

# Aerocity LIVE

GMR AEROCITY MAGAZINE

TRAVEL, WORK & DINE



Jan-Feb 2023  
ISSUE 06

DEFINING  
TREND OF 2023:

# SOLO WOMEN TRAVELLERS

Perfect stay, safe ambience,  
range of activities and shopping  
ops in Aerocity ecosystem

How does solo travel  
benefit individual

## PERSPECTIVES



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Director of Operations  
ibis & ibis Styles India



**Chef Gagandeep Bedi**  
Director Culinary  
Roseate House Aerocity



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# New Year, Bold Beginnings



**ANNURAG BATRA**

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**G**lobally, people are travelling with a vengeance after Covid. And women travellers are not behind. Not just in groups, they are bold enough to travel solo now. For peaceful contemplation, for pursuing their hobby, or to tick mark places on bucket list which might not resonate with family members, or any other reason, they are finding time and resources to travel alone. But what is topmost on any traveller's priority is the twin need of safety and hygienic environment. So, for solo women travellers thinking of travelling to Delhi NCR, GMR Aerocity is the right place to stay and base their vacation or business trip from.

The series of top-notch hotels in Aerocity, with world class hospitality, F&B options and most importantly, safety are most women-friendly options. The neat and clean environs here, a large number of restaurants serving varied cuisine, and safe pathways for walking and exploring the area, are just what a traveller seeks. And thanks to the Airport Metro Line, Aerocity is also superbly connected with the heart of Delhi, ie Connaught Place and therefore it's very easy to explore the whole city even if your base is Aerocity. And the city has so much to explore, by way of heritage, food train, shopping opportunities and art and culture.

In this issue, we bring to you what is in store for solo women travellers. Also, insights from solo women travellers on how solo moments in the midst of nature or talking to stranger do wonders for your wellbeing and growth.

Aerocity is a thriving ground for showcasing of various strands of Indian art and traditions, including food traditions. On a pleasant December weekend, it hosted the Food for Thought Festival that saw the confluence of stellar chefs from India and abroad sharing their ideas on food and demonstrating recipes. It was heartening to see food being acknowledged as a key factor in wellbeing of a person, and as a bonding factor between societies. Pride in one's cuisine aside, there is no one-upmanship here, as each region has contributed to making our collective food legacy richer. There is certainly great joy in diversity when it comes to food.

Ushering in the New Year, we at Aerocity Live wish you all a Healthy, Safe 2023.

Happy Reading.

# For the Bravehearts



AMAN KAPOOR  
CEO Airports Land Development GMR Group

**O**ne segment that has emerged strongly, especially in the wake of Covid is 'The Solo Woman Traveller'. From being accompanied by family members on vacations, to work-related travel, to now daring to go on solo journeys on vacations, women have come a long way.

For these solo women travellers, more than the fact of visiting a location, it is the pursuit of escape, adventure, independence, self-identity and development, learning, feeling of personal fulfilment, individuality and escape that drives such solo travels. They do not travel alone because they have no choice or because they are loners. They are driven by specific motivations.

They are brave enough now to pursue their myriad passions during these travels, from talking to people and exchanging notes regarding food habits, doing trekking or covering heritage sites, enriching their personality in the process.

This tourist segment, though being relatively new, has gained numerous supporters around the world, translating into an impact not only in sociological terms, but also in its tourist experience.

The question is, is the hospitality industry geared to meet their needs? How can we make travel services specific for women to make them undertake the travel without hesitation, concern over safety or having to worry about their boarding & lodging or transportation?

In the New Year issue of *Aerocity Live*, we explore the readiness of GMR Aerocity as an ideal location to stay and explore the city from. This ecosystem provides a wholesome and secure environment for solo women travellers. It is self-contained to enable solo women travel free of fear and apprehension. The Hospitality District at Aerocity Delhi is a congregation of 10 hotels offering a multitude of stay options. A neat, hygienic and safe environment, comfort of the Aerocity hotels, an array of eating options and great connectivity through Delhi Metro are some of the factors in favour of Aerocity.

The issue is enriched by columns and interviews of avid solo travellers and how travel helps them at several levels, including in healing and emotional wellbeing. The issue has several other sections that will interest readers, including must-visit spots in Delhi, shopping spots, some delicacies from Delhi and much more. Going through the pages, I have added a few spots from the pages on own my bucket list – visiting Museo Camera in Gurugram, Crafts Museum in central Delhi and definitely trying Daulat Ki Chaat in old Delhi.

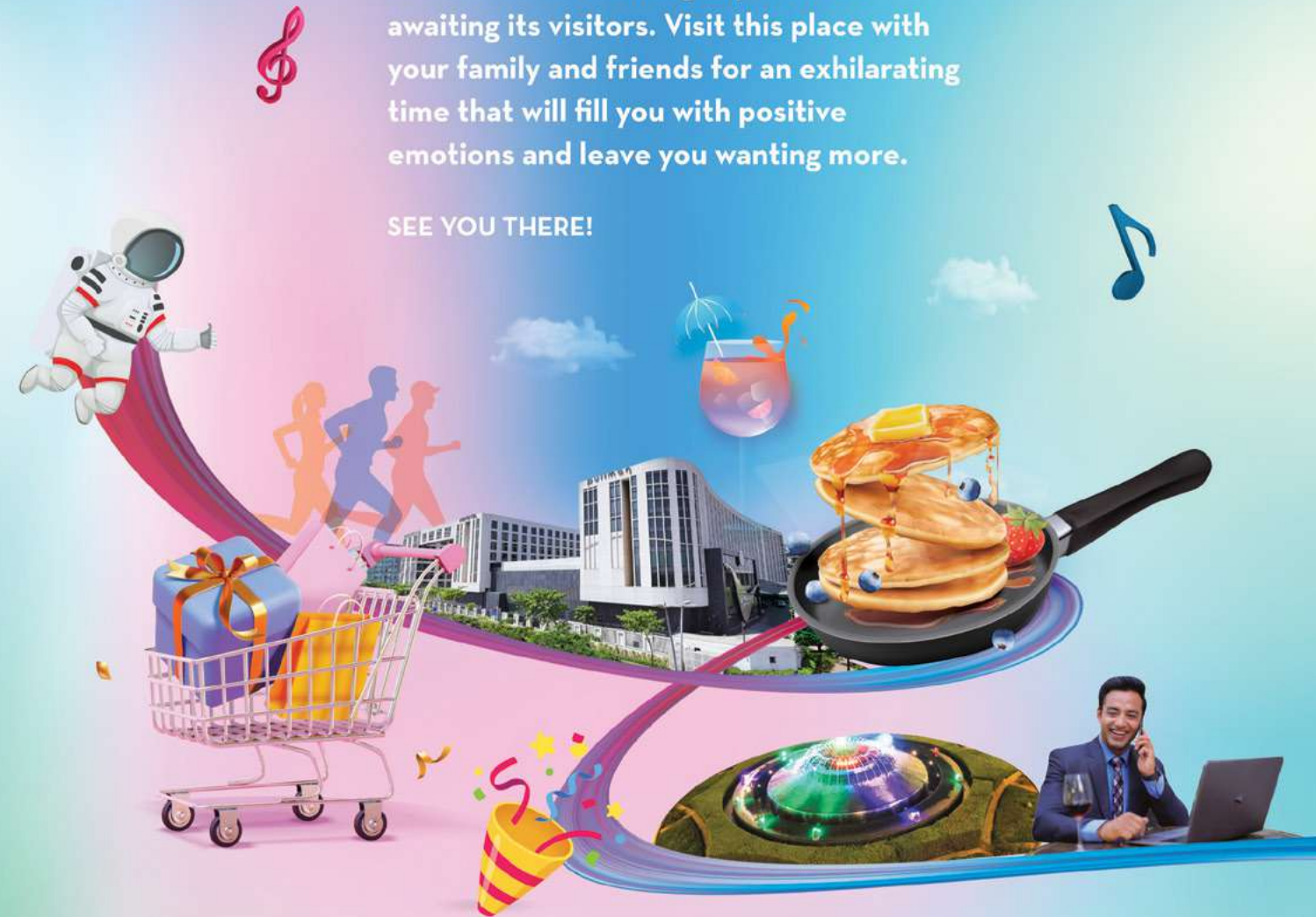
Wishing all the readers a very happy 2023.



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Chef Gagandeep Bedi

## THE AGE OF SOLO WOMAN TRAVELLER

Women of all age are defying age-old norms, to experience the joy and quietude of travelling alone. GMR Aerocity in Delhi NCR is the right place to stay, from where they can explore the city



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Garima Pande



Sangeeta Natarajan



Kaynat Kazi



Dr Mukesh Batra





Gaurav Bhagat



Manoj Khatri

## IN THE SQUARE

**JAN 14-15** **Vegan Food Festival**  
The month to be commemorated as Veganuary 

**JAN 19-26** **One India**  
Republic Day activities titled 'One India'. (A celebration of the four regions of India) 

**FEB 10-14** **Valentine's Day Celebrations** 

**FEB 24-26** **Zumba Workshops** 

## PLAYS

**JAN 14** **Alamgir**  
National School of Drama

**JAN 15** **Court Martial**  
National School of Drama, 7 pm

**JAN 21-23** **Social Media**  
Kamani Auditorium

**JAN 29** **Dearest Bapu, Love Kasturba**  
By Zeenat Aman, Kamani Auditorium

## FILM SCREENING

**JAN 12** **Not Just Roads**  
Directed by Nitin Bathla and Klearjos Eduardo Papanicolaou  
Max Mueller Bhawan 6 pm

## ART

**FEB 9-12** **India Art Fair**  
NSIC Exhibition Grounds

## EXHIBITIONS

**TILL FEB 16** **Two – Wheels**  
An exhibition on cycle infrastructure  
India Habitat Centre

## FAIRS

**FEB 25- MAR 5** **New Delhi World Book Fair**  
Pragati Maidan



## GMR Aerocity Partners With ITP Media Group For Co-presenting Hotelier India Awards For Two Years

The Hotelier India Awards 2022, held on December 19, recognised the 'Spirit of Excellence' in the industry. Besides Life-time Achievement and Hall of Fame Awards, a significant addition was back-of-the-house Unsung Heroes. Winners were announced in various functions of hotel operations – Front Office, House-keeper, F&B Manager, Chief Engineer, HR Manager, Executive Chef, Procurement Person, among others.

GMR Aerocity got special recognition at the Hotelier India Awards for curating a truly world-class and sustainable district, a complete destination which is global in its pursuits and Indian in its cultural ethos. The awards were held at JW Marriott Aerocity.



# Christmas Colours At The Peak of Winters

**D**ecember 22-24 saw Aerocity dazzle with Christmas décor and activities. There were several activities lined up during the event - Christmas tree making, angry bird activity, bowling game, archery game, mega wire game and bubble bath activity. There was a performance by Chizai Band, and Santa Clause on the Sledge, wherein Santa Clause would roam around on a decorated sledge and interact with children.

For the visitors enjoying Christmas Carnival at the venue, there was an array of food fare offered by PNC Popcorn, Social, Meva Bites, IPSA, Slay Coffee, 93 Degree Coffees, Salt in My Cocoa, Simply Naturals, Vadilal, Monginis and Bikano.



## World Cup & FIFA Fervour

**T**wo mega sporting events that captivate sports lovers' attention made waves at Aerocity too. There was live screening of T20 World Cup final and of the FIFA World Cup final as part of the World Cup Carnival. The amphitheatre setting at the Square was a perfect place to enjoy the sporting spectacles. Enhancing the mood of celebration, there was food and beverage arrangement by Holiday Inn, Nua Café and Krispy Kreme. The retailers for the event were Mihir Brothers. The FIFA World Cup finale coincided with the Food for Thought fest, further adding to the festive fervour.

## Run For Brain Health

**T**he Asian Oceanian Congress of Neurology (AOCN) and Annual Conference of the Indian Academy of Neurology (IANCON) hosted Run for Brain Health supporting latest research & advancements in Neurology at the GMR Aerocity, New Delhi in collaboration with GMR Aerocity as a venue partner. Renowned neurologists from across the world and volunteers from medical fraternity participated.

A two-day session on Mental Health was organised during which there was a panel discussion for the same on



November 2022 at GMR Square. There were presentations and posters on advances in the field.

The conference was of great import in view of Covid-19 that had thrown up unprecedented mental health challenges for the humanity as a whole.

## No Dig Show

**T**he Indian Society for Trenchless Technology (IndSTT), the national apex organisation of trenchless technology, held a No Dig India Show (NDIS) 2022 at the Aerocity Ground, opposite Aerocity Metro Station on December 19 and 20, 2022. The two day-long event included an international conference, Trenchless Excellence Awards, live events and demonstrations and exhibitions.

The event is a platform to discuss and facilitate core issues where trenchless technology can provide sustainable solutions for underground space, most vital asset for smart city and smart society. In the event, the concept of road map drawing was discussed, for conducting city-level trenchless system to assist ingress of trenchless technology in government missions in association with city-based stakeholders.



## Christmas Tree Lighting Ceremony At Andaz

**A**ndaz Delhi - a luxury lifestyle hotel by Hyatt celebrated their Annual Christmas Tree Lighting Ceremony on the 2nd of December 2022. Celebrating the onset of the season of merriment and joy, Andaz Delhi also launched their all-new Tea Garden Hi-tea Menu, as well as their in-house special Mulled Wine, for all the guests to enjoy during the Tree Lighting Session.

Kickstarting the Christmas season, the Tree Lighting ceremony started from 6:30 pm onwards at their Tea Garden, and was attended by in-house residents at the hotel, including diplomats, expats and long staying guests of the hotel. All the adult guests were served with Andaz Delhi's signature in-house Mulled Wine, which is available all throughout the season at their Juniper Bar, upon arrival, while the kids were treated with delicious cups of hot chocolate.

After an extremely spirited and festive Carol Singing performance, which was accompanied by the Tree Lighting Ceremony, all the guests



were delighted by Andaz's very own Santa Claus, who treated all the guests with their very own Christmas Goodie Bags.

The guests also indulged themselves in Andaz Delhi's delicious Mulled Wine, as well as their newly launched Tea Garden Hi-Tea Menu, comprising of savoury and sweet delicacies such as Choux Bun, Chocolate Fudge Wallets, Scones, Croissants accompanied with Cheese, Madelines, Macarons and Finger Rolls.

## Taste of Italy



were several exiting events over 10 days. The city was given a taste of regional Italian delicacies from Tuscany, Campania, Sicily and Emilia Romagna. Executive Chef Sumit Sabharwal created a special menu for the same.

Renowned Chef Riccardo Scailoi and Chef Davide Civitiello from Italy were welcomed. Chef Scailoi specialises in pizza allapala, a Romanian street delicacy whereas Chef Civitiello is a neapolitano pizza expert. What made the experience even more authentic were the ingredients - flour and tomatoes - which were imported from Italy.

L'Osteria Bella hosted its first Mamma Mia winter brunch of the season with a lavish Antipasto buffet and hot food served fresh from the kitchen. The hotel also had the honour of hosting Michelin Star Chef Cristina Bowerman and Ambassador of Italy to India H.E Vincenzo de Luca for an informative workshop for professional chefs.

The world week of Italian Cuisine ended with a series of 'Kids Can Cook' workshops in collaboration with Ferrero Rocher, where the young chefs were taught about dough making, pizza and pasta making all from scratch.

**L**'Osteria Bella, the contemporary Italian restaurant situated in Holiday Inn New Delhi, participated in the World Week of Italian Cuisine's VIth edition in collaboration with the Embassy of Italy in Delhi. There

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# WORDS' WORTH

At the India Business Literature Festival organised by BW Businessworld in Roseate House, authors shared their inspirations, and in turn inspired others

—By Himanshu Ojha and Yukta Raj

The onset of Winters in Delhi saw a confluence of people of words in Aerocity. **BW Businessworld** organised the 2022 edition of its annual literary event called India Business Literature Festival at Roseate House, that saw eminent authors talk about their work. People with interest in literature that has an impact of business theory and practice had come to listen to the literary figures.

Popular actor and director Muzaffar Ali, with diverse interests like Sufism, fashion, vintage cars, painting, poetry, music and film making, narrates his journey in a very linear fashion in his

autobiography, *Zikr: In the Light and Shade of Time*. Speaking at the IBLF event, he divulged, "A lot of people were asking me to write something but it's not easy to pick up pen to write your life. Depicting your life is a very sensitive thing to do because every life is very interesting and every human being lives a full life where they are involved in relationships, shaped by many influencers and problems."

For everyone, fountain pen is just a writing instrument with a nib to apply a water-based ink on paper. But for Dr Bibek Debroy, Chairman, Economic Advisory Council to the Prime Minister, fountain pen something is larger than life.

In his book *Inked in India*, Debroy traces the journey of make

and unmake, from a pre-Independence India with a strong manufacturing base for pens, nibs and inks.

Interestingly, he travelled to various countries, just to collect the authentic fountain pens. He recalled one memory from Australia, when he entered the shop just to buy a specific fountain pen, but was offered with others.

