

Aerocity LIVE

GMR AEROCITY MAGAZINE

TRAVEL, WORK & DINE

PERSPECTIVES



Pernia Qureshi
Fashion Entrepreneur
& Actor



Mohammad Shoeb
Associate Vice President -
North India, Pride Plaza



Chef Sumit Sabharwal
Executive Chef, Holiday Inn -
New Delhi Aerocity



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**THINK
FASHION,
THINK
AEROCITY**

**DAVID WARNER'S
Fashion Philosophy**

FEATURING BRANDS
Nicobar, Manan, Chique,
Pure Home + Living, Khubani,
Kama Ayurveda, Modern Bazaar



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The Fashion and Lifestyle Ethos of Aerocity



ANNURAG BATRA

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Aerocity is a premium hospitality district, but it has also established itself as a leading fashion hub too. It has some prominent brands with outlets operating. Names like JJ Valaya, Manan and Nicobar have chosen this location for their outlets because of the vast benefits that Aerocity offers – outstanding infrastructure support, neat and clean surroundings, great ambience, accessibility from Delhi and Gurugram, and the fact that international and domestic travellers, local visitors and officer goers who celebrate fashion and lifestyle as a way of life regularly visit the place.

In this issue of *Aerocity Live*, we bring to you the best of Aerocity in terms of fashion and lifestyle. Read our cover feature, including interviews and profiles of founders of some leading brands in this issue.

Delhi is also rich in its textiles and apparel offerings and markets across the city, small and big, have interesting options. Despite so many malls coming up, these markets continue to flourish. Read about a few such markets, like Shankar Market and Lodhi Colony Market with their old-world charm here. And then there is the Cottage Emporium, a hub of crafts from across India. A visit to the emporium will leave you speechless at the richness of crafts that India has.

The summers are upon us and outdoors in Delhi become a punishing task. How to spend free time except in air-conditioned comfort becomes a moot question. But where there is will, there is a way out. In our 'Must Visit Spots' Section, we bring to you some popular spots like Qutb Minar and Safdarjung Tomb which are stunningly lit after the sunset. There is a regular sound and light show after sunset at the Red Fort, and there is the charm of musical fountain at Akshardham Temple. And then there are myriad museums where you can spend hours. Our team has covered some of these spots in this issue.

We also bring to you some other Indian destinations like Manali, Leh and Dehradun that are known for their street fashion. And an insight into Nagaland, with a rich cultural tradition, including in diverse weaving patterns, food, ornaments, and architecture.

Happy Reading.

Responsible Fashion



AMAN KAPOOR
CEO Airports Land Development GMR Group

Fashion is a serious business, and not only contributes significantly to our economy but is also a driver of confidence, trends, and the evolution of culture. The fashion industry isn't just all glamour; it involves collaborating with entrepreneurs, creative artists, and grassroots manufacturers. In addition, multiple brands and labels offer employment prospects to weavers and craftsmen in rural areas and to designers and other individuals in the value chain. Fashion is, therefore, not just a trend, it is a compelling reason for celebration.

The Square, recently launched at GMR Aerocity, is an important step forward in enabling fashion by way of providing a world-class environment for Indian-curated high fashion. Set amongst the hustle-bustle of a fantastic dining district, The Square is evolving into a premium fashion street. Several Indian brands - including Manan, Nicobar, Pure Home + Living, Chique and Kama Ayurveda - having set up their shops at The Square, are complementing the ever-growing casual and fine dining segment here. These outlets are ready to woo tourists and visitors alike through their well-curated offerings.

In this issue, we celebrate the success stories of fashion and lifestyle of brands that promote the essence of a modern, bold, and confident India. What is heartening is also to see that the brands featured in this issue are also promoting mindful fashion practices. They are conscious of the carbon footprints that the industry leaves and are finding creative ways to bring products that have a meaningful social impact and minimise environmental impact. It entails carefully selecting natural fabrics and colours, identifying manufacturers who also adhere to responsible ways of production, and eliminating plastic in packaging.

Given that the summer is upon us, this issue of the magazine also includes interesting pieces on fashion from various hill stations; in particular, a travel piece on Nagaland is most insightful. It gives a perspective on the culture of the state.

Closer to home in Delhi, we had our guest David Warner, Captain of the IPL team - Delhi Capitals - share his take on fashion and his liking for some Indian attires.

Happy Reading.



PLAYLIST THAT WILL TAKE YOU ON A MUSICAL JOURNEY!



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



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Pernia Qureshi

Amritha Ram



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EVENT CALENDAR



**NOT TO BE MISSED
AT AEROCITY**

IPL Screening of Play-Offs and Final
with fun engagement and F&B stalls

Where: The Square at GMR Aerocity
When: 23rd, 24th, 26th and 28th May, 2023
Time: 7PM Onwards

A Royal, Artful Culinary Experience @ Khubani
Roohani Wednesday | Arabian Thursday
Tara Sitara Friday | Saturday Club Night.
Khubani also organises Retro Sundays.

Gate No. 8, Andaz Hotel, Aerocity

**Sunset Cinema at
GMR Aerocity**

Where: The Square at GMR Aerocity
When: 7PM Onwards

20th May - *Zindagi Na Milegi Dobara*
25th May - *Midnight In Paris*
27th May - *The Notebook (2004)*, starring
Ryan Gosling and Racheal McAdams,
recommended by our cover face
David Warner



ELSEWHERE IN DELHI



Cinema
**Habitat Film Festival 2023 -
The Best of Pan Indian Cinema**

Where: India Habitat Centre, Lodhi Road
When: 25th April - 14th May, 2023

Distance from Aerocity: 18.9
Nearest Metro Station: Jawaharlal Nehru
Stadium on violet line



Exhibition
**The Sixth Diary – by Sri Lankan
artist Jasmine Nilani Joseph**

Where: Vadehra Art Gallery, D-53 Defence Colony
When: Till May 2023

Distance from Aerocity: 17 km
Nearest metro station: Lajpat Nagar
(violet and pink lines)



Theatre
Umrao Jaan, directed by Varun Sharma

Where: Shri Ram Centre for Performing Arts,
Mandi House
When: June 4, 7 pm

Distance from Aerocity: 19.3 km
Nearest Metro Station: Mandi House on Blue Line



Music
**Jazbaa: A Live In Concert by Music Maestro
Pankaj Udhas**

Where: Siri Fort Auditorium
When: June 3

Distance from Aerocity: 16.3 km
Nearest Metro Station: Hauz Khas Metro
on Yellow Line

**DINE
WORK
TRAVEL
LIFESTYLE**



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complementing
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How this modern and cosmopolitan
ecosystem of hospitality involves
visitors from all backgrounds while
providing equal opportunities for all

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exclusive Magazine**

Bringing the spotlight on the National
Capital's ultra-modern lifestyle
destination for work travel & F&B

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Skylympics 2023



The three-day sporting extravaganza brought together the Delhi airport community

By Yukta Raj

Delhi International Airport Ltd (DIAL) organised a three-day sports event at New Udaan Bhawan for the aviation fraternity of Delhi. It was the third season of the event. Aptly named as the Olympics of the airport fraternity, 'Skylympics' is a spectacular sports initiative taken by DIAL. Launched in 2017, it aims to foster camaraderie by bringing together the Delhi airport community which comprises almost 50,000 people working in various roles. Due to Covid, this event did not happen for last two years.



As the biggest aviation player in India and custodian of one of the leading airports in the world, DIAL acknowledges the pivotal role of all its stakeholders in the success of the airport. And to add to it, Skylympics is world's only such initiative by an airport operator that provide a platform to its stakeholders to showcase their sporting talent.

This high-octane event has only grown bigger over the years spreading the spirit of endurance, with the latest edition of Skylympics witnessing record-breaking participation from 23 teams across various stakeholders with over 900 players, competing in 10 sporting events.

List for winners in various sporting disciplines is as follows

| Sport | Winner | Runner-up | 2nd Runner-up |
|-------------------------------|---------------------------------------|---------------------------------------|---------------|
| 100 Metres - Male | TFS (Travel Food Services) | DIAL | GMR Energy |
| 100 Metres - Female | BWFS (Bird Worldwide Flight Services) | Devyani | Air India |
| Relay Race - Male | DIAL | RAXA | DIAL |
| Relay Race - Female | BWFS | Devyani | DIAL |
| Arm Wrestling - Male | DIAL | TFS | |
| Arm Wrestling - Female | Indigo | Vistara | |
| Badminton Singles - Male | Air India | GEMS | |
| Badminton Singles - Female | Air India | DIAL | |
| Kabaddi - Male | AI SATS | Indigo | |
| Kabaddi - Female | Air India | DAPS (Delhi Airport Parking Services) | |
| Table Tennis Singles - Male | Indigo | DCSC | |
| Table Tennis Singles - Female | Indigo | DIAL | |
| Table Tennis Doubles - Male | DCSC | Air India | |
| Table Tennis Doubles - Female | Indigo | DIAL | |
| Badminton Doubles - Male | Indigo | Air India | |
| Badminton Doubles - Female | DIAL | Air India | |
| Football | Indigo | DIAL | |
| Cycling | Vistara | DCSC | |
| Volleyball | GMR Energy | RAXA | |
| Cricket | DCSC | Indigo | |
| Carrom | Air India | Air India | |



Photo Credit: Yukta Raj



The event had an interesting mix of both outdoor and indoor games ranging from Athletics, Arm Wrestling, Badminton, Carrom, Cricket, Cycling, Football, Kabaddi to Table Tennis and Volleyball held between 23rd-25th March 2023.

In this edition, non-sports activities like fashion show and singing contest further added to the excitement and competitive spirit. In the fashion show on Day Three, representatives from different states did the ramp walk in their traditional costumes.

The glittering Skylympics opening and closing ceremonies were graced by GMR senior leadership team and senior management of various participating companies. In attendance for these ceremonies were Prithvi Shaw, Manish Pandey, Yash Dhull, Ajit Agarkar from Delhi Capitals and Jasveer Singh, Pardeep Narwal, and Nitesh Kumar from UP Yoddhas.

The high-adrenaline event culminated on a high note with more than 175 winners receiving medals for their performance in various disciplines. Various teams under the GMR umbrella won six gold, nine silver and four bronze medals.



While Indigo was declared the Champions for securing first overall place, there were other inspiring performances from other teams as well.

A large number of people worked tirelessly behind the scenes

to make this event truly marvellous and memorable. Skylympics 2023 has left several happy memories with everyone looking forward to the next edition.

REACTIONS

“I am playing cricket for my company. I have represented my school at the state level. It is my first time at this event and I had not expected this kind of environment; it amazing. Such events are important for employees to have fun and enjoy”

- **AYUSH SHARMA**
Player from Bird Worldwide Flight Services (BWFS)

“The event has been organised very well. Everything from the lighting to the placements of the various competitions is really well planned and taken care of. It is important to organise such sports events for employees to take care of the health and growth of the sports in the country. My strategy for the game is simple, it is to maintain the team spirit”

- **SYLVESTER D'MELLO**
Senior executive airport operations, Indigo, (Captain of Indigo Football team)

“Since childhood, I have been into sports. Table Tennis has been my game since school. I have played at international level. However, since I started working, I did not get much time for sports. But in order to take care of myself, I do daily exercises”

- **SARJU BALA**
Junior Manager, Airport Users Consultative Committee (AUCC), who played Table Tennis at the event and represented Manipur in the fashion show



Delhi Airport Is the Best Airport of South Asia

By Team Aerocity Live

Delhi's Indira Gandhi International Airport (IGIA) has been adjudged the Best Airport in India and South Asia, for the fifth time in a row and has been awarded a 4-star rating, by Skytrax. The airport, operated and managed by Delhi International Airport Limited (DIAL), a GMR Airports Infrastructure Limited (GIL) led consortium, has also bettered its global ranking to 36 in 2023 from 37 in 2022.

IGI airport has been awarded the Cleanest Airport in India and South Asia, for the third time in a row as well.

Delhi Airport is the only Indian airport to feature on the prestigious list of top 50 airports across the world since 2020.

Regionally, Delhi Airport has topped the list of Best Airports in South Asia.

The year-on-year acclamation of Delhi Airport is a clear indication of DIAL's commitment towards maintaining global standards in passenger experience, while ensuring a greener approach for sustainable growth.

Speaking on the achievement, CEO-DIAL, Videsh Kumar Jaipuriar said, "It is the hard work and dedication of all stakeholders which has helped Delhi Airport attain this unique feat. This acclamation by Skytrax reinforces DIAL's commitment to constantly work towards bettering passenger experience, while developing sustainable and environment-friendly infrastructure at Delhi Airport."

Previously, Delhi Airport was adjudged as the best airport by Skytrax for four consecutive years in 2019, 2020, 2021 and 2022 in its global region category.

The Skytrax World Airport Awards are the most prestigious accolades for the airport industry, voted by customers in the largest annual global airport customer satisfaction survey. They are regarded as the quality benchmark for the world airport industry, assessing customer service and facilities. The survey and awards are independent of any airport control or input.



Shyam Sundar, Deputy CEO –DIAL

The Awards are based on the World Airport Survey questionnaires completed by over 100 nationalities of airport customers during the seven-month survey period, August 2022 to February 2023. The survey evaluated the customer experience across airport service and product key performance indicators - from check-in, arrivals, transfers, shopping, security, and immigration through to departure at the gate.

The Miss TransQueen India At Pride Plaza Aerocity



The hotel was the venue partner for the pageant

Arshi Ghosh is the winner of the Miss TransQueen India pageant Powered by the Pride Plaza Group of Hotels, with Ella Dev Verma as the first runner up and Victoria Taying as the second runner up.

Miss TransQueen India winner Arshi Ghosh, who hails from Mumbai said, "With the help of this platform I really want to help my trans sisters who want to live their true identity. I would like start the gender sensitisation journey from the very root of the society, the rural areas of India, where I came from and became who I am today so that every corner of India is sensitised."

The Founder and Director of Miss TransQueen India Reena Rai curated this event with the help of previous winner of MTQI season 4 Shaine Soni, who directed this show with the help of Akash K Agrawal. Co-founder of MTQI Manoj Rai, a celebrity chef also helped in the event.

Rai expressed her happiness with all the participants and mentioned that five of the participants will represent India in international pageants, including Miss Trans Infinity, Miss

International Trans, Miss Equality World, Miss United Continent, and Queen Trans World.

"All my girls are winner for me and five girls will go ahead to represent India internationally and rest will work in their own land at various places and will bring about change," Rai said.

The event was judged by a panel of seven judges, including Riita Gangwani, Varun Katyal, Akash K Aggarawal, Shradha Jain, Yogita Bhayana, Lizza Malik, and Neelam Saxena.

Bollywood actress Aarti Naagpal, who was part of the event, expressed her admiration for the transgender women and their power and passion.

Mohammad Shoeb, Associate Vice President-North India, Pride Plaza, said it was a matter of pride for the hotel to host the event as the event is an epitome of diversity and inclusion and the hotel resonates with the cause. "Transgenders face a lot of issues including physical abuse, mental abuse, and not getting equal rights as other genders. By this gesture we fondly support this amazing event," he said.

Sharad Datta Appointed General Manager JW Marriott New Delhi Aerocity

JW Marriott New Delhi Aerocity has appointed Sharad Datta as its new General Manager. Datta has been a strong pillar and a key resource for Marriott hotels in India since his first stint in 2013. Prior to joining JW Marriott New Delhi, he served as the General Manager of Westin Mumbai Garden City where he played a pivotal role in the overall success of the hotel.

With more than two decades of comprehensive experience as a hospitality professional with prominent brands like Marriott International, Hyatt International and Oberoi Hotels & Resorts, Datta is a seasoned leader who brings a wealth of expertise to the new role. Furthermore, he has also lent his expertise to a range of prestigious properties, including The Oberoi Rajvilas Jaipur, The Oberoi New Delhi, Trident Kochi, and Hyatt Regency Mumbai.

He is an alumnus of Mumbai's Institute of Hotel Management and Catering Technology. He forayed into the hospitality industry with F&B operations and quickly ascended to the role of General Manager at Oberoi Hotels and Resorts.

During his leisure time, he engages in a diverse range of hobbies and interests that serve to enrich his life both personally and professionally. He is an accomplished golfer, a keen musician and a fervent enthusiast of art.



Pullman & Novotel New Delhi Aerocity Has New Director of Marketing and Communications



Ritika Paffett has been appointed as the Director of Marketing and Communications for Pullman and Novotel New Delhi Aerocity. Paffett has worked with renowned hotel brands in the past and has proven to be an exceptional leader in driving brand visibility, engagement, and revenues. Her strategic thinking, creativity, and strong communication skills have helped her achieve remarkable success in her previous roles.

In her new role, Paffett will be driving key campaigns and collaborative events to drive maximum mileage towards the brand. She will also work towards positioning F&B restaurants along with other verticals of the hotel through various channels and initiatives.

Starting her career with the media industry, Paffett soon switched to the hospitality industry where she worked with leading brands like IHCL, Marriott and ITC. Her last stint was with The Leela Ambience Gurugram and The Leela Ambience Convention Hotel New Delhi where she spearheaded the marketing domain for the two properties together.

New Concierge Service at Aerocity

Additional facility for convenience of visitors to the place



GMR Aerocity has established a new concierge service at The Square for the benefit of visitors. With a large number of travellers from outside Delhi and overseas, local visitors from Delhi visiting the place, and office-goers coming for shopping or dining in free time, the concierge service will enhance their experience by facilitating with directions and any other assistance required. The design of the structure is much in sync with the overall ambience of the place.

Looks Salon, Now In Aerocity



Looks Salon, one of India's largest salon chains with a rich experience of 34 years housing 4 brands under the umbrella of the parent company and catering to all genres of the society, now has open an outlet at Aerocity.

Looks Salon now has a presence in 50 cities pan India. 'Looks Prive' in GMR Aerocity is built with a luxurious ambience, designed for comfort and delivering services with excellence for your most memorable experience and salon journey. Living upto the meaning of the word 'prive', every experience is privatised and tailored to make your day memorable and your experience exemplary. It takes the commitment of a memorable / exemplary visit very seriously. Among the services of the salon that the customers can look up in hair, beauty, footcare and nail sections are:

- **Davines, Italy:** Known for natural origin ingredients containing hair colour & hair care range - perfectly timed for the growing awareness and usage of sustainable ingredients in hair care

among Indian consumers.

- **Moroccan Oil, Israel:** An iconic 10-year Argan Oil based full line of hair and body services & products. Exciting salon innovations such as a Blow Dry Bar, Body & Beautiful Spa section will be India's first.
- **Kevin Murphy:** Australia's sustainable skin care for hair range of services and products which are ethically sourced and formulated with nature.
- A range of face treatments from France based on sea & marine algae from the Mecca of luxury skin care.
- Goodness of India range of rejuvenating and detoxifying face and body treatments which are wonderfully suited for the Indian skin type.

There is also the Nail Bar, and dedicated sections for waxing, stylish haircut section and wellness section, and a section for men's care.

Aerocity, Fashion's New Synonym

With celebrated brands operating from here coupled with great ambience and best of infrastructure, this hospitality district is among the most coveted address in the country in terms of fashion and lifestyle

By Meha Mathur

In Downton Abbey, a highly popular British historical drama, the character of Charles Carson equates style to growth of civilisation, and vice versa. True enough, an important aspect of any culture and society has been the attention that people have paid to presentability, since times as remote as the Indus Valley and Egyptian Civilisations. Indian art dating to the paintings in Ajanta reveals the great attention to attire and ornamentation. The 'Bani Thani' painting is an iconic painting of Indian art. Personalities like Jacqueline Kennedy Onassis and Audrey Hepburn have been feted for their fashion sense, and fashion streets like Fifth Avenue in New York and Rue De Rivoli in Paris have become as hubs of fashion.

