIORS

PAGES: 60-65

Guide to creating the perfect nursery



## STREAMING NOW

PAGES: 67-68

The latest in book, music and entertainment

## PETS

PAGES: 50

Pets moms on their little fur balls changed their life forever...



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# From the Editor

## IT'S TIME FOR GRATITUDE NOT JUDGEMENT..



Dear readers, welcome to yet another edition of Hashtag... yes I know the mood of the entire nation is grim, the team at Hashtag too had many close family and friends affected by the virus, however we worked against all odds to put together an issue with inspiring stories and discoveries. Gracing the cover this time, we have celebrity Chef and restaurateur Gary Mehigan, who in an exclusive interview spoke to us about his journey in the popular show MasterChef as his association with the show comes to an end after 11 long years. Of course he also tells us how much he loves the Indian spices and the *Gulab jamun*. In our start-up section we have discovered entrepreneurs addressing the need of the nation. While Flyzy tech founded by three young tech geeks offers hassle-free journey during COVID, Groom Up is an app that allows people to book slots and services of a myriad nature in Himachal Pradesh. From a trip to the salon, to a quick repair job for your washing machine, the app provides convenience to the locals as they grapple with the second wave of the pandemic. Of course from Shiva temple trails in Bangalore to IPL hangout's in Kolkata, and conversations with designers like Jyoti Singh who revive rare ensembles from the past, we are sure you'll enjoy this issue as much as we did putting it together...

Before I sign off, here's my two cents for the readers - don't get judgemental, 2021 has been a tough year for all of us, just when it felt like things we're getting back to normal, the scene flipped...from Instagram, Facebook to WhatsApp, phones have been endlessly buzzing for plasma donors, remdesivir injections and hospital beds requests. What started off as a virus in another country or

neighbourhood, has now entered our own homes affecting our very own. During these tough times, people act out in different ways, somebody may cook over time, somebody may be overdressing while some remain indifferent and oblivious to the whole situation. Don't let what others do bother you... you do what you have to do to, stay home and stay safe.

Social media especially has become a hotbed for judgments. Put out dinner images and your trolled, somebody takes off to Maldives, they are asked not to show off their privileges. I agree some posts are really annoying and insensitive but let's not write them off. For all you know the women posting five baking images each day, is actually depressed and the only thing that makes her happy is the cooking.... all I'm saying is let people be! Everyone copes differently, and that doesn't necessarily make one person right and another person wrong. Let's not make a big deal about everything.

I feel COVID along with all the loss and fear also came with a lot of life lessons... the world pre-2020 was greedy. From leading mechanical lives to accumulating endless assets, the world was in a limitless race. Corona and lockdown changed that. We suddenly started spending quality time with loved ones, we realised the value of time and life itself. The pandemic is not the time of your judgment, but of our judgment: a time to choose what matters and what passes away, a time to separate what is necessary from what is not. Let's appreciate the small things in life. This is a time for gratitude, not judgement!

## SINDURI VUPPALA



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# UPCOMING EVENTS

## MAY 2021

### Dhungri Mela

The Dhungri Mela is celebrated in honour of Goddess Hidimbi's birthday. A fair is set up with stalls and carnival rides as well. The mela mostly involves dancing and singing including the performances of Kullu Natti folk dance. The exhibition exposes the captivating culture and tradition of the locals.

**Date:** 14 May 2021- 16 May 2021

**Venue:** Hadimba temple, Manali.

14-16  
May 2021



### Dot Mandala Workshop



Mandalas are circles that are embedded within a square and are clustered into different pieces which are centred on a single, central point. Beyond their vivid presence, mandalas are symbolic and have a meditative significance. Brace yourselves to discover this contemporary art form in the Dot Mandala Workshop.

**Mode:** Online (Free event)

<https://insider.in/dot-mandala-workshop-by-the-circle-community-may4-2021/event>

**Date:** 4th May 2021

**Time:** 7:00pm onwards

### Virtual Chocolate Tasting Experience



Paytm Insider in collaboration with Kocoa Trait and its founder Nithin Chordia is hosting its first virtual workshop. As a part of the event, the participant on prior registration will receive a chocolate tasting kit that will embrace 4 exquisite flavoured single origin chocolates and the get to learn about the fundamentals of the flavour. So, all the chocolate lovers out there, why shilly shally when you can dwell in for a chocolaty weekend!!

**Date:** 16th May 2021

**Mode:** Online

<https://insider.in/virtual-chocolate-tasting-experience-may16-2021/event>

**Time:** 3:00pm onwards

**Fee:** 1200/-

### Learn Creative writing and Storytelling



Join the session for an immersive and exciting, beginner friendly event where you are introduced to the world of creative writing and storytelling. As a result, you will have a deeper understanding of the various facets in writing and will start composing your own musings and micro stories.

**Mode:** Online (Free event)

<https://insider.in/learn-creative-writing-and-storytelling-may22-2021/event>

**Date:** 11th May 2021

**Time:** 1:00 am onwards





# FRESH AND ORGANIC DELIVERY

PROMOTING HEALTHY LIFESTYLE THROUGH  
AVANT GARDE GROCERIES





## MASTER CLASS WITH CULINARY GIANTS

*George Colambaris  
& Gary Mehigan*

Indian bakers were in for a treat, as masters chefs and restaurateurs **George Colambaris** and **Gary Mehigan** organised a master class of gluten free eggless desserts with Indian cooking community Conosh. **Hashtag** shares some delicious recipes and also catches up with Gary for an exclusive interview....



**O**ne of the most loved judges on Masterchef Australia Gray Mehigan is a common household name in every food loving Indian home. A chef of 30 years, he marks the two Michelin starred restaurants that were the most formative in his early career-The Connought Hotel under Michel Bourdan and Le Souffle under Peter Kromberg, two hugely influential chefs in Britain with opposing styles and ideas. MasterChef by all accounts was a game changer...11 years and 12 episodes later, he is today an inspiration for generations of young cooks. We catch up with him at his favourite spot, the kitchen....

**Your association with MasterChef has ended. How does it feel after 11 long years?**

Just so everybody knows, it was time to change, time for something different, for something new. Life is certainly being different, though 2020 was unexpected and life-changing to some degree. I am sure many people would feel the same. I've been writing a book that has kept me busy, getting stuck into podcasting which I love and pitching numerous ideas to various production companies. I've also spent much more time doing some of the things that I always have seemed to have missed out on, having been so busy in the past.

I'm sure I speak on behalf of Matt (Preston) and George (Calombaris), but all three of us were extremely lucky and blessed to be part of *MasterChef Australia* for such a long time. We also know that we are inextricably linked to the show forever, and people will probably always know us as The Three Musketeers or the three boys from MasterChef.



**How has your association with MasterChef over the years changed your approach to food ...**

MasterChef has been a wonderful conduit for conversation, family and community, something that unites us, not divides us, in an increasingly impersonal and stressful world. Bringing food to life, encouraging amateur cooks to make their food dreams come true and offering positive feedback and genuine advice that has pushed many of the contestants on to bigger and better things. To be honest, for me, the thrill of being involved was always about the relationships we formed with the contestants.

Being a part of their growth as cooks during filming was extremely rewarding but more importantly, becoming friends and colleagues once they had left to follow food careers of their own made the whole experience very special. Working on the show made it even more evident that food has the singular power to bring us all together no matter our differences.



**Over the years MasterChef has managed to become an international culture of its own. What do you think made this show so successful?**

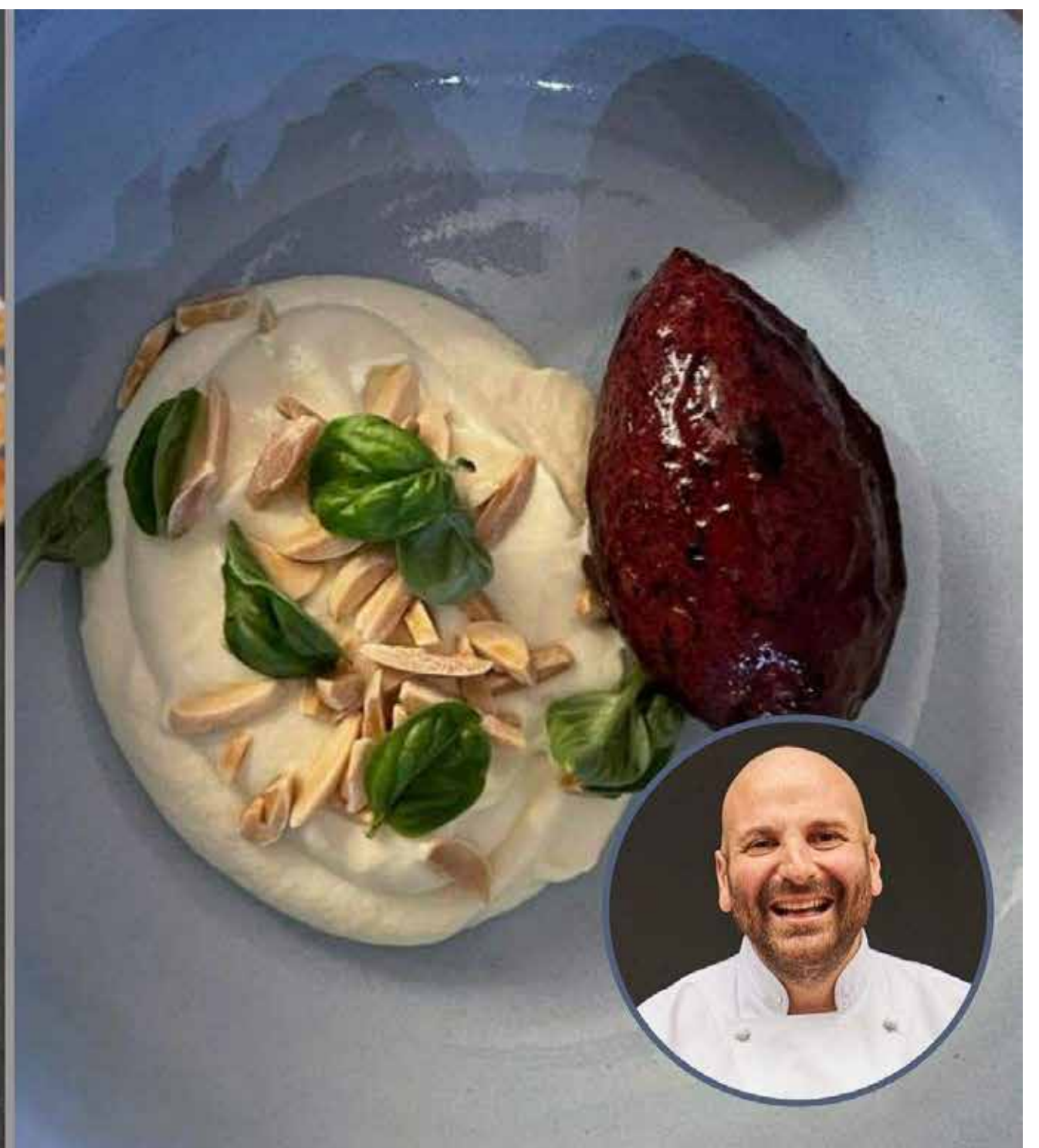
First of all, MasterChef was a unique television proposition at a time when reality-based television was cruel and sensationalist – MasterChef wasn't. Matt, George and I set that tone deliberately, and we are very proud of the legacy. Secondly, the audience loves to see the 'journey'. Think of Julie Goodwin, an everyday Australian mum with a dream to be in food. Nervous, often clumsy and prone to tears as things got on top of her. But she showed grit, determination and the kind of passion that saw her win through. She was inspirational to all that watched season one.

The show's success was, ultimately, because it was genuine. The three of us always trusted the food gods! Simply put, whatever tasted the best always won, and it was rare that we disagreed. We never nudged, fabricated or contrived to be more than a great cooking competition, and we would fall in love with the contestants as we followed their progress, regardless of whether they were good in front of the camera or not.

***“The three of us always trusted the food gods! Simply put, whatever tasted the best always won, and it was rare that we disagreed.”***







**You have made several trips to India and even whipped up some Indian dishes, do you have a favourite?**

The more I have travelled to India, the more excited I am by its regionality, the origin of flavours and dishes, and of course, its people and their stories. Indian cuisine is a riot of flavour, texture, and colour that I find addictive and the mastery of spices that ultimately makes everything taste so delicious. I love all the sweet regulars *gulab jamun*, *jalebi*, *malpua*, *rabri ghevar* and *halwa!* Enough to put me into sugar overload! However, I must say I do like the trend of reducing the amount of sugar in all of these desserts, lightening them with a twist and modern touch.

**“Bringing food to life, encouraging amateur cooks to make their food dreams come true and offering positive feedback and genuine advice that has pushed many of the contestants on to bigger and better things.”**



**Do you believe it is important to switch to gluten-free diets? Why?**

Obviously, if you are allergic to gluten, it's a bad idea to consume it in any form. There are thousands of recipes and ideas now for gluten-free diets, which are easily tapped into through social media, social groups, YouTube or countless cookbooks. Gluten-free flours and breads, in particular, have come along leaps and bounds over the last few years and offer some great alternatives for those that need to change their diets. However, as a rule, if you're not allergic to gluten then why would you eliminate it from your diet? I do have a few golden rules, which include that all my breads tend to be sourdough because they are certainly tastier and better for you. However, things like pasta, cakes and pastries are never quite the same when you substitute a strong flour that contains gluten with something else, which means you will miss out on some incredible dishes, textures and experiences.

**What are some typical Indian ingredients that you enjoy incorporating into your recipes?**

Learning about Indian spices has been a bit of a revelation for me. I understand now that

the spices used in Indian cooking are not just to add flavour but add historical, cultural and medicinal properties to the food. I bring back little quantities of spices on my visits to India, but more than anything, it's ideas that I bring home with me.

**What other flavours do you enjoy?**

To be honest, anywhere in Southeast Asia tickles my taste buds. I am a big fan of Thai and Vietnamese food for the sweet, sour, salty and hot flavours, and of course, the texture and crunch. The use of fresh, aromatic and vibrant ingredients make it light and healthy.

**What's your go-to quick recipe for a lazy summer afternoon?**

Summer in Australia is all about the barbeque, simple marinades, delicate seasoning and lots of fresh ingredients. I often barbeque a marinated chicken or some lamb cutlets and serve with a crispy salad, grilled asparagus, or just tomatoes pulled from the vine, cut into chunks and drizzled it with a really good extra virgin olive oil, cracked pepper and flaked salt.

**What next, any big projects lined up?**

I hate to say it, but I've enjoyed slowing down far more than I expected – more time to do the things I want at my own pace. I'm looking forward to my book coming out later this year, to continue to podcast and focus on my coffee brand. I have my fingers crossed that the world will begin to open up next year, and we can resume our travels. We have a few pitches in the works for food television of various kinds, but it's far too early to talk about it yet. TV is a fickle beast, but I am sure we will be returning to your screens in one form or another soon.



# Recipes

**MILLE-FEUILLE OF CARAMELISED WHITE CHOCOLATE,  
MANGO & COCONUT** *by Gary Mehigan*

**Ingredients - Rough Puff (makes 500g)**

- 250g plain flour, plus more for dusting
- 1 tsp salt
- 250g unsalted butter, room temperature
- 120ml water

**Directions - Rough Puff**

1. Combine the flour and salt in a large bowl and add the diced butter. Gently break the butter into the flour but leaving most of the butter intact. Add the chilled water and using your hand collect the flour from around the sides of the bowl and turn into the centre, repeat a few times until the dough comes together in a rough mass but not fully mixed together.
2. Turn out onto the bench and bring together into a clump, press down and repeat until it has formed into crumbly if not a little messy dough. Press down and shape into a rectangle. Cover and place into the fridge for 20 minutes. Remove the dough, flour the bench lightly and roll the dough out into a long rectangle approx. 40 cm by 15 cm. It will appear crumbly and marbled with chunks of butter, but don't worry it will come together as you roll and fold the pastry.
3. Fold one end into the middle and then fold the other end into the middle, now fold in half like you are closing a book, so you have 4 layers. This is called a double turn. Rotate the pastry so the layers are facing you and the 'book' is facing you. Now repeat the roll and fold. Cover and refrigerate for 20 minutes. Remove the pastry from the fridge and repeat which gives the pastry two more double turns. (or two more roll and folds)
4. Pre heat fan forced oven to 190 ° C. You will need two large baking trays for this recipe. Line one with baking paper and set aside.
5. Cover and rest in the fridge for 30 minutes. Once rested, remove the puff pastry from the fridge. Uncover and cut in half. Roll out the pastry on a lightly floured work surface into 4mm thick rectangle. Carefully place the pastry sheet onto the baking tray. If it's too large use two baking trays. Pop in the fridge for 20 minutes to rest.
6. Remove the pastry from the fridge and prick the surface of the pastry all over with a fork. Place another sheet of paper on top of the pastry and then place the second baking tray on top and press down firmly.
7. Bake the pastry for 12 minutes then reduce the heat to 175 ° C and bake for another 20 minutes, or until it's a dark golden brown. (Check periodically to make sure its not colouring too much)
8. Remove from the oven and allow to cool. Using a sharp knife cut the pastry carefully into 4cm by 8cm rectangles..

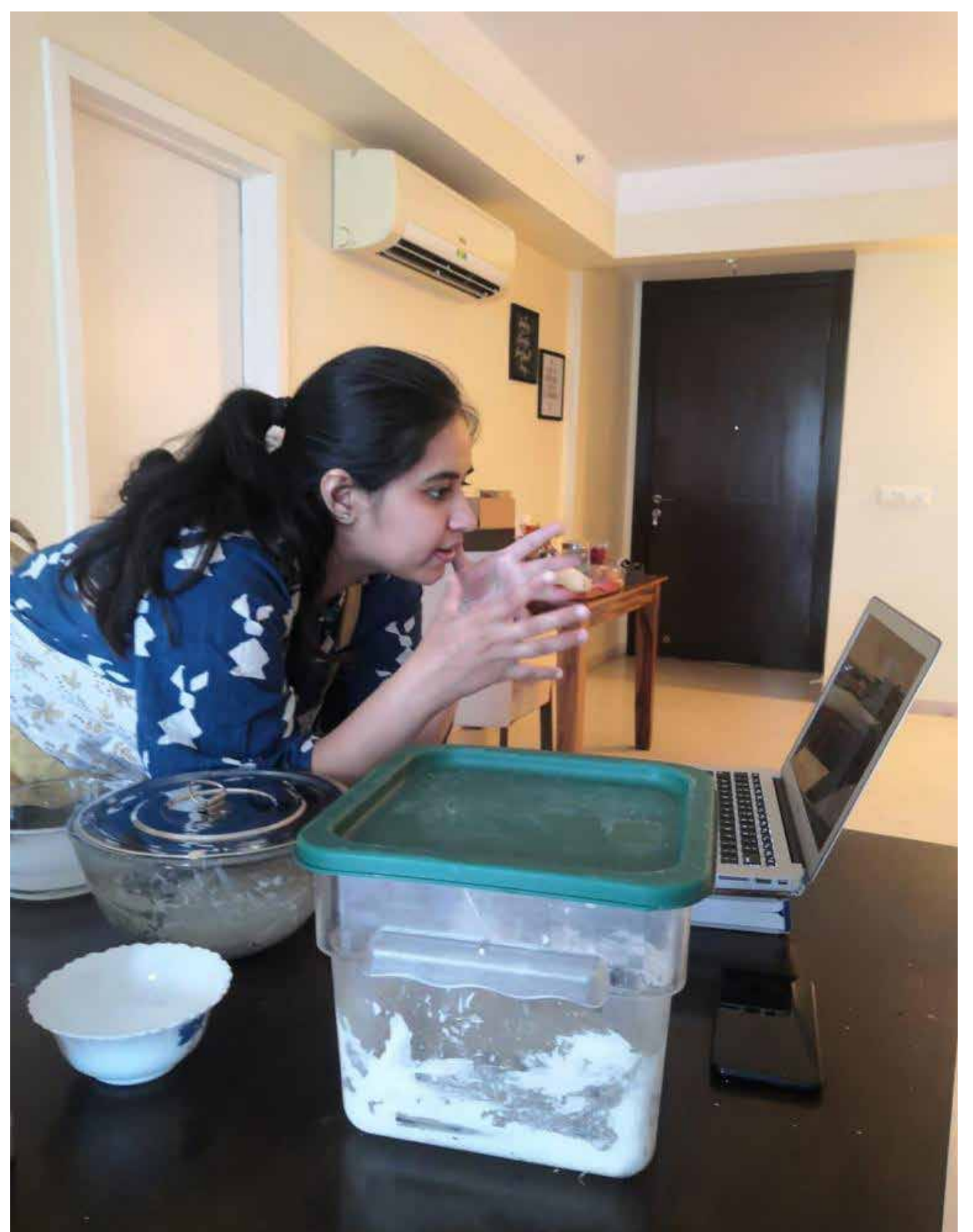


**Ingredients - Mille Feuille - fillings & topping**

- Caramelised white chocolate mousse
- 4g agar agar
- 200g white chocolate buttons
- (couverture min 26% cocoa butter)
- 600g heavy cream - 36%
- 100g castor sugar
- 3g salt

**Other Ingredients**

- 1 vanilla bean - split or 1/2 tsp
- Vanilla essence
- 200g cream cheese
- 1 fresh mango, peeled and cut into 1/2 cm dice
- 1 fresh coconut, flesh removed or dried coconut flakes
- 1 lime zest only







### Directions - Rough Puff

1. Pre heat fan forced oven 180 ° C
2. Line a baking tray with baking paper. Scatter the white chocolate buttons and pop it into the oven. Cook for 10-15 minutes stirring regularly after the chocolate begins to caramelize so it colours evenly. Remove from the oven when the chocolate is golden brown and allow to cool slightly. Place 25g of the chocolate into a small bowl and reserve for later. Place the remaining caramelized chocolate into a jug or canister and set aside.
3. Pour 450 ml of the cream into a medium sized pot and add the salt, sugar, agar agar, lime zest and vanilla bean. Place onto a moderate heat and bring gently to a boil. Whisk regularly to combine all the ingredients, cook for 30 seconds and remove from the heat. Remove the vanilla bean and pour the hot mixture over melted caramelized white chocolate and emulsify with a stick blender until smooth. Pour into a medium sized bowl and allow to cool. Cover and place in the fridge until thoroughly cold approx. 1 hour.
4. Meanwhile place the cream cheese into another bowl and bring to room temperature. Mix with a spatula until creamy and smooth and gradually add the remaining cream. Set aside. Whip the caramelized chocolate custard until smooth and add the cream cheese and cream mixture. Mix until smooth and place into a piping bag with a 1.5cm nozzle.