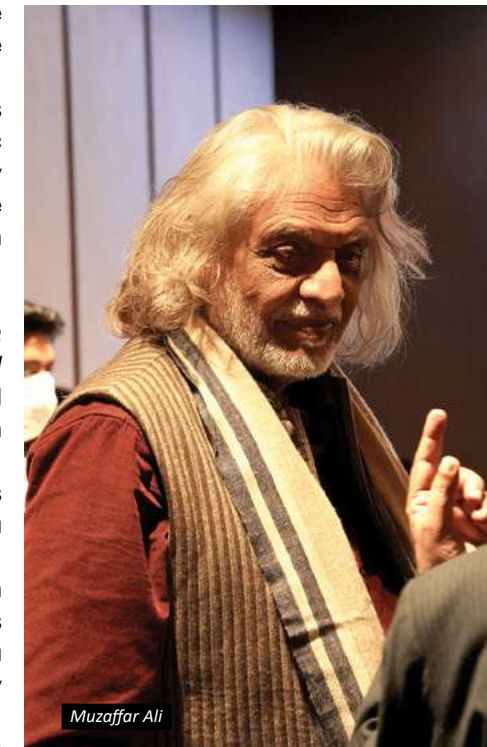
Gurcharan Das, Former CEO, Proctor and Gamble and author of *India Unbound*, *Difficulty of Being Good and Kama: The Riddle of Desire*, engaged the audience during the discussion on his new book *Making a Life*.

He said, "The definition of happiness is simple, which is to love the work you do, and love the person you live with. He also shed light on how one can identify their true calling. Sometimes in life you do not find a purpose, you also have to create a purpose. A very important part of this is reading books. At the same time, one should not be too busy making a living so as to forget making a life."

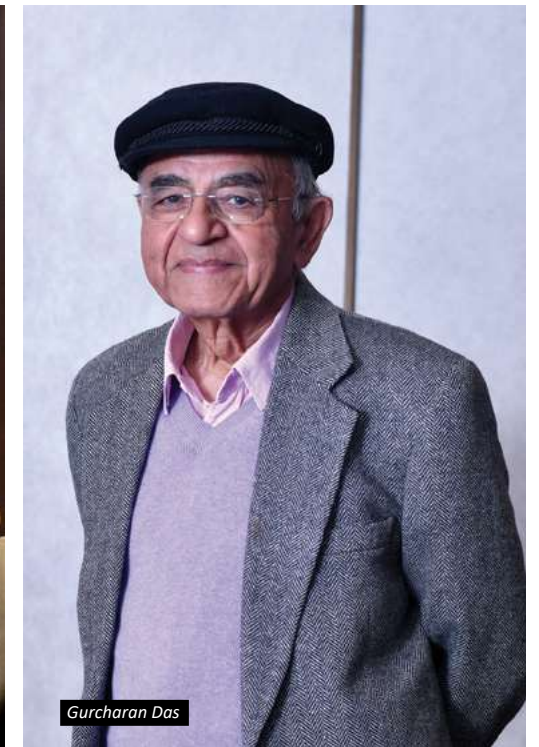
Rajnish Kumar, Former Chairman, State Bank of India and author of *Custodian of Trust: A Banker's Memoir*, touched on the areas on banking, personal challenges, and lessons of life. The book is written with the idea of making people understand what banking sector is all about as banking has always been a difficult term for the layman to understand. He also mentioned how computerisation has evolved the whole banking system.

"Because of computerisation, the power of union has gone down as compared to 1980s. SBI has proven that by creating a world-class digital bank," said Rajnish.

Another highlight was book launch of book by Karan Bajaj, Founder of Whitehat Jr. (acquired by Byju's). Bajaj has written numerous best-selling fictional books but with the launch of *The Freedom Manifesto: 7 Rules to Live the Life of Your Calling* he has also stepped into the genre of non-fictional books. Over the past 10 years, he has worked on several



Muzaffar Ali



Gurcharan Das

fronts - novels, TV channels, and startups - some of which were successful and some not. However, he says he has learned a lot from each experience and wants to share his knowledge with aspiring entrepreneurs through his book. Bajaj also spoke about how non-fiction writing is a bit different from writing a novel. For novels, the focus is on the characters. However, for non-fiction, the focus is on sharing life lessons that the author has learned from their own experiences.

The event also witnessed the insights from Sonu Bhasin, Independent Director, Business and also author of *Gujarmal Modi: The Resolute Industrialist*; Dhruv Nath, Director - Lead Angels Network, Former Senior Vice President, NIIT and Professor, MDI, Gurgaon, author of *Funding Your Startup: And Other Nightmares*; Mukesh Batra, Founder & Chairman, Dr. Batra's Group of Companies, and author of *The Nation's Homeopath*; Vaibhav Dange, independent expert on Infrastructure & Governance, author of *Building Bridges: Shaping The Future*; Kapil Mehta, Co-Founder, Secure Now Insurance Broker, and author of *Happily Insured*; Priyank Narayan, Ph.D, Director - InfoEdge Centre for Entrepreneurship, Ashoka University & Mukesh Sud, Associate Professor, Business Policy Area, IIM, Ahmedabad who have written *Leapfrog: Six Practices to Thrive At Work and Take the Chance*; and Rakesh Dewan, Chairman, Star Academy & Home Appliance Company. ■



Karan Bajaj

# Food For Thought At Aerocity



A galaxy of chefs, authors and hospitality experts converged at the Square for a two-day mega event on culinary arts, as a great savouring and learning opportunity for the gathering. The last edition of the Fest happened in GMR Aerocity in 2019. Due to Covid it had been ceased. GMR Aerocity brought back the festival to people after two years of Covid.



By Yukta Raj and Himanshu Ojha

The South Asian Association for Gastronomy (SAAG), co-founded by Maneesh Baheti, organised its sixth edition of Food for Thought Fest at GMR Square in Aerocity. The two-day food fest was power-packed with invigorating discussions, cooking masterclasses by celebrity chefs, mouth-watering food stalls by reputed hotels and cheerful music sessions of Jivaa's by Benny – The Swan Band Project.

The event witnessed the participation of India's G 20 Sherpa and the ex-CEO of NITI Aayog Amitabh Kant, as Guest of Honour; Central Information Commissioner, Government of India, Uday Mahurkar as Chief Guest; Principal of IHM Pusa, Kamal Kant Pant; eminent food critic Pushpesh Pant, and Aman Kapoor, CEO, Airport Land Development GMR Airports. Among other celebrities who shared their understanding of food were chef Vicky Ratnani, actor Tarun Arora, Sushi masterchef Hiroshi Isomura, chef Asma Khan and Para Olympians gold medalists Simran Vats and Neeraj Yadav.

The event had a discussion over wide spectrum of ideas, starting from its role in well-being in the post-Covid world, food technology to diet of movie stars, from mental wellbeing to beauty diet and from changing food habits post pandemic to diet of sports star among others. What is the role of food in mental and emotional wellbeing of a person; how does it bond different cultures together; what role does it play in a country's heritage; what is the future in culinary field for the youth, post-Covid, what transformations are happening in our eating habits, and other strands of discussion engaged the participants over two days.

Mahurkar underlined that food has played a big role in uniting the world. Despite the aberrations like Ukraine-Russia conflict, the world is coming closer and food has a very important role to play in that. Today, one finds cuisine from all parts of the world in restaurants. And at a time when India is the host country for G20, the opportunity to bring people together through cuisine is unlimited.



Cuisine changes like language, every few kilometers; still, food is a connecting force in the world. We are from Gwalior and we have got some fantastic dishes, like 'Karnataka Mutton'. Now, how it got the name, we don't know... We have our own style of Pasanda, and then we have Kebab. We have a very signature dish, which is the Pulao of mutton balls. Every region thinks their cuisine is the best, but when you try other cuisines, you find their cuisine is equally good. It's everywhere, you just you have to look for it



**UDAY MAHURKAR**  
Central Information Commissioner,  
Government of India

To bring different countries of South Asia for gastronomy is a really commendable job. I see young people doing work within the country for various restaurants but you (SAAG) have gone beyond boundaries to bring different countries together. The young people should be able to feel the energy of what you have created. Food is the best and fastest way to bring camaraderie, peace, serenity to all the countries together. That's the way to go.



**AMITABH KANT**  
G20 Sherpa from India in the Presidency  
Year and Former CEO, Niti Aayog



Amitabh Kant appreciating chef Vicky Ratnani for his book *Urban Desi*

“ I think people are now more conscious about what they eat. They have realised that the one thing that kept them going through the Covid was the level of fitness and what they eat. And at the end of the day, you are what you eat. I love eating Indian food. I love cooking with fresh fish. I like to eat a lot of vegetables. And I also love Japanese.

**VICKY RATNANI**  
Celebrity Chef

“ Nepal has a rich tradition of local food. International food and brands like the KFC and Pizza Hut came much later. But during Covid people had to stay at home and there was no other option. Because of that a lot of people also started experimenting with local food.

**SHAGUNI SAKYA**  
Hotelier and Chef, Nepal



“ It is our responsibility to talk about heritage food because if we don't speak about it, the next generation will lose out. So, we need to write those recipes in order to teach the coming generations and celebrate our heritage food. The biggest shock for me when I went to UK was the food that they think is Indian, I didn't recognise it. Those are some crazy kinds of hybrid generic food items.

**ASMA KHAN**  
Author Chef (signing her book)



“ Rather than a personal philosophy on food, I have my personal philosophy of life. And it is to have an enjoyable life. Enjoy what you have, and don't complicate your life too much. Be contented with what you get. I feel that if you eat simple food which you are used to, there is great range even in that simple food to enjoy.



**PUSHPESH PANT**  
Food Critic

In the plenary session on the theme of 'Post-Covid Pivot in the Restaurant Business', Chef Shaguni Sakya, with passion for history, heritage and food described her country's culinary journey and how, the growth of adventure tourism and arrival of tourists for these sports has also brought to the fore local foods and boosted local economy.

On the panel discussion of the Diet of Sports Icons, Para-Olympian gold medalist Neeraj Yadav opined sports is necessary for an individual's physical fitness. Fitness and nutrition go hand in hand. Supporting this he said a sportsperson will not be able to prepare himself for the tournaments if they will eat healthy food. Unhealthy food not only impacts the performance of the player but also the health of a player.

In the panel discussion on the diet of movie stars, panellist actor Tarun Arora of *Jab We Met* fame and national award-winning director Arun Chadha, who were in conversation with TV anchor Megha Sharma, discussed various trends in the fitness industry and how movie stars are working very hard to look fit and attractive. They were also of opinion that the youth of our country should not follow the movie stars blindly and instead of taking short-cuts, they must work hard for the fitness and well-being of their body.

**Culinary Chronicles**

The Food for Thought fest also witnessed launch of two important cookery books. One of the books is by Celebrity Chef Vicky Ratnani called 'Urban Desi'. It's a collection of delightful non-vegetarian dishes recipes from across the corners of the country. It demonstrates how simple it is to prepare delectable non-vegetarian dinners in one's comfort zone, utilising flavorful spice mixes and fun methods to play around with your favourite meat, chicken, fish and shell-fish.



Session on The Diet of Movie Stars

“ My philosophy on food is very simple. What you eat is what you are. So, when you see a person and how he looks like, you can make out that the person is fit or not. Similarly, when you see somebody fit, you know that he's eating healthy. And when you see somebody who's not fit, you can make up things in your mind.

**TARUN ARORA**  
Actor (second from left, above)



Session on Conservation of Culinary Heritage, with the royalty of the country



### Learnings from Masterclasses

No food fest is complete without showcasing of different cuisines from different places. The fest had food stalls of almost all reputed hotels of Delhi-NCR, including Holiday Inn, The Claridges, Pullman, The Lalit, etc. A range of dishes from Japanese, Chinese and Thai cuisines were available, but Sushi was amongst the most demanded dishes.

Apart from these, the fest also had some

The other book that was launched on the second day of the fest is 'Ammu' by Chef Asma Khan. In this book, the author has recollected all her childhood memories and mentioned her mother's dishes. The author believes the book to be an acclamation to her mother and an auspicious gift to coming generations as the book is a collection of heritage dishes.

A report by Inox Cinemas, called 'India Cinema Food Report' was also launched, which looks into the food preferences of 70 million movie-going audience and how it has evolved in the last two years.

“The theme of the fest was 'Wellness and Rejuvenation in the Post-Pandemic Era'. We are delighted with the line-up of expert speakers from across India and South Asian region who shared their knowledge. The 59 speakers included 8 authors, a Padma Bhushan, a Padma Shri, actors, doctors, nutritionists, hoteliers, restaurateurs, Michelin Star chefs, influencers, and above all, CIC Uday Mahurkar and G20 Sherpa of India, Amitabh Kant.”



**MANEESH BAHETI**  
SAAG Founder



Masterclasses by expert chefs

amazing cookery masterclasses by chefs across the world, which was a great learning for a large number of hospitality students who were attending the event.

While Chef Gurpreet Singh shared his secret recipe and tips on cooking delicious Butter Chicken, 'Momo Mami' Aditi Madan, who was also seen in the superhit show *Shark Tank India*, shared her important insights on how to prepare perfect mouth-watering momo. Japanese Chef Hiroshi Isomura taught the audience to make Sushi, which was also the centre of attraction at different stalls in the fest.

What's needed alongside soul satisfying food is music and entertainment. Keeping this in the mind, the event ended with a power-pact musical evening. Jivaa's by Benny – The Swan Band Project performed at both musical nights on food fest. ■

## FRESH IN THE CITY

New outlets for fashion, luxury, beauty products....  
Stores that've set shop at The Square,  
GMR Aerocity in the months gone by

## CHIQUÉ

Simple, innovative and progressive, Chique is reinventing an entirely fashion-savvy approach towards style. Chique is a fast-growing Indian brand in women's apparel that owns a portfolio of various categories including work wear, casual wear, evening wear and occasion wear. It caters to one of the strongest and largest sections of urban women that falls in the age group of 20 to 60 years. Eclectic, contemporary, romantic - the brand represents the pinnacle of urban dressing and is unsurpassed for its quality and attention to detail. Chique, as a brand, is inspired by Urban Indian women who aspire to express themselves as modern citizens of the world.



## MANAN



A LEADING  
NAME IN  
COUTURE,  
IS SOON  
COMING  
TO GMR  
AEROCITY

Madhavi Ganeriwala and Sioned Emerys started Manan two decades ago, with a desire to bring a curation of handcrafted season-less wardrobe staples to the Indian market. Manan, which means meditation, had its first collection soon which was designed for people seeking modern luxuries.

At Manan, the designs are specially curated for discerning women, who are looking for comfort-first silhouettes. The brand strongly believes in sustainability and has been designing clothes that are classic and timeless.

The brand's motto is "Manan's designs have longevity and can be re-worn and re-invented endlessly. These are timeless perennials that you will find yourself reaching out for time and time again."

# KAMA AYURVEDA

**K**ama is Desire, Ayurveda is Science. We bring them together. Founded in 2002 in India, Kama Ayurveda is an authentic Ayurvedic brand providing traditional and holistic treatments for beauty and wellness. Passionately focused on the purity of ingredients and efficacy of formulae, Kama's high quality and beautifully packaged products are EU certified internationally. The pure, ayurvedic products are 100 per cent natural, vegetarian and sans any additives. Kama Ayurveda has acquired a cult following globally among discerning beauty buyers, looking for safe, gentle, and efficient products that are rooted in the ancient science of Ayurveda. Kama Ayurveda has 50+ exclusive stores across Delhi, Gurgaon, Mumbai, Chennai, Kolkata, Bengaluru, Pune and Ludhiana.



# PURE HOME + LIVING

**P**ure Home + Living is a renowned brand designed to ignite and inspire every home. Founded in 2006, it features the largest variety of home décor, dinnerware, glassware, leather accessories and gifting options for all occasions. The brand keeps in mind its appeal to a wide audience and has curations to complement the different styles and personas of the country; from traditional to contemporary.



# HEADS UP FOR TAILS

**I**deal store to buy for your pet to pamper it. You can buy winter wear, seating, food items, toys, grooming items, toilet items and other accessories from here. Products from a number of brands are stored here.



# NICOBAR

**N**icobar is a modern, mindful, design-led brand from India, with clothing, homeware, and travel accessories. Founded in 2016 by Raul Rai and his wife Simran Lal, the brand is inspired by journeys across the Indian Ocean and anchored in the brand philosophy: to make products that are designed to last, timeless in appeal, influenced by Indian culture, but globally relevant.



# THE AGE OF SOLO WOMAN TRAVELLER

Women of all age are defying age-old norms, to experience the joy and quietude of travelling alone. GMR Aerocity in Delhi NCR is the right place to stay, from where they can explore the city

By Meha Mathur

**A**s Covid abated, people took to travel like there was no tomorrow. Confined at home for months at end, each one wanted an outlet. One segment of travellers that has gained traction like never before is women travellers, both in all-women groups and solo travellers. The latter, picking up courage, defying societal norms and braving raised eyebrows and questions, are exploring vacation opportunities across the country and globally. Post-Covid, there is the immense need to introspect and put things in perspective. And for that, women opted for a few days of quiet contemplation amid nature. Some took to travel to pursue their hobbies like trekking, scuba diving, photography or art, others extended their work-related tour to explore a bit of the city, and yet others went for tick-marking their bucket list. Whatever the reason, there was no qualm, no explanation needed. And year 2023 will only further that trend.

With solo women traveller here to stay, the hospitality industry is also ready to host this strongly emerging category. In Delhi

NCR, the GMR Aerocity ecosystem is a great option for them. Its close proximity to the Airport means women travellers can comfortably fly to and from the capital. It is superbly connected to the Airport and to the city with the Airport Metro Line. This super-fast Metro line connects Aerocity both to Airport and to central Delhi. In less than 25 minutes, traversing through the lush greenery of Delhi, providing for a great outing in itself, the train takes you to Shivaji Stadium, close to Connaught Place, the heart of Delhi. So even if Aerocity is located in one corner of the city, the concern over connectivity to the rest of the city is allayed.