Apparel and textiles are also significant contributors to a India's GDP. According to India Brand Equity Foundation, in 2020-21, the share of textiles, apparel and handicrafts to India's exports was 11.4 per cent. In 2021-22, India exported US\$ 44.4 billion worth of textile and apparel products, an improvement of 41 per cent over the previous year. The contribution in terms of employment opportunities is also immense.

One destination in Delhi NCR that has emerged as a great fashion point is Aerocity, thanks to several factors. It houses several leading fashion brands. When JJ Valaya chose JW Marriott in Aerocity as the location for his new store in September last year, he gave out a loud signal that this is the place to be. Its central location between South Delhi and Gurugram makes it accessible to the clientele that is known to enjoy grand lifestyle; its connectivity via the Airport Metro Line gives it further connectivity advantage. Its infrastructure for hosting big brands is ideal – neat and clean ambience, opportunities for leisurely stroll while shopping, ample parking space,



and lots of eating options nearby, from high-end restaurants to the Food Court. All of this make for a wonderful shopping experience.

The boulevard of the shopping area at the The Square, GMR Aerocity, where some of the leading brands have set their store, and which have been featured in the ensuing pages, is aesthetically designed and is picture-perfect in terms of aesthetics. You will find a neatly lined outlets of Nicobar, Manan, Chique, Pure Home and other brands, with an inviting space design and product range meant for progressive Indians.

These brands are helping the case of India's apparel and textiles sector by showcasing the best of textiles and apparel here. Aerocity being frequented by a large number of overseas travellers, these travellers are also exposed to the Indian fashion trends at this venue. It also has benefits for the economy. As we found out during the interviews with founders and creative teams of some leading brands in Aerocity, the benefits of apparel percolate right down to handloom clusters in small villages as far as eastern parts of India.

Statements in lifestyle

Fashion is a concomitant of lifestyle, and at Aerocity, a lifestyle typifying a progressive Indian is manifested everywhere. It's a lifestyle wedded to the Indian culture yet imbibing global influences. It's evident in the experience that the constituent hotels offer to their guests, in their décor; it's evident in the creative layout of various restaurants that exude grandeur and warmth at the same time; and in the form of a well-planned space, with proper amenities.





Mindful fashion

Fashion can't be aloof from the current realities, and with concern about the environment impact of apparel and textile sector, brands are also trying to minimise carbon footprints, if not eliminate altogether. The owners of the brands that we spoke to talked about measures like using fabric that consumes less water in production, use of natural dyes, and elimination of plastic in packaging.

In the ensuing pages, we cover a gamut of fashion and lifestyle offerings at Aerocity - apparel brands, home décor, an eating outlet with wonderful use of traditional crafts, or even a grocery store that has made a mark for itself with the choice of products that it sells, and an Ayurvedic 'medicines' outlet that offers specialist services for your wellbeing. We bring to you an all-encompassing coverage of fashion and lifestyle offerings in this issue.



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“Make Sure To Wear Appropriate Stuff For The Occasion”



Ace cricketer **David Warner** talks about his fashion philosophy, and his favourite spots in Aerocity

By Deep Majumdar

Former Australian cricket captain and captain of Delhi Capitals David Warner's signature style is visible in whatever he does. From wowing cricket fans across the world with his batting and leading his teams with deep insight into how to motivate, to impressing with his simple yet impactful fashion sense, he leaves a clear imprint. In an interview to *Aerocity Live*, he talks about his fashion philosophy, what he thinks of Indian fashion, and his impression about Aerocity. Excerpts:

What is your understanding of fashion and lifestyle, and how important is it to you?

Fashion has evolved for me. I used to wear T-shirts, shorts and flipflops. For us, it's about the weather and we go to beach a lot. But now, going to different parts of the world, for me, fashion means where you are. I want to dress the same as people are. And I think Europe sets the trend. There are so many funky styles there. I like going there and buying stuff that I can wear even when I am in Australia. Fashion to me means (being) smart.

Which fashion icon do you admire the most and why?

David Beckham. He cuts his hair one way and millions of people will cut it the same way. He knows how to fit into where he is. There is a royal wedding? He fits in. Everyone standing is like “Oh, there's David Beckham.” Don't worry about the bride or the groom, just look at David Beckham. He's the best. The other one is James Bond, Daniel Craig. I wonder sometimes, what's it like to be him.

If you had to give three fashion tips, what would those be?

First is, make sure you are wearing appropriate stuff for what you are going for. If it's a cocktail, nice chino pants with a nice casual white shoe and maybe a linen top.

The first thing people will look at is your smile, but your hair is also important. That is, if you have hair. If you don't, you'll have to make sure that you're out there. I also prefer bright colours. So, don't be afraid to be the person who stands out and makes a statement.

And what are your go-to places to buy good fashion products?

I'm very simple when it comes to finding places. I'm very much into round-neck T-Shirts, so Zara or Country Road, that's more me. There's another store in Australia called Jac + Jack, which is for linen and oversized shirts.

What would you say about fashion and lifestyle in India and in Delhi?

I wish I was brave enough to pull off some of the fashion (I see) here. The men's sherwani and the lungi are cool. I like these as fashion.

What do you think of GMR Aerocity as a destination?

Absolutely amazing. It has got the best hotels in Delhi. It has amazing hotels like JW Marriott, Pullman and Andaz, but my favourite is JW Marriott. It's so beautiful. Aerocity is easier for someone flying to Delhi. It's centrally located.

We all know about your reels. Where did the inspiration come from?

The inspiration came from Covid. There were so many things to NOT do when we were in Covid. So, it became a hit in my family – why don't we start dancing and have fun! What we did was light hearted. If I can put a smile on someone's face then it means a lot to me.

How does it feel to have so much success and fame?

It does get overwhelming at times. At times I want to walk outside and just be me, but I can't. Every time I walk outside, I would be watched. We are being critiqued on everything we do. We call it our working cap. Every time we walk out of the bedroom or hotel room, we are not representing just us but the franchise or the country. But what comes with it is an understanding what a role model is. There are perks that come with it and some difficult times. You get under fire a lot. The best thing I can do is put a smile on my face and enjoy every day.

Also read: Warner's cricket mantra, on page 80

“I wish I was brave enough to pull off some of the fashion (I see) here. The men's sherwani and the lungi are cool. I like these as fashion”



Go-to places in Aerocity

Dining options in Aerocity:

“Some of my favourite restaurants at Aerocity are Farzi, Punjab Grill, Dhaba and K3” (the last one in JW Marriott)

Most memorable shopping experience in Aerocity

“I would say that customer service is the best. I like the customer service at a lot of the stores. Some great places to shop at are Nico-bar and Manan. I just go there and find myself spending money, which is a good thing.” (laughs)



The Nicobar experience

Describing the design ethos, Rai says, “Even before we launched, we knew we wanted to craft a collection that celebrates our cultural heritage, but that is global in appeal. Our design ethos is rooted in the idea of timelessness, and in effortless elegance. We wanted our clothing to stand the test of time, and be the pieces that our guests would reach for year after year, season after season.” The founders were keen that the items “become a cherished part of everyday life, while also becoming part of a lifelong collection that can be added to and built on over a lifetime”.



RAUL RAI

It’s the small touches of “whimsy” that bring a playful twist to the collections and turn the ordinary into something extraordinary. It could be the little detail that’s embossed onto plates, or embroidered under collars and along a seam, intricate stitching on a collar, the delicate design of a cuff, or the precise threadwork on a button. Small details like this go a long way in making the items look classy.

Creative Director Aparna Chandra, describing the thought that goes into the design and making of Nicobar products, says, “To create a brand that champions effortless style, we have always focused on designing clothing and homeware that can be cherished for years. Quality is our guiding principle, emphasising our products’ fabrics, fit, and form. We take great pride in the minutest details that can make a guest smile and enhance the everyday experience.

SIGNATURE PRODUCTS

- Beautifully handcrafted galaxy sari by Aparna Chandra
- First-ever polo tees for men in five great colours
- Alphabet charms for the soul
- The Nico Dress (facing page)

We strive for simplicity, versatility, and the ability to layer without incorporating ostentatious logos.”

She adds, “Our core line is exclusively crafted from organic cotton and a cotton-linen blend, making it ideal for everyday wear. Timelessness and versatility are the hallmarks of this collection and can be worn in many ways.”

And she emphasises, “We’re not trend-led, and we never will be. Instead, we endeavour to curate a wardrobe and living space that transcends seasonal fads by selecting pieces that tell a story and reflect individual styles.”

Aerocity advantage

Rai describes the Nicobar clientele as an aware and mindful one. “Our guests are well-travelled and global in their outlook. They are confident in their style and definitely gravitate to ‘style’ over ‘trend’. They care about where products come from and how they are made and are keen on making their consumption more conscious.” That being the case, having an outlet in Aerocity is of advantage, as the hospitality industry attracts such visitors in large numbers, besides travellers from other parts of the world. Describing the advantage of having a Nicobar outlet at Aerocity, he shares, “Our vision has always been for Nicobar to embody the role of a distinguished cultural ambassador for India, with a global outlook, true to its persona. The strategic location in Aerocity, a central hub for travel and expeditions, is a fitting backdrop for our brand.”

Sustainability agenda

In her characteristic honesty, Chandra says that Nicobar is still not “carbon neutral as much as we aspire to be”. She clarifies, “Although we are committed to pursuing this goal, we recognise we have a long way to go. We call ourselves a mindful brand, and from steps taken at our design studio and at our stores to a project that helped us cut 85 per cent of the plastic that went out with our ecommerce orders, we’ve managed to ensure that mindfulness remains at the heart of our brand.”

Influence Of Indian Culture, Global Relevance At Nicobar

By Team Aerocity Live

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.

Describing the vision behind the launch of Nicobar, Rai says, “We embarked on a mission to establish a lifestyle brand that is deeply rooted in the essence of India and with a unique design signature that would inspire guests toward a modern Indian way of living, dressing, and looking at the world. In a world where fast fashion dominates, we envisioned products that were timeless, that would prioritise longevity over fleeting trends, and that draw inspiration from nature’s designs and materials.”



MANAN - CONSCIOUSLY CRAFTED CLOTHING

A design house that creates artisan-led menswear and womenswear

By Team Aerocity Live

It was in 1990s when a young Madhavi Ganeriwala got interested in designs, observing her own mother and other ladies in the family stitch interesting patterns using fabric. That's how she took to sewing.

She also felt a gap in terms of what she wanted to wear not being available anywhere. "We have a close affinity for linen, and for natural fabrics. There was no detail available about where the fabric came from, how it was made. So, she (Madhavi Ganeriwala) started creating the stuff she wanted to wear – what a modern young woman in 1990s would like to wear," explains her son Sidhant Ganeriwala.

Sidhant, who graduated in finance, also got interested in this field seeing his mother deal in fabrics all the time, and picked up techniques. For expertise the two developed a team of designers, now led by Vidush, that is creating magic in linen.

The Thought Process

Sidhant shares, "While creating anything, we think whether we would wear those clothes. If we don't feel happy about it, and won't wear it over years, then we generally don't make those products. So that essence of timelessness is at the core of Manan."

Madhavi adds to that, saying, "When I started creating the clothing, people



appreciated it was different from what they were getting in the market."

Today, Manan is into men's and women's wear and jewellery items. It's catering to a customer who is aware of carbon footprints of garments. "These clothes are part of daily lives. These are not the items that are tucked in one corner."

The head designer Vidush informs that the fabric chosen is natural. He elaborates, "Our design stems from the textile. It starts from the tiny samples of weaves that we get, following which we get the running fabric, and it's then that we design the fall and the fit. And as per the fabric and the weave we decide on the embroidery and the embellishments."

The sourcing is done from clusters of handlooms in villages, especially in eastern parts of India. Sidhant describes, "Our teams discuss with them the weave we want, the colour specification, the thickness of thread in case of linen and so on."

He adds, "The underlying objective is to make something that can be worn regularly for a long time. And it's a very collaborative process."

An important dimension of design is that of the stores and team Manan prefers to keep them "raw and minimal". Clothes hanging on a wooden rod that's suspended with a rope is the design template. "We have space so that people can walk around and don't feel rushed. We are a very colour-forward company. The fern colour – grassy green – was conceptualised last year and we liked it so much we are using it in our linen collection and the colour of our showroom is the same. This year fern is a big colour for our collection. Last year it was purple and the store was also painted purple.," Sidhant elaborates.

Presence in Aerocity

Manan has a flagship store in Khan Market in Delhi and is a part of several leading boutique stores in Ahmedabad, Bengaluru, Hyderabad, Chennai and Surat. However, Team Manan feels that having a store in Aerocity brings with it a unique advantage due to its location and the customers coming to the location - it's a place where international, domestic travellers and corporates

SIGNATURE PRODUCTS

- **Women's wear:** Dresses, Kurtas, Tops & Shirts, Co-ord Sets, Jackets and Bottoms
- **Men's wear:** Shirts, Pants, Kurtas and Co-ord Sets
- **Jewellery:** Necklaces, Earrings, Rings and Bracelets

visit and come for work, to explore and to have fun. We were missing a shopping destination like this." The architecture of the place is also appealing. "In Aerocity we love the high ceilings, the openness and the aesthetics," he adds.

Happy about the response, Sidhant says, "We have been open for about three months and we have been pleasantly surprised. The walk-ins are great. People who walk in are understanding the product. We have long-term plans, and like to be there."

Environment statement

Acknowledging that as an industry having zero carbon footprint is not possible, team Manan informs that they are trying to as ecologically conscious as possible by not using plastic in packaging. Producing linen also takes less water than cotton to grow. Also, they only weave as much fabric as they can use in a year. "We don't stock fabric and clothes. Today, if you place an order on the website, it is made after you place the order. And as part of the fashion industry, the one thing that we can do is to create clothes that last long," Sidhant informs.



(L to R) Vidush, Madhavi Ganeriwala and Sidhant Ganeriwala

CHIQUE CLOTHING FOR PROGRESSIVE WOMEN

Crafted to make you feel confident and comfortable in your skin, Chique is an endeavour at easy self-expression



SIDDHANT GUPTA

“At Chique, we believe that women should love the person they see in the mirror everyday. Imbued with this spirit, our clothing as well as our retail experience embodies the same comfort and warmth”



He adds, “At Chique, we believe that women should love the person they see in the mirror everyday. Imbued with this spirit, our clothing as well as our retail experience embodies the same comfort and warmth. For the Indian woman rooted in culture, Chique speaks a language of fashion that transcends boundaries. Throughout our journey, we remain grounded to our beginnings yet evolve constantly. Just like you—the Chique woman.”

The thought process

As Gupta describes, every piece at Chique is crafted in accordance with the needs of the ever-evolving woman. “From unique prints and flattering silhouettes to carefully-sourced, handcrafted and hand-embellished textiles that are comfortable yet durable, we are always working to provide the customer with an elevated clothing experience. At Chique, each piece of clothing is born out of something simple, is uplifted with love and elevated through craft.”

Signature products

From unique prints and flattering silhouettes to carefully-sourced, handcrafted and hand-embellished textiles that are comfortable yet durable, we are always working to provide you with an elevated clothing experience.

“At Chique, each piece of clothing is born out of something simple, is uplifted with love and elevated through craft.”

The collection reflects global taste. Traditional and modern sensibilities are blended into one for a brand that is global yet rooted. Chique maintains a balance between a traditional and modern voice.

Growth story

The brand has grown in strength over the years. In 2015, Chique burst onto the scene with exhibitions and store pop-ups, bridging the gap between Indo-Western and festive pret clothing and targeting ever-evolving women with body flattering cuts and inclusive sizing through its unique portfolio of designs.

According to Gupta, “With over 25,000 visits per day on our website and thousands of store-in-store visits, over 2,00,000 women all over internationally found their self-expression with Chique.”

What started with the first outlet at Defence Colony, New Delhi has grown into a retail presence of over 40 stores in 26 cities and



10 more under fit-outs on the way with over 400 employees and counting.

Aerocity Advances

Describing the reason for opening an outlet in Aerocity, Gupta says, “While launching our store in GMR Aerocity our focus was to tap on the international clients and create more hype/awareness around the brand.”

By Team Aerocity Live

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. Chique, as a brand, is inspired by Urban Indian women who aspire to express themselves as modern citizens of the world.

To be ever-evolving, to be unapologetically you – that is what it means to be Chique. Founder Siddhant Gupta describes the vision of Chique in the following words, “Crafted to make you feel confident and comfortable in your skin, Chique is an endeavour at easy self-expression. For the ever-evolving woman, who wants to embrace global fashion and stay connected to her roots, Chique brings the traditional and western sensibilities together in a seamless blend of styles that celebrate every shape, size, and body.”

Colour, Quality & Pricing Are **Pure Home + Living's** USPs

Zafar Baig, Chief Brand Officer, **Pure Home + Living** describes how the products available there beautify any home corner

By Team Aerocity Live

Founded in 2011, Pure Home + Living as a brand is synonymous with home décor and dining. As you enter the Pure Home + Living outlet in Aerocity, the stunning range of glass products in mesmerising colours, dinner ware and other décor items immediately captivates you. With a range of decorative items both traditional as well as contemporary, the store is just what a modern home needs. Zafar Baig of Pure Home + Living describes the thought that goes into product curation. Excerpts:

What was the vision with which Pure Home + Living was launched?

We launched the brand in 2011. We felt there was a niche that needed to be filled between low-end and the expensive side. There was not much in between. So we launched this brand with the idea of filling that gap, which would allow a very broad segment to come in and buy products that are good quality and at a reasonable price. They could do up their homes without hurting their pockets.

Which segment does Pure Home + Living cater to, and what is the repeat clientele like?

The age group that we cater to is 25 onwards. They could be setting up home for the first time, they could be new home owners. We have a very loyal base and 50 per cent of our customers are regular.

What has been the growth story of Pure Home + Living, in terms of geographical expansion and product range?

We began with a few stores in the North but now we have presence



Zafar Baig

across the country. We are present in Delhi, Ludhiana, Indore, Bengaluru, Chennai. So we have 28 stores and hope to be at 40 by the end of this year.

What is the advantage of having Aerocity as a location?

One very important aspect is travellers on account of numerous hotels. And since we have intention of expanding abroad as well, we feel that the store in Aerocity will help create a lot of awareness outside the country.

What thought goes into the design of the products, and of the stores, as the store design is an important aspect of the experience?

Very much so. The whole idea is to provide an environment that



is beautiful. We categorise the items in such a way that it's easy to locate. We prepare the ranges at least six months in advance. It's all done in accordance with the season, especially the colours, which I don't think anyone else is doing. Be it cushions, glasses, votives or other home décor – we have three to four colours. So, the colour curation as per season is our main emphasis area.

What thought goes into the products you would like to sell?

As a home décor and dining brand, we would like to have enough range of products that can be used in any corner of your home. Whether it's your drawing room, dining area, bathroom or bed-side table, we have it all. And it has high-level utility also. So our dining-ware and our glass-ware collections, and our pillows are very popular. So are our flowers. The idea is to make your home look beautiful. We would like to think of ourselves as a one-stop shop for home décor and table-ware.

Compared to other players in this segment, what is the USP of Pure Home + Living?

Colour curation, quality, and the pricing. We are very strong on that front in comparison to our competition.

Where is the sourcing of the products done from?

From all over the world. Currently, 50 per cent of the products are from India and 50 per cent from abroad – Czech Republic, Vietnam, Malaysia, Bangladesh and China.

