



ISSUE 10 INR 300

# AEROCITY, READY

**GMR AEROCITY MAGAZINE** 

**TRAVEL, WORK & DINE** 



This hospitality district has amped up its services to meet the visitor requirements during the Summit



### **PERSPECTIVES**



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**CHEF VISHAL TAMANG** PLUM BY BENT CHAIR AT AEROCITY



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### SEPTEMBER-OCTOBER 2023- ISSUE 10



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# **G20** And The Tourism Roadmap



ANNURAG BATRA

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ig events bring with them great opportunities for the host destinations. Each time the country's capital has hosted a mega event, it has been accompanied by an infrastructure push. In the run up to the Asian Games in 1982, the capital saw a rush of flyover construction; a number of iconic stadia were built and the Asiad Village came up. Same happened when the Commonwealth Games were organised.

Imagine then, the benefit of hosting the G20 Summit, when expert delegations from 20 countries – with 80 per cent share in the world economy – have been participating in events at about 100 locations across the country. It's not just a handful of cities that are getting the chance to showcase their tourism potential but the entire country, and to the whole world.

Once the event is over in September, the time to do cost-benefit analysis will come. It will be important to understand the infrastructure additions required for specific regions and also to ponder on how to develop tourism potential in a sustainable way, so that the earlier mistakes that tourism spots across the world have been committing can be avoided. Can we develop a carbon-neutral, plastic-free tourism infrastructure?

And in this regard, can the Aerocity Hospitality District show the way? With great public transport connectivity thanks to the Airport Express Line of Metro, hotels and office of WorldMark investing in energy and water efficiency, green spaces (including even chemical-free vegetable gardens) and getting rid of single-use plastic, the Aerocity Hospitality District is a great example of developing tourism infrastructure the right way.

In this issue of *Aerocity Live*, we bring to you a rich overview of the benefits of G20 for various Indian cities and how past destinations across the world have benefitted. We have a rich collection of articles showcasing the city – the must-visit spots and shopping spots, eating outlets to try during the festive season and very importantly, the prominent venues of Ram Lila and Durga Pooja across the city when the whole city is seeped in festive mood. These spots become a great showcase of Indian culture in themselves.

Wishing you a very happy festive season.

Happy Reading.

# **G20 Presidency,** An Important Milestone For India



AMAN KAPOOR
CEO, Airports Land Development, GMR Group

#### Dear Readers,

In this edition of our esteemed magazine, we embark on a journey that celebrates India's resounding influence on the global stage. The year of the G20 Presidency under the dynamic leadership of Prime Minister Narendra Modi has borne witness to the reverence our nation commands worldwide. Against the backdrop of a recovering post-pandemic world, European conflicts, and a sluggish global economy, the successful orchestration of a myriad of meetings across 100 diverse locations within India reverberates as a clarion call, echoing the boundless potential that India holds in every facet. The achievement accomplished over the span of this year is nothing short of awe-inspiring.

As Honorable Prime Minister Narendra Modi said, "Our G-20 mantra is - One Earth, One Family, One Future. The notion of universal brotherhood is being reflected via the G-20 logo. When we strive for our progress, we also envision global progress. It will be our effort that there should be no first world or third world, but only one world."

At the core of this monumental event lies the promise of transformation for the travel, tourism, and hospitality sectors. As history has showcased, previous hosts of the G20 Summit have reaped the rewards of enhanced infrastructure, a surge in tourist footfall, and an upswing in occupancy rates. This year, we witness the unfolding of a global interest in Indian hospitality, underscoring the relevance and allure of our offerings on a worldwide scale. The impact of this event on these sectors is poised to be transformative, positioning India as a destination of choice for travellers and enthusiasts alike.

In this special G20 feature, we delve into the heart of the Aerocity district in Delhi, a testament to our nation's ongoing commitment to raising the bar of excellence. This bustling hospitality hub holds immense potential as a catalyst for Meetings, Incentives, Conferences, and Exhibitions (MICE) activities in the Delhi NCR region. With improved connectivity, especially in terms of air travel, and significant infrastructural upgrades such as the fourth runway and elevated cross taxiway at Delhi Airport, Aerocity is poised to redefine the hospitality experience and set the stage for a dynamic future.

Our exploration of Delhi's festive fervour during September and October adds an enriching dimension to this edition. The vivacity of the Ram Lila and the enchantment of Durga Puja pandals are not to be missed, offering an opportunity to immerse oneself in the cultural tapestry of our city while indulging in the culinary delights that Delhi is renowned for.

Continuing our commitment to providing exceptional content, we showcase our regular sections that enrich your reading experience. From insightful restaurant reviews and engaging chef interviews to highlighting exceptional products from Aerocity outlets, our magazine is a repository of valuable information.

As we traverse through the pages of this magazine, we invite you to join us in celebrating India's influential stance on the global platform and the remarkable transformations it heralds. Your unwavering support emboldens our mission to curate the finest narratives and experiences that our nation has to offer. Happy Reading.

**BW**AEROCITY LIVE - SEPTEMBER-OCTOBER 2023 - ISSUE 10





My car caught fire this week

In life, we often come across situations that test our mettle and remind us of the power of humanity.

A recent incident involving my car catching fire at Aerocity was one such experience that reaffirmed my faith in the innate goodness of people and the importance of customer centricity.

On that fateful day, as I watched my car engulfed in smoke, panic and desperation gripped me. Little did I know that this seemingly dire situation would lead to an encounter with a team that would go above and beyond to provide unwavering support. The heroes of the hour were none other than the dedicated personnel from GMR.

From the moment they spotted my car's distress through the CCTV cameras, GMR sprang into action. Their rapid response was truly remarkable, as they swiftly coordinated with the fire brigade to douse the flames. Witnessing their seamless collaboration and efficient handling of the situation left me in awe. But their assistance didn't stop there.

..see more





Without your help, things wouldn't have gone this smoothly. You are amazing partners and friends, and I am lucky that I could

meet you guys.

Thanks again for making this happen!

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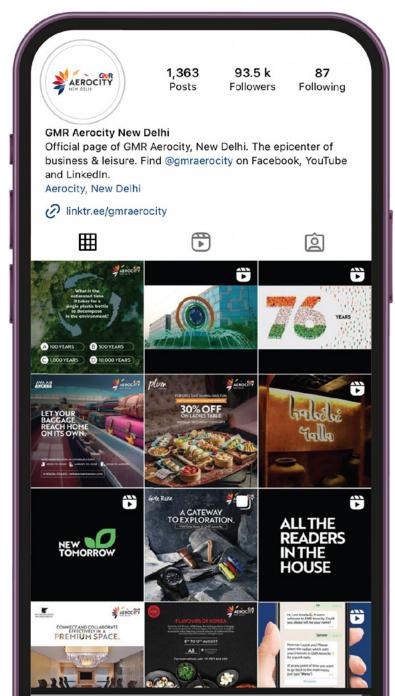


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Cover design: Shiv Kumar

# **EVENT CALENDAR**

### **NOT TO BE MISSED**



### **Tasavvur Sufi Band**

Where: Shri Ram Centre for Performing Arts, Safdar Hashmi Marg, near Mandi House New Delhi. Delhi

When: 6.30 pm, September 8
Distance from Aerocity: 17.4 km

Nearest Metro Station: Mandi House on Blue and

**Violet Lines** 

### Jazbaa- Live In Concert by Javed Ali

Where: Siri Fort Auditorium, August Kranti Marg

When: 7 pm, September 3, 2023 Distance from Aerocity: 14.1 km

**Nearest Metro Station:** Green Park and Hauz Khas

Metro Stations on Yellow Line

### **Roots & Rhythms**

Featuring Badshah, Papon and Shilpa Rao Where: Indira Gandhi Indoor Stadium, near ITO

When: 6 pm, September 30
Distance from Aerocity: 20.2 km

**Nearest Metro Station: ITO on Violet Line** 



### **Theatre**

Barff, featuring actor Saurabh Shukla

Where: Kamani Auditorium, Copernicus Marg

When: 16-17 September

Distance from Aerocity: 17.6 km

Nearest Metro Station: Mandi House on Blue and

**Violet Lines** 

### **Umrao Jaan**

Where: Shri Ram Centre for Performing Arts

When: 4 pm, October 8

Distance from Aerocity: 17.4 km

Nearest Metro Station: Mandi House on Blue

and Violet Lines

#### **Dial M for Murder**

Where: Shri Ram Centre for Performing Arts

When: 6.30 pm, September 29 Distance from Aerocity: 17.4 km

**Nearest Metro Station:** Mandi House on Blue and Violet Lines



### **Exhibition**

**Glimpses of Santiniketan 2** - A solo exhibition

of bronze and mild steel sculptures + watercolours and drawings by Kiran Dixit Thacker

Where: Visual Arts Gallery, India Habitat Centre,

Lodhi Road

When: Till September 7

Distance from Aerocity: 15.4 km

Nearest Metro Station: Jor Bagh Metro on

Yellow Line

### **Delhi Jewellery & Gem Fair**

Where: Pragati Maidan

When: September 30 - October 2 Distance from Aerocity: 19.6 km

**Nearest Metro Station:** Supreme Court Metro Station (earlier called Pragati Maidan Metro

Station) on Blue Line

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# **Airport & Global Business District: A New Paradigm**

With changing times, Central Business Districts (CBDs) need a new avatar as Global Business Districts (GBDs): what how and where?

raditionally, the term Central Business District (CBD) has been recognised as the economic and business hub of a city. It is typically referred to as the financial district in major cities because it is home to offices and commercial spaces. Geographically, it frequently corresponded with the 'downtown' or 'city centre' in the past.

With the fast-paced growth spurts witnessed by global cities and the lack of sizeable, well-located developable land, cities all over the world have invariably seen their semi-rural or suburban parts experience dense business developments. These are generally called Secondary Business Districts (SBDs).

However. Central Business Districts - both old and new across the world continue to be not only economic force multipliers but also the true flag bearers of a city's stature in a global context. This can be attributed to the charm of an extraordinary central location that is not only well-connected to various parts of the city but also conveniently connected to other global and regional economic centres. Most importantly, such central locations with dense mixed-use developments provide individuals and companies highly functional spaces where they can meet, exchange ideas and innovate with the best available

Markers of a Thriving GBD		
	WHAT	HOW
01	Strategic national relevance	Capital of India
02	Extraordinary location	City Center/ Airport in the heart of the city
03	National and international connectivity	Multimodal connectivity – roadways, RRTS, metro and terminals
04	Interactive spaces	All kind of visitors – national and international travelers, working professionals, daily visitors for shopping and leisure
05	Target group nearby	Large traffic of travelers, large residential catchments around
06	Safety and security	Multitiered security
07	Global retail brands and Experiences	A vibrant world-class shopping experience
08	Talent Pool	Workspaces chosen by recognised multi-national corporations
09	Humane Spaces	Public realm, walkways, street life, common spaces
10	Art and culture	Public art, events and activations all throughout the year



global and diverse talent. Over time, it is only natural that these spaces become not just economic multipliers but also host and incubate best of art, culture and unparalleled experiences that urban life has to offer.

Some of the global cities that have successfully developed such new CBDs in the last 20-30 years are Marina Bay in Singapore, Dubai International Financial Centre (DIFC) in Dubai and Canary Wharf in London.

When these districts are further combined with global connectivity at their very core, such as airports, they are uniquely positioned to become global powerhouses of innovation, economic boom, employment, art & culture and global oneness. Thus, breaking through the traditional nomenclature of CBDs and SBDs, these urban planning paradigms can truly be identified as Global Business Districts (GBDs).



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# **Delhi Airport Gets**

# 4th Runway And Dual Elevated **Cross Taxiways**



Union Civil Aviation Minister inaugurates the infrastructure upgrades, which will help in operational efficiency

a momentous event, Honourable Minister of Civil Aviation of India, Jyotiraditya Scindia, unveiled the muchawaited 4th runway and elevated dual Eastern Cross Taxiways at Delhi Airport on July 14. The inauguration marks a significant milestone in the Phase 3A expansion project of Delhi Airport, the busiest airport in the country.

With this, Delhi Airport has become India's

only airport to have four operational runways. The 4.4-kilometre-long runway, parallel to the third runway (11/29) on the Southern side, is an integral part of the Phase 3A expansion project undertaken by the Delhi International Airport, a consortium led by GMR Airports Infrastructure, to make Delhi Airport future-

The physical construction of the fourth runway was successfully completed in



Inquauration ceremony of the 4 runway and the ECT

September 2021, despite numerous challenges, including those posed by the Covid-19 pandemic.

The 4th runway would handle the increased traffic movement and, along with the dual Elevated Cross Taxiways (ECT) will help in reducing the carbon emissions significantly. It would be the step for the Delhi Airport to move towards its goal of become a 'Net Zero Carbon Emission Airport by 2030'. The ECT will serve several purposes - reducing taxiing time for crafts, improving efficiency of operations, saving fuel and time, among others. It will also help in reducing about 55,000 tonnes of carbon dioxide emission, which is equivalent to planting about 15 lakh trees.

As an integral part of the Phase 3A expansion work, the construction of the fourth runway was carried out in a phased manner, considering the presence of a live taxiway. This approach ensured minimal disruption to the airport's operations while facilitating the expansion. Throughout the construction process, the project faced several obstacles, but with determination and perseverance, the teams overcame them to deliver a world-class

The construction involved the realignment of the boundary wall and drainage system to optimise functionality and enhance overall efficiency. Additionally, recognising the importance of safety, a temporary fire station catering to the third runway



Honourable Minister of Civil Aviation, GOI, Jyotiraditya Scindia

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# **NEWS**







was developed, effectively barricading half of the construction area. This proactive measure ensures that emergency response capabilities are maintained throughout the expansion project.

To further prioritise safety, an isolation bay was developed on the southern side to address any emergency situations that may arise. This state-of-the-art facility underscores our commitment to ensuring the well-being of all airport users and stakeholders.

In his address during the inauguration ceremony, Scindia expressed his satisfaction with the completion of this vital expansion project. He highlighted the importance of modernising and upgrading infrastructure to meet the growing demands of air travel, contributing to the development of the aviation sector and the nation's economy.

"India is at an inflection point in her long history of civil aviation. Under the leadership of Prime Minister Narendra Modi today civil aviation is a key enabler in the rise of country's economic power. India is aiming high, it is aiming to touch the sky. Delhi Airport under the vision of the GMR Group is creating new crests. From about 70 million passengers per year as the biggest airport in India, the Delhi Airport will soon become one of the largest airports in the world at 109 mn passengers per year,"he said.

Videh Kumar Jaipuriar, CEO, DIAL, said, "This significant milestone at Delhi Airport reaffirms our commitment to excellence in delivering world-class aviation infrastructure. The successful completion of the 4th Runway and Eastern Cross Taxiway would not have been possible without the concerted efforts and support of various teams, including the Civil Aviation Ministry, AERA, AAI, BCAS, CISF, contractors and airport personnel. Their unwavering support and cooperation throughout this transformative endeavour have paved the way for enhanced connectivity and operational capabilities at Delhi Airport."

Another notable accomplishment during this phase was the demolition of the top three floors of the Airports Authority of India's RED building, without impacting the lower floors. This intricate task showcased DIAL's expertise and commitment to minimising disruption while achieving project objectives.

As part of DIAL's commitment to sustainability and energy efficiency, the traditional halogen runway lights have been replaced with state-of-the-art LED lights. This upgrade not only enhances visibility and safety but also reduces energy consumption, contributing to DIAL's commitment to achieving environmental goals.



# 'Dil se Delhi' at Spice It Restaurant, ibis Aerocity



otel ibis New Delhi Aerocity is running a food festival at its popular Spice It restaurant till October. It has specially specially-created menus based on cuisine from Delhi. Visitors can savour a crafted menu from Rs. 1100++, with cocktails at just Rs. 99.

When: 'Dil se Delhi' event is being held every Wednesday and Friday till October.

# Holiday-Inn Gets Festive-ready

iva Deli restaurant at Hotel Holiday Inn in Aerocity commemorated August as the 'Festive Fusion' Month. It had some Indian fusion desserts with its exclusive collection that harmoniously blends raditional flavours with a touch of contemporary allure.

The hotel is also geared up for the festive season to come. It has announced Hampers For Diwali. Holiday Inn has 5 varieties of hampers starting from Rs 1,200.

These are thoughtfully curated hampers, perfect for sharing love, joy, and happiness with family, friends, and colleagues. You can visit the hotel or call to pre-book your order at +91 8130496069.

# Marriott Bonvoy To Reward Double Points To Diners During The Grand Buffet Soirée

arriott Bonvoy portfolio of hotels in India is hosting The Grand Buffet Soirée from the 10th of August to 6th of September 2023. Guests can embark on an exquisite journey of flavours, immersing themselves in the art of savouring as the curate a kaleidoscope of culinary delights that reflect the true essence of indulgence. Building on the satisfaction quotient, guests can earn double points on every meal, when dining at over 40 restaurants within the Marriott portfolio, across India.

In Aerocity, guests can have dining experiences at Nook, Aloft New Delhi Aerocity, and at K3, New Delhi's Food Theatre, JW Marriott New Delhi Aerocity. The points can be redeemed for free nights, dining experiences, curated member moments or for a wide range of spa services across the Marriott International properties.

Whether you're a connoisseur of international cuisines, a fan of local delicacies, or an explorer of culinary innovations, this buffet spread is a feast for all senses. Choose from a delectable array of appetizers, main courses, and mouth-watering desserts expertly crafted by the talented team of chefs.

This is your opportunity to dine in splendor and redefine the rewards of loyalty with The Grand Buffet Soiree. Bon appétit!

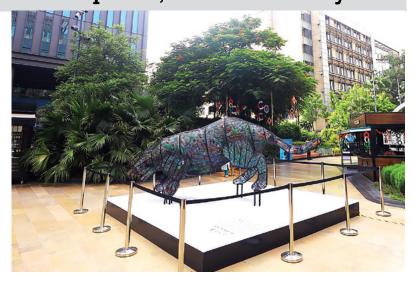
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# **NEWS**

# **NEW OPENINGS**



### **New Tomorrow Campaign At** The Square, GMR Aerocity



and the well-being of our environment. With 'New Tomorrow' campaign, a creative approach to address two critical issues - plastic waste and the conservation of endangered species is being ushered in.

