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GMR AEROCITY MAGAZINE

TRAVEL, WORK & DINE

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YOU are what you FAT

Putting fitness first Kush Kapoor, CEO, Roseate Hotels & Resorts



Cooking with passion Sandeep Pande, Executive Chef, JW Marriott

> The foodie Shibani Kashyap



The Art of Eating Exploring the food and emotion connect





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O @adriftkaya_newdelhi

+91 8527488127

Shabad.ahuja2@marriotthotels.com

EDITOR-IN-CHIEF'S NOTE

Mindful eating



ANNURAG BATRA

¥ anurag.batra@businessworld.in

"A recipe has no soul. You, as the cook, must bring soul to the recipe." – Thomas Keller

ur parents often say you are what you eat. And, how true it is - the type of food, the quantity, and the quality impact us. Even the person cooking the food passes on his energy into the food. When I eat food cooked by my mother, I can feel love in it. The last few years have seen a global mindset change, and people are moving towards eating healthy food.

There is enough research to support healthy eating and its effect on our immune system. However, some people have taken eating healthy too far by dousing themselves with unnecessary supplements and vitamins. Instead of consulting physicians and dieticians to assess what exactly their body needs, they rely on advice given by armchair experts. There is nothing more harmful than this! In this issue, we examine what constitutes healthy eating. Read articles and columns by industry experts on healthy eating habits. Renowned chefs share their favourite recipes. Do try them out!

In addition to eating clean, an individual must focus on exercise to be truly fit. Food alone will not do the trick - you must get moving. Experts believe any exercise for 30 minutes a day can positively transform the mind and body. It could be playing badminton with your child or even taking your dog for a walk. You could train at the gym or go for a jog. There are plenty of fitness activities you could take up, but experts suggest adding a bit of Yoga to your routine. Yes, Yoga works wonders in reducing stress. Add it to your fitness routine, and you will see a calmer, fitter version of yourself within months. We bring you expert advice and tips on Yoga.

We hope you enjoy reading the magazine as much as we did putting it together.

Happy Reading!





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LEAD PHOTOGRAPHER, FOR BW: RITESH SHARMA

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SUBSCRIPTION: SHAKTI@BUSINESSWORLD.IN FOR EDITORIAL: JYOTSNA@BUSINESSWORLD.IN FOR ADVT OR SPONSORSHIP: SOMYAJIT@BUSINESSWORLD.IN

ACCOUNT MANAGEMENT: SOMYAJIT SENGUPTA

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FROM THE CEO'S DESK



Even a few years ago, the area around the New Delhi airport was known for small hotels and and local joints where people would stop by for a quick bite during transit. But over the last few years, GMR Aerocity Delhi has turned into a hub of global cuisine, with some of Delhi's grandest hotels and finest eating joints.

The art of eating

hings change with time, and GMR Aerocity Delhi is no exception! The Delhi airport and its vicinity have changed from what it was a few years ago. GMR Aerocity Delhi, which was developed by GMR Group on the concept of Aerotropolis, is living up to its expectation. It has become synonymous with luxury, convenience, connectivity, and hospitality, and emerged as a much happening hub for city dwellers.

No doubt, Delhi is the culinary capital of India. It has been the birthplace of some of the cuisines that were never heard of before but are now an integral part of Indian cuisine. People from all around India and even from different parts of the world visit the city to savour the taste of this authentic cuisine.

Even a few years ago, the area around the New Delhi airport was known for small hotels and local joints where people would stop by for a quick bite during transit. But over the last few years, GMR Aerocity Delhi has turned into a hub of global cuisine, with some of Delhi's grandest hotels and finest eating joints. GMR Aerocity Delhi today boasts of amazing restaurants, bars, cafes, and bakeries. It offers various options from street food to fine dining. It has close to 100 of the world's most premium Food and Beverage (F&B) outlets that offer a wide range of culinary experiences.

"One cannot think well, love well, sleep well if one has not dined well." The air at the restaurants, cafes, and food courts at World Mark 1, 2, and 3 of GMR Aerocity Delhi is filled with the buzz of happy guests, good music, and positive energy.

GMR Aerocity Delhi has some of the finest restaurants, one of them is Kampai. It is a high-end casual dining restaurant. Its Japanese menu encompasses scrumptious contemporary dishes. When you walk into Kampai, you will feel like you have landed in Japan during the Cherry Blossom festival.

K3 of JW Marriott is popular with large group of diners who find its vast spacious premises a wonderful luxurious indulgence. Travellers in transit dining at odd hours is a common sight at K3.

Similarly, Pullman's PLUCK has an innovative concept where the marketplace is brought into the restaurant with the philosophy of YOU CHOOSE, WE COOK. Guests can select a wide range of fresh and organic raw materials for dishes and select the cooking or cuisine style.

FOOD EXCHANGE offers multi-cuisine buffets, and QUION is a 24x7 sports bar and an urban hangout which is flocked by youngsters.

Apart from these, the GMR Aerocity Delhi has Reve that has beautiful interiors, and a cozy vibe, and serves delectable French cuisine. Plum by Bent Chair, Farzi Cafe, Daryaganj, The Kylin Experience, Cafe Delhi Heights, etc. highlights a mix of culture and cuisine.

GMR Aerocity Delhi also organises food fests like "Food for Thought" and "October Fest" that no food lover likes to miss.

Aman Kapoor CEO Airports Land Development GMR Group





Embark on a new culinary experience with Ginza, a destination offering authentic Japanese Cuisine by Chef Yashuhito Ono.



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Aloft New Delhi Aerocity introduces Ginza, a Japanese restaurant and bar

Ginza, an incredible Japanese restaurant serving Japanese food from an elaborated menu is all set to curate an enchanting experience. Embark on a new culinary experience with Ginza, a destination offering authentic and traditional Japanese cuisine by Chef Yashuhito Ono. Ginza is named after Tokyo's most famous upmarket shopping, dining and entertainment district. The menu features a selection of sashimi and sushi alongside Japanese curries prepared with traditional ingredients by the culinary artists with decades of experience. Chef Yashuhito Ono has combined traditional Japanese flavours and techniques to create a unique dining experience. The menu showcases a variety of dishes like salmon and avocado sushi roll, Tempura moriawase, Ebi Tempura, chicken and pork katsu, Japanese curry rice and



J.J. Valaya, the fashion maestro has created yet another boutique which is exquisite and created in a manner that will create holistic experiences. Photography, fashion, jewellery and home décor are displayed in a very intricate method with the minutest of details being luxurious, and of a large variety



much more paired with sake, crafted cocktails, and premium Japanese spirits. The restaurant has elegant and intimate seating, the walls of the restaurant are layered with art pieces, which further elevate the dining experience.■

J.J. Valaya's recently launched luxurious boutique in Aerocity is already turning heads

allowing the shoppers to be spoilt for choice. His personal passionate view of all his favourite domains such as home design, couture fashion and photography is clearly visible in the ambience created by him. Beaten brass is used to design the console along with a central wooden panel finished in high gloss polyester. There is a set of three Bhutanese hand painted works of goddess Tara and an antique wooden horse which can also be seen in a unique way. Italian marble with an art deco inlay in brass, is one of the highlights of the boutique. A fully upholstered sofa with the base inspired by a three-centred arch derived from use of complex geometry is featured prominently. Adding to the display are cushions which are made out of authentic antique Jamawar shawls.







Vipin Khattar appointed as General Manager of JW Marriott, Aerocity

An alumni of Hotel Management and Catering Technology from IHTTI School, Neuchatel, Switzerland with specialisation in Hospitality Operations, Vipin Khattar is highly regarded by his peers as an exceptional sales expert, leader, and marketer. His growth trajectory consists of various significant and career defining roles such as Business Development at Atlantis in Dubai and MICE at Grand Hyatt, Dubai before taking on the role of hotel based Operational Leader in 2013.

Khattar brings with him more than two decades of extensive experience as a hospitality professional primarily in the UK, Middle East and Africa. He has had a tremendously rewarding career journey owning to his diligence and highly driven approach and commitment to business objectives. He has proven to be a dynamic individual having the strength for building strategic partnerships and innate ability to inspire and develop high performing teams.

Vipin Khattar has held various roles with the Hyatt Brand in UAE and Egypt, the most recent being the General Manager at Hyatt Regency Dubai Creek Heights, Dubai. In his new role at JW Marriott New Delhi, Khattar is excited to passionately elevate and solidify the stellar performance of the hotel in the Aerocity sector and the Delhi Market. One of his key priorities would be to enrich the strong culture of exceptional JW treatment for the hotel's guests.

On the personal front, he is an ardent traveller, is wellness-oriented and loves to spend time with his family. \blacksquare

Khubani at Andaz, Aerocity - An amalgamation of dining with luxury and entertainment

After a tiring and exhausting week, everyone wants to unwind over the weekend. Khubani, the perfect place to recharge and rejuvenate your senses with the finest blend of spirits and culinary delights, is located at Andaz, Aerocity. A place of modern royalty with a global cuisine merged with Persian culture, this place is definitely worth visiting. Upon entering, one feels refreshed only by the sight of a large fountain which leads to a two-story dome which has a huge bar in the centre. The Persian themed décor with a traditional touch and very attractive rugs on the walls along with exquisite chandeliers



creates an ambience of true royalty. Special cocktails and the presence of a Turkish menu which lends a Middle Eastern touch to one's experience along with Asian delights. The fire dancing, air acrobatics, Sufi melodies and pop music add to a very special experience.■



Putting fitness first

We emphasise on fitness across all our training programs. A fit team would certainly serve our guests better.

- Kush Kapoor

Fitness and wellness are at the forefront of many people's lives. A fit person infuses a sense of dynamic energy and wellbeing into his or her environment. Everyone likes to be around them, because of the sheer positive energy that reverberates. Exercise is a must to induce both, physical as well as mental fitness. All four aspects of fitness training or physical activity, relaxation and regeneration, preventive treatments and therapy play a role in achieving harmony and balance. More and more people see physical and mental wellbeing as a priority in their lives. Many of our guests, whether on a work or a leisure trip emphasize on working out in the gym or participating in yoga sessions.

Especially in the hospitality industry, fitness and wellness are a top priority. This permeates through



everything that we do. We emphasise on fitness across all our training programs. A fit team would certainly serve our guests better. The "health conscious" wellness offer, perhaps with yoga lessons or Pilates, can make the difference

The "health conscious" wellness offer, perhaps with yoga lessons or Pilates, can make the difference between a reservation or not. aging cooking class in the evening.