## Basics First

But what is it that a woman traveller wants? Decent accommodation and safety, followed by good food, and opportunities for recreation and activities. On each of these counts, the Aerocity ecosystem offers more than one can ask for. Each of the constituent hotels excels at hospitality, taking great care of requirements of travellers. They are a statement in luxury. The cleanly designed rooms, with contemporary and elegant taste, are an oasis in themselves. The rooms aside, the vast properties offer corners where a woman traveller can spend hours unwinding by the pool side, garden, books corner or the

vast lobbies (read box item). Several hotels also have exclusive business areas where women travellers on business trips can focus on their work.

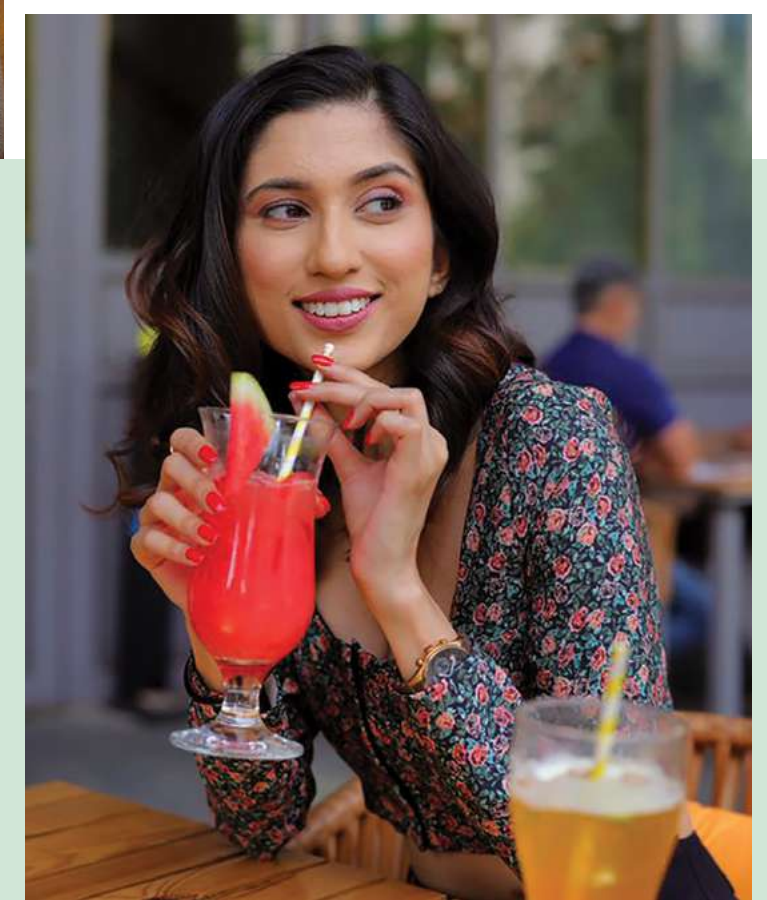
Safety is another aspect that is utmost on a woman traveller's mind. TV anchor Megha Sharma, an avid solo traveller, says women travellers, especially foreigners, have to reckon with men passing remarks. But the women solo travellers we talked to for this issue said their experience at Aerocity has been different (read interview). Each of the constituent hotels is invested deeply into travellers' safety, with state-of-the-art technology, training and sensitisation of staff and ensuring that there is no untoward incident. In the public areas of the Square, Amazon Forest Area and Food Court too, there is security presence, and safety is ensured. There are CCTV cameras installed at every corner and guards are always available for help.

## Something For Everyone

Women from every age group and varied tastes now are up for solo travel and there is no limit to options at Aerocity. Aerocity has a busy activity calendar round the year, with art and culture shows, performing arts events, sporting galas and fun-fare. The high-profile Food for Thought Festival which had who is who of



At Lemon Tree





At Pullman



At Lemon Tree



PERSPECTIVE

TV anchor Megha Sharma shares her impression about Aerocity as a destination for solo women travellers

By Yukta Raj



What has been your experience as a solo traveller?

I have done three foreign trips in the last couple of months – Bangkok, Oslo and Tel Aviv which were work trips. I have travelled to America and Europe as well. And I have not had a problem as a solo traveller. Crowds are congenial, they let you do your business, they don't harangue you. I think a lot of women across the world, particularly in the western part of the world, do travel solo. There is no sexism. So, that is a good space to be travelling in. Here, we need to change our mindset; we have still not opened up our horizon. Women travellers at several locations have to contend with remarks.

I have to say there is a lot of good promotion being done by the Government of India and state governments and lot of money is being spent in promoting tourism, be it in Madhya Pradesh or Kashmir, Odisha, TN. And it's the responsibility of the states to allow for a smooth travel experience. So, if the impetus comes from governments themselves, the result is big on the ground.

How do you like Aerocity?

I love it. I live in Delhi and visited Aerocity on several occasions. You don't have anything like this in Delhi or Gurugram. I like to spend time here with family or friends, sometimes just spending time unwinding, being myself, taking a stroll.

What are the things that a woman should keep in mind while travelling?

Always have your documents intact. Have an emergency contact – who will be your go-to person. Always be aware; don't be lost in your thoughts. Be aware of your surroundings and just have a good time.

What is that one place that you haven't covered yet, and which you wish to go to?

I would like to go to Odisha for its temples and sculptures. And to Tamil Nadu too, for its temple architecture.

the culinary world take pride in the journey that India has covered, was organised on these grounds. January will witness activities revolving around the Republic Day. There are special events like exhibition of photographs showcasing India's Independence Struggle, wellness events, and so on. It's a good idea to check the calendar while planning your stay, so as to make the most of the journey.

Even if you are not inclined to engage with above activities, the neat and clean environs of Aerocity are ideal for quiet strolls or for relaxing in the open on a sunny day, or to have your coffee in the open. In the evenings, as the sun sets and darkness descends, the entire complex turns into a fairyland, with the brilliance of lightwork, which you can admire from the public spaces, or from your hotel room.

Global Cuisine

If you are staying at a constituent hotel in Aerocity, then the range of choices in deciding on the next meal will be mind-boggling. From the finest and most contemporary dishes conceptualised by renowned chefs for your breakfast or dinner menu, in some elegantly done hotel restaurants, to the independent restaurants along the open area of the Square and the fast food available in the Food Court, you have a huge range to decide from. There is North Indian, South Indian, Continental, East Asian, South-East Asian cuisine and much more that's available in close proximity and it promises to be a great gourmet journey that you will cherish.



At Novotel

# SOLO COMFORT

Hotels in Aerocity have great safety standards. Besides this starting prerequisite, they have much more to offer to solo women travellers. Here's a look at some of the hotels:

## LEMON TREE

**L**emon Tree Premier, Delhi Airport has a dedicated floor for solo women travellers that is serviced by female staff. The rooms offer pre-placed ladies' amenities, which include an iron and ironing board, a jewellery box, a yoga mat, a robe, a potpourri jar to name a few. On request, further amenities and toiletries are available, ranging from hair care products and styling equipment, to select bath and beauty products, and even safety pins.

All guests have access to the hotel's 24-hour fitness centre for energising work outs, the Fresco spa for a relaxing and rejuvenating wellness sessions, and the refreshing outdoor swimming pool. All rooms offer comfortable beds, full-sized working desks and premium in room amenities. Bathtubs are available in the suites.

From healthy menus and vegan, gluten free options, to customised dishes created according to individual dietary preferences, Lemon Tree Premier, Delhi Airport has something for every guest,

The hotel team personalises packages and offerings to make all lady guests feel safe, secure, happy and looked after.



## PULLMAN & NOVOTEL

**B**eing a safe haven for women who are travelling by themselves, Pullman & Novotel has advancements in every sphere when it comes to safety, from check-in and check-out to getting concierge service through digital assets and automatic entry or exit. It has differentiated food experiences like a dedicated South East Asian paradise – Honk; a unique F&B property where food is cooked with passion and served with purpose - Farmer's Basket; a 24/7 sports bar with female bartenders - Quoin; an Indian and European culinary experience - Food Exchange; an all-day - dining restaurant - Cafe Pluck; and a luxury lounge bar-Pling.

To ensure a relaxing stay, Pullman & Novotel has a heated swimming pool for the guests to unwind and reconnect with their inner calm. For the on-the-go traveller, the property has a 24/7 fitness centre for them to keep their health on track. Pullman and Novotel's democratised and diverse room range, banquets and co-meeting rooms. These provide guests with an opportunity to work in spacious, comfortable, creative and inspiring settings. The proximity to the airport makes Pullman and Novotel a preferable destination for guests from all walks of life.



## ROSEATE HOUSE

**T**he hotel keeps in mind the individual needs and preferences of a woman traveller and ensures that her stay is comfortable. By taking care to ask her for her requirements, the hotel customises her stay. There are strict security measures in place, technology is deployed to the optimum, and staff is sensitised on this count. The hotel rooms with quaint décor, business area where a person can read and work for long in the backdrop of gently flowing water, the patisserie called Roasted by Roseate that has view of the outside surroundings on two sides, and the most elegantly designed Kheer restaurant are places where a solo woman traveller can spend time, undisturbed, unless she wants yet another serving of the hotel's delicious offering.

## HOLIDAY INN

**T**he hotel with its tradition of making guests' stay comfortable, takes utmost care of all its guests, including women travellers. With strict security measures, it ensures a safe atmosphere for them. Its spa, outdoor swimming pool, great dining experience and exciting offers make it a tempting offer for all categories of travellers.



## IBIS

**W**ith its youthful vibe and fun atmosphere, ibis provides a safe environment for women. Ibis has always been a place for women to walk in and be themselves, be expressive and enjoy the amenities that the hotel has to offer. Spice it Restaurant and the bar are open spaces, the fitness centre and swimming pool along with all public areas have a 24-hour surveillance. The hotel has a good female representation in the team, which helps female guests be at ease. They have a dedicated all female floor for airline crew staying with them. The teams have been trained to be gender sensitive and be mindful to the needs of the female guests.





At Pullman

Similarly, a number of showrooms selling high-end fashion, accessories, home products, travel accessories and products in other segments have opened up, making for a complete experience here (read our section Fresh in the Aerocity).

**Delhi Beyond Aerocity**

Its label of being unsafe city for women notwithstanding, the city offers so much by way of sightseeing, shopping and food opportunities. There are history trails, nature trails, lush gardens, museums, art galleries and various centres for performing arts and drama, and one can decide one's itinerary as per one's inclination and tastes. Some circuits that one can cover are:

- Red Fort and Walled City, and a visit to Chandni Chowk, access to which has been improved through the development work of the Central Verge. This circuit has history and heritage, and shopping and culinary experience of the traditional cuisine of Purani Dilli combined into one (Read our Section Dishes of Delhi)
- Central Delhi including Lodi Gardens, Old Fort, Raj Ghat, Jantar Mantar, India Gate, Rashtrapati Museum and Prime Ministers' Museum, Connaught Place, emporia (read our Shopping Spots Section), to begin with
- The circuits of Qutb Minar and Hauz Khas Monuments, and Nehru Park, and clubbed with shopping opportunities in popular markets like Dilli Haat, Sarojini Nagar, Lajpat Nagar, etc. We are not even suggesting some secluded spots for solo

women travellers. The above places can easily be traversed via the super-efficient Delhi Metro Network. Another option is the Ho Ho Bus Service (hohodelhi.com), a hop-in and hop-out facility of Delhi tourism that covers 16 spots. You can also explore the lesser-known places of Delhi in a cab, equipped with a Delhi map, a well-researched book on Delhi and GPS service.

A lifetime of experience awaits those women who are willing to do things differently. Some ground rules for a wonderful and safe travel are keeping the mobile phone charged, being available on phone, and making intelligent choices about aspects like spots to be avoided. Have a great time, while being aware. ■



# NEW YEAR NEW PLAYLIST VIBE!



Here are some of the songs on our out-of-the-world playlist that you just can't miss out on -

- ▶ Ani Kuni - Polo & Pan
- ▶ Bambro Koyo Ganda (Ft. Innov Gnawa) - Bonobo, Innov Gnawa
- ▶ As It Was - PREP
- ▶ Good 4 Me - Vindata
- ▶ Hututu - A.R. Rahman, Shashaa Tirupati
- ▶ Andromeda - Be Svendsen



Sway To The Vibey Tunes We've Handpicked For You By Scanning The QR Code.

**LISTEN NOW**



www.gmraerocity.com

# For Those Rare Moments of Self-Reflection



Garima Pande

**Independence, freedom, confidence, self- discovery & experience are the takeaways of solo travel for women today**

By Garima Pande

**“Y**ou are travelling all alone, in India?” Certainly, something a lot of us have heard in different tones, some voicing horror and others, deep admiration.

But it's a different world we are living in now and women today are exploring the world, indulging in experiences of their choice and living life on their own terms. Gone are the days when women were told not to venture out alone, and travelling solo for them in our country was considered rather crazy. Solo travel is often considered to be an act of bravado or at the other extreme, a sign of rebellion – none of which are true. Solo travel for any one is a highly personalised, immersive experience – some love the peace and quiet, for some its meeting the locals and knowing more about a place, while most find it purposeful by picking activities of their choice.

**My inspiration**

As a daughter of both Army Officers, I have had the privilege of growing up across the country and enjoying the diversity that our country has to offer. Over the years, I learnt and appreciated slipping into a new place and making it my own.

Needless to say, the travel bug bit me fairly early in life and travelling became a larger part of my life. To travel is to



be more aware, not only about the place or the destination but I think it heightens your self-awareness as well. Most of my travels revolve around road trips, hikes, scuba dives and indulging in some new experience. One meets people from all walks of life and from all over the country, who inspire you and push you to do better and follow something that you are passionate about.

Travel, to me, is synonymous with freedom, confidence, learning, passion, fun, adventure and empowerment.

The idea behind founding WanderingJane was to build a safe eco-system for women to travel solo confidently, hassle -free. Knowing someone at the new destination you are visiting seems like half the battle won- it immediately brings home safety and trust.

**Why solo? – Umm, why not?**

As travellers, women are looking for journeys that are more than checking off a destination from their list. They certainly do not travel because they are loners or ‘did not find company’ today but are making a conscious choice to explore by themselves. They choose to go independently in pursuit of adventure, healing, passion or feeling of personal fulfilment – leaving them feeling empowered and confident. Travel is driven by specific motivations today and it's high time businesses realise that customer experience is key.

**Propelled by the pandemic**

After two years of being confined to the indoors, solo travel is gaining momentum as people want to see the world and not wait

**Women certainly do not travel because they are loners or ‘did not find company’ today but are making a conscious choice to explore by themselves**

for others. The number of solo travellers across the world has increased exponentially over the last five years. While only 20 per cent of the people in your network may be travelling solo, surely over 80 per cent would aspire to.

**Making memories when you travel**

A hot meal in a cold dessert, a perfect landing when you skydive, coming up-close and personal with a turtle, staring at shooting stars in the middle of nowhere, finding your way back on a lost trail, feeling free when you are in the wild - besides being a few of my favourite things, they are also all those things that will leave you feeling forever humble, informed and secure. Material vs memories is perhaps no longer a dilemma. ■

*- The author is Founder of WanderingJane, that facilitates all-women and solo women travel*

# SILENCE-

## A Boon To Human Excellence & Growth

Spending solo time amid nature has immense benefits for one's mental, emotional and physical wellbeing

By Sangeeta Natarajan

It is said that there are three forms of silence: Psychological, interactive and socio-cultural. While talking about silence, we are talking about it in terms of our psychological silence and in the sense of Herman Hesse, "Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

We are constantly bombarded with noise every day - never-ending noise pollution, the daily conversations, TV, listening to loud music, DJ's, partying, YouTube videos, podcasts.... It surely destabilises our focus at work and study and increases our stress levels. Practising silence from time to time is needed to heal and rejuvenate our inner being.

I have seen achievers like Bollywood icon Amitabh Bachchan and youth icons like Sandeep Maheshwari, who say that every day they take out exclusive time for themselves.

There is direct relationship between focus and silence. Many a times, when I come home from outside, leaving behind noises and so much of busyness, I sit silently for quite some time. And everything that has happened during the day gets settled in mind and I know where are my thoughts now, and get clarity.

I can easily focus on my priorities and tactfully manage my mind and emotions. I personally feel that silence has a tendency to soothe my soul, bring out goodness in me and allows me to hear myself.

Solitude is not feeling lonely but it is a complete bliss of enjoying your own company and the company of nature. It fills me with gratitude and humility. Solitude makes it possible for us to be at peace with ourselves and our surroundings.



Sangeeta Natarajan

We can notice that the vast and limitless nature and all the existences in nature, other than human beings are in complete harmony with nature. For nature's core is silence, and through the stillness of nature, we get nourishment and healing.

We discover that all the activities and things that nourish, rejuvenate, recharge, refresh, uplift and strengthen us are the activities that are manifested in stillness and silence only - devotion, love, compassion, meditation, introspection, yoga, reading, writing, journaling, exercising, walking in nature, to name a few.

When brain gets louder, it brings chaos, drama and disharmony in our lives, but when we are calm and silent inside, it brings in harmony and all our unworthy desires and fears get buried in silence. Silence is that hidden treasure that always keeps us in bliss, at peace, in harmony with ourselves and the environment around us.

I remember Confucius philosophical statement, "Silence is a true friend who never betrays."