### Assembly

Lay three pieces of pastry down on the workbench. Pipe dollops of white chocolate cream over the surface of each piece of puff pastry add a few cubes dice mango on each sheet and grate a little zest over the top. Gently lift one on top of the other to form two layers and then lift the final piece and gently place on top. Decorate with a few shavings of coconut and the repeat the process for the remaining mille-feuille.

### Note:

Wash the vanilla pod briefly with water to remove any custard and dry with a paper towel. The vanilla pod can be used again for another custard and will still impart flavour or simply pop into castor sugar to infuse to produce vanilla sugar.

## TAHINI, YOGURT, EVOO AND WHITE CHOCOLATE MOUSSE, BLUEBERRY SORBET, ROASTED ALMONDS

by *George Calombaris*

### Ingredients (Serves 4)

- white chocolate tahini mousse
- 100g chocolate callebaut white callets 28%
- 50g extra virgin olive oil (light in flavour)
- 25g tahini paste
- A pinch of salt
- 50g Greek yogurt
- 250g whipping cream

### Directions - overnight

1. Freeze blueberries overnight
2. Place blender bowl in freezer overnight





## Directions - Tahini mousse

1. Place a pot of water on the stove and bring to the boil. Place white chocolate, olive oil, tahini and salt into a stainless steel bowl and set aside.
  2. Semi whip the cream with a whisk and set aside in fridge.
  3. Take the bowl with white chocolate, olive oil, tahini and salt and place over the boiling water then turn heat off. Using the residual heat, stir to allow the mixture to melt and come together. Once the mixture is combined, remove the bowl from the pot and set aside. Allow the mixture to cool to body temperature using a finger as a guide.
  4. Once the mixture has cooled to body temperature, take the semi whipped cream and combine the two mixtures gently.
  5. Combine the yogurt to the mixture and set aside in the fridge
- (NOTE: do not leave mousse in the fridge for too long as the extra virgin olive oil will solidify).



## Directions - Sorbet

1. Place the blueberries into the chilled blender bowl, add the golden syrup and blend at high speed. Every 30 seconds, remove the lid and scrape the sides of the bowl until achieving sorbet texture.
2. Once the blueberries have turned into sorbet, either place the same bowl with the mixture back into the freezer or scrape the sorbet out and place into a clean container that has been pre chilled in the freezer.

(NOTE: It is very important when making sorbet to work quickly and have all ingredients and equipment ready ahead of blending.)

### Ingredients - sorbet

- 250g blueberries (frozen overnight)
- 1/4 cup golden syrup
- A pinch of sea salt

### Ingredients - garnish

- 4tsp almonds silvered and roasted
- Fresh basil leaves and flowers

### Presentation

- Once sorbet is made, remove the mousse from the fridge.
- Place two spoons of mousse on the bottom of each bowl.
- Garnish with roasted silvered almonds and basil leaves/flowers.
- Add a quenelle of sorbet.







Presents



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Shruthi



Jyoti



Shashwat suman

### How did you build a successful customer base?

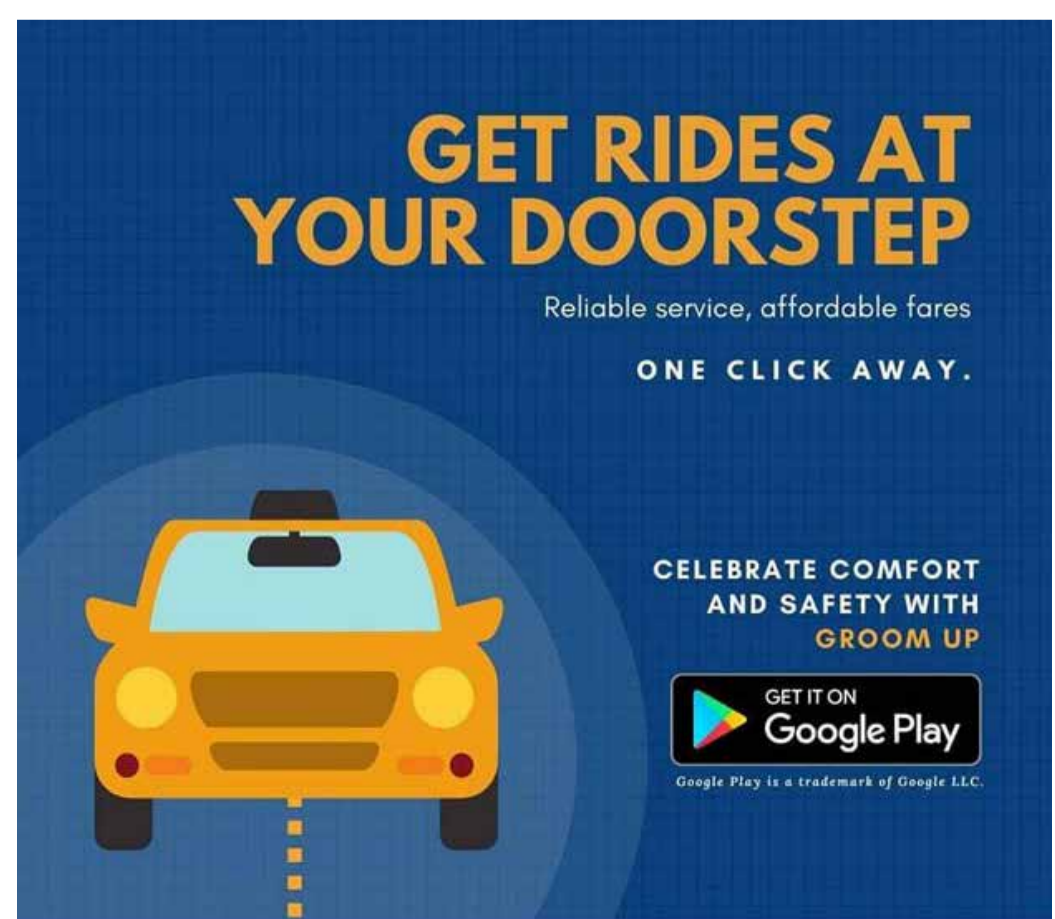
We focus on delivering quality and trust. Right from day one, the only thing we care about is the customer's happiness. Our customers like the way we treat them, and that's the reason they trust us with their bookings.

### What marketing tactics have reaped best rewards?

In addition to using facebook and instagram for marketing. Groom Up was featured by DD news and DD Himachal which fetched us a lot of downloads. Our app was launched by the Deputy Commissioner of Mandi as it was a good way to avoid crowding in salons, we became popular since then.

### How did Groom Up progress?

We started with salons, barber shops so that the data serves useful in tracing COVID-19 suspects. Our pilot version also included handymen such as electricians, plumbers and home appliance repairmen so that people don't have to move out of their houses to find them. Soon we included auto care, comprising mechanics/automobile workshops and car wash. We added health care as waiting in clinics and hospitals is not recommended during these times. Finally, we thought of transportation in Himachal Pradesh. People are avoiding public transport and are falling prey to unfair rates charged by taxi business owners. We provide taxi services at the fare fixed by the government.





# TECH EDGE TO FLYING



Flyzy, a startup by Deepak Meena, Hansraj Patel and Arjit Singh is onboarding passengers with artificial intelligence (AI) led technology assist first time flyers. **Bindu Gopal Rao** explores...

**E**ven as the second wave of COVID-19 is sweeping the nation, there has been a steady and sustained increase in air passenger traffic. In fact, it is being said that the air traffic is quite close to the pre-COVID levels. Keeping this in mind as well as safety and hygiene requirements for travellers, including new flyers, Flyzy, a tech startup founded by three young tech geeks has launched an app for a completely hassle-free journey.

Arjit Singh, co-founder and marketing head of Flyzy, completed his engineering in 2020 and made a complete shift to marketing and branding.

“Due to its adaptive nature, Flyzy is a personalised travel companion which plans your trip according to your preferences and helps all the stakeholders arrange things in a passenger friendly manner,” says Singh. Flyzy provides in-detail information from boarding time/gate to baggage belt and intends to provide contactless feasibility of pre-booking meals, suitable lounge types, cabs, all at heavy discounts.

In collaboration with India’s largest and fastest-growing travel, food and retail companies, the app provides a host of contactless, customer-friendly and comfort-oriented services. This collaboration is aimed



to assist passengers sync with 250+ retailers, service providers, and all stakeholders, covering more than 75% of the travel retail market.

Flyzy has been recognised by Startup India & Ministry of Education and has been the finalist at startup India COVID-19 Challenge. Apart from this recognition the app has also received an overwhelmingly positive response from the users, with 1000+ pre-launch subscribers for the app and 15000+ users within the first month of the launch. So far Flyzy is backed by four angel investors from the travel industry and has well known travel experts on its advisory board.

Currently passengers flying in and out of the six airports namely, Delhi, Mumbai, Goa, Kolkata, Bengaluru and Chennai are at an added advantage to avail services offered by Flyzy app. By the end of the second quarter of 2021, it is planning to expand to all 100+ airports of India by joining hands with Airport Authority of India (AAI) and Ministry of Civil Aviation (MOCA).

“I hope that Flyzy will build a whole network of 120 airports in India and empower our travel industry. We will be expanding to different parts of the travel industry for which we are working hard,” Singh concludes.

**Flyzy takes care of travel anxieties such as a late check-in, and helps skip long queues, making air travel seamless.**





# CREATING

# WOMEN OF CHANGE

Team MOWO ensures women take the world by storm with every turn of their bike wheels, **Surela Mukherjee** gives us a lowdown...

Women are not “allowed” to ride bikes, as it is considered “Not safe for women”. The stigma attached with women driving bikes is a huge deterrent too. Most are restricted to the lightweight scooters and this is what avid motorcyclist Jai Bharathi wanted to change. She wanted to see more women on streets riding bikes. With this dream to see women become financially independent and empowered enough to take their own decisions, she created MOWO (or ‘Moving Women in their thoughts’).

Jai Bharathi being an avid motorcyclist herself led one of a kind first cross-country women expedition comprising a group of four women. They covered 17000 km in 56 days and journeyed from India through five South-east Asian countries- Myanmar, Thailand, Laos, Vietnam and Cambodia. This is where the idea of starting MOWO was born. Jai Bharathi reminisces that it after six long hours of paper work at the Myanmar border they entered Thailand. Here they stopped to taste some street food and that is when she saw a group of women in their mid-40s standing at a junction with their scooters. They were bike taxi operators. She went ahead and interacted with them and clicked pictures. For her that was the most powerful takeaway from the expedition.



It inspired Jai Bharathi to start something similar back home in Hyderabad. She passionately expresses, “Their presence gave me immense clarity and grounded my vision further. I knew this was my purpose.” In fact, she shaped MOWO’s vision based on this unforgettable experience- “Improve mobility for women by providing a safe and reliable commute option ‘for and by women’ thereby empowering them to be self-reliant and confident.”

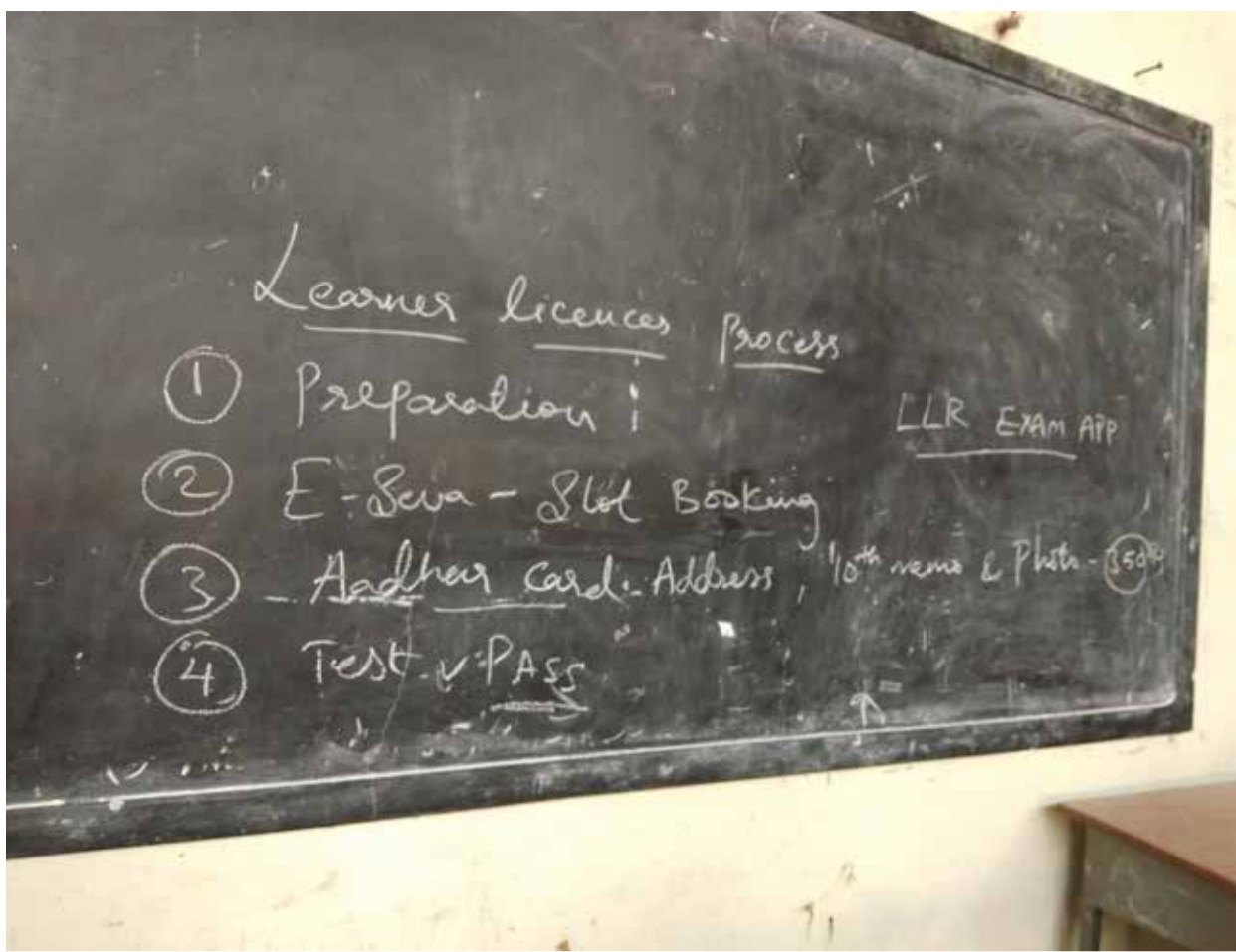
Speaking about founding MOWO Jai Bharathi says, “If you ask me, there are so many women who can ride much better than me, but I could recognize the opportunity to put in my efforts and reach wherever I am today. It is not just to accomplish something but an opportunity of living your life. This turned out to be women empowerment at a larger scale. If every woman at their individual level can decide for herself that is the biggest change, we can achieve.”

The gender ratio in the sector of mobility was not at par in Hyderabad. Compared to other metro cities like Delhi and Mumbai, Hyderabad was far behind when it came to number of women riding two wheelers. However, there has been some progress in mobility for women it is still at a nascent stage. Jai Bharathi and her team is not only making those dreams come true, but breaking the glass ceiling to ensure the skewed gender ratio on the road is duly addressed. She bridges the gap by not only teaching women to ride two wheelers and get their license but find a job with leading logistics companies so that they can be truly mobile both physically and also in their thoughts. That is why the name ‘Moving Women’.

It does not come as a surprise that MOWO has reached out to 10000 girls/women both in urban & rural areas, out of which about 1500 have been successfully trained in riding two-wheelers with licenses and few amongst them were placed in delivery jobs with logistic companies. (others are in process)







## ***MOWO is where women meet, learn and create long lasting relationships.***

Thus, MOWO became a registered Section 8 not for profit organisation in February 2019 and they tied up with government degree colleges for girls and self-help groups to ensure a steady number of participants. Even many bike companies gave them a free hand to use their vehicles and premises to conduct lessons. Royal Enfield team conducted a train the trainer's program at MOWO training campuses. Thus, existing infrastructure was used to impart two-wheeler lessons.

Apart from teaching how to drive, team MOWO tied up with logistic chains like UberEats, to encourage more women in their delivery workforce. With flexible working hours and being able to work within their neighborhood women feel encouraged to work with the delivery partners. MOWO uses two-wheelers to empower women to make them truly self-sufficient. This fulfills the primary motto of MOWO to 'convert roads into equal spaces' which is a revolutionary step.

Jai Bharathi leads the Hyderabad chapter of The Bikerni, an association of female motorcyclists of India started in Pune since its inception in 2013. Jai Bharathi has been teaching women how to ride two-wheelers informally since her college days. She conceptualised weekend two-wheeler training programs for women and along with other with other Bikerni members and volunteers taught a batch of women how to ride two-wheelers, basic self-defense moves and provided motivation. At that point, they did not have enough resources to talk about it. Being a small group where volunteers often could not turn up that is when she realized that lessons had to be given in an organized way to maintain consistency and comfort level. Bharathi informs, "We thought we will be teaching just 200 people but 265 signed up and 300 were in waiting."

Meanwhile 'Road to Mekong' expedition happened and it was a roaring success. The Hon'ble Prime Minister Narendra Modi at the capital appreciated Bharathi and her women crew after returning. She wanted to do much more than riding motorcyclist and achieving milestones. Through the immense credibility and trust earned through travel and motorcycle expeditions over the years, she gave shape to MOWO. She had a bigger dream in mind to extend that opportunity to as many women she could.



In 2019 Jai Bharathi received 'Vishishta Mahila Puraskaram' by Govt of Telangana under adventure category. This is the first time in the state of Telangana, woman in motorcycling was considered under adventure category. Being felicitated boosted her morale to keep inspiring women and give back to the society.

In 2020, MOWO made it to the top 60 finalists from over 10,000+ applicants globally for the UNWTO SDG Global Startup competition. MOWO also received a grant from Visa's I Fund Women program to support women led start-ups. In the second year, MOWO started training programs in rural areas in the district of Narayanpet with the support of District Collectorate. 300+ women have been trained so far in the newest district of Telangana to ride two wheelers.

Jai Bharathi is looking to create a facility of their own and proper infrastructure where ladies can easily learn and practice. MOWO is where women meet, learn and create long lasting relationships.

One can sign up to become an instructor, ambassador and volunteer for MOWO. Contributing through donating funds and vehicle are also welcome. Visit <https://mowo.in/> and their social media pages to learn more about this unique NGO.

***“MOWO bridges the gap by not only teaching women to ride two wheelers and get their license but find a job with leading logistics companies so that they can be truly mobile both physically and also in their thoughts.”***



**DUSK TO  
DAWN**

# IPL COOL SPOTS KOLKATA



The IPL fever has begun; check out these destinations for a fun evening of sports and drinks....



## TRAFFIC GASTROPUB

Do you want to experience the ultimate Cricket League feel then this is the ideal place to be. Traffic Gastropub has introduced an entire menu dedicated to the ardent sports fans. Beginning with Punjabi Kings, which is an Amritsari dish where a whole fried chicken is spiced up with a Punjabi *tadka*, you can also try the Full Tosh Fish, or the fish Manchurian. For the chicken lovers, they have Chicken Challengers which is chicken finger served along with a spicy sauce. If you are a true KKR Fan then you must try Kolkata Fried Riders, which consists of crumbled fish fry and egg devil served along with potato wedges. The burger menu is also all sport, from Man In Purple Lamb Burger to the Royal Foodie Shrimp Popcorn burger, you can enjoy the grub with their house special LIIT.

2nd Floor, City Centre 2, Rajarhat, Newtown, West Bengal

Time: 12:00PM – 12:00AM

Price for Two: Rs. 1500

## UNPLUGGED COURTYARD KOLKATA

One of the newest chill spot of Kolkata Unplugged Courtyard is yet another destination that offers a great ambiance and menu. The must try here is the Non - Veg platter that serves an assortment of flavours like the *Dilliwalon Ka Chicken Tikka*, Kolkata fish Fry, Rajasthani *lal māans seekh*, Hyderabad Chicken Shikampur, and Chennai Chicken Chettinad Bao.

House special drinks include Pant's Power Punch, one of their significant cocktail made of rum, spiced black tea, pineapple juice, fresh orange and peach syrup citrus. If you are an ardent gin lover then do try out The Kings Way, Mr 360 Sour and Boom Boom Bramble. To get into the perfect mood, sip their Pitch Perfect margarita, which is made of Tequila, sage, mango juice, jalapeno, passion fruit, citrus.