How important is sustainability to Pure Home + Living and what effort goes into making the whole process more sustainable?

It's an important issue across all industries. We are working very hard with our suppliers, trying to recycle, and trying to incorporate eco-friendly material in our packaging.

What is the best feedback that you have got for your products and services?

Most customers that walk in are surprised by the way the store looks, the products and the price point. They are happy and delighted at what they find.

SIGNATURE PRODUCTS

- Glassware in a very large variety, constituting about 25 per cent of the business
- Accessories of home décor like vases, votives and bowls
- Dinnerware

“At Kama Ayurveda, We Provide Benefits of Traditional Systems To Customers”



By Team Aerocity Live

Vivek Sahni, Founder and Chairman at Kama Ayurveda, describes the vision behind launching the brand, and his admiration for Aerocity as a location

Towering over the Plaza and Sunken Plaza of Aerocity is a beautiful structure that houses an outlet of Kama Ayurveda, a brand founded in 2002. Known for providing traditional and holistic treatments for beauty and wellness, the brand has 50+ exclusive stores across India, including Delhi, Gurugram, Mumbai, Chennai, Kolkata, Bengaluru, Pune and Tier II and III cities. As you step into the Kama Ayurveda store, you'll be greeted with an aesthetically designed space that invites you to take a closer look at their range of Ayurvedic offerings. Founder Vivek Sahni shares his insightful perspective behind the entire Kama Ayurveda experience. Excerpts:

With what vision was Kama Ayurveda launched?

Our vision was to provide something traditional, authentic and effective to the modern consumer, and that's when we discovered Ayurveda. During one of my trips to Kerala (cradle of Ayurveda), I was introduced to a third-generation Ayurvedic practitioner. Meeting the doctors, seeing the hospital, the whole experience laid a huge impression for the foundation of the brand. Ayurvedic beauty is holistic in nature; as per Ayurveda your skin & hair are a barometer of your overall health.

We launched the brand with nine authentic ayurvedic formulations developed with a team of highly acclaimed Ayurvedic researchers.

What thought went into the branding of products?

While researching traditional Indian beauty, my co-founders and I were inspired by the history, purity, and efficacy behind the science of Ayurveda. This inspired us to reimagine this ancient science of Ayurveda for beauty, and for the modern consumer.

Initially, our focus was to create authentic Ayurvedic beauty products for skin, hair and body, and over time, we've backed the claims and callouts of our products with clinical trials.

To address the skepticism about Ayurveda, we conducted independent clinical trials to reinforce our products' efficacy.

We are also making sure that the formulations are as natural as possible. Not only the oils, but the shampoos are 95 to 98 percent natural.

At Kama Ayurveda, we reimagined old-fashioned apothecaries, which is why we designed brown bottles with white labels and added gold caps are designed for a more contemporary feeling.

Made with unadulterated natural ingredients, our time-tested, balanced Ayurvedic solutions are tailored to modern-day skin and hair concerns. We believe in the philosophy of slow beauty and our balanced solutions are a testament to delivering long-term visible results. Kama is desire, Ayurveda is science and we bring them together.

What kind of team have you built up, including doctors and researchers?

We're working with an age-old Ayurvedic pharmacy that has a large number of researchers, and we also have an in-house R&D team. Apart from these, our supply chain and operations teams work relentlessly to make our processes more sustainable, aligning with our brand value of being kind to the planet. All our products are manufactured in our green facility, Palladam, which is a self-sustaining ecosystem. We collaborated with botanists to create a beautiful forest around the factory. We even built a foot



VIVEK SAHNI

of forest, complete with different trees and plants.

For instance, all the water used in the factory is recycled, and even the sewage water is reused to water the plants. We take pride in being environmentally conscious and have made sure that the entire plant is energy-efficient, from the building to the thermal boilers.

Our products are presented in eco-conscious, responsibly sourced packaging. We are also moving towards FSC-Certified Monocatoms, PCR Bottles (made from recycled materials from existing PET bottles and other plastics) & Kraft Paper based compostable shipping boxes.

What is your target clientele and which segment do you cater to?

Initially, our target audience was women aged 30 to 70 who preferred Ayurvedic solutions and were well-educated. However, over the past two decades, we've observed a shift towards younger clients, including men. The rise of social media and virtual platforms may have contributed to this trend. We're also pleased to offer effective acne solutions that have proved popular with younger customers.

What are the advantages of the location in Aerocity?

I love Aerocity, our store has an amazing location (right in the centre of The Square, in between the escalators). It's incredible how GMR has developed the place. It's really alive, with all the high-end stores and so many restaurants around. People come from different parts of Delhi and Gurugram.

What thought has gone into the layout of the store?

The idea was to create an ambiance in the store from the moment customers enter, through the first scent, the music that we play and the holistic yet minimal design. Kama Ayurveda's Experience Centre is the natural progression of the brand narrative. It is an opportunity for our discerning customers to experience the efficacy of our products, administered by trained therapists in a calm and soothing environment. We also offer an Ayurvedic experience with a dedicated section in the back that includes two spa chairs, an Ayurvedic doctor, and a therapist. Customers can receive hair and skin treatments and consult with the doctor to learn about Ayurveda's principles and benefits.

SIGNATURE PRODUCTS

Kumkumadi Thailam, Kumkumadi Rejuvenating & Brightening Night Cream, Pure Rose Water, Amarrupa Wrinkle Repair Face Oil, Bringadi Thailam, Bringadi Hair Cleanser

Home Products, Sourced From All Over The World

The iconic **Modern Bazaar** has a new outlet in Aerocity, offering the best of global offerings



By Team Aerocity Live

Modern Bazaar was the brainchild of the Late Vishwant Kumar some 50 years ago, when he started operations from Vasant Vihar, New Delhi. It was India's first supermarket which provided the customer with a wide range of quality products from across the world and under one roof.

Since its inception in 1971 Modern Bazaar operated as a single store entity. However, a major fire in 2004 burnt it down completely. In 2005 Kunaal Kumar, who had joined the family business in 1991, opened a new store in the same locality in South Delhi. Having re-established the brand once again he ventured out into other areas/ markets and over the next few years branches were setup at regular intervals across Delhi and Gurugram. Currently there are 20 stores operating in Delhi & NCR and Chandigarh, including at Aerocity.

All the stores provide a wide range of products sourced locally as well as from abroad. The local products available are those that have been carefully selected from the wide variety available such as grocery items, fresh foods such as meat and eggs, fruit and vegetables, confectionery, dairy products etc. Most of the stores have an in-house bakery and stock a variety of breads, cakes, pastries, cookies along with several other products.

The USPs

Kumar describes the motto of Modern Bazaar as "Love all, Serve all". He elaborates, "We have to give our customers five-star experience, while the pricing has to be subsidised.

"Our focus has always been on the customer and ensuring that we not just meet but exceed their expectations. The constant endeavour is to be innovative in our offering and we have always made changes based on seasonal requirements and market trends. In addition, we ensure that the products on our shelves are of the highest quality and service is exemplary."

RANGE OF PRODUCTS AVAILABLE

- **Fresh foods such as meat and eggs, fruit and vegetables**
- **Confectionery, dairy products etc**
- **Bakery items**
- **Tea, coffee, condiments**
- **Cosmetics, homecare, toiletries**



KUNAAAL KUMAR

He adds that there is no other store that has both Indian and imported goods. "There's no one who can compete with us in imported goods. We import from all over the world. People know that we have both Indian and imported varieties, and at the best prices." At the same time, for packaging, Modern Bazaar is planning to introduce biodegradable material soon.

Kumar reiterates that the clients have liked the products, the service and the experience and that he says is the reason they stick with Modern Bazaar, wherever it's opened. And he clarifies that stores, which were earlier visited by who-is-who of Indian polity and society, are not just for the top echelons of the society only. A number of campaigns have been launched and even the middle class feels comfortable.

Why Aerocity

Happy to have an outlet at Aerocity, Kumar says, "It's a very modern place and well-planned. The store is compact but has a lot of variety. It is stocked with the best from our collection of local and international products to meet the requirements of customers in and around Aerocity." Seventy per cent of the items at the outlet are fast-moving items.

As regards the design of the store, Kumar says he has imbibed much from the global trends, having travelled extensively across the world. "Taking some ideas from overseas, I have made a good combination."

Royal Dining Experience

Experience an immersive dining experience with live performances, culture and art at Khubani

By Vasudha Mukherjee



Named after the rare fruit, Khubani offers a unique dining experience that transports guests to another time and place. At the entrance, guests are greeted with a grand fountain, sculptures, and exquisite period art pieces. Inspired by Persian culture, the walls are adorned with floor-to-ceiling carpets and antique photographs, immersing diners in a captivating atmosphere.

While the restaurant offers a range of world cuisines from pan-Asian to continental option, their authentic Turkish menu is a must-try for diners. There's even a cafe dedicated exclusively to Turkish cuisine, complete with an open kitchen where diners can watch their meals being prepared. For an exceptional experience, diners can order the famous 1.5 m-long kebab.

Khubani's space is thoughtfully divided into separate sections, including a 24-hour cafe, fine dining area, clubbing space, and shisha lounge. The heart of the restaurant lies behind the bar, where a stage is set for live performances. Every night, guests



Sharad Madan

International artists grace the stage for a range of performances, including Sufi music on Wednesdays, Arabian on Thursdays, and Bollywood on Fridays, seamlessly blending dining, clubbing, and culture together

can enjoy a theatrical experience as the bar opens up to reveal the stage. The second-floor lounge area also boasts windows for an aerial view of the performances.

International artists grace the stage for a range of performances, including Sufi music on Wednesdays, Arabian on Thursdays, and Bollywood on Fridays, seamlessly blending dining, clubbing, and culture together. It's no wonder Sharad Madan aptly describes Khubani as a "Persian Palace".

He states, "Khubani is a unique concept on its own. It is something that's very new to the people, it is the perfect blend of dining and clubbing." Despite this, Sharad emphasises that the focus of this "prime project" is on food and fine dining. Khubani has managed to balance both aspects by offering these services in an organised manner. Fine dining is available until 10 PM, and then the live performances start, transforming the space into a night club around midnight. Sharad explains, "People don't have to change their

space; we're a one-stop place."

Khubani also does retro dinners every Sunday 8:00 pm onwards and family Sunday brunches.

Khubani isn't just a place to grab a meal – it's an immersive experience that invites guests to explore new cultures and create lasting memories. While the restaurant is known for its luxury and royal ambiance, it's the thoughtful details that truly set it apart. From the intricate Persian rugs with tikari work from Rajasthan to the cleverly designed spaces that offer both openness and privacy for large groups, every element is carefully crafted to create a comfortable environment where guests can unwind and savour the moment.

Once a week the underground speakeasy, Habibi, opens its doors. The cozy nightclub can feel like stepping into the Basilica Cistern itself. With dim lighting and international DJ performances and a hidden location, guests can experience a unique, exclusive nightlife.

“Sustainability Is Selling Pre-loved Fashion”

Pernia Qureshi, fashion entrepreneur and actor, on how to reduce carbon footprint in the industry

By Suchita Gopal Sail

Pernia Qureshi is a fashion entrepreneur, who champions 'sustainable fashion'. Her e-commerce website, Pernia's Pop-Up Shop launched in 2012, offers premier designers to global clients. To celebrate the future of South Asian fashion Qureshi co-founded 'Saritoria', a solution to the fashion industry's pollution. She spoke to us on the sidelines of *BW Businessworld's* Future of Design event.

Qureshi believes India is a foundation of global fashion with a number of designers, markets, unique fashion, techniques, colours, embroidery and fabrics. "The larger-than-life designer houses in the country also inspire fashion globally", Qureshi says.

She is concerned about the polluting effect of the industry and says, "As an industry, fashion creates pollution greatly and India is majorly affected by the same along with other South Asian countries"

By way of possible solutions, she explains, "The biggest initiative by which we support is buying or selling pre-loved or second-hand fashion, because the only way to be truly sustainable in fashion is to not make 'anything new' but use 'whatever exists' and we at 'Saritoria' promote this exchange." She lays emphasis on using fabrics that are eco-friendly and require less amount of water and energy in production as support to sustainable fashion largely.

Delhi on the fashion map

Talking about the role of Delhi and NCR in the fashion business, the designer says, "Delhi has a huge contribution to the garment-



“Delhi has a huge contribution to the garment-making industry.... The embroideries and the interesting design of every apparel produced in the capital are a fashion inspiration worldwide”

PERNIA QURESHI

making industry. As the city is culturally rich and represents the legacy of the historic Mughals, the same is reflected in the fashion pieces created by the local craftsman. The embroideries and the interesting design of every apparel produced in the capital are a fashion inspiration worldwide."

About Aerocity, she says, "I feel Aerocity is a clean design that encourages swift and comfortable travel for people coming in and out of Delhi. It's a convenient option for travellers".

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“Delhi Is Very Special In Terms Of Absorbing Fashion”



Amritha Ram, Creative Director of Kamal Haasan's House of Khaddar describes the contribution of the capital to the country

By Meha Mathur

What are the strengths of Indian fashion labels? What are some of the contributions of Indian fashion to the world?

The Indian fashion industry has been gaining global recognition for its creativity, diversity, and sustainability. With the growing awareness of environmental and social issues, sustainability has become a key trend in the fashion industry. Indian fashion brands are increasingly adopting eco-friendly and ethical practices in their supply chain, production, and marketing. India and its crafts have also been a contributor to global brands for a very long time, and its inspiration is notable in many brands.

Globally, the fashion industry is responsible for a large carbon footprint. In what ways can fashion become sustainable? Can the two go together? At your label, how are you striving to achieve that?

I do believe fashion can be sustainable and in today's times, there's so much one can do at ground level to build a conscious brand and lower the carbon footprint. Our brand fits the category of a sustainable brand perfectly and we have been striving since the launch. It is all organic and handmade, from the dyeing process to stitching, the threads we use, and the embroidery. Additionally, our weavers do handloom instead of the power loom. Our denim is also very special, as they are handmade and



AMRITHA RAM

“India is a treasure trove of ethos and style in every region and has its own beauty and different technique of craftsmanship. Delhi is 100 per cent the fashion capital of India from a commercial point of view, that's why all brands open a franchise in Delhi”

What would be your advice to fellow Indians about day-to-day fashion?

The clothes we wear often play a vital role in many aspects of our daily lives, such as interpersonal relationships, social situations, and in our professional environment. They are important in establishing an individual's mood, commanding respect, and often affect first impressions. Hence, it's important to understand the reason behind fashion right. Everyone lives through fashion, sometimes by choice and sometimes because of societal rules. What we need to remember is to respect balance. Adopt minimalism and understand the power of accessories and not follow trends blindly. Be individualistic.

Which cities in India would you associate with great fashion movements and ethos?

I would say every city in India is culturally backed by a very strong movement and thus it directly relates to fashion. Hence, India is a treasure trove of ethos and style in every region and has its own beauty and different technique of craftsmanship.

Delhi is 100 per cent the fashion capital of India from a commercial point of view, that's why all brands open a franchise in Delhi. I think the moguls have left a great legacy of fashion - the angrakha, the lehenga, which of course has undergone its own transformation.

And what would you say about the fashion trends that Delhi has given to the country?

Delhi is the heart of where Indian culture began, I feel the rich variety of usage of threads, and stones as embellishments on garments – it's beautiful. Delhi is very special in terms of absorbing fashion and giving it out to the rest of the country. It is a treasure trove of all things Indian fashion is about and it's always a pleasure to visit and shop from Delhi.

When in Delhi, what is it that you like to do?

I associate Delhi with culture and fashion put together. I love street shopping every time I visit. I have bought many valuable traditional outfits and even a Banarasi border - which I treasure.

have an eight-week process. We use a newly invented fabric that spins denim cotton with homespun khadi to birth a new fabric- Khaddar Denim.

How can the principles of 'reuse' and 'recycle' be applied in the fashion industry?

Contrary to fast fashion, a new trend for sustainable fashion is now gaining popularity. It promotes environmentally conscious business practices emphasising quality over quantity encouraging consumers to buy less often, but high-quality items so that the garment is seen as a smart investment. Sustainable fashion encompasses sustainable production, fair wages, and the extension of clothing lifespan through the reuse, and recycling of materials.

Wear, Wash, Repeat... Sustainable Fashion Is Here To Stay

Investing in natural materials like dyes, cutting down on plastic packaging and repeating clothes is the need of the hour

By Tarannum Manjul



The market for eco-friendly and sustainable clothing in India is expanding quickly even though the business is still in its infancy. Better manufacturing techniques are used by manufacturers to create clothes with less environmental impact.

According to a McKinsey survey, an internationally encouraging consumer trend is that two-thirds of consumers are prepared to pay more money on eco-friendly and sustainable clothing.

The Indian textile sector is following suit and moving towards sustainability as a result of the Indian government prohibiting the use of plastic bags in several states, the growing awareness of global warming, and campaigns against the dumping of trash in oceans.

According to the National Climate Change Journal (2018), textile production is one of the most polluting industries. It produces 1.2 billion tonnes of greenhouse gas emissions, more than the emissions of international flights and maritime shipping put together.

According to the UNFCCC, carbon emissions from the apparel industry are set to cross 60 percent by 2030. In Asian countries like India and China, emerging fashion trends have increased the carbon footprint per garment due to coal-fuelled plants.

According to a McKinsey report titled 'Style that's sustainable: A new fast-fashion formula' published in 2016, the production of fashion had increased by double between 2000 and 2014, while the purchase index of the average customer had increased by 60 per cent.

Consumers now buy apparel for the summer, autumn, spring, and winter seasons, which has created a 'fast fashion cycle' and pushed the fashion industry towards unsustainable trends. This indicates that the industry generates more waste plastic, polyester, nylon, and synthetic fibres. This should raise red flags and encourage the transition to sustainable fashion.

Organic fashion needs to be given a significant push, considering the increasing number of landfills from waste clothing, water pollution from hazardous chemicals, and air pollution from carbon emissions.

In March 2019, the UN Alliance for Sustainable Fashion met to review the industry's impact worldwide and discuss solutions

for the industry's socio-environmental risk.

The International Trade Centre has set up the Ethical Fashion Initiative to promote artisans from the developing world, and UN Environment is pushing governments to foster sustainable manufacturing practices.

Consumers are becoming more concerned about what they eat and wear as a result of rising knowledge about climate change, global warming, and waste dumped into the oceans. The fashion business is currently going through a transformation into a more sustainable front. This resulted in the sustainable fashion business, an ecological fashion trend, emerging as a quickly expanding market in underdeveloped nations.

As opposed to unsustainable fast fashion, organic or ethical fashion trends involve a longer production procedure. Supply chains and retailers are still working hard to eliminate reputation risks by lessening the environmental impact of their products in response to a shift in customer thinking.

India's emergence into the world fashion market as a result of Asia's economic growth is noted in McKinsey's State of Fashion report. India will take the stage in the fashion business because of its powerful manufacturing sector and fast expanding middle class. According to estimates, the Indian apparel market would surpass \$59 billion in 2022 and rank sixth globally.

In addition to serving as an important base for sourcing, India will soon rank among the most alluring consumer markets outside of the West, predicts McKinsey's Fashion Scope. However, the market for garments only receives a small contribution from sustainable fashion.

Fashion Designer Basant Rai, who has been promoting sustainable fashion through his brand Digiloom, says that consumer awareness has played a major role in promotion of sustainable fashion. "People have not just become more conscious, but the changing climate conditions too have impacted the apparel industry. People now realise that repeating clothes actually give them an option to show off their styling skills as well and they can get creative. Even for weddings, brides prefer to restyle the wedding lehenga or saree which their mothers wore. It not only has an emotional value, but also promote sustainability in a big way."