Wellness and fitness areas in hotels are now much more than a passing trend, but a consolidated reality that continues to grow: and the numbers speak for themselves. According to the Global Wellness Institute, in fact, the sector at a global level is now worth more than 4,200 billion dollars, of which 639 billion are related to wellness tourism chosen by 586 million people, second only to cultural tourism. ■

About the author Kush Kapoor is the CEO of Roseate Hotels & Resorts

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between a reservation or not. Or a positive or negative review on Trip Advisor or Booking.com. In a survey by Cornell University, 46 per cent of the sample says that they would have definitely visited the gym of the hotel where they stayed. This has led towards a big change, especially in the last decade. As a result, the gyms in the hotels have "come out" from the dark basements, to find new bright spaces equipped with the latest machinery.

Fitness and wellness in the hotel must be above and beyond expectation for the guests. The synergy between the traditional core business of a hotel, hospitality, and the importance of quality sleep, healthy eating, and physical exercise for guests, must be complete. Moving on from a yoga session at dawn, an afternoon run, and an anti-

fandrym

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"Good food is the foundation of genuine happiness" - Auguste Escoffier

Everything we eat has an emotion attached to it. For example, It is love that a mother will put into the sandwich which she makes for her child.

- Sarita Pereira

Scientifically, food and emotions are linked. But food is an emotion itself. Everything we eat has an emotion attached to it. Sometimes it is love and, at times, sadness.

As a chef, designing a course requires a deep understanding of these emotions that are linked to the food we serve each time. Emotion is the final result of various thoughts, feelings, and behavioral responses. Similarly, the emotion of a dish is the final result of ingredients, textures, visual presentation, and much more.

There's trial and error involved before the final sentiment of the course is perfected. Sometimes it is love at first sight, other times it is a hard but rewarding climb to the top of the mountain. But at the end of it, every course is curated with creativity, teamwork, and of course, a whole lot of emotion.

I was trained under Michelin Chef Nandu Jubany of Can Jubany in Vic, Catalonia, Spain. Upon my return, I started with a Boutique restaurant with a table of 10. The concept of it was an 'un-restaurant'. The idea was to creat a food lab where the exploration of flavors is at the core of delivering a culinary experience.

There's trial and error involved before the final sentiment of the course is perfected. Sometimes it is love at first sight, other times it is a hard but rewarding climb to the top of the mountain.



Located in Boran Village, Bandra, my restaurant Lovefools is a 90-year bungalow that has been restored. You can choose from a six-course curated chef's signature menu every night, an ala carte menu for lunch & dinner, or a big Sunday brunch. The restaurant is frequented by many celebrities such as Shahrukh Khan, Kareena Kapoor Khan, Alia Bhatt, Akshay Kapoor, Sachin Tendulkar, Malika Arora & Poonam Soni, among others.

> **About the author** Sarita Pereira is a Chef at Lovefools.



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RAJDEEPAK DAS CEO & CCO - South Asia, Leo Burnett

FOR QUERIES & SPEAKING Jyotsna Sharma jyotsna@businessworld.in +91 9899353746

PARTNERSHIP OPPORTUNITIES

Somyajit Sengupta +91 9818247444 somyajit@businessworld.in

WATCH THIS SPACE FOR MORE ON JURY MEMBERS AND THE NOMINATION PROCESS.

Overuse of dietary supplements

The use of dietary supplements has increased over the years, as reflected in part by the number of telephone calls to poison centres nationwide

- Kavi Bhandari

In today's world, and especially since the pandemic hit, people have become convinced that dietary supplements will help boost their immune system. It is a fact for sure, but the overuse of these supplements may cause damage in the long run. For example, excessive intake of protein through protein shakes and protein diets may harm our kidneys in the long run. For those who might already have kidney problems, this is fatal. As said always - too much of anything is bad. Following that mentality is the key to practice awareness, especially in this case.

Therefore, today, an important question is whether a high protein diet and overuse of supplements is safe for our kidneys?

Salil Jain, Director and HOD, Nephrology & Renal Transplant, Fortis Memorial Research Institute, Gurugram says that proteins, fats and carbohydrates are three major components in our diet. Each one of them is essential for a healthy life. Proteins



"Nowadays there is a fad for high protein diet for weight loss and body building. People are taking excess protein in the range of 2 to 2.5 grams / kg of ideal body weight. Such high intake of protein results in stressing the kidneys as they have to get rid of toxins produced from the metabolism of proteins" - Salil Jain are essential for our growth and development especially in childhood, pregnancy, and when recovering from illness. We need protein in our diet for maintaining and developing our muscles, bones, immune system, fluids and pH balance of our body. We need approximately 0.8 grams per kilogram (gram/kg) to 1 gram/kg of protein intake of our ideal body weight.

Monitoring the intake of protein

He feels that anything more or less than this can be harmful for our health though there are some exceptions like during illness, in case of sportspersons, liver disease, kidney disease, dialysis etc.

Nowadays there is a fad for high protein diet for weight loss and body building. People are taking excess protein in the range of 2 to 2.5 grams / kg of ideal body weight. Such high intake of protein results in stressing the kidneys as they have to get rid of toxins produced from the metabolism of proteins, according to him.

People with prior kidney disease are likely to have faster progression of the disease with such high protein diets. They will in fact preserve their kidney function if they take 0.4- 0.6 gram /kg of protein and at the same time they should be aware that anything less than this is also harmful for them as they will become more prone to infection, less mobility, fluid accumulation etc.

Now the question is that can people with normal kidney function take a high protein diet or not?

He describes that there is lot of literature and studies done into this matter and there is no conclusive result supporting that it damages the kidney. His suggestion would be that protein intake should be individualised depending on the goals of the individual. Those who plan for a high protein diet should undergo a health check-up including urine examination to make sure they do not have any liver, kidney, heart disease or any illness.

Jain further says that people should consult physicians



and dieticians before starting any diet. 10-30 per cent of total calories intake should be from protein. Red meat should be avoided and healthy protein rich food like egg white, fish, chicken, soy, beans, peas, dal, milk products, nuts etc., should be taken in consultation with a dietician. "Various over the counter protein supplements are available – whey, soy and casein. Whey and casein are milk-based whereas soy is plant-based. All three are effective supplements but should be used judiciously. When on a high protein diet please make sure that you do not get dehydrated and avoid pain killers," he states.

Maintaining a healthy diet

Amanpreet Karnawal. Actor. Model. Creative Head & Fitness Enthusiast feels that, as written in the ancient Hindu scriptures, the human body is a temple, it is our duty to take care of it. "I guess nowadays people have become more serious when it comes to maintaining a perfect body shape maintaining and а healthy diet. Getting into shape is the best thing to do but where



one needs to starve himself or herself is not right or healthy," she says.

Her overall perspective is that nowadays entertainers,



Photo Credit - Pixabay

celebrities, models, actors, adapt diets like intermittent fasting and keto diets, which have their own benefits and help one achieve the measured and specific goals in a stipulated time. "However excess of anything or a wrong format of diet, at times, does more harm than benefit. Hence one should be watchful and mindful about what and how much one should eat and what diet methods are to be followed. Ideally the food intake has to be spaced out in smaller portions to be taken at frequent intervals. The right way of eating along with exercise forms a correct way of living a healthy and wellness filled life," says Karnawal.

Use supplements cautiously

Manisha Bhagat, Senior Nutritionist, has a very interesting view. She says that there are fancy supplements floating around in almost all big and small pharmacy stores. Each bottle promises good health and supplementation for the 'misses' in our diet. This fact could well be far from the truth. Many unregulated protein supplements and a lot of vitamin and herbal supplements may not be even tested properly and may carry unsubstantiated health claims. "A lot of people mindlessly consume protein supplements in the hope of packing muscle and cutting down fat. Little do they know that any protein supplementation if not supported with enough weight training and physical exercise, can be hazardous."

She also explains that consumption of excessive and unwanted whey protein can not only lead to depletion of good bacteria in the gut but can also increase bad bacteria which may cause stomach pain, constipation and indigestion. It can also pose long-term effects on kidney and liver health. Another common abuse of dietary supplement is in the form of excessive vitamins and herbal supplements. Any such drug should only be consumed on the advice of your physician or a clinical nutritionist and not the pharmaceutical representative in the drug store. "A word of advice - read the label carefully, find out about the ingredients, drug interactions, and daily value. Also, 'natural' does not always mean 'safe'. Buy only reliable, established brands. The bottom line is a balanced nutritious diet is no match to the pills made in factories." Taking more than you need costs more and might also raise your risk of side effects. For example, too much vitamin A can cause headaches and liver damage, reduce bone strength, and cause birth defects. Excess iron causes nausea and vomiting and may damage the liver and other organs.

The use of dietary supplements has increased and is associated with adverse effects. Indications for use include recreation, body image concerns, mood enhancement, or control of medical conditions. The risk of adverse effects may be enhanced if agents are used improperly. ■

You are what you eat

A healthy diet starts early in life – awareness of what we consume comes from our formative years and become habits as we grow up

- Kavi Bhandari



Photo Credit - Ritesh Sharma

Eating right is the best way to lead a healthy and disease free life. When we say that – we are what we eat, it boils down to one simple form of logic – that is, if we consume junk or unhealthy food, our body responds in a certain way which is harmful and makes us live a tamasic lifestyle.

What is tamas?

Tamas basically, is negative energy and a state of a

sedentary and harmful lifestyle which affects the mind, body and soul. Tamas leads to lethargy and even depression. That is when emotional eating takes over and people tend to eat unhealthy food at times leading to further problems, like being overweight or obese.

According to an Institut Publique de Sondage d'Opinion Secteur (IPSOS) study, the following are the food habits of Indians in particular. 74 per cent Indians are content with







"Food goes into your body and shapes you. What you eat is reflected outward as to how you start not only feeling, but also looking"

- Shonali Sabherwal

their current body weight; 63 per cent Indians are willing to eat a plant-based diet instead of meat.

According to another new study by Institut Publique de Sondage d'Opinion Secteur (IPSOS) that explores world's food habits, insights about Indians are particularly interesting as they bust myths about food habits of Indians. Indians are choosing organic food, saying no to genetically modified food and are willing to choose plant-based substitutes for meat; most Indians are happy with their appearance and don't have much faith in diet plans. Food is the key motivation for them to follow an exercise regimen and they would rather eat well than look emaciated. 57 per cent Indians claim to be consuming organic food. In sharp contrast, the developed world is less likely to eat organic food – only 12 per cent of Britishers and 13 per cent of Japanese, for instance. 65 per cent Indians say that they are opposed to eating a genetically modified food.