**Solitude is not feeling lonely but it is a complete bliss of enjoying your own company and the company of nature. Solitude makes it possible for us to be at peace with ourselves and our surroundings**

As Dr Sullivan says, "Learning to sit in stillness and self-reflect is one of the greatest gifts we can give to ourselves and our kids."

The silence of the oceans on this earth teaches us to be still and calm under all circumstances and have more profound thoughts, become stronger in our mind and build stronger relationships. To enhance our capabilities to the max and confront all the problems and challenges with grit and determination. The waves of the ocean also tells us about our ephemeral lives on this planet.

Dr Sullivan says, "We can use calm, quiet moments to tap into a different part of the nervous system that helps shut down our bodies' physical response to stress."

It is a proven science that practising silence lowers our blood pressure, steady our breathing, reduces our muscles tension and increases our focus and cognitive abilities. A study suggest that two hours of silence also stimulate new cell growth in the brain's hippocampus region which improves memory and it is indeed a great source of happier and healthier life.

Let us feed and grow silence and experience peace inside out, on daily basis and get closer to ourselves and nature day-by-day. How? By following a regime of getting up early, getting out in nature for a walk, journaling, reading with deep focus, writing our thoughts, doing exercise and yoga, going to museums and art galleries, and becoming adept at managing ourselves and boredom through exercising silence.

In managing ourselves, we should know our thought patterns and process. Though there are external factors (environmental) that are responsible for generation of our thoughts, like what we see, read and hear from various sources but the real overall development takes place through self-reflection and thence taking conscious decisions to alter the thought process and further our growth process. Silence greatly helps us self-reflect and go inward.

"Listen to silence. It has so much to say," says Rumi.

"The soul always knows what to do to heal itself. The only challenge is to silence the mind." ■

- The author is a life coach and author of 'Soul of a Leader'

# “TRAVEL IS THE BEST UNIVERSITY”



**Kaynat Kazi**, journalist and avid solo traveller, while on the road during her journey to Odisha, speaks to Team *Aerocity Live* about her solo travel experiences

By Meha Mathur

**K**aynat Kazi, a renowned travel journalist, blogger and photographer, was drawn to travel inspired by travellers down the ages, and reading works of literature. In an interview to *Aerocity Live*, she narrates her passion for travel and how it has enriched her. Also, why does she travel solo. Excerpts:

**To begin with, can me tell me something about yourself, how did you get interested in solo travel, and your journey so far?**

I have three Masters degrees, in Journalism, Hindi Literature and also MBA. It was my passion for writing that took me to PhD in Hindi literature.

I started reading good literature from my very early childhood. The first book which was introduced to me was a 12th century book by Amir Khusrau for children, called *Amir Khusrau Ki Paheliyan*. It was gifted to me by my father. And then I started reading different genres of books, so by the time of Xth standard I had read all the good writers of Hindi literature like Mahasweta Devi. I read Bangla literature too. Reading made me a fall in love with my country and different cultures. And seeing photographs in the social studies

Kaynat Kazi

books, I would be amazed at the Chinese travellers who had been to unknown lands, seeing things with their eyes and writing about things transparently. Whatever they saw, just they wrote. They had no fear. So that's how I got interested in travel.

**A solo woman traveller is usually greeted with raised eyebrows and questioning glances. So, what was the kind of reaction that you were greeted with?**

In history, there was not a single women traveller. If you see, Vasco Da Gama, Ibn Battuta, Chinese travellers - travel was male dominated. As a women, it's difficult, but very enriching experience. When you travel, you evolve a lot - as a human being and as an independent identity. Travel is the best university.

**Absolutely. And so, which places have you travelled to?**

I have covered almost 29 states in the country and I have covered 2.5 lakh kilometres in last four years. I am very much deeply in love with my own country. I prefer travel to unknown places. In fact, I am right now travelling through Odisha and it's so enriching. You will be surprised that there is a place in Orissa that receives snowfall. This is Eastern Ghats, and the highest point is 3,000 metre above sea level which gets snowfall in the month of January. You only come to know such things when you meet people from different regions because these are hidden gems which are not there on Google, which are not there in digest



books, but very much there in the real world.

**And how do you like spending time? What is your favourite activity while travelling?**

I like talking to people. I am a content writer and for writing good content you really need good inputs.

That's the reason you have to travel solo. If, you are travelling with somebody, you hardly get an opportunity to talk to any local guy. This piece of information I just shared with you (about snowfall), I got while conversing with my driver. Talking to people is a great way of learning new things.

I write whatever I see, to disseminate that to those who cannot travel that much as I do. Writing is one of the very strong medium which helps in disseminating right information.

**What has been your experience as far as boarding and lodging, and safety is concerned?**

We live in our very own small spaces, be in the habits or belief systems. But travel discards all these small things. When we live in our small orbit the tendency is to believe that I am perfect, my family is perfect, my religion is perfect, my food is perfect. But as you travel you explore so many good things, beliefs and so many cuisines that could be very different from your own food habits but which are really good. Give it a try. You may find something is very amazing from among these cuisines.

As I started travelling, I was very open to taste new things. It has never been a challenge. If I'm in town in the south for 10 days I will not even ask a single time for a *roti* or a *paratha* despite being a from a north Indian family. I love south Indian food, and wherever I go I try to eat local food. It makes you bond with people. When you share food, you share emotions.

As regards safety, it was a big question in the Indian context. I have been travelling for over 15 years now. And things have changed. That fear is more in the mind. You need to conquer fear and step out.

**What is your advice to women who haven't travel solo but would like to?**

It doesn't start from day one. You have to earn it. First start preparing yourself by travelling in groups. After sometime you will realise that you are ready to travel alone.

**What is your view of Delhi as a destination, and about Aerocity?**

Zauq's lines '*Kaun jau Zauq Dilli ki galiyaan chhod kar*' come to my mind. It's a beautiful city, with a rich past and different flavours. There is heritage, and there are malls. As regards Aerocity, it has world-class infrastructure. I love the vibe. ■



# MUST VISIT SPOTS

# Addressing All Senses

By Himanshu Ojha

**T**he Garden of Five Senses is more than just a park; it is a place with a range of activities that welcome involvement from the general public. The project was conceived as a way for Delhi Tourism Transportation Development Corporation to address the city's need for public recreational areas where people might gather and unwind. These places serve all facets of society and give a city flavour and life.

Opened in February 2003, the magnificent 20-acre plot is situated in New Delhi's Said-Ul-Azaib, close to the Mehrauli Heritage Park. A casual yet captivating demonstration of nature's artistic prowess can be seen in the majestic boulders that stand silhouetted against the sky or that are scattered throughout the landscape.

The garden has been conceptualised and developed in such a way that it would stimulate the senses and consequently increase environmental sensitivity.

There are various sections in the garden. The formal Khas Bagh garden, which is styled after the Mughal Garden, is located on one side of the spiral staircase. Along its length, water cascades down channels; the walks are lined with fragrant and in-bloom bushes and trees. A number of fountains, some of which are lit by fiberoptic lighting systems, can be reached from the central axis. A sculpture called 'A Fountain Tree' perfectly expresses this idea.

One's sensory reactions to the environment are encouraged by the garden. Touch, smell, sight, sound, and taste are all evoked by a combination of colour and aroma, texture and form. The majority of the artworks are dynamic, which makes them more engaging for the viewers. One of the largest collections of public art in the nation is housed in the garden, which has about 25 distinct sculptures and murals.

This garden is close to the first city of Delhi, Qila Rai Pithora, and as one travels down the approach road from MB Road's T point to the garden, one can view the enormous walls of this fort. The initial city's architecture, including the stones, is depicted in the Garden of Five Senses.

The Garden of Five Senses in South Delhi has been conceptualised not just as a visual treat, but a holistic experience



 Distance from Aerocity: 12.8 km  Nearest Metro Station: Saket, Yellow Line



# Taj's Precursor

Akbar supervised the construction of this majestic complex based on Char Bagh pattern

By Meha Mathur

**H**umayun, the weakest link in the early Mughal lineage in India, got perhaps the grandest resting place, thanks to his son Akbar, the tallest of rulers that India saw for centuries before and after. Akbar, and his mother supervised the design and construction of the mausoleum based on Char Bagh pattern, perhaps the first time in India that this layout was used. Four canals divided the complex into four quadrangles.

The mausoleum is raised on a high platform, under which arched corridors lead to graves of other family members, leading to building being called the 'dormitory of the Mughals'. Atop the platform, the main structure in red stone, which is octagonal using the technique of chamfering, with intricate jaali work, imposing arches, the perfectly shaped double dome and the chhatris flanking it are testimony to the craftsmanship of the times. Crucially, it was on this pattern that the Taj Mahal was built some decades later.

What lends the complex additional charm though is the entire setting. A number of buildings, like the octagonal Isa Khan Tomb complex, Afsarwala Tomb, Bu Halima Tomb, Barber's Tomb each have their own architectural merit. An enclosure called Arab Ki Sarai – called so probably because of the craftsmen who had come from West Asia to work on construction and who resided there – retains its grandness even in ruins. The patination, and roots intertwining with walls are a treat to many. Adding additional grandeur to the site is the rich foliage of native trees with expansive trunks giving a hint of their age.

The site of the final resting place of Humayun had been carefully chosen. It was once located on the western bank of Yamuna. The river has changed course, of course, and in its stead is a busy railway route. On the north of the complex is Old Fort, Din Panah, from where Humayun had ruled. Most importantly, the shrine of Nizamuddin is in vicinity. The Aga Khan Trust is now building an underground museum at the entrance of Humayun's Tomb, to reveal the historic importance of the whole area.

 Distance from Aerocity: 18.3 km  Nearest Metro Station: Jor Bagh, Yellow Line

# A Photographic Journey

A museum in Gurugram dedicated to showcasing the developments in the field, especially the improvements in technology



One person's fascination for cameras has resulted in a wonder in the form of the country's only photography and camera museum. Aditya Arya, a photographer, historian and archivist started this project of showcasing India's photography journey, as a private-public partnership between India Photo Archive Foundation (IPAF) and The Municipal Corporation of Gurugram in Delhi NCR.

The rigour of research shows in the panels that describe the rich collection of equipment and the journey of photography to where it is today. There are over 3,000 cameras and equipment dating back to 1850s, the cameras used during World War II, and cameras as they evolved towards the latter half of 20th century.

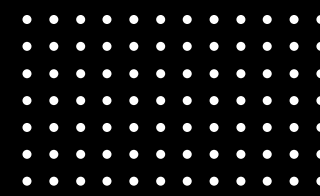
The museum is not a static space, and the complex is used for workshops, courses, expert talks, exhibitions by other artists and even artistic residencies. With the 'Fig at Museo' restaurant within the complex and comfortable seating to enjoy the interiors and outdoors, and with creativity on display at every corner, this surely is a spot to spend a day. ■

Museo Camera  
Location: Shri Ganesh Mandir Marg,  
DLF Phase IV, Sector 28, Gurugram

Distance from Aerocity: 16.6 km

Nearest Metro Station: DLF Phase III Metro on Rapid Metro  
(Interchangeable at Sikandarpur Metro Station of Delhi Metro)

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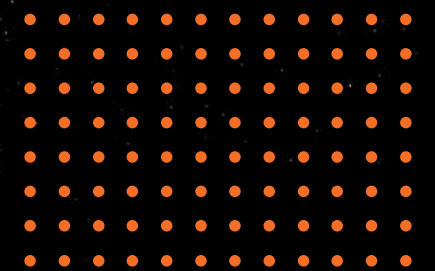


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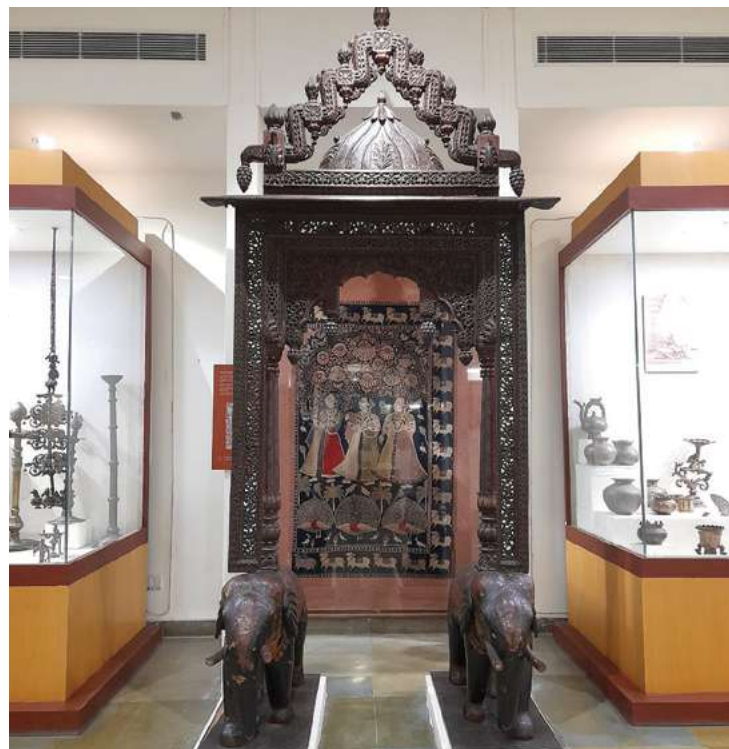
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# SHOPPING SPOTS

## A Village Haat in City's Heart

Crafts Museum, Pragati Maidan



states of the country. The village complex area of the museum, that is based on the 1972 rural India, will blow your mind and take you back to the time when you used to visit your village in vacations. This village complex is full of all kinds of huts and kaccha houses including the famous kullu hut, which were built in different parts of the country.

And then, you can find some stalls stocked with Madhubani paintings, papier-mâché, pottery items and much more. Awarded weavers not only sell their products but also demonstrate the various weaves on their looms. In fact, if you are lucky enough you can even experience dancers and singers doing a performance in the same complex.

The centre of attraction of the Crafts Museum are those galleries where prized possession of the country are showcased. Interestingly, these were items of day-to-day use or evocative use in Indian households – vessels used for cooking and storing, furniture items, games like chaupar, embroidery work and much more. There are tableaux of village scenes, like that of a haat. An entire section of an intricately carved jharokha of a haveli has been installed in one section. The museum also has a research and documentation facility, reference library, conservation laboratory, photo lab and an auditorium.

An eatery on the premises which is serving Indian fare in contemporary and innovative manner adds to the overall experience. ■

By Yukta Raj

Amidst the hustle-bustle of a busy metropolitan life. What does one want? Definitely, some lone time of peace, purity and serenity. But that seems difficult, right? Not anymore.

The Delhi Crafts Museum, established by the Ministry of Textiles which is placed at the corner of Pragati Maidan facing the Purana Qila complex, is one such stop where you can not only find your me-time and peace of mind, but a lot of art, craft and presentation of Indian culture from North to South and East to West.

At the entrance, you can find the shop – Lota, where you can purchase all sorts of authentic textiles, hailing from different



Distance from Aerocity: 17.9 km

Nearest Metro Station: Supreme Court (Pragati Maidan) on Blue Line

Tickets: Rs 20 for Indians Rs 200 for foreigners

## Panorama of Indian Crafts

The state emporia at Baba Kharak Singh Marg

By Yukta Raj

Today, when GenZ and Millennials opt to shop online, the saga of authentic Indian fashion still persists in the State Emporia of Baba Kharak Singh Marg in central Delhi. Frequented by Delhiites and visiting tourists for decades due to extensive range of beautiful and chic products at affordable range on offer, these outlets showcasing products of the respective states, still hold their forte due to the richness of the items being sold. From Gurjari emporium of Gujarat selling its Patola and Bandhej weaves, oxidised jewellery, stationary items like paper folders and furniture items like low stools and tables; to Utkalika emporium of Odisha showcasing some stunning filigree work, ikat weaves and stone statues that draw inspiration from ancient temples of the state; Purbasha (Tripura emporium) selling wonderful cane furniture and baskets; Meghalaya emporium with its music instruments; Andamans emporium showcasing shells and shells products; and Ambapali (Bihar emporium) selling Bhagalpuri silk and Madhubani paintings; the range is truly exhaustive. You will surely be spoilt for choices.

These state emporiums in the heart of capital are owned by governments of respective states and offer products at a reasonable rates which are decided by these respective state governments.



These state emporiums beautifully showcase the states' culture and make one feel proud of our craftsmanship, using material ranging from marble to metals, from cane to paper pulp, from precious stones to lacquer.