The International Trade Centre has set up the Ethical Fashion Initiative to promote artisans from the developing world, and UN Environment is pushing governments to foster sustainable manufacturing practices



Qutb Minar

Towering over the heritage landscape

By Himanshu Ojha

Qutb Minar, a UNESCO World Heritage Site and one of Delhi's most well-liked tourist attractions, offers an insight into the craftsmanship of days gone by. The architectural marvel of the minar, and of the other structures in the complex makes it a must-visit spots of the city. At a height of 72.5m, it can claim to be one of the tallest heritage structures in the world.

The minar was constructed in 1192 by Qutub-ud-din Aibak, the first ruler of the Delhi Sultanate. There are numerous tales concerning how the Qutb Minar was built. Some claim that this minar was constructed as a triumph symbol to signal the beginning of the Islamic invasion.

Although Aibak authorised the construction, according to the history of the Qutb Minar, only the minar's foundation could be finished under his rule. Also constructed in 1197 was the main mosque. Eventually, under the authority of his successor Iltutmish in the year 1230, three further stories were constructed to the minar.

The adjoining courtyard where an iron pillar dating to Chandragupta II's reign is placed, the corridor at the periphery of the courtyard with intricately carved pillars and Iltutmish's Tomb are some of the captivating features of the complex.

As you go closer to the Qutb Minar at night, the comfortable and romantic ambiance created by the lights makes the area around the tower a favourite site for couples and families to take pictures and take in the breathtaking views.

With its beautiful carvings and illuminations producing a romantic and fascinating ambiance, the Qutb Minar is a sight to behold at night, especially in summers.

For those who appreciate history and architecture, a visit is a must.

Distance from Aerocity: 13 km

Nearest Metro Station: Qutb Minar



Photograph by Himanshu Ojha

Safdarjung Tomb

Later Mughal architectural glory at its best

By Himanshu Ojha



Photograph by Himanshu Ojha

One of Delhi's largest and less-visited monuments is the Safdarjung Tomb, which is situated close to Lodi Gardens. While many tourists from all over the world make sure to visit locations like Qutb Minar and Humayun's Tomb, Safdarjung Tomb is one that is frequently overlooked. But that was not always the case and it was much visited during the later Mughal and British eras.

Its impact on the history of the city is without a doubt crucial, and as an architectural wonder, it captures the glory of the Mughal era. The marble and sandstone monument, also called "Safdarjung ka Maqbara", is encircled by verdant gardens. It was constructed in the late eighteenth century and exhibits the era's cultural influences. Safdarjung, a political figure who served as the Indian subcontinent's Wazir ul-Hindustan during Ahmad Shah Bahadur's administration, is buried in the tomb.

It was created by his son, Nawab Shuja-ud-Daula, and it

continues to stand as the final example of Mughal architecture in a garden mausoleum. It's known for its well-kept gardens in Char Bagh pattern, fountains, a water canal, and an attractive structure. The gardens around the main structure have undergone frequent changes with the changing regimes – with fruit-bearing trees during the later Mughal period and manicured look and cypresses during the British rule. Falling on the way from the British residential area in North Delhi and later Lutyen's Delhi towards Qutb Minar, it featured as a tourism spot in one popular tourist guidebook during the British times.

While some visitors come with cameras to record the dance of lines, light, and shadows, others come to enjoy the winter sun on the lawns. In summers though, the best time to view the monument is after the sunset, when the lighting makes for an enchanting view of the whole premises. Tickets for the monument are available both online and offline.

Distance from Aerocity: 16.2 km

Nearest Metro Station: Jor Bagh on Yellow Line

MUST VISIT SPOTS

National Gallery Of Modern Art

Art that mirrors society and showcases works of great masters

By Yukta Raj

Established under Ministry of Culture at Jaipur House in 1954, the National Gallery of Modern Art holds a collection of art works from all walks of life of modern era. The museum has masterworks of celebrated artists like Amrita Sher-Gil, Rabindranath Tagore, Nandal Bose and Jamini Roy.

Be it Amrita Sher-Gil's highly individualistic paintings mirroring her own liberated persona or the tradition-inspired depictions of human and animal figures in paintings of Jamini Roy, the gallery is the go-to place if one is keen to understand the development of art in modern times.

The gallery has a vast variety of representations, from Mughals to Rajputs and Britishers. Not only does it have the



visual representation of a normal household with families and individuals engaged in daily chores but the paintings of different artists depicting individuals in different moods. Basically, a walk through the gallery makes you understand how art is different for different artists and how it mirrors society of different eras.

The gallery also organises activities, and holds exhibitions on specific themes. For example, at the time of this writer's visit to the gallery, an exhibition of Korean traditional Buddhist culture was underway. In the wake of the ongoing G20 India Summit, the gallery celebrated India-Korea diplomatic in April, through the exhibition of 'Korean Buddhism templestay and temple food'. It had more than 70 photos portraying Korean temples, religious lives of monastics and laity and aspects of Buddhist culture.



Photograph by Yukta Raj



Photograph by Yukta Raj

Distance from Aerocity: 19km

Nearest Metro Station: Khan Market

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Cottage Emporium

The best of Indian crafts under one roof

By Meha Mathur

The idea of promoting cottage industries to encourage artisans, weavers and craftsmen in Indian villages, who had faced severe deprivations under the British rule, and whose livelihood had been trampled upon, led to the setting up of Central Cottage Industries Emporium, or popularly, the Cottage Emporium in 1952.

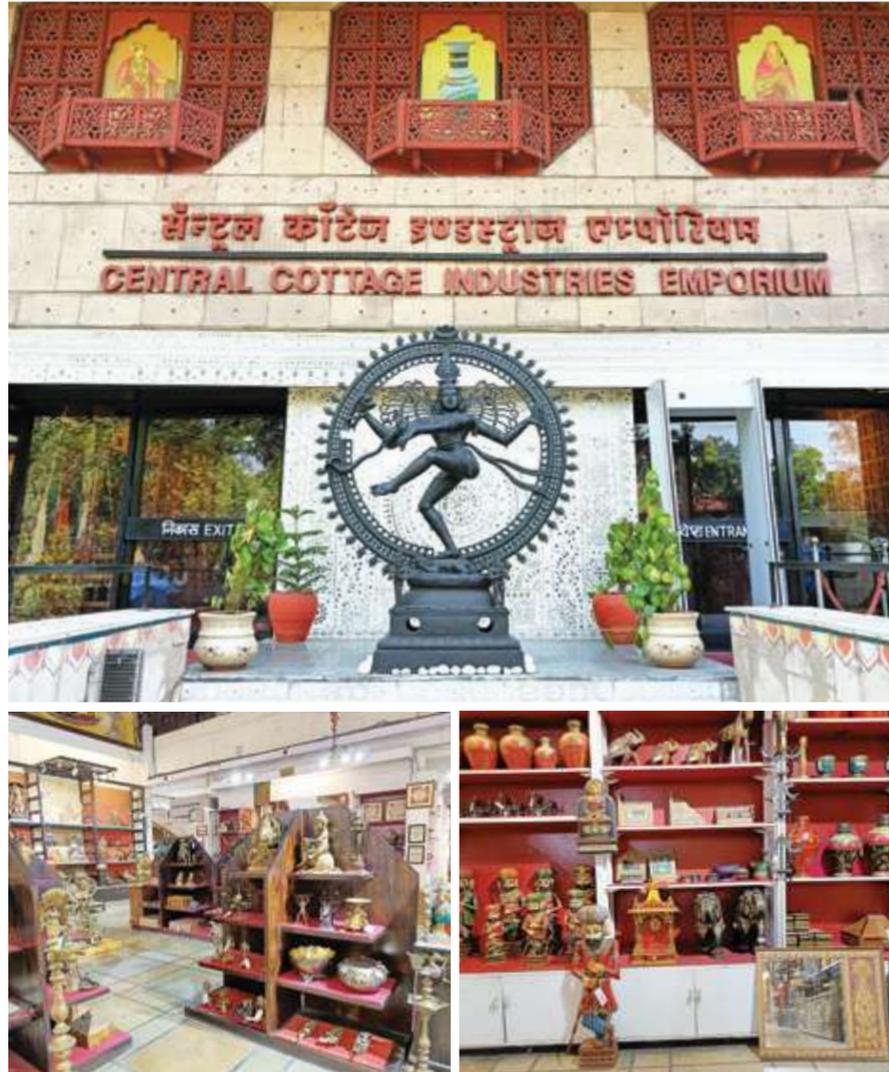
New Delhi is among the few cities that house a cottage emporium. Located centrally at Janpath, the emporium today houses the finest crafts work in the country, and craftsmanship displayed here is appreciated globally. Dignitaries like Queen Elizabeth II and Jacqueline Kennedy have been among those who have visited the emporium.

The range of crafts and the material used is spellbinding. Here are a few examples:

- Large statues, furniture items, intricately carved cabinets, jhoolas, and wooden gift boxes and trays in wood
- Stone, bronze and marble statues
- Precious jewellery items and silverware
- Votive and decorative items in bronze; jars, vases and glasses in other metals
- Tapestry, home furnishings, carpets, apparels and textile weaves
- Toys from various parts of India
- Traditional paintings
- Stationery items like diaries, gift wraps, carry bags
- Incenses, herbal products
- Pottery products, plates, cups and storage items

It's a celebration of the vast, varied and exquisite crafts traditions of India and demonstrates the capability of our artisan. The tagline 'Timeless Artifacts' sums it up best.

What to buy: Brassware, wooden boxes, silver gifting items



📍 Distance from Aerocity: 18 km

🚇 Nearest Metro Station: Janpath on Yellow Line (Just outside the premises)

Shankar Market

Old world charm in the centre of Delhi



Delhiites have taken to malls in droves, but Shankar Market, established in 1956, holds the fort as a representative of a way of life that's gradually fading away. The architecture and layout of the market is reminiscent of the planning era of post-Independent India. Rows of numbered shops along the main arterial corridor sell a variety of stuff, primarily fabrics and apparel, besides other essentials like cosmetics, stationery and household items. So, what if AC comfort is missing and the high-end brands might be absent, one gets really quality stuff, in a vast range, and at reasonable prices. And the shaded corridors actually protect one from heat. The charm of the place and the utility of the place continues to attract old-time Delhiites.

What to buy: When it comes to fabric and apparel, the choice is endless

📍 Distance from Aerocity: 16.2 km

🚇 Nearest Metro Station: Barakhamba Road on Blue Line

Lodhi Colony Market

Reminiscent of post-Independence Delhi

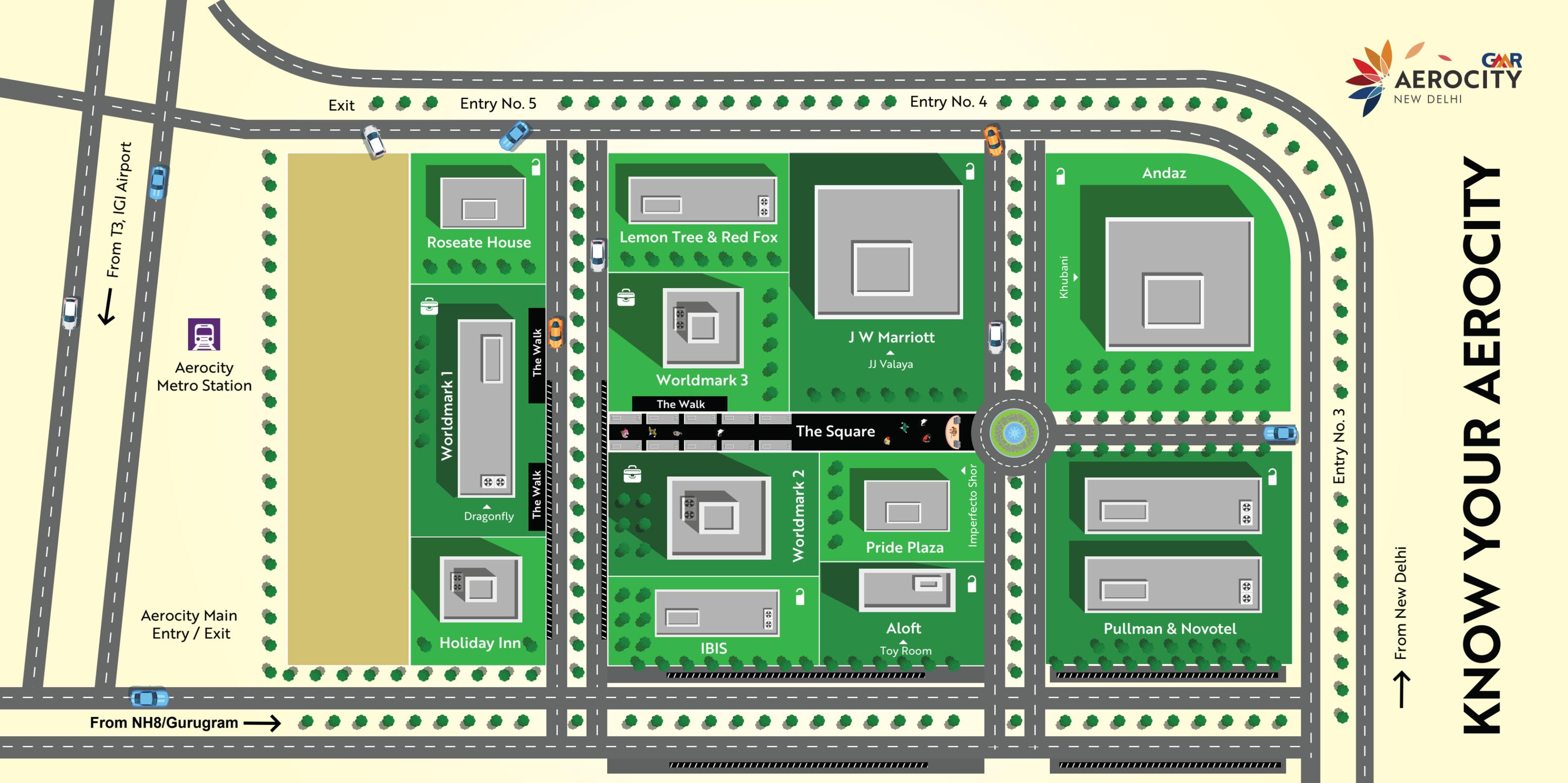
Lodhi Colony Market is representative of an era when India was on the verge of becoming independent. It was established in 1945. This market, along with the neighbouring Khanna Market and Mehr Chand Market served the day-to-day needs of government employees who got housing accommodation in Lodhi Colony. Their transformation over the decades showcases how the city has evolved. While originally the shops sold items of daily needs, and a few repair and maintenance shops, tailors set shop there, in the last few years, a number of fashion stores, boutiques, and some fancy restaurants have opened there. The quiet surroundings of Lodhi Colony, ample parking space, and a lush park separating two corridors of shops is an added bonus. The architecture and layout is again very 1950s – shops lined along a pillared corridor.

What to buy: Apparel – both men's and women's wear. Also don't miss out on some great dining options

📍 Distance from Aerocity to Lodhi Colony: 17 km

🚇 Nearest Metro Station: Jor Bagh on Yellow Line





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- Plum By Bent Chair
- Beer Cafe
- Kylin Experience
- Dhaba
- One 8 Commune
- Underdoggs
- Food Capital (Food Court)

Surface Parking

Place Of Pride in Aerocity

By Meha Mathur

Mohammad Shoeb, Associate Vice President-North India, Pride Plaza describes the reward of working in hospitality industry, and the advantages of having a hotel in Aerocity hospitality district

Mohammad Shoeb gained confidence to join the hospitality industry early on in life. “My father was a senior resident officer in the UP government. And as we used to travel with him. I got inclined, seeing the industry.”

He adds, “I was always a very outgoing person, a good cricketer, and studied in different places due to transfers of my father after every three years.” With that confidence, Shoeb did his hospitality training at IHM Pusa, New Delhi.

Now, with more than three decades of experience in hospitality, Shoeb has got awards and recognition no doubt. “I’m influential now on the LinkedIn. Whatever I write goes almost viral and lakhs of people read it,” he says. But the biggest achievement for him is that he has been able to give jobs to thousands of people. “That’s my biggest achievement in this industry. How did I do that? Because I have opened five full-service hotels as from the scratch.”

From 2005 to 2015, he was instrumental in opening a series of hotels in the South. In 2005, he was sent to Vijayawada by ITC’s Hotel Group to manage Fortune Hotel, was in preopening of that hotel and successfully opened the hotel. Next, he was instrumental in opening Four Points by Sheraton in Visakhapatnam, and was the first employee there. After that, he was hired as the first Indian GM in Accor - as GM of Novotel, Visakhapatnam Varun Beach and Convention Centre. After that he along with the team opened the first Accor hotel in Chennai.

Following that, he took over as GM of Radisson Blu Dwarka, New Delhi, before joining Pride Plaza in March 2019. He took over as AVP North India in February 2021. “By virtue of opening so many hotels, I gained confidence that I can open any kind and size of hotel because practice makes a man perfect. And what this industry has given me is immense love, immense respect for all the hard work I have put in,” he adds.

Pride in Aerocity

Pride Plaza is in exponential expansion phase, with 59 hotels in the country, 35 of them already operating. It has ambition of 100 hotels by 2025. It has properties in several Tier II and III cities and small towns too, like Mussoorie, Bharatpur, Jaipur, Bhopal, Rishikesh, Dehradun and now even Rudraprayag in view of Char Dham Yatra.

But Aerocity has a special place in this large grouping. Shoeb says that it is a matter of pride to have a hotel in Aerocity. “It’s the most dynamic hospitality zone in the country. This is a wholesale hotel market. All kind of brands are available here which makes it very unique in the country. It does the best business in the whole of Delhi NCR. The occupancy here even in this month (April) is 84 per cent. I feel that by 2025 it will be invincible. People want to stay in Aerocity because the accessibility is very good.”

Talking about the MICE hub that Aerocity is, Shoeb says that all the hotels benefit from the convention centres that some hotels here have. “We also get benefitted. We help each other, we do not sell only our hotel, but Aerocity as a whole. The GMs talk to each other, and if one hotel has a convention, we provide rooms, and the delegates can just walk across the hotel – they don’t need transportation.”

Hotel’s strengths

Talking about Pride Plaza in Aerocity, he says, “We have a sizable inventory. We have 385 rooms. You can’t fill 385 rooms with only corporate clients. It is a mix of all the segments that are needed for a hotel to be sustainable. So, we have a lot of



Mohammad Shoeb

“Aerocity is the most dynamic hospitality zone in the country. This is a wholesale hotel market. All kind of brands are available here which makes it very unique in the country”

residential weddings, residential conferences, leisure domestic groups, international groups and airline cruise. Thus, in Aerocity we are doing phenomenally well. We crossed 100 crore barrier last year.”

Post-Covid boom

In the post-Covid period especially, the hotel has done great business. “Business came back beautifully since last April. All the hotels did record revenues and the occupancies are high. When the demand is there, why not capitalise on the demand,” Shoeb remarks.

At the same time, the hotel is mindful of reducing carbon footprints. Twenty per cent of the premises of the hotel has green cover, informs Shoeb. There is an energy conservation committee headed by the Director of Engineering that educates people about the need to switch off lights. Most of the lights are LED, water harvesting and waste composter are in place, and there are solar panels on the roof. All this has been done with the concern that global warming is submerging several coastal areas, says Shoeb.

Talking about the USP of the hotel, he says, “Our hotel exudes Indian ethos. There is Indianness everywhere in the hotel - Indian music, food and art. We are an Indian hotel giving competition to all international hotels. We are a force to reckon with.”