2nd Floor, City Centre 2, Rajarhat, Newtown, West Bengal

Time: 12:00PM – 12:00AM

Price for Two: Rs. 1500







## HARD ROCK CAFE

Looking for a place to sit down with a chilled drink and watch the match live on the big screen? Look no further,

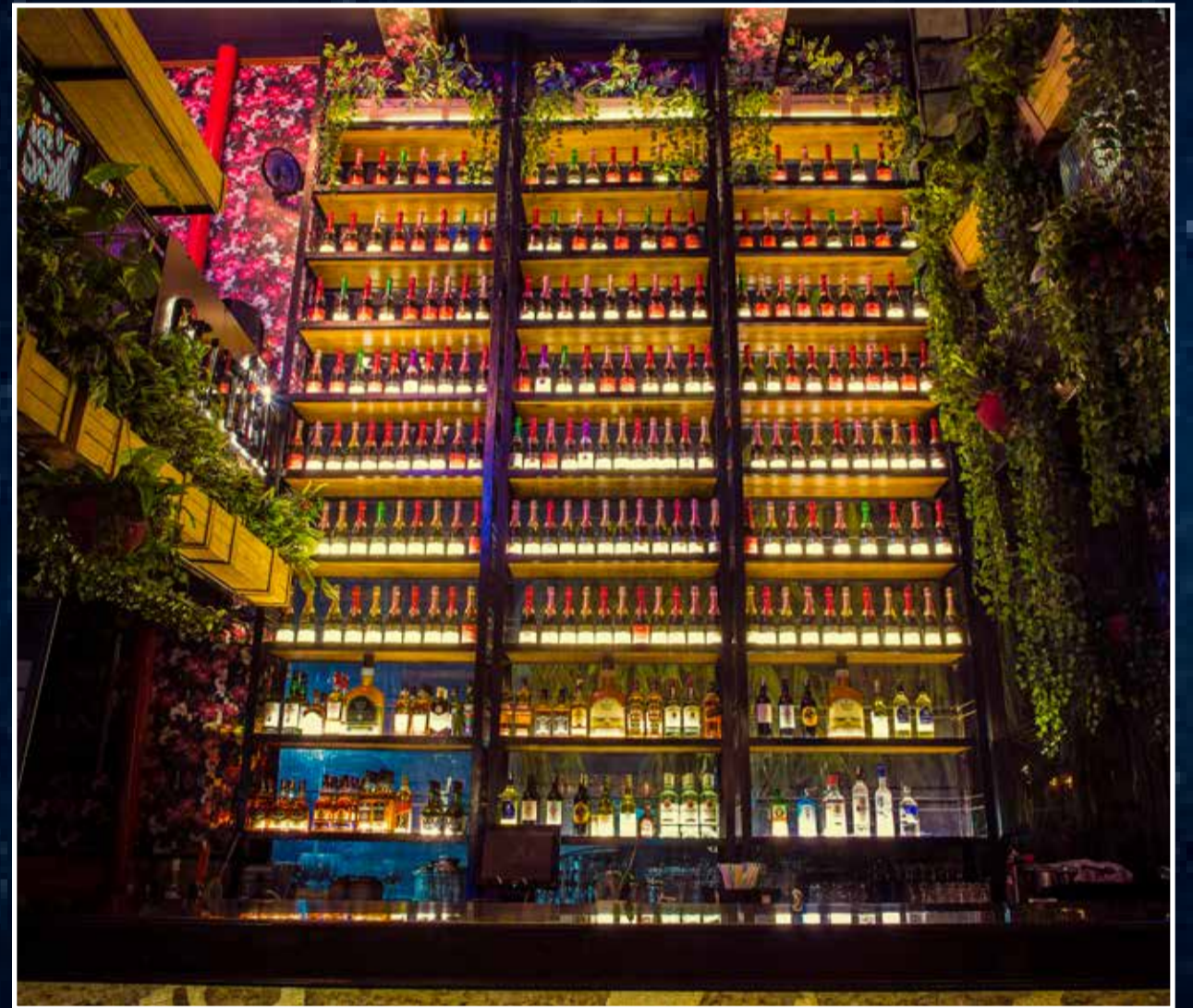
Hard Rock Cafe Kolkata is the place you need to visit this season! Hard Rock Cafe Kolkata promises an unmatched cricket watch party experience with great vibe, life size screens and offers to bowl you over. There are cocktail pitchers, such as Pitcher Purple Haze, Pitcher Raspberry Lemonade, Pitcher Long Island Iced Tea and Pitcher Smokey Riders. You can also select your own choice of beer buckets and chill while enjoying your favourite team play a fantastic match.

**Hard Rock Cafe Kolkata**  
**Price: INR 229 Onwards**

## CANTEEN PUB & GRUB

Canteen Pub & Grub is yet another place that is sure to elevate the mood according to the cricket league spirit. Do taste their delicious dishes specially curated especially for the league- Mumbai Indians Ka Maska Paw, Punjab Kings Wala Tandoori Paneer Fries, Sunrisers Hyderabad Nizami Kebab, Chennai Super Kings Ka Tawa Macchi, Delhi Capitals Waladahi Kebab and more. It's not just the teams that compete but the choice of dishes here too will blow you over. While here also enjoy the range of innovative cocktails like the Bombay Santra Tantra which is made up of Indian orange, lime, triple sec, vodka and the Ode to Kolkata, which is made of Gandhoraaj, watermelon, lime, and gin. If you're supporting the Hyderabadis then the Hyderabad Chatpati is a must try. Finally the big winner on the menu is the house special The Trophy, made out of 6 spirits that is sure to leave you spinning.

**C 301, 3rd Floor, City Centre, Sector 1, Salt Lake, Kolkata**  
**Time: 12:00PM – 12:00AM**  
**Price for Two: Rs. 1700**



## LORD OF THE DRINKS

Lord of the Drinks welcomes everyone to share their excitement for the cricket league together in a fantastic ambiance. Their specially crafted menu includes Tandoor Platters, Veg platter and Non Veg Platter that are a mix of chef special kebabs served along with a variety of sauces. The venue also serves domestic beers and draught beer.

**375, 403, 4th Floor, Prince Anwar Shah Road, Kolkata**  
**Time: 12:00PM – 12:00AM**  
**Price for Two: Rs. 1800**





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# THE NEW OLD SCHOOL!

An MBA graduate, a banker by profession, and a doting mother to a 7 year old, **Aman Chhabra** found her calling in designing garments out of handwoven fabrics for kids. Her smart casuals and traditional garments are a trip down memory lane. **Jayavardhini Delhikar** takes a look.

**T**hink 80s or 90s kids' clothing, and we are reminded of our grandmothers stitching that one timeless frock with pin tucks or a smocking and a little bit of floral embroidery. AllthingsFancy in Hyderabad takes us back to those exclusively made pieces for our little ones. Aman Bedi Chhabra fancied dressing her daughter in clothing that she herself grew up in. "I always dreamt about dressing my daughter in simple cotton clothing like how my mother dressed me as a child," says Aman. Given the current trend in the market, there was a dearth of clothing in handloom and Aman decided to dwell into making some fine classic collections of smart casuals in 2017. This gave birth to AllthingsFancy. The exclusive online store is meant for those busy parents who are unable to step out much in the current pandemic and wish to have their little ones dressed in eye-catching ensembles. The boutique stores a plethora of designs and different attires in *Ikkats*, *Maheshwari silk* cotton, *Khadi*, handwoven linens, raw silks. Pintucks, Peter Pan collar blouses, paper bag waist skirt, bunny ties, and polka dots are some of Allthings Fancy's signature designs.



**Aman Bedi Chhabra**



"I want my clients to slip into nostalgia as they take a look at our cuts and designs which are inspired from the vintage era," says the once-upon-a-time banker and former NIFT student. At AllthingsFancy, customisation comes with no additional cost. For all those fanatics of pastel shades, the virtual store has some individual styles in Khadi which are perfect for the summer to beat the heat.

With strong aesthetics inspired from the olden days AllthingsFancy caters to people who love dressing their kids in understated yet chic garments.

**Price Range:** Infant clothing: 1500 onwards

**1-5 years:** Rs 1750- Rs 2250

**Sets:** 2500 onwards

**Instagram:** @allthingsfancyhyd

**Tel:** 9703323131





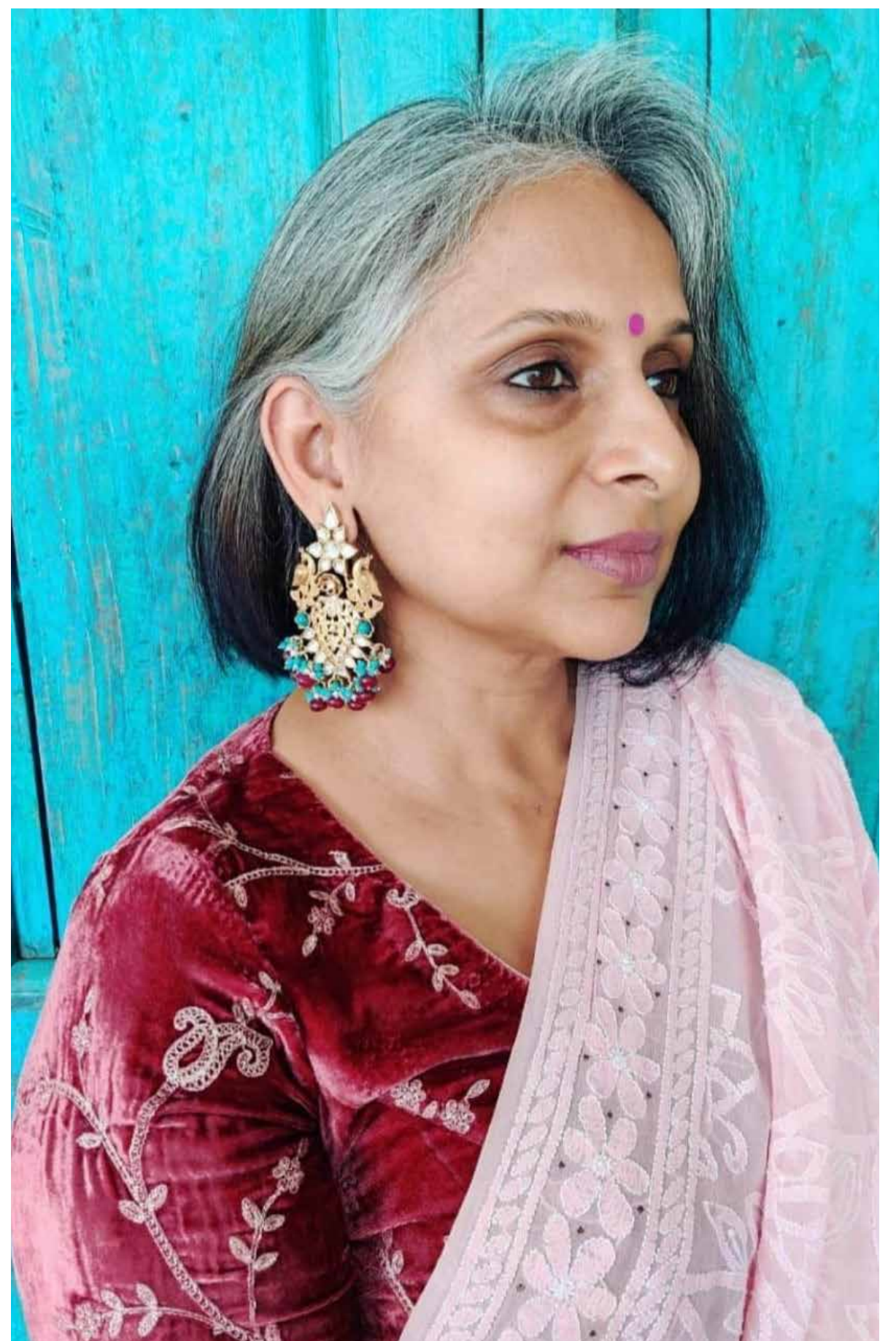
# Budget friendly luxury jewellery!



Brunda Oblum and Padma Oblum

Hyderabad based silver sisters **Brunda** and **Padma Oblum** have made luxury meet wearability with their regal line of silver jewellery. Established with an aim of making every woman feel like a queen, Padma's and Brunda's label **Malkha houses** an array of exquisitely handcrafted silver jewellery for every occasion! **Jayavardhini Delhikar** gives a sneak peek.

The ongoing pandemic has definitely put a cap on expenditures across the country. Citizens everywhere have been trying to adopt the age old technique of maximum utilisation of minimal resources. With the number of gatherings reducing from large crowds to just intimate get-togethers, gone are the days where women of the family would deck up in chunky pieces of gold. The trend of jewellery is shifting from adorning heavy jewellery to a single, minimalistic statement piece.







Malkha brings us just that. Located in Hyderabad, Malkha exhibits not just the classic South Indian temple jewellery in silver but offers regalia with a contemporary twist. Earrings that define elegance, alluring bracelets, a wide range of beautifully crafted pendants and versatile chains, Malkha houses it all. Have a jewellery design on your mind? Turn it into a one-of-a-kind custom ornament from the expert craftsmen at Malkha. "We pay high attention to detail while customising our treasures for our clients," says Padma Oblum, who believes in following the current trends of fashion jewellery. You can also present your loved ones from a wide range of trendy and affordable gifting options the boutique offers. "We want every woman to adorn our jewellery without having to burn a hole in their pocket," say Brunda Oblum.

Malkha's craftsmen hail from Coimbatore, and the royal lanes of Jaipur and include local artisans at Charminar. Encrusted with delicate gemstones and chiselled with great care, their exclusive bridal collection of necklaces, bangles and earrings is quite exquisite. One can also accentuate their corporate look, with Malkha's bespoke collection of bracelets, rings, strings of beads and pendants. Mix and match their pieces and wear them to be the eye-catcher at your next office party or social gathering.

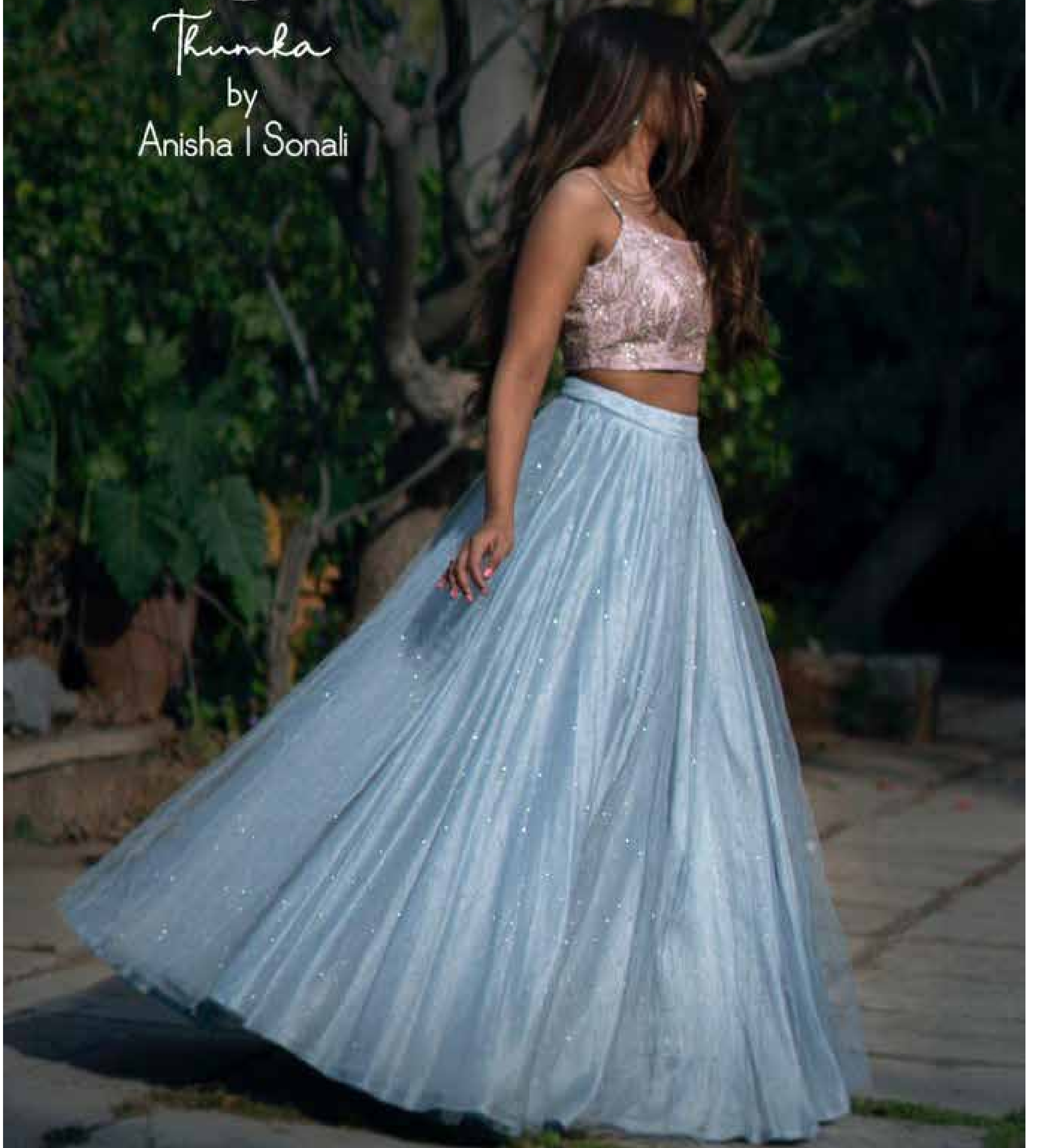
**Price** : Rs 500 onwards  
**Instagram** : @Malkha\_jpb  
**Contact** : 7659835111







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# Sanjukta Dutta: Bringing Mekhela Chador to the Masses

A **Sanjukta Dutta** collection has always brought to centre stage the beauty of Indian textiles. The strong presence of Assamese fabrics has always been the leitmotif of these pieces. "Shukoolaa", her latest collection, is a nod to a fashionable and pure sanctity as a part of a grand presentation by 6 Degree. In a free-wheeling conversation with **Vinay Agrawal**, Sanjukta talks about her design process, her love for *Mekhela Chadors*, structural changes in the fashion eco-system and much more.



**S**anjukta Dutta is of the singular belief that an attire is not just a piece of cloth but an integral part of every human being's identity. One's clothing tells a story, of not just the kind of person you are but also the mood you are in. In 2013, Dutta decided to set up two factories – *Maa Durga Axomiya Pat* and *Muga Kapuror Boyon Protisthon* in Guwahati.

Starting off with a modest six looms, she gradually acquired 35 looms and today has over 100 looms where she produces her characteristic silk *Mekhela Chadors* with different varieties of colored silk threads ranging from orange, blue and yellow apart from traditional colours like red, black and *muga*.

With white as the primary base, her latest line, "Shukoolaa", comes highlighted with silver and gold motifs. Her signature *Mekhela Chadors* are also in the forefront, along with saris,

swirling *lehengas*, floor kissing skirts, and an assortment of cropped blouses and regal gowns.



Sanjukta Dutta

## Excerpts from the interview:

**Your clothes are imbued with an Assamese identity. How are you planning to expand on that aspect?**

I love experimenting with colours and designs. I have worked on the traditional Assamese Mekhela Chador incorporating fabric fusion and blends of Rajasthani, Kashmiri and other traditions. This innovative collection of handicrafts and weaves is a combination of traditional motifs and a mixture of different fabrics and contrasting colours. This fusion of cultures and vibrant range of colours, along with influences from an array of art forms ranging from dance, music, paintings, and everything that is a witness to the rich and exotic heritage keeps me fascinated enough to keep going. Coupled with my love for the Assamese traditions and fabrics, this fascination for experimenting helps me create clothes with modern accents. My latest collection at 6 Degree is a continuation of that.

**How has the Vocal for Local initiative emboldened you in terms of exploring designs, patterns, and fabrics for your creations?**

I find the whole movement greatly empowering for traditional handloom industries and artisans. Our folk art and its heritage need a voice to sustain in current times and market. Vocal for local provides firm support in finding more exposure for the fabric industry and weavers who are finally getting a leveled ground to display their talent.

My upbringing and all my initial interests have been centred on Assamese culture. I have been in love with the traditional designs, colours and motifs. Thus, cultivating from those roots, I feel an immense boost from movements and initiatives like these.





**With fashion shows taking the digital route, how do you think the buying process will adapt to the change?**

I think this opens a direct portal to all sections of consumers. The fashion shows going digital or phygital helps in creating equal opportunities to make alliances that take us forward.

Enhanced buyer experiences through buyer programmes also add to the perks. I like the progressive idea of taking this art form for a wider audience to perceive. Also, it's never about how the show is digital or physical. Both have their equal share of thrills that only adds to the creative process.

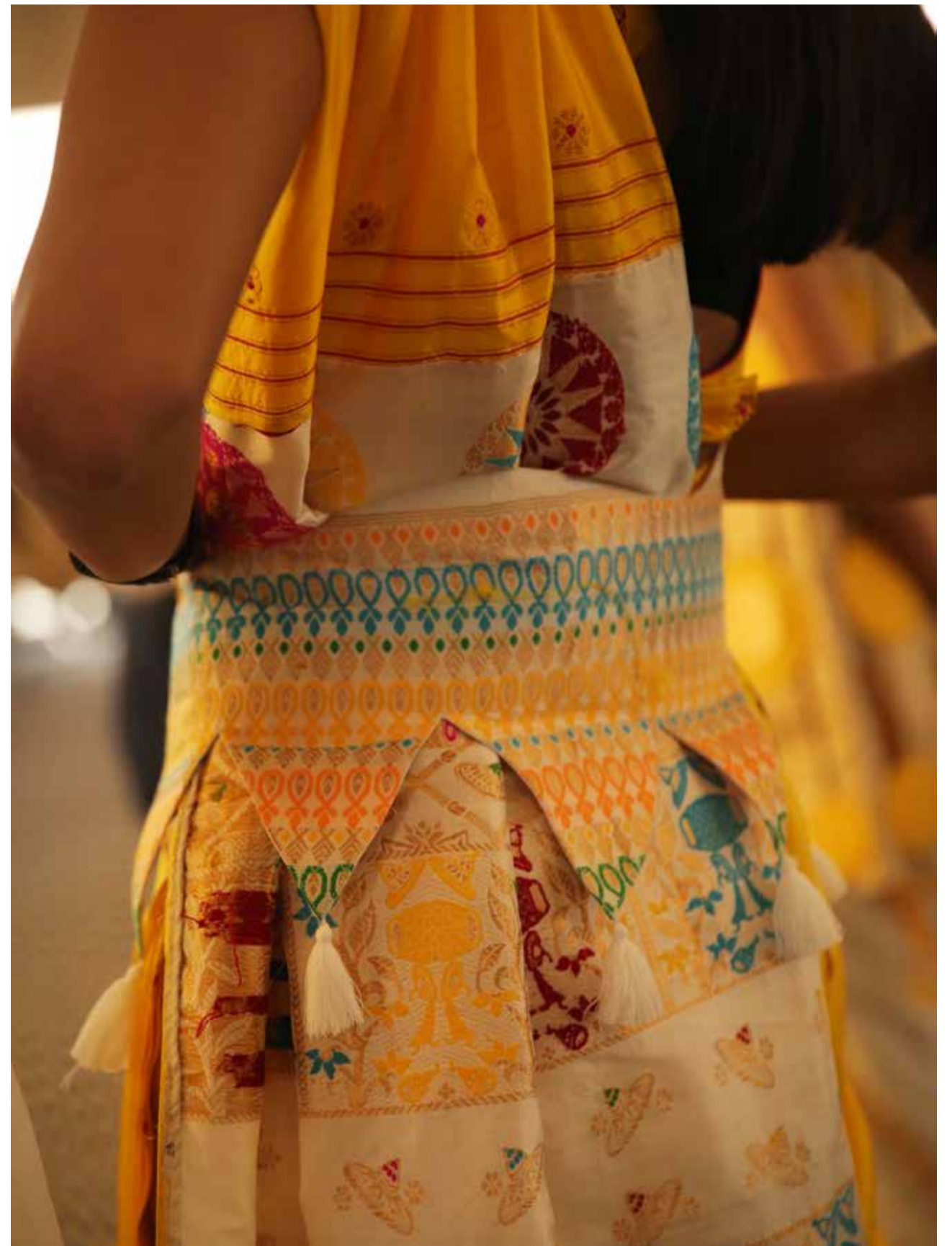
**What does a new front row look like according to you?**

There is no second row anymore; be it a fashion crazed teenager or a fashion critic, everybody now has first-hand experience of everything the industry has to offer. With the shows like the Lakme Fashion Week going digital, the audience and their perception of fashion has widened like never before.