The soul of food

According to Shonali Sabherwal, Macrobiotic Nutritionist, Chef, Author and Gut Health Expert, have we ever questioned if food can really affect your character and persona? That is the principle on which macrobiotic and Ayurvedic philosophy works. Can we go under the layers of what each food







"It is not only the food we digest, but also our thoughts, emotions, beliefs, and patterns which, when systematically processed, nourish us, and support our ability to metabolise life experiences"

- Danijela Radonic Bhandari

group gives us and look at its essential character? "Look at the energetics, the so-called soul of the food? Would this paradigm not then open new doors on how we view our food and choices made on a daily basis? If you are what you eat, then doesn't taking in the food or drink on a daily basis also impact your character? Are you just carbohydrates, fats and proteins? Or is there more to what you take in that really makes you?" She also feels that the essential character of food is determined by – direction of growth i.e., downward, upward, inward, outward – looked at more in relation to vegetables; rhythm – which includes speed or does the food have a regulated or irregular rhythm; temperatures of foods i.e., hot and damp, hot and dry, cold and damp, cold and dry or warm and damp; the condition/ environment it is grown in.

Expressing her thoughts further, Sabherwal goes on to say that when food goes into our body and shapes us, what we eat is reflected outward as to how we start not only feeling, but also looking. "For e.g., someone is an angry person. He has an ache somewhere under his right chest cavity (liver), his tests reveal his arteries are narrowing, and the heart is not pumping blood to his organs as it should. Every morning he eats eggs, toast, and bacon for breakfast. In between meals he eats crackers, toasted or crunchy





bread, and cookies. When he comes to me, I see that his current breakfast and snacks are actually fueling his anger and irritability. Someone else is nervous and also suffers from anxiety. Her blood sugar levels are out of whack, and she is hyper all the time. She loves her sweets and also loves eating bread and sugary foods. Is it really helping her?" On Sabherwal's very realistic description of types of food intake we can become more aware on what is good for us.

The gut-brain axis

Danijela Radonic Bhandari, Integrative Wellbeing Counsellor & Founder at DanaVeda, has a very unique way of looking at what we consume. According to her food contains information and it imprints our cells with either the information of nourishment, regeneration, resilience, and vitality or with the information of inflammation, self-sabotage, lack of energy, and brain fog. Nutritional psychology and





psychiatry emphasise the importance of the bi-directional communication network between our gut microbiota and our brain, called the gut-brain axis (GBA), which explains why some of the prevalent mental health concerns in our society today, including anxiety and depression, have been linked to our gut health.

She says that whilst our brain contains approximately 86 billion neurons, our gut is home to some 500 million neurons connected to our brain through the nervous system, with the vagus nerve being like a highway sending signals in both directions. Additionally, chemicals called neurotransmitters also play a significant role in this intimate relationship between our brain and gut. Most of them are produced in the brain, controlling our feelings and emotions, but many are produced in the gut too.

She further states that consuming nutrient-dense, highfibre and polyphenol-rich foods loaded with antioxidants,





vitamins, and minerals, omega-3 fats, probiotics, and prebiotics supports our gut and improves our brain health. On the other hand, consuming processed foods loaded with refined flour and sugar and highly processed industrial oils high in omega-6 fatty acids contribute to chronic inflammation of the gut and brain, potentially causing increased cravings, anxiety, depression, unstable mood levels, hyperactivity, and fatigue. However, just as there is both physical and chemical connection between our brain and gut, the relationship between our thoughts, both conscious and unconscious, emotions, and digestion is equally, if not even more, profound and vital. This definitely is an eye opener for people not aware of or consuming food that can harm them.

Food habits of Indians

While 57 per cent Indians have tried a diet plan to lose



Photo Credit - Himanshu Kumar

weight, 59 per cent Indians believe that most diet plans ultimately fail and see futility in the exercise. So, what motivates Indians to exercise? 67 per cent Indians confess that the sole trigger for them to gym or walk or follow an exercise regimen is that they do not have to watch what they eat! Food tends to dominate their mind and makes them alter their lifestyle – and they get to eat whatever titillates their palate. And, if it's a toss-up between eating well and being thin, 77 per cent Indians say they would choose the former – and would not compromise on good food.

While inflation does play a role in determining the cost of essential commodities, at the same time, 47 per cent Indians are optimistic that cost of food will reduce in future and they will have access to food at better prices. Likewise, 59 per cent Indians are optimistic that there will be healthy food options in the future and 48 per cent Indians feel that the environmental impact on food will also get better in the future.

Crunched for time and looking for convenience, at least 47 per cent Indians foresee a spike in home delivery of groceries and expect it to get more frequent in the next one year. Convenience seeking Indians also foresee home delivery of meals getting more frequent (38 per cent) in the next one year; though 36 per cent feel it will remain the same as last year. A paradox – 48 per cent Indians expect preparing meals at home to get more frequent in the next one year; on the contrary, 28 per cent Indians say they will be eating out more frequently this year, while 40 per cent say they will be eating out as many times as they did last year.

Following a healthy diet

A healthy diet is essential for good health and nutrition. It protects you against many chronic

non-communicable diseases, such as heart disease,





diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for a healthy diet. A healthy diet comprises a combination of different foods. These include staples like cereals (wheat, barley, rye, maize or rice) or starchy tubers or roots (potato, yam, taro or cassava). Fruits and vegetables are essential.

Here is some useful information, based on WHO (World Health Organisation) recommendations, to follow a healthy diet, and the benefits of doing so – breastfeed babies and young children, feeding babies exclusively with breast milk from birth to six months of life is important for a healthy diet. It is also important to introduce a variety of safe and nutritious complementary foods at six months of age, while continuing to breastfeed until your child is two years old and beyond.



Photo Credit - Ritesh Sharma



Fruits and vegetables are important sources of vitamins, minerals, dietary fibre, plant protein and antioxidants. People with diets rich in vegetables and fruits have a significantly lower risk of obesity, heart disease, stroke, diabetes and certain types of cancer. Fats and oils and concentrated sources of energy. Eating too much, particularly the wrong kinds of fat, like saturated and industrially-produced transfat, can increase the risk of heart disease and stroke.

Using unsaturated vegetable oils (olive, soy, sunflower or corn oil) rather than animal fats or oils high in saturated fats (butter, ghee, lard, coconut and palm oil) will help consume healthier fats. To avoid unhealthy weight gain, consumption of total fat should not exceed 30 per cent of a person's overall energy intake. Sugar and salt intake must also be controlled to a certain extent.

Celebrating food

After spending the past two years at home due to the pandemic, this year things are starting to return to normal. These enjoyable food festivals are the perfect destination for foodies who love to experience different cuisines and delicious varieties.

- Neelima Mishra

India is a country with diverse traditional cuisine. Every state has its own specialties when it comes to food, such as Punjab's daal makhani and tandoori chicken and South India's idli, dosa, appam, each of which has its own flavour and nutritional worth. Fusion cuisine is very popular with people all around the world. With the advent of the internet and social media Indian food has gained popularity globally. Food festivals are a melting pot of cultures and are the appropriate spot for trying out new cuisines. There is no denying the importance of good food, not only for nourishment but also for satisfaction.



1. Horn-Ok Please Festival, Delhi

After two long years, The Happiest Food Festival is finally back with its eighth edition at your favorite JLN Stadium. You can expect over 150 specially chosen F&B outlets from the most exciting restaurants in Delhi NCR, our very own Quirk Bazaar flea market where you can shop till you drop, a live stage with homegrown musical artists, stunning photo opportunities dot the venue, a beer garden, and a refreshing cocktail bar at this well-liked food festival adds to the charm.







3. The Great India Beer Fest, Delhi

In addition to the enormous selection of drinks, the festival gives you the option to sample some of Delhi's most popular cafes, street food, and snacks. Music enthusiasts and beer connoisseurs will like the festival's focus on beer education. It unites hundreds of authentic ales, artisan beers made by renowned microbreweries in Delhi NCR, and authentic ciders under one roof.



4. National Street Food Festival, Delhi

The National Street Food Festival, a feast of street cuisines from all over India, must be visited if you are in Delhi in the middle of December or early January. Over 500 vendors from various Indian states are brought in for the festival to sell momos, golgappas, chole kulcha, samosas, jalebi, dosa, and other foods. For diehard fans of street cuisine, this festival is ideal.





5. International Mango Festival, Delhi

In India, the celebration of summer and the eating of mangoes go hand in hand. The best delicacies from renowned restaurants, including mango dessert, mango pie and mango smoothies, are brought to you by the International Mango Festival. Additionally, they offer hundreds of different mango kinds, such as Alphonso, Langda, Fazli, Bombay Green Mango, Dasheri, and Chausa, among others. You can participate in speed-eating tournaments as well.

For true blue foodies and those who just enjoy eating to their heart's content, these unique food festivals are the ideal food spots for you. You should add these festivals to your bucket list without a doubt, and you will have a blast going with friends and family.



Beyond cake : The Just Baked Story



isserie • Confectioneru • Sweets

Kashmir is getting a taste of the global palette, thanks to the efforts by Adah Lone, Founder, Just Baked.

In just over five years, Just Baked has become a brand that has disrupted the traditional cookie and cake concept and paved the way for healthier eating options. Lone spoke to Aerocity LIVE about the Just Baked story and more. by Ruhail Amin

Excerpts:

Behind Just Baked

We started Just Baked with pure passion five years back. Our belief is that Kashmiris deserve something good and it is time to give back. We also wanted our youngsters to move beyond the cookie and the cake.

If you look at our culture, we are passionate about bakery and we take pride in the fact that Kashmir has the finest taste when it comes to bakery. Traditionally, the bakery business in Kashmir was confined to a section of the community; we have played a role in bringing it into the mainstream.

Dealing with the Covid crisis

Undoubtedly, over the last five years we have faced many challenges. There was covid and then some other unavoidable situations.

In the bakery business, it is said that it takes five years to build a brand, but thanks to the local support, our brand has become successful despite all these challenges.

Initially people said our rates were unaffordable but we were very clear that we wanted the best quality without any compromise. Just Baked will be shut the day we try to fiddle with the quality and we are never going to do that.

Building the brand

Most of our employees are Kashmiris and most of them have worked in five star hotels. It has been a learning experience for me to work with all of them. I want to add that our Chefs have been able to create magic and we believe that we can



take on any competition in any market if we get the right opportunity.

Let me tell you about innovation, I went to see my daughter in London recently, there is a special variety of bread called Brioche, I was so fascinated by it that I ensured we make the same type of bread in Kashmir and now we sell it here and have many loyal customers of this product.

Likewise take the example of the Levian Bakery in New York, which sells the most famous cookies in town, we have introduced similar products here with highest quality standards. We want to give Kashmiris the best taste of the world.

I am totally invested in this brand. I travel and explore and experiment with new things in the bakery and bring them here. Now the local population has made it a brand and we value their trust in us.