A striking tiger sculpture was installed at GMR Aerocity, made entirely from recycled plastic bottles that were donated by Aerocity's partners. This initiative serves as a powerful reminder of the impact of plastic waste on our plan-

et and its inhabitants. GMR Aerocity chose the tiger as the symbol for this initiative because it represents a critically endangered species. Tigers are not only majestic creatures but also vital to maintaining the ecological balance of our ecosystems. By addressing plastic waste and supporting tiger conservation, Aerocity is addressing two important aspects of environmental responsibility. The partners in GMR Aerocity have played a crucial role in making this initiative a realitv. It's a testament to how collective efforts can drive positive change.

### Edition 2 Of Hospitality Run By Happy Hotelier Club Announced

appy Hotelier Club (HHC) is organising the 2nd Edition of the Hospitality Run for the Hospitality Industry at WorldMark 2, Aerocity on Sunday, October 8, 2023. The event will be attracting 2000+ participants from the hospitality industry (hotels, restaurants, aviation, travel and hospitality schools)

GMR, Aerocity will be the venue partner and Pride Plaza, Aerocity will be the hospitality partner for this Run this year as well. This Hospitality Run will be in association with Ladli Foundation (having Social Consultative Status with United Nations Economic and Social Council). This Second Run in the country also marks the celebration of World Tourism Day on September 27, 2023 and the forthcoming International Chef's Day on October 20, 2023.

HHC Hospitality RUN Edition 2 is a celebration of the hospitality industry with travel and tourism coming together and running together for comradeship, collaboration and support with the objective of empowering each hospitality professional so that they take pride in whatever they do at their workspaces. The hash tag this year being #I am hospitality.

Conceptualised in March 2020, Happy Hotelier Club brings the hoteliers and restaurateurs on one platform where they can exchange ideas on industry related issues, new age solutions and practices being followed to enhance business and support each other.



# Blue Tokai Coffee Roasters Brings Its Muchloved Café Experience To GMR Aerocity

fter taking the country on an unparalleled coffee journey for a decade, Blue Tokai Coffee Roasters has now opened doors to its latest cafe at GMR Aerocity, bringing India's highest scoring coffees, fresh bakes and delicious food to coffee lovers from around the globe.

The extensive beverage menu at Blue Tokai caters to the unique tastes of every coffee lover. There is a wide selection of classic espresso-based drinks, velvetv cappuccinos, and lattes with perfectly steamed milk. If you're more into cold coffees, the refreshing notes of meticulously crafted cold brews are just the thing for you.

GMR Aerocity outlet is here to ensure that every coffee is made with utmost care and attention to detail. The brand sources only the best coffee beans, ensuring that every sip carries the essence of exceptional quality and flavour. Their seasonal and perennial coffees are sourced from their partner

The talented team at Blue Tokai's

to life a range of roast levels and flavour profiles for each taste and preference.

outlet sweet savoury offerings croissants, muffins and more. all baked from scratch.

Suchali's Artisan Bakehouse. There are also appetising and healthy food options and you can choose from a variety of fresh vegetarian and nonvegetarian offerings.

At the heart of everything, Blue Tokai prioritises quality and authenticity. Their range of retail coffee packs and easyto-brew and ready-to-drink products help you recreate an extraordinary, on-

the-go coffee experience, no matter where you are travelling.

Chai Point @ The Square

estates across India, and then roasted to precision, bringing

beverage platform, Chai Point, every day through multiple touchpoints including its 110+ retail stores, cloud kitchens, corporate offices and institutions, consumer packaged goods & HORECA

The tea brands sources from Assam's finest estates and 100 per cent single-origin Arabica coffee beans from Rainforest Alliance certified estates of Chikkamagaluru, Karnataka. And it is the first company in India to launch environment-friendly heatretaining Chai flasks in 2016 that can keep the chai, coffee hot for up to two hours.

The launch ceremony organised recently was attended by

(hotels, restaurants and cafes), is now present in Aerocity too.

the co-founders of Chai Point - CEO Amuleek Singh Bijral, CFO Nikuni Gupta, and CEO of CPG Business Dev Arora.

The event also welcomed channel partners from Chai Point, online head for Blue Tokai Coffee Roasters and officials from GMR Group.

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### **NEW BEGINNINGS**

# Prasanna Venkatesh Is The New Director of F&B at Pullman & Novotel New Delhi Aerocity

ullman and Novotel New Delhi Aerocity has announced the appointment of Prasanna Venkatesh as the Director of F&B. Prasanna brings with him 17 years of experience in hospitality industry. He has been associated with prestigious hotel chains across the world, including the Westin Hyderabad, TGP International UK, Hilton Dubai, Westin Dubai, and Sun Resort Mauritius. He has also been involved with the opening of some renowned brands such as Cafe Milano, Long Chim and the first African cuisine Food Hall in Dubai.

At Pullman & Novotel, Prasanna will oversee the hotel's diverse dining establishments, including maintaining sustainable practices, taking care of budgeting and cost control, looking after supply chain management and other responsibilities.



# JW Marriott Appoints Chef Anuraag Narsingani As Culinary Director



enowned for his culinary prowess and unwavering passion, Chef Anuraag Narsingani stands at the forefront of gastronomic innovation as the director of Culinary at JW Marriott New Delhi Aerocity.

With a bachelor's degree from IHM, Mumbai and with close to two decades of culinary experience, Chef Anuraag has honed his craft through roles at establishments like The Oberoi Group and Carnival Cruise Liner. Prior to his tenure at JW Marriott New Delhi Aerocity, he was the head of Culinary Operations at Encalm Hospitality.

Chef Anuraag's culinary brilliance has garnered him numerous accolades, including the distinguished titles of 'Chef of the Year' by BW Hotelier in 2020.

At JW Marriott New Delhi Aerocity, Chef Anuraag's vision is clear: to establish the hotel as the ultimate destination for exceptional food and beverage offerings. His expertise in menu planning, inventory management and maintaining impeccable kitchen standards guarantees an environment where creativity thrives and excellence is the norm.

Use Code **INFLIGHT** & get a **FREE COFFEE** on your next order.



### AEROCITY NEW DELHI

# G20 Presidency,

# A Window To Indian Travel, Tourism & Hospitality



How the series of events at 100 locations over the year enable the country to showcase its potential and to build appropriate infrastructure to capitalise on that potential

### By Team Aerocity Live

rime Minister Narendra Modi addressed the G20 Tourism Ministers' Meet held in Goa via video message in June this year. Addressing the gathering, he invoked the spirit of Incredible India and said that India's approach to tourism is based on the ancient Sanskrit verse 'Atithi Devo Bhavah' which means 'Guest is God', informing that India during its G20 presidency is organising nearly 200 meetings in 100 different locations all over the country making every experience different from the other. "If you ask your friends who have already visited India for these meetings, I am sure that no two experiences will be alike," he added.

Underlining that India's efforts in the tourism sector are centred on **preserving its rich heritage** while creating a **world-class infrastructure** for tourism, he noted that India attracts pilgrims of every major religion of the world and emphasised the **development of spiritual tourism** as one of the focus areas.

He informed that the infrastructure upgrade in the eternal city of Varanasi, one of the major spiritual centres, led to a ten-fold increase in pilgrims taking the number to 70 million today. He also stated that India is **creating new tourist attractions** and gave the example of the Statue of Unity, the tallest statue in the world, which attracted about 2.7 million tourists within a year of its inauguration. Prime Minister Modi expressed happiness that India is also recognising the relevance of the tourism sector for the speedy achievement of Sustainable Development Goals.

"Terrorism divides but tourism unites," he remarked. PM Modi said that tourism has the potential to unite people from all walks of life thereby creating a harmonious society. He

expressed happiness that a G20 Tourism dashboard is being developed in partnership with UNWTO which will be a first-of-its-kind platform bringing together best practices, case studies and inspiring stories.

He also expressed confidence that the deliberations would multiply the collective efforts to realise tourism's transformative power. "The motto of India's G20 Presidency, 'Vasudhaiva Kutumbakam' - 'One Earth, One Family, One Future' can itself be a motto for global tourism", he added.





He noted that the tourism ministers rarely get a chance to be tourists themselves even though they are handling a sector worth over two trillion dollars globally.

Earlier, in a *Mann Ki Baat* address late November 2022, as the country was on the verge of taking over the presidency of the Summit, he had reminded the nation that G20 delegates are "tourists of the future" and it was a big opportunity, as G20 represents two-third of the world population and 85 per cent of the GDP.

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And in a post-Budget webinar on Developing Tourism in **Mission Mode**, in March this year, he called for **out-of-the-box thinking for tourism**, where he talked of empowerment of youth and job generation through tourism. He expressed happiness that several small places had come on tourism radar, and emphasised the need for improved boarding and lodging, digital connectivity, civic amenities and cleanliness.

### **Emphasis areas**

The 'Outcome Document and Chair's Summary' of the G20 Tourism Ministerial Meeting in Goa lists the five priority areas identified during India's G20 Presidency: 1) Green Tourism; 2) Digitalisation; 3) Skills; 4) Tourism MSMEs and 5) Destination Management.







Vineet Mishra Cluster General Manager, Hotel Pullman & Novotel, New Delhi Aerocity

620 couldn't have come at a better time for us, as the world economy is coming out of Covid and there is rediscovery of destinations and experiences happening. India is fortunate to get the opportunity on that cusp

And in the Annex to this document, titled 'Goa Roadmap for Tourism as a Vehicle for Achieving the Sustainable Development Goals', G Kishan Reddy, Minister of Tourism, Culture and Development of North Eastern Region, Government of India, wrote, "Tourism can be instrumental in addressing many of the challenges faced by our societies while transforming itself to address its socio-economic impacts. Working together on a common roadmap for recovery and long-term sustainability in tourism will unlock its immense potential to deliver on the SDGs."

The G20 Presidency, in that sense, has come to play a role of an accelerator for the travel & tourism and hospitality sector. For it provided an apt opportunity to present the country at its best to a diverse group of people from across the world – administrators, science experts, hospitality industry insiders and so on – at locations as far and wide as Srinagar, Bhubaneshwar, Hampi and Varanasi and not to forget metros like Delhi and Mumbai. This in itself has led to much traction in the Indian hospitality sector. In response to a question regarding the impact of G20 Presidency on tourism, Reddy gave a written reply that no formal assessment has been done so far, but the global attention had been brought to these destinations.

#### Impact on the ground

Vineet Mishra, Cluster General Manager, Hotel Pullman & Novotel, New Delhi Aerocity, rightly points out, "Holding G20 is a matter of pride as it's that one chance to showcase yourself in this extremely dynamic world. And it couldn't have come at a better time for us, as the world economy is coming out of Covid and

there is rediscovery of destinations and experiences happening. India is very fortunate to get the opportunity on that cusp."

He shares that a number of preparatory meetings and delegations have translated to much business for hotels and already, interest has been shown internationally for hosting events in the years to come. Not only that, India's, Delhi NCR's and Aerocity's MICE credential has been consolidated.

He adds, "At Aerocity, which has about 3,600 rooms we have seen

some constant influx of travel related to G20. We have constantly had guests coming in and out in the last one year in connection with G20. These Indian and international guests are working on various projects to execute the G20 event successfully."

Pullman has also been organising a lot of food festivals - most of them from countries from where the delegates are expected. And the Sunday Brunch changes its theme every week - again most of these are related to G20 countries.

Safety and security are an important criterion in hospitality and Mishra points out, "One advantage is the safety and security of our hotels. Being in Aerocity our compliances are very up-to-date. At Accor, we have zero tolerance towards anything that would compromise safety and security of guests. We had various visits from local authorities to check the readiness of our hotels to host such high delegations and high-level meetings. And Pullman & Novotel were extremely compliant and ready."

While the G20 Summit will happen at the newly launched Pragati Maidan Convention Centre, Aerocity hotels have been high on priority list for round-the-year flurry of activities. According to **Amit Rana**, General Manager, Holiday Inn Aerocity, "Our team has put in tremendous effort to ensure that every aspect of our preparations is aligned with delivering unparalleled guest experiences while also being conscious of our environmental impact. Embracing the essence of world-class hospitality, we have left no stone unturned in enhancing our facilities, services and sustainability initiatives in preparation for this momentous occasion."

The hotel has gone for increased seating capacities and revamped spaces, including changing the upholstery and furniture at the coffee shop, lounge and lobby areas. Digital innovations have been done in banquet spaces that serve as valuable tools for displaying essential event information, schedules and engaging presentations.

Equally important is the comprehensive staff training and



**Amit Rana** General Manager Holiday Inn Aerocity

Our team has put in tremendous effort to ensure that every aspect of our preparations is aligned with delivering unparalleled guest experiences while also being conscious of our environmental impact. Embracing the essence of world-class hospitality, we have left no stone unturned in enhancing our facilities, services and sustainability initiatives in preparation for this momentous occasion.

reinforced security at the hotel, for an impeccable service and for a safe stay of guests. Several eco-friendly and energy-efficient measures have also been undertaken by the hotel, to align with the G20's commitment to sustainability.

**Mohammad Shoeb**, AVP-North India, Pride Hotels Group, also thinks that G20 is a turning point for the hospitality industry and for the hotel. He says, "This year marks a significant milestone for the hospitality industry, all thanks to the G20 event. The influx of delegates and the attention it brings have not only elevated our hotel's performance but have also contributed to the positive growth of the hospitality sector as a whole. The G20 has provided a unique opportunity for us to showcase our capabilities to an international audience and demonstrate the exceptional standards of service we uphold."

He highlights several impactful developments that have taken place in preparation for the G20 event at the hotel.



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**Mohammad Shoeb** AVP-North India Pride Hotels Group

This year marks a significant milestone for the hospitality industry, all thanks to the G20 event. The G20 has provided a unique opportunity for us to showcase our capabilities to an international audience

**Enhanced Security Measures:** "Our top priority has been to ensure the safety and security of all delegates attending the G20 event. As such, we have significantly increased security protocols to create a secure and comfortable environment for all the delegates," he informs.

Impressive ARR and Occupancy: The G20 event has brought a tremendous boost to the hotel's performance metrics. "The Average Daily Rate (ARR) has soared to three times higher than the previous year, reflecting the heightened demand and value our services offer. Moreover, our occupancy rates have reached unprecedented levels, and we are anticipating a full house for the entirety of the event," he shares.



Images from www.g20.o

**Cultural Dining Experience:** To provide an authentic taste of Indian culture and hospitality, The hotel is transforming its pan Asian restaurant into an Indian culinary haven. This alteration will allow the G20 delegates to savour the rich and diverse flavours of Indian cuisine, adding a special touch to their stay and enhancing their overall experience.

### **Earlier examples**

Delhi is not new to hosting mega events. In the past, it has hosted some major sporting spectacles and events of international groupings and these have resulted in flyover construction spree and augmentation in hotels, besides showcasing Delhi's tourism potential.

Countries that have hosted G20 earlier have also benefitted from organising the event over the year. Myongkil Yun, Regional Director – India & SAARC Countries, Korea Tourism Organisation, says, "The G20 summit held way back in 2010 offered South Korea a fantastic platform to showcase to the world its rich cultural history, popular tourist destinations and distinctive products. Subsequently, more and more people become aware of South Korea as a tourist destination, which caused an increase in tourism from abroad in the years after the meeting."

Cannes, the host of 2011 G20 Summit, also benefitted immensely. According to Atout France, nearly 9,000 participants came to Cannes. In total, hosting the G20 enabled Cannes hoteliers to record 36,000 overnight stays for the delegations and 8,000 for the security forces, not to mention the 3,500 international journalists who covered the event.

Brisbane, that hosted the Summit in 2014, has seen transport upgradation, new convention centre, capacity augmentation, beautification and much more.

In the ensuing pages, we bring to you an overview of the benefits that have accrued to travel & tourism and hospitality thanks to G20, for Indian destinations and for past destinations across the world.

The visits by high-level delegations, experts and media contingents translate into great publicity opportunities and its ripple effect is felt for several years down the line, in the form of expression of interest for hosting big events. That plus the infrastructure created or upgraded is a clear bonanza for travel, tourism and hospitality, sectors that bring people across the world closer.

With inputs from BW Hotelier

COFFEE BREAKS WITHBAKED **DELIGHTS FROM** SUCHALI'S artisan Visit Blue Tokai Coffee Roasters @ The Square, GMR Aerocity

**ELEVATE YOUR** 



# Project G20: Delhi 2.0 Underway

A Delhiite's observations regarding the beautification drive in the run-up to the Summit

By Deep Majumdar

he national capital of Delhi is known for many things and one of them happens to be getting a facelift everytime the city hosts a major international event. In this case, it is for the G20 Summit that is to be held in September 2023. India took over the G20 presidency in December 2022.

Needless to say, Delhi has been quite busy in handling its revamping efforts. Be it the G20 beautification or fixing the city's drainage systems to tackle monsoons better, the city has had its hands full. However, I feel we'll be able to handle the former much better than the latter.

Ahead of the G20 Summit in September. the city is having a complete makeover. Streets being renovated and covered in new LED lights, introduction of new electric buses on the roads. improving connectivity by eliminating zero coverage areas and much more happening in the city as we move closer to the Summit. While these changes might appear to be trivial at first, they hold a lot of significance. The administration seems to want to accomplish a multitude of goals with this revamp. On the one hand it wishes to showcase the city's colourful culture to the world and on the other hand, fix a handful of issues while it's at it.

### Work in progress

The work is primarily improvement of infrastructure, sanitation and beautification of specific parts of the city. Showcasing the 'Indian culture' will obviously take top priority. This will also include showcasing





is costing an estimated Rs 11.000 crore. In a meeting held last year in December, the NDMC too had approved an amount of Rs 12.35 crore for resurfacing 12 roads in the New Delhi area.