**How can Mekhela Chador be popularized among millennials?**

Through my boutique, I have always aimed to offer the conventional weaves of Assamese silk in a fresh, chic and modern avatar. The core driving force was the ambition to ensure a place for Mekhela Chador in every millennial woman's wardrobe.

To achieve it, I experimented with multiple other traditional art forms and handlooms. Adding to the luxury and elegance are the exotic indigenous motifs of Assamese opulent heritage. I create a wholesome mélange of cuts and textures through contrasting colours to let the wearer enjoy a customised experience.





# THE HEIRLOOM WHISPERER:

## *How Jyoti Singh led Rang Riwaaz is Reviving Rare Ensembles from the Past*

The Revivalist Who Can Give 'A Desi Bridgerton' Spin to the Pieces from Your Great Grandparents' Closet By **Vinay Agrawal**

Thanks to Netflix's superbly popular series *Bridgerton* (renewed for a second season), the search for period costumes is on an all-time high. Set in the Regency era, the series has made a lot of us interested in the dresses that are steeped in history, and contain a bit of back-story. In current times, such dressing is a welcome distraction to the reality before us- and, benefiting psychological makeup for many. The period-appropriate dressing is our sartorial vehicle of escapism to an altogether different era, where grandeur and opulence was the norm, day after day (*Bridgerton*, I equally credit and blame you for this).

Closer home, Jyoti Singh's label Rang Riwaaz has been successfully recreating such effects on a *desi* scale, much before such shows became a rage. Taking inspiration from the treasure trove of Indian designs, Rang Riwaaz creates heirloom saris for women who are fond of heritage and history. Hence a typical floral sari, reminiscent of the Raj era is detailed with a rich, hand-embroidered border. A row of rare brocades in the most vibrant of colors is applied together to complete a *lehenga* and the entire *Ram durbar* is hand painted onto a *pallu* of a sari.

Born in Avadh and raised amongst art, Jyoti created the label as an ode to the traditional Indian artisans who dot her town of Lucknow—hand painting, embroidering and weaving the finest threads that were worn by the merchants and nobles of this historic city. The label also has a 'Legacy Clothing Restoration Division' that has revived clothes dating back to the 17th century. The division is always busy with restoring the grandmother's and great grandmother's trousseau sarees and *lehengas*. They secured the highest number of enquiries in the last six months. Jyoti talks about the restoration works, nostalgia as a currency and more in a chat with us.



Jyoti Singh



**As you grew up in Avadh, how would you describe fashion from there? How have those influences shaped up your aesthetic sensibilities?**

It's very resplendent, as the ensembles are very elaborate with great influence from the *Nawabi* era. The sarees are paired with shawls or *dushala*, while *ghararas* are paired with double *dupattas*. Having grown with a great influence of these looks, my design aesthetics tend to be very symmetrical and rely on layering where I tend to design ensembles which can be toned up or down with the accompanying *dushala* or jackets. I am yet to be convinced to design a jacket style *kurta lehenga* outfit which does not need a *dupatta* as for me, our client has to have an arm candy, however unnecessary it may seem.



## What projects have you taken up as part of the Legacy restoration division?

A few challenging projects were restoring an heirloom tissue saree for a Marwari family with pure silver work where the tissue had frayed so much that it was almost powdering. While we were working on the project, there used to be pink dust in the sweep. In fact, most of the tissue from the old saree literally got swept away.

Then there are heirloom *banarasi chadars* made on silk fabric. They were 56 inches wide, and 13-14 inches wider than the current width of looms being set. Probably these looms were set specifically for *chadars*, so when we started to get these projects we did not have silk in that width and had to do with some smart joining of silks as the base.

Sometimes art collectors also approach us with restoring antiques they purchase from vintage stores which is when this 17th Century cloak reached us, it was a jacquard silk cloak lined with velvet and embroidered with pure silver *dabka*. The cloak was probably pawned by an old family and had reached a vintage store where it was picked up by a client.

## There is a particular saree from the brand's range that features an entire Ram Durbar painted on its pallu. How long did it take for the artisans to complete that piece?

This particular saree was done specifically on order for one of our patrons. It features Shri Ram, Lakshman, Sita and Hanuman with a background arch. The method for making these sarees involves painting on the *pallu*, using a reference (like you would do for oil paints- making the grid scale), which is then enhanced with hand embroidery.

The style of painting we chose for this piece was monochrome in tones of gold and beige which brought a very brass statue look as one would relate with historical temples. Then it was enhanced with semi-precious stones. The painting took me three weeks, and another three for hand embroidery, with some time for sourcing the raw material as it was important to have stones cut in specific shapes for the jewellery. It was close to three months that it took for completion.

## What is the challenging part of estimating the cost of restoration work?

There is more to it than what meets the eye. When we are working on something and realise that we need to do something more to make the work enduring, the cost sometimes increases; then the overheads of sourcing the needed materials pose a challenge sometimes.



In case these cost variations are substantial, we share these with the client and revise the budget, and if it's something we can absorb along, we just proceed. This is slightly tricky for us as sometimes the ensemble to be restored comes with a very unique condition and we also learn on the job.

## What do heritage and history mean to you?

We witness a lot of heritage in terms of the family heirlooms people bring to us; we get to discover different art forms which were prevalent. We see how a wedding shawl is part of a family's history, how the shawl had been worn over five generations, and could be passed onto future generations after a revival. We also see how families



get heirloom pieces created to add to the treasure of their traditions, how they imbibe the colour and works from black and white photographs or as their grandmother told in stories.

## With Netflix's Bridgerton, becoming a hit, people are getting interested in historic costuming. What other factors, according to you, are contributing to the renewed interest in period-appropriate dresses?

I would say that a general interest in period-appropriate dressing is surely influenced by these successful shows and also it derives from an increased awareness of the Gala events where your morning newspaper brings you the best dressed at Met Gala, Oscars etc and then there is Instagram.

The grandeur and sartorial excellence of these outfits have struck a chord with people. The silhouettes are also very complementing and striking, which is working very well at the moment.

## Lastly, how would you describe Lucknow of your growing years and Lucknow of today?

Lucknow of my growing years was more like a neighborhood; wherever you went in the city it looked very welcoming and familiar. My memories are etched with giant banyan trees and smiling faces, now it's quite formal.

Somehow the metro lines running through the main city do not help me connect with Lucknow as I remember it. The only thing which the time has not been able to tarnish is the spirit of the people of the city- they manage to strike a small talk in place of a formal *hello*.



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# Tubal Reversal or IVF Treatment: Which is a better choice?

Pregnancy and motherhood can be a wonderful experience. Or it could be one that takes time, effort and sacrifice. **Mahati Salike** speaks to **Dr. Rukmini Salike** on which is a better choice – IVF or Tubal Reversal.

**L**ife is full of surprises. Sometimes relationships change, circumstances vary and family building goals take a turn. Recent studies show that despite women choosing permanent sterilisation, up to 14.3% of them request for possible fertility options within a few years after undergoing the tubal sterilisation procedure. In such cases, the couple who desire pregnancy have 2 choices post tubal sterilization—either a surgery to reverse the sterilisation also called ‘tube reversal’, or ‘IVF – In Vitro Fertilization’.

## Tube Reversal

Tube Reversal is the reverse of tubal ligation, where the fallopian tubes are cut or blocked permanently. During this surgery, the obstructed area in the fallopian tubes is removed and reattached to allow pregnancy. It might take around 2 years for the patient to become pregnant post the success of the surgery. On an average, approximately 2 of 3 women become pregnant with the help of tube reversal.

Age plays an important role in whether you get pregnant after the surgery. Older women are less likely to experience success than younger women.

### Benefits of Tube Reversal:

- The main advantage of the tube reversal method is that it allows restoring the ability of natural pregnancy.
- It is long lasting as once the fallopian tubes are restored; women can conceive as many times as possible.

### Risks associated with Tube Reversal:

- There is a possibility of bleeding, infections, injury to nearby organs or reactions to anaesthesia.
- Sometimes, the area where one had the tubal reversal forms scar tissue and blocks the fallopian tubes again.
- Tube reversal may also lead to ectopic pregnancy where the fertilised egg implants outside the uterus, usually in the fallopian tube.



## In-Vitro Fertilization

IVF is a series of procedures that assist with the conception of the child. During the process, mature eggs from the ovaries are collected and fertilised by the sperm in a lab. Later, after the fertilisation of the egg or embryo, it is transferred into the uterus. It takes about four to eight weeks to finish the process. One out of every three cycles of IVF attempted will result in pregnancy.

### Benefits of IVF:

- IVF has a long track record of safety, and higher rates of success.
- In addition, IVF is also effective in cases of unexplained infertility, or if there are minor problems with the man's sperm.

### Risks associated with IVF:

- Success rates of IVF depend on the age and medical conditions of the woman.
- Possible side effects include complications from stimulation of the ovaries to produce more eggs, as well as the risk of ectopic pregnancy but on a less rate when compared to that of tube reversal.

## Which is a better choice – IVF or tubal reversal?

Among the available two options, IVF continues to gain much prominence and is considered a better choice as the technique is polished and has better success rates. It also takes a lot less time to show results.





Summers are just round the corner and these sizzling months are comparatively difficult times for mothers to take care of their children. Reasons are aplenty. Diarrhoea, rashes, heat stroke, seasonal infections, fever, dehydration are some of the prominent summer issues that impact a baby's comfort. Dr. Ravi Kiran, Senior Consultant and Pediatrician, shares some tips that might come in handy as you look after your baby this summer.

# Caring For Children's Stomach In Summers

**D**iarrhoea is passing loose or watery stools three or more times in a 24 hour period. Millions of children's lives have been saved by protecting them against diarrheal disease, yet it remains the second leading killer of children worldwide.

## *What causes diarrhoea in the newborns in summer?*

Newborns have a developing immune system that makes them more prone to pick up infections easily. Luckily breastfed babies are protected as the breast milk passes on antibodies to the newborns that make them stronger to fight common germs and viruses. However, for babies who are formula milk and bottle fed, summers may increase the risk of diarrhoea when their stools become watery and may leave them dehydrated. The evaporative heat loss from the skin is also increased in summer this makes them more prone for dehydration.



The best feed for a newborn to be on is exclusive breastfeeding till the completion of 6 months and this should be the goal for mothers and health care workers to strive for. Switching over or adding formula milk or bottle feeds poses a very high risk for diarrhoea. In that case, bottle hygiene with sterilization before each feed would mitigate the risk to an extent. Excessive heat and humidity during the summers make it the apt season for growing infection—virus, bacteria or parasite, affecting the child's health and causing indigestion and diarrhoea. Other risk factors could be nutrient intolerance, inflammatory bowel disease, irritable bowel disease and side effects of some medicines.

## *Signs of diarrhoea in children that parents need to watch out*

Despite advances, diarrhoeal diseases and resulting dehydration are responsible for about 1.2 million child deaths every year. Of these 50% are preventable by simple hydration with ORS and appropriate availability of healthcare facilities, another 15 to 20% benefit from rightly diagnosed bacterial infection and its treatment. Infants and toddlers are at a greater risk of becoming rapidly dehydrated. The symptoms of mild to moderate dehydration among children are dry mouth, dry eyes (tearless cry), weakness, flushed face, passing less



urine than usual (keep an eye on fewer wet nappies in babies and toddlers), irritability, listlessness.

In case of severe depression, a child may have sunken eyes, cheeks, belly or a sunken fontanelle (the soft spot on the top of the head in babies and toddlers), listless or fainting, refusal of liquids, dull/unwell appearance, wrinkled skin (skin pinch stays wrinkled), bloated abdomen, rapid breathing, no urine for 6 to 8 hours at a stretch.

Painful abdominal cramps, blood or mucus in stools, nausea, fever, bloating and generalised weakness may be common signs that co-exist among newborns with diarrhoea.

### ***How do parents of children with diarrhoea and dehydration take care of them during summer?***

#### **Oral Rehydration Therapy (ORT):**

ORT includes home available fluids (HAF) Salt and sugar solution (2 pinch of salt and one teaspoon of sugar is added to 1 glass clean water), tender coconut water and rice water or buttermilk with salt are some of the most common oral rehydration solutions. WHO pre-packaged ORS is also a safe choice. WHO proves that almost 90% of childhood diarrhoea can be tackled with ORT alone. ORS can be prepared at home using 1 litre clean water to which 6 level teaspoons sugar and ½ teaspoon of common salt is added. Sips should be given every two-to-three minutes to prevent vomiting. If the baby vomits, resume after a short gap of 10 minutes. It is important to make the parents understand that ORS or other discussed medications doesn't stop diarrhoea, and diarrhoea stopping medicines are not to be used. Most of the diarrhoea last only a few days, till then hydration is the goal. Plain sugar solutions or tetra packs with concentrated sugars are to be avoided as they may trigger vomitings.

#### **Breastfeeding:**

Continuing breastfeeding is a must in order to help your child get adequate antibodies to fight the infection once affected with diarrhea. Understand that ORS or other discussed medications doesn't stop diarrhoea, and diarrhoea stopping medicines are not to be used hence breast feeding is the key. Most of the diarrhoea last only a few days, till then hydration is the goal. Plain sugar solutions or tetra packs with concentrated sugars are to be avoided as they may trigger vomitings.



#### **Easy to digest foods:**

Make sure to provide easily digestible food to the children and this should be taken in small quantities at shorter intervals. Easily available, culturally acceptable, palatable and energy dense foods can be offered like khichdi with extra oil, mashed potatoes with oil, mashed banana, curd rice, bread and other cereals. Low lactose formula or soya milk can be given.

#### **Foods to be avoided:**

If the diarrhoea persists for more than a week, it is advisable to avoid cow milk or formula milk. Also, food with high fibre content like fruits and vegetables must be avoided.

### **Some tips to keep your child's stomach cool in summers**

#### **Make them eat less:**

Avoid heavy meals for them as their digestive system becomes sensitive during summer. Smaller meals at shorter intervals and adding green leafy veggies and fresh fruits to their diet may keep your child hydrated and prevent diarrhoea.

#### **Keep them hydrated:**

Make them have enough fluids like water, milk, buttermilk, coconut water, mango panna to prevent dehydration.

#### **Certain herbs are necessary:**

In summers, make sure to add herbs like coriander, fennel seeds, cilantro and ginger to the food you cook for your child. These enhance digestion, absorb gas, lessen stress and enhance blood circulation in the digestive system. Also, make sure to include enough salt in their diet as that will compensate with the body salt they lose during summers.

Keeping these in mind, summers can be smoother and tension-free for mummies of newborns and toddlers and healthy for the children.





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# Parenting through the spiritual lens

Being a parent is by no means a piece of cake. The responsibility and stress can be overwhelming to deal with, often making parents, both young and old, forget who they are outside of that responsibility. Spiritual coach, and founder of SoulSchool, ModMonk Anshul discusses how you can unravel parenting stress spiritually...



In the times of COVID-19, where stress, anxiety and panic seem to be haunting every household, there are happy moments of love, joy and becoming new parents flowering the souls of many.

Parenting is the most beautiful experience one can have, for those who are spiritually strong and are ready to deal with the challenging aspects that come along with strength and divine support.

When one becomes a parent, another soul's basic responsibility lies in your hand. Every spirit has its own learning curve too, and where many issues arise as parents, is when we want to control the life of the child and their future.

Pressure comes at you from all angles when you are struggling to raise a child; some of it is external peer pressure, finances, competition, the societal standards, and some pressures are personal like past experiences, biases, their upbringing and the desire to fulfil their life goals through their children. Some stresses originate from children – every child has a set of lessons they need to learn creating a road block and stress for their parents, as understanding this is difficult unless you have a holistic and spiritual view towards life and parenting.

Stress that arises from fear needs to be addressed immediately. It is important to understand as children are born, so are you as a parent. You were not a parent until you had a child, so you grow together with the child on the same learning curve. Some amount of concern is unavoidable but when not kept in check it may make them irritable, frustrated, tired, drained, helpless, bossy, less sensitive to emotions and anxious.

A child's development is the most important aspect and a parent needs to pay full attention to it, but more often than not the parents get too involved in the child's growth. There is a difference between what is and what should be and what you would want, creating multiple ripples of anxiety and of course stress as you move forward.

#### There are ways they can begin to detangle their stress:

1. Relaxing techniques – regular practice of relaxing your mind and body
2. Integrating spiritual parenting
3. Learning to be in the moment
4. Looking at life together (parent and children) as a holistic plan for learning.
5. Finding an anchor during your difficult times.
6. Learning to deal and heal your own past and current areas of concern.
7. Build a bond with your child (even an infant, if he or she is crying a lot)
8. Do not over react, understand - become self-aware of the words that come out of your mouth.

#### Are only parents affected with stress?

The answer is clear NO. Your stress and behaviour also affects children and their behaviour now and in the long term.

If you have been always showcasing worry, anxiety and stress over a period of time children will/ might showcase the below behaviours or attributes:

1. Short temperedness
2. Irritable
3. Fear based behavior and outlook
4. Insecurity and sense of self-blame
5. Relationship strains





# Five Reasons to Go Organic

Founders **Keshav Jain** and **Nikita Bhandari** of Fresh and Organic Delivery, Delhi, discuss why going organic is the key...



It is hard to think of a buzzword stronger than organic in the last few years. The organic food industry is growing at an exponential rate, and with an increasing number of people catching up with the ins-and-outs of organic produce, the rise is expected to continue unabated.

Organic food is natural, as it is grown without the use of synthetic chemicals such as harmful pesticides or fertilisers. Due to the lesser to no use of synthetic chemicals, the food grown is much healthier than the conventional foods that are loaded with harmful chemicals that affect health in the long run. They say we are what we consume, and how food is grown can have a major impact on your mental and emotional health.

Apart from affecting humans it also affects the environment and the animals that live in it. These days people are increasingly inclined towards choosing healthier options by going organic as they are well aware that it leads to a better and healthier life.



One of the major benefits of consuming organic produce is that it contains fewer pesticides which otherwise conventional produce have in large quantities. It is also free of preservatives that are added to conventional products to make it last longer. Organic farming is not only beneficial for humans but also for the environment as there is lesser pollution, increased soil fertility, lesser energy consumed and is also better for birds and animals as their habitat isn't affected badly. Organic meat, eggs and dairy produce are obtained from animals that are fed naturally and not given any antibiotics to affect the production. Organic foods are more nutrient-dense as they are produced using methods that are natural and free from artificial colors, flavors or preservatives. Organic produce helps to reserve our ecosystem as it is produced through farming practices that only use natural substances thereby resulting in less pollution. Organic farming also reduces the risk of health issues for farmers and their families as they are not exposed to harmful chemicals and pesticides.

## Here are top 5 reasons to “Eat Organic”

1. Eating organic is the best way to avoid GMO foods, ingredients and contamination.
2. Organic farming creates healthy soil which creates healthy food and thus a healthy environment.
3. Organic food contains more vitamins, minerals, enzymes and micronutrients than conventionally raised food.
4. Organic farms and crops are pollinator-friendly and protect bees, pollinators and wildlife from toxic chemicals.
5. Consuming organic food helps in improving heart condition and building a stronger immune system with lesser chances of food borne illnesses.

Organic products are more expensive than conventional ones, and deciding whether they are worth the extra cost is certainly a matter of choice. Therefore, it is important for the consumers to make an informed decision but going organic will certainly contribute towards keeping our ecosystem safe.





# Ageing *the* healthy way

Are we ready to embrace a healthy longevity? By **Dr Vijaya Gowri Bandaru**, dermatologist, Sakra World Hospital, Bengaluru shares her tips on anti-ageing...

**W**omen self-care as one ages is necessary for a happy and healthy life, especially after 70. Following these simple tips on anti-ageing care can help women to age well and happily.

How do women age gracefully? Ageing gracefully is beyond keeping one's skin wrinkle-free and smooth or trying ways to hide the gray locks. It is more about keeping oneself healthy and happy with a focus on physical and mental fitness and empowering oneself to meet all age-related challenges. These hacks may promise women a healthy longevity.

## **Take care of the skin:**

It is essential to be kind to the skin as one ages. Reason, a healthy skin can efficiently protect the body from external elements, regulate body temperature and provide sensation. For healthy skin, use sunscreen and wear protective clothing while stepping outdoors, use gentle, home-made natural skin care products, stay hydrated and get annual skin cancer screenings done.

## **Remain active:**

It is extremely important to remain physically active and exercise has immense benefits.

Regular exercise not only reduces risk of chronic diseases like cardiovascular diseases and cancer but also helps one to retain mobility for a longer period of time. It reduces stress, improves sleep and amps up skin, bone and mental health. Aerobic exercises like walking, swimming, dancing and cycling and muscle strengthening activities of moderate to greater intensity are great anti-ageing exercises that promise for healthy longevity.