Let me give you another example of our obsession with quality. It took us six months to finalize our packaging and design, we have invested highly into every touch point of our brand. We use food grade quality material, you can eat straight out of it, and it is sustainable, modern and stylish.

Expansion plans

Initially we were in uptown Srinagar, now we have branches in Rajbagh, Munawarabad and Anantnag. We are planning to open in Handwara and Sopore. However, when it comes to expansion, we want to grow at a pace where we are not compromising with our quality.

We also want to get into home delivery in a way where we have control over the quality of service and we will do that soon.





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Putting mental health first

The last two-and-a-half years have been horrifying for people due to the Covid-19 pandemic. It has been much harder for older people. They have faced fear, uncertainty and extreme anxiety.

- Kavi Bhandari



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Mental health problems are under-identified by healthcare professionals and older people themselves, and the stigma surrounding these conditions makes people reluctant to seek help. There may be multiple risk factors for mental health problems at any point in life. Older people may experience life stressors common to all people, but also stressors that are more common in later life, like a significant ongoing loss in capacities and a decline in functional ability. For example, older adults may experience reduced mobility, chronic pain, frailty or other health problems, for which they require some form of long-term care. In addition, older people are more likely to experience events such as bereavement, or a drop in socioeconomic status with retirement. All of these stressors can result in isolation, loneliness or psychological distress in older people, for which they may require long-term care.

Some data

The World Health Organisation (WHO) conceptualizes mental health as a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

According to Statista, on average, 14 per cent of

Indians suffer from variations of mental health disorders in the country. The four main types of mental disorders are – anxiety disorders, personality disorders, psychotic disorders (such as schizophrenia) and eating disorders.

Depression is the most common mental disorder in India with 45.7 million people suffering from it. In India, such cases saw a spike of 35 per cent. Mental health conditions have now started to create 1 in 5 years lived with disability. Around 20 per cent of the world's children and adolescents have a mental health condition, with suicide the second leading cause of death among 15-29-year-olds. Approximately one in five people in post-conflict settings have a mental health condition.

21 per cent of U.S. adults experienced mental illness in 2020 (52.9 million people). This represents 1 in 5 adults. 5.6 per cent of U.S. adults experienced serious mental illness in 2020 (14.2 million people). This represents 1 in 20 adults. This is a wake-up call to all countries to step up mental health services and support. In the first year of the Covid-19 pandemic, global prevalence of anxiety and depression increased by a massive 25 per cent, according to a scientific brief released by the WHO.

Good mental health is related to mental and psychological wellbeing. Work done by the WHO to improve the mental health of individuals and society at large includes the promotion of mental wellbeing, the prevention of mental disorders, the protection of human rights and the care of people affected by mental disorders.

Physical and mental health challenges

Approximately 15 per cent of adults aged 60 and over suffer from a mental disorder. Older adults, those aged

Older people with depressive symptoms have poorer functioning compared to those with chronic medical conditions such as lung disease, hypertension or diabetes



60 or above, make important contributions to society as family members, volunteers and as active participants in the workforce. While most have good mental health, many older adults are at risk of developing mental disorders, neurological disorders or substance use problems as well as other health conditions such as diabetes, hearing loss, and osteoarthritis. Furthermore, as people age, they are more likely to experience several conditions at the same time.

The world's population is ageing rapidly. Between 2015 and 2050, the proportion of the world's older adults is estimated to almost double from about 12 per cent to 22 per cent. In absolute terms, this is an expected increase from 900 million to 2 billion people over the age of 60. Older people face special physical and mental health challenges which need to be recognised.

Over 20 per cent of adults aged 60 and over suffer from a mental or neurological disorder (excluding headache disorders) and 6.6 per cent of all disability (disability of dignity and respect. Current evidence suggests that 1 in 6 older people experience elder abuse. Elder abuse can lead not only to physical injuries, but also to serious, sometimes long-lasting psychological consequences, including depression and anxiety. Dementia is a syndrome, usually of a chronic or progressive nature, in which there is deterioration in memory, thinking, behaviour and the ability to perform everyday activities. It mainly affects older people, although it is not a normal part of ageing.

It is estimated that 50 million people worldwide are living with dementia with nearly 60 per cent living in lowand middle-income countries. The total number of people with dementia is projected to increase to 82 million in 2030 and 152 million in 2050.

There are significant social and economic issues in terms of the direct costs of medical, social and informal care associated with dementia. Moreover, physical, emotional and economic pressures can cause great stress to families

adjusted life years-DALYs) among people over 60 years is attributed to mental and neurological disorders. These disorders in older people account for 17.4 per cent of Years Lived with Disability (YLDs). The most common mental and neurological disorders in this age group are dementia and depression, which affect approximately 5 per cent and 7 per cent of the world's older population. respectively. Anxiety disorders affect 3.8 per cent of the older population, substance use



Photo Credit - Pixabay

problems affect almost 1 per cent and around a quarter of deaths from self-harm are among people aged 60 or above. Substance abuse problems among older people are often overlooked or misdiagnosed.

Long-term care needed

Mental health has an impact on physical health and vice versa. For example, older adults with physical health conditions such as heart disease have higher rates of depression than those who are healthy. Additionally, untreated depression in an older person with heart disease can negatively affect its outcome.

Older adults are also vulnerable to elder abuse – including physical, verbal, psychological, financial and sexual abuse; abandonment; neglect; and serious losses

untreated because they co-occur with other problems encountered by older adults.

Older people with depressive symptoms have poorer functioning compared to those with chronic medical conditions such as lung disease, hypertension or diabetes. Depression also increases the perception of poor health, the utilisation of healthcare services and costs. Treatment and care strategies to address mental health needs of older people are essential.

We can say that, dealing with our mental health depends on how we deal with our everyday life. Our habits, our beliefs and how we think matters the most. A positive mindset with an attitude of winning can make mountains move, and if not solve the problem, at least, make it better and easier to deal with.

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and carers. Support is needed from the health, social, financial and legal systems for both people with dementia and their caregivers.

Depression can cause great suffering and leads to impaired functioning in daily life. Unipolar depression occurs in 7 per cent of the general older population and it accounts for 5.7 per cent of YLDs among those over 60 years old. Depression is both underdiagnosed and undertreated in primary care settings. Symptoms are often overlooked and

Decoding the essence of sattvik food

Beyond physical health and immunity boosting properties, a person's disposition is reflected in the food choices they make. Food has a role in attaining physical, mental and spiritual wellbeing.

- Narottam Priya Das

The on-going Covid pandemic has majorly disrupted the personal and professional lifestyles of people around the globe. While companies and businesses have adapted and embrace digitisation as a matter of necessity, on the personal front, people have been forced to reinvestigate their lifestyle choices and move to healthier ways of like. From working out at home, meditating or indulging in hobbies, to reinventing their food choices and eating routines. the pandemic has also marked an important shift in the popular mindset. With the virus putting a spotlight on building immunity for best defence against the fatal disease, and the urgent need to address the emotional and mental distress caused by the global

crisis, the age-old wisdom of spiritual scriptures, healthy food and home remedies and medicines from the kitchen, have got renewed attention.

For centuries, sages, spiritual seekers, seers, Yoga practitioners and Ayurveda experts have hailed Sattvik foods – essentially foods devoid of onions and garlic, as wholesome and nourishing. These include grains, pulses, beans, fruits, vegetables, milk, and other vegetarian foods, which are conducive to spiritual life.

As Lord Krishna says in the Bhagavad Gita (Chapter 17. verse 8), "Foods dear to those in the mode of goodness increase the duration of life, purify one's existence and give strength, health. happiness and satisfaction. Such foods are juicy, fatty, wholesome and pleasing to the heart." Scientifically speaking, a conceptual review of Yoga, bioenergetics and eating behaviours has reported that Sattvik diet can help increase energy, enhance calmness and bring happiness and mental clarity. It is also said to be capable of enhancing longevity and spirituality.

However, the essence of Sattvik food lies not only in the ingredients or the

process of cooking, but in the fact that it is food offered, with reverence and devotion, to the Gods, and is then consumed as prasadam or blessing. The very act of offering it to the almighty and then consuming it, transforms the energy and quality of the food, making it sacred.

Following are the key features of Sattvik food:

1. Fresh ingredients: One of the most basic characteristics

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of Sattvik diet is the use of fresh ingredients that are cooked on a daily basis. Only limited quantities of food are cooked at a given time, just before consumption, to avoid wastage. As a result, a large chunk of processed and fast food is dropped off the list, thus helping cut down on the excess consumption of salt or harmful preservatives. This very basic shift, from pre-cooked or overcooked, salty and spicy meals to simpler meals cooked with fresh ingredients, makes a whole lot of difference in the quality of food and its nourishment value.

2. Rich in fibre: With a focus on organic, unpolished and whole-grain carbohydrates, Sattvik food choices involve the consumption of a lot of multi-grain recipes that are made using locally-sourced produce, and are thus rich in fibre and overall nutrition. Refined carbs and sugars, which are considered one of the major contributors to metabolic disorders and obesity-related lifestyle diseases, are replaced with healthy multi-grain options with complex carbs. This shift not only offers a plethora of delicious meal recipes interwoven with the traditional wisdom of the sages, it also provides better satiety, helps in reducing weight and improving bowel movement and encourages mindful eating.

3. Balanced nutrition: Sattvik diet is a completely balanced diet designed to nourish the mind and the body, with purest ingredients and healthy eating habits. It can also be customised to best suit a person's existing metabolic state and helps them to heal and regain balance and health. This includes consumption of a variety of fruits, nuts, seeds, and oils, vegetables, legumes and beans, pulses, whole grains



Photo Credit - Ritesh Sharma

Sattvik food has been proven to act as an effective energy and mood booster, helping combat depressive, stressful or negative thought processes and create an overall energetic, happy, and peaceful demeanour.

and spices, that too in the perfect combination, so as to provide holistic wellbeing and health benefits.

4. Mood and energy booster: Sattvik food has been proven to act as an effective energy and mood booster, helping combat depressive, stressful or negative thought processes and create an overall energetic, happy, and peaceful demeanour. And while whole grains, fresh vegetables, reduced use of refined sugar, and an overall energetic lifestyle contribute to a positive outlook to life, Sattvik foods become a catalyst for spiritual growth when it is offered to the Gods and consumed with a sense of devotion and reverence, thus transforming the mental and spiritual quality of the person.

In contrast to the above tenets of Sattvik food, when food is cooked with excessive spices, sugar, salt, etc., these food items bring an intense flavour that is either very bitter, very sour, very salty, very hot, very pungent or very dry, and become rājasik in nature. Consuming such food on a regular basis can lead to ill-health, agitation, and despair. About this, Lord Krishna says in the Bhagavad Gita (Chapter 17,

> verse 9) states that "Foods that are too bitter, too sour, salty, hot, pungent, dry, and burning are dear to those in the mode of passion. Such foods cause distress, misery and disease."