Delhi's most popular handicrafts marketplace, Dilli Haat is also getting a major facelift as per the revamping plans. The idea is to retain the marketplace's rustic and rural vibe and at the same time, address a few pressing issues in its infrastructure. Popular spots such as Jantar Mantar Road, Raisina Road, RK Ashram Marg, Sansad Marg, Bangla Sahib Road and Mother Teresa Crescent Marg will be revamped.

women empowerment efforts made by the administration, the cultural heritage of the city, displaying its rich legacy of history and people ingrained in its DNA. A major chunk of the efforts will also go into solving infrastructural issues like mobile network reception. In all honesty, we can't boast our 5G coverage when multiple locations in the capital city still don't get proper 3G reception.

More on the infrastructure front, the efforts to revamp over 540 kilometres of Delhi's busy roads is underway. This project is aiming to bring these roads up to 'European standards' and





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Photograph: Meha Mathur



Additionally, the city plans on upgrading its current fleet of cycles and e-bikes. Repairing and beautifying Delhi Metro pillars is also something that is on the Delhi administration's agenda.

It is also interesting to know that the administration is taking this opportunity to promote the National Mobility Card, which is basically one travel card for all Delhi Metro trains and buses. The plans also include finally taking up the Intelligent Traffic Management System (ITMS), something that was first supposed to have been implemented for the Commonwealth Games in 2010.

### The challenges

PWD and MCD are also working towards tackling few perennial issues in the city's ecosystem - adding solutions for a better pedestrian experience, solving the city's never ending parking shortage woes, adding facilities to help & aid cyclists have a safe road experience and last but not least, address Delhi's water logging which seem to have existed since the beginning of time. With the G20 Summit being held in September, it is significant that water logging issue is addressed with utmost attention.

Let's not forget about Delhi's marketplace. The city thrives on this constant tension between vendors and customers heckling and bargaining better deals. This is something that is just as deeply rooted in the city's culture as butter chicken. Marketplaces such as Sarojini Nagar, Lajpat Nagar, Janpath, Karol Bagh, Chandni Chowk and Khan Market are few places that are also getting the VIP treatment.

These locations and adjacent roads will be spruced for foreign delegates to experience. Some government sources also state that the revamp will not only improve the quality of roads but it is also about making them more functional, i.e., removing sodium lights and adding LED lights instead. The idea is also to improve footpaths for pedestrians.

Another major area of focus is to portray Delhi as a frontrunner in the mission to go all-electric. Although, the goal of reaching net zero emissions is still ahead of us in realistic terms, it is important to reflect that goal via actions. That is exactly what's happening in the city at the moment. With the administration being inclined to bolster its electric vehicle policy, the idea is to deploy a vast number of electric buses for G20 delegates. These plans also include improving bus queue shelters and recreating the good old 'bus box markings' on the roads. Remember those?

This is why a dedicated plan is being put in place to avoid any possible embarrassment in front of international delegates. This plan includes identifying flooding hotspots in the city, using AI predictive models to identify key spots and implementing effective desilting measures. The city also aims at installing water fountains along pavements and adding sufficient illumination as part of its beautification programme.

The trump card up Delhi's sleeves, as it always is in the build-up of such events, is its rich, celebrated and world renowned history. Delhi's renowned monuments and spots (Red Fort, Qutub Minar, Old Fort, Humayun's Tomb, Safdarjung Tomb, Salimgarh Fort, Outer Ring Road along the Yamuna and the Samadhi Stretch), a stark reminder of the city's movie-worthy timeless heritage are also to get a face lift before the Summit in September.



Photograph: Meha Mathu

Knowing how past endeavours of similar nature have went, the deadline for these goals seems to be way more ambitious than an average Delhiite can handle. However, as the old saying goes, necessity is, in fact, the mother of all change. As per reports from Raj Niwas, some of the projects are already ahead of their schedule. All we can do is hope for the best and that everything turns out how the city administration envisioned it.

These efforts, although most of them seem like eye-catching novelty to impress our foreign guests, do hold a lot of significance. If executed properly, a lot of the problems us city folks face might come to an end.

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### AEROCITY NEW DELHI

# Indian Cities Hosting G20 Events

### Witness Beautiful Transformation



ndia is playing host to the G20 Presidency for 2022-23 and the country is witnessing a beautiful metamorphosis. From decking up the cities to welcome the G20 delegates to creating beautiful landscapes that are attracting tourists too, India witnessed a beautiful change for hosting G20.

Cities like Goa, Varanasi, Visakhapatnam and Hampi either hosted G20 working group meetings or showcased India's rich and beautiful heritage to the delegates from various countries. The successful hosting of the G20 Summit in India not only

showcased the country's hospitality prowess but also elevated its global appeal as a premier tourist destination, solidifying its position in the highly competitive international tourism market. The event's networking opportunities opened doors for professionals in the hospitality industry, fostering fruitful partnerships with influential figures and potential collaborators from around the world.

Here's a look at how these cities gained from being the host to G20 meetings.



### **VISAKHAPATNAM**

The beautiful port city of Andhra Pradesh, Visakhapatnam, played host to the Infrastructure Working group. The city's hospitality industry was overjoyed with this opportunity. As Lakshmi Sridhar, General Manager, Novotel Visakhapatnam Varun Beach & The Bheemili Resort, says, "The G20 summit's positive impact on India's hospitality industry highlighted the country's capabilities as a host and bolstered its position in the global tourism land-scape. The summit bestowed upon India a platform to promote

itself as a globally popular destination, boosting its standing in the internationally recognised tourist industry. Additionally, the gathering provided networking chances for professionals in hospitality, enabling them to establish mutually advantageous connections with world leaders and prospective collaborators."

Talking about Visakhapatnam's gift to G20, she said, "Visakhapatnam's mix of natural beauty, historical significance and cultural heritage makes it an attractive destination for tourists. Addressing global healthcare challenges and promoting technological advancements. While it may not have direct relevance to tourists, it indirectly impacts them through im-

proved health and safety standards, technological accessibility, sustainable tourism practices and the potential for cutting-edge medical tourism. Such initiatives also enhance a country's reputation and appeal, attracting tourists who value responsible and forward-thinking destinations."

### GOA

Goa too was another destination that played host to the G20 meeting. The energy transitions working group meeting under

G2 अप्रत 2023 INDIA वस्त्रेच कुटुरबक्म ONE EARTH • ONE FAMILY • ONE FUTURE

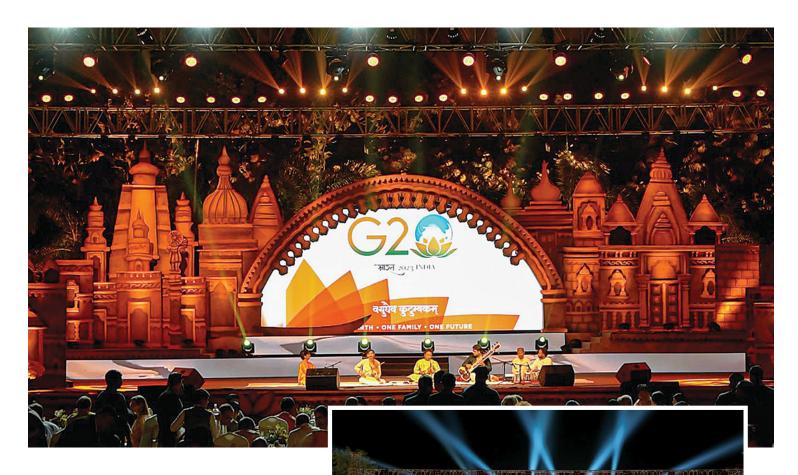
G20 was held in July. As Resha Naik from DoubleTree by Hilton Goa-Panaji says, "The selection of Goa as the venue for the 4th G20 Energy Ministerial meeting highlights India's emerging role as a global energy leader. The summit promises to be a significant occasion, fostering discussions on critical topics like renewable energy, energy security and low-carbon transition. For tourists, this designation brings international recognition to Goa, potential economic benefits, advancements in sustainable technology and a commitment to environmental conservation. Overall, the event enhances Goa's image as an attractive and forward-thinking tourist destination."

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### **VARANASI**

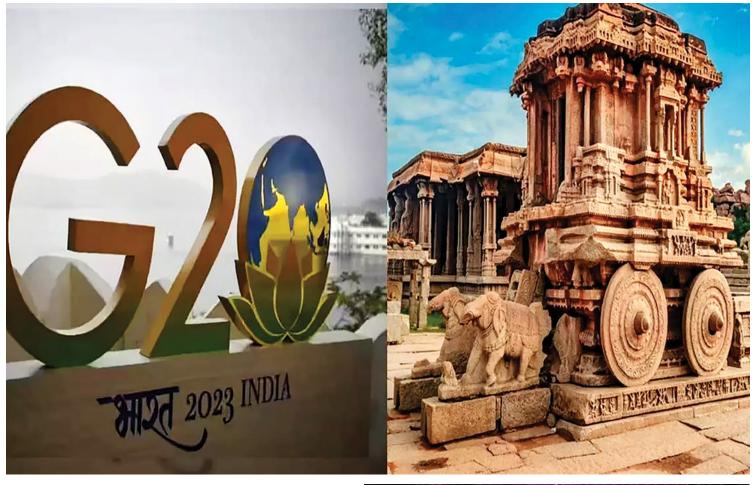
The holy city of Varanasi In Uttar Pradesh was another city that hosted the G20 meeting. The city played host to the development ministers' meeting in June, followed by two more meetings in August. As Vikas Nagar of the Taj Ganges says, "These meets have immensely benefited the economy of the city as well as projected the city on a world forum. The delegates who have visited the city have not only had a taste of the fabled Indian hospitality but have also been overwhelmed by the spirituality and the culinary delights which have been offered in the city."

The hospitality industry gained even in the traditional low months with these meets. "The hospitality sector has witnessed a continuous demand even in months of April and May where in the past these were considered traditionally as low months. It has benefited the local craftsman as well as the textile business here. We had the agricultural experts meet followed by the development ministers meet where they witnessed the cultural heritage as well the culinary extravaganza offered to them including a specialised meal made with millets.

Tourism also witnessed a cleaner, more beautiful and more organised city as the local admin concentrated on developing modern facilities, traffic and promotion of local art and craft in the last six months."

#### HAMD

The heritage city of Hampi witnessed a major developmental boost. A world heritage site, Hampi is famous both in India and abroad. Hampi had never before been dressed up like a bride



before, but it was done for the G20 summit. Unprecedented construction projects have been carried out in Hampi to ensure the success of the G-20 meeting. A significant G20 Summit's third meeting was held in Hampi in July. In Hampi, there was a three-day cultural programme as a part of the three-day meetings at the international level.

As per the official information, the roads around Hampi have been asphalted. Cleaning work was undertaken around the monuments. As the representatives of 20 member states of 43 countries came to the city, CCTV cameras were installed all around Hampi. Hampi's historical legacy was also explored by the delegates. During the summit, the historical significance of Hampi was also discussed. As representatives of different countries are participating in the summit, 1,076 police personnel of various levels were deployed for tight security in the area around Hampi. As the G-20 Summit was being held in Hampi, the Sapthaswara Mantapa and the stone chariot in the Shri VijayaVitthala Temple are complete and a wooden fence has been constructed around the stone chariot.



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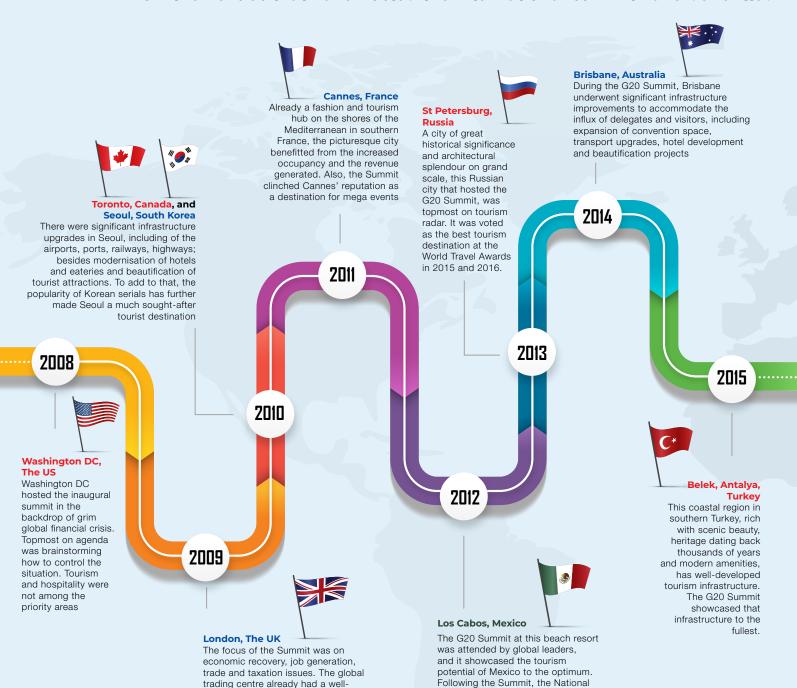
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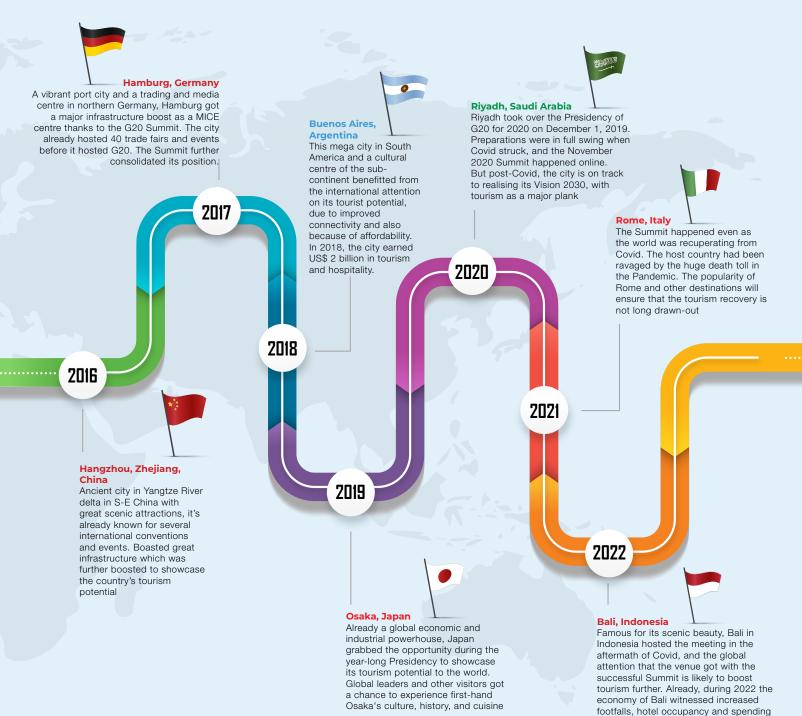


How the venues that have hosted the international summit have benefitted



# G20 - The Path Clears For Travel And Tourism

due to infrastructure augmentation and increased attention



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Development Plan 2013-18 further

focusses on developing tourism

infrastructure in the country

developed tourism infrastructure. It

didn't need a G20 Summit to boost

connectivity or hotel capacity





Changing Ceremony of Royal Guards at Gyeongbokgung Palace

# East Asian Charm

Host city for the 2010 G20 Summit, Seoul has also wielded soft power, with its K-Drama, to woo tourists



o the vast fan club of K-dramas in India, the N Seoul Tower would be a familiar landmark. The border point between North and South Korea close to Seoul would also be on the bucket list of tourists. And watching the serials, shoots of restaurants in streets and back-lanes selling lip-smacking Korean cuisine would also be enticing tourists. And they won't be disappointed. Seoul is a dynamic and captivating city with a rich cultural heritage. Here are some of the key tourism highlights:

### Sight-seeing

**Built heritage:** Beautiful palaces and temples are spread across Seoul, including Gyeongbokgung Palace, Changdeokgung Pal-

ace and Bongeunsa Temple. Bukchon Hanok Village is a preserved traditional village with hundreds of hanok (traditional Korean houses). These provide great opportunity to learn about the city's rich history and culture

**Modern Seoul:** The Seoul skyline is dotted with many modern marvels. N Seoul Tower is an iconic landmark offering panoramic views of the city, especially beautiful at night. Dongdaemun Design Plaza (DDP) is a futuristic, iconic building hosting various exhibitions, events and fashion markets.

**Museums:** The National Museum of Korea, the Leeum, the Samsung Museum of Art and the National Folk Museum of Korea are just a few of the top museums in Seoul. These museums provide a fantastic opportunity to study Korean art, history and culture.

#### **Culture and festivals**

Seoul hosts a number of festivals throughout the year, including the International Fireworks Festival, the Seoul Jazz Festival and the Seoul Lantern Festival. K-pop originated in Seoul and the city offers a wide variety of K-pop experiences, like visiting a K-pop museum or attending a K-pop performance.

Seoul has a vibrant nightlife scene, with something for everyone. You can find everything from traditional Korean bars to

"The G20 summit held way back in 2010 offered South Korea a fantastic platform to showcase to the world its rich cultural history, popular tourist destinations and distinctive products"





The Food Connect

For authentic Korean cuisine, head to Kylin Experience in Aerocity that offers pan-Asian cuisine

trendy clubs. Itaewon is one such place is Seoul famous for its diverse crowds and lively nightlife.

#### Food

Seoul is a foodie's paradise, with everything from traditional Korean food to cosmopolitan dishes. The popular foods include bibimbap, kimchi and japchae. Vegan cuisine is gaining popu-

larity among the locals in Korea and the nation currently has a large number of vegan and vegetarian eateries. The eco-friendly Korean temple food, which was invented more than a thousand years ago by Korean Buddhist monks and nuns, is another dish that is only found in Korea.

### **Hotels and accommodations**

From five-star hotels to inexpensive guesthouses and hostels, Seoul has a variety of lodging choices. Myeongdong, Gangnam and Itaewon are a few well-liked places for staying in. Some of the guesthouses can take you to Korea in the past with a Hanok stay.

### The G20 effect

The G20 summit in Seoul in November 2010, gave South Korea an opportunity to demonstrate its capacity to host

key international events and resulted in major infrastructural improvements in the nation. It led to:

Improved infrastructure: Incheon International Airport, one of the busiest airports in the world and other major airports in South Korea underwent upgrades and expansions in preparation for the summit. It is now easier for tourists to travel throughout South Korea, thanks to the building of new ports, railways and metro lines and highways. The standard of tourism in South Korea has also been raised through the modernisation of hotels, eateries and other tourist attractions.