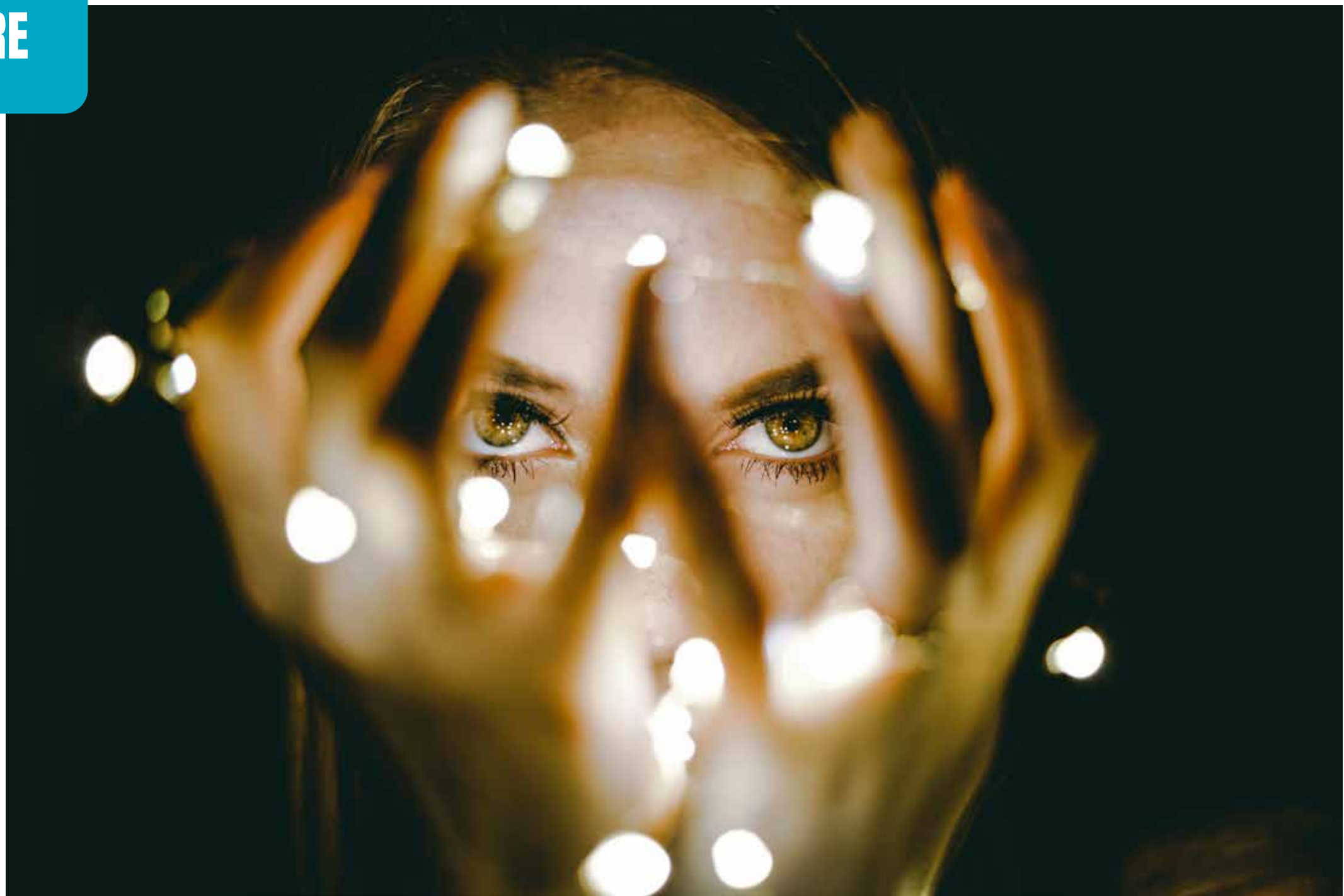


## **Choose a healthy diet:**

Ageing gracefully significantly depends on the diet that one opts for. Fresh fruits and vegetables, lean protein like fish and beans, three ounces of whole-grain cereals, breads, rice, etc every day, three servings of low-fat or fat-free and Vitamin D rich dairy such as milk, yogurt or cheese and healthy fats should be consumed. Solid fats for cooking, processed foods, refined sugar and unhealthy fats must be avoided. Become watchful of your salt intake to keep blood pressure in check.







***Be kind to your mind:***

It is essential to realise that one's mental health plays a vital role in healthy and graceful ageing. In order to curb stress, blood pressure, loneliness, depression and frequent mood swings, make sure to get socially engaged, spend time with friends and it loved ones, focus on passion, learn something new, explore a new avenue, accept your age and embrace positivity.

***Give up smoking and alcohol consumption:***

Smoking and alcohol may increase the risk of premature ageing and may not help you to age well. Quit smoking and limit your alcohol intake for women, one drink per day will help you avoid health-related risks.

***Get adequate sleep:***

Good, sound sleep is significant for healthy ageing, keeps one's mental and physical health fit and amps up the skin health. Seven to eight hours of sleep is good enough as it aids in lowering the risk of heart disease and stroke, reduces stress and depression, lowers the risk of obesity, reduces inflammation and improves focus and concentration.

***Take care of your oral health:***

Unhealthy oral health is often found to be associated with heart disease, stroke, bacterial pneumonia, ailing liver, nutritional deficiency, diabetes and even cancer. Take appropriate oral care, see a dentist regularly, brush twice a day, floss once and use a mouth rinse.





# Hangover Face

Fast beauty fixes for puffy eyes and blotchy skin by **Dr Priti Shukla**, Plastic Surgeon, Ambrosia Clinic...

**W**eekend late-night parties are such a darling to have but truth always haunts on Monday morning when you are stuck with a heavy hangover, leaving behind puffy eyes and blotchy skin for you to deal with.

Hangovers cause dehydration of the skin that leads to inflammation and swelling in tissues. People who have had fillers under the eyes or lips may have excess swelling in those parts. You definitely don't want to look lost or sleepy on the first day of the week and lose out on the great opportunities. Here some great quick fixes and rescues for your post-party face.



## **Drink lots of water :**

Alcohol dehydrates your entire body and yes that includes your skin too, which is why you wake up to a sallow face with noticeable fine lines and shouting pores. So, just go for hydration. Enhance your intake of liquids for the day and your skin will soon be replenished and rejoiced.



## **Wash face with a creamy cleanser :**

A gentle creamy cleanser gives immediate relief from irritated and red flushed skin by getting rid of dead skin cells. Also, if amongst all the booze, you had forgotten to remove your makeup before drowning in your dreams, needless to say, you need a nice and gentle face wash as soon as you open your eyes.



## **Keep head elevated to reduce face swelling :**

Sleeping on your back with your head slightly elevated promotes fluid drainage and hence is a big reliever if you are all puffed up from head to chin.

## **Use any hydrating mask on the face :**

A hydrating mask packed with electrolytes is best to plump up and revive your skin after a night out. Even though it won't cure your queasy feelings and headache, it would definitely leave you looking as fresh as a daisy.



## **Massage the face to gently move the fluid away :**

Gentle massage with a facial roller or your fingers energizes and lifts up the skin by encouraging lymphatic drainage and blood circulation. It's the best way to alleviate under eye puffiness and snap sleep-deprived and hungover skin into shape.



## **Eat Vitamin B and C tablets for counteracting alcohol :**

It's not a secret that Vitamin B and C promote alcohol clearance from the blood, and reduces the severity of hangovers. So, pop in some pills on your big morning to fortify capillaries and dramatically reduce redness or just turn to the natural sources like cereal grains, meat, eggs, milk, legumes, fresh vegetables, citrus fruits, strawberries, kiwis, broccoli, etc.

## **Avoid fatty food and let your liver detox itself with fresh juices and salads :**

Make up for last night's overindulgence with some healthy add-ons to your diet. Your liver is already having a hard time digesting your party mood, so be a nice supporter now. Limit oily food items and embrace the fruits and veggies.

Next time you get all juiced up in your celebration, remember these tips to look sober the next day.





# Gastronomy *Simplified*

Uttar Pradesh-based **Neha Mathur** is helping substitute your grandma's recipe book in the kitchen with an assortment of Indian, Asian, Middle-Eastern, and Continental cuisines all dished out on her blog with rigorous detail. Neha opens up to **Juveria Tabassum** about how food whisked her away from a career in dentistry, and how rewarding following one's passion can be...

## When and why did you switch to this venture?

I've been running Whisk Affair since 2012. After my wedding, I travelled a lot and lived in many countries including Malaysia, Czech Republic, USA etc. There I got exposure to a number of different cuisines and recipes from around the globe. Food was always my passion and I started making these recipes at home. Over time as I perfected each recipe, I started to document them; which eventually became Whisk Affair.

## What sets apart Whisk Affair from the crowd of cooking tutorials online?

I do a lot of research into the recipe and ensure that it would turn out good each and every time anyone makes it. The proportions used in the recipe are carefully measured and used. I only share the recipe once I am sure that it tastes good. .

## What are some of your favourite ingredients?

Since I make recipes from around the globe with different kinds of ingredients; I try to go as genuine as possible and try various ingredients. However some of the whole spices like black cardamom (which is highly underrated), is one of my favourites. I also love bay leaf, green cardamom, sesame seeds, and garlic.



Neha Mathur

## How do you plan on growing your venture?

My vision is to help people experience food. I want to reach out to as big an audience as possible and help them try authentic recipes from around the globe. I'm constantly looking for creative recipes to attempt and share. I'm also in the process of publishing a new book which will help me reach out to more people and get them back to Whisk Affair to try more recipes.

## Your favourite summer recipe

Light and refreshing recipes are the way to go in summers. My favourites are watermelon feta salad, mango lassi and fruity lemonades (I've tried Strawberry, Mulberry, Litchi and many more). I also love to bake fresh breads; while I make *Jowar Bhakri/ Roti* regularly that goes well with everyday Indian meals.

## What trends are people following in the arena of home baking these days?

The lockdown has motivated more people to try their hand at cooking and discover new recipes. Most people like making simple and easy recipes which don't require fancy ingredients or equipment. Some baking recipes which suit them are 5 minute chocolate lava mug cake, Oreo Brownies, and Apple cinnamon cake.





# Health in a Bowl!



Started by Avanti Hiremath, a 40 year old PGDM graduate from Panjim, Goa, Green Grain Bowl has a lot to offer in terms of health and nutrition. "Our meals are not very different from 20-30 years ago. But, what has significantly changed is our lifestyle. Green Grain Bowl was born out of our desire to make it delightfully easy to eat well. I got tired of waiting for someone to build a kitchen that was focused on nutrition, wholesome meals, health and wellbeing," says Avanti.

The bowls are a combination of protein, fat and carbohydrates. According to Avanti, these are macro-balanced complete meals that have been designed from the ground up.



Arushi Dusaj covers one of Goa's newest cloud kitchens, delivering salad bowls with a choice of Veg, Non-Veg and Vegan.



Avanti Hiremath

A highlight from what we tried was the Mango Quinoa Bowl, which has a variation of both veg and non-veg including Rajma (Red Kidney Beans) and chicken, and comes with a mix of greens, light vegetables and Quinoa and sweet Alphonso Mango chunks topped with soft feta and crunchy granola.

The Strawberry Granola Bowl with a chunk of fresh Strawberries and granola, the Soba Noodle Bowl with a choice of Tofu/Paneer or Chicken, and the Rice Noodle Bowl with a choice of Tofu/Paneer or Prawns were accompanied by pineapple chunks to give it a sweet and sour tinge.



Order at - [www.greengrainbowl.com](http://www.greengrainbowl.com)

Tel - 7770004258

Timings - 11:00am - Lunch orders (for pre-orders)  
03:00pm - Dinner orders

Cost - Rs. 270 (Veg)

Rs. 310 (Non-Veg)





Café Mitti is a chain of cafes whose staff has adults with physical and intellectual disability and walks the talk when it comes to inclusivity. **Bindu Gopal Rao**

# Good Vibes Only

Located in a quiet corner in Bengaluru's Jayanagar, Mitti Café is a new addition to Bengaluru's growing wellness restaurant space. The chain interestingly has 14 cafes within institutions such as Wipro, Infosys, Accenture, Wells Fargo, ANZ Bank and IQVIA, among others and works to create awareness about inclusion and disability rights.

The newest addition is a 2000 square feet café in South Bengaluru at Jayanagar which is a feel-good space with all fresco and covered seating. The best part of this 35-seater space is its cosy ambience and the fact that it is managed by adults with intellectual and physical disabilities.

The menu has a clear focus on food that is good for you and is tasty and flavoursome. Many options are also vegan and gluten-free. To start with some drinks, we ordered a few coolers like the seasonal *Aam Panna*, a delightful raw mango drink, the cool *Rose Lassi* and the refreshing *Go Green* detox drink, a mix of mint, cucumber, *amla* and apple.



The Mummy's Special *Chola Bhaturo* was unlike any other as the *Bhaturos* are made using jowar and wheat flour and are non greasy, making it fluffy and light. The *Chola* is flavourful and has the right masalas and the dish shines through its base ingredients. The *Pav Bhaji* is a good option too as the bread is made using wheat flour. The menu also has a selection of wraps, sandwiches, pizzas and fusion meals. So if you want a colourful momos platter, a chilli veggie noodle sizzler or build your own pasta, the choice is quite endless.

To end your meal on a sweet note, try the Energivating Brownie made with *Ragi* and Almond Flour and dark chocolate that makes for a great guilt-free dessert. They have a cake of the day that is made using whole wheat flour and natural organic jaggery. I also sampled a delightful carrot cinnamon cake that was light and tasted divine.

The café also has a coffee kiosk by Oak + Hill and you can sample some excellent single origin coffees from Chikmagalur. There is also a small retail space on the premises where you can buy products that have been sourced from other NGOs as well as inhouse products. You can also buy whole bean specialty coffee from Oak + Hill, DIY Hot Chocolate Sticks and Jus Truffs Bean to Bar Pure Chocolates when you are here. For me it was the stories of the staff, each of whom have an inspirational background that was a winner here

Little wonder then that Mitti Café has been featured in the Forbes list of 30 under 30 and is a Zero Project Awardee. This is a restaurant with its heart in the right place and has food and ambience to match..

The café is a collaboration between the erstwhile Enerjuvate and Mitti Café. The menu was designed by Darshana Nahata, the Creative Head. Alina Alam, the founder, works with people who are specially-abled to give guests a meal that comes with making a case for inclusivity.

Alina says, "We hire a lot of adults with disability from the road who are either begging or are homeless. We are also a part of Disability NGOs alliance. A lot of our recruitment happens through partner NGOs and we utilise experiential training to train our team. We use pictorial training, role plays and have a buddy system in place for our adults with intellectual disability."

For soups I suggest the flavourful Tomato Basil Soup, that is served with garlic bread and packs a spicy punch. You can ask the staff to alter spice levels to your palate. For starters, choose from the Snacks/Small Plates section where the Loaded Nachos is a clear winner. This is a mix of baked maize flour chips, salsa, beans and has a vegan cheese sauce. The Hummus and Pita Platter comes with pita pockets, pickled beetroot, hummus and lavash. Even the *chaat* has a twist; the *Aloo Papri Chaat* comes on baked *ragi* crackers.

**Address:** 716/2, 22nd cross Road, Krishna Rajendra Rd, Banashankari Stage II, Banashankari, Bengaluru, Karnataka 560070.

**Phone:** +91 9538374593

**Timings:** 11:30 a.m. to 10:30 p.m.

**Cost for two:** Rs 500 plus taxes



# QUARANTINE MEALS, HOME DELIVERED...

## A Helping Hand during the Pandemic!

As the Covid virus continues to surge and affect families, we now have home chefs and cloud kitchens stepping up to help the virus-affected patients with nutritious, home cooked meals that will be delivered at their doorstep. Here are some numbers you can keep handy.



### **HYDERABAD**

#### **Home's kitchen:**

The meals offered are fresh and homemade. The patient can customize the order of the food and home's kitchen offers the meals with contactless and door step delivery.

**Location:** Attapur, Hyderabad

**Contact:** 9121006852/ 040- 42606852

#### **Sanghi Caterers:**

Covid suffering and quarantined persons are being offered home cooked food. The food offered is pure vegetarian. Sanghi caterers are offering a 14-day package where they provide meals three times a day.

**Location:** Old City, Hyderabad

**Price:** 9000/- (14 day package)

**Contact:** 9247756006

#### **Retro Junks:**

The team is offering immune booster meals to the virus-affected patients in and around the city. Online ordering is available.

**Location:** Begumpet, Hyderabad

**Price:** 169/- onwards

**Contact:** 9701059993

#### **Kandalavari Mudda Pappu:**

These people offer healthy, hygienic and pure vegetarian Brahmin food with no onion and garlic. They have introduced the 'Covid Quarantine Thali', which has simple healthy menu. You can opt for their 14-day package as well.

**Location :** Begumpet, Hyderabad

**Price: Meal for 1:** 130/- per meal/ 1400/- for 14 day package

**Meal for 2 :** 200/- per meal/ 2520/- for 14 day package





### Urvashi Kapoor-Gianchandani:

This lady from Hyderabad is kind enough to help the isolated covid patients in need. She is offering a Tiffin service for free. You need to message your requirement a day prior along with the covid certificate.

**Location :** Hyderabad

**Doorstep Delivery available in:** Begumpet, Somajiguda, Panjagutta, Ameerpet, Secunderabad, Sindhi Colony, Raj Bhavan Road, Banjara Hills, Jubilee Hills.

**Contact :** 7207172550

### Quick bites:

Quick bites are known for its hygienic home food. Authentic vegetarian and non-vegetarian food is available in four different cuisines.

**Location :** Secunderabad

**Contact :** 9676866111



## MUMBAI & DELHI

### Ease your life:

Team Ease Your Life is providing quarantine meals across Delhi and Mumbai. They also help in delivering the patient with medicines and essentials.

**Location:** Mumbai and Delhi

**Contact: Mumbai –** 86991911911

**Delhi –** 8419911911

### Just My Roots:

A company that is based out in Gurgaon, has collaborated with a few kitchens and home chefs in order to provide hygienically prepared less spicy food to the families in quarantine. The package includes meals for both lunch and dinner that is delivered at 1:30 pm and 7:30 pm respectively.

**Location:** Delhi

**Price:** 495/- per person

**Contact:** +91 8384030811

### Maheswari Pragati Mandal:

A non-profitable, socio charitable trust – Maheswari Pragati Mandal has also begun to provide meals to the affected families. The meals are provided in disposable containers. It comes as a lunch and dinner package.

**Location:** Mumbai

**Services provided in:** Girgaon, Marine Drive, Andheri

**Price:** 100/- per package

**Contact:** 022 2200 5026



## BANGALORE

### Food for Thought:

Packed meals for senior citizens and covid patients are delivered to your doorstep.

**Location:** Bangalore

**Contact:** 9886011844

**Website:** <https://foodforthought.co.in/>

### Vadyanam Prasada Foods:

The team offers Sattvic food to all the covid patients. The food has to be ordered before 7:00 am for on time delivery. The meals are offered in different combinations where the person has the liberty to choose any combo.

**Location:** Bangalore

**Price: Breakfast -** 90/- per carrier

**Meals -** 150/- per carrier

**Contact:** 9663531474 / 9108479474 / 9606940114

**Website:** <https://vandyam.in/>



## Cheran Kumar:

A musician based out of Bangalore has catered his support to provide meals to the patients. This generous personality offers food a very low price and free of cost to those who cannot pay.

**Location :** Bangalore

**Price :** 30/- per meal

**Contact :** 7483541562



## CHENNAI

### Green Cyclone:

Green Cyclone is bringing you simple, wholesome, home cooked meals at extremely affordable prices. Delivery charges are applicable and the order is to be placed a day in prior.

**Location:** Chennai

**Price: Breakfast – 60/-**

**Lunch – 100/-**

**Dinner – 100/-**

**Contact:** 9940499896



### Roos Food Concepts:

Covid meals are offered on a weekly subscription basis. The package includes breakfast, lunch and dinner both vegetarian and non-vegetarian. The cuisines available are South Indian, North Indian, and continental.

**Location :** Chennai

**Price : Veg-** 4500/-

**Non-veg - 5000/-**

**Contact :** 7299023000

### Prem's Grama Bhojanam:

The meals come in a package with all the 3 meals. The menu for each day is different. The order is taken on a weekly basis

**Location :** Chennai

**Price :** 1800/- per person

**Contact :** 9840062772





# Awakening Cyber Consciousness

Cyber Jagrithi is an organisation working to arm young and old against cybercrime by creating awareness among communities, educational institutions and corporate institutions on internet safety and correct use of the digital medium. Karamveer award winner **Rupesh Mittal** is the founder of Cyber Jagrithi and in a chat with **Surela Chakraborty** unravels how the organisation is trying to deal with the alarming rates of cybercrime in India.

**C**yber frauds, phishing and unethical hacking of email addresses and social media accounts have become common. Apart from financial frauds there has been an alarming number of cybercrimes against women and children. Mafia gangs too have upgraded their skills to leave people in a tight spot and most fall into this trap because they lack awareness. This is where Cyber Jagrithi steps in. The organisation creates awareness to help prevent cybercrimes.

Founder Rupesh Mittal has been training law enforcement officers, students, and faculty of various colleges on crime investigation and cyber security and safety. He has been awarded the Karmaveer Chakra Award instituted by iCONGO in partnership with United Nations in 2019 for this social service at Cyber Jagrithi. Having worked as a cyber security consultant for police, Rupesh took a pause to figure out how he can really make a difference. This is how the idea to establish Cyber Jagrithi was born.

Rupesh is a member of many prestigious organisations such as Data Security Council of India (DSCI), Hyderabad Chapter, National Cyber Safety and Security Standards (NCSS) and Cyber Security Centre of Excellence, Hyderabad. "My experience with these institutions exposed me to the extent to which cyber crime is spread, and work on the best ways to counter it," Rupesh says.



**Rupesh Mittal**



The organisation helps spread knowledge on the importance of digital wellbeing, internet safety and cybercrime prevention in different sections of society, individuals, families, educational institutions, corporate organisations and communities through workshops and seminars. "Cyber Jagrithi centre has also initiated a cyber jagrithi pledge and a song in order to rope in more youngsters to the cause," shares Rupesh.

"We have curated a special course on Cyber Security for Udemy, helping students develop skills in cyber security, which has reached 20,000 students in more than 144 countries," says Rupesh about the work they've done during the lockdown. Plans are also in place for a Cyber Awareness Academy where users can learn the basics of operating digital devices and applications such as social media, email, and network based on their education level and interest.

## Reach out:

**Website:** Cyber Jagrithi and Safety Foundation: Home

**Instagram:** Cyber Jagrithi (@cyberjagrithi) • Instagram photos and videos

**Facebook:** Cyber Jagrithi - Home





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## The Hyderabad

# STREET ARTISTS

Couple **Swathi** and **Vijay** are the face of street art in Hyderabad. Their passion towards art and concern towards the prevailing social issues has helped them communicate with the public through their paintings. On a rendezvous with the street artists **Mahati Salike** gets a low down on how it all began...



Swathi and Vijay

**G**raduates from JNTU, Hyderabad, Swathi and Vijay were always fervent towards art and paintings. Their path to street art was paved when they got married in 2008. Earlier the couple used to exhibit their art in galleries but later realised that their work is for the public and so they livened up the walls of the streets with their graffiti art. The main focus of their art is a social commentary on issues. Their intriguing works make us stand still even on a bustling and busy day.



“In our opinion, street art is a language to communicate with society,” say the artists. While the beginning was quite a bit difficult, with a few paintings commissioned by the government they soon got the juggernaut rolling well enough. Their artwork includes themes such as politics, and patriotism, with one piece uncannily titled, Missing Honest Politicians.