A Taste of Innovation



Chef Sumit Sabharwal

When it comes to creating new dishes, Chef Sabharwal relies on his instincts and experience. He thinks about new ideas even when he is not in the kitchen and takes inspiration from different cuisines and cultures

Chef Sumit Sabharwal, Executive Chef, Holiday Inn - New Delhi Aerocity, is in constant pursuit of culinary excellence

By Poonam Singh

Chef Sumit Sabharwal has a vast culinary experience and a passion for food. Currently serving as the Executive Chef at Holiday Inn Aerocity in New Delhi International Airport, Chef Sabharwal has honed his skills in various areas of the kitchen, with a particular expertise in Italian cuisine. With a focus on innovation and creating memorable dining experiences, Chef Sabharwal is a true asset to the culinary industry.

He has been leading the kitchen operations at this prestigious hotel for quite some time now.

Chef Sabharwal's culinary journey began when he completed his culinary course from RM Institute in collaboration with Thames Valley University, UK. During his training, he had the opportunity to work with some of the best chefs in the industry, which inspired him to pursue a career in culinary arts.

Over the years, Chef Sabharwal has honed his skills in various

areas of the kitchen, but his true calling lies in Italian cuisine. He takes immense pride in the authentic Italian restaurant he recently opened, L'Osteria Bella, which has become quite popular among the hotel's guests. Along with that, he also manages the hotel's coffee shop, Viva, and the exclusive bar, Hunger.

For Chef Sabharwal, cooking is not just a job but a passion, and he considers himself a "food engineer". He believes that food has the power to create magic and that every dish is an opportunity to innovate and create something new. His culinary expertise is not limited to one area, as he constantly learns and experiments with new ingredients and flavours.

Perfecting the basics

When it comes to creating new dishes, Chef Sabharwal relies on his instincts and experience. He thinks about new ideas even when he is not in the kitchen and takes inspiration from different cuisines and cultures. He believes that the key to success in the kitchen is to have a strong foundation and to focus on perfecting the basics.

As the Executive Chef at Holiday Inn Aerocity, Chef Sabharwal takes pride in his team and their ability to cater to the diverse needs and preferences of the guests. He believes in customising

the menu to cater to individual requests and creating an unforgettable dining experience for all.

Chef Sabharwal's culinary journey has taken him to different parts of the world, but his most memorable experience was during his job training at a leisure hotel in Scotland in 2007. It was there that he honed his skills and gained invaluable experience in managing a busy kitchen.

Despite his hectic schedule, he finds time to pursue his passion for food and create new dishes. He is a true inspiration to aspiring chefs and an asset to the culinary industry.

Life in the kitchen

It's true that hard work and dedication are important for success, but it's also important for employees to have a healthy work-life balance in order to maintain their wellbeing and avoid burnout. Perhaps there are ways that you can work with your employee to find a solution that meets both their needs and the needs of the company. Ultimately, creating a positive and productive workplace culture requires a balance between employee satisfaction and company goals. It's important to listen to your employees' feedback and work with them to create a supportive and fulfilling work environment.

Chef Sabharwal works long hours and arrives early to the kitchen, understanding that hard work is necessary for success. The chef believes in incorporating local recipes into the buffet and experimenting with seasonal vegetables. For example, during the mango season, the pastry shop offers a lot of mango-based desserts.

They also have special set menus for events and offer personalised menus upon request. The restaurant places a strong emphasis on hygiene and standards, with a robust FSMS system in place to ensure everything is up to standard. Chef Sabharwal takes many steps to maintain this, including recording temperatures and checking deliveries for freshness.

They have several vendors for different types of food, such as vegetables, poultry, and fish. The restaurant practises sustainability and recently implemented a food waste management system. They weigh and segregate their waste into four parts, including plate waste, preparation waste, buffet waste and peel waste.

The chef believes that in a five-star hotel, guests expect hygienic and fresh food, and the prices reflect this expectation. Pastries are expensive, but the quality and freshness of the ingredients justify the cost.

CHEF'S RECIPE



Beetroot carpaccio, candied walnuts, feta, mesclun, mango vinagrette

Chef Sumit Sabharwal's Recipe



INGREDIENTS

- Beetroot boiled and sliced 80gm
- Candied walnut 20gm
- Feta 10gm
- Mesclun lettuce 30gm
- Mango vinagrette 30ml
- Lemon vinagrette 10ml
- Salt 5gm

METHOD

1. Boil beetroot till fully cooked cut thin slices
2. Arrange on the plate 7 each
3. Add walnut and feta on each slice off beetroot
4. Drizzle mango vinagrette on side of plate
5. Mix lettuce with lemon vinagrette and arrange on top with garnish

Advertorial

Building #AHealthierTomorrow, One Supplement at a Time

To navigate the present climate, Wellbeing Nutrition is taking a unique approach to creating #AHealthierTomorrow. The brand uses the best of nature along with cutting-edge research and technology to develop supplements that address various health concerns.

What sets Wellbeing Nutrition apart is its unwavering commitment to quality, sustainability, and customer satisfaction. The brand believes that supplements should not only be effective but also environmentally friendly, and should exceed customers' expectations.

"We believe that natural ingredients can work in harmony with science to address the root cause of various health problems and ensure a healthier tomorrow. Our commitment to ethical and sustainable ingredient sourcing guarantees all our customers get nothing but premium, quality products." - Avnish Chhabria, CEO of Wellbeing Nutrition.

From its humble beginnings with their first effervescent tablet, the brand has since expanded its product line with the aim of helping others make health a priority.

Their first product, "Daily Greens," was designed to help consumers get their daily dose of nutrients in a convenient and delicious way. After the success of this product, the brand went on to launch 6 additional effervescent tabs.

The popularity of this collection and the need to solve various health concerns in an easy and effective manner gave rise to categories like melts®, Slow 2-in-1 capsules, Superfood Plant Protein, and Pure Korean Marine Collagen."

After noticing that many people, especially kids, forgo their daily supplements just because they hate consuming pills, melts® was born. These rapidly dissolving oral thin strips combine the benefits of advanced molecular science and plant-derived extracts to guarantee effortless and thorough absorption of all the nutrients.

Slow 2-in-1 capsules are another revolutionary product line that uses delayed-release technology to deliver



all the necessary nutrients over the span of 8 hours. "Most capsules get disintegrated by the stomach acid, which hinders the absorption process. This is where the idea for Slow emerged. Using a dual delivery system, these capsules are formulated to release the nutrients in a time-release profile to reach the sensitive areas of your gut, ensuring optimal bioavailability." - Avnish Chhabria.

The Superfood Plant Protein range came into the picture when Avnish noticed that protein deficiencies were most prevalent among those who had dietary restrictions. This multisource vegan protein powder range started off with two delectable flavors packed with clean ingredients. As it became increasingly popular,

the brand released two more flavors inspired by famous European delicacies. And for those who demand excellence in their health and beauty regimen, the Pure Korean Marine Collagen range is the solution. The use of wild-caught Korean marine collagen hydrolyzed to a low molecular weight guarantees unparalleled quality and potency.

The brand's ideologies even piqued the interest of several celebrities, including Mira Rajput Kapoor, Rakul Preet Singh, and Dulquer Salmaan.

With its reputation growing, Wellbeing Nutrition has now set its sights on playing a key role in shaping the future of the wellness industry.



AVNISH CHHABRIA
Founder at Wellbeing Nutrition



Kampai Aerocity offers some lip-smacking dishes, in a welcoming ambience and to the backdrop of apt music

Authentic Japanese Cuisine At Its Finest

By Deep Majumdar

The visit to Kampai Aerocity began on a bright sunny afternoon with a lot of expectations, excitement and a sense of elation. There is always a great deal of anticipation involved when Japanese cuisine is in question. The interiors of Kampai seemed nothing less than a movie set. The ambience and the music had a captivating effect and the vibe that the restaurant gave off was magnificent. It almost felt as if an 'anime' had come to life. There are rare occasions when cuisine-specific restaurants check all the right boxes and Kampai Aerocity did exactly that. But how? Let's find out.

I was told that Kampai was hosting its Sakura Festival, for which they had also created a new menu. This menu had items that celebrated the cherry blossom or 'Sakura' season (a celebration

of spring time in Japan) in some way or the other. Needless to say, as I was inching closer to the restaurant entrance, my exhilaration was inching towards the roof as well.

First impressions: décor & ambience

The entrance of the restaurant has a decoration of cherry blossom flowers on the ceiling, something that definitely adds to the experience. Elements such as wall art and paintings are also great additions.

The first thing that I notice these days upon visiting a restaurant, however, is the music. The music plays a highly significant role in setting the mood. Good music is both underrated and quintessential. In the case of Kampai Aerocity, the music of



choice was a mix of traditional and modern Japanese classical music.

Kampai had dimmer than usual lighting. So, if you're planning on working while eating, it would not be advised. However, the lighting is fantastic for having deep conversations, romantic evenings or simply unwinding after a hard day's work with friends and family. The aesthetic and décor truly try to give you a glimpse of Japan, at least the kind that we see in movies.

The staff was extremely polite and courteous and made me feel welcome, something that is always a bonus for restaurants.

Kampai Aerocity has an ample seating capacity of about 68 people. Seating involves the conventional chairs and tables as well as two traditional Japanese style seating areas with 'tatami' tables and concealed leg spaces. These areas offer more privacy for large groups. There is limited seating outside as well, although I would only recommend that for winters.

Must Try:

1. Avocado Asparagus Salad
2. Hanami Dimsum Platter – Prawns
3. Pork Chashu Ramen
4. Salmon Katsu Roll
5. Ginza Mist
6. Wasabi Martini
7. Tokyo Spritzer



As I was admiring the décor, the food arrived. I was served the Avocado Asparagus Salad first. The leafy and tangy salad was a good starter. This was followed by the Hanami Dimsum Planner. I chose prawns over chicken because of the texture and taste that they offer. The dimsums were nicely cooked and tasted great. Although I was not able to properly taste the prawns, the overall flavour was good. The soy sauce definitely helped. The Salmon Katsu Roll is also something that you must give a try if you are visiting Kampai Aerocity during the Sakura Festival.

As I was speed reading through the menu while fighting my ADHD, my eyes fell upon something that brought a smile to my face. It took me less than a second to call upon the waiter and ask for the Pork Chashu Ramen. The dish did not disappoint. The pork chashu, which is basically a type of cut, was lip smacking delicious. The noodles, the egg and the vegetables were all on point. The best part, however, was the broth. It was everything that a ramen broth should be. The ramen, which was part of Kampai's ongoing Ramen Festival, was hands down a showstopper.

After a pleasant conversation with Floor Captain Mohd. Ansari and a few photographs of the restaurant's classy interiors, my visit to Kampai came to an end.

Verdict

What makes Kampai special is that it stays true to its mission of offering authentic Japanese food and does not divulge into 'fusion', something that we see often these days. It not only caters to the expat Japanese community in the city but also to the ever increasing and open-minded foodies that want to introduce new and exciting items to their taste palettes. To conclude this review, I would just say that this surreal cherry blossom infused wonderland must be your go-to place the next time you are in the mood for some authentic Japanese food.

Cold Comforts

What Delhi drinks & eats in summers, and popular places to try these out

Fresh Fruit Ice Cream

The fresh fruit ice cream has found love with the city in all the new forms it has. While the classic fruit ice cream was served in a cup, the modern twist saw it being frozen inside a fruit, giving it a much-needed extra zing of flavour. Sitaphal, Mango, Apple, Litchi, Jamun, Banana... these are just a few flavours that one can enjoy.

Price: Rs 25 upwards

Best Places to enjoy it in Delhi: Creamborne Ice Cream outlets, Kuremal Mohanlal in Old Delhi and Gianis Outlets across the city

Distance from Aerocity: 19 km

Nearest Metro Station: Chawri Bazar on Yellow Line

By Tarannum Manjul



Shikanji

This traditional Indian summer drink has been a popular choice in Delhi for generations. With its tangy, sweet, and refreshing taste, it provides a much-needed respite from the scorching heat during the summer months. In Delhi, Shikanji, or Neembu-paani as it's alternatively called, is readily available at local street vendors and restaurants, and many people enjoy making it at home using their own unique recipes. While the drink may have faced stiff competition from other beverages over the years, it continues to be a beloved and essential part of Delhi's culinary culture, especially during the sweltering summer months.

Price: Rs 30 upwards

Best Places to enjoy it in Delhi: Jain Shikanji and other vendors of your choice

By Poonam Singh

Kulfi

This royal summer favourite has been a hit with people of all ages. Be it the simple cart driving kulfi wala who sells one basic flavour, or the fancier versions of the kulfi, the loved for this frozen dessert is unmatched. Delhi has been selling a large variety of kulfis from the classic kesar pista, badam, paan, kewra to the modern fresh fruit kulfis. Just take your pick and since Indian summers are quite extended, enjoy each one of them.

Price: Rs 15 onwards depending on the place

Best places to enjoy it in Delhi: Kuremal Mohanlal in Old Delhi that has been ruling this dish this 1906, Roshan Di Kulfi, Ravi Raj Di Kulfi and Kings Kulfi.

Distance from Aerocity: 20.9 km

Nearest Metro Station: Chawri Bazar on Yellow Line

By Tarannum Manjul



Milk Shakes

Energisers in varied flavours, these have been drinks of choice for Delhiites during the prolonged summers when the heat saps one's energy. A bottleful of banana, mango, strawberry or vanilla shake, or cold coffee comes as a saviour in gruelling heat. Not to forget the divine taste that's associated with the fruits.

Best places to enjoy it in Delhi: Keventers, established in 1925, is the most sought-after places for milk shakes for generations. The large size bottles of energising and

refreshing shakes in several flavours are talk of the town. Nearby, Depauls at the Indian Oil Building, Janpath also offers delicious milk shakes.

Price: At Keventers, the starting price is upwards of Rs 130 for a regular bottle of vanilla milkshake; at Depauls, a bottle of vanilla milkshake can be had for Rs 80.

Distance from Aerocity: 15.8 km

Nearest Metro Station: Rajiv Chowk on Blue Line



Sherbets and Chuskis

Typically, summer drinks to be had at home, the rose sherbet, khask has, orange, raspberry and other flavours, as also thandai, are also available in several local restaurants and road-side stalls in Delhi. Sherbets are also distributed by pious individuals to passers-by across the city. But one thing that fascinates young and old alike is the chuski. Grated ice is tightly stuck to a wooden stick single or multiple flavours of sherbets are poured over it for a lip-smacking experience. Among

the popular flavours in Delhi are orange and kala khatta.

Price: Rs 30 onwards

Best places to enjoy it in Delhi: While stalls serving these summer specialties come up in several localities, Dilli Haat is arguably the best place to enjoy the experience.

Distance from Aerocity: 20.9 km

Nearest Metro Station: Chandni Chowk

By Meha Mathur

Dahi Bhalla Papdi

Old Delhi is a hub for Dahi Bhalla Papdi, as you can find at least one such cart every 20 steps. It's snack among Indians that has a rich history dating back to the Mughal era. According to tradition, the Mughals started this dish to aid in digestion, as it was believed that the combination of sweet, sour,



and spicy flavours would help soothe the stomach. Today, dahipapdi is a beloved snack in India and is enjoyed by people of all ages as a refreshing and satisfying treat. This savoury and tangy snack is made by layering crispy papdis (fried flour discs) with a combination of sweet and spiced yogurt, chutneys made with tamarind, mint, and coriander, and a sprinkle of cumin powder and black salt. And it's refreshingly cool in summers.

Price: Rs 60 onwards

Best places to enjoy it in Delhi: Natraj, Haldirams, many outlets in Sitaram Bazaar, Nai Sadak and many others

Distance from Aerocity: 15.8 km

Nearest Metro Station: Chandni Chowk

By Poonam Singh



Lassi

Summer provides us with the opportunity to stay hydrated by sipping on various drinks. To beat the scorching heat, nothing is better than a glass of lassi - a refreshing drink that not only fills your stomach but also cools it down. Although there are many drinks available in the market, lassi is one of the most iconic smoothies in India. Let's explore the best shops to find a great-tasting lassi to soothe our taste buds. Situated in the heart of Delhi, Meghraj and Sons and Giani Di Hatti are renowned for their sweets and rabdi around the world and are also top contenders in the race for the best lassi in Old Delhi.

Where: Meghraj And Sons, Giani Di Hatti in Chandni Chawk and Shyam Sweets, Chawri Bazaar.

Price: Rs 60 onwards

Distance from Aerocity: 20km

Nearest Metro Station: Chandni Chowk

By Poonam Singh

SUSTAINABLE INITIATIVES

This Environment Day – June 5 – we explore what some of the Aerocity hotels are doing to reduce carbon footprints

By Team Aerocity Live

Hotel Aloft New Delhi Aerocity

Aloft New Delhi Aerocity is implementing measures to reduce its environmental impact, become more sustainable, and provide guests with a natural and relaxing environment.

On energy conservation front: The hotel has installed VFDs (variable frequency drive) for meeting rooms and the hotel lobby. Moreover, there is a cooling tower controlled through ambient temperature by putting VFD and sensors. Green power unit helps in saving energy/ electricity and increase the efficiency of overall operations. The hotel has a solar panel system which further helps in reducing electricity units.

Water preservation: The hotel has installed water aerators in guest rooms and public areas accompanied by organic waste converters. Recently the hotel has installed another Solar System to generate 62.00kW electricity per day. As a sustainable

alternative to conventional restrooms, it utilises recycled water for proper sanitisation for water conservation. On an average, it recycles 80-100 kilolitres of water every day through its in-house water treatment plant used in different areas of the hotel such as horticulture, water closet and chiller/ DG set, cooling tower etc.

Eliminating single-use plastic: Single-use plastic bottles have been replaced with glass bottles in all the guestrooms, restaurants and bars. To reduce the use of plastic and promote sustainability, one of the initiatives taken by the hotel is the addition of a bottling plant. The in-house bottling plant will help in prioritising sustainability and reducing carbon footprint. This initiative was taken towards a greener and eco-friendlier future. Furthermore, cloth bags are used in Guest Rooms for laundry as it eliminates the use of single-use plastic which helps in reducing pollution.



ibis New Delhi Aerocity

ibis has always worked towards sustainability and has initiated practices like:

- Reducing the single use plastics to minimal. From toiletries to stationery, everything is made of recyclable materials. It has done away with use of plastic bottles in our hotels and uses wall-mounted dispensers for shampoos, soaps and shower gels
- The hotel has set up mineral water bottling plants and uses glass bottles in all its hotels, including at Aerocity
- There are kitchen gardens and green areas in the compounds, which is there in all ibis properties as a mandate. These areas are used to grow herbs that can be used in the kitchens
- The hotel promotes sustainable building and has natural light in meeting rooms and restaurant
- There is usage of solar energy for day-to-day operations and lighting of periphery; all Ibis hotels in India do not use coal or gel fuel in their day-to-day operations
- There is emphasis on local and seasonal products in dining, and food waste management is given great importance
- The hotel has reusable material for laundry bags

Roseate House

Sustainability is deeply embedded in the Roseate philosophy and harmony with the environment has been at the helm of everything, which reflects in the eco-friendly practices implemented on several fronts by the hotel.

No plastic: The hotel doesn't use single-use plastic. There are no plastic in either room amenities or straws across its restaurants. In rooms, amenities like combs and toothbrushes are being replaced by those made with high quality bamboo. It uses biodegradable bags for waste disposal.

Cafés & patisseries use carry bags made with certified recycled paper.