Don't make the mistake of planning a quick round of any one emporium, as you will surely get enticed to explore one more emporium located next-door, and then the next one, and so on. There are some great eateries located nearby, besides the famous Hanuman Temple across the road, to make for a day-long tour. ■

Distance from Aerocity: 15.9 km

Nearest Metro Station: Shivaji Metro Station (Airport Metro Line)

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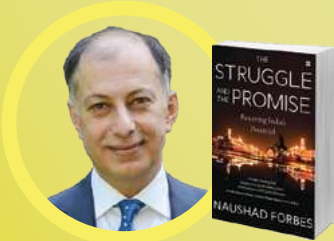


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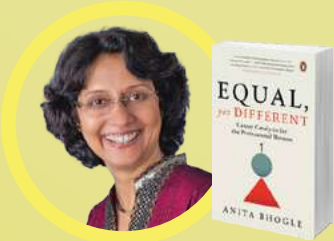


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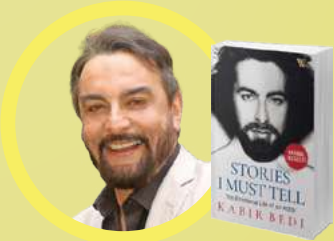
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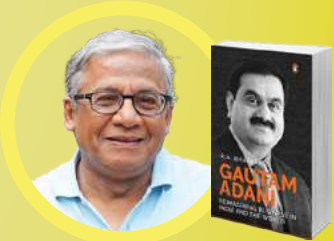
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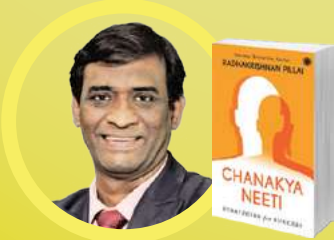
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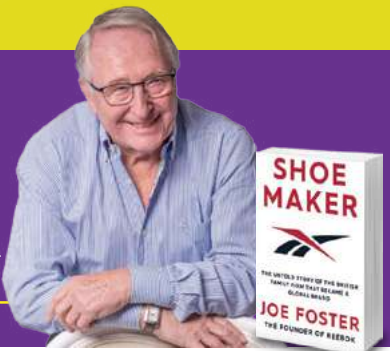
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UNVEILING the SHOEMAKER

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A hotelier's bi-monthly inspiration

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The Walk			
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Chayos	La Roca	Cafe Delhi Heights	Food Capital (Food Court)
Aerocity Social	Liv Bar	Plum By Bent Chair	
Punjab Grill	Farzi Cafe	Beer Cafe	
Monsoon	Nua Cafe	Kylin Experience	

## “The Core of ibis Is Youth”

**Vinay Gupta, Director of Operations, ibis & ibis Styles India, talks about the biggest reward of working in hospitality, and the edge of ibis worldwide and in Delhi**

By Meha Mathur

### How did you get inspired to join hospitality and what has been your journey so far?

I first got into hospitality in the early 90s. I had got into engineering college which was a middle-of-the-range engineering college. At the same time, I got into IHM, Pusa. So, I chose to be part of the best-in-class institute which continues to be one of the finest hospitality institute in the country to date. I was fortunate enough to rub shoulders with many of the successful industry leaders of today, who studied the programme with me over three years.

### What was the family reaction when you dumped engineering in favour of hospitality?

I was fortunate my uncle was in the industry. He was Director of Natraj Hotel in Marine Drive which later became Intercom Marine Drive. After my education in India, I got the opportunity to go to UK to undertake Bachelors degree in Hospitality Management with the University of Lancaster.

My uncle again supported me with first year tuition fee, after which I was on my own. I took up full-time employment while studying full-time. After graduation, my employer asked me to stay back for another year with them, assisting the family in managing their 100+ room hotel, Sheraton in Blackpool, UK. They offered to sponsor my Master of Business Administration as an incentive.

### What is the biggest reward of working in this industry?

I have worked in England, Middle East, Australia, and I also

handled hotel investment and asset management. I worked for investment side of the business with Samhi Hotels funded by Equity International and Goldman Sachs.

But when we talk about the greatest reward of working as a hotelier, you deal with an entire socio-economic spectrum of people. You see young talented minds, many a times coming from marginalised level of the society entering hospitality. At the same time, you see people from the top echelon of the society entering the hotel from the front gate. How you bring these two together and amalgamate them for a constructive and progressive environment is a unique proposition only hospitality can offer. That's the magic.

Another aspect is, very few industries give opportunities at such an early age. I became GM at the age of 32. I was custodian of multi-million-dollar asset. You are dealing with Finance, HR, Marketing, Sales, like a CEO, and you influence so many aspects of people and product.

### How do you position Ibis vis-a-vis the other hotels in the same ecosystem?

Originating in France, there are 2,200+ ibis around the world in more than 67 countries. In India, we have 21 ibis hotels already operational in 13 cities and another 3 are coming soon. The core of the brand is youthful, it's so close to millennials, GenZ, corporate & leisure travellers alike.

Recently we launched a campaign called 'Vibes is at Ibis'. Positive Vibes became so important in last two years. The campaign reinforces the importance of happy and joyful vibes in our lives.



Vinay Gupta

“Our brand campaign communicates our safe, secure, internationally qualified product offering, great food and beverage, modern design, contemporary service style, which is relaxed, professional and high quality”

And our brand campaign is so relatable with people of all ages, and it communicates our safe, secure, internationally qualified product offering, great food and beverage, modern design, contemporary service style, which is relaxed, professional and high quality.

And this is a brand that has a connect with music. We have created a unique property called ibis Music. In all our hotels we have a music corner where we have musical instruments like guitar, keyboard for our guests to enjoy and have good time with friends and family.

We have started introducing art in our hotels which are created and curated by local artisans, using prints of these artwork as a backdrop in our rooms and displaying originals in our public area.

And there is great food and beverage and a very contemporary menu - internationally acclaimed Khao Soi and avocado toast to regional cuisine like Chicken Chettinad. We have appointed a great mixologist to create an interesting bar menu.

### What are the initiatives that ibis has undertaken in the last few years towards Diversity & Inclusion?

Within Accor, equal opportunity is a basic mandate. We follow more than minimum guidelines. We don't differentiate. Our global CEO, Sebastien Bazin welcomes people from all walks of life to come and work with Accor hotels around the world. We also have taken steps to hire differently abled team members, and they contribute significantly to our success.

### How did you leverage your location in Aerocity?

I must complement GMR for this beautiful infrastructure that they have built. Who would have had the vision to make 3,300+ hotel rooms and more to come. I never see bottlenecks within the precinct. It's always well maintained and well managed. I am sure this was one of the reasons why Accor committed its largest concentration of inventory in one location, 3 brands and largest ibis (in India) hotel with 445 rooms. ■

# AEROCITY PARTNER INTERVIEW

## "First Tenants of Aerocity"

By Meha Mathur

### What is your idea of an office space, and how would you like offices to be, in terms of location and ergonomics?

To give you a background, it was during 2013-14, when we began our search for an office space. We wanted our office to be closer to the heart, if not the heart itself. As well known, Connaught Place has always been the heart of Delhi and the financial district, but in terms of our desired office space, the options were going towards Gurugram or Noida locations. During that point in time,

**Raghavendra Singh**, President and Head- Group Public Affairs and Govt Business, **Kotak Mahindra Bank**, shares why shifting to Aerocity was the best decision that the bank took

I came across the options in Aerocity for our office space. And we thought that Aerocity will become the nerve centre and it would be a good location to have an office in. While post-Covid things have changed and now people want more open spaces, our idea of an office even at that point in time was a collaborative working space

We were the first tenant of Aerocity, when we occupied the office in 2014, in the commercial block of IBIS Hotel.

### Since you chose to be not in the heart of city, did that not pose connectivity problem to some of the employees?

Not really. Initially, it was obvious for people to be reluctant but over a course of time they got into the ecosystem. If you notice, in terms of time, it takes 18 minutes of metro ride from Shivaji Stadium to Aerocity. There is good connectivity in terms of metro lines across the network. People commuting from Gurugram are well-connected through roads. Over the years, Uber and Ola have been playing an important role in removing the barriers for travellers across Delhi NCR.

While planning to move out of Connaught Place because it was becoming congested and buildings were getting old, we did a survey among our staff. Interestingly, we had 33 per cent votes for Noida, 33 per cent votes for staying in Connaught Place and 33 per cent votes for Aerocity. The house was equally divided. So you see, we don't get offices by choice.

### What would you say about Aerocity infrastructure?

I always say and strongly believe, Aerocity was the best decision we made. The whole ambiance gives an international feel. Safety and parking are never an issue. The infrastructure keeps on upgrading every two to three years. Currently, for example, they are making the pathways slightly broader, with the realisation that many people are commuting between different buildings. The pathways look nice and I can see a lot of people walking. It has also come up very well in terms of entertainment and food. Music fests and shopping areas keep making people coming here, by far, very happy. ■



Raghavendra Singh

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# Telling Stories Through Dishes



**Chef Gagandeep Bedi, Director Culinary at Roseate House Aerocity has covered a long way in 16 years, thanks to his perseverance and keenness to learn**

Playing cricket and dreaming of joining the Army, Gagandeep Bedi did not envision his career shaping up as a chef. But Army career was not to be. Seeing his friends apply for hospitality entrance exam, Bedi took a shot too and got admission to IHM Shimla. "Seeing the hospitality from outside enticed me," he says, adding, "It was during my industrial training in Oberoi New Delhi that I became serious and passionate. I was declared the best trainee of the batch. That helped me getting me my first job in the same property itself in 2006."

Working for six years with the hotel, and then following it up with stints with JW Aerocity, JW Sahar in Mumbai and Shangrila, and developing expertise in various aspects of kitchen operations, Bedi has come a long way. Initial attraction of the glamour has been replaced with appreciation of the rigour. "You need to be very passionate and enthusiastic to grow and learn. Initial years in Oberoi really made me strong to excel in my career. I am a very passionate person so can't see anything going wrong," he shares.



Bedi started as an Indian cuisine chef but over the years acquired other skills as well, especially in Thai. He loves cooking Mediterranean as well. And, if the opportunity arises, he would like to spend time in the north-east to learn about the cuisine of the region and integrate that into the fine dining experience of the hotel.

#### A typical day

The day begins early and Bedi is at work at 8 am. "I make sure to take care of the breakfast operations very well because that is when one can meet all the guests staying in the property and take their feedback about their stay and culinary experience. I lead by example and make sure to stand at the egg station or dosa station and be hands-on." Breakfast time is followed by team meetings, meetings with clients, follow-ups and emails. Masala tea at 4.30, about which Bedi is particular, is followed by planning for dinner and ensuring that it's well set. So it's typically a 12-hour day, sometimes extending further.

A lot of thought goes into the menu planning according to the season, requirement of clients and the occasion for which the food has to be prepared. For this, it's important to get into the shoes of the customer. And Bedi says, "For social events we do a tasting prior to the event. So that we are aligned when the main event is happening."

The fare at the various restaurants in Roseate, including the fine-dining restaurant Kheer, all-day dining restaurant DEL, the Chidya Ghar bar and patisserie shop Roasted by Roseate is much talked about due to authenticity and innovativeness. In particular, Bedi recalls an incident of a frequent visitor to Roseate, who expects surprises each time he visits the property. He narrates, "Once I cooked this guest a dish. He relished it but could not identify it. When we told him he was eating *gosht ka halwa* he was blown

away. This recipe is an authentic dish from Rampur."

#### Ingenuity in avoiding wastage

The concern to serve authentic food is combined with the concern not to waste food. As Bedi informs, "We did a campaign six months ago of giving five per cent discount to someone who had not wasted food on plate. We also have a practice of weighing our wet garbage from the kitchen, study what categories food items go waste, and then come up with best practices. And we are making chutneys from pumpkin skin, halwa from watermelon skin, and peels and roots of vegetables are being used for making stock. And all the food waste that can't be used is sent to composting unit on the property."

Another target is reducing energy consumption. And for that, Bedi encourages the team to cook with lids on to preserve fuel. The team is working on innovative sustainable concepts and best practices which could bring down costs.

Local and seasonal sourcing is also dear to Bedi. Roseate has a farm a few km away from the property, which is only for organic vegetables, managed by a team of horticulturists. Bedi and team visit it every week or fortnight to discuss the needs.

#### After hours

His own food liking is simple – bhindi (okra), karela (bitter gourd), yellow daal with a small spoonful of ghee added to it, and fulka.

And passionate as he is about his calling, he has watched every season of *Masterchef Australia*, and can relate to the contestants and how passionate they are. As to personal inspiration, it's Heston Blumenthal who thinks and works at another level, serves authentic food and brings immense creativity to it. "He creates stories out of dishes. Stories sell nowadays, rather than dishes. I tell my team too, to create stories for signature dishes."



## Healthy Millets & Chickpea Salad with Chukkakura leaves

Chef Bedi's Recipe

### INGREDIENTS

- Pearl Millet- 20gms
- Barley- 20gms
- Quinoa- 15gms
- Sorghum- 15gms
- Boiled Chickpeas- 30gms
- Broccoli flowerets - 30gms
- Cherry tomatoes- 15gms
- Chukkakura leaves- 15gms
- Lime juice- 7ml
- Extra virgin olive oil- 4ml
- Organic Natural Honey- 10gms
- Salt- as per taste
- Crushed black pepper- 2gm
- Roasted crushed cumin- 3gm

### METHOD

- Separately soak all 4 grains in water for 45 minutes and later boil them until the grains are just done. Let it cool down.
- Blanch broccoli florets and cut cherry tomatoes into halves.
- Take mixing bowl and add olive oil, lime juice, honey, salt, pepper and crushed cumin & whisk it thoroughly to make a light dressing.
- Mix all boiled grains, broccoli, chukkakura leaves and cherry tomatoes in the dressing bowl and toss it well.
- Present it nicely in a salad bowl/platter. ■

# आपकी इकोनॉमी आपकी भाषा



# The SOCIAL In Aerocity

You're going to love it, for food and décor

By Deep Majumdar



**W**hen you go to restaurant, what do you really pay for? Do you pay for the food? Sure, why not. Food isn't free and someone has to pay for the ingredients and the effort that went into making it. However, what you additionally pay for at eateries is the ambience, the surroundings and the vibe, and 'vibe' is where Aerocity SOCIAL thrives. Be it the unconventional way of serving the food, the sheer size of cocktail pitchers or something as simple yet intricate as setting the tone with the correct music, the concept café is acing it.

**First Impression: Ambiance**  
The moment you step inside the restaurant, you will be instantly separated from the cobwebs of the outside world. The restaurant's décor is responsible for that and it does it brilliantly. At first, the restaurant reminds you of classic American diners with its upbeat music and cherry red diner seats. I myself felt that I was at Pop's Ice Cream from Riverdale (Archie's Comics reference).  
That's not it, though. Aerocity SOCIAL didn't stop there. They have gone all the way to justify the Aerocity in their name and have made the entire interior like the inside of an aeroplane fuselage.

There are actual windows like the ones you see in aircraft that display visuals of the sky. These visuals change from dawn to dusk depending on the time of the day. The restaurant décor definitely adds to the quirkiness that is usually associated with the 'SOCIAL' brand name.  
The interiors are different from what you might have seen in other SOCIAL establishments. No worn brick walls or old materials used as props. You cannot see the AC vent hanging over your head out in the open. It's a completely new concept from the Impresario team.  
Aerocity SOCIAL's choice of music also deserves a shoutout. The indie music playlist is a welcome change from the run-off-the-mill songs that have flooded almost every restaurant in the city.

- Indian food, Western twist**
- Must Haves –**
- *Kiran's Big Apple Breakfast Killer Kebab Plate*
  - *Wings Platter*
  - *Puraani Dilli Chaat Walk*
  - *Meat Lover Thali*
  - *The Thai Thali*
  - *Longest Long Island Iced Tea*

I went in with a clear head and zero expectations. So, when staff captain Sanju served a rather conventional street food platter, the '*Puraani Dilli Chaat Walk*' along with a not so conventional drink, the 'The Longest Long Island Iced Tea', it's safe to say that I was amused and surprised at the same time. The chaat platter was truly exquisite with a vivid composition of flavours. I personally found the 'Hash Brown Tikki Chaat' and the

'Raj Kachori' to be great in taste. I would recommend the '*Killer Kebab Plate*' and the '*Meat Lover Thali*', as well, to whomever is planning to visit anytime soon.  
The former had an incredible assortment of classic chicken tikkas, mutton seekh kebabs and a first for me personally, the 'Egg Tikka' which is essentially a whole egg made into a tikka, while the latter comprised 'Fantastic Mutton', essentially slowly cooked mutton with gravy, the 'Anda Shammi Kebab', a magnificent combination of egg and mutton (loved it), the traditional 'Mutton Biryani', 'Social White Chicken', which I reckon was roasted chicken with cream, also commonly referred to as Afghani chicken and last but not least, a Gulab Jamun to end the ordeal with a sweet affair.

The '*Longest Long Island Iced Tea*', basically an LIIT with an added word play with 'Longest' due to the fact that the drink is served on a really long pitcher, was a delight. I went for the Electric LLIIT, a drink composed of vodka, gin, tequila, rum, Triple Sec and Blue Curaçao topped up with Red Bull. It did take me some time to finish it but, in the end, everyone went home happy.  
One thing I did notice was that none of the food items was spicy in any way. When I asked chef Rizwan Akhtar about this interesting decision to skip the *tikka*, I was told that this was done as a significant chunk of their walk-ins are foreigners who prefer their food on the lower side of the spiciness scale.  
The SOCIAL Offline website claims that this place offers the ultimate balance between travel, work and play and I'm inclined to agree. I did go in for the food but I also got work done while I was savouring delicious kebabs and sipping my Long Island Iced Tea. Aerocity SOCIAL has proven to be more than a restaurant. It is, in fact, an experience that one must undergo if they claim to be foodies and ambience chasers. ■

# Dishes in Delhi

By Meha Mathur and Tarannum Manjul



## Kullas Not for Mild Taste Buds

If you are up for a mouthful of über-spicy snacking item from Delhi, then this is it. Boiled potatoes, or for that matter bananas or tomatoes, are scooped, the cavity formed is liberally sprinkled with yellow chilli powder, and stuffed with boiled chick pea, pomegranate, sprouts, salt is added to it, and finally further garnished with generous sprinkling of chillies, chaat masala and lemon. Salt is added to taste. A signature dish of families from the walled city and served by eateries and road-side vendors there. Alert: Do carry a water bottle or an emergency chocolate to douse the fire in the mouth. Best place to try: Sultan Singh Kulle Wala, Nai Sadak

## Moong Daal Pakoras and Shakarkandi Chaat Sheer Joy of Indian Street Food

Yellow moong daal is soaked, ground and fried as small balls. These are served with grated radish, green leaves, green chutney and sprinkling of masala, a simple yet utterly delicious street food. Giving it competition is Shakarkandi Chaat, roasted sweet potato - peeled, masala and lemon sprinkled on it, and served on small plates. Both the street food items are available in all big and small markets – Connaught Place, Sarojini Nagar, Lajpat Nagar.... You will easily locate a hawker selling it in baskets resting on a portable stand.