**New tourist attractions**: New tourist attractions were developed as a result of the G20 conference, including the Busan Museum of Art and the Gwangju National Museum.

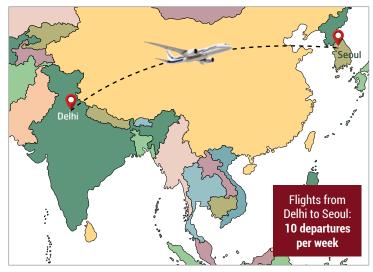
Infrastructure for events and conventions: The G20 summit required infrastructure and facilities to host large-scale events and conventions. Thus venues such as the COEX Convention and Exhibition Centre were developed and continue to be used for various international conferences and events, drawing both leisure and business travellers alike.

Myong Kil Yun, Regional Director – India & SAARC Countries, Korea Tourism Organization (facing page), says, "The G20 summit held way back in 2010 offered South Korea a fantastic platform to showcase to the world its rich cultural history, popular tourist destinations and distinctive products. Subsequently, more and more people become aware of South Korea as a tourist destination, which caused an increase in tourism from abroad in the years after the meeting."

He adds, "I am ecstatic to share that this (G20 Presidency of India) coincides with the 50th anniversary of India-South Korea relations. In conjunction with the momentous occasion, the Korea Tourism Organisation (KTO) is organising the Korea Culture & Tourism Festival 2023." This three-day event, aimed at popularising Korea as a favorable international travel destination for Indian travellers, was scheduled from August 25 to 27.

Namsan Tower, Seoul





Inputs from Korea Tourism Organization

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# Brisbane: The Beauty

In the wake of the G20 Summit, Brisbane underwent significant infrastructure improvements to accommodate the influx of delegates and visitors

he G20 Summit held in Brisbane in 2014 brought global attention to the Australian city and provided an opportunity to showcase its many attractions and was the catalyst for a wave of new city transforming infrastructure and new hotels.

### **Sightseeing Attractions**

South Bank Parklands: A beautiful riverside area with lush gardens, walking paths and recreational facilities. It also houses the Wheel of Brisbane, offering stunning views of the city skyline. Lone Pine Koala Sanctuary: One of the world's first and largest koala sanctuaries, where visitors can get up close with koalas and other native Australian wildlife.

Brisbane Botanic Gardens: A serene oasis with various themed gardens and scenic spots for picnics and relaxation.

Story Bridge Adventure Climb: For adventurous souls, this climb offers panoramic views of Brisbane and its surroundings from the top of the iconic Story Bridge.

Riverlife Adventure Centre: Offers thrilling activities like kayaking, abseiling and rock climbing along the Brisbane River. Moreton Island and North Stradbroke Island: Two of the world's largest sand islands are within an hour from Brisbane. These islands are abundant with white sand beaches. Australian native wildlife and diverse experiences including surfing, hiking, snorkelling and much more.

### **Culture and Entertainment**

The Queensland Cultural Centre (South Bank), home to Queensland Performing Arts Centre, Queensland Museum & Queensland Art Gallery, hosts various cultural events, exhibitions, and performances throughout the year. The city also houses Gallery of Modern Art, a contemporary art gallery with a diverse collection of artworks from Australian and international artists. For those interested in contemporary culture, Brisbane Powerhouse, a power station of the 1920s reborn as an arts centre on the Brisbane River, is a major attraction.

An aerial view of Brisbane River and cityscape at sunset, Brisbane City



Brisbane has several sporting attractions, like the Gabba, one of Australia's most famous cricket stadiums, known for hosting international cricket matches and Australian Rules Football

There is also the Suncorp Stadium, a world-class multipurpose stadium hosting rugby, soccer and concerts with 52,500 plus seat capacity.

Brisbane's Moreton Bay is the home of the world-renowned Moreton Bug, making it a staple of Brisbane's restaurant menus along with other fresh, locally sourced seafood. Within close proximity to Australia's richest food bowl for agriculture the Scenic Rim, Brisbane's dining scene heroes locally sourced, seasonal produce from the nearby farmlands.

The city is home to some of Brisbane's best riverside restaurants from fine dining to casual eateries, along with hidden laneways brimming with charming cocktail bars and speakeasies. Then there is Eat Street Northshore an open-air food market with a wide variety of international cuisines from over 70 converted shipping containers.



For great Australian food, head to UnderDoggs, Social or One8 Commune

### **Hotel Stays**

Since 2018. Brisbane has welcomed seven new five-star hotels, increasing the city's luxury line-up to 20 hotels and accommodation capacity to 21,000 room nights. Some international brands include W Brisbane. Sofitel Brisbane Central, Hilton Brisbane and IHG's Hotel Indigo and Voco.

This is helping to boost Brisbane's visitor capacity, with the city reaching a record 7.1 million holiday nights in 2022. up 10.9 per cent compared to 2019.

Lord Mayor Adrian Schrinner said the strong figures reflect Brisbane's growing appeal as world-leading leisure and business destination.

"More hotels means more visitors, which will be vital in the lead up to the

2032 Olympics and Paralympics and beyond," he added.

The Queensland Government's and Brisbane City Council's commitment to tourism capacity building in the lead up to the G20 has resulted in two unique tourism attractions, namely:

Howard Smith Wharves: Once abandoned shipping wharves, Howard Smith Wharves is now a vibrant riverside precinct in Brisbane nestled directly under the iconic Story Bridge, offering a unique blend of dining, entertainment and events against the backdrop of the city skyline and Brisbane River.

Queen's Wharf: Queen's Wharf is a \$3.6 billion-dollar integrated

### Aerial view of Tangalooma wrecks, Moreton Island



resort development set to become a premier entertainment and leisure destination opening from April 2024, featuring four new world-class hotels, over 50 restaurants and bars, luxury shopping outlets and activated public realm.

### **New Infrastructural Additions**

In the wake of the G20 Summit, Brisbane underwent significant infrastructure improvements to accommodate the influx of delegates and visitors. These include

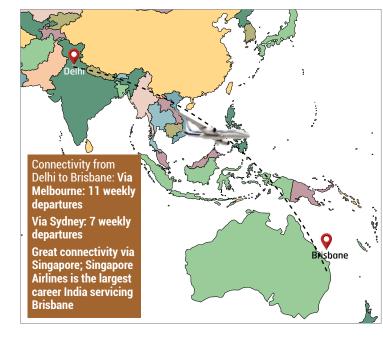
### **Brisbane Convention & Exhibition Centre (BCEC) Expansion:**

The BCEC underwent an expansion to cater to larger events and conferences, enhancing Brisbane's reputation as a premier destination for business gatherings.

Transport Upgrades: Upgrades were made to public transportation, including improved bus and rail services, to facilitate easier movement of delegates and tourists around the city.

Hotel Development: Since 2014, 20 new hotels have opened in Brisbane, including W Brisbane, Emporium South Bank, The Calile, Hotel X, Ovolo Inchcolm and Ovolo The Valley, The Westin and Crystalbrook Vincent, with four new luxury hotels coming from 2024 as part of the Queen's Wharf \$3.6 billion dollar integrated resort development, which is scheduled to open mid-2024.

Beautification Projects: Brisbane invested in beautification projects, such as upgrading public spaces, streetscapes and parklands, to create a more inviting and aesthetically pleasing cityscape.



Inputs by Tourism Australia and Tourism and Events Queensland

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# **Cannes Woos The World** Year On Year, And How

Even before the G20 Summit in 2011, this French coastal destination was high on tourism radar; G20 clinched its standing further

efore it hosted one of the world's biggest events, Cannes was already a well-known tourist destination, whether for leisure or business. It's a name recognised the world over for the Cannes Festival, the world's biggest film event. Celebrities and film personalities making a Red Carpet appearance during the festival ensures great coverage not just to the event but to the location.



### Sight-seeing

**Seaside:** The world-famous French Riviera is an ideal place to soak in the sight of azure-coloured Mediterranean sea, amid mild weather and palm trees.

The coastline offers several opportunities to soak in the atmosphere of the area, including Port Pierre Canto and Port de la Pointe Croisette. Both these harbours have a large number of yachts lined up. There is also the Port Palm Beach for water sports and sun bathing. There are also a large number of public beaches for a relaxed day out.

Varying townscapes: There is grandeur and old-world charm combined. Grand villas, hotels and boutiques with their characteristic architecture of the region leave the tourists spellbound. One such hotels is Carlton Cannes, a fine example of Art Nouveau architecture.

On the other hand is Old Town (Le Suguet) on the slopes of Mont Chevalier above the bay. This picturesque locality is a fishing village and has characteristics of old towns, like city walls and cobbled streets. And typically for an old town, it has a church

at the centre dating back to 15th century, called Eglise Notre-Dame d'Espérance, a fine example of Gothic architecture. The castle at the top of this old town, Musée des Explorations du Monde was originally a monastery in medieval times. It houses antiquities and art objects, including even musical instruments from several parts of the world.

There is also a watch tower dating to 11th Century, perfect for a view of the surroundings. This ancient locality also offers some unique shopping opportunities at the Rue Meynadier street and Rue d'Antibes.

Sea produce from Mediterranean and local vegetable and fruit produce of the region, including Olives, are generously incorporated in the cuisine of Cannes. Thanks to shows like Masterchef, certain items like Ajoli and Ratatouille have become known names in other parts of the world and Cannes has several eateries offering these. The pâtisseries also sell fabulous cakes, macarons, cream puffs and éclairs.

The Food Connect

RêVE in Aerocity is popular for its authentic French cuisine

#### The G20 effect

The choice of Cannes to host the world's most important economic and political event came as no surprise. It was recognition of Cannes' competitiveness, infrastructure and expertise that were highlighted on the world media stage on November 3-4, 2011.

Work was carried out within the Palais, such as the Rotonde Lérins room, which was specially fitted out by the Palais des Festivals et des Congrès teams to host the debates led by the heads of state, as well as in the city itself, with the installation of 40 new video surveillance cameras.

While the destination was able to benefit from the revenue generated by renting out the entire Palais des Festivals et des Congrès for three weeks, the spin-offs of the event in terms of image were also considerable for Cannes, which saw its ability to host major events, the reputation for excellence of its destination and the high level of professionalism of its Palais des Festivals et des Congrès, the driving force behind the local economy, confirmed in the eyes of the world. The economy was boosted by the city's enhanced attractiveness

Hosting the G20 did not generate any costs for the people of Cannes, as it was the French government that covered the expenses and the delegations' accommodation was the responsibility of each country. On the other hand, the event did generate tourist tax, which went to the city. The entire chain of local business tourism providers was positively impacted.

Nearly 9,000 participants came to Cannes. In total, hosting the G20 enabled Cannes hoteliers to record 36,000 overnight stays for the delegations and 8,000 for the security forces, not to mention the 3,500 international journalists who covered the

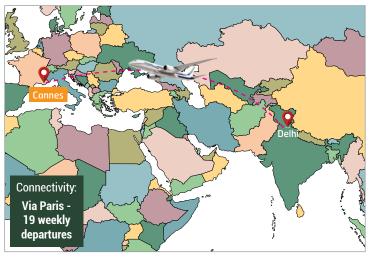
The G20 in Cannes stood out for the quality of its organisation. It was a fine tribute to the work carried out by the French government with the active support of the city and to the exceptional expertise of the teams at the Palais des Festivals et des Congrès. Since then, Cannes has gone from strength to strength, hosting top-class international events in a wide range of sectors (MIPIM, MIPCOM, Cannes Lions, ILTM, etc.). In 2022, Cannes was recognised as the world's best destination for festivals and events at the World Travel Awards, considered to be the Oscars of tourism.

Marche-forville; Photo courtesy: Palais Des Festivals et des Congrès de Cannes -FABRE-BD



Le Suguet and its Harbour - Sunset: Photo courtesy: Palais des Festivals et des Congrès de Cannes





With inputs from Atout France-France Tourism Development Agency and Palais des Festivals et de Congrès Cannes

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# Osaka's Attractions Showcased To Global Community

During the G20 Summit in 2019, nine prominent cities of Japan, including Osaka, got the opportunity to present their unique tourism potential to the world



Iready holding the world in awe with its economic growth and urban infrastructure, Japan might not have been high up on tourism radar of the global tourist. G20 came as a golden chance to showcase that potential. While Covid came as a dampener soon after, the various regions and prefectures are gems waiting to be explored. One such historically and commercially rich city is Osaka, the host of the 2019 Summit.

This city, located in Kansai region of Japan, on the mouth of Yodo River on Osaka Bay, has been a busy commercial centre since ancient times. It is rich in scenic beauty, historic attractions and modern features.

### **Sight-seeing options**

Historic sites in and around Osaka: The Osaka Castle, that

was built over several centuries and that also faced repeated destruction (finally being constructed in its present form in 1930s) is a building of stunning beauty. The Ruins of Naniwanomiya Palace is another attraction. There are several UNESCO World Heritage Sites, like Himeji-jo Castle, a daytrip from Osaka, and Kumano Kodo sacred sites and pilgrimage routes in the Kii Mountain Range, which can be covered via train ride.

Modern architecture: Those who are interested in modern architecture must visit 40-storeyed Umeda Sky Building which is 173 metre-tall. It offers a 360-degree view of the city. Its first basement is popular for the Takimi Lane of Restaurants, which is a replica of the city as it existed in Shōwa era (1926-89). Then there is the four-km-

long Midosuji Street which is known for its ginkgo tree bloom and sculptures dotting the entire stretch.

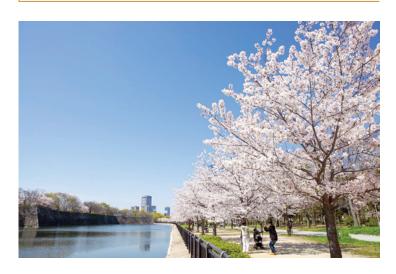
Nakanoshima, which is a river island in central Osaka is famous for its museums, architecture and dining options and another location, Shinsekai, is popular for its theatres and restaurants.

#### Shopping

Osaka is a shoppers' paradise and all types of shopping opportunities exist – mega shopping malls, departmental stores, dedicated shopping streets and boutiques. While shopping malls dot the landscape now, the shōtengai (shopping arcades) are a distinct feature of the city and a not-to-be-missed experience. The Umeda underground district, a vast underground labyrinth of shops, is another unforgettable experience.



Kampai Restaurant, Ginza Restaurant in Hotel Aloft and Adrift Kaya in JW Marriott are the go-to places for great Japanese dining experience in Aerocity



#### **Food**

The city is known for its restaurants and street food and if you are a non-vegetarian, you will get a range of options that have already become famous the world over. Besides Sushi and Ramen that are popular dishes globally, you can also try, Yakiniku that is grilled meat, Okonomiyaki, that is Japanese pancakes and Kushikatsu that is deep-fried skewered meat.

### Where to stay

There are several luxury, mid-range and budget options. But it is important to keep in mind the transportation while deciding on the location. As per insideosaka.com, one should stay close to Midosuji subway line for better mobility.

#### The G20 effect

During the Summit, the Government Exhibition Space in INTEX Osaka had exhibits displayed that showcased the key attractions of Japan. There was an area dedicated to showcasing food and culture of Osaka and Japan. Japan's Sherpa for the G20 Osaka Summit, Ambassador Koji Tomita made a speech where he stated, "As G20 leaders from members that account for about 80 per cent of the world's GDP will gather in Osaka, the event will attract a lot of international attention. The G20 Summit will welcome leaders from almost 40 countries and international organisations, including the G20 members. We are certainly

looking to create opportunities for each leader to enjoy Osaka."

Osaka Mayor Hirofumi Yoshimura opened the G20 Osaka Summit Forum by expressing his thoughts on the significance of hosting the upcoming G20 Summit in Osaka. "The G20 Summit will be the first step towards growing Osaka into an international city that is able to compete with other global cities."

After the G20 Summit on June 28-29, 2019, 'The Post Summit Public Viewing Event' was organised, attended by 2,000 people, including school students. The venue was opened up for the visitors.



Osaka ViceMayor Toru Takahashi, in typical Japanese gesture, apologised to the locals for the inconvenience caused due to the event and added, "News about the summit was reported globally, sharing Osaka's culture, history and cuisine with people around the world." And he said that the outcome will "firmly establish Osaka in the minds of people worldwide".

Such is the importance of global events for boosting bringing locations on the global tourism map.



Inputs from www.japan.travel.en and www.mofa.go.jp

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# Desert Luxury In Riyadh

The G20 host country for 2020, Riyadh has multiple attractions for tourists

iyadh took over the Presidency of G20 for 2020 on December 1, 2019. Preparations were in full swing when Covid struck and the November 2020 Summit happened online. But post-Covid, the city is on track to realising its Vision 2030, with tourism as a major plank.

Launched in 2016. Vision 2030 is a transformative economic and social reform blueprint that aims to open Saudi up to the world, diversify the economy and enrich the lives of all sections of Saudi society.

Tourism plays a crucial role in achieving the goals set out in the Vision 2030 framework. The Saudi government has already invested more than US\$550 billion in developing Saudi's dynamic tourism infrastructure out of a total commitment of US\$ 800 billion to the industry. It aims to increase its visitor target to 100 million visitors and to increase tourism's contribution to GDP to 10 per cent by 2030.

#### **Kev tourist attractions**

Diriyah: Located in the north of Riyadh, Diriyah is a 300-year-old maze of mud-brick buildings centred around At Turaif, a UNESCO World Heritage Site and the birthplace of Arabia. Today, a master plan is in the works to transform Diriyah with retail and lifestyle outlets and cultural museums: the Social Life Museum, Traditional Architecture Museum, Museum of Treasury (Beit al-Maal), Military Museum and Horse Museum.

Museums, Exhibitions and UNESCO Heritage Sites: Riyadh's The Saudi National Museum, a modern structure takes guests on a journey through centuries of culture, art and history, from prehistoric Arabia to the modern-day kingdom. In Jeddah, the 18-storey King Abdulaziz Centre for World Culture houses 270,000 books, an auditorium and exhibition halls. In Medina, Dar Al Madinah is a privately owned museum filled with photo galleries and models depicting the city through time.