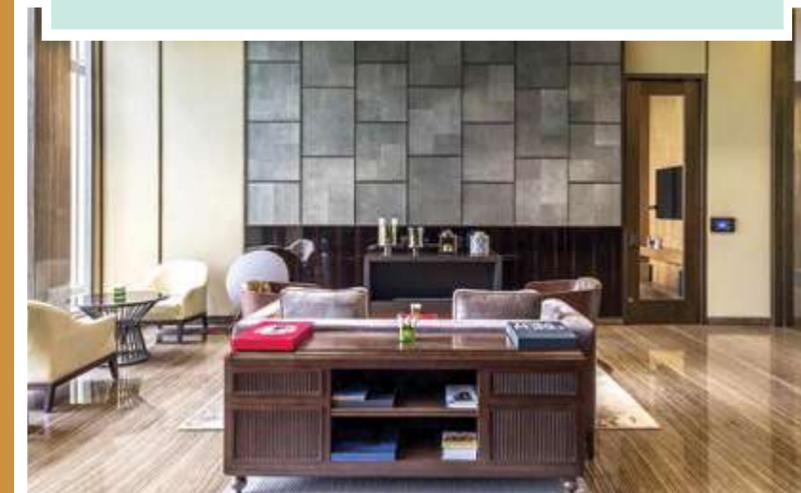
Water management: The hotel recycles waste water. Specially designed water tanks are used to save, store and reuse water.

Kitchen waste: It is mindfully converted to compost which is used across the hotel's organic farms and hotel landscapes.

Local produce: Roseate Hotels has set up its own hydroponic farm that allow them to grow pesticide free vegetables. These farms require no sunlight, very little water and no soil. All the produce that comes from the hydroponic farm located within Roseate House is therefore 100 per cent organic. Some of the vegetables the hotel grows include leafy greens like spinach, mustard, lettuce, bok choy, napa cabbage, kale and celery and herbs like thyme, cilantro, mint, rosemary and sage.

Energy efficiency: Optimal use of energy is a part of the hotel's top priorities. It uses solar energy for heating hot water. Eighty per cent of the hotel is designed with advanced energy conserving LED lighting fixtures. The hotel has been designed and fixed with Air Quality purifying TFA (Treated Fresh Air). It is also converting its fleet of vehicles to hybrid vehicles to reduce its dependence on fossil fuels.

Going paperless: Very shortly, guests will be able to place an order, receive e-bills, make payment and also receive e-receipts not just for dining but for the entire suite of services at the hotel.



Delhi Unravelled By A Journo

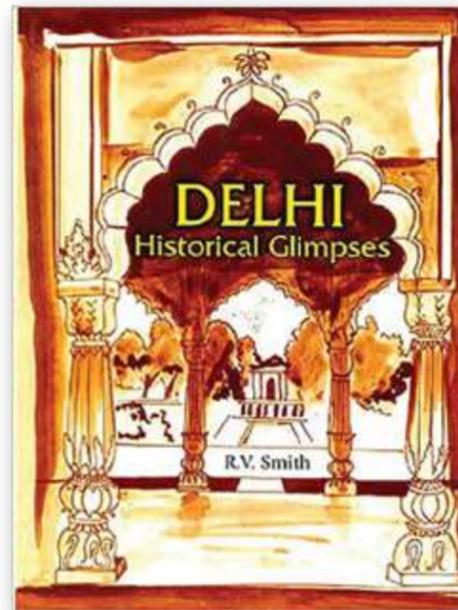
By Meha Mathur

Book Name: **Delhi: Historical Glimpses**
 Author: **RV Smith**
 Publisher: **Aryan Books**
 Pages: **127**

RV Smith (1938-2020) was a journalist who started his career with PTI, before joining *The Statesman*, a popular newspaper then among intelligentsia and policy makers. During his long stint with *The Statesman* he ran a column called 'Quaint Places', and for *The Hindu*, he wrote about the city under the column 'Down Memory Lane'.

He explored the city extensively, on foot and on DTC buses, talking to people from different occupations and communities, exploring monuments, those that were popular on tourist radar but more of the lesser-known ones. The present book, which is largely a compilation of those columns, reflects much research and leg work. The sketches in the book have been done by his son Tony Smith.

The monuments covered in the book have been categorised into pre-Mughal and Mughal periods, and also monuments associated with religion and piety. The last section covers European contribution.



At a time when travel by DTC put much limitations, and heritage exploration was really a privilege of the few, Smith uncovered such unexplored places like Jahaz Mahal, or Delhi's only Fire Temple of Parsis.

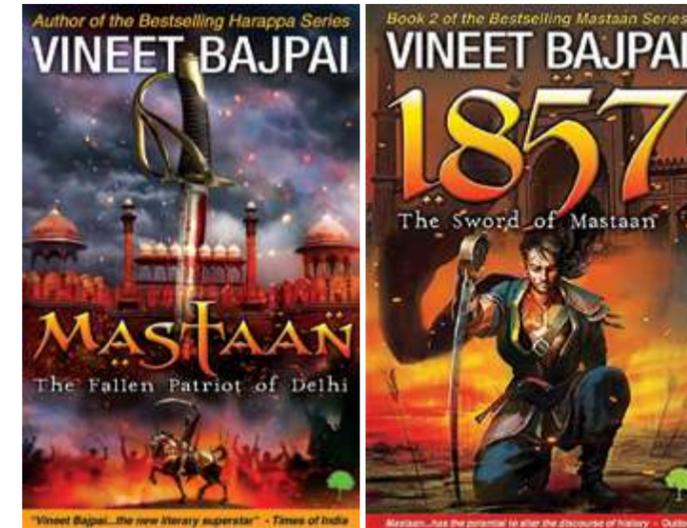
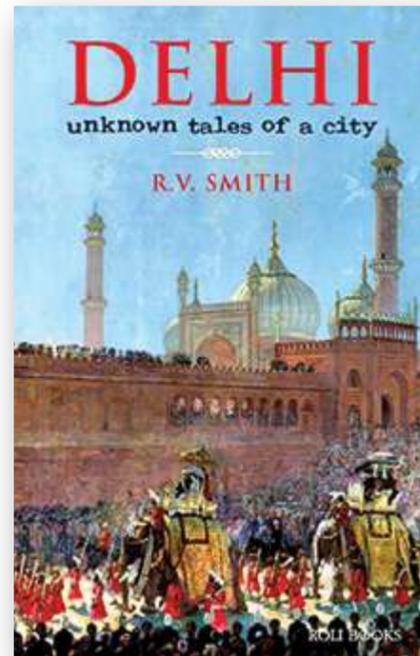
Book Name: **Delhi: Unknown Tales of a City**
 Author: **RV Smith**
 Publisher: **Roli Books**
 Pages: **208**

Smith's deep connect with the city comes to the fore in this book. With his journalistic inquisitiveness combined with his love for historicity of Delhi, he has unravelled several less-heard-of tales pertaining to the city, like the original importance of Salimgarh Fort before the Red Fort was constructed (it was there that Jehangir used to stay during his Delhi visit, writes Smith), the importance of Ghantaghar in Hari Nagar, the people who are buried in the various graveyards of the city, like Lal Bangla in Delhi's Golf Club, and how the city expanded post partition, and new colonies came up. He has raised several questions here, like origins of names of locality like Zakhira in West Delhi, or Sarae Kale Khan in South East Delhi, and so on.

The young generation might not be able to relate to some characters or lifestyle depicted in the book, but nevertheless, it's important to understand how the city has evolved, and how common people helped shape the city over generations.

Both the books are a great reckoner for students of history, and for laypersons taking a keen interest in built and living heritage.

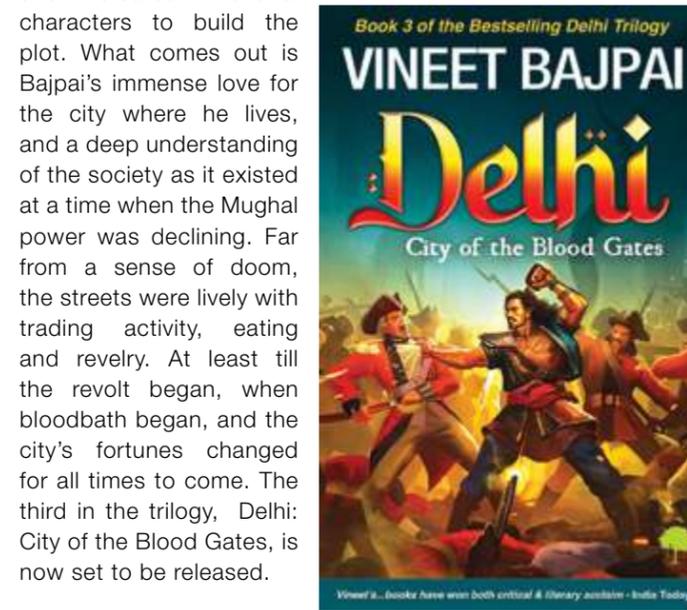
Both the books are a great reckoner for students of history, and for laypersons taking a keen interest in built and living heritage.



1857 In Fiction

Book Name: **Mastaan: The Fallen Patriot of Delhi**
 Author: **Vineet Bajpai**
 Publisher: **Tree Shade Books**
 Pages: **273 and 283 respectively**

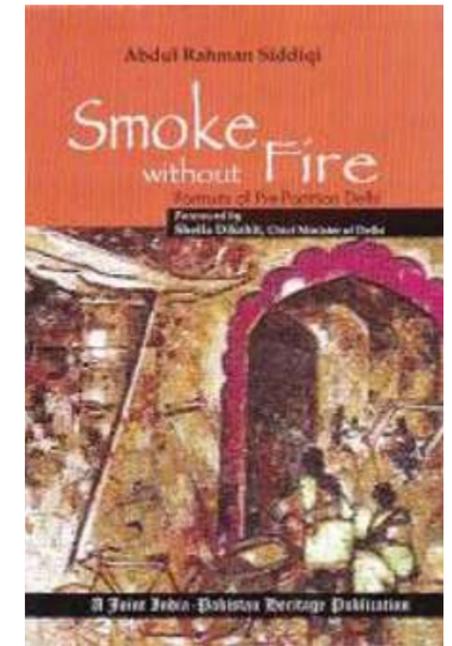
Vineet Bajpai, the author of Harappa series, has penned a three-part novel on the tense times in Delhi leading up to the Revolt of 1857. In his characteristic style, he has woven into the narrative the lives of historical figures like Bahadur Shah Zafar, Ghalib, Theo Metcalfe and others, and created fictional characters to build the plot. What comes out is Bajpai's immense love for the city where he lives, and a deep understanding of the society as it existed at a time when the Mughal power was declining. Far from a sense of doom, the streets were lively with trading activity, eating and revelry. At least till the revolt began, when bloodbath began, and the city's fortunes changed for all times to come. The third in the trilogy, Delhi: City of the Blood Gates, is now set to be released.



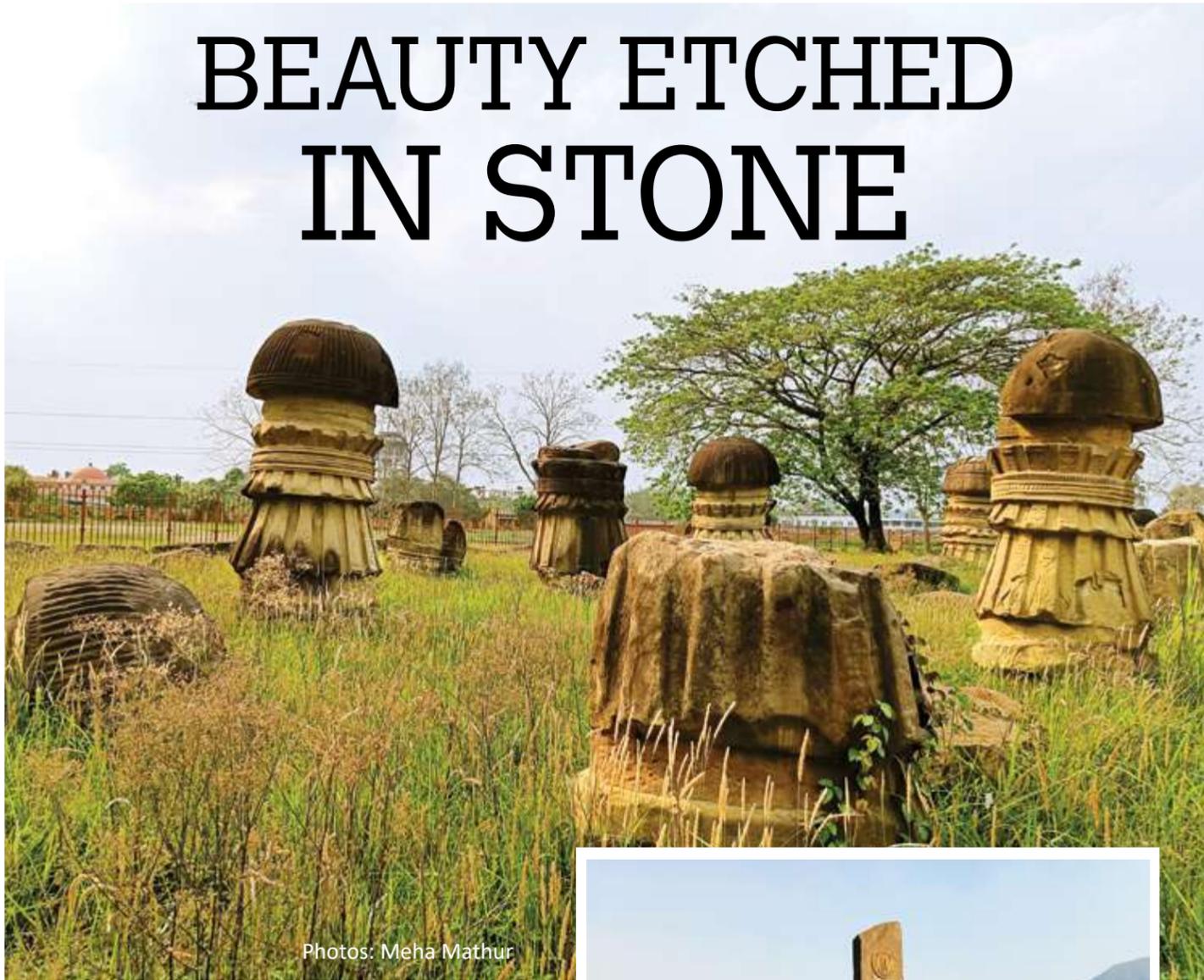
Reminiscences Of Delhi From Across The Border

Book Name: **Smoke without Fire: Portraits of Pre-Partition Delhi**
 Author: **Abdul Rahman Siddiqi**
 Publisher: **Aakar Books**
 Pages: **306**

The fond memories of Delhi of Siddiqi's childhood are brought to the fore in this joint India-Pakistan Heritage Publication. Born and brought up in Old Delhi, Siddiqi has recounted with longing the various seasons, the festivals, including Diwali, the birds, the trees, the people of the city, the street scenes in this book. There is touching account of small pleasures that kids would have had when the kulfi walla or the sherbet walla would arrive in the neighbourhood; a detailed accounts of food habits then; and the arrival of such novelties like gramophone. He also describes the community-specific residential areas, like those of migrants from Punjab, and their businesses and lifestyle. How individual lives played out in the midst of the Nationalist Movement, and then the anxiety during the partition, are vividly described in this book. Siddiqi was 23 when he left for Pakistan. He started his career as a journalist, with *Dawn*. He retired from Pak army in 1973.



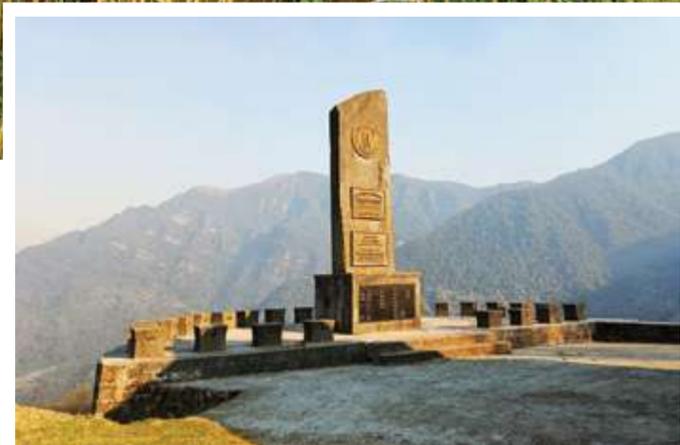
BEAUTY ETCHED IN STONE



Photos: Meha Mathur

Kachari ruins in Dimapur, dating to 10th Century

The hills of **Nagaland** are a rich repository of culture and traditions and a visit there unravels a way of life that the locals are persevering to preserve



A viewpoint near Kohima



A traditional structure of the Konyak tribe



Zero Milestone of Kohima, at the World War II Cemetery



Naga girls in traditional jewellery

By Meha Mathur

“The gravity of departure so deep, let’s erect a stone in memory.”

A friend saddened by his friend’s departure after a visit, decides to erect a monolith to commemorate the beautiful times they have spent together. Be it moments of happiness or sadness, recognition of valour, glory of winning in a war or demise of a loved one, the Nagas believe in perpetuating those emotions through monoliths.

Nagaland is far from being a monolithic culture, however. Enriched by the traditions of 17 diverse tribes over centuries, it boasts of a rich variety of cultures, lifestyle, architectural traditions, food, languages and fashion sense. So much so that one tribal might not understand a word of the language of another tribal. Hence the need for evolving Nagamese, a combination of Assamese, Bangla and bits of Hindi.

While modernity has pervaded the society and one can witness the same features that one comes across any urban centre – traffic jams, rows of multi-storey buildings, easy availability of packed foods – a stay of a few days unravels



Above and right: Diorama of traditional way of life, at the Nagaland State Museum in Kohima

the deep-seated desire to preserve traditions and a way of life dear to the Nagas. And there is so much that is worth preserving.

Living traditions

While both Dimapur, the gateway to Nagaland – the airport is located there – and Kohima which is situated two hours away on the hills are urban sprawls, there are pockets of traditional way of life once you step out of cities. One such village is Khonoma village, about 20 km away from Kohima. Inhabited for more than 500 years, this has been a fortified village to protect the villagers from enemy attacks. There is a massive gate at the entrance, and small forts at various levels to pass on the signal in case of an attack.

Khonoma is primarily an agricultural village and much sustenance also comes from gathering forest produce and hunting. Much of what one would have read in geography text books in school regarding step farming and Jhoom cultivation is there before your eyes. The village way



A monolith on a platform in Khonoma village



A walk through the step farms



Flowers unseen elsewhere

of life is largely community-driven, though competitive spirit in the form of display of skills, valour and performance in sports has been very much present.

Individual valour and contribution to the community is celebrated in various ways as is manifested in the cases of some houses, with hornbill insignia at the top on front façade, or by having a monolith in the courtyard.

During day time, with villagers busy on farms, or household chores, the village wears a sleepy look. Traditionally, the youth spent the day at morong – a common space akin to gurukul – where they would get lessons in life and learn



skills like basket making. There are fascinating aspects like how the water from the hills is provided to households using bamboo as pipes. Not to forget the unique motifs and colours of weaves that each tribe took pride in.

While at Khonoma you get to experience living traditions – there is a possibility for a staycation too- the Naga Heritage Village near Kohima is a tableaux of traditional villages as they existed before modernity set in. The village is also a site for the annual Hornbill Festival. On one hillside, you get to see samples of inhabitations – both individual houses and collective areas like morongs, of all the 17 tribes. And there is a huge sporting arena that hosts the Hornbill Festival.