The artists have also painted for a few government schools to attract students and to give the schools an exceptional appearance. Other than Hyderabad, their art is on display in Bengaluru, Jaipur, and Coimbatore. The couple visited France for a 9 month fellowship program to study in Paris. They exhibited their art in places like Biwako Biennial, Japan, Canada and also in Christie’s Auction, London attaining international exposure. Their eccentric quality of work and will to work towards the development of the society has bought them the ‘Sakshi Excellence Award’ in the field of Social Impact and Development for the 2017.

**Website:** Swathi&Vijay



# WE RUFF YOU, Pets Moms...

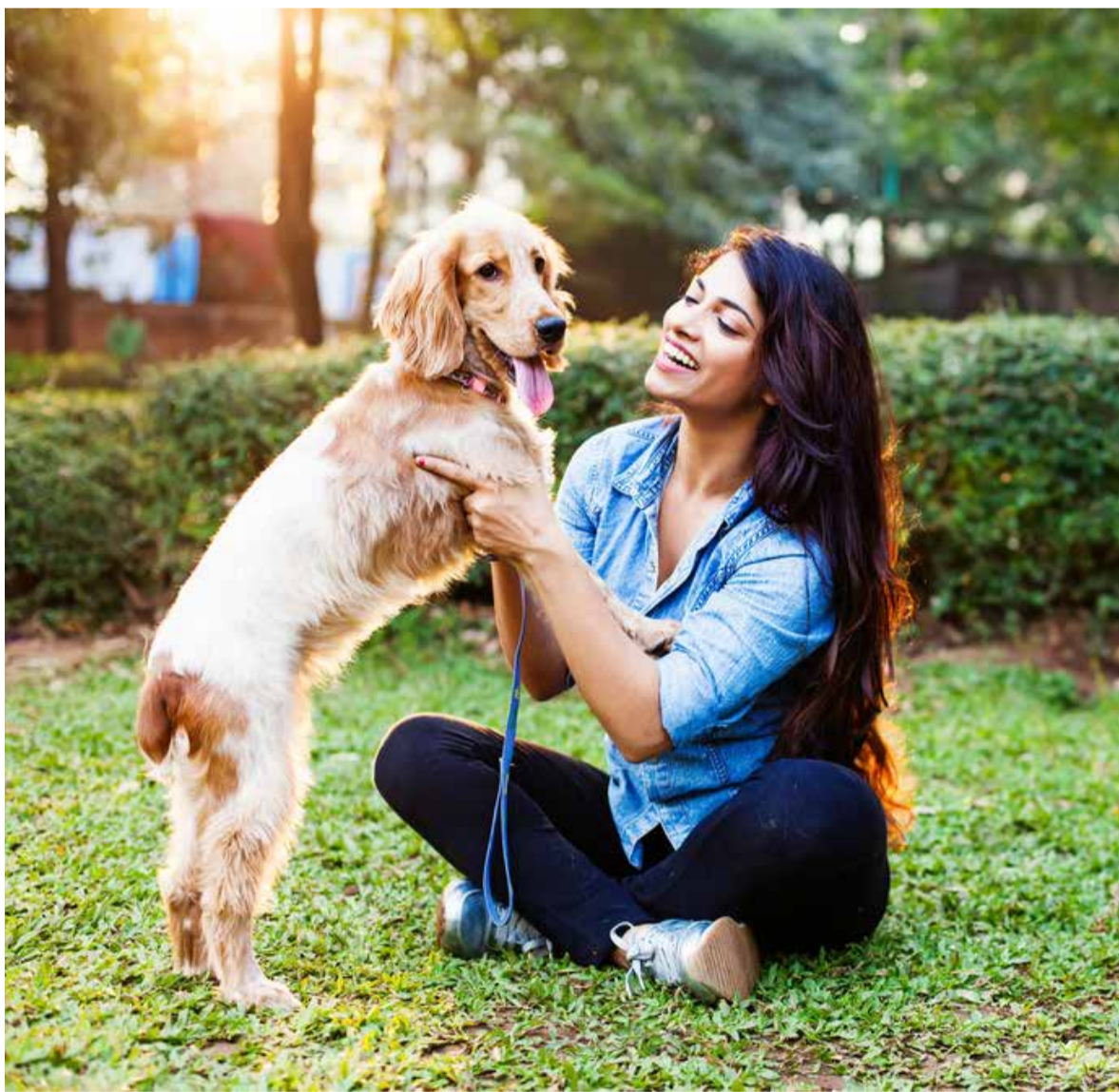
Being a dog mom is a whole different ball game. **Bluma Hiwrale** speaks to pet owners who share their experience as dog moms and help you with great advice on travelling with your furballs, training your pet, and more...

**Road trippers, Lakshmi and Gautham a couple living in Delhi have travelled 20,000 km and 10 states with their three-year-old pup Bruce on broad...**

**We adopted Bruce when he was a year old.** He loves to travel and is comfortable travelling by road, just like his parents (us). We realized it when we drove short distances in and around Delhi, and Bruce always loved chilling in the backseat. Being a dog mom is a huge responsibility; I can't imagine life without Bruce.

**In 2019, we hit the road for 14 days** from Delhi-Udaipur-Kutch to Mumbai- Pune - Delhi. Bruce loved living in resorts. The three things we carry while travelling with Bruce are his treats, water bottle, and food.

**To make the pet comfortable is a priority;** communicate with the pet, travel short distances to understand if the pet is happy to travel. Make him a cosy bedding, when the pup gets cranky, help him with treats to calm him down. Never pull over if the pet is asleep, and, most importantly, be patient with the pet. Never leave your pet off-leash, and also keep medicines handy.



**From pursuing a law degree to switching gears as Surat's first canine trainer and behaviourist, Ragini Bhandari's life changed after she adopted Buzoo... She hopes to educate more people and spread awareness about dogs and dog training...**

**Spending time with pets is therapeutic** and decreases loneliness and depression. Buzoo was a blessing when I lost my father. Being a dog mom is a privilege, I feel really lucky to have him. Buzoo picked me up in my lows and is responsible for decreasing my stress.

**I brought Buzoo when I was perusing law.** I started to train Buzoo at the age of 5.5, breaking the myth that dogs cannot be trained when they grow older. Buzoo, a fast learner, he picked up quickly and works along with me as a therapy dog for children.



**I set up a Canine training institute and pet bakery called Justpawsible,** with an initiative to provide advanced obedience training for dogs. I also bake a variety of vegan treats like cupcakes, popsicles, and ladoos for dogs.

**I have so far trained more than 80 dogs** and pursued various other courses like canine behaviourist. Dog training is vital because it will help prevent behavioural problems. The Internet is not the answer for solutions, and a qualified person will help train dogs the right way. Every time you interact with your pet, you are training them kindness, patience, and teamwork.

**During lockdown,** we supported each other and conducted workshops like Tales with Tails with kids and animal-assisted reading program across the country. Buzoo and I enjoy going for long drives, ice cream dates, and training together is the best way we bond.



**Harshini Vijay, a fashion and lifestyle blogger and a full-time designer based out of Chennai, adopted Rio when he was 40 days old who ended up being her lockdown hero.**

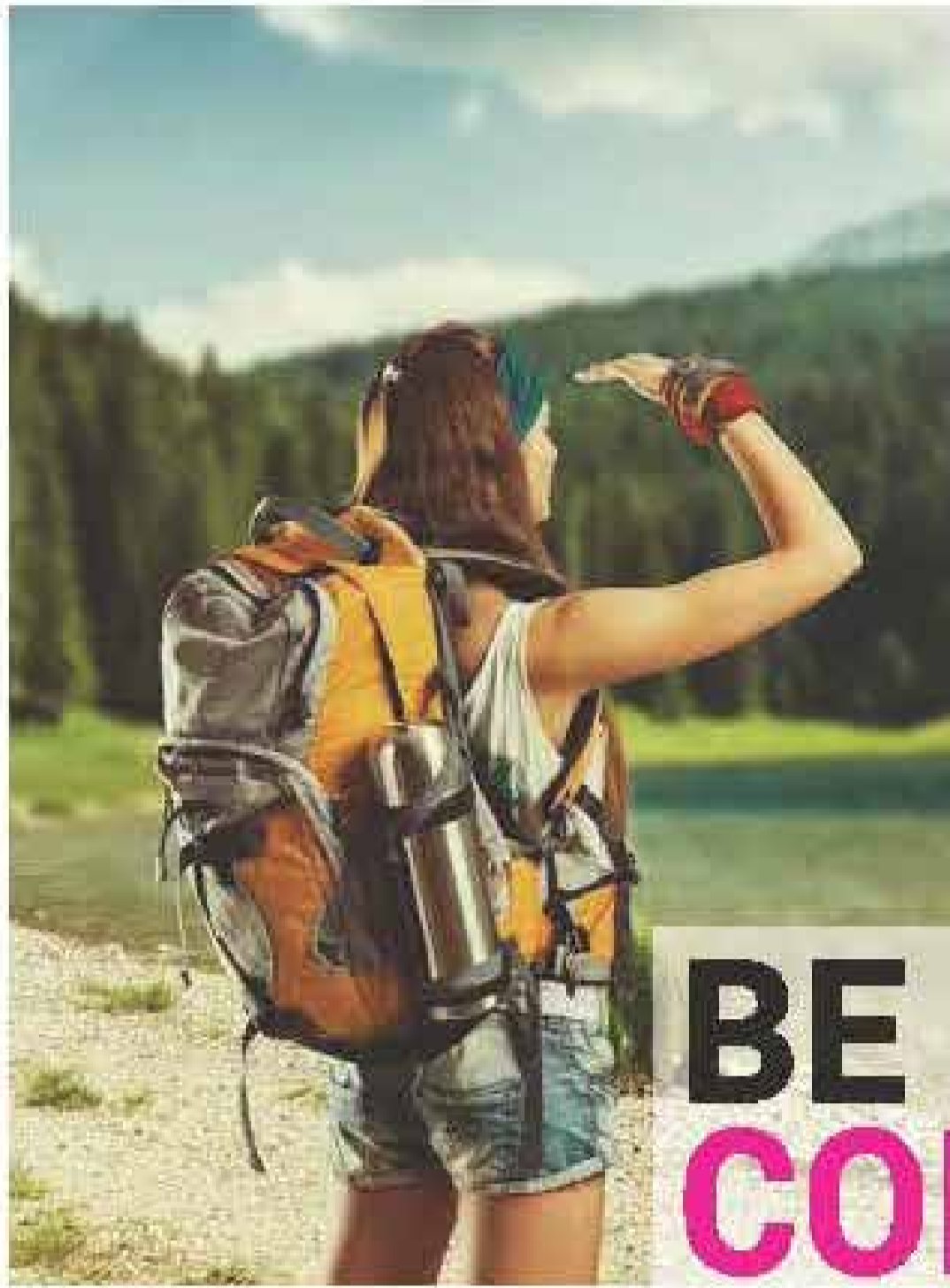
**Rio entered my life during lockdown.** The little fur ball of happiness was my stress buster and helped reduce anxiety. He is my lockdown hero. I felt less isolated because of him. We enjoy time together playing fetch, going for walks, and having a fun time on the beach.

**Life drastically changed after Rio.** Being a dog mom is a rollercoaster and is not as easy as it seems. It comes with a huge responsibility. We consider him in all decisions, big or small. Be it just going out for dinner or a trip, we need to keep him in mind. I have become more responsible, as it is no lesser than having a child.

**Make sure your fully prepared before getting a pet home.** It is important to consider if you are ready for the huge responsibility as it's not a cakewalk to raise a pet.

**Consider what kind of puppy suits you,** keeping in mind space in your house, budget, dog's coat, etc. Finding the right vet before you bring the pet home is a priority as it's crucial to get the puppy checked once he's home.





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Where are you headed in 2021?

## 10 best desi destinations with an exotic touch

From wild valleys to gorgeous waterfalls, and from sun-kissed beaches to magnificent monuments, India is a land that blends the best of nature with a remarkable diverse culture and traditional experiences. One need not look too far, no matter the specifications on your travel itinerary. If you wish to explore snow-clad mountains, head to Uttarakhand. If you're looking for tranquil vibes at beaches, head to Goa, or if you want to enjoy sand dunes, Jaisalmer it is. And if you love the wilderness, Jim Corbett awaits you. **Mayuri Sarkar** lays down some hot spots in India that reflect the essence of some of the world's best destinations.



photo credits: Shubha Kr. Haldar

### 1 Coonoor

is one of the picturesque hill stations in the lap of Nilgiri. The place has its own charm and the perfect destination for tea lovers. Like Cameron Highlands in Malaysia, the hill station boasts of a calm landscape enveloped in lush green tea gardens, and pleasant weather.

**Autumn-** Winter season is the best time to explore Coonoor.

#### Major attractions:

1. Located about 1500 meters above sea level, Dolphin's Nose is a great spot to visit in Coonoor. The gigantic rock is covered by lush green tea estates, a stunning view of the majestic waterfalls, and a vivid sunset view. All these beautiful surroundings will make sure that you add this place to your itinerary.
2. If you are a tea-lover, lose yourself here in the aroma of fresh tea leaves. A fifty-year-old High field tea factory located 2km northeast of upper Coonoor, is a study tour for those who love to know how tea is processed.
3. St. George Church is a must-visit for those who have historical interests and adore architectural beauty. This vibrant looking church has elegant interiors and beautiful painting collections.



There are many budget-friendly homestays in and around Coonoor. When it comes to eating out, this little city has much to offer, especially try authentic South Indian cuisine.

If you wish to take an extraordinary journey, the Coonoor-Mettupalayam train ride is a must-try. A road trip is the best possible way to reach Coonoor from major cities including Bengaluru and Coimbatore.



### 2 Khajjiar

Located in the Chambal district, the tiny hamlet of Khajjiar is often glorified as mini-Switzerland. The serene atmosphere, stunning panoramic view, shimmering lake, and adventure sports are a rare combination that Khajjiar offers.

Summer is the ideal time to admire the beauty of this hill station. The weather is warm, but pleasant enough to venture out for sightseeing tours and indulge in adventure activities.





### Places to see:

1. Kalatop Wildlife Sanctuary is one of the beautiful wildlife sanctuaries in Himachal Pradesh. Located 6km far from Dalhousie, this quaint sanctuary is home to pheasants, black bears, leopards, and other species of wildlife.
2. If you love to get lost in lush green woods, an enchanting trek to Dainkund Peak is a must for you. This highest mount in Dalhousie can be reached by trek. The enthralling scenic beauty of this place allures trekkers to visit here to rejuvenate their souls. You may find here an aerial view of the Khajjiar lake while trekking.
3. Khajji-Nag temple is one of the most vintage temples in HP. Dating back to the 12th century, the temple is decorated with wooden carvings inspired by Hindu-Mughal architecture. The temple is dedicated to *Khaji Nag* or the Lord of Serpents.

There are many budgeted hotels and resorts that will help you unwind amidst the mountain view. *Sidu* is made of wheat, *Patande*, *Kull trout*, *Chicken Anardana*, and *Sepu Vadi* are some of the popular local delicacies to taste.

Khajjiar hill station can be reached by road from major cities like Delhi, Chandigarh, and Dalhousie. Pathankot is the nearest railway head.



## 3 Goa

Undoubtedly, Goa is India's west coast paradise. From unlimited seascapes, ancient churches, majestic forts to sparkling Tito's nightlife, there are many well-loved places in Goa that are still untouched by travelers. Be it the best backpacker spot in Goa or check in to a luxury resort to unwind with family, Goa has different pitstops for different travelers.

The best time to visit Goa stretches from November to February.



Morjim beach

### Top 3 bold beaches with free sunshine in Goa:

1. Hankering for serenity, pristine beach, and laid-back environment? Morjim beach in Goa is here for you! This beach is referred to as 'Little Russia' because of its numerous Russian inhabitants. Morjim is also famous for various reasons. It is the breeding place for Olive Ridley Sea Turtles, indulging in exciting water sports activities, flea markets for shopping. It is also peppered with ample beach shacks and cafes.
2. With a romantic atmosphere, sea breeze, Mandrem Beach is the Phi Phi island of Thailand. This small beach in the northernmost region of Goa is not the one to witness large crowds. This beach is known for its quiet environment, home to tucked-away cafes and yoga retreats.
3. Cola beach is yet another beautiful hidden beach in South Goa. It remains shrouded by thick forest, palm trees, and hilly terrain. The stunning blue lagoon makes Cola beach unique from other beaches in South Goa. Spend your time by going kayaking or fishing here. If you wish to stay at a cosy and authentic Goan homestay, then this is an ideal place for you.



## 4 Kanatal

Exploring Kanatal is like experiencing tranquility where you can find a combined glimpse of Bandar Poonch – Thalai Sagar – Choukhamba – Kedar Dome – Kala Pahar. Away from the urban uproar, Kanatal is an off-beat destination with stunning picturesque valleys, calm mountains, and a little blend of thrill and fun. It is a small hamlet nestled in the lap of the majestic Himalayas, amidst a lush green pine forest.

Kanatal can be visited throughout the year although it is especially pleasant in the summer.





Surkanda Devi temple

### Top fascinating places in Kanatal:

1. Nature walk: Since the hill town is filled with flora and fauna, you can go for a walk with your beloved ones into the woods, spend a tranquil time watching exotic species.
2. Tehri Dam: This is another hotspot for adventure junkies who love to engage in sports and enjoy a unique stay at houseboats or floating huts in Tehri lake. Apart from this, being an organised city in Uttarakhand, the Tehri Dam features the world's largest hydroelectricity project in New Tehri. The project connects more than 1000 MW of hydroelectricity distributed to the city. Enjoy a ropeway ride here!
3. Surkanda Devi temple – Dedicated to goddess Durga, the temple is a famous shrine, a three kilometer walk from the village of Kaddukhal. This is worth a visit for its panoramic view of the Himalayan range and the breathtaking sunset.

Here you get multiple options of homestay close to nature on a shoe-string budget.

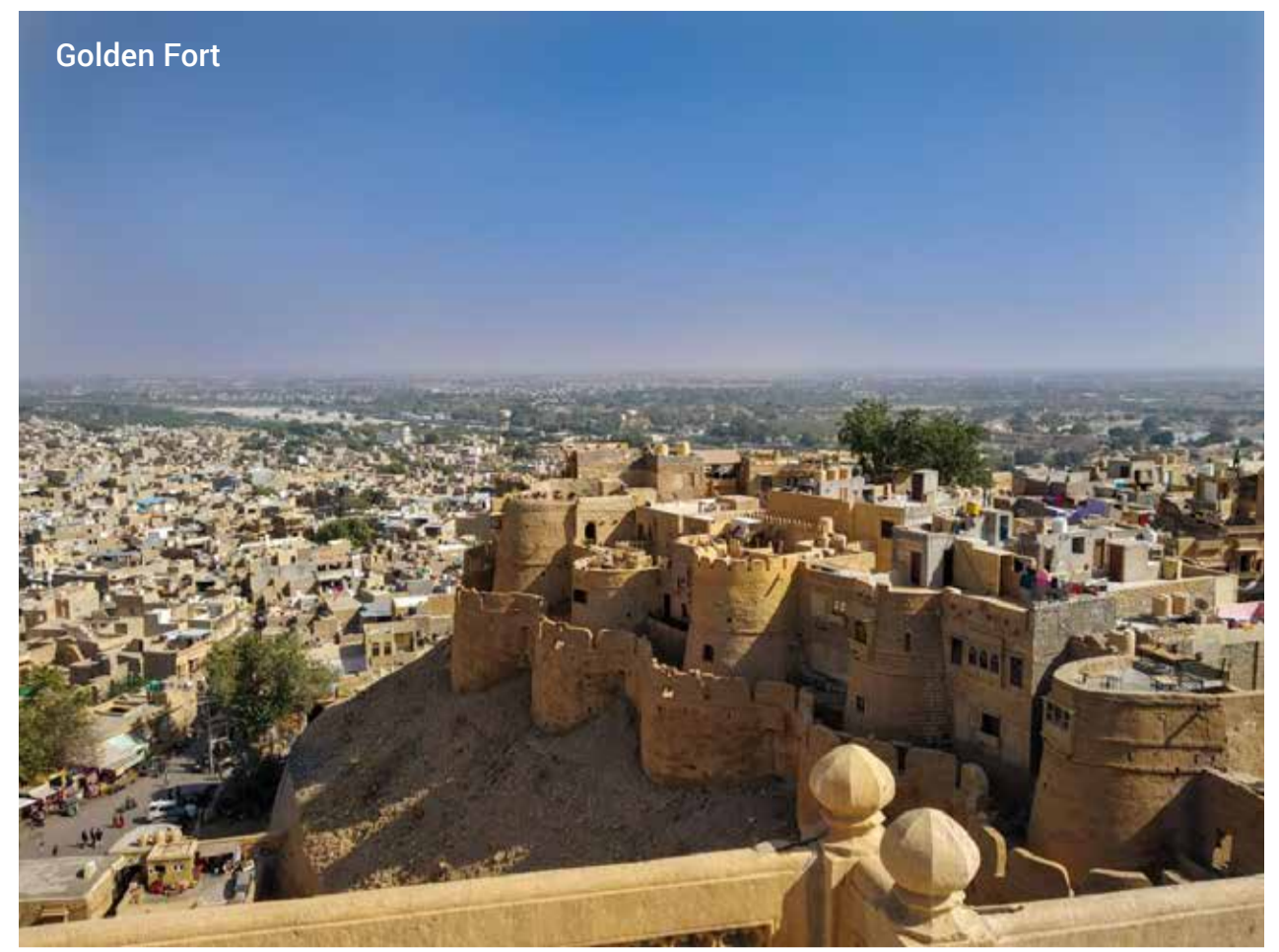
Kanatal is well connected with Delhi via Rishikesh and Dehradun.



## Jaisalmer

5

Exploring the legend of Kuldhara heritage to the mighty Tanot Mata temple at the Longewala border to walk through the majestic golden fort, Jaisalmer is a surreal land. If you wish to spend your days at sand dunes, camping at Thar desert is the best option. Enjoy dune bashing there! While a trip to Dubai may burn a hole in your pocket, the Thar is a perfect destination to relish an exotic delight.