The Sand Dunes: Saudi Arabia is home to the largest sand desert on Earth, ideal for adventures, camel riding, Arabian camping and sleep amongst the dunes under the starry skies, as the Bedouins once did.

The Asir Mountains: Asir Province is located in the southwest of Saudi Arabia, known for its scenic mountain



ranges steeped in natural beauty and home to the native Asir tribe. Diving Sites: Saudi Arabia is framed by the warm waters of the Red Sea and is one of the best places for diving in the world. These waters are high in salinity, beneficial to blood circulation and boast year-round temperatures of at least 21° C.

### Dining options

Riyadh is the capital of Saudi Arabia in more ways than one, as the cosmopolitan city has seen a boom in international restaurants in recent months. Diners can experience global cuisines from Italian and French

'India, we believe, will be the number one tourism source market for us in 2030 as we aim to welcome more than 12 million visitors by then. Saudi is a great holiday destination with rich cultural, historical and spiritual sites"

**ALHASAN ALDABBAGH** President - APAC, Saudi Tourism Authority



to Pan-Asian to Middle Eastern at globally acclaimed restaurants like San Carlo Cicchetti, Eataly and Walton StreetScalini Riyadh a stylish concept born in London.

When it comes to fine dining, Riyadh is home to big brands like Cipriani, LPM, MNKY HSE, famed Steakhouse Nusr-Et, Roka and Yauatcha and the city is enjoying a burgeoning sushi scene with dozens of restaurants across the capital. Authentic Middle Eastern and Saudi cuisine is possible at Riyadh restaurants like modern Levantine Arak, Egyptian Balcona 99 and Harat.

### Shopping, entertainment and nightlife

Boulevard Riyadh City: For an energetic night out in Riyadh, head to Boulevard World - the city's premier entertainment zone perfect for families and those in search of a fun-filled experience. Bujairi Terrace: Spread over 15,000 square metres, Bujairi Terrace is Riyadh's newest dining, shopping and nightlife destination, a part of the Ad Diriyah heritage project and overlooking the birthplace of the kingdom. When completed, the terrace will be one of the capital's most premium and unique The Food Connect

UnderDoggs and Khubani in Aerocity have some great middle eastern spreads

shopping destinations, with luxury retail and concept stores Diriyah E -prix and Formula 1: One of the highlights of Saudi Arabia's entertainment calendar is the annual Formula 1 STC Saudi Arabian Grand Prix - one of the fastest racing events in the world. The Jeddah Corniche Circuit snakes around the marina of the Red Sea port city, holding the world record for the most turns in history and the race sees Jeddah coming alive each



year with thousands of fans and world famous racegoers. Motor enthusiasts will also delight in the Dirivah E - Prix - a huge event in the sporting calendar drawing spectators from across the globe.



Inputs from Saudi Tourism Authority and www.visitsaudi.com

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# KNOW YOUR AEROCIT

# Entry No.3

From New Delhi

....

.....

....

KHUBANI

# **Entry No.4**



Exit

JJ VALAYA LEMON TREE & RED FOX **JW MARRIOTT** WORLDMARK 3 THE WALK PRIDE PLAZA WORLDMARK 2 TOY ALOFT **Entry No.2** 

### Morldmark 1

Looks Salon Aptronix Starbucks Da Milano Forest Essentials **Gute Reise** 

Aerocity Social Miniso Punjab Grill Kampai 98.4 Chemist Chaayos

### Worldmark 2

Plum by Bent Chair The Beer Cafe Kylin Experience Dhaba Estd. 1986 One 8 Commune 24 Seven Underdoggs

### Worldmark 3

**Entry No.5** 

The Farzi Cafe **NUA Cafe** Costa Coffee Mesa Kitchen & Bar Cafe Delhi Heights

### The Square

Chai Point Kama Ayurveda **Looks Prive** Kheoni Wellness Modern Bazaar Pure Home+Living Nicobar Manan Blue Tokai Chique HUFT Banaaras Paan

### Food Outlets

Bikanerwala

Subway

Karim's

Asia Seven

Street Food

Khan Chacha

Giani's Keventers Krispy Kreme Orange Peel Doner & Gyros **Wow Momo** Pizza Hut

Biryani Blues Kuuraku Ramen Tokyo Table Sagar Ratna Chai Garam Sandburg Shakes

PULLMAN

NOVOTEL

### Restaurants

Dragonfly Experience Monsoon Liv Bar Reve Bistro Moderne Daryaganj

# **MUST VISIT SPOTS**



# **Gandhi Museum & Gandhi Smriti And Darshan:**Preserving

Gandhi's Legacy

Bv Meha Mathur

t the busy crossing near Delhi's Zero Milestone of Rajghat, the final resting place of Mahatma Gandhi, are Gandhi Museum and Gandhi smriti and Darshan, that draw large number of tourists 75 years after his demise. The museum, a quiet building, has galleries that house photographs of his life journey and correspondences with his associates and his day-to-day objects of use. His utensils, his stationery items, his clothing (including the blood-stained dhoti he was wearing when he received bullets) are all on display. There is a diorama with replica of his bed, writing desk and book case. Of special interest to selfie-taking tourists is a gallery dedicated to several types of charkhas.

There is a seminar hall that holds regular events on Gandhi and Gandhian philosophy.

Adjacent to the main building is Hridaykunj, a cottage replica that showcases how Gandhi lived. A central courtyard flanked by rooms and a kitchen - it demonstrates how Gandhi epitomised 'simple living, high thinking'. Some basic furniture, basic utensils and a chulha are all that one sees.







Across the road, on the Ring Road, is Gandhi Smriti and Darshan, a vast complex with walk-in exhibition of Gandhi's life called 'My Life Is My Message', permanent display of photographs of Gandhi's life, publications division and sale of Gandhian books and seminar and conference facilities, among others.

**Distance from Aerocity:** 20.6 km

Nearest Metro Station: Delhi Gate Metro Station on Violet Line

# Jantar Mantar: Advanced Understanding Of Sun And Stars

By Shruti Tripathi





his terracotta-coloured monument in New Delhi is a significant astronomical, historical heritage structure in the heart of a metropolis.

Built by the king of Jaipur, Maharaja Sawai Jai Singh II in 1724, Jantar Mantar is a unique structure showcasing astronomical, mathematical and geographical understanding of 18th Century society. Jai Singh aspired to build a system that would help to calculate the time, proximity of the Sun and stars and other celestial activities. There are five Jantar Mantar buildings constructed across the country apart from New Delhi; In Jaipur, Ujjain, Varanasi and Mathura.

Jantar Mantar, New Delhi is located near the central business district of Connaught Place. The astronomical observatory has four instruments named Samrat Yantra, Ram Yantra, Mishra Yantra and Jaya Prakash Yantra which have specific functions to perform.

For example, Samrat Yantra is used to calculate the time and inclination of the sun with the help of semi-circle segments. The shadow of the wall falling on these two semi-circle segments calculates the time and position of the sun. Another instrument, known as Mishra Yantra, is the prime and biggest among all instruments present which is the mixture of every other yantras.

While these mega instruments would have served the scientific purpose for which they were built, in the present day, the place



has become a place of attraction for tourists and people who visit Delhi

In the direction of the preparation for the G20 Summit, New Delhi Municipal Corporation (NDMC) has spruced up the Jantar Mantar road among other sightseeing spots.

**Distance from Aerocity:** 17.2 km

Rearest Metro Station: Janpath on Violet Line

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# **MUST VISIT SPOTS**



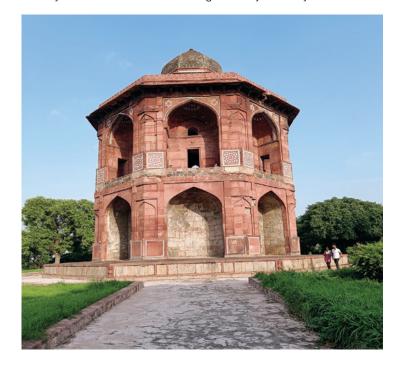
# Old Fort, Bulwark Of Medieval Kingship

By Himanshu Oiha

elegates to the G20 Summit will not miss this majestic rampart next to the Pragati Maidan Convention Centre, located right across the road from the venue of the G20 Summit. The Old Fort or Purana Qila stands stoically amid the ever-modernising surroundings.

Purana Qila, which was constructed on the foundation of Indraprastha, the oldest of Delhi's many towns, has seen many a change of fortunes of ruling kings down history. Excavations have revealed a settlement that made painted grey ware (PGW) pottery, not as advanced as the Mahabharata would have us

Dinpanah was built on this settlement. While Mughal ruler Humayun started the construction of some of the structures, the site was taken over by Sher Shah Suri when he defeated Humayun and continued building the city. Humayun reclaimed





this city in 1555, but died the very next year when he tripped from the staircase at a library there (Sher Mandal), that's a tourist attraction there. During Partition, Old Fort became one of the main sites where refugees were housed.

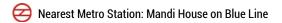
The fort is roughly rectangular in shape and has a twokilometer-long ring. With narrow turrets on the corners, ornate bands with inscriptions and geometric patterns frame the central arch, which is bordered with lotus-cusps. Similar care is taken with the entrance arch, which is supported on brackets between the larger arch and the entrance. The flanking arches are similarly decorated. A chhajja supported by brackets runs below the merlon parapet.

The rampart was encircled by a sizable moat that was joined to the Yamuna River, which once flowed on the fort's east side.

While the southern doorway, known as the *Humayun Darwaza*, also featured a similar design, the northern gate, known as the Talaqui Darwaza or the forbidden gateway, blends the usually Islamic pointed arch with Hindu Chhatris and brackets.

The Qila-i-Kuhna Mosque and the octagonal Sher Mandal, where Humayun lost his life, are major attractions of the premises. The fort is also the venue for several cultural events like dance festivals.

Distance from Aerocity: 18.2 km



**Kiran Nadar Museum Of Art:** 

A Confluence Of Art

By Shruti Tripathi







ocated in the southern part of New Delhi, the Kiran Nadar Museum of Art (KNMA) is the first private museum that is solely dedicated to the modern and contemporary art forms of India and other regions of the sub-continent. The museum was established by Indian art collector and philanthropist, Kiran Shiv Nadar. It was opened in January 2010, through frequent exhibitions and art programmes the museum caters for Indian culture and traditions

The KNMA is spread across 18,000 sq feet and has a wide range of collections from different periods, styles and mediums. From paintings to sculptures, the museum carries the artwork of many national and international artists.

The museum has two branches - one in Delhi and another in Noida. The galleries of KNMA Delhi are divided into three segments.

The first gallery is named 'Narrating from the Museum Archives: 10 Years of the museum. This section is dedicated to the completion of 10 years of KNMA and carries paintings of J Sultan Ali that was painted through written words on paper.

Further in the same gallery, there is a wall which is covered by wooden slippers 'Khadaun'. A huge painting in the gallery brightens up the space. This painting belongs to Shahzia Sikander and was named 'Veil and Trail'. 'Beyond Theora' of MF Hussain covers another wall of the gallery.

Another segment of KNMA, known as 'Unearthing Memories of Civilisation' is dedicated to the traces of civilisation of the world. The last gallery is for the history of inscription in various scripts.

Apart from this, the museum also offers educational initiatives aimed to promote art appreciation, art historical research, and critical thinking among the visitors. KNMA especially looks after women artists and provides them with more space in order to promote their artwork. Sponsored by Shiv Nadar's foundation, KNMA also aims to democratise art forms and works on its

The museum has set a stage for all the artists and art lovers who aspire to experience modern art in traditional routine and ancient art with modern techniques.

Distance from Aerocity: 17.8 km

Nearest Metro Station: Malviya Nagar Metro Station

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### **SHOPPING SPOTS**

By Upasana and Shruti Tripathi

# Fashion Street At The Square, Aerocity

he Square at Aerocity
has emerged as a hotspot of fashion and lifestyle shopping in a short
span of time. Luxury stores that
have come up at the Square, have
the best of men's, women's and
kids' wear, besides jewellery and
accessories. To add to that are
kitchenware, decorative objects,
tapestry items, travel-related
products, cosmetics and beauty
and wellbeing products and gift
items that have been sourced
from the most authentic produc-



ers, and mindful of the carbon footprint. For animal lovers there is a shop that takes care of pets' needs. And there is a renowned departmental store, Modern Bazaar, to cater to your grocery needs.

primarily in the sunken plaza area but there are several not-to-be-missed shops at the ground level of WorldMark also. It's an ideal place for shopping, with dedicated parking spaces, freedom from the traffic chaos and noise which is the bane of many a shopping areas, and seating to relax in case your legs need a break from non-stop shopping. The entire stretch is lined with coffee shops, restaurants, a food court

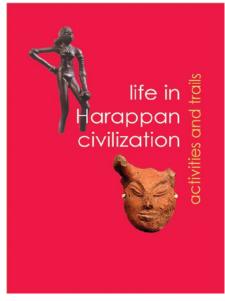
with diverse cuisine offerings and take-away ice-cream and pan shop, so one need not fret about what to cook once back home.

It's an ideal combination of shopping, eating and relaxation and the experience will make you want to do a repeat visit.

# Culture Shopping At Multiple Spots

or culture aficionados, there are multiple options to buy works of arts and crafts and remnants of history. The gift shop at National Museum sells replicas of artefacts down the ages, including the Indus Valley Civilisation seals, the priest and the dancing girl from the same civilisation and torsos of many statues over centuries. At the National Gallery of Modern Art, you can purchase copies of famous works of renowned artists. At Lalit Kala Akademi, a selection of paintings in sets of six or seven, belonging to various schools of art can be purchased, complete with description of the art works. And at INTACH, which is working to preserve built heritage and cultural heritage, several crafts objects from different regions of the country are available for sale. From terracotta and wooden vases to traditional paintings, toys and jewellery items, the range of objects is vast.





Distance from Aerocity: 15.7 km

Nearest Metro Station: Jorbagh Metro Station on Yellow Line, Khan Market Metro Station on Violet Line

# Dilli Haat: Aesthete's Perfect Choice

esigned to invoke the ambience of a traditional village fair, Dilli Haat was set up in 1994 as a joint venture of several government agencies, including Delhi Tourism and the Union Ministries of Textiles and Tourism.

It is shopping lovers' paradise and foodies' haven. Pitampura, Janakpuri and INA are the three Delhi Haats in Delhi, INA being the most popular one. The one in INA is nestled in the commercial centre of South Delhi, opposite the INA Market. Run by Delhi Tourism and Transportation Development Corporation (DTTDC), the market offers a wide range of handloom products and traditional crafts including rosewood and sandalwood carvings, Madhubani paintings, bamboo creations from North-East, drapery, gems, beads, brassware, metal crafts and silk & wool fabrics, copperware, chandeliers, cane & jute products etc.

Additionally, the market has savoury lip-smacking food cuisines from various parts of India - momos from Nepal, Bamboos hot chicken from Nagaland, Litti Chokha from Bihar, Kahwa & Kebabs from Jammu, Pooranpoli from Maharastra etc.

The market remains open all the seven days of the week. Better to carry cash as plastic money is still not accepted in many of the outlets.



It has an open-air theatre where cultural events are performed by artists coming from different parts of the country. The place perfectly brings together rural art and folk culture.

Distance from Aerocity: 12.3 km

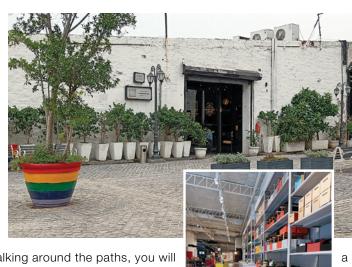
Nearest Metro Station: Dilli Haat/INA Metro Station on Yellow Line & Pink line

The Dhan Mill: Changing Fortunes

| Changing | Changing

uber extravagance addresses the narrative of changing face of a city. Situated in the neighborhood of Chhatarpur in a semimetropolitan settlement taken over by the extending city, the territory was prior a stockroom. Now the same stockrooms house the most dazzling presentations in design and extravagance, other than offering some

high-end food experience. Walking around the paths, you will be awestruck by the charm that has been created through a change in space usage. Astha Narang, Abhinav Mishra, Mahima Mahajan, Sameer Madan, Sureena Chowdhri and other seasoned designers exhibit their creations at this address. One can witness some haute brands like Nappa Dori, selling bags, shoes and accessories; Spin, that is into home



décor space; Delhi Vintage Co selling grand bridal lehngas and sarees and Bloni by Akshat Bansal selling apparel in black and white. One can find great options to host events as there are art studios like Claymen; photography studio Karma; contemporary art gallery Nature Morte; fitness facility CrossFit Himalaya and Shed9. Experiencing F&B offerings at the Palette Café, Café Dori and the Quick Brown Fox Coffee Roasters is a must or assume your visit to the premises, incomplete without it. The Dhan Mill compound serves as the ultimate place for wedding couture and

a dream for a bride-to-be because of its exclusive designer stores.

O Q

Distance from Aerocity: 9.9 km



Nearest Metro Station: Qutb Minar, Yellow Line

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### **OUR PARTNER INTERVIEW**



# "We Don't Just Provide Offices, But Experience"



### By Ruhail Amin

### What features of the Aerocity location and the ecosystem specifically attracted Brookfield?

At Brookfield, we handpick our assets after doing all the due diligence. These are best in class and unique in terms of where they are located. And I would say Aerocity and WorldMark are unique in many senses.

Aerocity, the premier hospitality business district in NCR, has a very clear positioning. It has been able to be on number one position since its inception and what we see here is world class infrastructure. The connectivity makes it accessible from all the locations in NCR. Also, it is pivoted between the premium business districts and Gurugram and also is accessible to residential localities across NCR. This means the talent can easily be shared.

The concept of hospitality, concept of offices and retail in amenities, all nestled at same location makes it very unique in terms of its positioning as well as the location.

# How are Aerocity and WorldMark enhancing the hospitality and business positioning of Delhi and NCR? How do you see their contribution in reimagining the landscape of Delhi?