Similarly, the Nagaland State Museum in Kohima is a rich repository of the crafts traditions, and showcases the life of various tribes, their crafts, weaves, sports and settlement patterns through a series of dioramas.

For history enthusiasts, the trip to Nagaland would be incomplete without seeing Kachari Ruins in Dimapur – numerous mushroom-shaped pillars belonging to the Kachari rulers, dating to the 10th century; and the World War II cemetery maintained by



A Naga girl at her fruit stall



Local food products

What to be particular about

- You need an Inner Line Permit to travel to the region
- Pre-planning regarding hotel stays, hiring a guide and transport
- Being mindful of cultural sensibilities, especially food preferences
- Carry your own water bottle to avoid plastic bottle wastage there (this author saw local youth pick up the plastic discarded at a tourist point to clean up the area, but for want of any other alternative, they burnt the plastic causing harmful fumes)

the Commonwealth War Graves Commission. This place, which is the Zero Milestone of Kohima and the city's highest point, saw one of the fiercest fighting in the eastern sector during the World War, and now houses graves of many young soldiers from the western countries, as well as Indian soldiers.

While there is much construction happening, like everywhere in the Himalayas, for nature lovers too there are possibilities like trek in reserved forests, walk through step farms, lakes (especially Shilloi lake in Phek district), the rolling hills in the Dzukou Valley and abundance of flowering trees and shrubs, and variety of flowers that you would not get to see elsewhere in India.

Food factor

While the state has delights in store for non-vegetarians, with a wide range of options, the vegetarians also return satisfied. Besides the traditional Naga recipes which have been improvised to keep in mind tourists' needs, there are also numerous Korean

options, the influence of Korea being quite pronounced. So, if you can get Korean inspired chicken salad, fish and chips, you also get Korean vegetarian kimbap and bibimbap in the same restaurant. Staples like friend rice and noodles in non-vegetarian are both satiating. There is also a rich variety of pickles and dried fruits that tourists like to take back.

What one also takes back is memories of warm-hearted and hard-working people, forever ready to help; and of a very graceful lot with a great sense of dressing up.

The Street Fashion Hubs

Exploring three popular destinations in India which are not only great for travelling but also for experiencing the street couture

By Deep Majumdar



Manali

Located at a height of about 6,400 feet above sea level, Manali is the heart of some of north India's most beautiful and mesmerising mountain ranges. It is literally the gateway to the rugged and dusty mountains of Ladakh and Spiti regions. Being at such a location helps Manali get tons of tourist traffic throughout the year. It is one of those few places that are accessible all-year round, be it the summers, winters or monsoons. Apart from the scenic views – especially the majestic mountains, the towering trees and River Rabi cascading down the slopes – and the absolute peace of mind, this gem of a town offers a lot more. One of its key offerings includes an ample dose of street fashion.

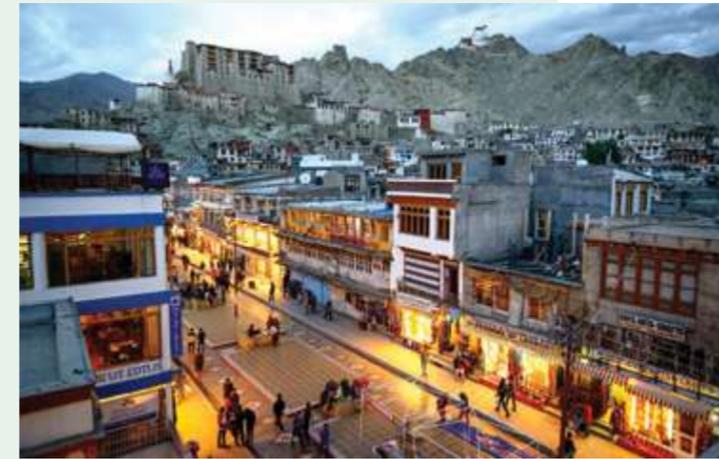
Manali is known for its market places which are saturated with affordable and good quality winterwear and street fashion items. Like many other popular hill stations, Manali too is a hub for

people who want to purchase fashionable as well as warm winter jackets at a price that won't burn a hole in their pockets.

Whatever brand you can think of, the market places in Manali will have it and the price will take you by surprise. The town has a wide variety of (faux) leather jackets, (faux) fur coats, windcheaters, puffer jackets, shrugs, shawls, scarves, mufflers and sweaters. What seem to be docile and sober places at daytime turn into bustling and crowded marketplaces at night, full of travellers and sellers playing their respective roles. These brilliantly lit and lively marketplaces at night are the spots to be in if you are in Manali and want to soak in the local shopping experience. Not to mention, it is also a fantastic place for foodies.

Places to Visit:

- Old Manali Market
- Himachal Emporium
- The Mall Road
- Tibetan Market



Leh

Leh is, hands down, one of the top travel destinations in the entire country. This isolated mountainous gem of the place is one of those places in India that is fairly less visited when compared to other prime hill travel destinations such as Shimla or Manali. However, when it comes to the thrill of travel and gratification of finally stepping onto the land of the Lama, it surpasses every major hill station you can think of. Leh is not your run-of-the-mill

destination as it is a lot different in terms of the culture, the people and climate. The geography alone makes it one of the most unique places on Earth, let alone India.

Leh is the capital city of the Union Territory of Ladakh and it is situated at a height of about 11,500 feet above sea level. For history lovers, Leh was also the capital city of what was once the Kingdom of Ladakh.

Travellers can reach Leh via flight or by a 390 km road trip (from Manali) that is, needless to say, one of the best experiences if you are one who enjoys striking views and humongous rocky-mountains (and by humongous, I mean sizes that you've never even imagined existed.)

What the 'Mall Road' is for hill stations, the Leh Main Market is for Leh. You need anything ranging from a toothbrush to a Sim card, this is the place you head to. In my case, however, it turned into an amazing shopping experience as I was in search of stoles and shawls. The traders here travel all the way from Srinagar to Leh in the hopes of making a living. They have a variety of merchandise to sell but what really caught my eye was the assortment pure and semi pashmina (mixed pashmina) shawls



and stoles they had to offer. The market place is also a great destination for affordable home décor and gifts.

Places to Visit:

- De Pashmina Emporium
- Pashmina House
- Zanskar Arts
- Himalayan Pashmina Shawls
- Evergreen Arts Emporium

Dehradun

This little hill station situated at the foothills of the Himalayas (at 2,300 feet above sea level)

delivers a solid punch when it comes to value for money travel destinations. Offering an ever-green combination of scenic imagery, lower than metropolitan traffic and great places to shop, Dehradun is a must-visit place for people who are looking for quick and easy travel destinations. Travellers can visit this popular and tourist-friendly spot via bus or private vehicles.

Dehradun, like many other popular hillside hotspots in the country, has a very busy market place or Mall Road. Travellers can enjoy buying things like reasonably priced clothes, hand-made jewellery and handicrafts at the Paltan market. Those with a liking for Tibetan culture can also visit the Tibetan market for affordable and good-looking T-shirts and Tibetan jewellery. Last but not the least, visitors should definitely go to Astley Hall if they are interested in shawls and woolen items.

Places to Visit:

- Tibetan Market
- Rajpur Road
- Astley Hall
- Indira Market

REFASHION RETAIL



with GMR INTERCHANGE



THE ART of SELLING FASHION

Advancements in technology have transformed the way fashion is sold, from in-person fittings to in-store shopping and now e-commerce platforms. It has come a long way from being exclusive and bespoke to becoming mass-produced and ready-to-wear. This evolution has led to both, diversity and saturation in the fashion retail space.

THE WIND of CHANGING TRENDS

The oversaturation in fashion retail has ushered in a wind of change. The e-commerce industry, which was run by discounts, reworked its strategy to offer something unique to the new-age consumer. Informed consumers are now looking for an experience more fulfilling than the act of shopping. Brands must go beyond just a simple display of products.

STYLE, DESIGN and DIFFERENTIATION

So, how does a fashion brand differentiate itself from the competition? When an omnichannel presence is a norm rather than an outlier, offering a personalised and curated experience is the answer.

Fashion is something best seen, worn and experienced. The tactile limitations of the online space are overcome through destination stores that can offer exclusive services, elaborate displays and retail in an experiential capacity. Innovation will drive the growth of brands in fashion.

GMR INTERCHANGE: THE RETAIL GAME CHANGER

Marking a new age of retail, GMR Interchange is a one-of-a-kind experiential retail destination in an open-air, landscaped and pedestrianised mall space. Located at the heart of GMR AeroCity Hyderabad, Interchange will offer a game-changing retailtainment experience and give brands a platform that can cater to a wide consumer base.

*Stay Ahead
of the Game*

Build an exclusive brand experience by tapping into the exceptional features at GMR Interchange:

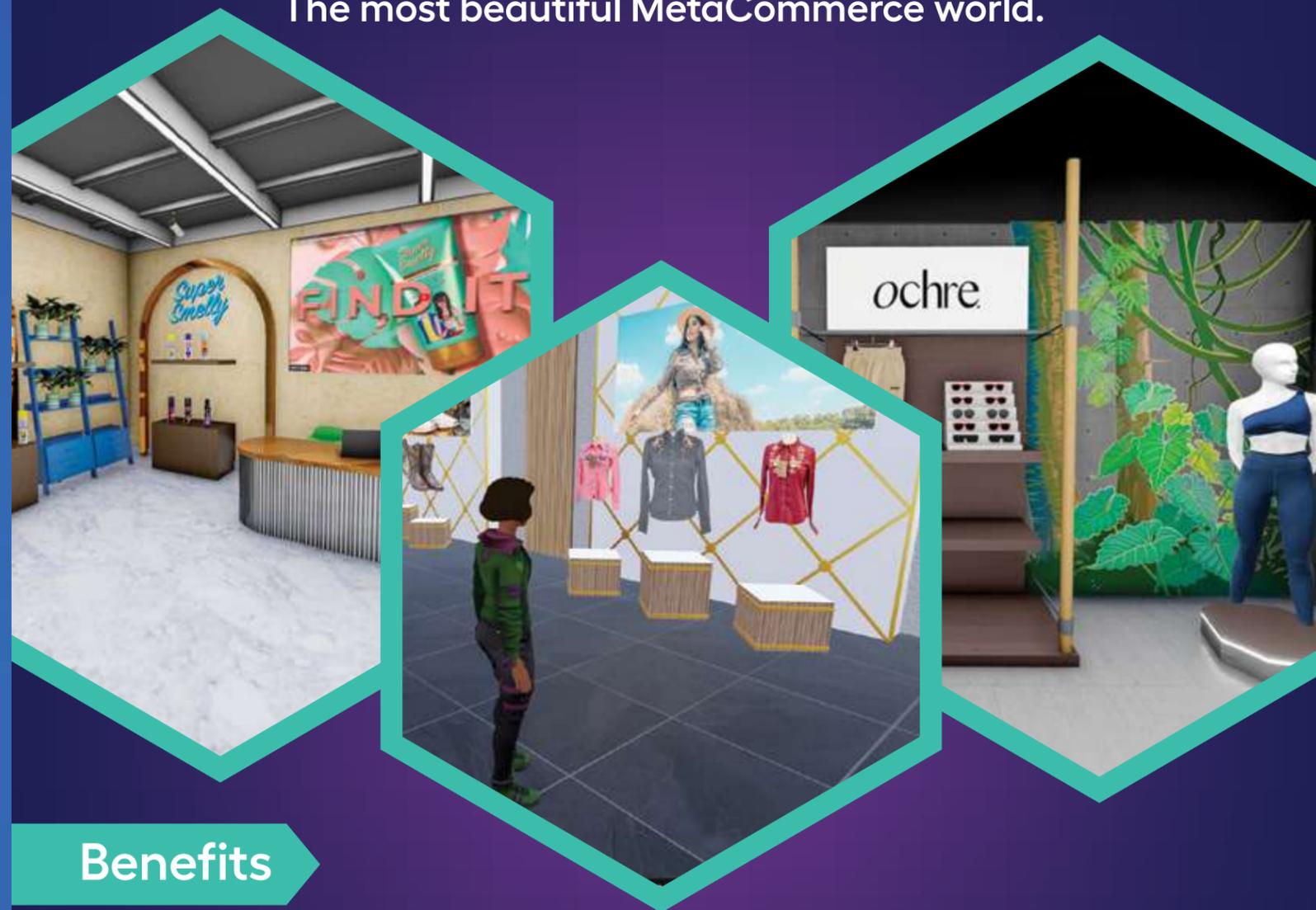
- The notable 6-11 meters of in-store height and vast carpet area enable brands to curate novel fashion concepts.
- Home to international fashion and athleisure brands, Interchange also offers a first-in-India family entertainment centre, 11-cinema screens, alfresco seating for F&B and more.
- The racetrack patterned layout, which positions major anchor stores at the ends, ensures a strategic and even circulation of footfall across the development.
- A magnificent open-to-sky architecture, unique single-storey design and multiple entry points allow seamless traffic movement and traction along the premises.
- Great connectivity, ample parking space and smart traffic management guarantee ease of access and convenience for consumers.

DRIVING INNOVATION, CREATING EXPERIENCES and BUILDING BRANDS

An innovative and transformative space is the ideal match for the everchanging retail landscape of the fashion industry. Redesign fashion retail with GMR Interchange, a one-stop destination that offers an immersive shopping, dining and entertainment experience.

Give Your Business A Virtual Address

The most beautiful MetaCommerce world.



Benefits



Targeted marketing



Increase in sales



Reach global customers



24/7 open for business



AI enabled to boost engagement



Analytics and reporting for customer insights



Timeless Fashion Items

Items that don't pass into oblivion with changing trends; that enable you to mix & match for a new look for a social occasion; that compliment your attire and that reflect the real you

By Team Aerocity Live

SMART WATCH

Wearing a wrist watch has been a symbol of a well put together man for ages. They have been staple fashion accessory in man's wardrobe. But with the advent of smart phone, smart watches have gained popularity among women as well because of its health update features. However, its smart look can't be ignored as a huge reason to make it a style icon which is going to slay for long.



SHAWLS, STOLES AND DUPATTAS

These seem out of vogue these days but don't be in a rush to discard them out of your wardrobe yet. Fashions come in cycles and before you know, these will be the talk of the town again. Available in intricate weaves or with eye-catching patterns, these items, if worn in style, enhance your ensemble and help you make a unique fashion statement.



SCARVES

Scarves are a versatile fashion accessory that can add a touch of elegance, warmth, and personality to any outfit. They come in a wide range of styles, materials, and sizes, making it easy to find one that complements your individual style and preferences. Some evergreen kind of scarves are loop, headscarves, neck enhancers, etc. Occupying limited space in wardrobe, these can be maintained over long time. You need not worry over eclipse of a fashion trend.

BRACELETS AND DANGLERS

Simple yet effective accessory. Be it gold or silver, or beaded ones, these always catch attention. What's more, the more (variety), the merrier. Having a large collection of these need not mean a hole in your pocket as you can get fanciful ones at as little as Rs 25. And these also give a means of employment to a large number of people.



NECKLACES

These are a power statement in themselves now. So much so that ladies want to carry a boxful of these even while travelling. Even though airline luggage weight rules apply. A stone necklace adds to the impact of an attire and elevates the overall appearance. What's important is to know how to carry it, and not to feel uncomfortable wearing the load. Therein lies the fashion appeal.



SNEAKERS

Sneakers are a wardrobe essential that can be worn with both casual and stylish outfits. They are especially useful when traveling because they offer comfort and versatility. Nowadays, sneakers have become a trendy fashion choice as people prioritise comfort and health – so much so that ladies are pairing these with sarees too. There is a wide range of colours and styles available now, including classic white, tan, and brown. Elevate your wardrobe by choosing the right pair of sneakers.



SUNGLASSES

As the sun is scorching and heat wave warnings are at peak, sunglasses are no more just a fashion accessory but important in terms of comfort and eye protection. A pair of cool sunglasses will instantly boost your personality with a charming, fresh and super cool fashion statement. You can try cat eye, tortoise shell, square, narrow, butterfly, oversized, retro, rimless and many other frames. A perfect style statement that protects you from UV rays as well.



HATS & CAPS

Global warming demands that more than woolens or umbrellas, you pack a set of these while travelling. Though space consuming, these are a must if you wish your holiday or travel not to be marred by sun-stroke. Space usage in homes demands that you go for colours that can go with any attire.



CARRY BAGS

Rather than buy a bag for each occasion, the trick is to select a carry bag that can carry the most essential items – mobile, cards, cash, cosmetics, keys and any other essentials you deem fit. Sustainability demands that one goes for a colour that can fit most outfits, looks trendy transcending passing fashions and in texture that will last long. And something that reflects your personality.



Pullman Hotel: A Feather in the Cap of Aerocity

A tour of the luxury and versatility of the largest hotel in Aerocity, with peacock as a prominent theme

This 5-star hotel in Aerocity boasts a staggering 670 rooms, making it the largest hotel in the area and providing ample accommodation options for all types of travellers.

The hotel's lobby is exceptionally open and thoughtfully designed, providing guests with ample room to relax and move around, even during peak hours.

The hotel aesthetic features a peacock motif, visible in the lobby with the teardrop lighting that leads you to its famed peacock ballroom (facing page, bottom). The ballroom is a pillarless space that can be divided into three separate rooms, accommodating events of varying sizes and allowing for multiple events to occur simultaneously.

Hosting over 120 weddings in the past six months clearly indicates the ballroom's popularity and versatility, and the hotel is committed to ensuring that each couple's special day is nothing short of extraordinary. From the initial consultation, the Pullman team works closely with couples to bring their vision to life, going above and beyond to make sure that every detail is perfect. In addition to a personalised experience, the hotel also offers gift vouchers for dining and shopping experiences, as well as unique deals to be redeemed on the couple's wedding anniversary. It also offers 13 co-meeting centres along with a pillarless ballroom.

Guests staying at either the Pullman or its sister hotel, the



Novotel, can seamlessly move between the two properties and enjoy dining options available at both hotels.

There are six food and beverage outlets, ranging from buffet to fine dining. Cafe Pluck, adjoining a verdant garden, has luxurious seating and a sense of warmth to the layout. Its cane sofas are again akin to a peacock with its feathers majestically spread out.



“As A Leader, Trust Your Team Members”

David Warner, Delhi Capitals' Captain reveals how he keeps his team motivated, the team-building methods in Australia and how fitness helps him think better

By Deep Majumdar

Over the years, David Warner, Australian cricketer and skipper of the Delhi Capitals has established himself as one of the most dynamic and impactful batsmen in the sport. Warner began his cricketing journey at a young age and quickly gained a reputation for his aggressive and fearless style of play, something that he has carried with him till this day. Since making his international debut for Australia in 2009, Warner has become a prominent figure in the world of Cricket. Off the field as well, he is known for his engaging personality and sense of humour, something we saw throughout our interaction. Excerpts from an interview:

Your team is not off to a great start this season. As the captain, I can only imagine the pressure you would be under. During such a phase how do you make sure that the team is motivated?

The main thing is to keep the guys energetic. One thing during training which you can control is your attitude. If you come with the best possible attitude, the best version of yourself and with your head held high, the rest of the team will follow that energy.



It's one thing to keep the team in high spirits. The other thing is skills and the lack of execution. Right now, there is momentum. The guys are training very hard at the moment. The morale is very high and that's one thing we have to keep in the group.

As a leader, how important are team-building exercises to you?

Team building exercises are great. Whether it is the start of the IPL or Australia starting the Ashes, you don't want to spend all your time to be concentrating, focusing so hard before you go out there. So, for Australia, we play golf together. We have four rounds of golf and the highest scorer wins a prize jacket. Those who don't play golf play football. We go out for dinner as well. It's about having fun. If you don't enjoy what you are doing, you should change your career.