## Daulat Ki Chaat Divine Milk Froth

Milk in huge woks is churned for long, the fluffy froth generated on the top is collected and cooled on ice slab, and left exposed to moonlight in the winter months. It is sweetened by sprinkling *boora* (kind of powdered sugar), garnished with finely diced almonds, pistachios and topped with saffron (optional), and served in earthen *shakor*s, in early morning hours by traditional chefs in old Delhi. The process sounds simple but its divine taste lies in perfection of execution. Now a rave at food events in Delhi, any time of the day.



## Chhole Bhature Dollops of Taste

When in Delhi, you simply cannot miss savouring the Chhole Bhature which is like the heart beat of the city. It's about chickpeas cooked in nice spicy gravy, topped with green chilli and at some outlets small cubes of fried paneer, some coriander leaves, coupled with a crisp on outside and soft inside Bhatura... yes we got you drooling. While planning your itinerary, don't miss trying these out at a few places that are highly recommended. Check out Sitaram Diwanchand at Paharganj. A name that has got Delhiites drooling since 1970, Sitaram Diwanchand is one of the most iconic shops for Chhole Bhature. Apart from Sitaram, one can also enjoy Chhole Bhature at Ramesh Namkeen Bhandar in West Patel Nagar and Roshan Di Kulfi at Karol Bagh.



## Phirni Sophistication in Simplicity

Soaked and ground rice is cooked in water over slow flame till it becomes pulp, sweetened with sugar and is served in earthen *shakor*s. Additional garnishing is done like finely chopped almonds, saffron and silver varakh. Its high point is its subdued taste, and it not being over-the-top sweet. While the dish has become popular, one place that has mastered the art is Karims near Jama Masjid in Old Delhi.

## Butter Chicken Ye Dil Maange More

Delhi and Butter Chicken seem to be synonymous with each other. The dish found its birth in post-independence Delhi and since then, it has become the most iconic chicken dish of the city. While the Pandara Road area has a lot of outlets selling Butter Chicken, Havemore is undoubtedly the king here. Serving Butter Chicken since 1959, Havemore's Butter Chicken combined with Butter Naan is a killer combo. The right combination of sweetness with mild spices makes this one the most perfect Butter Chicken in town. Keep craving!



# TRAVEL ACCESSORIES

## MUST HAVE ITEMS DURING JOURNEYS

What belongings do women travellers like to carry with them on their journeys? Responses bring to light myriad concerns and interesting insights into how women travellers think



I usually travel heavy. I try to carry all kinds of electronic essentials like a laptop, mobile, headphones and all kinds of chargers. Apart from these essentials I tend to carry a book, a diary, a wallet, sanitary pads, basic make-up and a water bottle in a separate shoulder bag. As far as clothes are concerned, besides T-shirts, I tend to pack a lot of lowers, not just jeans but also a number of pyjamas. I also feel colder than usual so woollen items tend to take up a lot of space. And two pair of shoes and slippers. The art of packing lightly is something that I am yet to acquire.

**Arushi Mathur**  
Dancer  
(Did a solo trip to Kunnur in December end)



Travelling poses challenges and uncertainties during stopovers, and I love to carry extra full set of clothes because you never know when and where they lose your luggage and it might take time to recover it. With extra clothes you can at least feel fresh in stress. The other essential item for me is bed sheets. Sometimes even the best hotels have been under scrutiny for bed bugs. Carrying your own bed sheet gives you a sense of security and gives you a sense of belongingness on an estranged bed. Other SOS medicines are pain killers, Vicks and cold and flu tablets.

**Surbhi Bhatia Gogia**  
Mediaperson, Vancouver



Some of the things I always carry while traveling are a small bottle of sanitiser, a small pack of paper soap, hair dryer, few safety pins, lip gloss, sunscreen, small pack of wet wipes, important IDs, my driving license, strip of basic anti allergic tablet, power bank, toothbrush, mini tube of toothpaste, small pack of sanitary napkins and nail cutter. And some cash, of course.

**Shivani Lohia**  
Chartered Accountant,  
Writer on needs of special needs children



Must-haves are different in different types of trips – when travelling to another city what one carries will be different from what one carries to a remote location. Apart from having the intangibles like positive alert self and an open mind, I think the three things that I would like to carry are: appropriate footwear and clothing depending on terrain and type of trip; mobile or some tracking device; basic medicines, dry fruits or chocolates and water.

**Vandita Mishra**  
Home Maker and Artist



Travelling is becoming an integral part of our lives, and one doesn't want to be left without one of our accessories. Which would not only be handy but also make us look presentable and on top of our fashion game. One of the things that I never step out without is my watch. I have a good collection of watches but while travelling I prefer a sturdy watch which is not too expensive. The other thing that I always carry is a pair of earrings - small pearl dangles which look chic and go with most of the outfits. And so I don't have to carry multiple sets. The other must-have is a handy bag which can take in quite a bit of stuff like documents, wallet, chewy things, tissues, and now also sanitisers.

**Tessy Koshy**  
Mediaperson and Story Writer, Dubai

I always carry a book with me, which helps me while waiting at airports and during the quietude of hotel rooms. I always carry my liquid soaps. Considering the germaphobia I have, it comes handy wherever you go. As a rule, I take a pouch containing essential medicines.

**Purva Mathur**  
Professor, Trauma Centre, AIIMS



My preference would be to carry adaptable power chargers. You never know when you are stuck. Sometimes solo travellers travel by bike too and your network might drop or battery might give way and your family is worried.

**Sugandh Bahl**  
Team Businessworld

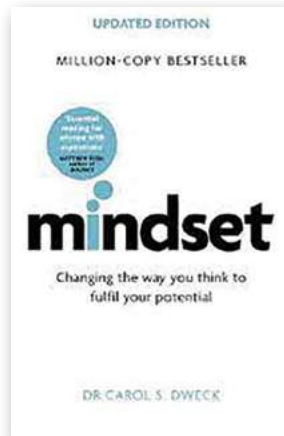




# Let Books Be The Only Companion

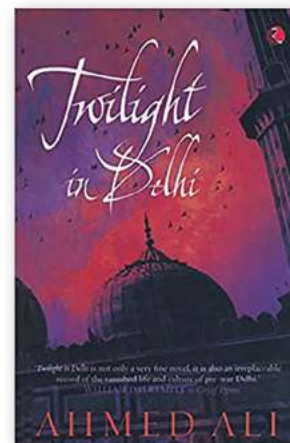
What do women travellers like to read while travelling? A glimpse into reading likes by our team

In the swamped schedule of daily routine, what we majorly miss is maintaining the balance between mind, body and soul. Likewise, healthy food nourishes the body, and books based on the theme of rejuvenating the mind are the only way to feed the mind. One such book is the **Mindset** of Carol S Dweck which fundamentally talks about diverse aspects of the mind and also suggests ways to keep it alive. The author of the book has an innovative way to make the readers understand the core function of the mind. Dweck does not miss a single chance to make the reader realise the true potential of their mind. The book succeeds in creating the real picture of the mind and connecting it smoothly with the body and soul. **Mindset** is a million-copy bestseller and comes with the tagline of 'Changing the way you think to fulfil your potential', through which the author confidently claims to the readers that they can feel their real potential after reading the book. This book materialises the saying 'We become what we think' and turns our thinking to the brighter side of life. The theme of **Mindset** and the writing style of Dweck makes it the best companion for one's travel and trip.



- Shruti Tripathi

For me, books and travel go hand in hand. Still a hard copy person over kindle, I like to have a book in my hand while travelling. The feel of caressing the pages of a book are truly your best friends while travelling. When I am travelling to Delhi, I like to read **Twilight in Delhi** by Ahmed Ali. It's on a repeat on my list because the book describes the mornings and evenings of Delhi so beautifully. From the bylanes of Old Delhi to the nearly extinct Shahjahanbad, the book beautifully describes every corner of the city. A perfect one if you like the good old charm of Purani Dilli.

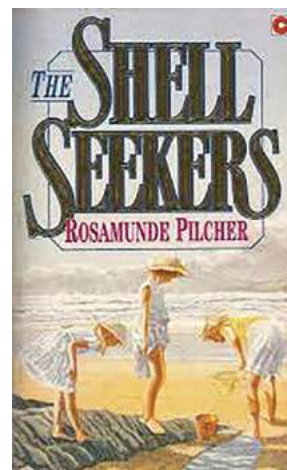


Apart from Delhi, if I am travelling anywhere, I like to read travel memoirs. **The Motorcycle Diaries** by Che Guevara is a favourite. The book is a good read for someone looking to go bohemian with their travels.

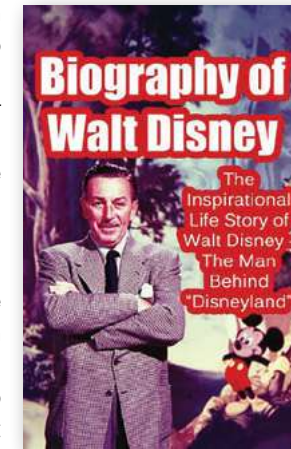
- Tarannum Manjul

Rosamunde Pilcher has the craft to transport readers to the lands she is describing through her plots and description of the settings. The plot of **The Shell Seekers** starts from the hardship days of World War I and extends through the dark days of World War II and till mid-1980s. Be it the villa setting in Italy or a quaint village or town in England, the mesmerising description is such that you yearn to be there. The characters portrayed are as rich and complex, with their jealousies, vanities and insecurities. The perfect place to read her other novel, **The Winter Solstice**, which I procured with great difficulty, would be in a hill station on a rain-soaked day sitting along a window or a sunny day, sitting under the sun.

- Meha Mathur



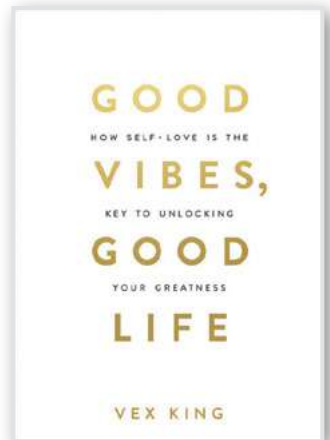
I prefer going to beach destinations like Goa for solo trips – not mountains, as I feel we can't really venture out after dark. And my dream destination, which I haven't got the chance to go to so far is Maldives. And while I like reading fiction too, on my solo travels I like reading autobiographies. When you are alone, reading about a person like Gandhi or APJ Abdul Kalam, you really get good insight into that person. But the book that really inspired me the most was **Biography Walt Disney's**, which I read during my journey to Chennai.



- Poonam Singh

Solo travel is a time for introspection and looking inward and one book that has helped me achieve this is **Good Vibes, Good Life** by Vex King. The book is full of inspiring quotes that I can keep going back to.

- Yukta Raj



I have always been keen on non-fiction reads. Sudha Murty, philanthropist working as the chairperson of the Infosys Foundation and a member of public healthcare initiatives of the Gates Foundation, is one such writer who has my heart because of the simplicity with which she writes and the wisdom she shares. Reading her mini stories while travelling would be a great treat to me as I find myself connected with the characters coming from different cultures and heading to different destinations in their respective lives.

**Wise and Otherwise, Three Thousand Stitches and The Old Man And The Sea** are some of my favourites and I would love to read them many more times.

Though never clearly talked about, when you read non-fiction books written by Sudha Murty which are often her own personal stories, you shall understand the principles she lives by and leads her life with. The stories shared help the reader find faith and hope to do better things for humanity.

- Resham Suhail

## THE MILLENNIAL READER

In an attention economy, reading can feel like a tremendous task. This is not deterring people from picking up books, however. With rapid digitisation and text-to-speech tools, people are finding unique ways to read and absorb knowledge.

Audio books are immensely popular for those wanting to make reading a more relaxing activity. Closing your eyes and listening to a book also allows readers to engage with a story and make the experience more exciting. Podcasts have also begun reading out stories with even large news agencies, such as **The Guardian** and **New Yorker** are producing podcasts for their own long-form columns.

Kindles and e-books, a budget alternative to physical books are another way for people to easily access books. Especially with more digital libraries being set up to increase the access one has to books.

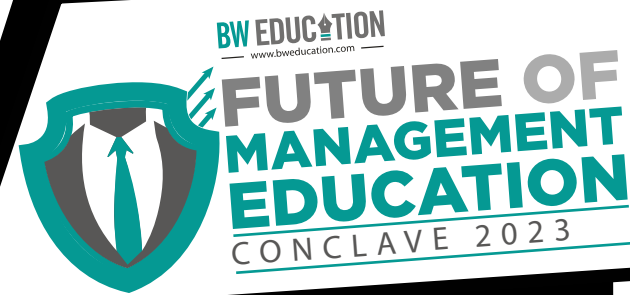
For those who find it very difficult to concentrate and are also on a very tight budget, ebooks with a combination of the text-to-speech function can come in handy when consuming books.

Although the experience may not be as exciting as an audiobook or lack the imagination that comes with reading, it is a great way to get back into reading and be a stepping stone to appreciating the written word more.

To me, book buying is more an aesthetic than a function.

- Vasudha Mukherjee

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# ALONE IN PARADISE

Maldives is a great place to be if you wish to go solo

By Vasudha Mukherjee

**M**aldives is home to 1,192 coral islands and sand banks, only 200 of which are inhabited and about 150 of those are island resorts. A popular honeymoon destination, the Maldives has a lot more to offer than meets the eye. Prizing itself for exclusivity and privacy, the multi-island nation can be a great location for travellers looking to relax away from the hustle of city life. Spending quality alone time in the blue lagoons of resorts that offer all-inclusive packages can be a meditative and healing experience for those looking to unwind. With ever-growing ancillary services, including F&B expansion, water activities and wellness services, solo travellers will never run out of entertainment.

### Low-risk, high reward

As a solo woman traveller, one of the largest concerns one might have is safety and security. Travelling alone is always an adventure,

and island resorts can add to this thrill without the risks. As most resorts offer all-inclusive packages, costs are another area where one does not need to concern themselves. After paying for the initial trip, one just has to go and enjoy themselves. There are no hidden costs, all extra services are upfront about pricing. This takes away most of stress involved in travelling.

### Doing away with FOMO

Thanks to social media, the fear of missing out on travel experiences is very real. Many feel that without the perfect image, the right companion or trying everything new destination has to offer, the travel experience is incomplete. So, we find many people trying to hit every location, constantly posting on their social media accounts and overexerting themselves. In the Maldives, the destination is the experience. After arriving at the chosen resort, all services and activities add to one's personal experience and

not to a curated online list of activities. Self-timer on cameras is enough to take that spectacular panoramic shot. The privacy of the rooms and isolation from the city life is a great chance to ground oneself and enjoy the experience in real time.

### Choosing the right resort

While there are number of agencies and travel operators and local guides available, many travellers are also opting to book travel directly through resort websites. It can seem overwhelming to choose from. However, once the nature of the travel is decided the options can narrow down.

Kuramathi Maldives in the Rasdhoo atoll is a among the larger islands in the country with a wide range of accommodations offered and there are choices between sunset and sunrise, beach room or water villa, etc. The island has the option for nature walks, hermit crab walk and a beautiful white sand beach at the tip of the island. The Eco-centre run by their resident marine biologists is available for anyone who wants to learn more about the ecosystem, marine life and conservation initiatives. The island is a one-and-a-half hour ride by ferry and also has newly opened Indian restaurant available.

The Residence, twin resorts on Falhumaafushi and Dhigurah islands, on the world's largest and deepest atoll, GaafuAlifu Atoll, is reachable by a short flight from Velana International Airport and then a 15- minute speed boat ride. The twin resorts are connected by a bridge that is a popular viewpoint for sunsets on the resort island. The resort is known for its luxury dining and wellness. It offers exclusive aqua yoga sessions as an additional service organised on their infinity pool. The session pushes one to find balance and strength with the tranquil backdrop of the Indian ocean. One can also participate in their Earth Basket Programme - a unique culinary



**Flights to Maldives**  
 7 Departures by IndiGo  
 7 Departures by Go Air.  
**Total 14 Departures per week**

experience using salads, herbs and food grown on the island.

Accessed by a 45-minute seaplane lies Noku Maldives, a five-star boutique resort on Kuda Funafaru island in Noonu Atoll. With only 50 villas, this island offers seclusion and is ideal for wellness retreats. Most of the staff opt to walk barefoot around the island and guests are invited to do the same. The resort offers outdoor dining experiences on the beach, culinary lessons with the head chef along with spa, wellness and water activities.

Guests looking for an all-rounded experience can also choose to island hop, moving from one resort to another. For a more local experience, local guesthouses and budget hotels in Male are also options. Most places are equipped with wifi, include meal plans and provide AC. Maldives, whose hospitality and tourism industry makes up for nearly 23 per cent of the country's economy is one of the most hassle-free location for tourists to travel.