> Ultimately, the Sattvik diet, when consumed on a regular basis, has been known to help one elevate themselves to a higher state of conscious life, and gain better understanding and build faith and cultivate peace – qualities that are crucial in today's environment of volatility, uncertainty, chaos, and disease! With death and destruction everywhere, aiming for a higher consciousness and achieving a wholesome sense of wellbeing is vital. Adopting a Sattvik lifestyle can help build immunity and longevity for the body, build faith and positivity and spread hope and happiness to everyone around.

About the author Narottam Priya Das is a Spiritual Guide at ISKCON, Bhiwandi

Surya Namaskar and your body

Why not add energy, strength, and beauty to your body, mind, and soul through the practice of Yoga? Even though modern media depicts yoga as only a physical practice, yoga encompasses a wide range of contemplative and self-disciplinary practices, including meditation, chanting, mantras, prayers, breath work, rituals, and even acts of selflessness.

- Manisha Chopra

Stretching and strengthening are two of the benefits of yoga. It isn't just for people who can touch their toes or are trying to meditate. Everyone can do it, too. Yoga styles can range from intense and vigorous to meditative and relaxing.

One style famous internationally is the – Surya Namaskar. Surya Namaskar, or Salute to the Sun, is a favourite technique of many yogis. It is a very systematic method that combines twelve asanas into a sequence.

It originated in India, where many Hindus revere Surya, the Sun deity. Surya refers to "the sun," and Namaskar means "bowing down in respect." The daily practice helps balance three components of your body, i.e., Kapha, Pitta, and Vata, influencing your creativity and intuition. Because of its simple yet powerful poses, anyone at any age can perform it, anywhere, anytime.

WHY??

Surya Namaskar's design with the twelve postures helps you become more in tune with your own physical cycles. Its consistent performance can enhance solar plexus health. Consequently, enhancing vitality, confidence, ingenuity, instinctive abilities, and mental perception.

Steps:

Step 1: Prayer pose – Pranamasana Execution:

- Stand straight at the front of your mat, bring your feet together, and keep your arms loose alongside.
- Now, close your eyes and bring your palms to meet in the centre of your chest while relaxing your body.

Benefits:

The pose relaxes the nervous system and aids in gaining body balance.

Step 2: Raised arms pose – Hastauttanasana Execution:

- Breathe in and lift your arms up and back.
- Ensure that your biceps are close to your ears.

• Stretch your entire body from the heels to the fingertips.

Benefits:

• Stretches and tones the muscles of the abdomen.

Step 3: Hand to foot pose – Hasta Padasana Execution:

- Breathe out and bend forward from your waist, keeping your spine straight.
- Bring your hands to the floor beside your feet as you exhale.

Benefits:

- Stretching the spine makes it more flexible.
- Additionally, it stretches the hamstrings and opens up the arms, shoulders, and legs.

Step 4: Equestrian pose – Ashwa Sanchalanasana Execution:

- Breathe in and push your right leg as far back as possible.
- Bring your right knee to the floor and slowly look up.

Benefits:

- Strengthens the leg muscles and spine.
- Relieves in indigestion and constipation.

Step 5: Stick pose – Dandasana Execution:

- Breathe in and take your left leg back
- Bring your whole body in a straight line.

Benefits:

• It improves posture and calms the mind.

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Manisha Chopra

shoulders, and legs.





Step 6: Salute with eight parts or points – Ashtanga Namaskara Execution:

- Gradually bring your knees down to the floor then exhale.
- Slightly take your hips back and slide forward.
- Relax your chest and chin on the ground.
- Elevate your posterior a little bit.

Benefits:

- It improves the flexibility of the back and spine.
- Strengthens the back muscle and relieves build up tension.
- Your eight body parts are worked in a single pose.

Step 7: Cobra pose – Bhujangasana Execution:

- Slide forward and raise your chest up into the Cobra pose.
- Keep your elbows bent and fixed in this pose.
- Keep your shoulders away from your ears.
- Slowly look up.

Benefits:

- It improves flexibility and mood.
- It stretches the shoulders, chest, back, legs muscle, all at once.

Step 8: Mountain pose – Parvatasana Execution:

- Breathe out and lift your hips as well as your tail bone up.
- Put your chest downwards to create an inverted V pose.

Benefits:

- It increases the blood flow to the spinal region.
- It relieves symptoms of menopause in women.

Step 9: Equestrian pose – Ashwa Sanchalanasana Execution:

- Breathe in and bring your right foot forward in between the two hands.
- Bring your left knee down to the ground.
- Press your hips down then look up.

Benefits:

• Brings flexibility to leg muscles and tones the abdominal organs.



Photo Credit - Canva



Photo Credit - Canva

• Strengthens the spine.

Step 10: Hand to foot pose – Hasta Padasana Execution:

- Breathe out and bring your left foot forward.
- Keep your palms on the ground.
- You can bend your knees, if you feel some discomfort.

Benefits:

 It helps in curing insomnia, osteoporosis, headache, anxiety, and stress.

Step 11: Raised Arms Pose- Hastauttanasana Execution:

- Breathe in and roll your spine up
- Make your hands go up and bend backwards a little bit
- Push your hips slightly outward.

Benefits:

- It cures health problems like asthma, lower back pain, and fatigue. It also aids digestion.
- Expands the chest, which results in a full intake of oxygen.

Step 12: Standing Mountain pose – Tadasana Execution:

- Exhale and first straighten your body.
- Bring your arms down.

Benefits:

• Strengthens thighs, knees, and ankles and improves posture.

Daily practice of Surya Namaskar has a number of benefits as it synchronises your body movements with your breath. This rhythmic process is beneficial mentally, physically, and energetically in the mornings. Aside from helping you shed some weight naturally, it also helps balance your Doshas.

About the author

Manisha Chopra is a nutritionist dietitian and a fitness expert.



"Yoga is intrinsic to the foundation of new India"

Grand Master Akshar on the benefits of Yoga in achieving good health and a positive attitude.

- BW Team

What is the significance of Yoga for humanity?

Yoga is a tool to reconstruct our lives holistically, which essentially means that it has the ability to transform oneself, and, as a result, usher in a change for the humanity as a whole. The different Asanas of Yoga enable us to get rid of panic, chaos and aggression while cultivating peace, calmness and awareness, all of which are intrinsic to the foundation of new India. Furthermore, it is a matter of pride as a torchbearer of Yoga that each edition of the event (World Yoga Day) witnesses multi-fold rise in participation across the world. If the world is looking up to us, there could be no better acknowledgment of the emergence of new India.

How crucial is something like Yoga for mankind in the wake of the new normal?

Yoga helps us discard all the negative traits that might be ingrained inside and replace the same with positive virtues. If we talk about the new normal, the pandemic altered the way we have been living. The outbreak of Covid-19 and pandemic-induced lockdowns made many amongst us battle conditions like depression and negativity. Now that we appear to have overcome the toughest phase, it is extremely critical to maintain positivity and good health, and Yoga can be the most effective tool to ensure the same.

> For instance, people facing issues pertaining to eye health can perform different Asanas, like Makara Mudra, Bhramari Pranayama and Surya Namaskar – along with a few lifestyle changes such as nutritious diet, increased water consumption and washing eyes with cold water to overcome the same. People seem to be realising the immense potential of Yoga and that is why even those who never practiced the Asanas earlier are now taking it up religiously.

Grand Master Akshar


People seem to be realising the immense potential of Yoga and that is why even those who never practiced the Asanas earlier are now taking it up religiously.

Who is Grand Master Akshar? A Yoga guru, a spiritual guide or an entrepreneur?

People often refer to me as different facets of my personality, namely philanthropist, spiritual master, lifestyle coach, author and also Yoga-preneur. For my own self, I am someone who has embarked on a mission to aid people with tools and learning to live life to their fullest potential. Be it the thousands of students, corporate professionals and people from different walks of life who attend daily classes to the lakhs of others students, practitioners, and teachers who are

connected with us online from different parts of the world, the idea is to not just mentor them but to create different platforms that help mankind as a whole.

The aforementioned feat has been achieved through our flagship Akshar Yoga, which I founded and where I currently serve as the Chairman & Course Director. On the other hand, our Yoga Research and Development Centre at the Padukone-Dravid Centre for Sports Excellence near Bengaluru has helped Indian athletes inculcate Yoga as a tool in their training module to enhance their mind and body.

Please tell us about the journey from Akshar Nath to Grand Master Akshar.

I was born in Himachal Pradesh with a military background and hence got the opportunity to travel across India. After completing my education, I began to pursue spiritual practices,

including Yoga. Owing to my origin and inherent proximity to the Himalayan region, I got the opportunity to meet a few spiritual masters who acquainted me with my inner self, following which I decided to carve my own path. Instructed to head south by my masters, I reached Bengaluru specifically to spread the real essence and meaning of Yoga. While I founded institutions like Akshar Yoga and R&D centre, it is an honour served as the President of World Yoga Organization and International Siddha Foundation.

Furthermore, in collaboration with multiple international

organisations and prestigious universities, we provide educational as well as professional programmes in Yoga. I have also come up with innovations such as Wheel Yoga, Aerial Yoga, Yoga with AI and Super Power Brain Yoga. Eventually, it was a privilege to be invited as a true torchbearer of Yoga by the United Nations for United Nations World Water Day and United Nations World Environment Day.

How was the experience of training legends like Sunil Gavaskar and Matthew Hayden as well as young stars like the Phogat sisters?

There is a very special virtue of Yoga that different people can derive different meanings and experiences out of it. While Asanas, Pranayama, and meditation were all part of the routine, each one had their unique experience. Babita Phogat, for example, believed that Yoga offered her a sense of inner serenity, tranquilly, and clarity, which improved her performance. Sunil Gavaskar stated that Yoga assisted him in developing a better mind-body connection, which resulted in a tremendous output in terms of his performance and work.

> As a result, no matter who does Yoga, everyone benefits from it. These are athletes who give everything they have to whatever they set out to do, whether it's Yoga practice or their sport.

Please tell us about your Yoga R&D centre at the Dravid Padukone Centre for Sports Excellence and the experience of training national athletes.

The state-of-the-art yoga research centre at Yehalanka near Bengaluru has been built to deepen the connection between yogic and athletic practices. Situated in a campus dedicated to sports excellence, it marks the beginning of a new era for the Indian sports and athletics community. The centre offers customised Yoga programmes for athletes across sports like tennis, football, swimming etc. Customised modules with specific Yoga practices

are a part of the training of athletes preparing for state- or national-level tournaments, Asian Games, Commonwealth Games and the Olympics at the Padukone-Dravid Centre for Sports Excellence. ■

About the author

Grand Master Akshar is a Yoga Master Spiritual Guide, Lifestyle Coach and a Yogapreneur.