How do you think can the attributes of leadership in sports can be applied to the field of business?

No. 1 is trust. You have to trust the people that they are going to back you as a leader. It's important that you keep relaying key messages and key values. Individual is intrinsic to the values, and what you are trying to achieve. If one person is not in sync, if one person is trying to rock the boat, he can dismantle the whole ship. As a leader you have to make sure that everyone is on board, they trust your gut of what you are doing. It's important that you are aligned on the same goal. If everyone has the attitude and the hunger to succeed then your job is easy. But there is no place for complacency.

In today's sports, fitness plays a huge role. What is your take on its significance?

For me, fitness is about clearing my mind. I can think better, I make better decisions and I feel better about myself. Lot of times, I'll skip skill training but I'll go to the gym, for clarity in my mind about the task ahead in the next game. If I am having a not-so-good day, I go for a run or lift weights. It's healthy, it's part and parcel of the game.



Do you think various franchise leagues around the world have made cricketing careers more viable and sustainable?

Yes, it can be. There are a lot of opportunities for people who don't get sighted through waiting in the wings, as we say in Australia. There is an opportunity for a cricketer to showcase his talent of playing under pressure. The IPL has created serious depth in cricket. It has reached far wide – North to South and East to West in finding talent. I chuckle to myself when I think about it. India, at the moment, can create three, if not four, full Indian squads because that's how much depth they have. If you look around, a lot of guys bowl over 150 kmph. Earlier it used to be one guy, now everyone's doing it.

What is the best format of cricket today. And why?

I still feel it is test cricket. It's called test cricket for a reason. It's very hard and mentally draining. After a series you are mentally exhausted. But the batsman gets two innings. If you don't score in the first one, you can always score in the second one.

Do you think ODI is relevant today?

That's an interesting question. From business perspective it's 6-7 hours on TV. There are 100 overs of breaks as well. That's when advertisements come in. How franchisees and countries make money is a big part of it. At some point there will have to be a conversation on these three forms moving forward.

With the ODI World Cup approaching, how do you think will Indian and Australian teams perform?

Being on home soil, there will be a lot of expectations and pressure on India. That's what they have to worry about. As an Australian coming here, we have to play good cricket. Some will end up turning, some will be flat. It's going to get hard through the middle. That's how wickets are here. We've played enough cricket here to be able to adapt to any situation that we face.

See, I'm an Australian, so my prediction is that India plays Australia in the final and Australia wins.

Vegan Is A Choice To Healthier Lifestyle

By Tarannum Manjul

Exploring the health benefits of turning vegan, and the possible shortfalls of vegan diet

compared to 2020. Even dating websites today use sustainability and veganism as search parameters to match potential partners.

If turning green is what's needed right now, many people choose to start with what they put on their plates, whether it's for their own health or the health of the environment as a whole.

Beginning from the West, the vegan movement flourished across the globe. The negative impacts of a meat-based diet were first recognised by traditional meat-eating nations, who later learned about the advantages of vegetarianism. Climate activists, who presented alarming information about the livestock industry and promoted a shift to plant-based diets, were a major force behind the vegan movement. As a result, we now have fake meats, fake fish, plant cheese, plant milk, fake eggs, and more.

Be it a starred property or a cosy cafe, vegan food is the new trend. Eateries are adding more and more vegan options to their menu, with coconut and almond milk replacing traditional milk in coffees and plant-based meat replacing traditional non-vegetarian.

What experts say

Chef Subhash Vij from Lucknow, who has worked in places like Cayman Islands describes, "Plant-based meat mimics the animal meat products but are completely vegetarian & extremely healthy. A lot of products using different veggies, lentils, soy & tofu are derived which not only look like meat but also taste like one. A balance of flavours using distinct spices leads to a culinary experience altogether. The only disadvantage is that it does not contain the Omega 3 fatty acids that are present in animal-based protein."

Chef Mohsin Qureshi, whose expertise lies in Awadhi cuisine, has skillfully tested waters with Vegan food too. "The primary reasons driving the 'Going Vegan' movement in India is lifestyle awareness amongst people, technological advancements, animal cruelty and allergy conditions, climate change and the changing perception towards sustainability. Studies show that balanced vegan diets are extremely rich in various nutrients. Moreover, they offer fiber, antioxidants, and beneficial plant compounds that cater to all the vital nutrients required for a healthy lifestyle."

The world is opening up to Vegan and Gluten free food options and so is India. Over the past decade, vegetarianism and now even veganism has increased by over 300 per cent worldwide. Nutritionists and food experts say that by the end of the decade, there will be a five-fold increase in the worldwide market for plant-based foods



Vegan Guide Through Aerocity

Exploring the best vegan options for a sustainable and ethical dining experience at Aerocity

By Vasudha Mukherjee

Your 100% Plant Based Menu

Where: **Del | Roseate House, Aerocity**

At Restaurant Del at Roseate House, diners can choose from a variety of handcrafted options as part of their '100% Plant Based Menu'. The restaurant has a thoughtfully designed one pager menu featuring starters, mains & dessert. The menu features mock meat, carefully replacing traditionally non-vegetarian products to create a satisfying dining experience suitable to all tastes.

All the ingredients are locally sourced, supporting and promoting the rich agriculture of India.

Our picks:

Vegan Buddha Bowl: The Vegan Buddha Bowl is a nutritious and flavourful array of veggies and proteins artfully presented. It is healthy and fresh, great for a lunchtime meal.



Shredded Chicken (mock meat) Tacos with Guacamole and Tomato Salsa:



The 'mock meat' is a fantastic replacement for real chicken. Using protein extracted from starchy vegetables and after experimenting with a combination of locally sourced legumes and

other meat alternatives such as tofu, this dish is indistinguishable from meat as far as taste and texture go. The guacamole and tomato salsa are perfect accompaniments for the dish.

Avocado on Toast: Perhaps one of the trendiest dishes on the menu, this dish is not just a breakfast or brunch item. Try Del's take on the Avocado Toast, which uses Hass avocados, Maldon sea salt and truffle oil to take the dish to the next level.



Indulgent Vegan Desserts

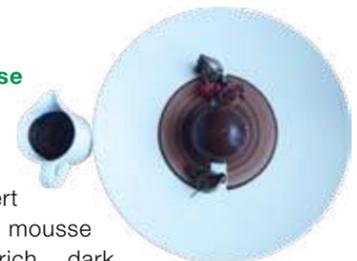
Where: **Nook | Aloft New Delhi Aerocity**

Why settle for a fruit platter when you can indulge in these treats? Even with a wide array of vegetarian dishes, it can be difficult to find items that are 100 per cent vegan. The experience for vegans can sometimes feel less satisfying. Nook has introduced desserts that meet the same quality without compromising on taste or texture.

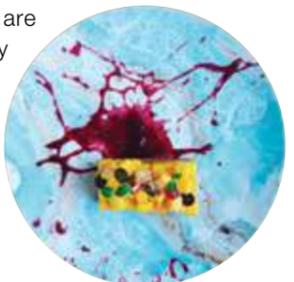
Our picks:

Milk chocolate mousse with cardamom sauce:

Experience the wonder as hot chocolate is poured over your dessert to reveal the chocolate mousse within. Made with rich dark chocolate, soya milk, vegan cream and cardamon, this dessert is not only satisfying to eat but also elevates your dining experience.



Vegan Mango Cake: Delight in the perfect combination of sweet and tangy flavours with this dessert. Featuring mangoes during its peak season, this dessert is also available with strawberries when mangoes are out of season, ensuring only fresh fruits are served on your platter. Sink into the moist vanilla cake with orange sugar syrup, topped with raspberry sauce and fresh mint. Kudos to pastry chef, Chef Mohit Gulia.



A Vegan Night-Out

Where: *Dragonfly Experience, Aerocity*

Many Indian dishes are vegan but we may not always recognise this. Don't hesitate to try these dishes on your next night out at Dragonfly, tucked into the corner of Aerocity's food court.

Our picks:

Crispy Veg salt and pepper (below): A popular appetiser in Chinese cuisine. Unlike most dishes, one does not need to worry about the use of honey or butter present in these popular dishes.



Extra bite: Farmer's Basket (above)
Where: *Pluck | Pullman Hotel, Aerocity*

Experience a new dining concept at Pluck, where guests can handpick freshly grown ingredients to create their own custom dishes or leave it up to the chef to whip up something new. The restaurant offers an array of vegetables on display, along with a herb garden in the outdoor dining space, for guests to choose from. This unique and customisable dining experience is tailored to satisfy the taste buds of every diner.

Classic Vada Pav (right):

The popular street food is completely vegan at Dragonfly. Made with deep-fried potatoes, bread and a lot of masalas. This simple yet delicious can be had as a meal or a snack with chillies and chutney.



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Love Yourself, But Don't Be Selfish



It's important to give attention to your wellbeing needs, without ignoring the needs of others around us. There's a fine dividing line between self-love and selfishness

By Harbinder Narula

Human beings are largely driven by emotions, whether these emotions are for others or towards self. These may create fear in us or may act as an inspiration for us. At times, these may help us keep faith and believe in ourselves. But at times, we may drown ourselves in self-doubt. And self-doubt lowers our self-esteem and self-worth. Which is why I have chosen to write about self-love, something commonly discussed on wellbeing platforms and advocated by many coaches.

A common example cited is that of the instruction the airline crew gives before take off, asking all passengers to put on their own oxygen mask before helping others in case of drop in oxygen pressure. The reality is that only when you are safe would you be in a position to help others around you.

Importance to own needs

What is self love? It's a very beautiful feeling that leads us to consciously value ourselves, bringing attention to and honouring our own strengths. It is ensuring that we do not ignore ourselves and give importance to our own needs and wants. There are times when we become ignorant about our physical health, mental wellbeing, the time needed to be spent with family, hobbies or self-grooming. We undervalue ourselves giving importance to the outside world, what they may think and putting others on a higher pedestal. We prioritise others and their needs over our own.

This may be an outcome of some kind of fear of losing something, like a job or a relationship or a contract or the fear of being reprimanded at school, etc. We often see people staying back in office to gain brownie points with the boss but ignoring the



Harbinder Narula

We must understand that we live in a world where resources are limited, which makes sharing imperative for our wellbeing and co-existence in society

need for spending time with one's son or daughter. Sometimes people take a drink with friends under peer pressure, even when they know that it is not good for their health.

It's all about prioritising and what is given more importance by "you". Just look around you and you will find people like these who are likely to be "people pleasers", where they prioritise others over self.

Thin dividing line

To me, wellbeing is about prioritising and valuing self. But then don't we call those who prioritise self as selfish? Well, if prioritising is being selfish, then being selfish is good. But then there is a very thin line between being "good selfish" versus being "bad selfish". The difference lies in the word "ignoring". When you do things for others "without ignoring yourself" it is being "good selfish" but, when you just think of yourself "ignoring others' wellbeing", that is when you become "bad selfish". For the rest of the write up, let's consider selfish in context of "bad selfish".

Before we move ahead let's see how to create self-love. First things first, we must try and understand ourselves. We do not even know our strengths and what value we are adding to the world around. Even the most unskilled worker may bring personal values like integrity and ethics over a skilled worker who may lack these qualities. But we focus more on what others have and make ourselves feel lesser than them due to what we lack.

So, it is good to be selfish, but for the right reasons. People who love themselves also demonstrate qualities like kindness and empathy.

But when we start giving attention to ourselves, we must remain mindful of the fact that we can subtly slip into the "bad selfish" zone. We may sometimes get so self-obsessed about our own needs that we might start ignoring others.

We must understand that we live in a world where resources are limited, which makes sharing imperative for our wellbeing and co-existence in society. If one person or a set of people starts consuming all resources, there will be inequality in the society, which breeds unhappiness. Many of us observed this situation during the recent pandemic, when people struggled to get oxygen cylinders for their ailing father, son, daughter, wife at home, while there were those who were hoarding oxygen cylinders to safeguard against a possible adversity that they or their family "might" face. This led to losing of many lives that could have been saved. While procuring oxygen cylinders at a high cost and storing these was an act of self-love, but without consideration for others made that act of self-love, a selfish act. Self-love turns into selfishness when compassion and empathy of the impact on others is ignored.

To build a healthy society we need to create a culture of self-love that not only builds a generation of people who are mentally strong, but also ensure that we instill in them the sense of responsibility that makes them sensitive towards the needs of others on the planet, and the planet itself.

The author is CEO – BW Wellbeing World & BW Healthcare World

How Extreme Heat Affects Your Mental Health



As we approach the harsh summer months, here's how to protect ourselves from fallout of relentless heat

By Suzy Singh

Researchers studying the impact of climate change are now observing alarming correlations between heat wave conditions and mental health disorders. The World Economic Forum mentions that for every 1 degree increase in monthly average temperature, mental health-related deaths increase by 2.2 per cent. A recent US study clearly mentions that heat can profoundly impact the mental health of people regardless of age, sex, or where they live.

Who is more vulnerable?

People with pre-existing mental health conditions and psychiatric patients are most vulnerable and it is well advised that they spend a greater part of their days in cooler areas of homes and work spaces. People with anxiety, depression, bipolar disorder, schizophrenia and dementia may experience difficulties with body temperature regulation. This also applies to those who are on antidepressants and antipsychotics. If you happen to experience an increase in symptoms please reach out to your mental health care provider who can suggest ways to ease your discomfort.

Students in highly competitive ecosystems such as medical and engineering colleges living in hostels are also at risk, particularly if they are overwhelmed by competition, peer pressure, fear of failure or have ever had suicidal thoughts. There is enough evidence to suggest a direct correlation between warmer climates and increased suicide rates. Higher temperatures



Suzy Singh

We've all experienced the physical discomfort caused by soaring temperatures but did you know that extreme heat can make you prone to temper outbursts, migraines, agitation and sleep deprivation?

affect cognitive abilities making it harder to concentrate, reduce retention and memory, lower academic productivity and increase anxiety and stress. Compassionate listening and keeping a close watch on friends and peers who appear to be depressed can bring timely relief in case they are tempted to self-harm.

Pregnant women also need to take extra precautions during summer months. Physiological changes in their bodies coupled with extreme temperatures can increase irritability, exacerbate anxiety and cause depression. Concerns about changes in body shape, discomfort in sleeping, anticipated changes in lifestyle and increased responsibility on the baby's arrival as well as self-doubts concerning their parenting skills and capabilities can become magnified by summer stress. Wearing loose clothing, avoiding exposure to midday temperatures and finishing daily chores during cooler hours of the day can help peri- and post-natal women feel more comfortable. A recent UN report informs that almost one in five women will experience a mental health condition during pregnancy or in the first year after giving birth

so if you don't have someone to discuss your anxieties with, please reach out to your doctor or counselor and seek medical intervention. The elderly also need extra care during these months as prolonged exposure to high temperatures can cause confusion, disorientation and other mental symptoms. Research indicates that mortality attributed to mental and behavioural disorders increased during heat waves in the 65 to 74 year age group and in persons with schizophrenia, schizotypal, and delusional disorders.

Heat is also known to cause sleep disturbances and insomnia in the aging population. They may wake up several times during the night to drink water because it's too hot or to urinate and then are unable to fall asleep. Poor sleep quality results in exhaustion, disturbed moods and brain fogging. Providing air conditioning and some form of social stimulation or support can keep elders socially, mentally and emotionally resilient during summer time.

There is also increasing evidence to suggest that higher temperatures increase cravings and addictions in those afflicted with substance use disorder. Extreme heat can drive addicts to reach out for the bottle or drug more easily and frequently. Dehydration and drug related metabolism can cause complications, increased intoxication and overuse. Staying well hydrated and seeking help to overcome addictions are most critical for this group of people.

Impact on emotions

Researchers are also finding that extreme heat and wellbeing are more foes than friends because too much heat exposure alters our biology in negative ways making us angrier, more impatient, and stressed out. It simultaneously shrinks our capacity to exhibit positive emotions such as empathy, kindness, happiness and joy. While those living in colder climates may enjoy the occasional hot holiday breaks, people exposed for longer periods to extreme heat may find it difficult to experience altruistic emotions. Perhaps this is why mystics, saints and yogis preferred to live in mountainous regions.

So far, scientists and researchers have only looked at the tip of the climate iceberg to comprehend how heat impacts our mind and psychology. A lot more work must be done before we can understand exactly how brain chemistry is affected by extreme temperatures. Perhaps architects need to urgently explore innovative design solutions to make our homes, buildings and cities naturally cooler without air-conditioning to help reduce violence and rising incidence of mental health issues.

Suzy Singh is a Mental Health & Wellbeing Therapist, Grief Counsellor & International Author. Article courtesy BW Wellbeing

WHAT, WHERE, WHEN, WHICH....



Fashion

1. Anrakha as a royal wear first came into prevalence during this Mughal emperor's time, as his father had tripped on the ankle-length gown.

- a. Babur
- b. Humayun
- c. Akbar
- d. Jehangir

2. Patola as a weave originated in....

- a. Gujarat
- b. Maharashtra
- c. Odisha
- d. Andhra Pradesh

3. Which state gave the Jamdani weaves to the country?

- a. Assam
- b. West Bengal
- c. Bihar
- d. Odisha

4. Nimes in France is associated with the origin of which dressing material?

- a. Polyester
- b. Chiffon
- c. Denim
- d. Georgette

5. Which city in India houses the Calico Museum, a huge repository of textiles?

- a. Mumbai
- b. Ahmedabad
- c. Banaras
- d. Patna

6. The Past-Present-Future Museum in Paris was established by...

- a. Pierre Cardin
- b. Christian Dior
- c. Louis Vuitton
- d. Coco Chanel

7. This Indian is credited with being the first Indian designer to set up an Indian label in France in 1964. She established "La Malle de l'Inde", (The Indian Trunk) in Paris and introduced Indian fashion there. Name her.

- a. Bhanu Athaiya
- b. Mohanjeet Grewal
- c. Ritu Kumar
- d. None of these

8. Oscar-winning designer Bhanu Athaiya (for Gandhi, 1983), first designed period costumes for....

- a. Awara
- b. Sahab, Bibi Aur Ghulam
- c. Amrapali
- d. Pakeezah

9. Besides Ritu Kumar, the other Indian fashion designer to have been given Padma Shri award is....

- a. Tarun Tahiliani
- b. Sabyasachi Mukherjee
- c. Anita Dongre
- d. Late Wendell Rodricks

10. In the Guinness World Records, the most designers to present in a single continuous fashion show is 357, at an event organised in on 23 December 2018.

- a. New Delhi
- b. Paris
- c. Chennai
- d. London

Answer key

- | | |
|---------------------|------------------------------|
| 1. C. Akbar | 5. B. Ahmedabad |
| 2. A. Gujarat | 6. A. Pierre Cardin |
| 3. B. West Bengal | 7. B. Mohanjeet Grewal |
| 4. C. Denim | 8. B. Sahab, Bibi Aur Ghulam |
| 5. B. Ahmedabad | 9. D. Late Wendell Rodricks |
| 6. A. Pierre Cardin | 10. C. Chennai |

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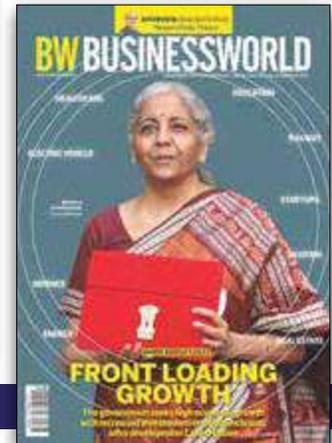
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