As leisure travel and tourism continue to dominate the hospitality market, Maldives, which is far ahead in the game can be your next destination for a solo adventure. ■



# Varanasi, Its Ghats And Beyond

By Tarannum Manjul

If you are a history, art and culture enthusiast or a foodie, there are several hidden gems in this ancient city that would appeal to the explorer in you



Varanasi is one of the most popular tourist destinations in India that invites not only domestic tourists, but also foreign tourists. While the city is known as one of the most popular pilgrimage destinations, Varanasi, or Banaras as it is popularly known, has its own charm for the solo travellers too. From temples and ghats to the mysterious bylanes that lead to some unexplored amazing places, Banaras offers it all. If you are looking at the city with the lens of a solo traveller, here are a few things you should simply not miss out.

### The unexplored gems

Ask any Banarasiya about some of the most unexplored places of the city and they will suggest to you a host of places. While the ghats like Dashashwamedh, Assi, newly renovated Namo Ghat (originally known as the Khidkiya Ghat) and temples like Kashi Vishwanath, Sankat Mochan, Tulsi Manas and new BHU temple are the most sought-after and not-to-be-missed places, there are places that need to be on the checklist for the city.

The Ramnagar Fort is one such place. If you are a Bollywood buff, you may have seen glimpses of this fort in movies like *Ranjhana* and more. Situated right opposite the Tulsi Ghat, this fort was built by Kashi Naresh Balwant Singh in 1750. It is made from Chunar stone and reflects a mix of North Indian and Mughal styles of architecture. It is also the official residence of the present Kashi Naresh. While each and every corner of the fort is worth taking pictures, do not forget to specially visit the Saraswati Bhawan Museum inside the fort. This was earlier the Durbar Hall, where the king used to address the public. This museum is known for the collection of ivory work, medieval costumes, American vintage cars, bejewelled furniture and more.

The Nepali Temple in Varanasi is another such gem that one cannot miss. The original name of this temple, located on the Lalita Ghat, is Shri Samrajeswar Pashupatinath Mahadev Mandir. It is one of the oldest temples in Varanasi and is a 19th century shrine dedicated to Lord Shiva. Its construction was commenced by the King of Nepal Rana Bahadur Shah, who is said to



Ramnagar Fort

Vineet Sharma's Click



Nepali Temple

Vineet Sharma's Click

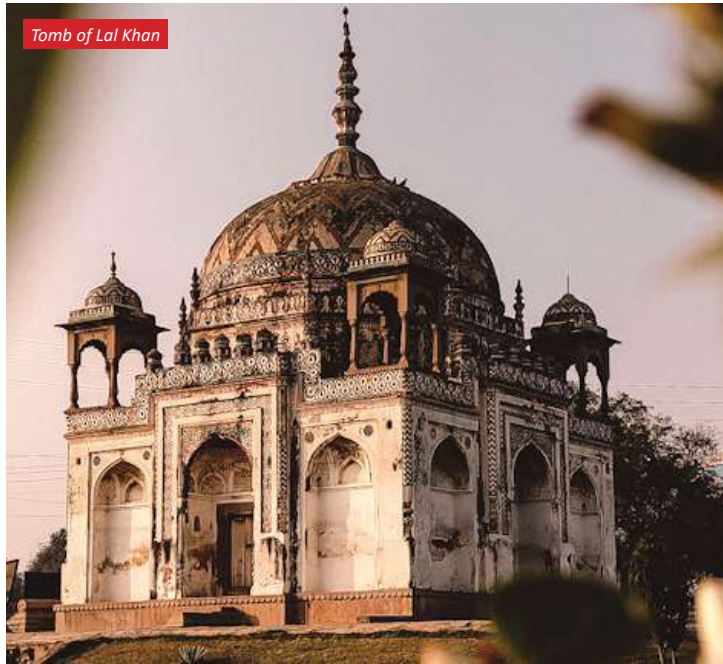
### Flights to Varanasi

21 Departures by IndiGo  
7 each by Air India, Go Air,  
SpiceJet and Vistara.

Total 49 departures per week.

have taken exile in Varanasi and decided to build a replica of the famous Pashupati Nath Temple. No wonder that the Nepali Temple is a spitting image of the Pashupatinath Temple located in Kathmandu. The temple has a traditional style of architecture and has been made of stone, terracotta and wood.

If one wishes to explore the city beyond the temples, the Tomb of Lal Khan is a good choice. Located near the Rajghat bridge, this tomb was built in 1773 for Lal Khan, a minister in the court of Maharaja Balwant Singh. What sets this beautiful monument aside is the traditional Persian design. The use of shades of blue colour in its decoration adds to its proximity with many other monuments of the Mughal era. A well-maintained monument with a lush green garden, this is surely a must visit for explorers.



Tomb of Lal Khan

Banarasi Bhaukaal's Click



Food photos: Click Shwetabh Yadav and Banarasi Bhaukaal

### A foodies paradise

All the explorations can make one hungry, and Varanasi is a heaven for food lovers too. For a street food lover, Varanasi is just the place to be.

You can start the day with a nice chai and toast from Lakshmi Chai Wala. One of the most frequented places by the locals who vouch for the tea and malai toast, this shop has been a hidden gem in the city since 1950. One can find locals and food lovers visiting the city queuing outside the shop quite early in the morning just to enjoy their kulhad wali chai and special toast.

The Kashi Chat Bhandar at Godaulia is one of the most famous street food destinations of the city that has been loved by locals, tourists and celebrities too. While their tamatar chaat is the most famous one, you cannot miss other delights too. From samosa, dahi poori or just a simple matar chaat, Kashi promises to satiate the taste buds like no other place.

And if you are heading to this city in winters, you surely cannot miss enjoying the 'malaiyo'. One of the closest cousins of Delhi's daulat ki chaat and Lucknow's makhan malai, the malaiyo is every Banarasi's winter love. This melt-in-the-mouth dessert, made from milk froth, is best enjoyed in the morning and one can find kiosks and shops selling malaiyo in almost every bylane of the city. Enjoy it with some Banarasi chai and Banarasi gossip and your trip to the city is complete.



### A SAFE CITY

With more and more women preferring to go solo as travellers, they are always on a lookout for a destination that offers not just safe budget stays but also have safe environment. And Varanasi certainly offers those perfect safe stay options for a solo traveller. From hostels to homestays and even low budget hotels situated right on the ghats, Varanasi has some really some good options. As Akash of Banarasi Bhaukaal says, "We Banarasis accept everyone with open hands, and this is a very safe city for all kinds of travellers."

### SHOPPERS' PARADISE

For someone who loves shopping boho stuff, this is just the city. Check the bylanes near the Kashi Vishwanath Temple and you will find shops selling inexpensive boho apparels in bold bright colours. And if one is fond of wooden toys and décor items, Varanasi offers a wide variety since it is the traditional craft of the city. From Rs 5 to Rs 5,000, one can shop in this city to their heart's content.

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**Pushpa Bector**  
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**Salil Kapoor**  
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**Benu Sehgal**  
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# GMR SPECIAL FEATURE

## PM Inaugurates Greenfield International Airport in Mopa, Goa



Photo courtesy PIB

With the capacity to handle 44 lakh passengers, the airport is designed to give tourists a feel of Goa

Prime Minister Narendra Modi inaugurated the Mopa International Airport, Goa on December 11. The foundation stone of the airport was laid by the Prime Minister in November 2016.

The Prime Minister dedicated the airport to the nation at a grand ceremony organised by GMR Goa International Airport Limited (GGIAL), a wholly owned subsidiary of GMR Airports Limited (GAL). GGIAL is a Special Purpose Vehicle (SPV) created to design, build, finance, operate and transfer (DBFOT) the New Goa Airport.

Built on 2,132 acres, the New Goa Airport is located at Pernem Taluka in North Goa. It is a state-of-the-art 24x7x365 international airport serving all the segments of inbound and outbound tourism.

Addressing the gathering, the Prime Minister congratulated all the citizens of Goa and the country for the inauguration of the greenfield airport. He expressed happiness that the airport had been named after the late Manohar Parrikar, Goa's long-standing chief minister who also served as the country's Defence Minister for a few years.

Developed at a cost of around Rs 2,870 crore, the airport has been built on the theme of sustainable infrastructure and comprises a solar power plant, green buildings, LED lights on the runway, rainwater harvesting, state-of-the-art sewage treatment plant with recycling facilities, among other such facilities.

The airport has the facility to handle about 44 lakh passengers per year which can be scaled up to 3.5 crores in future. Apart from tourism benefits, the presence of two airports has created new opportunities for Goa as a cargo hub.



# A Successful 2022 for GMR Aerocity Hyderabad



The airport will also provide visitors with a feel and experience of Goa. The airport has extensively used Azulejos tiles, which are native to Goa. The food court also recreates the charm of a typical Goan café. It will also have a designated area for a curated flea market where local artisans and craftsmen will be encouraged to display and market their wares.

### Some of the highlights of the airport are:

- Main Runway: 3.5 km long and 60 metres wide code 4E compliant runway; capable of handling world's largest aircraft like Airbus A380/equivalent.
- Parking Bays: 14 numbers, out of which five are aerobridges.
- Adequate night parking facilities for aircrafts



- Expansive 25,000 Metric Tonnes temperature-controlled cargo terminal
  - 18 check-in counters and 4 self-baggage drop facilities
  - 12 Immigration and 8 Emigration Counters
  - Integrated terminal building with contemporary world class amenities
- Bridge Mounted Equipment have been installed to reduce Green House Gas emissions from Auxiliary Power Units of Aircrafts. As a part of afforestation plan, 5 Lac tree saplings have been planted in and around the airport. About 165 acres of land with existing tree cover have been retained.

Speaking on the occasion, I Prabhakara Rao, Group Deputy Managing Director at GMR Group, said: "The airport terminal is a modern building that promotes environment sustainability by using renewable energy, recycled resources and latest technology. The airport, which resonates the true values of the GMR Group, has been designed keeping in mind the nature, culture, and spirit of Goa."

RV Sheshan, CEO-GGIAL, said, "At GGIAL, we will work towards making the New Goa International Airport an airport of choice for airlines, passengers and other stakeholders, by unlocking the true potential of Goa. It will serve the needs of the growing tourism industry in Goa along with ensuring a fillip to the state's GDP." ■

**G**MR AeroCity Hyderabad, one of India's largest Greenfield Aerotropolis situated at Hyderabad International Airport has a distinct integrated mixed-use multi-asset ecosystem across commercial offices, retail, aerospace and industrial park, educational institutions, hospitality, healthcare, entertainment and rental accommodation.

### Major initiatives

In 2022, it on boarded esteemed clients across many asset classes. GMR Business Park saw increase in occupancy and signed established players for office space like HDFC Bank, SGD Pharma, Skycell, Cube Highways, Speed Infra, Amity University and APFT. Many Companies started their operations which were signed the previous year, such as OSI Systems, Hyderabad Batteries Ltd, GMR Aviation Academy and ICICI Bank. A multi-cuisine Food Court also started operations at the Business Park.

GMR Aerospace and Industrial Park signed large deals with Schneider Electric and Skyroot Aerospace. French Aerospace giant, Safran Group inaugurated two new facilities for Safran Electrical & Power India (SEPI) and Safran Aircraft Engines Hyderabad (SAEH) at the Industrial Park.

GMR Institutional Zone signed Delhi Public School which will be spread over five acres of ergonomic campus at GMR AeroCity Hyderabad. One more feather in the cap is sealing the deal of Amity University, which will elevate the Institutional Zone at national level.

On the Retail side, GMR Interchange has done pre-leasing with big brands like Reliance Brands and Best Sellers for the High street, experiential retail destination mall. GMR Health Port released a Tender notice to operate, manage and maintain a multispecialty hospital which will cater end-to-end Hospital needs in South Hyderabad. GMR Hospitality Zone with Arena and Novotel, saw bookings round the year keeping the zone busy with several events.

GMR AeroCity Hyderabad has built their own LinkedIn community with 4000+ B2B followers, obtained through purely organic efforts. It uses Digital Marketing as a tool for B2B organic growth to build its own Community to share the Brand Story.

The Office Solutions vertical of GMR Business Park co-sponsored the 'Corporate Real Estate & New Age Workplace Management' conference organised by CII Southern Region and Knight Frank.

GMR Interchange, AeroCity Hyderabad was the exclusive real estate partner at The Indian Restaurant Conclave 2022

hosted by the National Restaurant Association of India (NRAI). This was followed by GMR Interchange being a part of the India Omnichannel Forum 2022, presented by MAPIC India.

GMR AeroCity Hyderabad also co-hosted a webinar in LinkedIn Live with Sintali on 'Sustainability: The Right Business Decision For Real Estate Developers' in October.

In the same month, GMR Aerospace & Industrial Park was present at Defexpo22, India's flagship defence exhibition,



organised by the Ministry of Defence. GMR AeroCity Hyderabad was also a part of the team that facilitated the visit of US Trade Aerospace Mission to AeroCity campus.

November saw GMR Business Park, AeroCity Hyderabad host a corporate networking session at GMR Innovex.

### Awards & recognitions

The GMR Fulfilment Center at GMR AeroCity Hyderabad received the 'Green Project of The Year' award at the 11th Construction Week India Awards 2021. The EDGE-certified project was also featured in a case study by the global environmental certification body, Sintali.

The partnerships at GMR AeroCity Hyderabad are also built on the trust that comes with an illustrious infrastructure legacy. This year, Multisorb Technologies India Pvt. Ltd. marked 6 years while Anilinear Imaging Systems Pvt. Ltd. observed 7 years of successful operations at AeroCity. Safran Aircraft Engine facility commemorated first year of operations at AeroCity.

GMR AeroCity Hyderabad was present at the Realty+ Conclave & Excellence Awards 2022 where GMR Industrial Park, AeroCity Hyderabad was honoured with the award of 'Industrial Project of the Year'. ■

# OFFERS

## Sunday Brunch at Roseate House

**D**EL at Roseate House will bring to you global cuisine on the platter on Sundays this January-February. Here is the exciting line-up:

- January 8: Barbeque, Grills & Roasts**
- January 15: Traditional Pongal Specialties**
- January 22: Experience Vietnam**
- February 5: Super Foods**
- February 12: Mexican Mania**
- February 19: Taste of Tibet**
- February 26: Exploring Uttarakhand Cuisine.**

The last Saturday of January will be special as the brunch will feature dishes inspired from Chef Enzo Oliveri. Chef Enzo is an Italian masterchef from Sicily and runs restaurants in London. Recognised by the President of Italy for his contribution to Italian food and culture, he has hosted TV shows including 'Kitchen Impossible' and 'Sicily with Also & Enzo'. Chef Enzo is on the board of the International Hospitality Council and a judge of the Italian National Young Chefs and Young Chef Olympiad in India.



Chef Enzo Oliveri



## Sunday Brunch at Nook, Aloft New Delhi Aerocity



**R**elax over a delicious meal and have lavish food spread with hand-crafted beverages to stir your mood. Sample the extensive menu featuring live cooking stations where you can dip-dive into sumptuous delicacies curated by Chef Amit Kumar, Executive Chef, Aloft New Delhi Aerocity at Nook.

Head over to Aloft New Delhi Aerocity with your friends and family for that ultimate indulgence and savour delicious dishes paired with crafted concoctions amidst the vibrant atmosphere in the courtyard.

**Date:** Every Sunday  
**Timings:** 12:00 PM Onwards  
**Price:** Rs 3,200 Inclusive, per person  
**For Reservations, please call:** +91 84484 99759

## Winter High-Tea at Andaz Delhi

**A**ndaz Delhi has launched a Winter High-Tea which comprises delicious savoury and sweet delicacies such as Choux Buns, Chocolate Fudge Wallets, Scones, Croissants accompanied with Cheese, Madelines, Macarons and Finger Rolls.

While the non-vegetarian menu is priced at Rs 1,900 for two people, the vegetarian menu is priced at Rs1,700 for two people and is perfect for a special celebratory evening with your loved ones at Tea Garden, Andaz Delhi. One can also choose to pair this with Sparkling Wine or Mulled Wine.

Andaz Delhi's in-house Mulled Wine with signature infusions are available all throughout the season at their Juniper Bar. A winter special Mulled Wine is a glass of warmth and cheer wrapped in a blend of spices and made with hot red wine. Andaz's special Mulled Wine will be available for patrons to enjoy at Juniper Bar, at Rs 1,500 plus taxes per glass.

To reserve your table, call +91 8588804222



## Baba's Beans Coffee Bar at Aloft New Delhi Aerocity

**B**aba's Beans Coffee Bar has launched a new Coffee and Food Pairing Menu in collaboration with Chef Amit Kumar, Executive Chef, Aloft New Delhi Aerocity to celebrate the diversity in Indian coffees at Re:fuel by Aloft. This stellar new coffee & food pairing menu pairs delicious regional coffees from Andhra Pradesh, Karnataka and Tripura with scrumptious local delicacies from the same regions. A flavourful journey to these regions through your palate, a treat for all your senses. The coffee pairing will be continued and available in January as well which will further add up to the guest experience.

Baba's Beans Coffee Bar specialises in crafting blends and recipes that become the medium for a delectable discovery into the world of Indian coffees; a journey into the realm of infinite possibilities in the cup, glorifying the soul of the soil.



**IN PICTURES**

# ARABIAN NIGHTS

At **Khubani**, the grand interiors transport you to the distant worlds even before the first servings arrive

**E**ntering the doors of Khubani feels like stepping into the world of ancient Arabia. This duplex property has all of it, from vibes to eye-smashing interiors.