Golden Fort

### To enjoy camel rides and desert safari, November to March is an ideal time to visit Jaisalmer.

1. Golden Fort: The fort is known as 'Sonar Kella', and is famous for its rich heritage. Built in 1156 by Rao Jaisal, the magnificent structure was constructed by yellow sandstone, that appears like a golden structure when seen from afar. The legendary fort is the most popular landmark of the city and it houses museums, and local shops.
2. Tanot Mata temple and Longewala border: If you are in Jaisalmer, the Longewala border is worth a visit. It is a war memorial that has showcased the Pakistani tanks and guns that were captured during the Indo-Pak 1971 war. If you are lucky enough, you may need to get permission before you visit the Indo-Pak border fence. From the Longewala border, the road to Tanot Mata temple is amazing. The temple is managed by the BSF. You can also see here that jawans are the only worshipers. While on your way back from the border, you can spend a day at a desert camp to feel the wind of the Thar desert. Staying at Sam sand dune is the best choice.
3. Kuldhara Heritage: In Jaisalmer, a little 20 kilometer to the west of the desert, there is a village named Kuldhara. The place is popularly known as a ghost town. The village was abandoned and cursed by Paliwal Brahmins 200 years ago. If you have the curiosity to feel the existence of ghosts, then this is a must-visit here.

In Jaisalmer, you must try lip-smacking local delicacies including *Dal bati churma*, *Ker sangri*, *Bajre ki roti* to treat your tastebuds. This is yet another unforgettable experience to drive down to Jaisalmer from cities like Delhi.



Kuldhara Heritage



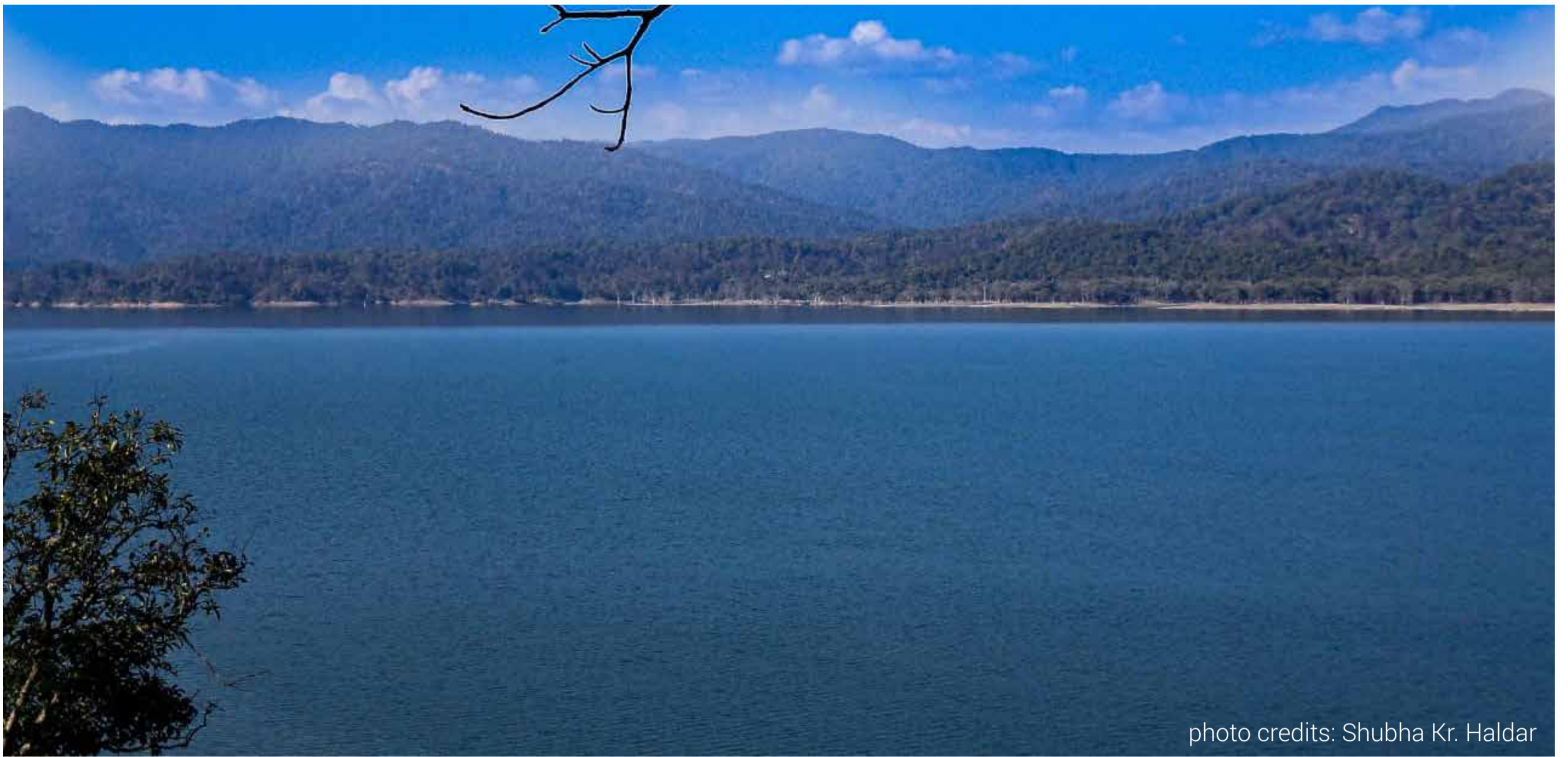


photo credits: Shubha Kr. Haldar

# 6

## Jim Corbett national park

Be it adventure buffs, nature lovers, and wildlife enthusiasts, Jim Corbett national park in Uttarakhand has something for everyone to offer. The entire enthralling terrain is home to the majestic tigers, exotic animals, thousands of species, and beautiful birds.

The best time to visit this jungle in the winter to enjoy a thrilling vacation in the realm of nature.

### Things to do:

1. The sanctuary is divided into four zones but taking a safari through the Dhikala forest and field of Corbett remains one of the topmost things to do. An open-air jeep riding takes you on a journey of all the densely populated areas, where you can spot animals such as the red fox, elephants, tiger, black bear, and more species. Exploring the Dhikala forest is a promising real experience of the wild.
2. Corbett waterfalls: The waterfalls at Jim Corbett are another prominent tourist place and a beautiful treat to your eyes. The captivating beauty of this place surrounded by dense teak forest cajoles many tourists with the melody of the natural sound of the falling water, chirping of birds, thick vegetation, and many more.

The forest can be easily reached by road from Delhi. Staying inside the forest resort or lodges is yet another thrilling experience that should be on your bucket list.



## Araku Valley

# 7

Located in Andhra Pradesh, Araku Valley is blessed with a mesmerising landscape, sprawling coffee plantations, lonely waterfalls, lush green forests, and a serene atmosphere that allures travelers across the world. You can slightly compare this hidden gem of India with the countryside of Vietnam.

The best time to visit this valley is during winters which offer pleasant days and chilled nights.

### Offbeat paths in Araku:

1. Borra caves: Dating back to 1807, these caves are made of karstic limestone. The caves were discovered by William King George. Borra caves are the largest caves in India perched at a height of around 705m. Natural skylight in the caves makes way for vivid imagery that exposes them to a unique mystery of their own.
2. Araku Tribal Museum: If you are keenly interested to learn about the culture and traditions of tribes in Andhra Pradesh, this museum is an ideal place for you. From utensils, costumes, jewelry, and hunting tools to wedding photographs, the museum depicts everything about the lifestyle, culture, and historical past of the tribes living in the vicinity. During the daytime, tribal dance is arranged for the tourists.
3. Traveling to Araku by train is one of the unique experiences. Visakhapatnam is the nearest city to reach the place. When you are here, camping is a must. In addition, you can try the famous dishes of this region like *Bongulo* chicken, *Madugula halwa*.







# 8

## Kumbhalgarh fort

The second-largest wall in the world surrounds the Kumbhalgarh fort, located in the historic city of Ajaygarh, named so because the city has never been conquered by an enemy. The Kumbhalgarh fort is best visited in winter, and offers a variety of other attractions.

### Places to see:

1. The charming wildlife sanctuary in Kumbhalgarh is another exciting place to be explored. It surrounds the fortress. The jungle is home to a number of highly endangered creatures. Nilgai, sambhar, wolves, and white-breasted kingfishers can be spotted here. The sanctuary offers horseback tours, thrilling safari, and trek inside the forest.
2. Ranakpur: This hidden quaint village in the remote Aravalli's range is one of the notable places near Kumbhalgarh. The place has a serene atmosphere and spectacular Jain temples that are enriched in amorous carvings. The temples of Ranakpur have similarities to the Khajuraho temples.

The place has quite a few good resorts. Do try the royal Rajasthani cuisine when in Kumbhalgarh. Kumbhalgarh Fort is 82 km from Udaipur in the Rajsamand district of Rajasthan. If you want to travel by train, Falna is the nearest junction and it is well connected to Mumbai, Delhi, Ahmedabad, Jaipur.



# 9

## Lonavala

Lonavala is India's quintessential romantic escape. The small hill station is popularly known as the jewel of the Sahyadri mountains. The city comes to life during the rainy season and turns lush green with waterfalls and ponds. The beautiful weather is complemented with Vada pav, masala chai, smoked corn.

### Places to visit:

1. Lonavala Lake: Located on the outskirts of Lonavala, the mesmerising beauty of this lake and its tranquil nature has touched millions of travelers' hearts. The lake is known as monsoon lake because it brims with water in the monsoon. The misty weather with an exotic collection of flora and fauna, flamboyant species, and birds can be spotted on the edges of this delightful lake.
2. Karla caves: Located near Lonavala, these caves are ancient Buddhist rock-cut caves and a prime destination for travelers. Karla caves are mainly known for the Elvira temple situated inside. It is one of the oldest Buddhist cave shrines with the largest Chaityas (prayer hall with a stupa) and monastery in India. These caves were decorated with intricate sculptures of elephants, horses, and people, dating back to thousands of years ago.

Nestled close to both Mumbai and Pune, this quaint little town is perfect to spend your weekend getaway. Lonavala is in the vicinity between Mumbai-Pune expressway and is well connected by roads and trains.



# 10

## Sikkim

The Northeastern state, Sikkim is a hub of spellbinding beauty of flora and fauna, captivating view of Kanchenjunga, blissful mornings, natural wonders, and ancient monasteries. Spring is a suitable time to witness the blooming natural beauty of the place.

### Top places to visit:

1. Nothing can beat the beauty of Changu lake. Also called Tsomgo, it is a glacial lake in Sikkim. Perched at an altitude of 3780 m, this dream destination with a pristine lake, scenic sight, and snow-covered mountains will leave you amazed.
2. Gangtok - the capital of Sikkim: This is one of the most visited cities in Sikkim. The city has loads of gems in its kitty; You would be stunned by the never-ending walking trails, exquisite silver-fir trees, and friendly locals. Gangtok is noticeably the clean city where you get a chance to reboot your soul.

Since Sikkim is swayed by the cuisines of Nepal, Bhutan, and Tibet, you will get tasty momos, thupka, and local beer to satiate your appetite. If you are a budget traveler, the train is the ideal mode of transport to reach the destination. Both Siliguri and Jalpaiguri are well connected with major cities in India.





Given that India is the land of temples, it is little wonder that temples can be found in every nook and corner of the country. Right from magnificent architectural wonders to simple shrines, temples in India date back as early as 5th century CE. Every city has notable temples that have immense religious and cultural significance. Bangalore and its surroundings too has its fair share of temples that date back hundreds of years and are highly revered even today. **Rashmi Gopal Rao** narrows down a few.

## On a trail of LORD SHIVA IN AND AROUND BANGALORE



### *Sri Gavi Gangadhareshwara temple, Gavipuram, Bangalore*

Dating to the 9th century, this is one of the oldest temples in Bangalore and is an excellent example of rock architecture. The temple which is in the form of a cave is believed to have been rebuilt in the 16th century by chieftain Kempe Gowda. Lord Shiva is in the form of a monolithic stone and is highly revered by the locals and pilgrims from the state. Apart from several other deities, the idol of Agni Murthy is considered highly significant. It is also a temple of architectural brilliance and is known for its massive monolithic pillars. On the day of Makar Sankranti, the rays of the sun are known to pass through the horns of the Holy bull (Nandi) and fall directly on the Linga, thereby naturally illuminating the main idol.

### *Sri Someshwara Swamy Temple, Halasuru, Bangalore*

Yet another ancient temple in the heart of the city, the Someshwara temple is believed to exist since the days of the Chola empire. There were several modifications that was done to the temple during the reign of the Vijayanagar empire and therefore the design has several elements of the Vijayanagar school of architecture including the structure of the sanctum (*garbhagriha*) and pillared halls (*mandapam*). The carvings on the inner and outer walls are exquisite and highly detailed. A magnificent pillar (*khambha*) erected at the entrance in front of the temple tower is a highlight of the temple apart from sculptures of Navanatha (nine saints) and the *Girija Kalyana* (wedding of Lord Shiva and Parvati) on the outer walls. A visit to this Shiva temple is definitely a journey back in time and a date with history.







## ***Srikanteshwara aka Nanjundeshwara temple, Nanjangud***

Located about 25 km from Mysore and 170 km from Bangalore, the Srikanteshwara temple is the biggest in Karnataka, spread over a whopping 50,000 sq feet. The main deity is in the form of a Linga and people throng this ancient 12th century temple to offer prayers and get themselves cured diseases. It has received the patronage of several dynasties and rulers including the Cholas, Hoysalas, Vijayanagar empire and finally the Wodeyars of Mysore. Tipu Sultan, the famous ruler of Mysore was a frequent visitor to this temple and has gifted the deity an emerald necklace and an emerald Linga to his beloved Hakim Nanjunda. It is believed that the Lord here cured his favourite elephant of a chronic eye disease. The temple is filled with stucco figures and sculptures and boasts of a massive well carved tower.

## ***Hoysaleshwara Temple, Halebid***

Dedicated to Lord Shiva, this is the flagship temple of the Hoysala dynasty in Karnataka. This 12th century temple complex known for its architectural splendour and structural brilliance actually consists of two identical temples, one facing north and the other south. Set on an elevated platform and replete with the typical Hoysala star shaped ground plan, the two temple halls are connected by a pillared veranda. Both sanctums have an east facing Linga and the interiors have wonderfully carved as well as lathe turned pillars.

The main attraction of the temple are the carvings that adorn the outer walls and include well known structures like the figure of the dancing Ganesha at the entrance and scenes from the Ramayana and Mahabharata. Organized as horizontal and vertical friezes, the carvings of richly decorated elephants, lions, horses and a host of mythical creatures are a treat for the eyes. The temple is located a little over 200 km from Bangalore.



## ***Panchalingeshwara temple, Govindanahalli***

Situated about 160 km from Bengaluru, this 13th century temple literally translates into "Five lingas," and is one of the rare examples of *panchakuta* which refers to the presence of 5 shrines and 5 towers with all the main deities in the sanctum (grabhagriha) facing east. Each of the *lingas*, known as Ishanyeshwara, Tatpurusheshwara, Aghoreshwara, Vamadeveshwara and Sadyojateshwara have the statue of the holy bull, Nandi in front of them. Typical of all Hoysala temples, the carvings on the outer and inner walls as well as the pillars are quintessentially supreme. Do not miss the richly crafted *Dwarapala* figures at the entrance.







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# THE CRYSTAL QUEEN

**Bela Patel** carries a unique family legacy on her firm shoulders. **Surela Chakraborty** discovers the secrets of restoring and creating a chandelier from scratch, from the pioneers of the chandelier glass industry in India.

**K**undan Patel started making chandeliers as a hobby. When she lived in Hyderabad, Kundan was a regular visitor at The Salar Jung Museum, and the opulence of the stunning pieces hanging from those hallowed ceilings captivated Kundan. Her first major order came from The Taj Mahal Hotel, Mumbai. The enchanting Crystal Room was put together by Kundan's venture Crystal Town. Then there was a call from Oberoi Sheraton. They wanted chandeliers for their banquet hall. This was when Kundan with her husband Jagdish went to Firozabad, to make crystal glass for their chandeliers. Thus began the chandelier glass industry in India.

In fact, Prime Minister Indira Gandhi visited one of the exhibitions held in Delhi. Soon the ITC group and other small hotels wanted chandeliers. From a housewife next door, she became the most sought-after lady for designing chandeliers. In some of her projects, her daughter and two sons accompanied her. At times, the children spent their evenings after school observing their parents at work.

Soon they started exporting chandeliers.

Kundan's chandeliers hang in the main hall of the Governor's residence in Hong Kong. In Saudi Arabia, The Oberoi Dammam has a 14 ft square fixture with a 16 ft drop. It has been placed where sunlight washes over it and the sparkle of a myriad facets makes a glorious picture.

In 1994, an article on Kundan Patel's work was published in the esteemed 'Inside Outside' magazine, by journalist Jeanne Roby. By then Kundan had retired, but her daughter's address in Bangalore was given for inquiry. Bela has been in Bangalore since 1979. Her two boys had grown up and were attending school. With the article getting published, people came in gushing about it and for inquiry.

With the support of her friend Snehalata Naidu, she organised an exhibition at the Safina Plaza. There, she got the right attention and big establishments started inviting her to work for them in both restoring vintage chandeliers and creating new ones. This was the beginning of her journey.





Crystal Town then designed chandeliers in Bangalore Club, Annexe Hall, and in 2000, Bela and her sons accompanied Kundan and Jagdish to restore the chandelier in the Darbar Hall, Rashtrapati Bhavan.

“This was a challenging job. New glass was made according to the specification or samples given. All of us still remember how Kundan and Jagdish drove from Agra to Firozabad to check and get the glass quality that was in the original chandelier,” shares Bela.

Since 2007, Bela has been handling operations at Crystal Town on her own, after Kundan left for Gujarat. Chandeliers by Crystal Town also adorn the entrance of the auditorium of IIM Lucknow, Noida Campus. The Auditorium, in INS VENDURUTHY, Kochi has contemporary chandeliers designed by them.



Bela Patel



***“Making a new chandelier is far easier than restoring it. One has to remove all the parts including the metal links joining the crystals and clean and join them again.”***

In 2017, she also restored two big chandeliers at the Sawantwadi Rajwada which now occupies a place of pride in the Darbar Hall. The work was so magnificent that Maharani Radhika Raje Gaekwad of the Laxmi Vilas Palace got in touch with Crystal Town via the royal family of Sawantwadi Rajwada.

Talking about the restoration process, Bela says, “we make subtle design changes and keep the basic framework intact. We restored the chandeliers at ITC Windsor with custom-made glass and Swarovski spectra crystals. Some of the staff couldn’t believe those pieces weren’t brand new.”





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Through several such anecdotes, we go back to the time when Bela was restoring the chandeliers at Laxmi Vilas Palace in 2019. Some of the glass pieces were damaged over the years. They were sent to Firozabad and the replicas were made. "It takes a lot of time and effort to get the exact replicas of the original glass to ensure that they exude the old-world charm," shares Bela, adding, "the silver plating of the brass framework was tarnished. So, the Rajmata got the silver plating done. It took us two months to complete the restoration work."

Apart from restoring these classic pieces for big names, Bela is trying to push the envelope and create contemporary pieces. In June 2020, she collaborated with architects Shreedhar Rudrappa and Manju from Designpreneur to create contemporary light designs for a private residence.

Bela informs, "We mostly use brass and custom-made glass and Swarovski crystals. Sometimes the brass is silver plated according to the client's preference. When Swarovski is not available, Egyptian crystals are used and avoid using Chinese crystals."

She signs off, "My husband supports me like my father once supported my mother in the business. He provides good suggestions regarding the technical aspects of making a chandelier." She desires to carry on working as long as she can. Her architect and interior decorator daughter-in-law Miloni Patel also assists her with the projects.





# Guide to creating the PERFECT NURSERY

Few events in life are more exciting than the birth of your little bundle of joy. A roller coaster of emotions, the birth of a newborn sparks abundant joy and intense feelings of satisfaction and fulfilment. And while you get ready mentally to prepare for the arrival of your little one, it is also imperative that you make your house ready for the baby. **Rashmi Gopal Rao** explores how you can get organised and create a space, aka the nursery which can seamlessly integrate with the rest of the house.



“Designing a nursery can be an unforgettable experience,” says **Pankaj Poddar**, co-founder of Hipcouch, the Interior Design Company. With endless options and ever-changing trends in design today, the interiors for a nursery has evolved from the typical ‘pink for girls and blue for boys’ and has become more concept driven. “A good place to start is to pick out a theme that resonates with your style and personality. The theme then gives a clear design direction by defining the colour palette, furniture and decor elements like artwork and accessories,” says Pankaj.

## Themes galore

The nursery has often been an aspirational space for most parents and hence is designed to reflect their individual tastes. From bright hues to pastels to minimal whites, neutral themes are very popular. Scandinavian minimal designs are popular with parents who are fond of straight lines and clean looks. “The most loved themes these days are rainbows, jungle and space,” says **Neha Jain**, co-founder and creative director of UDC Homes. Irrespective of the theme, the nursery should be an open and welcoming space for the child to explore in, with or without adult supervision. “Speaking of aesthetics, create a sense of playfulness in simplicity. Adding elements of colour help liven up the space, but find balance within the various elements and hues,” say **Siddharth Sirohi**, founder of Baro Design, and **Lakshya Elouise**, Pre and Postnatal birth educator.



## Furniture and Storage options

The importance of having thoughtful, multipurpose and functional furniture to stay organised can hardly be overemphasized. The focal point of every nursery is of course the crib. It is of utmost importance to choose a crib that is safe and comfortable for not only the child but the new mother as well. According to **Romilla Tewari**, Creative director & Founder of ThinkCutieful, "The crib should have rails and adjustable height of the mattress so that the mother does not have to bend too much particularly in the first two postpartum months. As the baby grows it is key for the baby's safety that the mattress is lower."

Apart from the crib, a feeding chair or a rocking/gliding recliner for comfortably feeding and rocking the baby is extremely useful. A day bed for the parents to relax while taking care of the baby is always a good idea. A functional changing table with drawers to store diapers and swaddle sheets is an important piece of nursery furniture. You can choose a changing table in such a way that it is useful even after the baby grows up either as a side table or a simple chest of drawers that is used to store the baby's clothes, toys, and books.