Photo Credit - Ritesh Sharma





The business of beauty

Globally, the clean beauty segment is estimated to be valued at \$22 billion by 2024, growing at a spectacular pace given the international economic conditions. The business of beauty is incredibly challenging, exciting, and rewarding.

- Samrath Bedi

Today, each customer is knowledgeable and well read, aware simultaneously of ingredients and manufacturing practices. Ayurveda traces its history to the vedas, making it a philosophy deeply intertwined in the historical roots of our country and subcontinent. The global consumer leans heavily into clean beauty, an interest that lays in tune with the practice of Ayurveda, which seeks to harness the legacy of an ancient civilisation. conditions. More specifically, the Ayurvedic segment was valued at \$4.5 billion in 2017, which is projected to grow to \$14.9 billion by 2026 at a CAGR of 16.14%. While India and the subcontinent remains the dominant market for Ayurveda, there has been an increased amount of interest internationally, especially in South-East Asia, the Middle East, and parts of Europe and China.

With the advent of the pandemic, coupled with climate change declared a global beina emergency, there has been a sharp incline in consumer demand for products that are clean, sustainable, and manufactured ethically and responsibly. Individuals are seeking plant-derived ingredients from companies that meet a certain ethical and standard. Avurveda and Ayurvedic ingredients have consequently boomed. Products thus formulated have been steadily infiltrating the market and we appear to be witnessing a lasting shift in consumer behaviour, with ethical practices being the future of manufacturing Globally, processes. the clean beauty segment is estimated to be valued at \$22 billion by 2024, growing at a spectacular pace given the international economic



Samrath Bedi

BWAEROCITY LIVE - JULY 2022 - ISSUE 3

With Covid, safety has never been more top-of-mind for people than it is now, changing our approach to clean beauty. The challenge is that the term 'clean' is largely subjective and open to interpretation - there is no set of rules, regulations or guidelines that govern this segment. Largely, the segment consists of products that are formulated without ingredients that may be deemed harmful to health - it is therefore demarcated from vegan beauty, organic beauty, and natural beauty. Of late, brands and retailers are introducing their own stipulations of what makes a product clean. A system of checks-and-balances needs to be instated to ensure the consumer is given priority. Recently, we have seen increased lobbying for stricter regulations, labelling, and ingredients. Clean beauty is a lifestyle, it needs to create its own ecosystem to give the consumer an experience.



The challenge is that the term 'clean' is largely subjective and open to interpretation. There is no set of rules, regulations or guidelines that govern this segment. Of late, brands and retailers are introducing their own stipulations of what makes a product clean. A system of checks-and-balances needs to be instated to ensure the consumer is given priority.

Within the clean beauty segment, the five-millenniaold doctrine of holistic healing, Ayurveda presents a unique challenge of being an ancient discipline – it is often written off as an alternative medicine as opposed to being a mainstream science. Within India, the practice of Ayurveda has experienced somewhat of a renaissance in the past two decades, forming a part of a growing turn towards heritage Indian industries and practices of wellness. Ayurveda is a complex philosophy that requires education to eradicate pre-existing misconceptions. Forming a lifestyle, Ayurveda cannot be reduced to instantaneous results and quick fixes



Photo Credit - Bomasworks-Canva



- it is a holistic practice that incorporates every aspect of one's environment.

Interpreting these various concepts into the luxury skincare business allows for an opportunity to create a differentiated product, one that the West may not be as privy to, while retaining the ancient practice's ancient tradition and bedrock. Consumers around the world are increasingly seeking alternative beauty treatments that incorporate new formulations and ingredients, while adhering to cultural heritage and age-old wisdom.

About the author: Samrath Bedi is the Executive

Samrath Bedi is the Executive Director at Forest Essentials

Photo Credit - Pixabay



In and around Delhi



Chandni Chowk

Chandni Chowk is famous not only because it is one of Delhi's largest wholesale markets and attracts numerous shoppers on an everyday basis, but also because of its culinary delights, historic importance and attractive ambience. It is a busy shopping area with markets full of spices, dry fruit, silver jewellery and the best eateries. It has narrow streets with famous shops selling essential oils, stationery and traditional Indian sweets. It is home to wellknown restaurants and halwais (confectioners), and the most well-known amongst them is Paranthe Wali Gali.

Photo credit - Xavierarnau

Dilli Haat

Dilli Haat is a famous paid-entrance market, food plaza, and craft bazaar in Delhi. Apart from offering delicious food, Dilli Haat has a variety of products on sale such as rosewood and sandalwood carvings, camel hide footwear, fabric and drapery, gems, silk and wool fabrics and much more. A large number of shows promoting handicrafts and handlooms are held at the exhibition hall within the complex. Small thatched roof cottages and kiosks give the plaza a village presence.





Humayun's Tomb

The Humayun's tomb located in Delhi was built in 1570. It is of particular cultural significance as it was the first garden-tomb in India. The main tomb took over eight years to build, and was placed in center of a 30-acre quadrilateral layout. The central water channels appear to be disappearing beneath the tomb structure and reappearing on the other side in a straight line, suggesting a Quranic verse which talks of rivers flowing beneath the 'Garden of Paradise'.



Photo credit - f9photos



National Gallery of Modern Art (NGMA)

The National Gallery of Modern Art (NGMA) is a well-known art gallery under the Ministry of Culture, Government of India. Having some of the oldest works preserved here dating back to 1857, and with 12,000 square meters of exhibition space in Delhi it is one of the world's most historical and largest art museums.

Photo credit - Pardeep

Bon appétit

CHILLED CARROT GINGER SOUP WITH GREEN MANGO RELISH

Carrot & Ginger soup

750gr. carrots 60gr celery 100gr fresh ginger 200 gr of macadamia nuts, soaked overnight ½ avocado ½ cup water 30gr lime juice Pink Himalayan salt White pepper

Green Mango relish

100gr. Green mango, finely shredded 5gr shallot 5gr parsley 5gr chives Pink Himalayan salt White pepper

Give it a chef touch

Olive oil Green Pea shoots Micro herbs Black pepper

Method

Carrot & Ginger soup

This soup is best made in advance and kept chilled until ready to serve. A great soup to for those hot sunny days in Delhi.

1. Wash and scrub your carrots, celery and ginger. No need to peel as there is great nutrition's in side the skin.





Chef Bryan Berger

- 2. In a cold press juicer, juice the carrots, celery & ginger and keep aside
- Drain the soaked macadamia and add them to blender. Add the water and blend on high.
- 4. When nice and smooth add in the carrot, ginger & celery juice.
- 5. Blend to incorporate with avocado & lime juice.
- 6. Season with salt & pepper
- 7. Place in a container and chill for at least 2 hours.

Green Mango relish

- 1. Wash the green mangoes and then slice thin on a mandolin
- 2. Finely chop the shallot, parsley, chives, and place in a bowl.
- 3. Julienne the mango and add it to the bowl.
- 4. Add a little olive oil and toss together
- 5. Season with salt and pepper

To serve

Transfer the soap to chilled soup bowls. Add the green mango relish in the middle and drizzle with olive oil and place some pea shoots around the bowl.

Store any leftover soap in a sealed container in the refrigerator for up to 2 days.





ROASTED BEETROOT HUMMUS WITH SESAME & FLAXSEED CRACKERS

Beetroot hummus

2 medium sized beets, scrubbed and trimmed
75 ml Olive oil
1 1/2 cups cooked chickpeas (1 can chickpeas, rinsed and drained)
1 small clove garlic, roughly chopped (optional)
5gr Himalaya pink salt
30gr tahini
20gr freshly squeezed lemon juice & zest
freshly ground black pepper, to taste

Sesame & flaxseed crackers

100 gr Flaxseeds
5 gr Onion Powder
5 gr Garlic Powder
2.5 gr Salt
30 gr Black Sesame seeds
30 gr White Sesame seeds
10 gr Rosemary
125 gr Water

Give it a chef touch

Heirloom vine tomatoes Roasted beets Fresh herbs Toasted pine nuts Edible flowers

Method

Roasted beetroots

- 1. To cook the beetroot, heat your oven to 200 degrees C°.
- Wash the beetroots under cold running water. You don't need to dry them. Wrap them loosely in aluminium foil. Place in a large baking dish or on a rimmed baking tray to catch any juices which may leak.
- 3. Roast in the preheated oven for 45-60 minutes, depending on size, until the beets are cooked.
- 4. Set them aside until they are cool enough to handle. Remove the peel, the stem and root end.

Beet hummus

I always make my hummus using a food processor. If you don't have a food processor at your disposal, a blender will also work.

- 1. Start by adding the peeled and cooked beets to the bowl of a large food processor. Process until small little bits remain.
- 2. Add the remaining ingredients (cooked chickpeas, tahini, lemon juice and lemon zest, garlic, and a pinch of salt)



to the bowl and process until smooth, scraping down the sides with a rubber spatula if necessary (approximately 2-3 minutes).

 Remove the lid and add the olive oil. Continue to process until smooth and creamy. Season to taste. Sometimes it may require additional salt or tahini

Flaxseed crackers

- 1. In a mixing bowl add ground flaxseed, onion powder, garlic powder, salt, sesame seeds and rosemary.
- 2. Give a good stir to combine, then pour the water.
- 3. Use a spatula to combine all the ingredients at first, then use your hands to form a ball of dough.
- 4. Place the dough ball onto two pieces of parchment paper and use a rolling pin to roll about 2-4 mm thick.
- 5. Use a pizza cutter or knife to cut the rolled dough into squares/rectangles. Make about 30 square crackers
- 6. Leave the crackers onto the piece of parchment paper and slide the piece of paper onto a baking sheet. Prick each cracker with a fork 2-3 times.
- 7. Bake at 180 C for 20-25 minutes.
- 8. Cool down on a cooling rack.
- 9. Store in an airtight container up to 3 weeks

To serve

Transfer the hummus to a plate and serve garnished with a drizzle of olive oil, pine nuts, fresh herbs & sesame flaxseed crackers

Store any leftover beet hummus in a sealed container in the refrigerator for up to 4-5 days.

About the author

Chef Bryan Berger, Culinary Director DISCOVER Collection Club, New Delhi.

Bryan is a Six Senses veteran from the former Koh Naka Resort in Thailand. He is the Executive Chef for the Blue Tree & Amatara Resorts as well as the Boathouse & Rekata Resort, in Phuket, Thailand.