Many years back, when Aerocity and WorldMark had not come up, we did not know which is Delhi's number one district. But with emergence of Aerocity and WorldMark, we know the number one position is held by them. And that is a fantastic thing to have happened in the last decade.

I can also say that some of the best of companies, be it UN or global companies now prefer to have offices here at Aerocity and WorldMark. So, I would say that's a great contribution by Aerocity and WorldMark to attract best of the global corporates, international agencies and best of the Indian companies to NCR.

Proximity to airport, world-class infrastructure, blend of hospitality, retail, eateries, availability of residential apartments, not at a very far distance makes it an ideal choice for top class companies.

A convention centre is coming up, which is also going to add more hotel rooms here. And it's going to strengthen our position in Delhi NCR. It could also be a venue for world-class exhibitions and conferences.

What is your vision for this location? Moving forward, how do you plan to take the development of the area further? And what specific facilities and features do you plan to provide?

We don't just provide offices. We believe that we provide

an experience. And people spend a lot of their time in a day in the office, actually. So it is important that people feel comfortable and at home, away from home.

We believe in 'place making', so that people get a great experience as they step into the office and until the time they step out of the office. And we focus on a three-pronged strategy, which is based on technology, innovation and ESG. We are very strong proponents of sustainability and ESG and would like these buildings to be platinum or gold rated. That would be our endeavour. We would also like to ensure that these buildings are best in terms of energy efficiency, we minimise the water consumption and wastage and we are able to switch energy to clean energy going forward. That is going to be our endeavour.

We are the first in India to have implemented harmonious guidelines in our campuses and we plan to do similar thing in Aerocity and WorldMark. This means people with special abilities can use this offices and buildings with ease and convenience.

### If you talk about A Grade companies present in WorldMark, how are these offices of global, big companies impacting the work culture? How has this become a spank that can become an example for the rest of the country?

As globalisation gains momentum, we see the boundaries between Indian companies and global companies blurred and we see employees making move from maybe Indian companies to global companies and back. The adoption of best practices is very important. This also helps Indian companies in adopting and developing these practices. And the presence of these global companies and global corporates in Aerocity and WorldMark has shown that the best practices and this culture can spread fast.

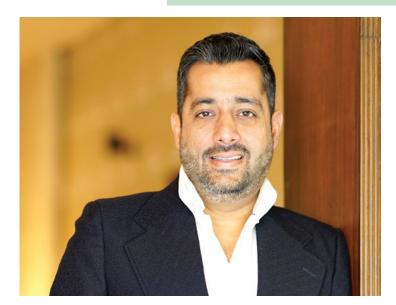
# Which are your favourite spots in Aerocity and WorldMark that you often visit when you have to take a break? Which are all the places that you would recommend?

It is hard to say which place is better, since everything has been designed very nicely. But if still have to pick up a name, I would say, The Walk which is the retail street, provides best-of-the-class experiences. It's a good place to unwind, to relax and go for the kind of food you would like to eat. So that's one good option. And of course, I think I must mention here the food court which is called the food planet that is something which offers every body a choice of meal and venue at affordable prices.

### **PARTNER INTERVIEW**

# **OUR PARTNER**





# "The Location Has Smart City Concept"

**Sahil Malik**, MD, Da Milano, describes how the cosmopolitan nature of Aerocity benefits the outlet

ith 85 stores in India and abroad, Da Milano, a leading all leather products and accessories provider, opened its outlet at Aerocity New Delhi in 2019. Sahil Malik, MD of Da Milano, describes the experience of having a store in Aerocity, and what the outlet offers to the visitors. Excerpts:

### What led to the decision to have Da Milano outlet in Aerocity?

The location has smart city concept, unique and modern architecture with a huge connectivity to lodging, fine dining and high-end brands. The outlet has a futuristic offerings and travel retail opportunities being last minute destination for gifting needs.

# What has been the experience of the team in terms of infrastructure, amenities and accessibility? And also, in terms of the customer base?

Aerocity has cosmopolitan and urban customer base, both domestic and international, which resonates with the brand's target audience. With huge eyeballs of corporate and personal gifting, we have something for everyone. Da Milano Aerocity outlet is at walkable distance from hotels, quick access to airport, window to expose the brand in vicinity.

# What is the vision of Da Milano in terms of fashion and lifestyle?

Innovative, Modern and Luxury, Da Milano is dedicated to a vision of style that provides sublimity of opulence from the House of great craftsmanship and genuine leather. Da Milano as a company aims at expanding across all international main cities in order to make a mark in the global market as well as in the digital world. The brand currently has more than 85 stores in India and abroad, including showrooms at 23 Airports in India. We are working on expanding the brand internationally. We already have seven stores in the UAE and one in Nepal and aim to open multiple stores in London and Singapore. We would also like to be seen on the high streets of European countries five years from now. We aspire to open multiple stores across the globe and reach out to discerning clientele of all age groups and income levels.

From leather selection, to design, array of colours, frequent creations, sensitivity to customer feedback, ambiance that makes it a pleasure for customers to shop, being a one stop provider of all leather products and accessories, selecting location where aspirational customers walk in for Leather products and finally and most importantly servicing customers with grace and aplomb, with transparency and convenience and many more.



# "A Cup Of Tea That Fosters Conversations"

By Team Aerocity Live





hai Point, famed for its dedication towards incorporating the eponymous beverage in high-end commercial spaces, was recently launched in The Square, GMR Aerocity. With this, Aerocity, the business and hospitality district is all set to brew conversations over a cup of tea.

Chai Point is a step ahead into the cultural fabric of the country, by showcasing the most popular refreshment at an expansive scale.

Aerocity is always about a promising venture in terms of serving the current commercial landscape of India and helping it



reach global heights by promoting a refreshing twist to cafeterias in high-end retail spaces.

Amuleek Bijral, CEO & Co-founder, Chai Point, said, "Our expansion into Aerocity, a bustling hub for business travellers, locals, and tourists alike aligns perfectly with our vision to have Chai Point everywhere and to serve a great cup of chai that brings people together, fostering conversations, connections and cherished moments.

"At Chai Point, we are committed to delivering a great chai experience and we look forward to becoming an integral part of Aerocity's thriving community."





"At Chai Point, we are committed to delivering a great chai experience and we look forward to becoming an integral part of Aerocity's thriving community"

AMULEEK SINGH BIJRAL
CEO & Co-founder,
Chai Point

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# **CHEF'S PROFILE**



# A Culinary Journey Of Expertise And Dedication

Originating from a small town and achieving culinary mastery in Delhi's bustling kitchens, **Chef Vishal Tamang's** passion for diverse cuisines led him to the renowned cafe in Aerocity

### By Poonam Singh

xperience is the ultimate teacher, as proven by Plum by
Bent Chair Aerocity Restaurant's Chef Vishal Tamang,
who has garnered over two decades of expertise,
mastering various cuisines through hands-on work in
diverse cafés rather than attending a high-end hotel management
institute.

Hailing from a limited-opportunity small town in West Bengal, Chef Vishal's inspiring journey took shape in Delhi where he faced initial struggles and job rejections. His culinary path began at the modest café, Hot Bites, in Lajpat Nagar in 2001.

While he does not own a formal management degree - it's not that he didn't want to pursue one - his experience surpasses any academic qualification. Despite not undergoing formal training, his dedication to all the cuisines specially in Chinese and Asian flourished.

Chefs are experts in various cuisines, capable of creating a multitude of dishes for any given event. However, amidst their diverse offerings, there are always one or two items that customers cherish and return to enjoy repeatedly. This holds true for Tamang as well. His exceptional skill lies in his special creation: fermented black beans paired with shallow-fried fish,



a delicacy that captures the hearts of consumers, keeping them coming back for more.

Balancing the demands of the hospitality industry with his passion, he mastered various such as Asian, Italian, Thai and Japanese flavours. In 2014, he introduced sushi to Hot Bites, crafting a memorable dish that skillfully combines fermented beans with perfectly fried fish.

Tamang's dedication extended beyond his culinary skills. A person who left his own place to get a job and often slept on an empty stomach has now become an inspiration for many. After becoming a chef, he extended a helping hand to those like him who faced job challenges, sharing his knowledge and instilling principles of self-hygiene and discipline.

His personal satisfaction comes from witnessing the success of those he mentored. With an innate ability to create outstanding dishes from simple ingredients, Tamang's culinary journey is a testament to his resilience, expertise and commitment to nurturing others.

### **Culinary prowess**

With a handful of kitchen staples, Tamang effortlessly creates quick and delicious dishes. One of his remarkable recipes involves transforming baby potatoes into a delectable treat. Boiling and gently pressing them, a dusting of cornflour followed by frying works wonders. A final touch of tomato ketchup and a sprinkle of black pepper results in a mouthwatering dish that is both speedy and visually appealing – Crushed Baby Potato.

Appreciation is a universal desire and being recognised for his culinary skills always brings a heartwarming feeling in his eyes. In 2012, a memorable opportunity arose when Hotel Mayfair in Odisha invited Tamangto prepare a meal for Mitsubishi company's 60 Japanese delegates. His expertise in crafting

delicious Japanese cuisine earned him a standing ovation and the delegates even called him after the meal to express their admiration. This remarkable experience remains etched in his memory as a significant achievement and a source of pride, reminding him of the impact his cooking can have on others.

Tamang's culinary talents extend to family gatherings, where he becomes the maestro of pork curry. This dish holds a special place as a cherished family tradition, creating a wholesome and satisfying meal when paired with rice. The aromatic pork curry becomes the heart of the gathering, bringing loved ones together for a delightful and memorable dining experience.

Tamang finds solace in spending his free moments immersed in Chef Gordon Ramsay's videos, indulging in culinary inspiration and expertise. He has watched nearly all of Chef Ramsay's available videos, using them as a means to learn and master various dishes while enhancing his own cooking skills.

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# **CHEF'S PROFILE**

# **Chef Recipe - Basil Chicken**

### INGREDIENTS

<ul> <li>Chicken thigh boneless</li> </ul>	200grm
Basil sauce	20grm
• Oil	10 ml
Bell peppers	30 grm
Onion dice	10 grm
• Butter	05 grm
Garlic chopped	05 grm
Spring onion	10 grm
Fresh basil leaves	05 arm

### METHOD

- Take a 200 grm of diced cutting chicken and fry it
- Heat the pan, put the oil, add garlic, chopped bell peppers and onions and cook for next 20 seconds
- Add basil sauce and cook for another 20 seconds
- Add chicken and toss it properly
- Add some fresh basil leaves and your basil chicken is ready



# CHAI POINT



### **RESTAURANT REVIEW**



# Honk By Pullman:

# An Asian Sunday Brunch Haven



The restaurant has successfully combined the basics of brunch and the authenticity of pan Asian cuisine in a very poetic manner

By Deep Majumdar

onk by Pullman is an award winning Pan Asian restaurant that specialises in dishes from major rice-growing countries of the world, especially Thailand, Southern and Central China, Japan, Korea, Vietnam, Malaysia and Myanmar. The restaurant is popular for its Dimsums, Sushi and Peking Duck. The restaurant is a haven for the Sunday brunch crowd and weekend foodies who not only want to treat their taste buds but also want a fine dining experience along with it.

This gastronomic adventure began with a Spiced Cucumber Salad and Soju Bomb. The Cucumber and Pickle Chilli combo helped prep my taste buds for what was to come next. The Soju Bomb, on the other hand, was a new experience altogether. The drink consisted of a Soju shot, which is essentially fermented rice and sweet potato and equal parts Sprite and beer. I opted for the Lychee flavour Soju Bomb because why not.

This was followed by a platter consisting of Baked Eggplant Puffs, BBQ Chicken Puffs and Baked Pork Buns and last but not

the least, Lamb Kothey. While the puffs tasted exactly what they looked like, the Pork Buns and the Lamb Kothey did surprise me. While buns had pork stuffing, which did taste good, I couldn't really identify the flavour at first as the barbeque sauce dressing was overpowering. It tasted sweet at first, followed by the pork stuffing subtly finding its way to my taste buds. The kothey, on the other hand, was brilliantly cooked.

#### Aromas, textures and flavours

A few moments later, I was served three great looking containers with chopsticks very cleverly attacked at the top. The Dimsums had finally arrived. The thing about Dimsums is that if they lack character, it gets very difficult to differentiate between them. By mentioning the term 'character', I'm referring to their distinct flavour, texture and aroma. Most of the Dimsum places I visit fail to establish that distinction. To my surprise, Honk did a splendid job at this. The assortment of Dimsums consisted of mostly non-

vegetarian options except for the Edmame with Truffle Oil Dimsums. Spiced Chicken and Spinach, Chicken Siu Mai Dimsums really stood out while the Prawn Ginger Dumpling officially became the best sea foodbased Dimsum I have ever had. The aroma as well as the taste were all on point. As far as the texture goes, these were, hands down, some of the finest Dimsums I have ever eaten.

For the main course, I was served a combination of Spicy Szechuan Style Noodles, Vegetable Fried Rice, Chicken in Pickle Chilli and lastly, Chengdu Lamb. The chicken and rice duo was amazing to taste. It just felt natural and the flavours

complemented each other. The lamb, on the other hand, was wok fried and cooked with a combination of spices and herbs such as cumin, coriander, celery and spring onion. The lamb had a very different feel to it, something that I have never experienced before. It was a little crispy on the outside but extremely well cooked and tender on the inside. This, clubbed with the Szechuan noodles truly brought out the full extent of its flavour.

Finishing off a brunch without dessert is a fool's errand and we are no fools, are we? This delicious ordeal came to an end with Chef's Special Banoffee. I went the extra mile and dared to try the Belgian Chocolate with Hazelnut Cream which proved to be a wonderful decision. The Banoffee, staying true to its description





had a strong presence of banana and was extremely sweet. The Belgian Chocolate, however, was bitter sweet as it should be since it was 73 per cent dark chocolate. The hazelnut was subtle and complemented the overall taste pretty well.

#### Verdict

My closing remarks for Honk would be that it offered an extremely quiet and hospitable environment and lip-smacking delicacies, two key elements that are absolute musts for places that offer brunch. You see, brunch, unlike other meals needs to be done at a serene place. The fact that you are having the first meal of the day at 1.00 pm demands that. The restaurant has

successfully combined the basics of brunch and the authenticity of pan Asian cuisine in a very poetic manner. Of course, the Pullman hotel's regal energy definitely adds to the overall experience.

A conversation with restaurant manager Sofikul Alam who has a decade's worth of experience in hospitality helped me understand the vision behind Honk. "Our specialty is that we touch every cuisine from rice-growing countries and offer an authentic pure pan Asian experience to customers," said Alam.

While the food obviously takes its inspiration from the street-style Asian cuisine popular in China, Japan, Korea and many south east Asian nations, I do recommend this place even if pan Asian food is not on your go-to list of cuisines. It is the experience that makes this place worth a visit.

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### **DISHES IN DELHI**



# Delightful Festive Food Trails In Delhi

Embark on a tempting journey through the vibrant streets of Delhi, where the festive season comes alive with a diverse and delectable array of culinary delights

### By Poonam Singh

et ready for a delightful experience of festive vibes that last from monsoon all the way to the end of December! In the heart of India's capital city, you can embark on a culinary journey like no other, savouring diverse cuisine and mouthwatering dishes from every corner and state.

Step into eateries in Chandni Chowk, where the celebration of flavours begins with the Teej festival and extends through Navratri till Diwali and Bhai Dooj, with its lip-smacking food extravaganza. During Teej, the restaurants keep the traditions alive with a delectable selection of Ghevar, tantalising taste buds with an array of flavours from the rich Malai Ghevar and creamy Kaju Cream Ghevar to the aromatic Kesar Ghevar and the classic Plain Ghevar. The choices are endless, with Rose Ghevar, Khas Ghevar, Kalakand Ghevar, Kesar Malai Ghevar, White Feni, and Kesar Feni adding to the irresistible offerings.

During Navratri, there is a treasure trove of festive delights that will leave you craving for more. Dive into the all-time fasting favourite Kurkuri Sabudana Tikki, savour the explosion of flavours in Tandoori Sizzler Sabudana Papdi Chaat & Tawa Aloo Chaat, and discover the joy of sizzlers with a Navratra special twist! These sizzling dishes, packed with flavours, are an absolute must-try, promising to take your fasting experience to new heights.

So, this festive season, come and indulge in the enchanting world, where traditions meet innovation, and every bite is a celebration of culinary excellence. Embrace the festive spirit with tantalising tastes, warm camaraderie, and an unforgettable dining experience that will leave you craving for more.

Distance from Aerocity: 18.5 km

Nearest Metro Station: Chandni Chowk on Yellow Line





# A Gastronomic Wonderland In The Heart Of Delhi

tep into the delightful world of Bengali Market, nestled in the beating heart of Delhi. This iconic and old market, situated on Todarmal Road near Mandi House, exudes a captivating charm that has captured the hearts of many, including renowned actors like Naseeruddin and Shahrukh Khan, who cherish memories of this vibrant place. Its proximity to art establishments like the National School of Drama, Lalit Kala Akademi and Triveni Kala Sangam makes it a meeting point for artists. Most of the renowned eateries, especially Bengali Sweets House and Nathu's Sweets are reasonably priced.

The irresistible delicacies served here are a testament to the culinary magic that keeps patrons coming back for more.

However, there's something special about Bengali Market during the festive season. As the air fills with the joyous spirit of celebration, the market transforms into a paradise of savouries and sweets. The mouthwatering aromas and vibrant colours of the treats on display add a whole new level of excitement to the shopping experience.

The bakeries here are a huge hit with students of nearby schools. From scrumptious cakes to heavenly cookies, their tempting spread is simply irresistible.

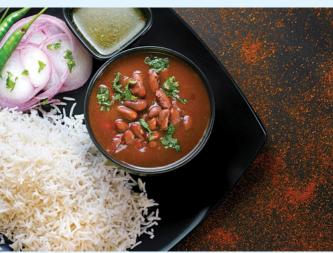
For all Delhiites, Bengali Market is a treasure trove of culinary delights. Indulge in the tangy and flavourful Golgappas, savour the soul-soothing Rajma-chawal, let the aromatic Ghevar take you on a heavenly journey, and let the sweet Jalebi brighten up your day. The lip-smacking Chhole Bhature, the tangy Chaat-papdi, and the creamy ice-creams are just a few more delights that await your taste buds.