***It is quite likely that the baby will spend a lot of time staring at the ceiling. Having innovative patterns and prints on the ceiling can create a comforting and stimulating ambience.***



## Nuances of Décor

As they say, the devil is in the details, and hence small things can make a lot of difference. While it is easy to have pleasant colours and pictures on the wall given the plethora of wallpapers and decals that are available, the ceiling is often neglected. It is quite likely that the baby will spend a lot of time staring at the ceiling. Hence, having innovative patterns and prints on the ceiling can create a comforting ambience. Other accessories like a woollen rug, a dream catcher or a wind chime can infuse warm and positive vibes. Dark curtains help a child sleep better during the sunny middays and afternoons while sheer curtains can help soften the light.

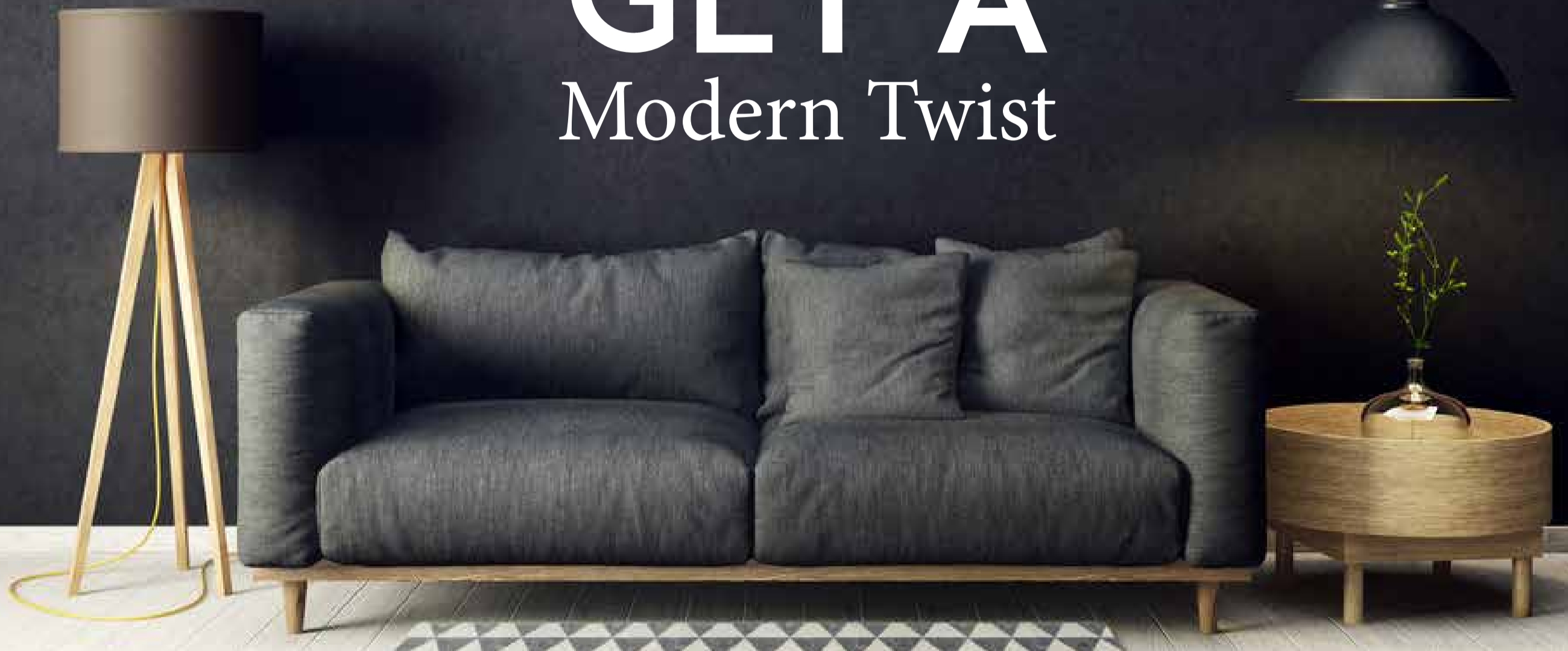
## Dos and don'ts

While designing the nursery, certain safety measures need to be necessarily incorporated. Avoid sharp edges on furniture, choose comfortable cotton materials for bedding and sheets and ensure that there are no low-level electric switches, plug points, frames or accessories of any kind. "Do not clutter the space. A good idea is to circulate their toys and books and keep only a limited number to access for a given duration. This creates a constant renewal within the space and even the same objects will be experienced anew," add Siddharth Sirohi and Lakshya Elouise.

Finally, it helps to keep things flexible and plan with a slightly longer time frame in mind. After all it is a space that needs to keep changing as per the requirements of the baby as they grow up. "Transition is an important aspect of a baby's room," says Romilla, "it is a room that should have space to grow, evolve and transform from an infant's space to a toddler's and a young baby's with lots of space to crawl, cruise and finally take those first little steps."



# HOME FIXTURES GET A Modern Twist



New-age India has learned how to live on the go. The joint-family system has been disintegrating in communities across India for a while now, as ambition has been driving singles and couples alike to traverse the country at the behest of their work. Living out of suitcases might be a fancy term for such a lifestyle, but there is now a growing trend among young India, that is letting them pack the metaphorical suitcase away for the few months they stay in a city. Furniture renting portals have been gaining solid ground in the country over the past few years, and have now become an extremely attractive fallback option for people moving cities for work or education. The system makes it possible to own bare necessities to make a brief stay comfortable, and save oneself from having to purchase unnecessary possessions. **Juveria Tabassum** checks out some noted players in the furniture rentals market



### 1. **Furlenco:**

Furlenco, earlier christened Rent Ur Duniya, is based out of Bengaluru, and has made steady ground in the rental industry. So much so, that the brand also collaborated with Red Chilli's Entertainment and furnished for Shah Rukh Khan and Alia Bhatt's starrer Dear Zindagi. Now available in Tier II and Tier III cities as well, the startup offers models and rental packages for every room in your home, right from the study, to the kitchen, to the kids' room. Users can also mix and match pieces from different manufacturers, and create a cosy space for themselves. You can grab a Queen-sized bed complete with a mattress and pillows from as low as Rs 749 per month.

### 2. **Rentomojo:**

Also based out of Bengaluru, the portal is available in almost 16 cities, and offers free package, moving, and maintenance. Apart from furniture and home appliances, Rentomojo also offers deals on workout and fitness gear. For a deposit of Rs 1019, you can rent yourself a Queen-sized bed at Rs 439 per month. You can also uplift your WFH experience with a chic study table at Rs 199 per month.



### 3. **Rentickle:**

Available in six cities, Rentickle is based out of Delhi, and offers curated rental packages for every room in your house. The portal also offers essential appliances on rent that can help complete your home and make it a convenient space to live in. You can rent a comfortable Queen-sized bed at Rs 384 per month



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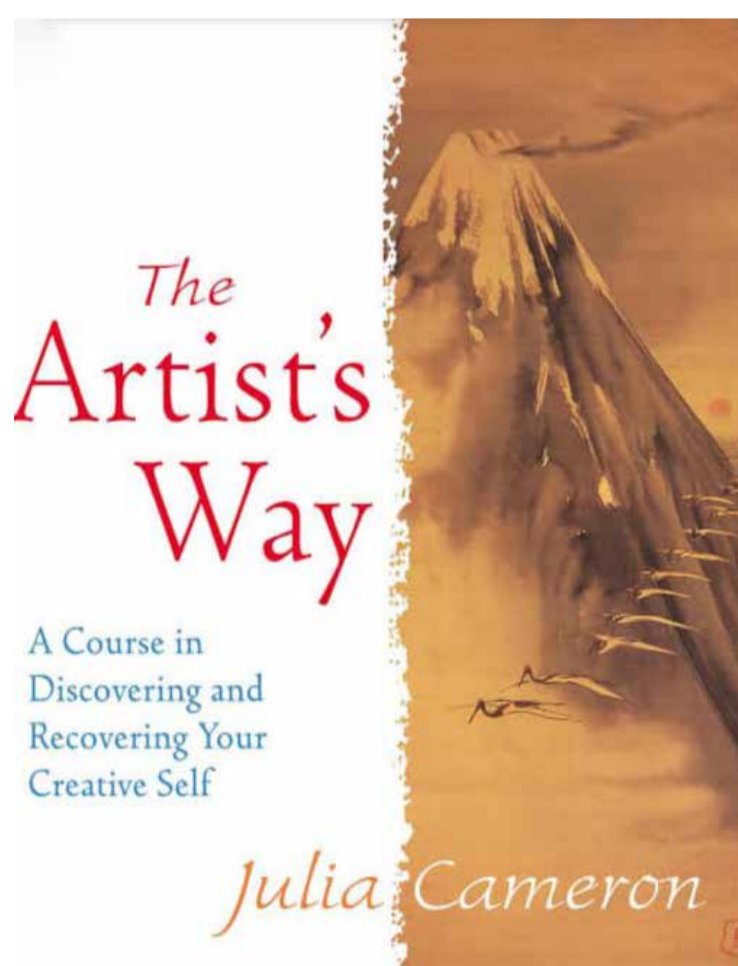


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# Readings For the Summer

**Hashtag** India claims your book space with these four recommendations that spark creativity, indulges your gastronomic senses, nudge you to think about persons in the autistic spectrum, and poetry that addresses the elephant in the room: the pandemic.



**Title:** *The Artist's Way*  
**Author:** Julia Cameron  
**Publisher:** Macmillan

There is order even in chaos and Julia Cameron shows just that with *The Artist's Way*. The 12-week course focuses on your shift in thought than your shift in schedule; a regular trope in a writing book. Week one starts with Sense of Safety, where you feel free to work in a safe environment: exercises such as self-date, and time travel are incorporated in these sections. Other sections include bits on identity, compassion, and faith, among others.

An award winning journalist, poet, and playwright, Julia has been teaching writing for decades.

**Why you should pick it:**

Get your hands on it if you are serious about art and want to fulfil your creative capacities.

**Title:** *Singing in the Dark: A Global anthology of Poetry Under Lockdown*

**Author:** K. Satchidanandan, Nishi Chawla

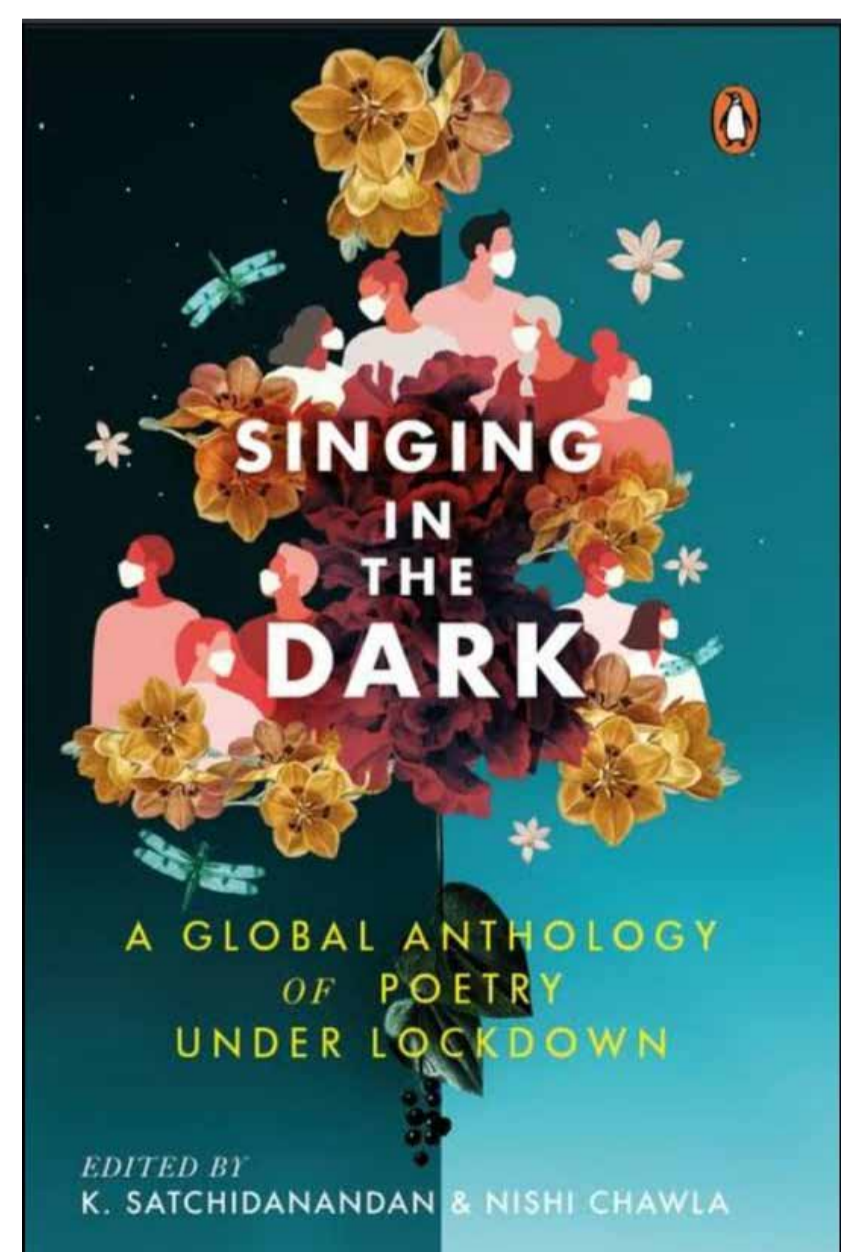
**Publisher:** Penguin

The era of the COVID-19 pandemic is documented in this book through various poetic voices from around the world written by over 100 poets in 20 languages, all translated to English. The book contains poems by well-known poets such as Vijay Seshadri, Grace Cavalieri, Arundhati Subramaniam, George Szirtes, Chandrakant Patil, Anamika, Francis Combes, Rafael Soler, Jerry Pinto and Ashok Vajpayee.

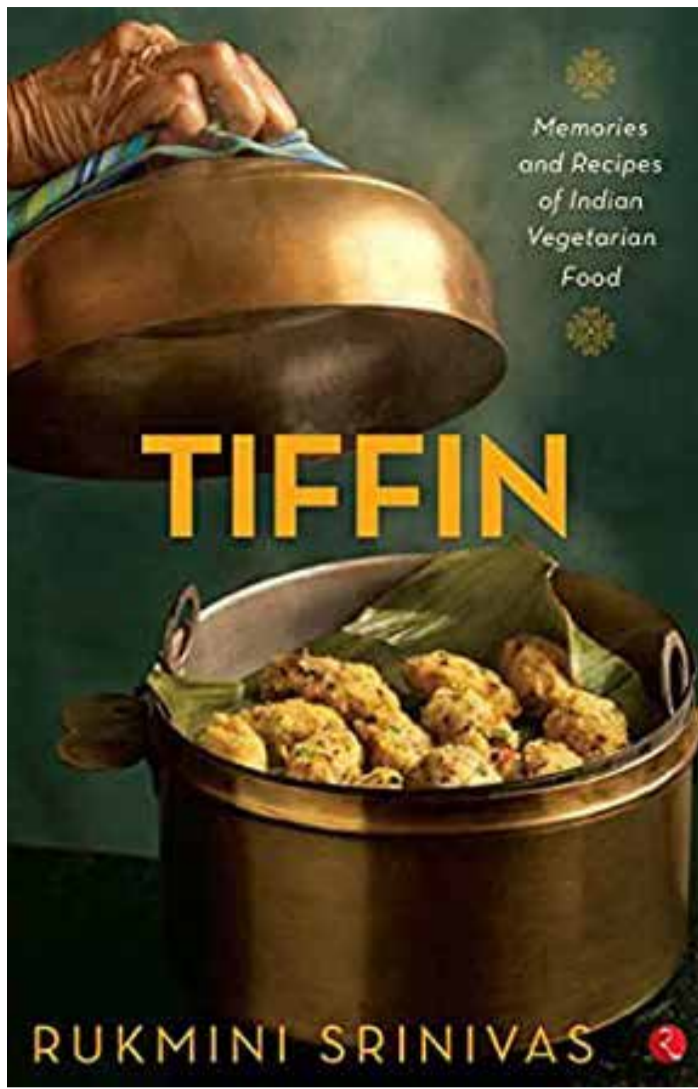
Tones vary from quiet contemplation to an expression of rage to commentary on the migrant crisis in India. It captures the isolation across the globe with poignancy and care. For a few poets, this was a time to silently celebrate while a few were consumed by the sudden isolation. Overall, the book creatively captures the sombre mood of the lockdown and the effect of the virus.

**Why you should pick it:**

To be part of this expression of a common fear and to empathise with human beings around the world. If you love poetry, then Mashego Goodenough and Nhlana Siliga are two poets we would recommend strongly.







**Title: Tiffin**  
**Author: Rukmini Srinivas**  
**Publisher: Rupa**

Tiffins, derived from *tiffing*, which means small meals, is a staple in many Indian households. *Dosas*. *Appams*. *Pakodis*. *Idlis*. These sumptuous tiffin items are a gastronomic treat. Rukmini Srinivas, an octogenarian, takes us through a feast with her memoir, sprinkled with tales of her progressive father and her life at British Pooa to her travel tales via sea to Boston and hosting the famous author RK Narayan when he visited the United States of America.

The stories share a common thread: Tiffins. The tiffins in her stories bind families and generations together. Be it her doctor uncle who handpicked ingredients from their local garden to prepare *vadai* to her grandmother's *mysore pak*.

Her culinary skills, old-style techniques combined with innovative alterations, that she took pride in, found an audience in the Americans, who spent time understanding vegetarian cooking and tiffins.

**Why you should pick it:**

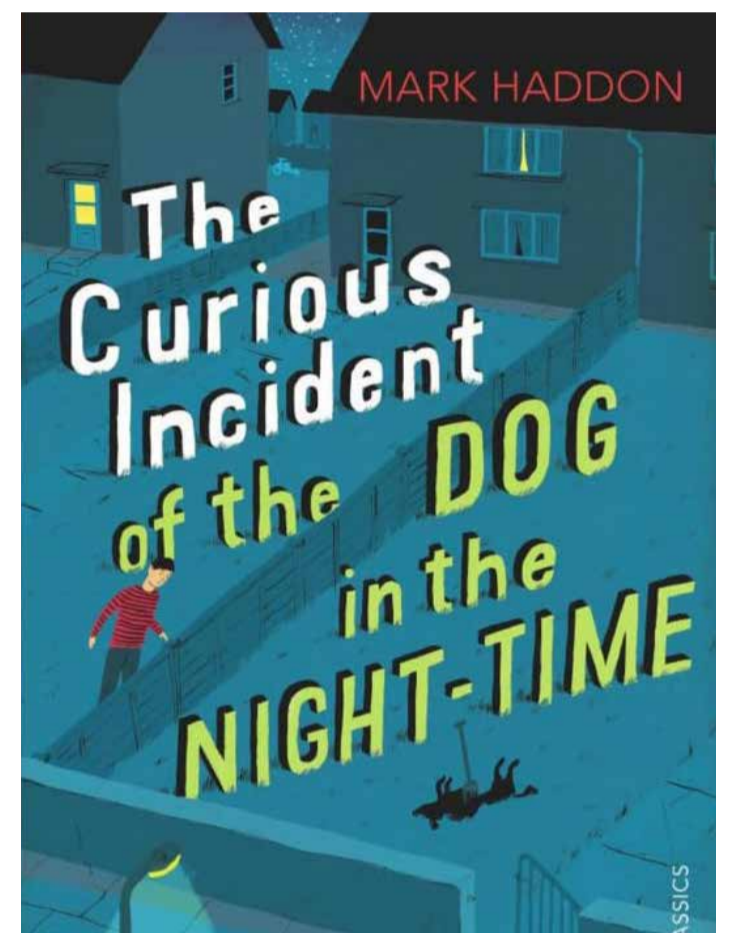
This book is a refreshing read. The rustic tiffin as the cover page, the delectable chapter names and the matte-finish pages with recipes of samosas to *parottas* can make you reach out for your mobile and call your own *paatis* or *ammammas* to learn a dish she prepared.

**Title: The Curious Incident of The Dog in the Night-Time**  
**Author: Mark Haddon**  
**Publisher: Vintage Random House**

This murder mystery book is the story of Christopher Boone, trying to solve the mystery of the death of his neighbour's dog, Wellington. Deeply disturbed by the pup's demise, he takes it upon himself to find the person who put a huge fork into the belly of the golden retriever. Christopher idolises Sherlock Holmes and attempts to solve this mystery. The book follows the journey of his life, his habits, and his relationship with his estranged parents, from his point of view while he is trying to solve the murder. The emphasis on Mathematics such as the precision in the opening line: It was 7 minutes after midnight, and the pages are numbered only on prime numbers, highlights the condition of a person on the autism spectrum.

**Why you should pick it:**

This book must be read to understand the sensitive portrayal of a child with autism and how one can have an empathetic conversation.



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# Fool-proof list of curated Gifts for Mother's Day



## **Personalized Cutting Board**

**Available on:** Etsy.com, amazon.com, cuttingboard.com

**Price:** 1500-2000INR

Got a mom who's known for her delicious cooking? A wooden cutting board is a kitchen essential and this wooden chopping board can be personalised with any name. Thick and heavy, this striped wooden chopping board offers a stable base for cutting vegetables and fruits.



## **Basic Indoor Hydroponic Herb Garden**

**Available on:** Amazon

**Price:** 599INR

Does your mom love gardening? Does she wish she could do it all year round? Now, all thanks to you, she can cook with fresh herbs every day. An indoor herb garden comes with two different kinds of basil, parsley, dill, thyme, and mint. The best of all is that it tells her exactly when to add water. The mini succulent plants are not just lovely to look at, but they are also easy to take care of. They make for a perfect accessory to match any home's decor with their concrete pot display. Take your gifting idea up a notch!

## **Back and Neck Massage Pillow With Heat**

**Available on:** Amazon.com

**Price:** 1000-2000INR

Sure, getting her a spa massage would be nice, but given the Covid scene you can still impress her with an Dr physios at-home neck and back massager. The massage pillow is lightweight and compact and it can be used anywhere. It's the perfect gift for a mom who just needs to, uh, chill.



## **Carvaan**

**Available on:** Amazon

**Price:** 6900INR

Does your mummy also talk about how good the old cinema and its songs were? If yes then gift her this lovely radio, which has the best songs of the golden period. Whenever she will listen to it, she will remember you and the sweet memories related to those songs. This is one of the evergreen gifts.

## **Coffee Face Scrub**

**Available on:** Nykaa

**Price:** 600-800INR

Mc Caffeine face scrubs are the most trending ones.

With all organic ingredients like finely ground coffee, Manuka honey, and rose petals, just to name a few— it's designed particularly to gently exfoliate, renew, and regenerate skin while also moisturizing.