Get the perfect summer skin

Every year, the summer sun brings with it plenty of skin-related issues, but this year comes with added aggressors.

- Dr. Taruna Yadav



With the incoming heat heaves, we are always looking for cooling and refreshing foods to eat. Like our bodies, our skin needs cooling and rejuvenation, coupled with breaks from heavy makeup to be able to breathe and heal naturally. To help you indulge in a revitalizing skincare ritual this summer, we, at Forest Essentials, have whipped up Ayurvedic doit-yourself rituals and tips that will help you de-stress and rejuvenate your senses while cooling you down for the season.

Soothe with an Ice facial

When it comes to soothing the skin, fresh juices like those from Aloe Vera, Coconut, Watermelon, and Cucumber have proven to be great topical treatments for the skin. These are enriched with essential vitamins, minerals, and amino acids that give the skin a healthy glow.

For your skin, you can pour some Aloe Vera gel into a tray of ice and leave it to freeze overnight. A refreshing treatment, the frozen Aloe Vera cubes may be rubbed on the skin to gently massage your face in circular motions. When done first thing in the morning, the cooling effect coupled with the humectant properties of Aloe provides refreshing hydration that eliminates puffiness and controls acne by tightening the pores. If the skin has been exposed to direct sunlight, this method with also help soothe sunburns or heat rashes. During the night, after a long, hot day spent travelling or on your desktop, this rejuvenating treatment provides an instant pick-me-up for the skin.









De-Tan with a facial with home staples

Summertime and sun exposure come with tanning – unwanted tanning can easily be removed at home with kitchen staples like tomato and lemon juice. Both fruits, rich in vitamins, are natural astringents that suit all skin types and brighten the skin instantly. Face masks with these ingredients are easy to prepare at home, and convenient to make on short notice.

Using the juice of half a tomato, mix in one teaspoon of lemon juice and add some Sandalwood power and Rose Water to create a smooth paste. A generous amount is to be applied to the skin and left on for 10-15 minutes and rinsed off with cold water once the paste is semi-dry. The Sandalwood and Rose Water infusions help to nourish the skin. If your skin is dry and

flaky, consider substituting lemon juice with honey to add moisturization to the skin.

One may also mix half a teaspoon of Multani Mitti into the mixture. The paste may be used on damp skin to cleanse in circular motions. Once done, rinse off with cold water. This mix is incredibly effectively to reduce tanning, and helps to treat skin that is prone to acne, by producing excess sebum as it deeply cleanses and tightens the pores.

Refresh with a spritz of sumptuous florals

Face mists, made with natural floral waters, are excellent refreshing spritzers for hot days. A quick spritz gives one's senses an instant pick-me-up whilst leaving the skin smelling fresh for the day ahead. These mists can be calming for sensitive skin & are great for hydration as they work as moisture retainers. The spray may also be carried in one's bag to use during the day to refresh the skin on-the-go.

Another fun way of integrating facial mists in your on-





Photo Credit - Pixabay

the-desk beauty regimen is by making your own wet wipes by spritzing the mist on a couple of facial tissues and using them as and when you wish to give your face a quick cleanse to wipe away dirt and grime.

Nourish with Buttermilk

While drinking Buttermilk is excellent for the body in the summer, it also has wonderful benefits for the skin. The lactic acid in Buttermilk makes for a great exfoliator to beat the dehydrating summer heat. Another face mask that can whipped up in the kitchen with two quick ingredients. A small amount of orange peel may be mixed with Buttermilk to make a paste. Once applied to the face, allow it to slightly dry and gently wash it off with lukewarm water. Used regularly, it lends a blemish-free, supple skin through the summer season.

These indulgent, at-home facial rituals will leave you feeling invigorated and soothed. However, the skin needs to be protected. Be diligent and consistent with SPF, even if not leaving the house. The skin-harming UVA rays do not get blocked by windows & the constant exposure to blue light from our screens and phones makes it imperative to wear sun protection even when inside.

Skincare doesn't have to be expensive or purchased in the store – the best skincare is in your kitchen. These quick and easy summer self-care tips will help you get through the worst of the summer heat while leaving you with glowing skin.

About the author

Dr. Taruna Yadav is a Senior Ayurveda Doctor. She is also a certified stress and lifestyle management consultant. She is a member of the International Stress Management Association UK.

Photo Credit - Shutterbug75 from Pixabay

"Cooked with passion our food is fit for the Gods"

We never let the daily routine of coffee breaks and sit-downs become monotonous and uninteresting. By adopting room service facilities to a new budget and launching beachfront real estate, we thrived on passion for our guests.

- Sandeep Pande

No matter where I am working my team and I have always strived to find and introduce the freshest of ingredients in our kitchen.

Whether I was in Taipei, India, or in the kitchens of 3-star restaurants at the Languedoc, Green Man, from the sunny shores of Phuket, or the Emirates in Dubai I always tried to achieve the "maximum impact" possible.

Favourite Ingredients

The heirloom tomatoes from Martha's farms and Alba truffle oil are not included in the list of my greatest ingredients. I would pick pineapplefed bacon made in-house, to bring out the inherent sweetness of the hoa using a cheap, plentiful, and "very Phuket" ingredient.

Learning ground

Inspite team's dailv of mv responsibility to produce top-notch food in one of the fastest-growing and most cosmopolitan cities in the

world, Habtoor Grand Resort & Spa, now a part of Marriott's Autograph Collection, we learnt a lot.

Focus

Let's get to the good part. I am loving my time at the worldclass JW Marriott New Delhi, a hotel amidst the hustle-andbustle, which is present in Aerocity. I have realised that what interests me the most is sustainability. We take great delight in making sure that the majority of our food is organic, cage-free, sustainable, and produced by happy animals.

Simply said, these techniques are quantifiable experiences rather than words. Furthermore. we have a Marriott Environment Sustainability Hub where we can demonstrate and record these. Be it green glass water bottles, EV charging stations, or dishes cooked on Bio Gas, the philosophy is to ensure that we contribute to our wellness as much as we can with this "Whole You" approach, something that is at the heart of the JW Marriott Brand vision.

Cooking with passion entails not only stir-frying bok choy with crispy bacon but also sourcing fresh creamy camel milk cheese from a camel farm in Ras Al Khaimah and matching it with a crisp Sauvignon Blanc. It includes giving guests a "touch of Arabia" by serving date syrup in thick ribbons over fluffy pancakes instead of the usual 21 per cent glucosecontaining "pancake syrup."

For now, it is a sign-off with our food and beverage vision of real ingredients, cooked and served with passion, by a family of engaged and happy associates, with food fit for the Gods. ■

> About the author Sandeep Pande is the Executive Chef at JW Marriott, New Delhi





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Eating right

The food habits of people have gone through a dramatic change. People want to build immunity and stay healthy.

- Maneesh Baheti



MANEESH BAHETI

We eagerly lap up any new tonic, tablet or formula to build better health in the hope of surviving this scourge. For this we need to become aware of the building blocks that give us a healthier life. Based on the knowledge drawn from experts & celebrities who have spoken in the previous editions of Food For Thought Fest on the topic of Healing Foods, I can attempt to answer this question.

Know thyself

First, we need to understand our body type. Ancient Ayurveda defined all humans into three body types Vatta, Pitta and Kapha, which the western science translated centuries later as Ectomorphs, Mesomorphs and Endomorphs. The knowledge of our body type gives us an understanding of our metabolism that is the basis of deciding which kinds of food work for us and which don't.

Are you aware of the importance of gut health?

the importance of gut health applies to all body types. Are you aware that there is a direct connection between with brain and your digestive system? The VAGUS Nerve is the longest cranial nerve that runs from the brain to your large intestine. The left Vagus Nerve travels from the left side of your body, and the right Vagus Nerve travels from the right side of your body. Stimulating the Vagus Nerve can treat epilepsy and depression. An understanding of gut health promotes not just better health, it directly affects our mood!

Remember how a bloating feeling in our stomach is not just uncomfortable but makes us positively irritable? The answer lies in eating a combination of probiotic and prebiotic foods that promote gut health. The key difference between both is, probiotic foods contain live microorganisms that improve the good bacteria in the gut, while prebiotic foods are natural foods that

are typicaly high in fibre that FEED the good bacteria in the gut. A simple thumb rule for increasing the prebiotic foods is to consume more colourful fruits & vegetables provided they are in SEASON. Why do we stick to the usual greens that are available in the market ? Celebrity Chef Saby Gorai who has been a pioneer in experimenting with local produce for over a decade spoke about LINGDA (Fiddlehead Fern, found





Vesna Jacob Shantanu & Nikhil Mehra

in North Indian hills and the North East) and its flavor and nutritional versatility of BATHUA (Lamb's quarters or Cheel Bhaji). Onions, garlic, flax seeds, banannas, apples, nuts and poultry are also good prebiotic foods and are a must . According to eminent hotelier Shaguni Sakya, from Nepal , another tip is to follow the aahar or diet as per the Hindu festivals, which is based on the season. There is ancient wisdom in prescribing those foods as the traditional aahar. Yoghurt is the best probiotic food that's easily available.

The kitchen and the refrigerator

According to noted author Sangeeta Khanna who is a regular speaker at Food For Thought Fest, to promote good health you need to first look into your fridge. She recommends throwing out all processed foods that basically harm your gut health and shift to consuming freshly prepared food and consume seasonal fruits and vegetables. Try poha or upma or Idli as breakfast options, even a parantha made from whole wheat flour cooked in desi ghee with pickle is better



Sangeeta Khanna, Rubina Husain, Chef Saby Gorai and Dr Pushpesh Pant



Shaguni Sakya and Amin Ali

than consuming refined flour bread.

The Kitchen is the first place to promote good health. Our herbs and spices were introduced ages ago not just for flavor but every herb and spice had a specific effect on our health. Turmeric contains curcumin, a powerful antioxidant. Turmeric Latte has become all the rage in United States as the world has woken up to its magic, when Haldii Ka Doodh was the first drink given to us as children when we got injured or fell sick. Rubina Husain, our Advisory Board Member from Bangladesh is a cancer survivor. She shared that her aches, pains and loose stomach due to her chemotherapy were cured miraculously by her regular consumption of fresh turmeric. Post her Chemo, she continued to intake a turmeric concoction first thing in the morning and became absolutely healthy in time.