In every nook and cranny, Bengali Market offers a unique culinary experience that leaves a lasting impression. So, come and explore this gastronomic wonderland where memories are made and flavours dance on your palate. Bengali Market is not just a market; it's a journey of tastes and a celebration of life.

**Distance from Aerocity:** 17.6 km

Nearest Metro Station: Mandi House on Blue and Violet Lines







# A Festive Culinary Delight

t Baba Kharak Singh Marg Market, every festival is a celebration of flavours, as stalls set up during the festivals outside the emporia offer a wide range of delightful sweets and savouries that have become an integral part of festive traditions. From rich and divine fried snacks like Aloo Tikki, Gol-gappa, Dahi Bhalla, and Moong Dal Halwa

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### **DISHES IN DELHI**

to irresistibly crunchy Raj-kachori, Malai-chaap, and heavenly Kulfis, the food stalls settled at the market are cherished by people of all ages

No wonder that the name 'Baba Kharak Singh Marg Market' soon became synonymous with delectable treats in the bustling streets of Delhi. Their legacy continued to grow, and today, they are the go-to destination for anyone seeking the true essence of festive indulgence.

Among their cherished offerings,

the Imarti stands tall as the crowning glory of the festive season, enchanting patrons throughout their outlets. Each bite of this



luscious treat is like a burst of joy that fills your senses with delight.

So, whether you're craving a burst of authentic flavours or looking to add a dash of sweetness to your festivities, Baba Kharak Singh Marg Market is the place to be. Step into their world, savour the delights, and create cherished memories as you experience a gastronomic journey like never before!

**Distance from Aerocity:** 15.4 km

Nearest metro station: Shivaii Stadium on Airport Express Line

# Gastronomic Bliss At Sitaram Bazaar





symphonies of Kulfi, Faluda, and Rabdi serenade your senses, while the creamy icecream and succulent Paneer Tikka leave you yearning for more.

The Kulfi Zone has been serving various Kulfis for the past 75 years. The shop, which was originally located in Kutchapati Ram, has now shifted to Sitaram Bazar after Covid-19. They offer traditional Kulfis along with some unique flavours, such

as anjeer with walnut topping and honey, and custard apple, which are among their hot-selling products. Additionally, they sell fruit kulfi, where the fruit is hollowed out and filled with delicious Kulfi.

What makes this culinary adventure even more unique is the special touch - all these savoury delights are thoughtfully prepared without onion and garlic, a delightful surprise for the festive season.

Come, be a part of the gastronomic extravaganza, and let Sitaram Bazaar bewitch you with its unbeatable culinary magic.

**Distance from Aerocity:** 20.4 km

Nearest Metro Station: Chawri Bazaar on Yellow Line

tep into the Food Heaven: Sitaram Bazaar - a festive feast of scrumptious delights! Whether it is a joyous festival or an ordinary day, this enchanting place will leave your taste buds tingling with delight. Join us on a thrilling tour of Sitaram Bazaar, where gastronomic wonders

Navratri, the celebrated nine-day festival, sets the streets ablaze with excitement, drawing hordes of food enthusiasts to Sitaram Bazaar, nestled near Chawri Bazaar. Here, flavours come alive as the air fills with the aroma of delectable treats.

Indulge in a feast of delights that cater to every craving - from the tangy Aloo-chaat and tantalizing Tikkis to the velvety Dahi-bhalla and lip-smacking Veg Kathi Rolls. Let the sweet

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# Nominations Open NOW



Friday-Saturday
October 20-21, 2023

Venue: Pullman, Aerocity New Delhi

# File your nominations for the 7th BW Hotelier #IHA

Nomination Deadline: Monday, September 4, 2023

For Partnership Opportunities: Amit Bhasin, +91 98116 17970 amit.bhasin@businessworld.in

Nilesh Argekar, +91 98676 10986 nilesh@businessworld.in





For Speaking Opportunities & Nominations: Ajith Kumar L R, +91 99900 94948 ajith@businessworld.in

Saurabh Tankha, +91 98180 72757 saurabh@businessworld.in

### **DISHES IN AEROCITY**



# Indulge In New Juice Blends

By Poonam Singh

Let's board on a flavourful journey and discover the delightful and unique drink offerings that await us in the culinary and drinks paradise – Aerocity

njoying drinks with meals is a common habit, with about 60-80 per cent of people loving juices and cold drinks alongside their food. Soft drinks have been popular, but there's a noticeable shift towards fitness and wellbeing. This newfound health consciousness has sparked an interest in creating innovative flavours to cater to the growing demand and stay competitive in the market.

Let's board on a flavourful journey and discover the delightful and unique drink offerings that await us in the culinary and drinks paradise - Aerocity. Get ready to tempt your taste buds with a variety of yummy beverages!

### Delightful Fusion at Café Delhi Heights

The Café Delhi Heights shines in Aerocity, offering a delightful fusion of diverse global cuisines with the

al cuisines with the distinct touch of Delhi's culinary charm. Its freshly squeezed raw juice blend menu has something for everyone, ranging from the pure simplicity of watermelon to a fancy mix of exotic fruits and aromatic herbs.

By skipping all the regular juices, we decided to try their 'Total 8' juice, a refreshing concoction comprising tomato, celery, ginger, cucumber, beetroot,



apple, carrot and parsley - a true glass of nature. You might be wondering how this fusion of flavours will taste. Well, surprisingly, it's neither overwhelmingly sweet nor sour; instead, it strikes a delicate balance. In the first sip, the taste of other ingredients may not be evident, but you will detect a subtle hint of apple and beetroot. As you savour it further, the freshness of the cucumber becomes apparent. The tangy notes of tomato and ginger perfectly complement the other ingredients, enhancing the overall taste without overpowering your palate.

It is clear that whether you are looking to quench your thirst with a classic favorite or eager to embrace new tastes and aromatic fusions, Café Delhi Heights' raw juice blends menu has it all. Each sip is an invitation to experience nature's goodness in a glass, carefully crafted to refresh and rejuvenate.

Place: Café Delhi Heights – Aerocity Price: Rs 295

### Sugary, Tangy Notes at Pride Plaza

Indulge in the tantalising 'UK 07 Stallion Rose' - a drink that dances on your taste buds, balancing sweet and tangy flavors and delivering a refreshing burst with every sip. The genius behind this delightful concoction is Surinder Singh, Creative Restaurant & Bar Manager, Pride Plaza Hotel Aerocity.

Did you know that Cranberry Juice is renowned as a body cleanser? But when it's blended with the perfect harmony of lemon and honey, it takes its taste to a whole new level of awesomeness. Imagine the magic when crushed ice and sparkling mineral water come together to create a symphony of sugary and tangy notes in every heavenly drop. The final touch of a beautiful Rosemary Sprig elevates both the aroma and visual appeal.



As you savour each sip, you will revel in the crispness of cranberries, the subtle sweetness of honey and the zesty kick of fresh lemon all dancing in a symphony of taste and textures. And the magic doesn't end there: the aromatic touch of fresh rosemary adds a sophisticated charm to this exquisite beverage.

Raise your glass to the 'Sparkling Cranberry Refresher', a perfect companion for warm afternoons, leisurely evenings or any occasion that calls for a delightful, non-alcoholic libation. Cheers to a burst of flavour and a toast to your taste buds. Let the celebration of taste and innovation continue at Pride Plaza Hotel Aerocity.

Place: Pride Plaza Hotel Aerocity

Price: Rs 275

# Refreshing Juices & Smoothies at Aloft New Delhi Aerocity

Juices always offer a refreshing experience, provided they remain free from artificial flavours. The natural fruit freshness delivers an unparalleled and delightful taste that outshines other soft drinks. Today's youth comprehend the significance of fresh juices for a healthier India and embrace them alongside their meals.

Indulge in a delightful array of nourishing juices and smoothies. Experience these enticing options at Aloft New Delhi Aerocity's dining venues or conveniently grab them to go at Re:fuel by Aloft. With flavours including orange, watermelon, pineapple, tomato, carrot, cucumber and beetroot, starting at just Rs 275, savour these invigorating beverages amidst the vibrant ambiance of the restaurant or the comfort of your guestroom.



Place: Aloft New Delhi Aerocity

Price: Rs 275

### Kala Khatta at Punjab Grill

Kala Khatta, a traditional beverage, instantly evokes childhood nostalgia from the very first sip. Crafting this enchanting drink requires minimal effort, yet it remains a beloved favourite for all. Combining crushed ice, kala khatta concentrate syrup, soda, and a hint of lemonade, this concoction effortlessly rekindles cherished memories of yesteryears.

Resembling a deep, velvety sort, this enchanting drink boasts a rich, sweet, and tangy profile. Crafted using the essence of blackberry (jamun) syrup, it is a cherished foundation for creating delightful lollies. The infusion of black salt and a zing of lemon juice adds an invigorating kick to this beverage. Presenting an enticing collection of concentrated beverages, Street Food by Punjab Grill proudly introduces a list that includes the illustrious and iconic Kala Khatta, renowned for its distinct and nostalgic flavours

Place: Street Food by Punjab Grill, The Food Court

Price: Rs 99



### **SPECIAL STORY**



# When Ramlila Excitement Grips Delhi



By Meha Mathur

A marker of festive season in the capital is the months'long preparation for the rendition of the epic on stage ear on year, with picture-perfect precision, Lord Ram's story of victory over Ravana and his return to Ayodhya is enacted on the stage at Ramlila Maidan in Delhi. The story is known, the actors have enacted it year after year, but the excitement of the organisers, the actors and those keen to view the Ramlila never ebbs. This has become a way of life for the populace of Old Delhi and despite newer entertainment modes, the collective energy of 'purani Dilliwallahs' is focussed on the Ramlila spectacle during the month-long festivities.

And it's not just what goes on the stage that is of interest. The cast, traditionally all males, has to exercise purity of habits - no smoking or alcohol during the preparation and the actual Ramlila days. As the set comes up at the Ramlila Maidan, as organisers get busy with the logistics of security, seating, stall arrangement etc, the streets of Old Delhi are also buzzing with excitement, with anticipation of healthy sales at the shopkeepers' end and purchase at the local populace's end. What to buy - clothing, decor items, gifts, toys etc - is topmost on everybody's mind.

On the stage, the entire action doesn't happen in a day. Episodes from Lord Ram's story

are enacted each day, from the time that his father Dasharatha was cursed. The burning of Ravana effigy is also a part of the Ramlila. The play can be stopped midway if a political figure arrives. The play must be halted to felicitate him or her. This is also the time for socialising at the stalls at the back of the pandal. To a social observer, the social dynamics in and around the pandal would be of equal interest.

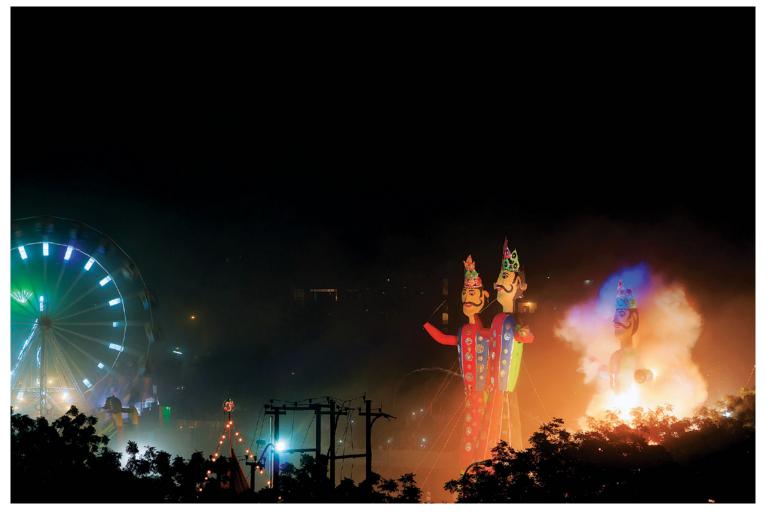
And the action doesn't stop with the act on the stage for the day. Each day, when the act over, the cast is taken in 'sawaris' on chariots through the lanes of Old Delhi and residents get a good glimpse of the procession from their balconies even if they have attended the act at the Ramlila that evening. Having witnessed the procession

year after year, they know the route that the sawari takes and the time it would take. Other visitors, like this writer, have to wait in the lanes to get a glimpse of the sawari. If they are lucky, some house owner would let them observe the procession from the raised threshold of the house. The excitement of the spectators, eager to touch Lord Ram, Sita and Hanuman's feet is an experience of a lifetime.

The excitement doesn't end there. All through the festive period, at a chowk dedicated to food stalls, you will get the best of Old Delhi cuisine, under dazzling array of lights. Talk of night life!

### **A Dance Drama**

Shriram Bharatiya Kala Kendra has also been organising Ram Leela (called Shri Ram) since 1957, which amalgamates the best of performing arts traditions in the script. Dance formslike Kathakali, Mayurbhanj Chhau and Kalaripayattu are showcased. This production tells the entire story of Ramayana in a single viewing.



### **SPECIAL STORY**



# Durga Puja Fervour In Delhi

The pandals in each locality are a great showcase of our cultural traditions and creativity at its best

### By Devika Kundu Sengupta

Bengali community prepares with full gusto for the most important event of the vear for them, the Durga Puia, The event depicts the power of women and Dussehra, the celebration of the defeat of evil and victory of good over it. With the festival just around the corner and preparations - the making of the statues. cultural shows, food arrangements, arrangements, arrangements etc, are in full swing. Every Bengali's heart is simply overwhelmed, eagerly waiting for those five days when the chanting of slogan 'Bolo Bolo Durga Mai Ki Joi' will reverberate across all pandals.

### The significance

Durga Puja is Maa Durga's home coming celebration with her children (coming to her paternal home). Every year, as per mythological understanding, it is important to know that how is Maa Durga coming home and then going back.

This year she is coming on a horse and also going back on a horse. Relevance of this can be seen in terms of how the environment is functioning.



Photo: Nishant Sharma

Five days before the Bengalis begin the puja, the awakening of Maa Durga happens which means the sculptor makes the eyes of Maa Durga. This is also known as Chakshudan. This is of great significance and thus, the task is performed by a senior artisan. This day is also marked as Mahalaya.

The inauguration of pandals in various localities happens on Durga Panchami, the day which is believed to be the day when Goddess Durga was born. The sixth day, i.e. Maha Shashti is the day when the Goddess, along with her children arrives on earth. And the celebrations start from the seventh day (Saptami), the day that is also associated with the battle of the goddess with the demon (Mahishasur), and the eighth day (Durga Ashtami) with her victory over him.

During the night leading up to Ninth day (Navami), the Sandhi Puja happens when the Bengalis lit 108 diyas and 108 lotus flowers that are procured from Kolkata are devoted to her. On the Ninth day, to mark her victory, she is worshipped as Mahishasuramardini.

Sindoor Khela

On Vijaya Dashami or the Shubho Bijoya, the Sindoor Khela, depicted in several movies, happens. Women draped in 'laal paadshada' sarees (white/off-white sarees with red border) apply sindoor on the forehead and feet of the Goddess and on each other's forehead. In the evening, she is taken in procession to be immersed, signifying her return to her marital home.

### **Festive facts**

- Thousands and thousands of gallons of bhog which comprises khichdi, panchmel sabzi, tamatar chutney, kheer are served to thousands of people each day.
- All pandals have multiple stalls be it goods or food stalls and stage programmes wherein artists are flown down from various parts of the country.







### **Culture at its best**

CR Park is in fact a mini-Kolkata with four main celebrations- Kali Bari, B Block, K Block & Mela Ground. Besides that, Pocket40 and GK2 pandal are also great venues to experience the festive fervour.

Preparation for these five days begin one year in advance, with one full month of prior arranged multiple cultural competitions being organised - be it sports, music, dance, quiz, food, instrument, fancy dress, story-telling, comedy etc.

Each pandal has its own theme and the entire mandap and the statue is made as per theme at few places. All these activities are driven by separate committees of each blocks, for example in Chittaranjan Park (CR Park) comprising of local residents, this author being an active member of one such committees, i.e. B Block.

With immense support of Delhi Police, the security across all the venues is also taken care of seamlessly.

The theme of the decoration including the statues and the pandals are given much thought and bring out the imaginative and creative abilities of organisers and artists. These depict current concerns in the most imaginative way.

Some elements of decoration employed are all-white 'dhaakershaaj'. The night-flowering jasmine, also known as Shiuli Phool is the flower of the season, as also Kaash Phool (Saccharum Spontaneum). Bedi Alpona is a traditional drawing made on the mandap where the goodness idol is placed. Every year it's a freshly made drawing hand made by lot of people.

Not only are the statues made with more and more eco-friendly material, the immersion now happens in eco-friendly way, wherein the respective idols are immersed in the grounds itself than any river and this initiative is being driven by CR park across all the pandals since last so many years.

Dhaak is the instrument of the season for Bengalis. All of the dhaakis, special sculptors and pandal decorators come all the way from West Bengal. The moment you hear sound of the dhaak, it just feels that Durga Puja is here.

If you are in Aerocity during this time, then what better than CR Park to visit for the puia.



Photo: Nishant Sharma

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### **ESSENTIAL READS**

# Delhi, As Seen By Locals And Outsiders

By Meha Mathur

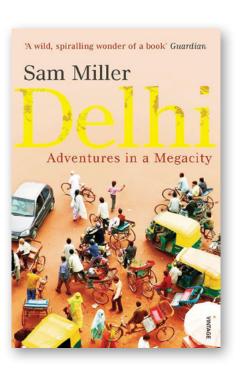
### From Loathing To Love

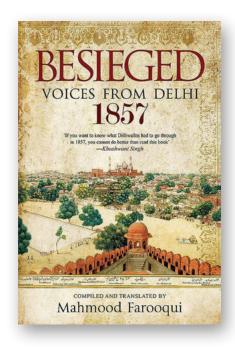
Book Name: Delhi: Adventures in a Megacity

Sam Miller Author: Publisher: **Penguin India** 

Pages:

am Miller, a journalist has gone through a range of emotions that most outsiders experience during their experience of Delhi - from initial loathing and bewilderment to grudging admiration to fascination and love for the city. Miller first visited Delhi in late 80s and was initially aghast. Upon being posted by the BBC in Delhi in early 1990s, he still preferred the coastal cities of Mumbai and Kolkata. But gradually, his admiration grew. He set out to explore the city on foot despite its heat and dust. The distances he has covered on foot would put any local to shame. Used to exploring other cities of the world on foot, he racked his brains as to how to comprehend this city in a geometrical shape. He concluded that walking in spirals would be the best way, one that would include exploring life that ordinary people live in various galis and mohallas. His keen observations combined with his wit make for a great reading.