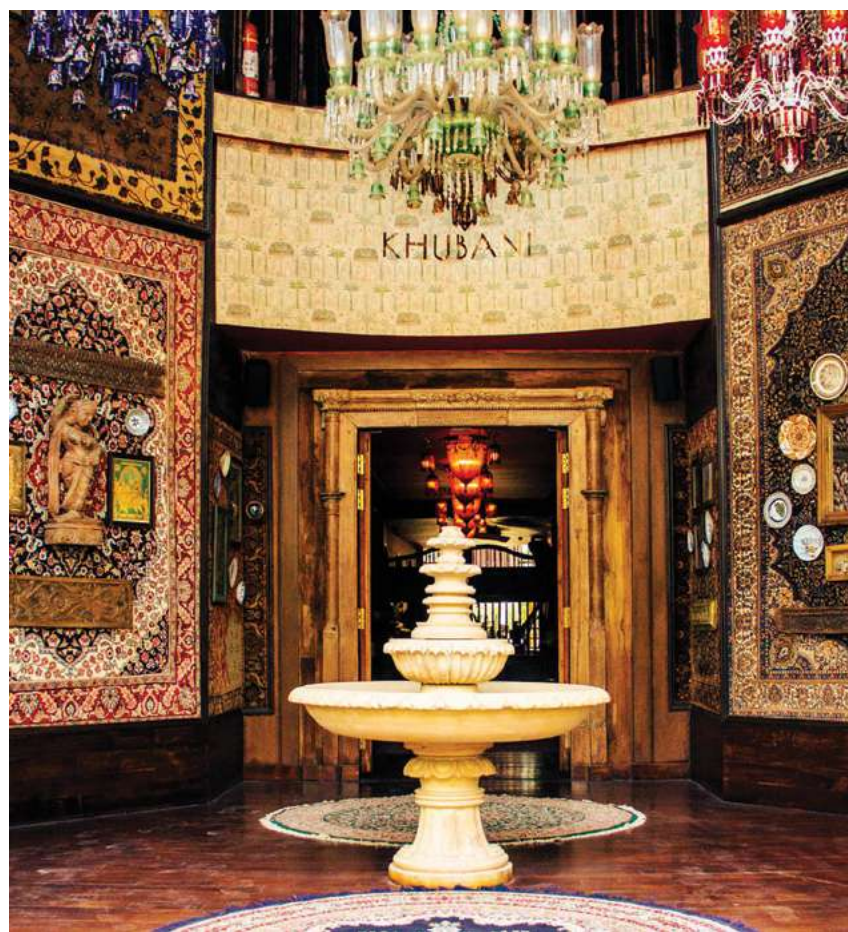
At the entrance, a beautiful fountain, sculptures and historical artwork animate the walls.

You are transported to the fanciful and enchanting world of Khubani with its the magnificent architecture, laden with glistening chandeliers and bathed in a scarlet colour. The interiors take you on an adventure unlike any other, a tour across the globe and a peek into the way of life of contemporary monarchy.

The enigmatic walls covered with antique photographs and wall-hangings truly makes this place Instagram-able.

The venue's mystical, dark red lighting and chandeliers from all around the world combine to create an exquisite atmosphere. Rugs from Rajasthan with delicate tikari work cover every part of the venue, adding a special touch. These rugs were hand-picked by the owners who brought these artistic treasures from remote parts of the country.

The night-time displays at Khubani are breath-taking. One may be eating while watching an aerialist drop from the ceiling to grab their drink, and their Turkish chef may arrive carrying real kebabs. ■



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# THE MANY ADVANTAGES OF SOLO TRAVEL



Dr Mukesh Batra

The trend also points to changing social fabric, especially empowerment of women

By Dr Mukesh Batra

**T**ravel, it is said, is the only thing you buy that makes you richer. As a doctor I have always believed that travel is therapy. It helps you buy experiences and not just things. My children remember the holidays we have had together more than the things that I have bought for them. Family holidays have now given way to an equal number of holidays by women, solo holidays and purpose-driven holidays. This trend perhaps reflects our social fabric with late marriages and greater financial independence.

The figures speak for themselves. Solo domestic travel among Indians has grown by about 120 per cent in the second quarter of 2022. Some reasons why this has happened is people wanting more of 'me time'. The social stigma of being single and travelling alone no longer exists. Many millennials prefer to travel alone. Flexibility at work, work from home, work during travel or work from wherever you are, even from the most scenic destinations in the world, allows people to travel and work from wherever they are.



The advantages of solo travel are many.

- The joy of freedom. Plan whatever you want to do, whenever you want to do it. Wake up when you like, sleep when you like, have freedom from tugging blankets from partners and even have the TV control entirely to yourself
- Meeting new people, making new friends is easier when you don't have people accompanying you
- Experiencing new destinations that you always wanted to visit and not those that your family insisted on
- No arguments, fights or compromises with accompanying friends or family
- No annoying habits to put up with, like snoring, towels thrown on the floor, TV at full blast when you are trying to sleep or phone calls of people accompanying you at odd hours
- No need to rush for breakfast, tours etc with others

Over half of India's domestic solo travellers are women. Ten million women searched websites for solo travels in India. There was a year-on-year increase from 31 per cent to 38 per cent. The increase in women solo travellers puts a strong focus of safety on the hospitality industry. I remember during my frequent travels in India, exclusive floors for women in some hotels. Others have rooms with video cameras on the doors of rooms reserved for women only. It helps to create an ambiance of safety for women in hotels. Safety is the primary concern of solo women travellers. Organising activities in the hotel for women to meet and interact with other women and guests is a good idea. I remember some cruises having a teenage club where teenagers on the ship

could meet and have fun. Catering especially for women and their safety will make the hospitality industry grow. Women create more 'word of mouth' than men and having them be the hospitality's brand ambassadors by sharing their experiences with other men and women is perhaps the cheapest and the best form of advertisement for the industry.

Other than solo trips and trips for women, the other big reasons for travel are wellness and religious trips.

Out of the 230 million trips to India in 2020, 48 million were trips to wellness destinations. According to Global Wellness Institute, while the global tourism market will grow this year at 6.4 per cent, the wellness tourism market will grow at 7.5 per cent. With a greater awareness of holistic medicine around the globe, tourists flock to India to experience

wellness. With the government granting quick Ayush visas for foreigners to visit India for Ayush treatment, the number of such visitors is likely to accelerate.

This is also true of domestic travellers. More people are attracted to holiday in spas and rejuvenation centres than ever before. The worldwide greater acceptance of Homeopathy. Ayurveda and Yoga has many states developing and focusing on wellness tourism. Examples of these are Uttarakhand for Yoga and Kerala for Ayurveda. Other states too would do well to follow their examples and boost wellness tourism in their states.

Religious tourism is another major purpose driven reason for travel. It is believed that over 200 million people congregated at the last Mahakumbh making it the largest peaceful collection of people in the world. A large number of people travel to religious sites to thank God for something good that has happened in their lives or to ask forgiveness to condone their sins. This sums up almost everyone in the world. Religious beliefs and faith are culturally intrinsic in our country fuelling domestic tourism in our country. As many as 23 million visit Tirupati and 17 million, Vaishnodevi every year. There is a great potential for Buddhist tourists coming to India from south east Asia.

Several steps can be taken to cater to this segment, including development of infrastructure, improved hygiene, training of staff at spas and better coordination between various stakeholders. ■

- The author is a reputed homeopath, founder of Dr Batra's Group of Companies and a Padma Shri awardee

# When Goal Setting and Tiny Habits Come Together, **MAGIC HAPPENS**

**We make New Year resolutions, only to break those within weeks. How to keep the promises we make to ourselves?**

By Gaurav Bhagat

It's that time of the year when the parties and year end revelry are soon going to make way for the making of New Year resolutions for many and 'SMART' Goal creation for some. Will the journey in 2023 be any different than the ones undertaken in the last few years, or even decades? Well, one very big factor that will determine the outcome is how this is done.

My tryst with goal setting started as a 16-year-old, when I bought my first goal setting journal from an Archies gallery, a popular gift shop chain, in Defence Colony Market in New Delhi. At the time the goals were about getting a cell phone, (which had just arrived in India), bench pressing a particular weight at the gym, investing Rs. 20,000 in the stock market, getting 70 percent in my exams and playing 9 handicap golf. The last one remains elusive even 30 years later. That said, it was interesting that even back then I would list work, finance, mental, health and lifestyle-related goals. The one that was missed pertained to family and relationships but perhaps I didn't know better then.

The amazing thing with goal setting is how few set them; too many people just go through life with no plan apart from getting through the day to day. Many are aware of the concept but have never documented or put down their goals in any structured form. Studies have mentioned that just 3 per cent of the world's population has documented goals and just 1 per cent review,



Gaurav Bhagat



act, course correct and then wonder why the last year didn't go according to plan.

As a coach, trainer, and consultant, I've been teaching goal setting for years now, my scaling with GB goal planner is a bible for many of India's top corporates and executives and the breakthroughs that the followers of this system achieve is mind boggling. Goal setting must happen in 6 areas and have 4 durations. The system itself needs just 30 minutes a week and the goals need to have some actions that must be performed during the week, else it's just going to be a wish or a pipe dream.

One of the key reasons I've seen why people fail in their goal setting journey is because of M.A.P., something I learnt from one of my coaches and mentors B.J. Fogg, the brilliant Stanford university professor and author of Tiny Habits. The 'M' stands for motivation and is the least reliable way of getting you to your objectives, the thing with motivation is that it comes in waves and can only take you that far. The 'A' stands for Ability and covers the five elements of time, money, physical effort, mental effort, and fitting actions into your routines. Slightly more controllable than Motivation but still not a sure shot way of getting you to your destination. The 'P' stands for prompts, and these are the things that nudge you to get things done. When the three come together is when the magic happens.

So how do you get M.A.P to work for you? Well, it's about

**It's about bringing in small things that you already do in your daily routines and linking it with new things that you want to start**

using tiny habits. It's about bringing in small things that you already do in your daily routines and linking it with new things that you want to start. A little bit of celebration at the end of performing the new habit doesn't hurt. It's simple, fast, and magical. In decades of goal setting, I have never seen results that have been as effective as when the system of writing and reviewing goals and tiny habits come together. If you're reading this piece and haven't been able to do justice to your goals in the years gone by, I highly recommend that in 2023 you try the above approach. It will deliver 10X results for sure. ■

*- The author is solution finder, entrepreneur and founder of Gaurav Bhagat Academy, among India's premier sales training and scaling institutions  
(Article courtesy BW Wellbeing)*

# Break up with your BAD HABITS



Manoj Khatri

Use this powerful technique to bring about the self-transformation you desire

By Manoj Khatri

**W**e often rely on self-discipline to chase a heart's desire or to bring about a change in ourselves. We believe that determination, enthusiasm and discipline will get us there. But along the way, we begin to struggle with our habitual tendencies, go wayward and give up on ourselves. We have all been there, haven't we? But what if I told you that if you master a simple technique, your journey of self-transformation will become not only effortless but also enjoyable?

### Understanding & overcoming unconscious patterns

What you are is primarily a collection of habits and beliefs that shape your thoughts and actions. It follows then, that to bring about any meaningful change, you need to review your current habits and beliefs and eliminate the ones that lead you astray.

Now, a habit is the brain's way of carrying out certain routine functions on autopilot so that you can focus on bigger tasks that require your conscious attention. Most of your daily activities such as brushing your teeth, showering, walking to the train station, or driving to your office is handled by the autopilot which mindlessly runs operations in the background while you're involved in more important tasks such as solving life's big challenges or experiencing new things. "Autopilot's genius is its very mindlessness. Its quiet efficiency ensures that you have adequate mental capacity to meet challenges in professional and personal life," says Caroline Arnold, author of *Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently*.

But the problem is that your brain's autopilot is not equipped to discern the good from the bad. As a result, you often end up engaging its capacities to develop undesirable programmes —

**With mindfulness, not only do you break up with your bad habits but you also begin to rediscover simple joys of everyday living**

unconscious patterns — that become your prison. "How can I break free from this prison?" you might ask.

### Awareness is the first step

An ancient but powerful practice called mindfulness can help you detect where your autopilot is causing trouble and leading to unintended consequences.

Simply put, mindfulness is being fully aware of, and involved in, the present moment. By giving your full attention to whatever it is that you are engaged in, you ensure that the autopilot doesn't take over and you don't act out mindlessly. In time, the autopilot "unlearns" the self-defeating pattern and you successfully break the undesirable habit.

Take the example of habitual overeating, which is often a result of a "mindless programme" that makes you disregard the satiety signal. The unconscious pattern could be the result of any number of factors including childhood trauma, poor self-image, a way of escaping an emotional issue, scarcity consciousness, and so on. Whatever the cause of the old habit, mindfulness helps you become aware of the pattern, thus helping you retrain your

brain to recognise hunger and satiety cues so that you never overeat again.

Of course, deeply ingrained patterns may need much more conscious effort on your part, but becoming aware of them is always the first and more important step towards becoming free of them.

### Cultivating the practice of mindfulness

Before we move ahead, you ought to understand that you can't be mindful in fragments. In other words, you need to cultivate a mindful disposition such that you remain highly alert, sensitive and aware in the present moment, no matter what you're doing. In doing so, you will begin to overcome habits and thought patterns that are no longer serving you.

Of course, the autopilot will still work efficiently though it will now be restricted only to those activities and aspects that don't need your conscious attention.

Becoming mindful can be hard, especially in the beginning. It brings to surface rather unpleasant aspects of you that you never knew existed. In fact, if you are being brutally honest, you may have shocking revelations about your tendencies and behaviour, your long-held beliefs and thought patterns. But once you get past that initial discomfort, it becomes easy for you to overcome your old undesirable patterns. With mindfulness, not only do you break up with your bad habits but you also begin to rediscover simple joys of everyday living; you find a richness of being that was previously inaccessible to you; you feel more alive and sensitive than ever. And most importantly, you don't form new unconscious patterns.

If the idea of living mindfully resonates with you, there are many wonderful resources available on the internet. Here's one simple practice that can help you kick-start your mindfulness journey: Set an alarm on your phone that goes off every 2 -3 hours to remind you to breath consciously. When the reminder comes, just stop whatever it is you're doing and breathe slowly and deeply three times. This will not take more than a minute but it is a powerful technique to bring you back to here and now. ■

### About the author

Manoj Khatri is a teacher of mindfulness and a consultant for workplace wellbeing. He's also a counselling therapist. He is the author of 'What a thought!', a best-selling book on self-transformation.



# WHAT, WHERE, WHEN, WHICH....



## BRAVEHEARTS WITH WANDERLUST

1. This lady, an employee of Indian Railways, became the first Indian to skydive on to North Pole in 2002, to commemorate 150 years of Indian Railways. Name this Padma Shri awardee.

- a. Dicky Dolma
- b. Rachel Thomas
- c. Shital Mahajan
- d. Rinaa Shah

2. For which expedition did Vartika Joshi hit headlines in 2018?

- a. Leading an all-women climbing expedition atop Nanda Devi
- b. Leading an all-women expedition of Motorcycle Federation to Ladakh
- c. Leading the all-women expedition that circumvented the world in a sailing vessel
- d. For making the record of climbing the seven highest peaks of the world

3. Gertrude Ederle was the first woman to cross the English Channel in 1926. Who was the first Indian woman to accomplish the task in 1959?

- a. Arati Gupta Saha
- b. Nilima Ghose
- c. Mary D'Souza
- d. Dolly Nazir

4. Full Tilt: Ireland to India with a Bicycle, written by ....., describes her journey from Europe to India in biting cold in 1963. Who is the author?

- a. Dervla Murphy
- b. Mary C Parks
- c. Jeanette Reid Healy
- d. None of the above

5. Which of these movies is not about solo women travel?

- a. Under the Tuscan Sun
- b. Eat, Pray, Love
- c. Hundred Foot Journey
- d. Nomadland

6. This 1990 movie is about a woman struggling to find way back in the Sahara, after her journey has turned catastrophic.

- a. Lost in the Sahara

- b. Sahara
- c. Greed
- d. The Sheltering Sky

7. Lhakpa Sherpa, a Nepalese national and a woman Sherpa, has to her credit scaling the Everest .... times as of 2022.

- a. 5
- b. 7
- c. 9
- d. 10

8. Preet Chandi, who did a solitary expedition to the South Pole in January 2022, is a physiotherapist and a medical officer from....

- a. The UK
- b. Australia
- c. New Zealand
- d. South Africa

9. Arunima Sinha was pushed from a moving train and lost both her legs. What mammoth victory has she scored after that?

- a. Traversing the Sahara Desert with an all-women group
- b. Scaling Mt Everest, Mt Kilimanjaro and a few other summits
- c. Doing a solo expedition of the Antarctica
- d. None of the above

10. Wanderlust is a German word implying love for travel. Solivagant, which means a solitary traveller is a .... term.

- a. Greek
- b. Latin
- c. German
- d. Norwegian

### Answer key

- 1. b. Rachel Thomas
- 2. c. Leading the all-women expedition that circumvented the world in a sailing vessel
- 3. a. Arati Gupta Saha
- 4. a. Dervla Murphy
- 5. c. Hundred Foot Journey
- 6. d. The Sheltering Sky
- 7. d. 10
- 8. a. The UK
- 9. b. Scaling Mt Everest, Mt Kilimanjaro and a few other summits
- 10. b. Latin

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