For centuries, Black Pepper, Ajwain (Carom Seeds), Saunf (Fennel Seeds), Hing (Asafoetida), Laung (Clove), Tej Patta (Bayleaf) have been the base of garam masala or panch phoron that pack a punch of health benefits. As a cooking medium try substituting Kacchi Ghani Sarson Ka Tel (cold pressed mustard oil), coconut oil or desi ghee with refined oil that we are all so used to, and see the difference in your health. Fashion Designer Nikhil Mehra of Label Shantanu & Nikhil Start, shared that he starts his day with warm ajwain water, few crushed black pepper corns and honey . I started the same and watched my metabolism turn a new leaf. You can try the same and thank me! ■

About the author

Maneesh Baheti is the Founder Director of the South Asian Association For Gastronomy (S.A.A.G), a think tank in South Asia that promotes regional unity through a culinary language. Food For Thought Fest is a marquee annual event that provides infotainment designed around gastronomy.



GMRVF: Adding to the joy of motherhood

Motherhood is a memorable experience that women treasure in their hearts to look back on with nostalgia. However, this beautiful ride is not smooth for many women out there, especially those from under-privileged sections.

The nutritional status of most women from underprivileged backgrounds is unacceptably poor. Far too many women – especially adolescents and those who are nutritionally at-risk – are not receiving the nutrition services they need to be healthy and give their babies the best chance to survive, grow and develop. This can also lead to stillbirth, low birth weight, wasting and developmental delays for children. Owing to factors like food access and affordability, gender inequality and social and cultural norms women's ability to make decisions about their nutrition and care is pretty tough.

A daily dose of good health

GMRVF realized that to make motherhood a joyous and happy

GMR Varalakshmi Foundation (GMRVF) is the Corporate Social Responsibility arm of GMR Group of Companies. It works in about 20 locations around GMR businesses with a vision "to make sustainable impact on the human development of under-served communities through initiatives in Education, Health and Livelihoods".

At Delhi, CSR activities were initiated in the year 2006 and are extended to five communities. In these communities, the foundation is working in areas of Education, Health and Livelihoods. The flagship CSR initiative at Delhi is the running of a Vocational Training Institute in Dwaraka which trained about 8000 youth since inception in different trades with 85 percent settlement rate.



occasion, fulfilling these nutritional needs was the first step. It initiated the 'Supplementary Nutrition Centre for Pregnant and Lactating Women' at different locations in India. At Delhi, GMRVF is running Nutrition centre since 2017 and has catered to over 500 women till now. The program targets pregnant and lactating women (from 3 months pregnant to 6 months lactation) and provides them supplementary nutrition every day.

The supplementary nutrition is provided based on the deficits recorded for pregnant and lactating women in India recommended by the National Institute of Nutrition. One special feature of these centres is that the women are asked to consume the food in the centre itself and not take it home, to ensure 100 per cent consumption of nutrition by the women. Regular health check-ups and health and nutrition awareness sessions are also being conducted at the centre.

The Nutrition Centre initiative achieved fruitful results in terms of improving maternal and child health indicators. Institutional deliveries have gone up to 100 percent from 80 percent earlier. Weight of the child at birth is over 2.5 kg in more than 98 percent cases. Average birth weight of children is 2.91 kg.

GMRVF celebrates these green shoots of progress in nutrition and nourishment of pregnant and lactating women, as they truly deserve to be. ■



GMR Aerocity: Happenings

Public art initiative by GMR Aerocity



A Public Art Initiative was launched in Feb 2022 to bring an exhilarating experience to all visitors through the window of Art. Under this initiative, a wide spectrum of Art will be displayed at The Square at GMR Aerocity. Recently, two programs were conducted under this

initiative:

a) Craft & Art for kids: Allowing children to showcase and enhance their creativity.

b) Photography workshop by Museo Camera: A comprehensive three-day course on Photography that includes both theory as well as live shooting sessions at GMR Aerocity. The courses are conducted by industry experts, Aditya Arya, Sundeep Bali, and Aditi Singh.

Architecture photography workshop Food photography workshop Mood & Portraits photography workshop

Venue: Museo Camera and GMR Aerocity

GMR Aerocity can be contacted for details on the workshops.

To enquire: contact@museocamera.org Website: www.gmraerocity.com









Andaz Delhi meet and greet with Bruised Passports, in association with Harper Collins India

Andaz Delhi hosted a meet and greet session for the launch of the book Bruised Passport, in association with Harper Collins.

It was a three-hour event with Savi & Vid and Harper Collins, hosted at the Andaz Studio. Savi and Vid had invited their Instagram followers through a registration post, to Andaz Delhi.

Andaz Delhi hosted a perfume blending workshop



Andaz Delhi partnered up with Savour and Aura to host a soulful experience with guests, who blended their perfumes with natural, earthy, and soothing elements.

Anum Ajani, Marketing Communications Manager at Andaz Delhi said, "Andaz has always focused on the wellness and sound being of their guests, which is why we decided to curate a soulful experience that uplifts the mind, body, and soul of our guests, in association with Savour & Aura, a brand known for its range of essential oils and natural perfumes that promote a natural healing process for your external & internal body."



Savour



MANGO PANNACOTTA

Ingredients:

- 1 cup rich cream
- 1/2 cup whole milk (120 ml)
- ¼ cup granulated sugar (75 grams)
- 1/2 teaspoon vanilla essence
- 1 packet gelatin

For the mango sauce:

- 2 cups fresh mango chunks
- 2 tablespoons granulated sugar
- 1/2 lemon, juice only

Instructions:

- Pour rich cream, milk and sugar into a small sauce pan. On low heat, stir until the sugar has dissolved and the cream is hot. Do not boil! Turn off the heat and stir vanilla essence it. Set aside to cool slightly.
- 2. Add the gelatin to the cooled cream mixture and stir until completely dissolved.
- 3. Pour the mixture into small glasses (leave space for mango sauce) and refrigerate until the panna cotta has set (at least 2 hours).
- 4. For the mango sauce, process fresh mango pieces, lemon juice and sugar in a food processor until smooth. Taste it. Add more sugar or lemon, if needed.
- 5. Pour this over the set panna cotta or pour it into a small sauce pan and bring to a simmer.
- 6. Let it cool down and then pour over panna cotta.

About the author

Anand Panwar is the Executive Pastry Chef at Roseate Hotels & Resorts



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Best summer destinations



LONDON

London is a versatile city and hence one of the most visited places in the world. It leaves a pleasant memory etched in the minds of any tourist. Whether it is art, culture, shopping, food or theatre, London stands apart from other places. After shopping at Harrods and taking a leisurely walk down Oxford Street, one can rejuvenate their senses at Hyde Park. A cup of tea at the Ritz Carlton will freshen you up to visit Shakespeare's Globe to watch a wonderful play.



Photo Credit - Pakhnyushchyy-Canva

MALDIVES

A destination for people to unwind, rejuvenate and recharge their batteries, Maldives offers a variety of activities for adventurous people and also those looking for solitude. Whether it is watching dolphins on a sunset cruise with a glass of champagne, or going parasailing and scuba diving, this is the place to be. After staying in an eco-conscious resort and exploring Male, the capital city, people can enjoy the beach and de-stress whilst indulging in fine cuisine.



Photo Credit - Bluejayphoto-Canva



VENICE

A city of palaces built on a lagoon with the grandeur of one of the most exciting places on the planet, Venice truly stands out as a holiday destination. A Venetian meal with lagoon seafood, and the beauty and ambience of the places there, are just the tip of the iceberg. At the end of the city's signature S-shaped waterway, the Palazzo Ducale and Basilica di San Marco add to the exciting yet soothing experience.

MONTENEGRO

A breathtaking view of the various forms of nature surely make Montenegro special and also the destination is very appealing to those who have an interest in European history. Scuba diving in the mesmerizing waters that touch breathtaking beaches and also by indulging in viewing the majestic mountains, people can enjoy its subtle surroundings which leave them in awe.



Photo Credit - Sorincolac-Canva

On love for food and life





Offers



Business package with boundless inclusions at Aloft

Find everything you need to feel rejuvenated during your stay with a complimentary breakfast and **25 per cent discount** on Spa facilities for each night you stay. Relish the chef's special delicacies as you avail **20 per cent discount** on food and soft beverages. Get to stay in the exclusively designforward Guest Room benefitted with tech-forward amenities and enjoy a complimentary roundtrip airport transportation.

Summer at Roseate

This season, enjoy a special stay package offering a one night stay in the Premium Garden View Room with breakfast and Wi-Fi along with a botanical tour including high tea from 3 - 5 PM. A **buy 1 get 1** offer on drinks from 5 - 7 PM, along with a **15 per cent discount** on services and treatments at the Aheli Spa and to top it all, a 15 percent discount on food and soft beverages. INR 14999 All Inclusive.





Sail With Sushi at Honk, Pullman

How about some delicious sushi? Honk, a popular Pan Asian restaurant at Pullman Aerocity, is launching their exclusive 'Sail with Sushi' weekends for all you sushi lovers out there. Honk has launched its exclusive Dimsum brunch with more than 22 types of dimsums and starters. The launch comes with a bliss of unlimited servings! A perfect deal to make the Sunday brunch plans even better. **Offered every Sunday from 12pm to 3:30pm** it is the city's latest eat-it-all brunch. Price - Rs 1850 + Taxes per person.

Savour the best cuisines from around the world

EazyDiner & GMR Aerocity have come together to celebrate eating out with great deals on dining during the Aerocity Festival – Monsoon Food Fest 2022. Enjoy 25 per cent off with EazyDiner Prime + extra ₹750 off via PayEazy at premium restaurants.

Use Code AEROCITY to get a complimentary 1-month EazyDiner prime membership worth ₹495 & enjoy a guaranteed 25 per cent off on your bill.



Guaranteed 25%-50% OFF at the hottest restaurants







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The foodie Shibani Kashyap

Your favourite cuisine:

My favourite cuisine is Chinese food.

Your comfort food

My comfort food is salad or pulao. It is light and easy to digest and so yummy!

Your diet mantra

My mantra is to eat breakfast like a king, lunch like a prince and dinner like a pauper, in other words a good healthy breakfast after a good workout. Then a simple lunch and a very light dinner. I don't starve. I would rather eat well and exercise.

About mindful eating and the connect between food and emotions?

Yes, I am very mindful of what I eat. Being a singer I have to be very careful about not having fried, and oily stuff.

Food and emotions are connected. Eating my favourite dish uplifts my mood so I indulge. I love having popcorn while watching movies. Good food helps release happy hormones.





Shibani Kashyap, Bollywood singer and actor

Bad food habits you want to get over?

I truly don't have any bad food habits as such but I cannot resist pizzas especially at midnight. Though I do not eat them often.

You favourite place to dine?

Would be at home.

But, if I really want to eat healthy when I'm out - Farmer's Cafe in Bandra, Salt Water Grill, and Yahoo are my favourites.

One food you cannot do without

I can't do without boiled egg, Moong dal and Avocado.





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Ms Tanvie Ahuja | +91 99537 22351 | tanvie@businessworld.in