### Common Man's Concerns In 1857

Book Name: Besieged: Voices From Delhi 1857 Compiled and translated: Mahmood Farooqui

Publisher:

Pages:

hahjahanabad was the scene of action during the Revolt of 1857 and witnessed, first, an influx of revolting soldiers from all over the country who made the palace and lanes of Shahjahanabad their base. Then, once the British regrouped, it witnessed weeks of fighting and bloodshed in several locations of Shahjahanabad. Finally, when the British reclaimed authority after crushing the Revolt, the victor army inflicted atrocity and misery upon the local population. There was a large exodus from the city, as people who had made this place their home for centuries had to flee fearing for life. Mahmood Farooqui has searched thousands of pages that constitute the 'Mutiny Papers' and that are housed in the National Archives, to get an understanding of life as people led in those uncertain months. As Farooqui informs, "These include petitions and applications from ordinary people as well as directives and commands of officials."



# Travel, Tourism and Real Estate

# What's the Connection?

Say you want to tour the beautiful state of Telangana. You book flight tickets to the capital, Hyderabad, and then look for hotels near Hyderabad airport for your stay. Once there, you travel to heritage sites, visit the occasional shopping mall and enjoy the state's cuisine at local restaurants. Resources like travel accommodations, malls and restaurants are commercial real estate assets that are crucial to the travel and tourism industry.

# How Real Estate Becomes a Powerful Motivator for Tourism

Real estate has always been one of the metrics for measuring the economic growth of a country. When a real estate resource is built, it brings with it a slew of jobs and alternate revenue sources. Peripheral assets like roads, transportation and other infrastructure also get set up in the process.

When the economy of a nation or a state is booming, it

creates large-scale tourism resources like shopping malls or entertainment zones that add to the travel and tourism experience. Take, for example, airports all around the world are now integrating retail and entertainment elements to create a holistic travel experience. Large shopping malls, theme parks and film cities are also a great pull for tourists and locals alike. Such leisure and entertainment facilities become very compelling incentives for travel and tourism.

### **GMR AeroCity Hyderabad and Tourism**

GMR AeroCity Hyderabad is an ecosystem built around an international airport with lifestyle amenities and various commercial real estate ports for offices, industries, hospitality, education, healthcare, retail and entertainment. Here's how AeroCity is contributing to Hyderabad tourism:

### 1. Retail and Entertainment

AeroCity is developing India's first one-stop experiential retail destination, GMR Interchange. This urban lifestyle development will offer a unique retail, dining and entertainment experience with an array of offerings, from al fresco dining to a family entertainment centre.

### 2. Events and Concerts

GMR Arena Hyderabad has hosted many events ranging from global concerts to automobile launches and gaming tournaments. People show up in droves from all over the nation to attend these attractions.

### 3. Travel and Accommodation

AeroCity is also home to Novotel, a 5-star hotel accommodation within 5 minutes of Hyderabad International Airport. It presents convenient lodging and accessibility for travellers visiting GMR Arena, the Convention Centre or Hyderabad.

As unlikely as it seems, even commercial real estate has a connection to travel and tourism. From shopping malls and theme parks to hotels and arenas, real estate and tourism mutually influence each other. So, the better the real estate resources, the better the tourist experience!





# PICK OF THE MONTH



### Where:

These items are available at Aerocity shops

### Kama Ayurveda

### **Product: Eye Serum**

Regular city lives are stressful and hectic and often come out in the form of untoned skin and dark circles. Kama Ayurveda has introduced Eye Serum with the name of 'Eye Contour Renewal' that reduces dark circles and revives the area under the eye. The serum also works to hydrate the area. The price of the eye serum is **Rs 2,495** and can be rolled under the eye gently during the day and night.





### Chique

### Product: Women's Shirt

Chique is known for its amazing collection of clothing for different purposes and occasions. In the recent launch, they assembled the Butterfly, Flap and Indus collection of colourful women's shirts in the price range of Rs 2,800 to Rs 3,500. This collection goes perfectly with any pants and jeans for both formal and informal occasions. Every piece in this collection is pretty as it has a different pattern.

### **Pure Home**

### **Product: Pillows**

Pure Home is known for its aesthetic, stylish and comfortable bedsheets, showpieces, pillows and everything that can make one's home delightful. In the latest collection, Pure Home has introduced a couple of colourful embroidered cushion covers with twisted satin Dori in the range of **Rs 1,199** to **Rs 1,299**. These pillows look good on beds and sofas and also give relaxing support. Pure Home also consist of many beautiful showpieces that can be used to decorate and light up homes.







### **Nicobar**

### **Product: Serenity Set of Crockery**

In the new launch, the Nicobar store of Aerocity, New Delhi has come with an elegant set of crockeries under the Serenity collection. The Nicobar store is bringing back an old much-loved stoneware collection in a new colour. The Dining Serenity collection has palm dinner plates, bowls and quarter plates. In one whole set, there is one dinner plate, a quarter plate and a bowl priced at **Rs 3,850** while a pair of cups from the same collection is available for **Rs 1,650**.







### Manan

### **Product: Rings**

Apart from clothing, the Manan store of Aerocity, New Delhi has an immensely beautiful collection of jewellery that can go with any attire and occasion. This jewellery collection has rings, bracelets, necklaces and earrings. These jewellery items are handcrafted with 18-carat plated gold on the bases of brass. The studded stones in the jewellery are original and semiprecious. The price of each piece of jewellery depends on the size and stones studded in it. The price for this collection is in the range of **Rs 1,800** to **Rs 6,800**.



### **Modern Bazaar**

### **Product: Bakery**

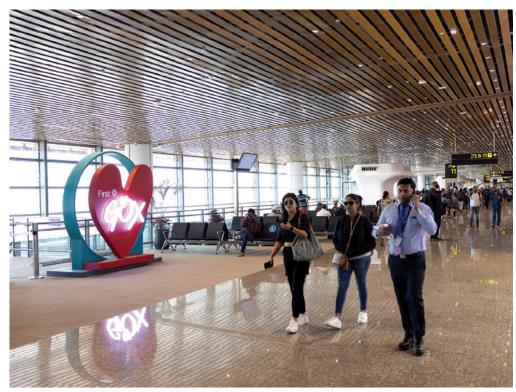
Modern Bazaar has been the first and foremost choice for daily groceries and food items. This monsoon season, the store has come up with their bakery section which is made and packaged by Modern Bazaar itself. The section has mini croissants, mini walnut brownies, almond cookies and kulcha. These items are available in the price range of **Rs165** to **Rs 300**.

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# **GMR NETWORK**

# International Journey Begins At Manohar International Airport, Goa







anohar International Airport embarked on its journey of international operations on July 21, 2023.

The inaugural international flight from London - Gatwick (LGW) (Al 145, a Boeing 787 Dreamliner) arrived at 10:30 AM at the airport (GOX) with 229 passengers. The same flight took off as Al 146 to Gatwick London at 12:55 PM with 166 passengers. This flight will operate three times a week from GOX to LGW.

Since its inauguration by Prime Minister Narendra Modi on December 11, 2022, and the subsequent commencement of domestic operations on January 5, 2023, Manohar International Airport has made swift strides, emerging as one of the top 20 airports in India based on domestic traffic data from March 2023. Now, within a mere seven months of its launch, the airport has taken its first step into the international arena.

At present, the airport is equipped with 8 emigration and 12 immigration counters, ensuring smooth processing for international passengers. Its departure section features a dedicated 350 square metre duty-free store, forex exchange facilities, destination merchandise and convenience stores. To facilitate efficient screening processes, the international security area is equipped with Automatic Tray Retrieval Systems (ATRS) screening

machines, while the Customs department employs inline screening for inbound bags. A range of passenger facilities, including information desks, comfortable seating, contact stands, a baby care room, smoking lounges and mobile charging facilities, enhance the overall travel experience.

Upon arrival, international guests are greeted by captivating local Goan artwork in the passenger terminal building, a reflection of the rich cultural heritage of the region.

Expanding connections with more international destinations will not only attract more tourists to Goa but also enhance the socio-economic development of the region.

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# **IN PICTURES**

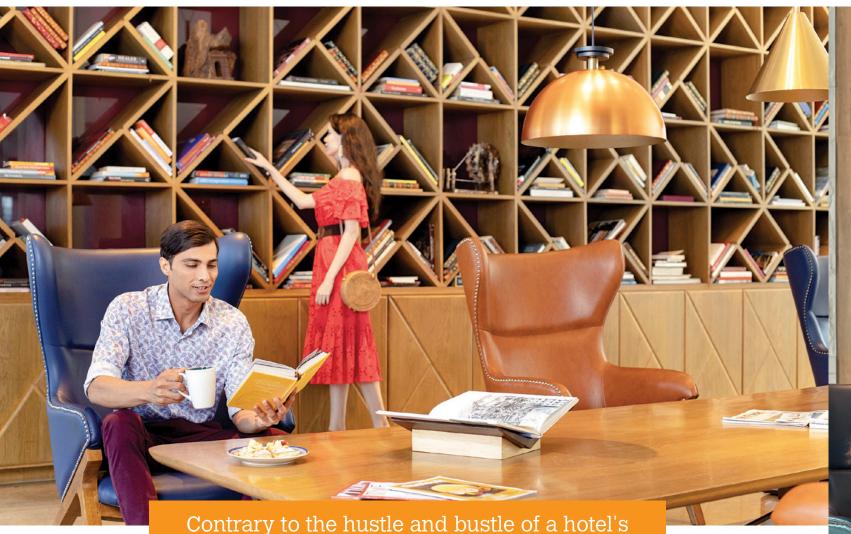


# Discover a Serene Oasis at Andaz Delhi, Aerocity

elish in a quiet moment and embrace the luxury of time in the pleasure of your own company.

Andaz Delhi has a unique library set-up where the bookshelf stretches the length of the wall, keeping multiple literary gems spanning history, heritage and other subjects. This one-of-a-kind curated haven has long tables and relaxing chairs filled with readers and children.

There is also a cosy nook on the opposite corner of the lobby, designed for unwinding. Here, one can flip through newspapers and glossy magazines, all while indulging in a delightful cup of tea or coffee. Additionally, the lobby boasts a collection of exquisite sculpture works that seamlessly blend art with hospitality, serving as yet another captivating draw for guests.



Contrary to the hustle and bustle of a hotel's lobby, an intriguing contrast awaits you at Andaz Delhi. An oasis of calm unfolds – a library for the guests to savour moments of solitude.







### WELLBEING

# How Fasting Helps The Body

As the festive season arrives and households get ready for a few days of fasting, here's an insight into the forms of fasting, and how it works

By Manisha Bhagat

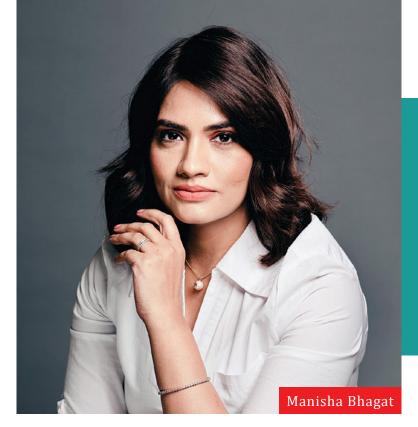


n this new era of food sourcing, where food and cooked meals are available at the click of a button and our pantries and fridges are overflowing with a variety of groceries, fasting has also gained popularity and is believed to be a quick hack to attain fitness goals. Fasting is abstaining from some or all food, drink or both, for a period of time. The word is derived from the old English word 'Feastan', that is to fast, observe and be strict. In Sanskrit 'Vrath' means 'determination' and 'Upavasa' means ' near to God'. A fast may be total or partial and may be prolonged or intermittent.

However, fasting isn't for everyone and before you begin restricting your eating, please keep in mind that whoever is fasting needs to have quality lifestyle practices which include getting enough sleep, getting enough sun, drinking sufficient water and the one fasting should be able to maintain stable blood sugar levels throughout the day.

### Benefits

- Our digestive system gets some rest to revitalise.
- It leads to decrease in blood sugar levels. It is found that intermittent fasting improves blood sugar levels in type-2diabetes.
- Lowers bad cholesterol and triglycerides.
- Normalises ghrelin levels, the hunger hormone, after the first few days of fasting.
- You get a chance to get your body in shape as it is a tool for weight loss.
- With fasting, one gets an opportunity to be in state of self-discipline and self-control.



### **Kinds of fasting**

Plant-based restrictive fasting: This kind of fasting is usually observed during our religious festivals like Navratri, mostly with the change of seasons. It is associated with the equinox, the time of the year when days and nights are of equal duration. Therefore, during this time the body tries to adjust to the climatic and environmental changes. To achieve this purpose, people refrain from consuming non-vegetarian food and grains. Instead, they consume pseudo grains like amaranth, buckwheat and sago.

Calorie restriction fast: The most basic type of fast is a calorie restriction fast. It is simply going without food for a certain period of time or reducing the quantity of food they consume. It is important to make sure that you have consumed adequate calories in the days before to support the fast. Then pick a day, eat dinner early and fast for the designated time. During the fast only consume water and keep activity levels low, in order to support the fasted state.

**Macro restriction fast:** This type of fast involves restricting yourself to a certain macronutrient (proteins, carbohydrates and fats). Typically, these fasts are protein deloads. These types of fasts work best for athletes who have a higher protein requirement and are consistently stressing their guts. In this type of fast the athlete will consume only high-quality fats, carbohydrates and thoroughly cooked vegetables for 2-3 days in a month. The reduction in protein consumption will give the gut a break and allow it to heal. Make sure that your activity is very minimal during this time period.

**Dry fasting:** Dry fasting is another form of fasting where you are not supposed to either eat or drink anything for hours. In India, dry fasting is popularly called 'Nirjala' fasting or fasting without water. This has been practiced in India for centuries. However, it is a new trend in the Western counties.



A lot of energy is spent during the fast in the process of eliminating accumulated toxic waste. It is therefore, of utmost importance that the person gets as much physical rest and mental relaxation as possible during the fast

### **Doable fasting for beginners**

- i. Begin your day with a glass of lime juice water or white ash gourd juice, which is alkaline.
- ii. Consume diluted coconut water till 12 pm. The proportion should be 40 per cent coconut water and 60 per cent water.
- iii. At 12 noon: Have any one type of fruit (no restriction on quantity).
- iv. At 4 pm: Have any semi solid soft meal. While khichdi is ideal, you can have any other millet grain with vegetables plus buttermilk.
- v. At 6 pm: Have any one type of fruit (no restriction on quantity).

During this fasting, the body burns up and excretes huge amounts of accumulated wastes. Drinking alkaline juices help the cleansing of the body. A precautionary measure, which must be observed in all cases of fasting, is the complete emptying of the bowels at the beginning of the fast so that the individual is not bothered by gas or decomposing matter formed from the excrements remaining in the body. The total liquid intake should be approximately six to eight glasses. A lot of energy is spent during the fast in the process of eliminating accumulated toxic waste. It is therefore, of utmost importance that the person gets as much physical rest and mental relaxation as possible during the fast.

The success of the fast depends largely on how it is broken. The main rules for break in the fast are - do not overeat, eat slowly and chew your food thoroughly.

- The author is Senior Nutritionist and Founder, Mutrico Nutrition & Wellness. Article courtesy BW Wellbeing

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

# The G20 quiz

- 1. India has earlier hosted G20 Finance Ministers and central bank governors in the year....
- a. 2000
- b. 2001
- c. 2002
- d. 2003
- 2. The 2nd G20 Summit was hosted by London, when .... was the UK Prime Minister.
- a. Tony Blaii
- b. Gordon Brown
- c. David Cameron
- d. Theresa May
- 3. This G20 member country is also part of ASEAN. Name it.
- a. South Korea
- b. China
- c. Indonesia
- d. Malaysia
- 4. The G20 is run on the basis of a troika, comprising past, present and future host country. To which country will the G20 Presidency pass on next?
- a. Argentina
- b. Mexico
- c. UAE
- d. Brazil
- 5. Besides the inaugural G20 Summit in Washington in 2008, which other US city has hosted a G20 Summit, in the year 2009?
- a. New York
- b. Chicago
- c. Boston
- d. Pittsburgh

- 6. Which city hosted the G20 Summit virtually, due to Covid?
- a. Riyadh
- b. Sao Paulo
- c. Berlin
- d. Paris
- 7. Which Indian location was the venue for G20's Science20 event, that kickstarted on the International Yoga Day?
- a. Mandi
- b. Manali
- c. Kullu
- d. Dharamshala
- 8. This city in Central India hosted the Agriculture Deputies Meeting of G20 in February, and labour and employment ministers' meeting in July. Which city is this?
- a. Bhopal
- b. Indore
- c. Jabalpur
- d. Ujjain
- 9. Which three locations have hosted the G20 Culture Working Group meetings as of July 31?
- a. Khajuraho, Bhubaneswar and Sarnath
- b. Khajuraho, Somnath and Madurai
- c. Khajuraho, Bhubaneswar and Hampi
- d. Bhubaneswar, Hampi and Sanchi
- 10. Which city hosted the G20 Research and Innovation Initiative Gathering Summit, and research ministers' meeting in early July?
- a. Mumbai
- b. Hyderabad
- c. Bengaluru
- d. Chennai

### Answer key

10. a. Mumbai	9. c. Khajuraho,	6. a. Riyadh	3. c. Indonesia
igmsH	8. b. Indore	5. d. Pittsburgh	2. b. Gordon Brown
Bhubaneswar and	7. a. Mandi	4. d. Brazil	1. c. 2002



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